

## **THE FREEDOM EXERCISE**

### **THE HISTORY**

For years, the author of the Freedom Exercise studied the teachings and spiritual exercises contained within many religions and philosophies – ancient and modern. His sole desire being to connect with and understand the original source from which arose those exalted states spoken of by various Teachers: Nibbana, Awakening, Grace, or Enlightenment. He was convinced that all descriptions shared one important commonality. If he could discover and prove this commonality via personal experience, he would come to understand how to design the simplest and most effective methods so to allow others to rediscover and strengthen his or her thread with the original source.

One day, the author was contemplating a Teaching provided by our Master during his sojourn upon the mortal plan. In Luke 18:16 - 17, he read,

**“<sup>16</sup>But Jesus called for them, saying, "Permit the children to come to Me, and do not hinder them, for the kingdom of God belongs to such as these.**

**<sup>17</sup>Truly I say to you, whoever does not receive the kingdom of God like a child will not enter it at all."**

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Instantly, the murky waters of the stream which he had followed for so many years turned crystal clear, his answer resting amongst the smooth pebbles lining its bottom—one golden nugget. One verse resting within the many verses of the New Testament—one verse waiting for some traveler of the future to stumble upon it with eyes to see, ears to hear, and an open heart.

Clearly, the answer had been given, so simply, to the world many centuries ago by the Christ. The original source was to be found within the hearts of the newly born children—for only the soul of a newly born child remains still within the Eternal and Ever-Renewing Kingdom of God. And just as clearly, our author realized the true nature of mankind's calamity – none of us realized that we had been born into and had spent the first months of our lives within the Kingdom of God. How could we remember such beatitude as we lacked language and self awareness?

While, it is impossible for us to remember our original psychospiritual state, as no memories were laid down; proper exercises would reconnect each to his or her disconnected higher aesthetic center by restimulating the associated and dormant brain centers. At last, our author had sufficient information to begin designing

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effective psychoneurological exercises which would slowly reintroduce each participant to the Kingdom of God within.

Below, our author explains in modern terms how to accomplish the above—using words and terms acceptable to people of any spirituality. He reminds us that such was the teaching methodology employed by the Christ—for the Lord preached to all those who cared to listen for instructions for finding the Path of Love, the Holy Thread joining our little heart to the Heart of the Source of All Sources.

### **THE PROCEDURE**

The Freedom Exercise was developed a number of years ago by the Institute as a simple and effective method for teaching our students how to successfully handle the many turbulent emotional states arising in daily life. While, the Freedom Exercise is only one of a series of pragmatic exercises and study lessons provided by the Institute, this work exercise is one of the most powerful and efficient methods available for creating a fully functional, fulfilling, and meaningful life experience. A life experience unlike anything you may have experienced or imagined or hoped for previously. A life experience centered securely within a protective sphere suffused with imperturbable feelings of peace, joy and well-being.

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The Freedom Exercise is not a derivative of any particular religious movement, present or past; nor a pseudo-insight preached by some self-proclaimed new age guru; rather, the Freedom Exercise is a scientifically valid technique derived from our studies of the psychoneurological principles underlying the functioning of the mind-brain complementary unit. Applying the Freedom Exercise so to permanently improve your life is no more difficult than applying a simple mathematical formula to solve an easy word problem. And just like all mathematical formulas, the Freedom Exercise contains no unnecessary terms nor steps. It is complete within itself.

The Freedom Exercise must be used exactly as given to be effective. Each word, each pause, each expression of prosody is a necessary part of the formula. This is the perfect formula for attaining everlasting inner peace and joy.

The current format of the Freedom Exercise is the evolutionary result of a long series of prior experimentation conducted with our most diligent students. By analyzing the comments and suggestions provided by these students, we were able to reduce the Freedom Exercise to this deceptively simple presentation. Simple, but amazingly more powerful than gigabytes of information contained within volumes of self-help books. From our studies, we know that those students working consciously,

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so to apply this gift as a remedy for the many tribulations confronting them each day, are discovering the benefits of living life--fully alive and aware. Having traded slavery to the past for mastery of the future, they are no longer fearful, arrogant or controlling. Instead, each has committed himself or herself to intentional behavior benefitting one and all.

### **THE FREEDOM INTRODUCTION**

Normally, throughout our somewhat haphazard and bumpy journey through the day, our conscious minds are fully occupied with stimulus-dependent thoughts and feelings generated within the unconscious. Day in and day out, we are bombarded by external events and the resultant unending parade of automatic images, desires, feelings, emotive responses and unwholesome behaviors. No wonder we find ourselves victims seemingly trapped within states of discontent, anger, depression, irritability and hopelessness. In truth, whether or not we want to believe such, we have allowed ourselves to become robots.

It is a rare day indeed, when we discover in a moment of peace and silence that the needless chattering of our inner narrator has stopped momentarily. In this transient and unexpected moment, our mind is free of thought. Usually we also think

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we are free of feelings, but this is incorrect. For it is difficult to keep the brain free from mind from generating a wealth of feelings and emotions, even for a second. Sometimes, we think no feelings are present, because we are not enmeshed within a familiar hedonic state. Sometimes, we cannot find a word to describe the emotive contents of the unconscious brain and think we must not be under the influence of any feeling state. But if you search carefully, you will find that some feeling is always present just below the surface of normal awareness.

At first, it might seem strange that the success of the Freedom Exercise is based upon modifying feeling states rather than cognitive states. However, if you think about this for a moment, you will come to the realization that every action you take in life is based upon a feeling—even if only a hunch. For emotions and secondary feelings are more primitive than cognitive process, serving as the guardian of our physical and ego survival.

The brilliance behind the Freedom Exercise is the understanding that:

- I. All human animals suffer from the constant generation of what humans label as pleasant and unpleasant emotions (feelings) within the brain. The only respite is during deep sleep.

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- II. Experiencing automatically arising or obsessively repeated emotional states, whether pleasant or unpleasant, is a state of perturbation. For happiness quickly transforms into sorrow, confidence changes into self-blame; the desired is gained and then lost. We can find neither simple peacefulness nor joy. Our minds are like butterflies living a short life by fluttering from disruptive flower to flower.
- III. Each human being was born into this physical realm capable of experiencing only TWO states of presence—one perturbed and the other not. Baby is in a perturbed state of presence whenever he or she is NOT in baby's most natural state of contentment. Whenever baby is well-fed, warm, secure and cared for, baby is experiencing simple joy and peacefulness [though not conscious of such].
- IV. The state of enlightenment and awakening is not located in some lost city in the Himalayas or South America or in some ethereal and imaginary realm. It is located within you, for it is simply recognition of our original state of simple peace and joy; a state lost in the process of social conditioning; a state baby experienced physically, but could not know due to incomplete cortical development. To return to this state requires the development of clarity of mind through the careful, psychoneurological restructuring of pertinent neural nets.
- V. One cannot succeed in returning to and remaining within our natural state of peacefulness and joy, using only the cognitive skills of the human mind. Progress is incomplete and imaginary until one discovers that this state can only be approached and attained via the conscious decision to let go or make space for all transient feelings, replacing them with the eternal inward experience of lasting peace and joy [feeling] and well-being [having clarity or a clear mind].

## **BASIC FREEDOM TECHNIQUE**

**Step 1:** Begin as follows. Whenever you notice the presence of a distinct feeling within your conscious awareness that you are interested in working with, stop all other mental and physical activities and acknowledge the presence of this feeling. It does not matter whether the feeling is pleasant and desirable or unpleasant and unwanted. Name the feeling if you like for now, but generally it is more effective to dispense with embodied appraisals. But remember, neither the name nor the hedonic tone of the feeling is important as to the success of the exercise. All you are to do is to acknowledge the present of the feeling. This is not the time for judgments and evaluations.

Find a comfortable place to sit down. After sitting, take in a slow, deep, effortless inhalation, hold it for a few seconds and then exhale slowly, effortlessly, freely and without restraint. As you exhale, let go of the tension in your shoulders and neck, feel the upper body and arms relax as the body settles into the seat of your chair. Allow the eyes to close as the breath exits the lungs.

Each inhalation, holding and exhalation must be effortless and free of straining in the chest or diaphragm. Relaxation comes only from simple and soft action.

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This first step is a signal to the conscious mind and the non-observable brain that you are intentionally choosing to enter into a short period of psychoneurological brain restructuring. In order to optimize such changes, it is best not to vary this or any other step.

**Step 2:** Take another slow, deep breath of air, effortlessly holding it for several seconds, and then beginning a slow exhalation. As the exhalation begins, start counting softly downwards as follows: 100 ... 99.... 98.....97.....96.....95.....; concluding the exhalation smoothly as you intone the final number. You may have to practice several times so to find your natural rhythm. Initially, it is best to say each number softly out loud. Allow your voice to naturally deepen as the numbers descend. Experiment with this step and see how changing your rhythm or the tone of your voice can help the body to relax and the conscious mind to clear itself of stray thoughts. Imagine yourself sinking into a fully relaxed, but aware state of mind.

The purpose of the second step is to function as a simple induction into a more relaxed and focused state of mind useful for work efforts.

**Step 3:** Take another easy breath, hold and exhale. Take another easy breath, and as the exhaling begins, say out loud the sentence included below. Do not deviate from the words given provided nor change the associated prosody [tone and feeling of pronunciation]. Practice this sentence until you determine the proper rhythm, prosody and feeling tone of each word in the sentence so to maximize positive internal change. Finish the sentence on an exhalation, rather than an inhalation. You will need several breaths so to complete this sentence. Remember, this is not a breathing exercise, but a powerful cognitive and affective technique for gaining inner imperturbability. As your practice grows, you will find that words, rhythm and breath flow as one.

The reason we ask you to begin with an inhalation and finish with an exhalation is that it will deepen your experience and allow you more easily to return to and remain with your natural state of peace, joy and well-being. When you are ready say,

***By letting go of THIS feeling, I return TO and remain WITHIN  
my NATURAL state of peace, joy and well-being.***

We recommend that you carefully contemplate each and every word in this sentence prior to performing the exercise for the first time. It is critical to your success to say this statement exactly as written. Try saying it to yourself a few times to establish the tempo of the sentence and how best to say each word. Pay attention to your feelings as you say each word clearly and without hesitation. You must learn to feel that you really are moving from your current perturbed feeling state into your natural feeling state of joy, peace and well-being. Again, repeat the above sentence a second time,

***By letting go of THIS feeling, I return TO and remain WITHIN  
my NATURAL state of peace, joy and well-being.***

As you say this sentence, allow your attention to focus only on the feelings associated with the words used in the sentence. If you pay careful attention to the tone and rhythm of the words your mind will not wander nor return the original feeling acknowledged in the beginning of the Freedom Exercise. For to do so, is not helpful. Also, remember that you ***are not personally*** moving your feeling state; the appropriate neural networks of your brain are doing so by slowly restructuring the synaptic networks of the cortical and subcortical areas of the brain. Attempting to

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change your brain through acts of will rather than episodes of acceptance will not succeed! Repeat the sentence for a third time,

***By letting go of THIS feeling, I return TO and remain WITHIN  
my NATURAL state of peace, joy and well-being.***

**Step 4:** Take another inhalation, hold it for several seconds and begin to slowly exhale as you softly count downwards, 94 . . . 93 . . . 92 . . . 91 . . . 90 . . .

This period of counting will deepen your focused state of attunement, removing attention from the actual words of the ‘freedom sentence’. This will allow the words of the ‘freedom sentence’ to take effect more fully.

**Step 5:** After completing the above inhalation-exhalation, take another inhalation, and as you take air into your lungs, say out loud: 1... 2... 3..., eyes open and fully present.

Return to your daily business, noting the change that has occurred. If the feeling returns, do the exercise again. You will find that results improve with practice. Moreover, you will begin to notice major changes in other areas of your life—even if you never “let go” on them. Extending each session with more intonations of the set of sentences is less effective than repeating the suggested

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exercise more frequently. Such is the nature of synaptic reorganization or what we like to call psychoneurological restructuring.

### **ADVANCED WORK**

After you have practiced the above as written for several days or weeks, you can vary the practice as follows:

I. Rather than saying, “By letting go of this feeling...,” practice with the saying, “By making more space for this feeling...” Some feelings are dealt with better with dilution [making more space for them]; feelings such as anxiety and anger. Other feelings are better dealt by letting go, such as jealousy and resentment. See what works best for you, and then use it frequently as needed.

II. Try letting go on pleasant feelings. You will find that no matter how good you are feeling now, returning to and remaining within your natural state of peace, joy and well-being is even better.

III. In the event, you are having problems with moving into the natural state of peace, joy and well-being; you may be in a place where there is an unconscious and unrecognized need keeping this feeling very strong. Try saying, “By letting go

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of the need for this feeling...,” or “By making space for the need for this feeling....”

Usually, this modification works well.

IV. Other times you will find it useful to explore the feeling state you desire to change as to its origin and how it is affecting your life. Ask yourself questions such as, “Is this feeling serving some need for security in my life? Is this feeling about fear, control or some other survival issue?” Listen to what thoughts and feelings come to mind. Ask as many questions as seems pertinent. It is OK to fully explore this feeling prior to letting go or making space.

V. In more advanced seminars, we expand the Freedom Exercises to many other areas of life. Moreover, we teach effective methods to query your emotional memory (which is often masked or cloaked from conscious awareness) using psychophysiodynamic signaling. There is so much for you to learn so to reach enlightenment.

Remember, the Freedom Exercise is not about judgment, self-esteem, guilt, shame or any other unwholesome states of being. It is simply a tool which will help your brain become familiar with and stay within the state you first experienced as a contented, secure and cared for newborn. You are learning about how to return to this

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state, while dealing with all the realities of daily living. You are reprogramming your brain.

We at the Institute wish you the very best in your work efforts for attaining to the awakened life. At the beginning, the journey may seem impossible. It is too difficult. We can assure you, that while effort is required, the journey to fullness is less complicated than society would like you to believe. No matter what—do not give up! You can do it! Would you rather remain a victim of your unwholesome thoughts and feelings or become a master-in-life. You choose for you are the only one who is responsible for your life experience.

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