

# Re: Free Your Mind

Writes T. K. Coleman:

*Frederick Douglass wrote: "Knowledge makes a man unfit to be a slave." An awakened mind makes an autonomous man. Our experience of freedom is directly proportional to our quality of perception and the world's capacity to make us feel powerless is no greater than the ignorance we have of our own rights and possibilities.*

*It's tempting to look at the people above us and around us as having the power to "get in our way", but the only thing that can ever truly get in our way is the belief that things can get in our way. The consciousness of freedom cannot be enslaved and the knowledge of self is puppet to no man.*