



Freedom Inside

A National Newsletter For Inmates
Based on the CWG Material
Issue # 6 April-May 2002

Living with the Illusion

Communion With God states that we are living with ten illusions. I wonder what that means to you. I wonder what it means to me.

My daily life is full of activities. Some are very interesting and rewarding. Others are done without thought, simply because I'm used to doing a particular thing at a particular time or with particular people.

Is your life like that? Do you find yourself, as often as I do, suddenly realizing in the middle of a day or in the middle of a week that I've been sleepwalking through my days?

I often find myself liv-

ing without thought, as if what I do everyday is not very important at the same time that I live as if what I'm doing is the only thing that is going on.

"How can I live more clearly, more consciously, with a better understanding of who I am every moment of every day?"

How confusing is that? Even the illusions in which I live are not very clear!

How can I live more clearly, more consciously, with a better understanding of who I am every moment of

every day?

I believe I can do that by using the illusions around me, by playing with them, by living "as if" they were true but by always remembering I chose these particular illusions for a reason.

I don't know how important it is to identify what that reason is. I think each of us will feel differently about that. We all have to make up our minds about that.

As for me, I find that my purpose is served if I am at my best at each moment of my life...and I can play at what that is.

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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
USA 85068

Response to "Is Oneness Bullshit?"

Dear "Is Oneness Bullshit?"

That was a good, thought provoking article and thank you, I will respond.

I think that we are indeed all One, sharing the same Consciousness, the same Life, the same Love. The fun part is that we just don't know it. It's kind of like a great big game of hide & seek. God hides Himself as us, then He finds Him-

self.

So what's bullshit and what's not?

What's bullshit is the conditioned mind, the conditioned thoughts, that mask our true Identity.

What's not bullshit is that when I clear that stuff away I (anyone) can experience "Unity Consciousness"—that feeling, that certainty,

that we are truly all One. With that realization comes "happiness, no matter what circumstances I find myself in". This is my understanding at this point in my life, and even now at this early stage of my spiritual progress I'm quite happy, so it must be true. :-)

M.T.
Arizona

Living with the Illusion

(continued from page 1)

We can play make believe.

Do you remember how much fun that was? I certainly do. I remember how much joy and laughter, tears and anger could be put into the game. I remember living the moment totally, being the mother, the teacher, the nurse, whomever I chose to be at that time, as completely as I could.

The game always started on the spur of the moment. I rarely, if ever, planned what I would do a few hours later, much less the next day or the next week. I became who I felt like being in that particular moment.

Do I have to stop being a responsible person in order to live in the illusion consciously? Do I have to be childish and immature in order to be more spiritual? Is being childish the same as being immature?

Of course not. I can be responsi-

ble and still see the fun in my life and feel the joy of it. I can live it more fully. I can love my responsibilities as I do everything else in my life.

It seems like a contradiction, doesn't it? I want to be more aware that everything is an illusion by living the illusion more completely.

But I know that this is how it can work for me because it is already working...when I choose it to. I already feel it when I am centered, when

I am coming from my best. I know I am in this world but not of this world.

It is a very good feeling. It is being home within my Self. It is

being free to be whomever I decide.

Making believe I really am who I am being at the moment but always knowing I will eventually choose something different. A wonderfully freeing game.

Do you want to play?

Who do you choose to be next?

In Love and Light

Janine Gutierrez

"I want to be more aware that everything is an illusion by living the illusion more completely"

POETRY CORNER

This poem was "re-created" for all of you who have already written to us or who will do so in the future.

With much love,
From Freedom Inside

Did Anyone Ever Tell You?

Did Anyone Ever Tell You
Just How Special You Are?
The Light that You Emit
Might even Light a Star

Did Anyone Ever Tell You
How Important You
Make Others Feel?
Someone out here is Smiling
About Love that is so Real

Did Anyone Ever Tell You
Many Times, When They were Sad
Your letter made Them smile a bit?
In fact It made Them Glad

For the Time You Spend
Writing Things
And Sharing Whoever You Are
There are No Words to
Express to You
How Very Special You Really Are

Did Anyone Ever Tell You
Just How Much They Love You So?
Well, My Dearest Writing Friend
I Am Telling You So You'll Know

-Author unknown

A Note from the Conversation with God Foundation

Dear Friends,

We can hardly believe the resounding reception we experienced as a result of our letter being published in last month's edition of *Freedom Inside*. We want to express our sincere gratitude for your support of the Prison Outreach Program. With this level of enthusiasm, it's easy to envision that our relationship with *Freedom Inside* will continue to grow and develop in countless ways to benefit all involved. Thank you for your support.

From our initial appearance in Issue #5, CwG Foundation received a marked increase in requests for books (15 requests), for pen pals (22 new names this month) and for study group information (3). We welcome all who are interested to take part in our Program in whatever it serves you ~

Books For Friends

Providing the ... *With God* books to those who do not have resources or access to them.

Contact Donna Goswick, P.O. Box 129, Eugene, OR 97440.

God's Pen Pals

Prisoners sharing, exploring and applying the message in the CwG material by corresponding with supportive people 'outside'. Contact Paula Lynam, PMB #141, 1257 Siskiyou Blvd., Ashland, OR, 97520

Study Groups Inside

In-depth exploration and understanding of how the message can transform lives and experience.

Contact Julia Dekker, PMB #1150, 1257 Siskiyou Blvd, Ashland, OR 97520.

Again, thank you for your inspiration.

With Blessings,
Julia Dekker
Program Manager, Prison Outreach
CwG Foundation

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

~ Conversations with God Book 3, pg. 69

I know many of you write poetry or short stories that express your most heartfelt emotions.

We would be honored to receive them and possibly print them in a future

POETRY CORNER

Friendship and More

I decided to share CWG book one with my best friend. I never had shared it with her before because she is a devout Christian and I respected that.

She recently caught up with me. Elated that she is going to go home from this final leg of our tour here, I shared my new awareness of who I am and how I've come to remember. Naturally, her being my best friend, she has noticed a huge change in me.

Now, you should know that regardless of your profound beliefs, she never passed judgment on me for my bell-bonging, granola-eating, Goddess worshipping past. In fact, she loved me more. She helped me learn a little more about traditional Christianity without freaking me out (you see, I was deathly

afraid of the whole "Fire and Brimstone" thing.

Anyway, she read book one and get this, she digs it. As a matter of fact she loved it. Our friendship has come to be so solid and so loving, the religion thing was my only fear between us.

It is so incredibly awesome to have shared this experience and come to understand so much and share it with people I love, and people I've never really met.

But most of all I feel that like some sort of a spiritual chain has developed and God has shown Himself to me, completely connected. God has had appointments with my friends and He blessed me with the ability to help them re-member in a way that is completely

unique to each and every individual I know.

I have never discussed spirituality in such a way, a way that encompasses everything and leaves nothing behind.

"But most of all I feel that like some sort of a spiritual chain has developed and God has shown Himself to me, completely connected."

I have become truly Universal in my relationship with All That Is.

I never thought that I was capable of sharing who I am, truthfully, with a friend as I am now.

With the exception of my mate, my best friend is a wonderful addition to my life. I am blessed with the ability to return to her as much as she has given me. (...)

I firmly believe this was one of my biggest reasons for being where I am right now. Sure I am also reaping the seeds I've sown but being present during this evolution couldn't have come any other way. So be it.

Lately, I've been allowing my fear to wear me out. Anger steps up to defend my love and I choose to get weary from time to time. Oh well!

I'm not claiming mastery, I'm just barely remembering! But I do know it's a choice. And a lot of my re-actions are simply out of habit. I have to re-create myself now.

So, every day is new. I will strive to live in love and not in fear.

With so much love,
J.L.
Arizona

This is from Kitchen Table Wisdom by Rachel Naomi Remen, M.D. who is a physician, a therapist, and a long-term survivor of chronic illness.

Eating the Cookie

Another of my patients, a successful businessman, tells me that before his cancer he would become depressed unless things went a certain way. Happiness was "having the cookie". If you had the cookie, things were good. If you didn't have the cookie, life wasn't worth a damn. Unfortunately, the cookie kept changing. Some of the time it was money, sometimes power, sometimes sex. At other times, it was the new car, the biggest contract, the most prestigious address. A year

and a half after his diagnosis of prostate cancer he sits shaking his head ruefully. "It's like I stopped learning how to live after I was a kid. When I give my son a cookie, he is happy, If I take the cookie away or it breaks, he is unhappy. But he is two and a half and I am forty-three. It's taken me this long to understand that the cookie will never make me happy for long. The minute you have the cookie it starts to crumble or you start worrying about it crumbling or about someone trying to take it away from you. You know, you have to give up a lot of things to take care of the cookie, to keep it from crumbling and be sure that no one takes it away from you. You may not even get a chance to eat it because you are so busy just trying not to lose it. Having the cookie is not what life is about" My patient laughs and says cancer

has changed him. For the first time he is happy. No matter if his business is doing well or not, no matter if he wins or loses at golf. "Two years ago, cancer asked me, 'Okay, what is important? What is really important?' Well, life is important. Life. Life anyway you can have it. Life with the cookie, life without the cookie. Happiness does not have anything to do with the cookie, it has to do with being alive. Before, who made the time?" He pauses thoughtfully. "Damn, I guess life is the cookie."

Perfectionism is so widespread in this culture that we actually have had to invent another word for love. "Unconditional Love", we say. Yet, all love is unconditional. Anything else is just approval.



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Phoenix, AZ 85068

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to receive this newsletter?

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*Thank you,
Janine*