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FORWARD BY DUMANI MANDELA

I have known Khalil Osiris for over five years now, and we have become good friends. In our conversations, I have also been challenged to ask myself some difficult questions about the meaning and direction of my life and really ponder the correct path for my spirituality. I believe that this book will offer a similar redemptive energy for the reader and a way forward where perhaps historically the path was difficult to navigate. Khalil Osiris successfully uses what I would refer to as the Socratic method towards self-discovery and personal spiritual redemption. This book is a powerful reflective piece that left me wanting more from Osiris. His unique perspective on intention and self-mastery are told in a well thought out way in this book, allowing the reader to be able to make a personal interpretation of the questions that are raised within it.

One of the key issues that stands out for me in Osiris's work is that incarceration is much more about a state of mind than it is about time and place. In his work, Osiris guides readers along the journey of personal reflection in an intimate and sensitive manner by asking readers to pose some challenging questions to themselves, reflect and redirect their lives in finding personal freedom.

My favorite thing about this book is that it does not aim to be a dense intellectual tour de force, but rather is an intimate and palatable journey for the reader who might be looking for a light and easily understandable tool in dealing with some difficult emotional and spiritual issues particularly around spiritual and physical self-imposed incarceration. The book is honest and simple, yet it raises complex and dynamic questions in a sensitive and intimate manner certain to engage readers.

*Freedom is
always possible,
and it comes from
looking inward.*

A JOURNEY OF SELF-DISCOVERY

The goal of this book is to help you discover and develop your inner freedom.

- Freedom in the midst of any circumstance or situation
- Freedom no matter what your life looks like right now
- Freedom regardless of how limited and powerless you may currently perceive yourself to be

I'm talking about an intensely personal freedom that comes from within – an ever-present, inexhaustible well-spring of freedom that lives inside each one of us, waiting to be discovered and tapped into, irrespective of anything external in our lives.

And I do mean anything.

If I could find freedom in the depths of prison, knowing that I would continue to wake up in a cell every morning possibly for the rest of my life, then you can find your freedom too. I really believe that. With every part of my being, I believe that anyone, anywhere, can find their way to a powerful inner freedom. The kind of freedom that can inspire more conscious, positive choices and establish a strong, quiet center from which to live a more fulfilling and meaningful life.

Within each of us lies the key to our own freedom. I offer this book, these thoughts, in the hope that something here might help you find your own key. And in finding that key, that you will open the door to a new world of deeper questions, deeper self-examination, and deeper engagement with the world.

This book is intended to be a journey of self-discovery. The questions it contains are meant to encourage your own questions and answers. In posing these questions to yourself and finding your own unique answers, I hope you will get closer to discovering within yourself the power to experience a freedom that comes from within.