

5 Signs Your Soul Is Crying For Freedom

[BY SAMANTHA WILSON](#)

“You will never be able to escape from your heart so it’s better to listen to what it has to say.” ~Paul Coelho

Going through the motions of a comfortably numb life just isn’t cutting the mustard anymore. The shift to a heart-centred way of living means that our souls are rumbling away, crying for freedom, demanding that we follow our heart’s desires.

Your soul doesn’t want you to stay stuck in a job you hate, a relationship that isn’t working for you, or to give up on your dreams and ambitions. Your soul wants you to succeed. Your soul wants you to live. Your soul wants you to be free.

Whether it’s a dream, a passion, or even an obsession for a creative project, relationship, job, or just a different way of being, your soul wants more for you. Your soul wants to infuse your life with passion and purpose, for you to go after your dreams and to experience a more authentic way of living.

The rumbling of your soul is your cry for freedom. In no particular order, here are five signs that you are ready to follow your heart’s desires:

1. Apathy

The opposite of love isn’t hate. It’s apathy. Apathy is a lack of feeling that creeps up on you over time. You are going through the motions of your life, in your comfort zone, the same old same old, until you slowly realise that life isn’t rocking your boat anymore. In the words of the Rolling Stones,

you can't get no satisfaction and you start to hunger for more.

2. The Trigger/Wrecking Ball of Life

Every soul that rumbles for freedom has a trigger point that acts as a catalyst. The trigger is usually delivered through the wrecking ball of life. The wrecking ball of life can take the form of a random person crossing your path, an idea that stirs your passions, an illness that shakes you awake, a job loss that forces change, or a book that you read that alters your thoughts about your life. Every trigger is unique and is the turning point. The trigger feels like a wrecking ball because the trigger will upset the status quo of your life.

3. Frustration/Intolerance

The hunger for more takes hold and creates friction in your life. You have a fire burning inside of you. Feelings of frustration and the fire in your belly are your soul's cry for freedom. You and your life (i.e. the people, situations, and circumstances) are like two pieces of sandpaper, rubbing each other up the wrong way. Frustration turns to intolerance – you just can't bear it anymore.

4. Fear

The feelings of apathy/frustration go head to head with your fears. Your brain kicks in and reels off a long list of no's. Why you can't change, the obstacles in your way, it's too hard, it's too difficult, it won't work. This is where most people get stuck. Your fears are the edge of your comfort zone and you must do battle with your fears to push through and out into freedom beyond.

5. Enough is Finally Enough/Acceptance

Your level of frustration increases, the fire burning inside continues to heat up until you hit your limits,

decide enough is enough, and push out beyond your fears. You surrender to your heart and accept your soul's desires. It's time to act.

So if your soul is rumbling for freedom, listen to your heart, do battle with your fears, and push through the walls that are your comfort zone. You will never be able to ignore your heart so it's better to listen to what it has to say.

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