



# Freedom Inside

National Newsletter For Inmates  
Based on the CWG Material  
Issue # 4 January 2002

## New (Year's) Life's Resolutions

*A new year is now well on the way. What will it bring? What do we want it to bring?*

*Are we going to focus all our attention on 'doing' which is what New Year's resolutions are usually about?*

*Or are we going to focus on 'being'? What part of God do we choose to be now?*

*It sounds so easy when we read about it. It sounds so obvious.*

*But changing who we are is not easy or obvious, is it?*

*Unless, of course, we choose to make it easy.*

*The fact is that we*

*don't have to change who or what we are, we only have to peel the layers that are hiding it. We need to peel away the fears that are keeping us from being the very best we can be.*

*"The fact is that we don't have to change who or what we are, we only have to peel away the layers that are hiding it"*

*What are your fears? What is stopping you from being your best 24/7?*

*Find that fear, face it. Change your fears to excitement at starting something new.*

*One of my worst fears*

*as a mother came true. And I realized it was not the worst thing that could have happened.*

*The worst thing would have been if fear (grief) had overshadowed the love all around me.*

*My son left me with more love and acceptance in my life than ever before. I know now that nothing is more important than love. Nothing.*

*What a blessing that is.*

*Life is so short. Even the elderly will tell you that their life went by very quickly. What is life about? What are we here for? This life that we chose*  
*(continued on page 2)*

## "We Are All One" A Skeptic's Discovery

*A skeptic. That's what I've been my whole life. I've been someone who's required overwhelming evidence before I can accept anything as truth. I've been slow to change, quick to deny, and difficult to convince. And I've always liked it that way.*

*But not long ago, a brick fell out of the sky and clunked me square on my noggin. It was a brick made of an amazing realization, plenty of evidence, and enough importance to change my life forever. And what happened when this figurative brick smashed into*

*my skull was that I realized...no, I understood, for the first time in my life, that We are all One. Since that fateful day, I've been wrestling with the consequences of my new*

*(continued page 3)*

**Freedom Inside**  
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**Phoenix, AZ 85068**  
**USA**

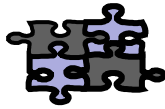
## World Peace..... Is a Personal Thing

*"This one simple change—seeking and finding peace within—could, were it undertaken by everyone, end all wars, eliminate conflict, prevent injustice, and bring the world to everlasting peace. There is no other formula necessary, or possible. World peace is a personal thing! What is needed is not a change of circumstance, but a change of consciousness."*

*Conversations With God, Book 2 (page 152)*

*"The world waits for you. Now. In the place where you are. There is much you can do.*

*From*  
*Conversations With God, Book 3 (page 69)*



## ReCreating My Life

Janine,  
(...)

What really astonishes me the most is how my life has changed by simply reading these books. I mean, I'm not a fanatic but I can hardly contain myself in my everyday activities.

There is so much to absorb, and so much to remember, so much to realize in a sense.

I am so okay with who I am, where I am, and where I'm going right now.

I'm overwhelmed a bit, it feels like being a part of something supernatural while conscious, while sober.

I'm having a hard time explaining it to myself, to my family, but I'm in love. In love with myself, and God, even with the world I'm in right now.

Every morning is a new start, great things are happening.

It's all about knowledge right now. I'm in college!

Janine, I didn't even have my GED when I came down.

I know God has been patient, now it's my turn to embrace God the way I know I can.

I feel so late at getting this, but what was your awakening moment like? Was it gradual? Did it just happen? How long have you known? Has it been hard to retain and practice what you have known consistently?

I'm just into the discussion on sexuality in book 2. WOW! I'm kinda like a child at my first day at school. This is awesome!

I am capable of greater explanations of how I feel. I read your newsletter and I admire the articulate, in depth interpretation of how others have been en-lightened by this similar experience. I hope I can contribute something of equal value. Heck, the only thing I've ever expressed clearly is my anger and sometimes my fear. So this is a little new.

(I've always known that anger is love defending itself, however)

But anyway, I'm going to write down questions or comments as I continue. I'd like to keep writing, as long as you're there. As long as you'll hear.

I hope I can reciprocate as much as you have given me.

Thank you so much for being a part of my life and helping me find my way!

With love, In light

JL

Arizona

Dearest JL,

Thank YOU for hearing me. We are truly all one. What I do for you, I really do for me.

I have answered some of your questions about myself and my life in this issue's Mail Bag. Many of my readers have written with questions about me. I decided it was time for me to be transparent about who I am. That is one of the reasons why I choose to sign my full name as of now.

You cannot know how much hearing from you adds to my life. Thank you for sharing who you are with me and with.

Freedom Inside

With much love,

Janine

### New (Year's) Life's Resolution

*(continued from page 1)*

*to live is not a dress rehearsal. We came here for a reason.*

*I am often lost in the details of my life. I often lose the focus of who I am. I often am so busy doing busy work that I forget to 'be'.*

*My new year's resolution is more along the line of a new life's resolution.*

*I resolve to live fully.*

*I resolve to love fully.*

*I resolve to be fully present.*

*I resolve to see the perfection in everyone and everything around me.*

*I resolve to choose happiness.*

*That is my new life's resolution.*

*With the recent events in my life, I have had confirmation that happiness really is a decision. That a person can be happy in the most amazing circumstances. I know some of you inmates have already found that out.*

*Nothing outside of ourselves matters.*

*Freedom truly is inside. Happiness is inside. All of it is an attitude, a decision.*

*For this new year, I wish you all to recognize your own power. To see the opportunities that surround you each and every day.*

*"Freedom truly is inside. Happiness is inside. All of it is an attitude, a decision."*

*As is stated in the story The Little Soul and The Sun, God has sent us*

*nothing but angels, nothing but miracles.*

*May you see all the blessings in your life.*

*Happy New Year!*

*Happy New Life!*

*In Love and Light*

*Janine Gutierrez*

**Questions?**

**Comments?**

**Poems?**

**Articles?**

*I would dearly love to hear from you.*

*One of the best ways I have found to be clear about who I am is to write to you all.*

*I wish to share this experience with you.*

*Use Freedom Inside to share your Self with others. Use it in any way that feels right.*

*Freedom Inside is about and for you.*

*Use it.*

*The world needs you to be who you really are.*

*Send your thoughts to*

*Freedom Inside*

*P.O. Box 47007*

*Phoenix, AZ 85068*

**“We Are All One”  
A Skeptic’s Discovery**  
*(continued from page 1)*

Understanding. What does it mean? How does this affect my life today? I mean, I’ve just discovered that life is not at all what I thought it was, and now that I know that We are all One, I can’t simply continue with my life the way I had been.

There are just so many implications of that one simple-sounding concept that I can’t seem to stuff them all into my head. For instance, since We are all One:

- We must all have come from the same place.
- We must all be made of the same stuff.
- We all have the same over all goals.
- When one of us suffers, it hurts us all.
- Every time We give, We receive, and
- You, all of You, are my brothers and sisters!!

Of course, these are just a small fraction of the effects of our Truth. Virtually every aspect of the way I see life is changing. This Ultimate Truth has taken

over my perceptions of What Is. I’m confused. Really,

*“(…)I’ve just discovered that life is not at all what I thought it was, and now that I know that We are all One, I can’t simply continue with my life the way I had been.”*

really confused. That’s where You come in. You can help me. And, You can help each other.

You are a unique group of people. You, like me, are prisoners. There can be no doubt that there are aspects of prison life that cannot be understood by those who’ve never been here. We live in a sub-culture of society like no other. We live in a world of segregation, cliques, constant political unrest, contradictory rules and ways of life, bigotry, never ending judgments, and just plain anti-Oneness crammed into such a small area that it can’t really be compared to any other situation on Earth. We live in a place where living as One is discouraged, pun-

ished, and nearly impossible.

But We are all One! Just because I am in prison, I cannot ignore the Truth! I am compelled (by that damn brick that konked my brain) to do my best to honor what I know as the Truth. But how? How can I live in prison, with all of the anti-Oneness, and still honor my knowledge that We are all One?

As all prisoners know, there are negative consequences that result from kindness here. We create problems if we associate with certain people or groups of people. We open ourselves up to trouble when we help people. We cannot treat everyone as brothers and sisters. And I really don’t want to be One with a lot of my fellow prisoners. What about the lames? The punks? What then?

What I’m saying is that I don’t know how to live as One in prison. Maybe I need another brick to fall my way before I’ll understand. Maybe it’s right there under my nose, but I just can’t see it. I don’t

know.

So I’m asking you, my fellow prisoners, for your thoughts on the matter. What do you think? How do you overcome the massive amounts of anti-Oneness that surround you? How can I live as One in prison?

If \_\_\_\_\_ We put our

*“So I’m asking you, my fellow prisoners, for your thoughts on the matter. What do you think? How do you overcome the massive amounts of anti-Oneness that surround you?”*

minds together, We can figure this out. I know we can.

I **know** it. And I also know that we can use *Freedom Inside* to share ideas on these types of things.

So help me out here. Help Us out. Let *Freedom Inside* know your thoughts on how We can live as One in prison. And stay free, my friends. Stay free, inside! Respect,

J.M.  
Arizona

**POETRY CORNER**

*Why do we have conflict?  
Why isn’t the road straight and smooth all the time?  
For one thing conflict has a little trick  
It forces us to think and get off the dime.  
When I think of all I have learned because of roadblocks  
And the satisfaction gained from lessons learned  
I realize the wisdom of our heavenly Father  
It feels better, whenever it is earned*

*—P.R.  
Arizona*



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Know anyone who would like  
to receive this newsletter?

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Possible date of release: \_\_\_\_\_

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*It is my intent to continue  
sending **Freedom Inside** to  
you at no cost to you.  
Donations would be grate-  
fully accepted from anyone  
able to contribute.*

*Thank you,  
Janine*