

## **Abstract**

This essay explores two concepts of liberty, negative and positive liberty. It will show how these two concepts are applied in relation to freedom and how this can then influence the ways in which people choose to live and the choices available to them.

It will first discuss Negative liberty and *‘the area within which the subject—a person or group of persons—is or should be left to do or be what he is able to do or be, without interference by other persons?’*. It will then go on to discuss Positive liberty and explore the *‘What, or who, is the source of control or interference that can determine someone to do, or be, this rather than that?’* with a focus on individual freedom and a freedom to live as one sees fit.

It will also consider Political liberty, as addressed in the sense of negative freedom, and the area where man can act unimpeded by others and their opinions. In addition, pluralism will be considered as a concept that people have different goals and that they are different from each other.”

This essay deals with alternate ways to achieve freedom which will include freeing oneself from the desire for things that one cannot achieve and developing knowledge and understanding about freedom and other related factors.