



# Freedom Inside

A National Newsletter For Inmates  
Based on the CWG Material  
Issue # 7 June-July 2002

## Violence: Where Does It Start?

Freedom Inside  
P.O. Box 47007  
Phoenix, AZ 85068, USA

*There are some things I believe to be true. At this point in time in my spiritual growth, there are some things I believe to be irrefutable.*

*The problem is that not everyone agrees with me!!!!*

*One thing I think I know is that violence will always provoke more violence. It will never resolve a problem but only make it worse.*

*That seems so clear to me. But then I start thinking (always a dangerous thing!) and I find myself wondering what violence is.*

*Physical violence is*

*easy to recognize (except when disguised as sport?).*

*Emotional and verbal abuse have gotten a lot of media and popular attention recently. In most cases people agree on what is and is not*

*"I keep wondering where we draw the line. What is violence? Where does it start?"*

*abusive. But sometimes we don't.*

*I keep wondering where we draw the line. What is violence? Where does it start?*

*Does it start when we raise a hand against*

*someone? Or does it start when we raise our voices?*

*Doesn't ridicule count?*

*Doesn't rejection?*

*I believe that Country Clubs are a vivid example of violent places not because anyone fights there but because they reject anyone who is not a member. They are a clear representation of the We-Them separation.*

*I think thoughts of separation are where violence starts.*

*Many revolutions have been fought over the country-club mentality.*

*Many family squabbles.*

*Many lovers' spats.*

*Do I need to be right at*

*the expense of making the other wrong? That is violence.*

*Do I criticize another person for not acting as I think I need them to? That is violence.*

*Those are all thoughts of separation. They are violent. They violate who the other is. And they violate who I am.*

*And they will beget violence because they foster separation.*

*We Are All One. That is non-violent. That is freedom. That is where violence ends.*

*I believe violence will*  
*(continued on page 2)*

## Reluctance and Elation about CWG

From the article "Friendship and More", I share many of J.L.'s reluctance and elation. For example, I've wanted to share a major source of my contentment and happiness, the CWG materials, with many of my friends and associates—who are Christians and Muslims—but they are deep into their own denominational material. So, aside from a sentence here or a paragraph there from

CWG, for now I've resigned myself to just sharing the fruits of my newfound awareness with them. For instance, sort of like an emissary, I endeavor to bring clarity or just build on what's being discussed in regular conversations or in problematic circumstances. If they're quoting scripture or are perplexed about some encounter within our prison, I use those situations as a foundation for

them to see they can create and define who they choose to BE.

Love and Light

H.J. NC

Dear H.J.

*You are choosing to BE a light in the world. That's what life is all about whether others agree with you or not, you are shining brightly. Thank you for that.*

***Violence: Where Does It Start?***  
***(continued from page 1)***

end when we recognize the similarities between people.

I believe violence will end when we start to value the differences.

I believe violence will end when we all accept ourselves and each other as we are.

Who would we have to fight, who would we think we needed to attack if we were all allowed complete freedom to be who we choose to be?

***“Much violence is done in the name of respect”***

From what I have seen, respect is a huge issue in jails and prisons. People want to feel they are respected. Much violence is done in the name of respect.

But how can I ask for someone else's respect when I don't respect them?

What is respect anyway?

Answer me this. Would you think I respected you if I never criticized you openly but privately thought you were full of it?

Would you think I respected you if I never said or thought a bad thing about

you but ignored you and refused to allow you in my 'country club'?

I believe that respect and acceptance are one and the same. I respect you because I accept who you truly are. I accept your right to choose your next version of yourself. Whatever that may be.

Isn't that what we wish for ourselves?

And wouldn't that acceptance make any act of violence totally unnecessary?

I'm reminded of how the Highly Evolved Being's in CWG book three live. They would accept any violence from other beings if it would help the attackers learn and

grow. They know that nothing an attacker can do could change who they themselves truly are, beings of love.

Total, unconditional love.

Total, unconditional acceptance.

Total, unconditional freedom to be who we are.

That is non-violence.

That is who we are.

In Love and Light

Janine Gutierrez

***POETRY CORNER***

**THE SOURCE**

There are times when things look bleak  
When one thinks the end is near  
When another thought would be too much  
And we see no end to fear

The negatives outweigh our smile  
Our frown becomes a steady  
Yet patiently waiting all the while  
Our positives are ready

We are never and I must repeat  
We are never without choice  
In the deepest blackest hole we dig  
Waits another voice

Of course we would like our choices  
To be positive and stable  
Sometimes the choice already made  
Convinces us we're not able

But don't give up, your awareness grows  
And brings the truth like lightning  
Awakening the soul within  
To its creative brightening

We are all filled with the choices that prepare us  
For the journey of experiencing our selves  
Think of choices as from within  
Presented by our happy inside little elves

Our thoughts are like we are  
Individual and many  
So pay attention when you think  
They're worth much more than just a penny

To sum it up, were here to learn  
To discover who we are  
And it's faster, easier, more enjoy able by far

To:  
THINK..then..CHOOSE..BELIEVE..then..  
ACT..TRUST..then..RECEIVE

From: THE SOURCE

THE END

P.R.  
Arizona

***A Note from The Conversations With God Foundation and Freedom Inside.***

*Some of you have expressed concern that your names and addresses may be used for purposes other than you first intended. Rest assured that although the CWG Foundation and Freedom Inside have shared our mailing lists so that more of you could receive all the available information about the Prison Outreach program and this newsletter, no one else will have access to this information.*

For more information about the *Conversations with God* Foundation's Prison Outreach Program, contact:

- **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 God's Pen Pals, PMB #141, 1257 Siskiyou Blvd., Ashland, OR, 97520

***POETRY CORNER***

Do you have a poem that reflects the message in Freedom Inside? If so, send it in, it just may be chosen for a future

## So Confused!

Wow! *Freedom Inside* is great, isn't it? I've been learning soooo much lately. But, it seems as though every revelation prompts a dozen more questions. Hmmmm...

I'm sure glad that you all are out there to help me with this, I'd like to extend my gratitude for the many wonderful responses to my last spiritual crisis, when I wondered how we can live as if We Are All One in prison. I'm putting your ideas into practice and getting better at it.

But, believe it or not, I'm still confused about a few million things. Maybe I'm just a little thick-headed or something, but my seemingly never ending skepticism has again gotten the better of me. I'm hoping that you guys will be able to clear things up for me, again.

Someone suggested to me that "detached involvement" is a concept that will be helpful in my quest to live as One among my fellow prisoners. Now I'm really confused! Detached? One?

I mean, I understand the concept (sort of), but how will it help? And how can I apply it to my life as a prisoner?

Maybe I already have. Maybe we all have. Heck, I don't know.

I, for one, have a real hard time getting close, or "attached", to people I meet on the inside. I'm not here (in prison) to

change the world or to preach to people. I came here alone and I'll be leaving alone, or at least as alone as I can be knowing that We Are All One. Consequently, the detached part of detached involvement has not been difficult.

But involvement is another matter. I've been told to "do my own time" and to avoid getting in the middle of all the drama to which all prisoners are exposed, and I think that these are good policies for a guy who wants to get out of prison someday.

So, is the concept of detached involvement telling me to involve myself in the petty day-to-day happenings of the soap opera I live in? Or, is it telling me to detach myself from caring about the rest of the prisoners who share my domain? Both? Neither?

What is the deal with detached involvement, from a prisoner's perspective?

I just don't get it. And yes, I'm skeptical. So, if any of you out there have any helpful information that you could toss my way so I can unwrap the knot of confusion in my head, I'd appreciate it a lot if you'd stick it to a sheet of paper and send it to *Freedom Inside*.

Maybe, someday, I'll figure all of this out. But in the meantime, I need you. We all need each other, don't we?

Am I the only skeptic trying to figure all of this out? What kinds of things do you struggle with?

What is it about prison life that makes it hard to feel free inside? What is making it difficult for you to experience the next grandest version of Who You Really Are?

I'd like to encourage all of you to write to *Freedom Inside*, about whatever's on your mind. We need Each Other. If you've got a problem or question, chances are others do, too. Share them with Us. Let US help Each Other.

Prisoners are the only ones who know what prisoners deal with every day.

The Confused Skeptic  
J.M.

Arizona

Dearest Confused Skeptic,

*I know you have asked for other inmates' answers to your questions and I hope we'll be getting many of them published in the next issues.*

*But for right now, I just had to put my two cents in and answer one of your questions.*

*About "detached involvement".*

*I first heard of the concept of "detached involvement" in a beautiful little (in size only) book by Deepak Chopra called The Seven Spiritual Laws of Success.*

*As I understand it, the "involvement" has to do with all the love we can put into a situation.*

*You do not detach from people. Quite the contrary, in order to be at your best, you need to love as much as you can. Put the best of yourself into each and every situation. Give the best of yourself to each and every person you meet.*

*The "detachment" part has to do with the consequences of your actions. After putting the best of yourself in any and all situations, let go of the need for things to turn out a certain way.*

*The key to being happy and fulfilled, at least as far as I can see in my own experience, is to BE at my very best and not ask anything of anyone.*

*I act with as much love as I can because that is who I am. I don't do it in order to get something or to get someone to act a certain way. I do it because it makes ME feel good. I am completely "detached" from the consequences. (At least I am when I'm at my best!!)*

*In that way, I live at peace with myself and with the world.*

*That is what "detached involvement" means to me.*

*Now, I leave it to your fellow inmates to answer the rest of your questions.*

*With much love,*

*Janine*

# A Note From Conversations with God Foundation

## I HAVE SENT YOU NOTHING BUT ANGELS

(excerpted from *The Reference Book*, by Neale Donald Walsch, page 83)

The human Soul is Eternal. It is on a journey of unending joy, celebrating every aspect of Life that exists, allowing Itself to notice and to create, to experience and to fulfill, Who It Really Is. *CWG* is quite clear in explaining “why bad things happen to good people.” In order for the Soul to know and experience Itself as any particular thing, the exact opposite of that thing must come into the space. This is why, the moment you decide a thing about yourself — anything at all — its exact opposite will come into your life. For in this relative existence we are experiencing; hot cannot be hot without Cold, tall cannot be tall without Short, and You cannot be You without that which is *not* you. I am giving you a very short, very quick answer here to a very large question. Reread *CWG* again, if you need to, in order to capture this understanding more fully.

Masters know and understand this, which is why Masters never complain in the face of extraordinary difficulty, but rather, bless their persecutors, and all circumstances and conditions which assail them. Masters know and understand that every person, place or thing in their life has been placed there *by them* — that they have drawn themselves to the Right and Perfect experiences — in order that they might Know Who They Really Are.

Masters also understand that none of us are doing this dance alone; all of us are in this together; that all Souls have full understanding of what is happening, and that we, as Partners in the Dance of Life, join together in our present Forgetfulness, some of us playing the part of “victims,” some as “villains,” that we might create and fulfill our Soul’s purpose in this lifetime. Read again the story in *CWG* about the Little Soul and the Sun.

Now Jesus understood all of this, which is why he looked at his crucifiers and said, “Father, forgive them, for they know not what they do.” He understood that those other souls literally *did not know what they were doing*. That is, they had forgotten who they really are. And they had done so quite deliberately, in order that they might “play the villain,” this time around, in YOUR piece. And, in the moment of their greatest villainy, they are depending upon *you* to *remember Who They Really Are*. In so doing, you heal them of their False Thought about themselves — the thought that allowed them to act in this way in the first place and thus, provide you with an opportunity to Know and to Experience Who You Choose to Be.

No one has ever come to you — *no one* — without a *gift* for you in his hands. This reality is described in heart-touching detail in *Book 2* of *CWG*, in which God said to me: *I HAVE SENT YOU NOTHING BUT ANGELS*.

For more information about the *Conversations with God* Foundation’s Prison Outreach Program, contact:

**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 God’s Pen Pals, 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 #141, 1257 Siskiyou Blvd, Ashland, OR 97520.



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**DONATIONS**

*It is my intent to continue sending Freedom Inside to you at no cost.*

*Donations would be gratefully accepted from anyone able to contribute.*

*Thank you,  
Janine*

*Please make checks or money order to me, Janine Gutierrez, as I will soon need to start paying a fee to keep a bank account for Freedom Inside so it will be cancelled.*