

Freedom and Disciplines

Freedom is often a misapplied and misunderstood concept. A good example as to when this was a misapplied and misunderstood concept would be around the 1970's Just at the end of the free love, hippy, and protesting era. Everyone had the attitude of "do whatever I want." With this attitude being the most influential they would be drawn to these Montessori classes with the expectation that their child would be "free". They became confused as they quickly found out this was not the case. The incorrect expectation or idea was it was pure freedom when it was the freedom of exploration and the freedom within boundaries. The true definition of Freedom is the capacity or ability to cause in the face of stimuli and make a choice to the exclusion of all other choices. To put it simply "stop and think before you act ". The child will stop and recognize what options are available to them. Just like a small child who can only do a few simple things will pause and think "I can only take things that I know how to do." Once they have made that choice and they know there are more options they understand to stick to the choice they have just made. Now that we have an idea of the background, and real meaning of freedom lets discuss what "freedom" meant from a Montessori point of view.

Freedom: capacity or ability to cause in the face of stimuli and make a choice to the exclusion of all other choices. To put it simply "stop and think before you act ". The child will stop and recognize what options are available to them. Just like a small child who can only do a few simple things will pause and think "I can only take things that I know how to do." Once they have made that choice and they know there are more options they understand to stick to the choice they have just made.

Freedom is the idea that the child has enough knowledge and experience in recognition to make a choice. With knowledge and experience they can recognize the choices and have made some choices while learning what choices feel right for them. Remember freedom is something the child experiences within themselves and not something that is given to them by to them by teachers or adults. Adult must ask themselves. "What do we have control over?" The answer is simply "we have control over the liberties to the child. It's part of their being and we cannot touch that but give them the right to act within boundaries, and how to act in a certain way. A good visual representation would be the "Ripple Effect or Cause and Effect." (see picture below)

"We toss pebbles "knowledge" into the water "child" watch how it Ripples outwards and then continues effecting the water as it Progress further and further out.

This is defined by 3 things:

- 1.) Limit
- 2.) Consequences
- 3.) Responsibility



The Disciplines Of Freedom

Richard Smith



The Disciplines Of Freedom:

Yoga Patañjali, Barbara Stoler Miller, 1996-12-11 The Yoga Sutra dating from about the third century A D distills the essentials of a complex system of physical and spiritual discipline into 200 brief aphorisms Barbara Stoler Miller's translation clearly conveys every nuance of Patanjali's words and her commentary offers invaluable guidance to anyone seeking to understand Indian philosophy or the practice of yoga

Discipline Equals Freedom Jocko Willink, 2020-10-13 In this expanded edition of the 2017 mega bestseller updated with brand new sections like DO WHAT MAKES YOU HAPPY SUGAR COATED LIES and DON'T NEGOTIATE WITH WEAKNESS readers will discover new ways to become stronger smarter and healthier Jocko Willink's methods for success were born in the SEAL Teams where he spent most of his adult life enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq In Discipline Equals Freedom the 1 New York Times bestselling coauthor of *Extreme Ownership* describes how he lives that mantra the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life Many books offer advice on how to overcome obstacles and reach your goals but that advice often misses the most critical ingredient discipline Without discipline there will be no real progress Discipline Equals Freedom covers it all including strategies and tactics for conquering weakness procrastination and fear and specific physical training presented in workouts for beginner intermediate and advanced athletes and even the best sleep habits and food intake recommended to optimize performance FIND YOUR WILL FIND YOUR DISCIPLINE AND YOU WILL FIND YOUR FREEDOM

Freedom and Its Conditions Richard E. Flathman, 2003 First Published in 2003 Routledge is an imprint of Taylor Francis an informal company

The Discipline Code Sirak Russom, The Discipline Code is a raw and powerful guide to mastering your mind body and purpose Drawing inspiration from icons like Mike Tyson Elon Musk and the world's most disciplined minds Sirak Russom reveals the truth behind success consistency pain and focus This book will challenge you to face your weakness break your limits and build the version of yourself that cannot be broken It's not motivation It's transformation

Discipline Equals Freedom Jocko Willink, 2017 Jocko Willink's methods for success were born in the SEAL Teams where he spent most of his adult life enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq Here he describes how he lives that mantra the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life Willink includes strategies and tactics for conquering weakness procrastination and fear specific physical training presented in workouts for beginner intermediate and advanced athletes and the best sleep habits and food intake recommended to optimize performance

Human Nature and the Discipline of Economics Patricia Donohue-White, 2002-01-01 Foundations of Economic Personalism is a series of three book length monographs each closely examining a significant dimension of the Center for Economic Personalism's unique synthesis of Christian personalism and free economic market theory In the

aftermath of the momentous geo political and economic changes of the late 1980s a small group of Christian social ethicists began to converse with free market economists over the morality of market activity This interdisciplinary exchange eventually led to the founding of a new academic subdiscipline under the rubric of economic personalism These scholars attempt to integrate economic theory history and methodology with Christian personalism s stress upon human dignity humane social structures and social justice This second volume in the series surveys the anthropological foundations to the disciplines of economics and moral theology The first part of the book presents an overview of the German French and Polish branches of personalist thought Particular attention is given to theological anthropology especially as it is developed by such thinkers as Emmanuel Mounier Max Scheler Gabriel Marcel Karol Wojtyla and Emil Brunner Part two surveys models of human nature that have been espoused by various schools of free market thought including mainstream neoclassical economics In conclusion the authors demonstrate how an expanded understanding of human nature can augment the ability of economic science to model and predict human behavior Psychology as the Discipline of Interiority Jennifer M.

Sandoval,John C. Knapp,2017-02-03 Psychology as the Discipline of Interiority is the first collection of essays dedicated to the study and application of Psychology as the Discipline of Interiority a new wave within Analytical Psychology which pushes off from the work of C G Jung and James Hillman The book reflects upon the notion of psychology developed by German psychoanalyst Wolfgang Giegerich whose Hegelian turn sheds light on the notion of soul or psyche and its inner logic and thought forming a radical new basis from which to ground a modern psychology with soul The book s theme the psychological difference is applied to topics including analytical theory clinical practice and contemporary issues ranging from C G Jung s *Mysterium* to case studies to the nuclear bomb and the Shoah Psychology as the Discipline of Interiority expounds upon the complexity depth and innovativeness of Giegerich s thought reflecting the various ways in which international scholars have creatively explored a speculative psychology founded upon the notion of soul The contributors here include clinical psychologists Jungian analysts and international scholars With a new chapter by Wolfgang Giegerich and a foreword by David Miller Psychology as the Discipline of Interiority will be essential reading for depth and clinical psychologists Jungian psychoanalysts in practice and in training and academics and students of post Jungian studies It is also relevant reading for all those interested in the history of philosophical thought and what it means to think in the highly sophisticated and technological world of the twenty first century **The Nineteenth Century and After** ,1916 **The**

Disciplines of Freedom Dana Prom Smith,1982 Master Financial Discipline as a CEO: The Wealth Habits That Build Empires Simon Schroth,2025-04-05 As a CEO or entrepreneur how you manage your money can make or break your business Master Financial Discipline as a CEO teaches you the wealth building habits and financial discipline necessary to build and maintain a thriving business empire This book goes beyond budgeting and accounting it helps you develop the mindset and strategies to manage money like a true leader You ll learn how to make smart investment decisions allocate resources

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