

June 29, 2021



On **July 4**, we celebrate **Independence Day**, better known to some as the **Fourth of July**. It is a federal holiday that **commemorates** the signing of the **Declaration of Independence** in 1776. This written declaration stated that the American colonies were tired of being ruled by Great Britain. They wanted to become their own country.

Independence Day is a day for remembering and for cherishing the thought of being citizens in a **free nation** under **God**, and to understand the price our military and our Founding Fathers paid to ensure this **freedom**.

What does it mean to be **independent**? First, it means being aware of yourself, aware of your **strengths** as well as your **shortcomings**. It also means having the **maximum** amount of **faith in yourself**, that no matter what the situation is, you **know** that you really are an **independent person**. The next step is to be at **peace** with yourself. To acknowledge and accept every bit of yourself – things about you that are **fabulous**, and also things about you that **need work**.

To be independent also means to care for **others** around you, as you care for yourself, **without** any expectations. This probably is the toughest form of independence to practice. **No expectations!**

Independence is a feeling which reinforces the fact that **if** no one else is there, you are there for **yourself**. That you are your own being. This **kind** of independence is something **no one** can take away from you because you are completely **secure** about yourself – secure even about your own **insecurities**.

Being strong and independent does not mean we do everything on our own. We all know that we need help in becoming **better** versions of ourselves. And, this isn't something we can do in **isolation**. It means acknowledging the **people** and **help** that has gone in to making us who we are today,