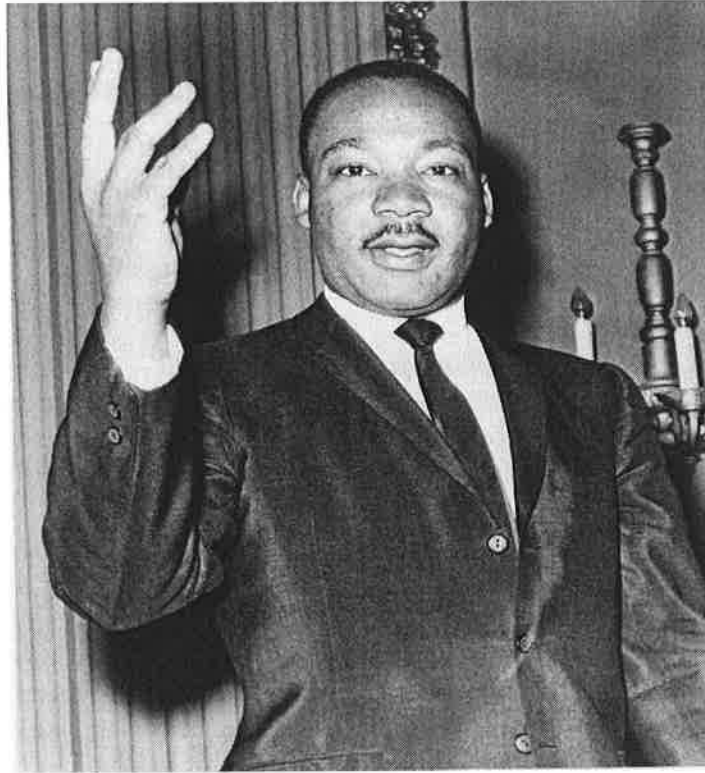


Wes Cecil and Peninsula College Present:  
**Uses of Philosophy for Living: Freedom**



**Freedom** (n.) Old English freedom "power of self-determination, state of free will; emancipation from slavery, deliverance;" see free (adj.) + -dom. Meaning "exemption from arbitrary or despotic control, civil liberty" is from late 14c. Meaning "possession of particular privileges" is from 1570s. Similar formation in Old Frisian fridom, Dutch vrijdom, Middle Low German vridom. Freedom-rider recorded 1961 in reference to civil rights activists in U.S. trying to integrate bus lines.

**External Constraints**

**Absolute physical limits:** If I jump off a cliff I die even if I want to fly. There is only so much land in the world to farm.

**Legal Limits:** It is against the law to do this or I am required to do something- the state will intervene to prevent or require certain activities: I have to pay taxes, I'm not supposed to kill people.

**Social Requirements:** In my culture, we don't eat bugs, though we could, and we do eat meat, though we might not. Acquired patterns.

## **Internal Constraints:**

**Personal Limits:** Someone can climb Everest but I cannot.

**Mental Limits:** I don't think I can learn to climb Everest even though, if I really wanted to, I might be able to do it.

**Social Patterns:** It never occurs to me to even think about an alternative – deep emotional/intellectual patterns exist that inhibit even conceptualizing some things: I don't know Everest exists.

**Emotional Constraints:** I'm afraid to do something, or I'm overwhelmed by the desire to do something.

**Martin Luther King Jr.** (born **Michael King Jr.**, January 15, 1929 – April 4, 1968) was an American Baptist minister and activist who was a leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using nonviolent civil disobedience based on his Christian beliefs.

King became a civil rights activist early in his career. He led the 1955 Montgomery bus boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. With the SCLC, King led an unsuccessful 1962 struggle against segregation in Albany, Georgia (the Albany Movement), and helped organize the 1963 nonviolent protests in Birmingham, Alabama. King also helped to organize the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech. There, he established his reputation as one of the greatest orators in American history.

On October 14, 1964, King received the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In 1965, he helped to organize the Selma to Montgomery marches, and the following year he and SCLC took the movement north to Chicago to work on segregated housing. In the final years of his life, King expanded his focus to include opposition towards poverty and the Vietnam War, alienating many of his liberal allies with a 1967 speech titled "Beyond Vietnam".

In 1968, King was planning a national occupation of Washington, D.C., to be called the Poor People's Campaign, when he was assassinated on April 4 in Memphis, Tennessee. His death was followed by riots in many U.S. cities.

Next Lecture will be November 17<sup>th</sup>. Updates and other material available at

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Youtube.com Wes Cecil