

11 STEPS TO INNER FREEDOM

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Welcome to the Journey!

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"Unread Messages From Your
Soul?"*



I'm delighted you've downloaded this material. I hope you'll find it helpful. I've done my best to concisely summarize my many years of therapeutic experience.

I've outlined the path to inner, spiritual freedom in 11 steps. If I had to sum up the whole concept briefly, it would probably sound like this:

Freedom is a state of consciousness that's been within all of us from the beginning, but to recognize, access, experience, dwell in it, recharge from it, and be able to radiate it to those around us, we often need to clear some obstacles from our path.

This work mostly resembles cleaning. The task is to release reflexive, conditioned patterns and habits and release unnecessary emotional burdens, fears, and attachments while continuously deepening our self-awareness, self-acceptance, and self-love.

Even the most minor steps towards spiritual freedom can bring enormous benefits: increased energy, improved health, better relationships, and an overall lighter and more beautiful life.

In my view, it's worth it!

A handwritten signature in blue ink, which appears to be 'Laszlo Buda'.

Have a good journey!



Introductory thoughts

You've probably noticed that there are moments when you feel more accessible when it seems like anything is possible; you can do anything, make any decision, and head in any direction. And then there are moments when you feel more limited, when you experience being a victim of your circumstances, when your options feel restricted, and it seems impossible to break free from an uncomfortable situation, harmful habit, relationship pattern, or memory that ties you down.

The essence of inner spiritual freedom is realizing that while you may not be able to control, manage, or sometimes even influence the objective world around you - circumstances, people, events, etc. - and you cannot change the past, you always have the power to choose your attitude, make your own decisions, manage your feelings, and direct your thoughts. In this way, ultimately, your "life experience" (that is, how it feels to be alive) is in your own hands. You can freely create your subjective world, which is the key to emotional health and inner peace.

However, to experience this kind of inner freedom more frequently, there are certain conditions you need to consider, become aware of, and practice. If you simply wish to feel free but see yourself as a prisoner of your past, a victim of your circumstances, driven by your emotions, unconscious

desires, and fears, if you have no idea why you keep ending up in unpleasant situations, or you secretly hope that your circumstances will improve or that another person will change - then this sense of freedom will be a rare guest in your life.

Below, I've outlined 11 essential steps on the path to spiritual freedom as I see it. Consider this a subjective reflection, a summary of my therapeutic experiences, and a simplification of this complex topic. Many other perspectives may be critical on this subject that I won't cover here. Nonetheless, I hope you will find this helpful.

I encourage you not just to read these points but to think them over carefully and, as much as possible, integrate them into your daily life! Only then will they truly enrich your life.

01

Accept what is, as fully as you can!

When we are dissatisfied with some part of our lives and long for more freedom, possibilities, a different future, or change, we might unconsciously think that the way things are now shouldn't be this way. Often, we don't even realize that by doing so, we turn reality into our enemy and start chasing an illusion. We create an alternate world in our minds, driven by our desires and fears, and then do everything we can to force reality to align with this created inner world. This strategy might work from time to time, but still, more often than not, we find that the Universe doesn't necessarily behave as we imagined.

The Universe follows its laws, not our wishes. It might sound like a contradiction, but experience consistently shows that those who can accept what is, including themselves as they are, without resistance, gain an inner freedom that helps facilitate change. As the famous humanistic psychologist Carl Rogers once said: *"The curious paradox is that when I accept myself just as I am, then I can change."*

EXERCISE:

Assessing how well we accept ourselves and our current situation can be challenging. If you'd like to test this within yourself, take some time to reflect deeply on and feel what it would be like if everything in your life stayed exactly as it is right now until the moment of your death. If this thought feels unsettling, irritating, or even deeply disturbing, you can be sure you're still in conflict with the present. One of the most helpful mental exercises

exercises in such cases is to bravely imagine that from this point forward, nothing will change. Then, observe what you need to make peace with this situation. (You can be sure that nothing will stay the same - everything is constantly changing and evolving - but this exercise will serve as excellent preparation for your journey towards inner freedom. Feel free to repeat it whenever your relationship with the present comes into question!)

02

Acknowledge your fears and attachments, and embrace them!

Ancient wisdom teaches us that it is mainly our fears and attachments that prevent us from feeling free. Fear breeds resistance: we try to avoid what we're afraid of at all costs, which can push us onto compulsive paths. Attachment creates struggle: we try to hold on to what we're attached to no matter what. As a result, worries may take over, limiting our sense of inner freedom before we even face any real challenges. What if life confronts us with something we fear and resist within ourselves? What if life doesn't give us something we're attached to or believe we deserve?

Our fears and attachments form a complex and unique system throughout our lives, becoming an essential part of our personality. It might not be an exaggeration to say that this is the personality itself, the ego. This useful and important system helps us adapt to our environment and integrate into society. However, if our goal is spiritual freedom, it's worth loosening our grip on this system over time and letting go of as many elements as possible.

EXERCISE:

Make it a part of your daily life to notice what triggers resistance or fear within you. Instead of immediately fleeing or fighting, give yourself a moment to experience it consciously. The goal is not to eliminate your concerns but to understand and embrace them. This is the most effective way to dissolve them. Similarly, observe your attachments, dependencies, and connections, and periodically assess whether you still need what you hold onto. From time to time, take a closer look at

your circumstances, possessions, relationships, habits, favorite thoughts, worldview, and typical emotional dramas—anything that feels like it could be limiting your inner freedom. Accept, understand, and embrace these attachments within yourself. Don't wage war against them, as this only strengthens them. Instead, choose the path of "peaceful negotiation": if you need something, keep it close, but if you no longer need it, allow it to drift away and dissolve gently.

03

Stop blaming circumstances and other people!

It's so tempting to blame others or your circumstances for your lack of freedom. It can bring relief when you can shift the responsibility for your story onto someone or something else. However, there's a high price for this: along with giving away responsibility, you also give away part of your freedom, and at the same time, you feed your sense of powerlessness.

Taking back as much responsibility as possible for yourself can be a bitter pill, but it's incredibly healing and a crucial step for everything else. It's indisputable that there are difficult people and tough situations- it's not worth pretending otherwise. But it's best to approach things like the Hungarian singer Charlie sings: *"This is fine, that's not the problem... the chaos is inside..."*

EXERCISE:

Whenever you catch yourself blaming someone else or your circumstances, stop for a moment and ask yourself: do you really need to do this? Be aware that shifting responsibility is very tempting, and it might ease the pain for a while. Still, it weakens you and makes you more vulnerable in the long run. Try to reclaim as much responsibility as possible, even though you'll never have complete control over your life. Make this kind of responsibility-taking a habit; it will be worth it in the long run. If you catch yourself unconsciously blaming your circumstances, think about the weather. It's not always pleasant, but you're wasting energy by complaining about it. The weather just is, and that's that. Similarly, a large part of your circumstances just are, and that's that. You didn't create them, and you can't control them.

Follow the old scout motto: "There's no such thing as bad weather, only unsuitable clothing." If you feel someone has hurt you, practice this: separate the real person from your internal image of them. Step back from the real person if needed, and set boundaries if necessary. Communicate assertively and confidently! But move closer to the image of them in your mind. Try to understand that the person may not have intentionally harmed you, and they can only hurt you if you allow it. As much as possible, imagine that on a deeper level, there's no real conflict between you two. You don't need to blame them for anything - they're just doing what they feel they need to do for reasons you may not fully understand. Try to make peace with everyone within yourself and let go of all blame and resentment - for your own peace of mind and freedom!

04

Separate triggers from causes!

Everyone is familiar with the famous line from Shakespeare's Hamlet: "There is nothing either good or bad, but thinking makes it so." Yet, in daily life, we tend to forget that everything depends on how we react to different situations. It's also clear in our minds that a trigger is not the same as a cause. In other words, if something in our environment annoys, limits, or frustrates us, it is usually not the cause of our unpleasant feelings; it's just a trigger for them.

The real reason we get upset or feel restricted is that we are sensitive to that particular trigger. Suppose you've ever noticed that something that drives one person crazy might leave another person indifferent or even excited. In that case, you know what I'm talking about. The big question is not whether you understand this but whether you are willing to look inward during difficult life situations and recognize how your own patterns and sensitive "buttons" limit your sense of freedom.

EXERCISE:

Whenever, during the day, you feel that something or someone is hurting, irritating, offending, or angering you or limiting your sense of freedom, try to become aware as soon as possible that this is not the cause of your reaction; it's just a trigger that you are sensitive to. Realize that this also has something to do with you because the "button" is within you. Also, remember that, in the long run, the goal isn't to eliminate triggers (which is nearly impossible unless you plan to live as a hermit in a cave) but to reduce the

number and sensitivity of your buttons. You can only achieve this by deepening your self-awareness, self-acceptance, and self-love. Feel free to use the technique of separating the external person from the internal image, along with the other practices mentioned here, or anything else that helps you maintain your inner balance and sense of freedom, even when triggers surround you. And most importantly, be patient with yourself; you won't become "button-free" overnight!

05

Regularly clean your inner world!

The cornerstone of inner freedom is recognizing and gradually letting go of the sensitive, binding, reflexive, and conditioned patterns within us. I call this "internal cleaning." We generally carry two big bags as a legacy from our past. One of them is labeled, "Someone(s) mistreated me..." – this is where we store all our resentment, blame, anger, feelings of lack, and critical tendencies about things that happened to us in the past that we haven't fully processed. The other bag is labeled, "I was bad; I mistreated someone(s)." – this is where we carry all our shame, guilt, self-hatred, and

self-criticism related to things we've done or failed to do, along with all the emotional consequences of our negative opinions about ourselves. It's worth putting these bags down occasionally, taking a moment to see what we're carrying, and cleaning out and letting go of whatever we can. This process can be challenging to do on your own because many of these patterns and emotional burdens are unconscious. They often only reveal themselves indirectly through physical symptoms, recurring life situations, exaggerated reactions, or relationship dramas.

EXERCISE:

When you feel restricted or deprived of your freedom in a life situation, experience physical symptoms, find yourself in repetitive dramas, or feel the need for some internal cleaning, take some time to set down your bags and examine what you're carrying inside. Whether you use your own tried-and-true methods or seek external help, make sure to go through the contents of your bags. You can be sure that much of what you find will be tied to old situations and people. Let the faces of those with whom you have unresolved issues come to mind

– people with whom you have unresolved matters. (Most often, these are parents, close family members, deceased relatives, lost pregnancies, ex-partners, etc.) Begin to imagine communicating with the person who comes to mind. At first, it's enough to feel your emotions. Then, if it helps, say out loud whatever you need to express. Try to steer the whole situation toward a more peaceful place within yourself over time. Take every opportunity to forgive (both yourself and others) and, if possible, let go for good of what you've been carrying.

06

Heal the relationship with your "inner parents"!

The key figures in your emotional cleanup are the parents and/or caregivers who influenced you around the time of your conception, birth, and childhood. They left an imprint on us through their presence or absence, love or rejection. The two most significant people here are usually the ones we know as Mother and Father. They remain "psychological superpowers" in our inner world throughout our lives, so maintaining the best possible relationship with them is crucial.

It's important to distinguish between your inner parents and the external, real individuals with whom maintaining a relationship may not always be possible, perhaps because they have passed away or for other reasons. The focus isn't on them but on your inner parents, meaning your own internalized images of Mother and Father. You can treat these inner parents like real people. It's not only possible but highly recommended that you communicate with them and bring them as close as possible to each other and yourself.

EXERCISE:

Here's one option among many. Sit comfortably in a chair, take a few deep, relaxing breaths, and close your eyes. Imagine a two-person couch in front of you, where you are inviting your parents for a conversation. No matter where they are coming from - whether they are still alive or have passed away, no matter what your current relationship is like - imagine for a moment that they arrive and sit in front of you. Whether this was

typical of them or not, now visualize them calmly sitting together with love and peace, paying gentle attention to you. Dedicate these few minutes entirely to mentally speaking with them. Imagine this as a moment where you can redefine yourself to your parents, where you can share important things with them and renew yourself in their imagined presence.

07

Nurture the relationship with your past and future "selves"!

Often, as adults, when we feel that our current circumstances don't quite explain why we feel trapped, behave irrationally, overreact to certain situations, or repeat painful relationship patterns, it's actually a child within us who is in control. A child we once were. This child still feels pain, misses something, is afraid, or feels lonely. In certain situations, this child seems to take over control of our rational, adult self. This is when irrational reactions, recurring situations, mysterious illnesses, and so on arise. As one of my favorite analogies puts it, we travel through life with our inner children in the car, and while we must treat them well and comfort them when they're in pain, we should not let them

take the wheel! It's important to realize that we can only fully experience the complete freedom of the present moment if we are at peace with our past and future. If there is an emotional wound from the past that we haven't healed, it will continue to drain our energy and resurface from time to time - because it wants to heal. One of the best ways to allow proper healing (rather than simply repeating the same patterns) is to create a connection between the wiser, adult part of ourselves and the wounded inner child. Similarly, it's also worth connecting with our future selves occasionally, especially if we fear aging, death, or anything else that the future might hold for us.

EXERCISE:

From time to time, it can be beneficial to specifically imagine yourself at a different point in your past (or even a future version of yourself) and communicate with this imagined figure as if they were an actual person outside of yourself. If you choose to meet with a childhood version of yourself - one of the most helpful exercises on the path to inner freedom - give yourself some quiet time and space to relax as much as possible. Then, simply imagine a child - who you once were - standing in front of you. Let your mind and memory project the image of this child without censoring or controlling the process; just let it happen naturally. First, observe this image: the child's clothing, posture, face and

expression. Then, start to connect with the child in a way that's appropriate for their age. If you see an infant or a baby, bring them close to your heart; if a young child appears, hold them in your lap, and so on. Whatever emotional state you sense in the child, treat them as a wise and loving adult would: comfort them if they're sad or lonely, encourage them if they're afraid, reassure them of your acceptance if they're struggling with themselves, and try to give them what they once lacked. Express your love, unconditional acceptance, and support in every way you can. This is how you can heal that child—and it's also the best way to give yourself the greatest gift.

08

Communicate regularly with your body!

One of the fundamental conditions for experiencing spiritual freedom is feeling good in your own body, your true home. This doesn't mean perfect health, slimness, fitness, or anything like that - it's simply about being at peace with your body, accepting how it looks and functions, being able to handle your symptoms or complaints (if you have any) without resistance, and, in short, being able to love your body. This might sound simple, but it's not always easy. It can be incredibly challenging when it comes to age, body shape, weight, appearance, or any

physical limitations or illnesses. It's difficult to fully experience spiritual freedom if you are constantly suffering from the state of your body or physical condition. It's essential to cultivate a good relationship with your body so that it does not feel like a prison or a limitation but rather the foundation of your spiritual freedom. The better we learn to communicate with our body, with its parts, organs, and even cells, the more at home we'll feel in it, and this increases our chances of healing ourselves if we get sick.

EXERCISE:

Visualization can be a powerful tool in establishing a personal connection with your body. Start by sitting down, placing an empty chair in front of you, and imagining your body sitting there. It may feel strange initially, but it can become a valuable exercise with practice. Once you can visualize your body, notice how it feels to be in such a close connection with it. Then, address your body and speak to it freely, out loud. Share your feelings, let whatever comes to mind, and don't censor yourself. You can try the same exercise with a specific healthy or sick

body part or organ. For this, you might find it helpful to gather one or more objects from your environment that can somehow symbolize the body part in question. You can arrange these objects in front of you and freely express everything you feel and think. Once you've gone through this phase, you can rearrange the image as if you truly had the power to change, transform, or heal whatever is "broken." Remember, mentally walking through a path toward positive change in your imagination can benefit your body's self-healing processes.

09

Place yourself at the centre of your world and embrace your uniqueness!

It's essential to realize that only one of you is in the world. While most people understand intellectually that their body is entirely unique, their memories and experiences are unlike anyone else's, and there is no duplicate of them, the real question is: have you honestly thought about this? Because it also means that no one can tell you

how you should be. You are the one who must compose your entire life, and this "symphony" - even if others may inspire or hinder you - will be completely unique, unrepeatable, and like no other. It's essential to embrace this and find joy in this uniqueness - without shame, hiding, or feeling the need to conform.

EXERCISE:

Every morning when you wake up, take a moment to remember that your body - and your entire being - is entirely unique, and treat yourself with the respect that you deserve. Start your day as if you were composing a brand-new symphony that has never existed before. As you go through your morning routine, marvel at your one-of-a-kind body and look in the mirror with friendliness, love, and respect. During the day - especially in difficult situations - remember that you have

the right to be exactly who you are. And you also have the right to change yourself: this is your symphony and yours alone. At the end of the day, take a minute to acknowledge that you've lived a unique, memorable - and in its own way perfect - day that never existed before and never will again. Make peace with everything you did (and didn't do), accept the decisions you made (and postponed), and appreciate the journey you've been on.

10

Acknowledge your own insignificance!

While it's essential to place yourself at the center of your own world, it's also worth remembering that you are not the center of the entire world! In fact, if you're willing to think on a larger scale - like humanity, Earth, or the Universe itself - you can see that your personal significance is relatively tiny. If you were to disappear suddenly, the world would mainly carry on as usual. People in the house next door might not even notice, let alone people in other countries, the depths of the oceans, or on Mars, where everything would carry on just as before. You and I and billions of others are tiny specks on a small planet in an unimaginably vast universe. It's not worth overestimating our own importance. Sometimes, we tend to believe that what we do or

how we decide carries enormous weight. This can limit our inner freedom, take away our lightness, reduce our willingness to take risks and paralyze our decision-making processes. That's why it's important to remember that - on a larger scale - no situation, dilemma, decision, action, failure, or success is as significant as we often imagine. We may feel a sense of humility and gratitude when we acknowledge our insignificance from a place of solid self-esteem (see the previous point). Humility stems from a deep understanding of our small role in the Universe. At the same time, gratitude comes from recognizing how much we receive from life despite this insignificance.

EXERCISE:

When you feel that your sense of inner freedom is being restricted by a situation, dilemma, or challenge where you think the stakes are too high, your decision too significant, or your importance too great, try this: imagine the Earth as if you were looking at it from the Moon. Try to find yourself from that distance - it will be challenging. Another approach is to imagine yourself 5 or 10 years from now, or even on your deathbed, and from this future perspective, reflect on the

significance of the current situation. Shifting perspectives in space or time can help when you feel the heavy burden of your own importance. Additionally, make sure that no day passes without expressing gratitude for something. Whether it's because you received something pleasant from life, learned a lesson from a challenge, or just for no specific reason, find something thankful for.

11

Engage in a mutual dialogue with the Universe!

Spiritual freedom is a continuously evolving and expanding quality within us. It's not something we achieve once and never have to think about again. It requires daily awareness and practice. While much of this practice happens internally, within our spiritual world, it's also crucial how we apply it in the outside world, in our relationships, and our work. After all, we are in a continuous relationship, a sort of dialogue, with the Universe around us. We usually have to change something ourselves if we want something to change. Changing our environment requires intention, energy, courage, and flexibility. Some people take a passive approach to their environment - they observe, analyze, and try to adapt to

whatever is happening around them, as if they were always listening in a conversation but never speaking, just following their partner's lead. Others prefer to be active and take the initiative - they constantly try to shape, manipulate, or control their environment, as if they were the only ones speaking in a conversation, not allowing the other person to speak. And then some strive for a flexible, mutual dialogue. They say something, listen to the response, and let that response influence what they say next. This is the type of communication we should aim for with the Universe. It best supports the external expression of our inner freedom.

EXERCISE:

This is the most practical area of all the ones mentioned above. The key is experimenting boldly, taking risks, adapting quickly, and responding flexibly to life's challenges. If you want to practice this, keep the principle of mutual dialogue in mind: share something, listen, and pay attention to the response. Try new things and observe what happens. Let go of old habits, create new ones, and then evaluate whether these changes take you in the right direction. If you tend to leave uncomfortable situations too quickly, try

staying a little longer and see what it feels like. If you've stayed too long in an undeserving situation, bravely step out and see what happens. If you've been too quiet, raise your voice. If you've been the one always speaking, it might be time to be silent, listen, and pay attention. The goal is to consciously strive for changes, take risks, try new things, and listen to how the Universe responds. This is how your spiritual freedom becomes fruitful in your everyday life.

A few tips for practice

If you've made it this far in the reading, it's likely clear to you that the type of practice I'm suggesting for these 11 steps is simple but not necessarily easy. The path to spiritual freedom requires awareness, persistence, creativity, deep reflection, risk-taking, and commitment. You might find some of the exercises described here challenging to start on your own at first. Don't let this discourage you; instead, find a way to begin however you can. The goal is not to do everything perfectly, and it's certainly not about getting it right immediately or reaching the end quickly. What's more important is engaging with the topic, becoming increasingly aware of the limits and possibilities of your inner freedom, and practicing boldly - with methods that suit you.

HERE ARE 4 MORE TIPS TO CONSIDER FOR SUCCESSFUL PRACTICE:

SPEND SOME TIME ON THIS TOPIC EVERY DAY!

Make it part of your daily routine; dedicate at least a few minutes in the morning after waking up, in the evening before bed, and at some point during the day. Discipline and consistency are essential to grow your inner freedom. At first, this may seem contradictory, as many people associate freedom with spontaneity and a "do whatever I want" attitude. However, experience shows that the "I do what brings me closer to my goal" approach works better in this area. And if your goal is to experience higher levels of inner freedom, satisfaction, and serenity, practice regularly - it's that simple.

DARE TO FEEL! AVOID RATIONAL AND SPIRITUAL SHORTCUTS!

Transforming and letting go of old, conditioned emotional relationship patterns—often passed down through generations—is a significant challenge for all of us. Experience shows that thinking, intellectual understanding, willpower, and determination alone are not enough to create lasting change in the deeper layers of our souls. When we decide in our mind to forgive someone (this is an example of what's called a "rational bypass") or convince ourselves that we chose this life, these parents, and that everything is as it should be (this is an example of a "spiritual bypass"), but don't emotionally process the experience, the internal change is usually neither deep nor lasting. The real driver of letting go is emotional experience. This inner state "stirs up the mud" within us, allowing us to settle it in a new way using our intellect. So, don't be afraid of emotional intensity! It may be complicated or overwhelming to relieve the pain of an old wound, but you will survive, and remember: you're doing this for your healing!

FIND A PARTNER(S) FOR PRACTICE!

Some of the exercises listed here can be challenging to do alone because your attention may wander, and the emotions that arise may distract you from your goal. Compared to practicing alone while imagining communicating with your body, parents, or anyone from your past, your practice can open up entirely new dimensions if you have a partner to help you. A friend can be an excellent partner, but this kind of projection-based communication often works best when your partner is someone you don't know as well. This is most often possible in courses or group settings. If you have the opportunity, participating in such a course can significantly boost your path to inner freedom, as countless participant testimonials can attest.

DON'T HESITATE TO ASK FOR HELP IF YOU'RE STRUGGLING!

Fortunately, the days when society stigmatized people for seeking help with emotional problems are fading. Nowadays, seeking out possibilities and finding a professional to assist with your inner journey is more often seen as a sign of psychological awareness and emotional maturity. In the 21st century, you don't necessarily have to imagine individual or group therapy as it's often still perceived: countless sessions, months-to-years-long processes, a silent psychologist murmuring "mmm", or groups where everyone airs their dirty laundry. Instead of relying on these stereotypes, outline what kind of help you need (e.g., a long-term therapy or a quicker, more focused consultation). Research, weigh your options, try different approaches, and find the method and professional that suits you best!

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Thank you for your attention!