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Four freedom speech

According to Collins thesaurus, the most likely antonym for freedom is slavery. However, because the word freedom has a complex and nuanced meaning, terms such as addiction or restriction can also be considered the opposite. Dictionary.com defines freedom as a person's condition, being free from certain obstacles, such as chains, regulation, imprisonment or commitment. Slavery, by contrast, is the state in which it is owned. While one can call himself a slave to the state, it is rarely a literal statement. Rather, a slave state refers to someone who feels over-regulated or overtaxed by the government in some way. A person may also lack freedom due to his own good or bad choices, such as marriage or the decision to take a job. In these situations, antonyms restrictions or suppression are probably better matches. In other cases, the situation of a person creates a lack of freedom. A person who is paralyzed, for example, has a restriction and is probably dependent on others to be able to live. The child is by definition dependent on the parent. In all these cases, the opposite of freedom is addiction, not slavery. In society, William A. Galston notes, freedom for pike is death for the minnow. In other words, freedom for those who have less power may be in relation to those who have more power. For this reason, referring to a free society is almost meaningless because freedom must be restricted for some to ensure it for others. Everett's speech was a draw, but it is not a permanent speech. Why? For one, Everett played into the crowd, citing Southern aggression and a Confederate conspiracy. Lincoln, on the other hand, looked at the big picture. He gave a speech about preserving self-government, not one battle. As we have already mentioned, he did not say the words Gettysburg, slavery, the Confederacy or the Union. Instead of splitting questions or narrowly defining his speech in battle, he spoke in a very broad sense. Instead of issuing an angry diatribe against the Confederacy, as Everett did, Lincoln emphasized the healing of the country and is working on the ideals set out in the Declaration of Independence. As for the style of storytelling, Lincoln also deviated from Everett. He did use a lot of floral and archaic phrases, but he was much simpler and plainspoken. This direct form of expression has only recently begun to catch on. While the use of romantic language was still prevalent, Lincoln was among those who acknowledged the need for a more conpliant language. People used the Telegraph to communicate during the war, and dispatchers had to get to the point quickly if they were to be tapped through wires. Lincoln's world adapts to faster forms of communication, and speeches like the Gettysburg Address reflect the changing times of the Gettysburg Address is seen as a pivotal moment in the way Americans perceive themselves and their government. The phrase Lincoln uses at the end - the government of the people, the people, for the people - was a new interpretation of the American government and society. Before that, people talked about ending slavery, but little talked about equality. And while Lincoln wasn't necessarily a proponent of full equality for African Americans, the concept that we as humans are at least created equal, which is generally accepted in modern American political thinking, was a fairly radical proposition. With the speech, in fact, Lincoln redirected political thinking in America toward his interpretation of the Declaration of Independence as opposed to the Constitution. Writer Garry Wills describes change as one in which the Constitution is simply a means of ending, with the end being the ideals of the Declaration of Independence [source: Wills]. The singular ideal that all men are created equal has driven many American policy goals ever since. And instead of using convoluted political rhetoric, more closely associated with romantic language, Lincoln gets to the point in a Gettysburg address. Political scientist Philip Abbott summed up the significance of Lincoln's speech: In Gettysburg, he set out his concept in terms of being so simple and eloquent that the address is seen as a masterpiece of political discourse [source: Abbott]. Posted on January 4th, 2021 Despite our best intentions and efforts, making mistakes is a fact of life. People are prone to error, so we're inevitably going to go wrong in one place or another, which is why it's so important to learn how to apologize. Many of the slip ups we do won't have any effect on those around us, but what about at times when we injure someone else, either unintentionally or intentionally? Are we going to ignore the mistake and hope it goes away on our own? Are we facing a mistake, how painful that can be, and apologize? How we respond to our mistakes defines who we are and how others perceive us. I am a voice and presence coach specializing in educating people to find their voice and tell their truth. One of the most difficult tasks I teach my students is how to apologize authentically. It takes a lot of vulnerability to admit wrongdoing, and even more to seek forgiveness and remedy. (After all, we live in a world where some of our top leaders openly avoid responsibility for their mistakes.) However, like anything else in life, if you ignore something painful instead of facing it, that pain tends to grow and appear in other parts of your life. So how do you apologize effectively? Technically, there is no one the right way, but there are many ineffective ways to go about an apology. I will approach this from the point of view that we are genuinely remorseful and want to make good on the injuries we have caused. Simply saying the words I'm sorry is easy, but it's important to match the intent behind your words. Excuses authentically when you've made an error-resousing remorse that's grounded your truth - it's more complicated, and that's what we're going to cover here. In order to make a real apology where your words are backed up by your truth and your true emotions, I mean the practice introduced to me by a friend a few years ago: the Hawaiian Prayer ho'oponopono. Now, I am not an expert in the history of this prayer, but having meditated with it for several years, I have found that this practice of atonement and forgiveness is incredibly powerful. Ho'oponopono means to correct or correct an error. What sets this prayer apart is to focus not on controlling a particular outcome (i.e. healing the hurtful relationship you have with that person), but instead focusing on healing yourself in order to heal the situation. It's very simple, and translates like this: I'm sorry. Please forgive me. I love you. All we have to apologize for is here in this prayer. Let's break down the structure of this apology into these 4 specific steps for before, during and after the apology. Before Apology Step 1: I'm sorry, what are you sorry about? Before you start talking and leading out of pure emotion, it is important to actually find out what you are sorry for. Start by writing down the facts When you write it, avoid assigning any judgments to the script or making any assumptions about the person who is affected by your mistake; really keep the facts straight. Throw the whole situation on the page, do not leave out any small details, Ex. You struggled with the problem. I replied very openly in my feedback, and I saw tears form in my eyes. Ex. You came to me with a problem. I was replying to an email on my phone, and I didn't answer much because I was distracted. I looked up and saw tears in your eyes. You left. Write down your role in creating this Mistake Stick on your contribution to the error only. Avoid writing about someone else, even if they were a factor in you making a mistake. Just focus on what you've done that you know helped create the situation. Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake was assuming it would be better if you heard what I felt I needed to say. Ex. I wasn't entirely present to listen to you when you were in need. I think my mistake was to continue working on my phone

when you were talking, instead of saying that I needed a moment to finish what I was doing first, or just shutting down the phone so I could listen. Ask yourself how you feel by grounding Yourself in Your Truth! to learn the process to my clients called the Voice Body Connection process, which begins by grounding yourself in your physical feelings. This process will help you find your voice and tell your truth objectively, even if you are inundated with strong emotions at the moment. Identify the physical feelings that you feel Now that you relive the experience of making a mistake by writing it, tune into your body, and ask yourself is the strongest feeling I feel in my body right now? Be sure to keep this body-based. When you are preparing to apologize, taking note of your feelings will help you ground yourself in how you feel so you can show up. Identify Why do you think you feel these feelings Now that you have identified your primary feelings, ask yourself the following question: What do I think is the stimulus that led me to feel this feeling? This is probably a very simple statement that you have already written about. It's the core of the matter. Ex. I spoke inappropriately to my friend. Ex. I ignored my friend when they were in need. Identify your emotionsNow that you know why you feel these physical feelings, move to identify your emotions. Ask yourself: What are my emotions about sour cherries get it all? Some primary emotions are fear, anger, sadness, disgust, joy and excitement. Ex. I'm sad that I've crossed my friend's boundaries. Ex. I feel sad and frustrated that I hurt my friend's feelings. Identify your ideal result Our emotions are associated with your desire for a future result. Ask yourself: Do I have any desires regarding everything I've noticed? Examples of basic assessments are safety, comfort, bonding/love, and curiosity/growth. Ex. I want to apologize so we can be close again and improve our relationship. Make sure you actually want to reconnectIf you don't feel safe with that person, there's no reason to apologize and reconnect. However, if you feel safe and comfortable with them and desire to be connected again, then you can proceed to the next step of ho'oponopono prayer. During ApologyStep 2: Please forgive meYuth you will not share everything from your process above with your friend. What you are going to share is your appreciation of the injury you have caused, your part in creating this situation, and your desire to reconnect. It is also very important to be clear just to tell your truth and not comment on their side. That's their job. You can use this script by filling in the observations you noticed above: I think that happened between us ... And I think my error was <insert your= part= here=>... And I stayed feeling <insert your= emotions=>... and forward, I would like is <insert your= desires=>. Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake was assuming it would be better if you heard what I felt I needed to say. And I was left sad that I had crossed your boundaries. Moving forward, what I really want is to apologize, be close to you again, and assure you that I will ask permission in the future before making feedback. Ex. I wasn't entirely present to listen to you when you were in need. I think my mistake was to keep working on my phone when you were talking, instead of saying that I needed a moment to finish what I was doing first or just phone so I can listen. And I'm left sad that I</insert> </insert> </insert> their feelings. Moving forward what I really want is to apologize, to be close to you again, and to assure you that I will be more present in the future, or to tell you that I need a moment to finish what I am doing so I can be present. Once you've shared that, stop talking about yourself. That's all you needed to say to start a conversation. Start listening and be curious. Ask open-ended questions about your experiences like How does it feel for you? When you speak, let them know that you hear what they say and recognize your influence. Step 3: Thank you After you have expressed yourself, leave room to see the impact you have had on the person. Understand that reaction may not be what you expect or hope for. The act of apology is about concentrating the other person's experience, not about putting the focus on yourself. Now that you have asked the other person about their experience, it is quite possible that they will say things that you do not want to hear. You may find yourself feeling defensive or even angry. Stressful situations like this can also trigger fight or flight mode in your body: you may notice that you start sweating, that your pupils are narrowing, that your eyes are tearing, or that you start experiencing tunnel vision. This is all normal. To help stave it off, get genuinely curious about what their experience was. Don't listen to you to be right. Listen to be connected and understand. I thank them for everything they said and for being in your life. Even if they say something you don't like hearing, I thank them as well for sharing the truth about their experiences. This is not an easy thing to do, but it is a necessary step towards self healing in the Ho'oponopono prayer. Forward After ApologyStep 4: I Love YouLet to say that you are actually at a place where the relationship you have with another person can be repaired. I love you supporting curiosity: how can you fix it again? How can things look different moving forward? Think of something you can do to reconnect with each other, express and experience your love, appreciation, or respect for each other. Create a plan to move forward. Continue to practice from step 3 to list the things you are grateful for about the other person. We don't often stop sharing how much we value each other, and it feels as good to share recognition and gratitude as it's getting. This last part of the prayer is not just because of the other person affected by your mistake. It's also for you to get better and move on from the mistake. It's easy for many of us to beat ourselves and continue to hold blame, or even shame, for the mistake we made, even if we genuinely remorseed and tried to correct it. Continue repeating the entire Ho'oponopono prayer to each other after the meeting: I'm sorry. Please forgive me. I love you. You may find yourself apologizing for inadvertently hurting you. Bottom line When we speak our truth as an apology, we show our full truth without expecting anything from the other person or trying to encourage them to behave in a certain way. While we cannot influence or control the outcome of an apology, no matter how penitent we are, following ho'oponopono can lead us to real repair and healing. If you've been stuck on finding the right way to connect and apologize to someone in your life, I hope you find yourself inspired to take that first step to get things right. More on How to ApologizeFaatured Photo Credit: Gus Moretta via unsplash.com unsplash.com

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