



# What Is **Freedom?**



Read the information on the following slides and the answer the questions at the end.

# Dictionary Definitions

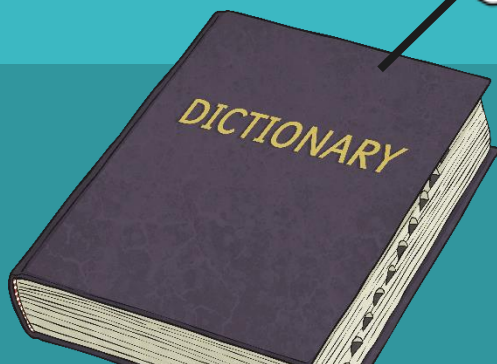
## **Freedom**

The power or right to speak or think as one wants.

The right to act in the way you think you should.

The state of not being imprisoned or enslaved.

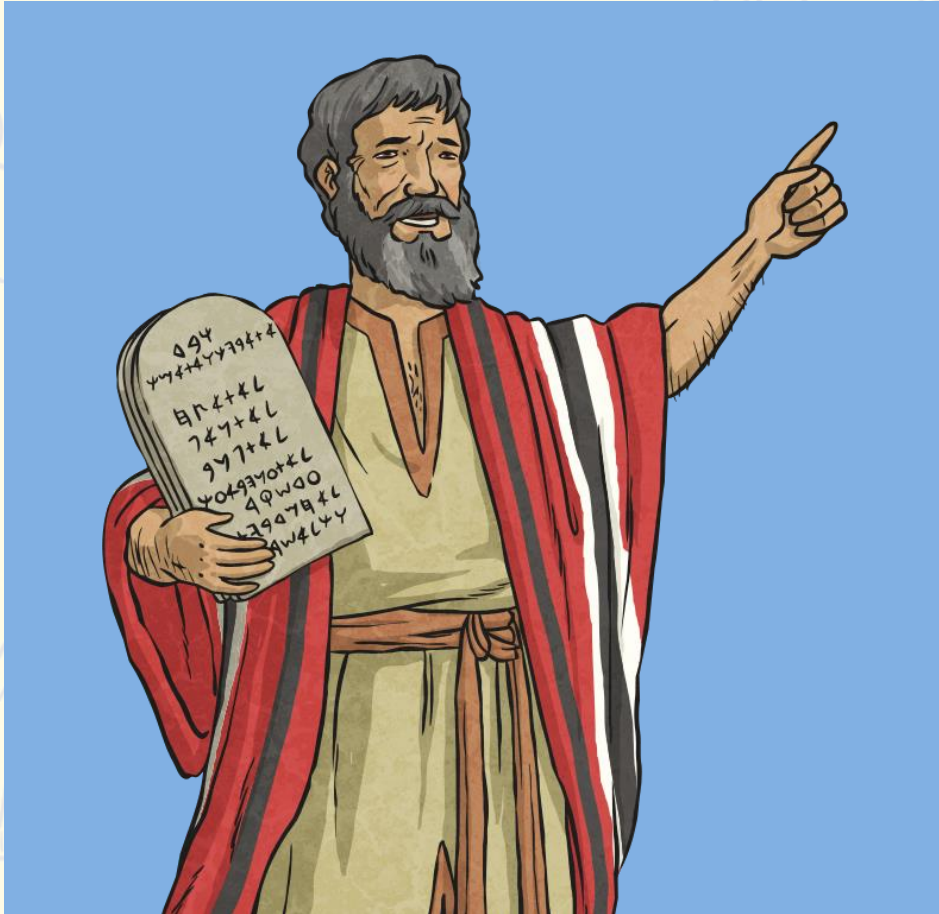
Freedom from something undesirable.





# Definition

(Jewish)



"Let my people go, so they may serve me."

Moses was not asking for the Jews to be freed so they could do what they liked.

They were to be freed so they could practise their religion freely.

In this way, freedom is not simply the freedom to do things but also the freedom to not do things that they consider to be morally wrong.

# Definition

(Buddhist)

"Just as in the great ocean there is but one taste - the taste of salt - so in this doctrine and discipline there is but one taste - the taste of freedom."



Buddhists believe that the most important freedom is freedom from suffering. Dharma is the discipline of practising freedom from suffering which can be found by following the eightfold path:

- Right View
- Right Thought
- Right Speech
- Right Action
- Right Livelihood
- Right Effort
- Right Mindfulness
- Right Contemplation

Buddhists believe that following the eightfold path will result in freedom.



# Definition

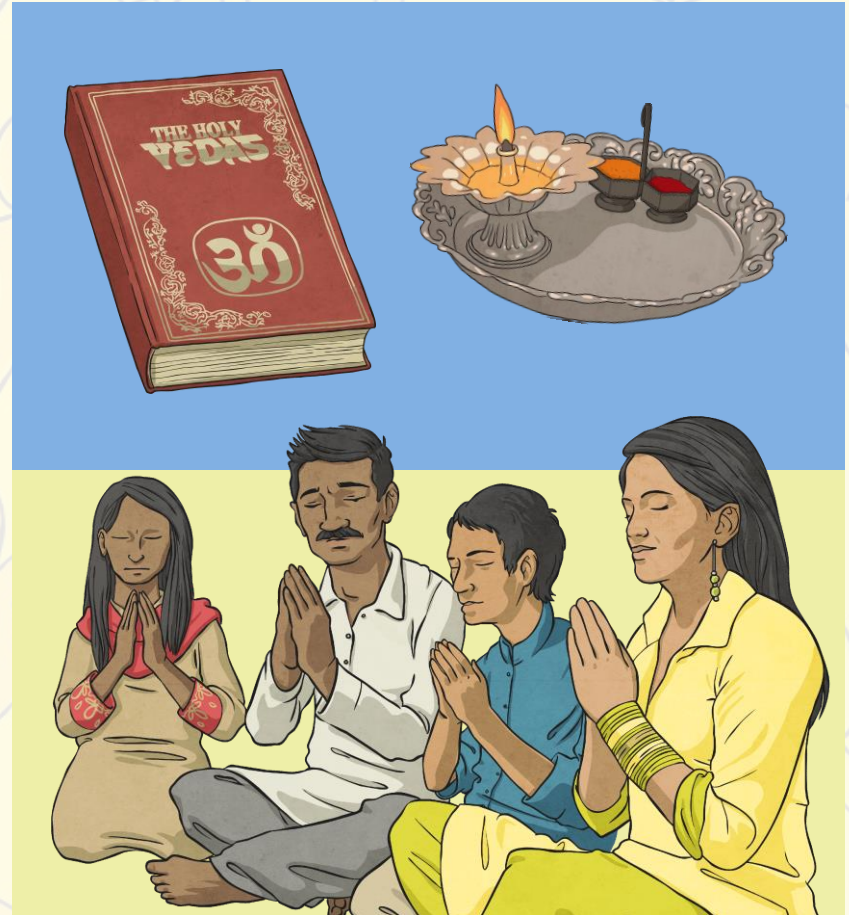
(Hindu)

Hindus believe that we should have no restraints on freedom of reason, thought, feeling and will.

However, this needs to be grounded in Hindu ideas of the goals of human life including moksha - freedom from the cycle of birth and rebirth (samsara), so that a person can just be one with God forever.

Moksha can be achieved through knowledge, meditation, worship and good deeds.

Is this absolute freedom? What does freedom mean here?



# Definition

(Christian)



"Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God." **1 Peter 2:16**

"And you will know the truth, and the truth will set you free."  
**John 8:32**



"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."  
**Nelson Mandela**

"In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline."  
**Martin Luther King, Jr.**





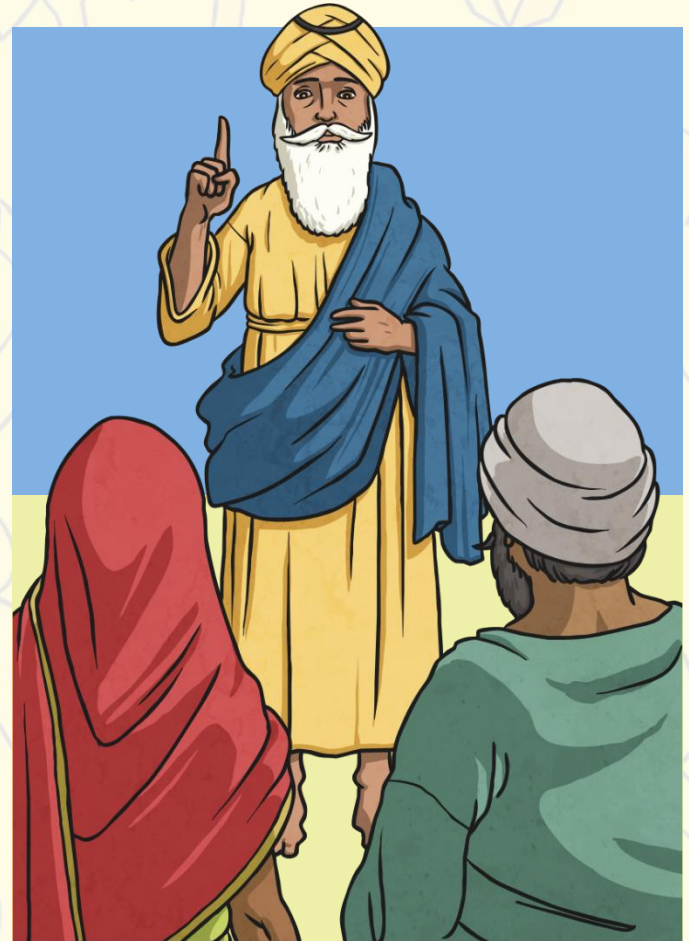
# Definition

(Sikh)

The Sikh Gurus believed that people should have complete freedom to choose their beliefs.

They also believe that people gain freedom by doing the right thing and avoiding doing the wrong thing.

In this way freedom is not doing whatever you want but the freedom for all to live their lives in a happy, healthy, moral and spiritual way.



# Definition

(Muslim)



The word Islam means  
“submission to God.”

Muslims believe that God has  
given them free will (the ability  
to think) to make good choices.

“No one’s freedom should  
violate the freedom of others.”





# Activity



Write the answers to the following questions in your book/on paper.

1. How do you define the word 'freedom'?
2. Which one of the religious beliefs about freedom do you **most** agree with? Why?
3. Which one of the religious beliefs about freedom do you **least** agree with? Why?
4. What is the **most** and **least** beneficial thing about freedom? Explain your thinking.

