

The GOGI Coach News

PowerUp GOGI Community News ~ June/July 2021



Is Freedom Really... Freedom?

Thoughts from Coach Taylor

Coach Johnny, the GOGI Mailroom Manager and GOGI Board Member, will often share a few words of encouragement to recently released students of the GOGI Life Tools. What he shares inspires them to smoothly navigate the challenges inherent in transitioning from a DOC to the outside world. He tells them that physical freedom requires a positive attitude and a lot of work. It's more than just being released.

His success in touching the hearts of GOGI students to his attitude, his consistent use of the GOGI Tools, and living a life of service. These three teachings are at the core of all GOGI studies. A good attitude (POSITIVE THOUGHTS, WORDS, ACTIONS), daily practice of the GOGI Life Tools, and service (ULTIMATE FREEDOM).

On the flip side of this handout you will find suggestions for succinctly incorporating your GOGI Tool knowledge into interviews and Board hearings. What the handout does not relay is the importance of a deep root system to support you when the storm hits, when the wind blows, and when you are tempted beyond all reasonable ability to walk away.

Deep root systems take time, patience, and determination. Deep root systems are not created by busy work, or trying to please others. Deep root systems are fortified through quiet contemplation and consistently showing up as willing to listen to the wisdom of those who have walked a similar path.

Freedom is maintainable freedom when your root system for living a good, clean, productive "life of purpose" is solid enough that not even a tsunami could rock you off the stand you have taken.

How do you know if your root system is solid? Check in with yourself. Do you include daily quiet time in your life? Reading? Praying? Meditation? Are "still" part of your daily practices?

What I have come to realize is that successful individuals (success being defined as a life of purpose where drama is only a movie watched for entertainment once in a while) require quiet time in their daily routine. Quiet time deepens roots.

Your freedom can be earned through choices and study, but can your freedom be maintained? Once earned, do you even know HOW to maintain your freedom? Just walking beyond an 8-foot cell is not freedom, but during your stay in an 8-foot cell you have a remarkable opportunity.

Every day you are either deepening your roots or increasing the risk of drama. The drama will find you. You can bet on that. It will show up when you least expect it. If, however, your root system is unshakable, you might not even notice that drama has knocked on your door.

My wish for each student of the GOGI Life Tools is that your sincere focus is placed not only on earning freedom, but MAINTAINING freedom. This is done from the inside out - during stillness. Getting Out by Going In means just that. If you want real and lasting freedom, you will need to look inward and dig deep. It is difficult to do this unless you are quiet enough to listen to that still, small voice within. It is that voice that will help you deepen your roots.

I don't think that any of the released GOGI Coaches have been rearrested. Zero. I have not heard of one. But even if there was one, you can bet the root system of the Certified GOGI Community Coach tends to be deep enough to weather the storms we rarely see coming.

With Love,
Coach Taylor