

## Timeless Transformations *Be a Change Agent for Freedom*

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It being the fourth of July weekend, I am inspired by what it means to be free, and how I can use my freedom to be a change agent for future generations. I know I find myself sometimes taking the freedoms that we have in our country for granted. With the heat of the summer, fireworks and celebrations, sometimes the 4th comes and goes, and I don't stop and think about what it means to live in this great nation. I listed the top 10 things about freedom that mean the most to me. It is interesting how all of these freedoms are in direct alignment with New Thought (Unity) principles.

1. Freedom to express my opinion
2. Freedom to say what I believe even if others don't agree including the government
3. Freedom to change my mind
4. Freedom to shape my future
5. Freedom to raise my children in a nation where they can be free thinkers
6. Freedom to get an education and choose where I work
7. Freedom to travel
8. Freedom to choose who I spend time with
9. Freedom to practice religion, spirituality, or do nothing at all
10. Freedom to choose how I spend my time

Can you imagine living in a time or country where you weren't free? It was only 240 years ago that our country set a framework in place that states "all men are created equal." In 1776, that was earth-shattering. Looking back on it however, it was wrong from the get go: *All men? Really? What about women?*

What about the signers of the Declaration? Many were slave owners. It boggles my mind as to how it can be rationalized that they wrote "all men are created equal" but they owned other human beings as slaves. It took another 90 years of struggle asking the people of our country; can a person own another person? It took a civil war to settle that question. It was only in 1865 that slavery was abolished in the 13th amendment.

It then took another 55 years with the 19th amendment that women were given the right to vote in 1920. Think about it, we as women, in the first 144 years of our nation, couldn't vote?

The same with same sex marriage. It just passed! So what it means to be free is still being defined. It doesn't get defined without people, just like us, working, sacrificing, and bringing about change. I believe what is important about 1776 is that the intention for equality was set in motion. Change takes time. It takes hard work and a lot of struggle. But if we have an intention, it will work on us. It won't let go. As a country, as a collective group of people, our values are changing. What is exciting to me is that those values continue to reflect more of the Unity values and New Thought principles.

I listen to an inspirational speaker, [Michael Beckwith](#). He is one of the co-founders of the [Association of Global New Thought](#). If I were going to devote my life to any association or organization in the future, that would be it. Anyway, he said it is gratitude that creates newness. If we only focus on what is wrong with the government, it keeps us locked in. If we focus on the good, it allows us to be effective change agents.

## Timeless Transformations

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That's what we are or at least that's what I strive to be: an effective change agent!

As change agents, we pave the way. Take the Unity movement. It is the largest denomination in the New Thought movement. Where did Unity start? Its beginnings came from the Unitarian movement. Who was part of the Unitarian movement? Many of the founding fathers of our Nation. Would you not consider them the greatest change agents of all time? Look at this [list of famous Unitarians](#), not only in politics but in arts, literature, science, medicine, and education. Being a Unitarian, or following the Unity principles, is clearly the American dream. Unity is all about personal responsibility. We believe thoughts are creative. We can choose to create. We can create our future. We can change and we can be effective leaders of change! That is the American idea.

When I hear anyone say, I'm not going to vote because it doesn't matter, I think about what if 1776 never happened? Who were the change agents at that time? What if they said, nothing is ever going to change. What if slavery wasn't abolished in 1865? What if they said, my vote doesn't matter or another person working in captivity as a slave will never change. What if 1920 didn't occur and we (the women in our family) still couldn't vote? I can't even imagine that being the case! Now, sitting here in 2016 we have a woman running for president. What a great country we live in and I say, ding-a-ling, let freedom ring! I hope I never take for granted, that behind each amendment of our Constitution, there were effective change agents that sacrificed for the freedoms we have today.

I believe where there is a will, there is a way. There is always a way for the willing. If you are willing to live in peace, oneness, fairness, and love, a way will be paved every time, even if it takes a lot of struggle. We are in the process of evolving and becoming. Change is the name of the game. Evolution is working at every level to bring us to a better place. Every change in our life and in our nation is an opportunity to evolve.

My greatest hope is that you will be grateful for your freedom. You will vote. You will care. You will know that you have the power to influence others. You will always look at what is great about our country. You will be a **change agent for freedom**. And most of all, you will instill these values in your family so our future generations can be preserved. *Be the change that you wish to see in the world.* - Gandhi

I love you more than every life that was lost between 1776 and today - Love Mom