



Freedom Inside

*A National Newsletter For Prisoners
Based on the CWG Material
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NOTE OUR NEW ADDRESS:

*Freedom Inside
B.P. 315
Lac Saguay, P. Q.
Canada J0W 1L0*

Your letters will now need a \$0.60 postage stamp if mailed from the U.S.

What If?

As most of you know, my son Nico passed away over a year ago. It was obviously a major event in my life. Profoundly life changing as you can surely imagine.

About a year late, my sister also passed.

I know without a doubt that I chose this life of mine. I know without a doubt that I created these life experiences in order to become Who I Really Am.

I know that my life is perfect.

I have been pondering something recently. Both my son and my sister passed way before any of us had imagined they would.

What if they had known their time was so short, would they have lived differently?

What if we had known their time was so limited, would we have acted differently?

What if I had known? What would I have done and said that I didn't? What would I have not

done and said?

I remember seeing a clock on "Oprah" that was set to the time of its owner's possible demise. That time, if I remember correctly, was determined by statistical probabilities.

So there you would be, with a clock in your home not telling you what time it is but letting you know how much time you have left.

I liked the idea of that clock. Some people on the show thought it was morbid but I thought the clock was a good reminder that this is it. This life of mine is to be lived NOW. My time in this life is running out. I need to experience NOW what I came here to do.

This is not the first day of the rest of my life, which always makes me feel I can procrastinate as much as I want since there's plenty of time.

This IS my life. This moment.

What if this was my last moment?

What if?

How would I act, think, BE if I knew I had only one day to live?

How would I act if I thought it was your last day on earth?

All my everyday "problems, worries, challenges" would instantly lose their importance.

Each moment would become intensely important in itself, to be lived as fully as possible.

I would surround myself with my loved ones and love all who surrounded me.

What if I could do that all the time?

What if?

...

Why not?

With love

Janine

Dear Readers,

In answer to some of your letters I will state my intent as clearly as I can.

I welcome all stories, comments, and questions you may have and will gladly print any that reflect the message of Freedom Inside.

This newsletter is meant to share experiences, thoughts and feelings in order to re-create who we really are. Any such message will gladly be printed.

The act of writing our thoughts often helps us clarify our thinking and choices. This is what Freedom Inside is about. Our goal is not to change another or to change the world. Our goal is to re-create ourselves into our highest vision.

Although Freedom Inside is meant as a voice mostly for prisoners, all are welcome to send in their musings and will be published, space allowing.

We Are All One. Universal Love is what we are made of. Please do not send messages to specific individuals unless in reaction to articles. Let us not limit ourselves. Share your message, your story, your Self with the world.

*With great Love,
Janine*

Changes at the CwG Foundation

Some of you have been unsuccessfully trying to reach the contact person for either the PenPals or the Books For Friends program connected to the CwG Foundation.

I am sorry for these difficulties. There have been many changes at the Foundation recently, a new focus and direction toward bringing about a worldwide grassroots movement toward peace. Lovely path indeed.

I will let you know if these programs are still active as soon as I find out.

THE SKEPTIC'S CORNER

This morning, I wandered into our dayroom to find an acquaintance of mine biting his lip and looking for something to smash. If I hadn't been there, I suspect there might have been a tear rolling down his cheek. I'd never seen him so upset. Having been in prison a while, I immediately wondered if whatever problem he might be having could affect me, but when I asked about it, I found out that was not the case. In hindsight, I realize that very few "prison" problems can bring a man to tears, and I should have known that it must've been more than that.

His problem was both specific to him and common to most prisoners at the same time. I've seen it many times with many prisoners before, and as much as I want to help, I've never known what to say or do. There appears to be no solution.

What I'm talking about here is common to us all. It's that feeling of total powerlessness that comes whenever our people on the streets need help and we can't give it to them. In my friend's case, it came in the form of an eviction notice on the door of his family's homes. For some, it shows up as a death in the family; for others, it's a child's missed birthday party or a wife's broken-down car. We think to ourselves that if only we weren't in prison...

I don't think that anyone can blame my friend for being upset about his family's eviction. I wanted so much to ease his pain, to come up with some magic words that could make all of his problems go away, but there were none. I was at a complete loss. I checked in my pocket, but no magic wand was there. All I could think of to do was let him know that he's not alone, but unfortunately, that didn't seem to help.

And so, I turn to all of You. We've probably all heard the saying, "It's hard to live in here and out there at the same time", but knowing that doesn't help either. What do You do in situations like these? How do you deal with an enemy as formidable as powerlessness?

Is this just one of those situations in which we just simply bite the bullet, suck it up, and move on as best as we can? Or, is there some tidbit of information that I don't know?

Can CWG principles be applied here? Is there something, some principle I've missed from the books that will help?

Nothing, and I truly mean nothing hurts me worse than watching the suffering of those I love. On the outside, that feeling acted for me as a motivator, forcing me to do whatever was necessary to correct whatever the problem was. But, for prisoners, the storyline goes a little differently. I've never in my life felt as caged as I do when someone I love needs help I can't provide. It's the opposite of freedom, my friends. It's anti-freedom.

So, I'm asking You, "Is that the end of the story for us prisoners? Is that feeling of powerlessness an invincible enemy to us? Or is there an answer that will allow us to overcome this formidable opponent and regain that which we cherish so much...that sense of freedom, inside?"

Looking forward to Your responses,

The Skeptic
J.M.
Arizona

What Should I Do?

This is from the CwG Weekly Bulletin that I receive through e-mail.

“The CwG Foundation often receives requests from readers of CwG who want Neale to tell them what is best for them. Or to ask God for them. The following is a reply from Neale with some reminders for us all.”

“I want you to try to grasp something here that could change your life. There is nothing that is “best for you”. There is only that which serves you in terms of what you are trying to be. And what you are seeking to be is not a question God will EVER ANSWER. Because if God answered that question, your whole purpose in living would be thwarted. You see, your entire purpose in coming to our body at this time and in this place has been to make the very decision that you are asking God to make! You are on this Earth, friends, to decide and to declare, to create and to fulfill, to experience and to become Who You Really Are. You are engaged in the process of pure creation;

you are God Godding! And God know, God would never tell you how to do that! The whole point of the process is for you to decide! For you to choose. For you to create. Not for God to decide and choose and create for you! So, I cannot, and would not, “ask God what is best” for you. And neither should you. You should TELL God what is best for you—and watch God move into action! You see, God is not one who likes to be asked. God is one who likes to be told. And that is the biggest misunderstanding of all time about God. People think that we are to “ask” God for what we want, or for help in deciding this or that. God says, “No, don’t do that. Don’t ask me. Because

asking me is a statement that you do not now have what you want, or have the answers to your questions—and what you declare you do not have, I cannot give you. For your word is law, and your thought is creative, and your actions are productive—producing Who and What You Now Are. Therefore, choose, do not ask.” The only problem with this choosing business is that we can no longer rely on any person or source outside of our Selves to “give us the answer”, tell us what is “right” or decide what is “best”. We have to make our choices in a vacuum—then stand responsible for those choices. This is, of course, what most of the human race is spending its time avoid-

ing. Your “life’s mission” is exactly what you say it is. It is not something you “find”, it is something you create. Create it, stop trying to “find it”. CwG says that life is not a process of discovery, it is a process of creation. That is the most important sentence you will ever....Create it. Stop trying to find it. I am not going to enable you. I am going to empower you. If I give you an answer, I will enable you to think that I had the answer, but, if you can find someone who does, life will be swell. I will not enable you in that way. You can count on me never to do that.

Neale

QUOTABLE QUOTES

“Life is no brief candle to me. It is a sort of splendid torch which I have hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations”

-George Bernard Shaw

“A little kindness from person to person is better than a vast love for humankind.”

-Richard Dehmet

“Kind words can be short and easy to speak, but their echoes are truly endless,”

-Mother Teresa

“We make a living by what we get, we make a life by what we give.”

-Winston Churchill

“Make no judgments where you have no compassion.”

-Ann McCaffrey



Harmony's Way

"How do you bring more harmony to your inner world?"

I can share what works for me: I let it in. It already exists. I need only choose it. When I accept, by way of detachment, the outer circumstance/situation unconditionally as that which I called forth for my own spiritual growth, it then becomes the inner; when that which is in my mind's eye becomes the same as that which is in my body's eye. An old Chinese proverb comes to mind: "The outer eye cannot see itself; the inner eye is its own reflection." In this way, when the inner and the outer are in sync, harmony reigns.

J.T.
Maryland

Dear J.T.
So often, the simplest thought is the highest.
Thank you
Janine

[...]

Let us all sing together in harmony with one voice, and one love, one us. As events are happening with Iraq, all I can feel is LOVE for all the world and all that is. I feel Love for Saddam Hussein as Love can heal him and people who don't know that they know. Everyone knows but there appears to be those who may not re-member. I read about the Divine Force-creative energy, gently wisdom, and purple love. We cannot not use God, but we sometimes can not know that we are. To use God is to call forward the Divine Force that is within all. Then, we will use God and then help God to be more of what God is.

These two are of the seven steps to a closer Friendship with God;
Creative Energy is placed in our being. Through thoughts, words, and deeds. Think deliberately, say deliberately, do deliberately. When we use Creative Energy, we help God to be more of what God is.
Gently Wisdom is in our souls. Use this gift by feeling the Harmony. Harmony is feeling the vibration of the moment and blending with people, place and experience. Call on Gently Wisdom in times of stress as it is in our souls and we will help God to be more of what God is and seek to experience of itself.
Pure Love has been placed in the heart of everyone. It has been placed in the human heart and it is what God is, you are, I am, they are, we are. When we express pure love, we give ourselves the direct experience of who we are and the greatest gift. It may appear that you/we are giving Pure Love to others, but we are giving to our selves because there is no one else in the room.
Pure Love allows a vision of truth. Kindness takes on a deeper meaning. Kindness means goodness and sameness. Live in Pure Love and we are like-kind, truly kind or kindness. A kindred spirit and oneness with all that is. When Pure Love is used we help God to be more of what God is and seeks to experience of itself. You help God when you help your Self to God. Help your Self to as much of God as you like. Have a big helping. "Take and eat of this, for this is my body."

I wanted to share with you the insights I have learned. These gifts are in all of us.

Thank you for Freedom Inside. I feel alive, so alive, when I read it.

I love you all
Blessed Be
L.H.
Pennsylvania

Namaste, dear L.H., from everyone involved with Freedom Inside. We feel and share your love.
Janine

One of the major obstacles to Harmony many of us face is our anger. The following are exer-

cises that His Holiness the Dalai Lama suggests.

Meditation on Anger: Exercise 1

”Let us imagine a scenario in which someone who you know very well, someone who is close or dear to you, is in a situation in which he or she loses his or her temper. You can imagine this occurring either in a very acrimonious relationship or in a situation in which something personally upsetting is happening. The person is so angry that he or she has lost all his or her mental composure, creating very negative vibrations, even going to the extent of beating himself or herself up or breaking things.

“Then, reflect upon the immediate effects of the person’s rage. You’ll see a physical transformation happening to that person. This person whom you feel close to, whom you like, the very sight of whom gave you pleasure in the past, now turns into this ugly person, even physically speaking. The reason why I think you should visualize this happening to someone else is because it is easier to see the faults of others than to see your own faults. So, using your imagination, do this meditation and visualization for a few minutes.

“At the end of that visualization, analyze the situation and relate the circumstances to your own experience. See that you yourself have been in this state many times. Resolve that “I shall never let myself fall under the sway of such intense anger and hatred, because if I do that, I will be in the same position. I will also suffer all these consequences, lose my peace of mind, lose my composure, assume this ugly physical appearance”, and so on. So once you make that decision, then for the last few minutes of the meditation focus your mind on that conclusion; without further analysis, simply let your mind remain on your resolution not to fall under the influence of anger and hatred.”

Meditation on Anger: Exercise 2

“Let us do another meditation using visualization. Begin by visualizing someone whom you dislike, someone who annoys you, causes a lot of problems for you, or gets on your nerves. Then, imagine a scenario in which the person irritates you, or does something that offends you or annoys you. And in your imagination, when you visualize this, let your natural response follow; just let it flow naturally. Then see how you feel, see whether that causes the rate of your heartbeat to go up, and so on. Examine whether you are comfortable or uncomfortable, see if you immediately become more peaceful or if you develop an uncomfortable mental feeling. Judge for yourself, investigate. So for a few minutes, three or four minutes perhaps, judge, and experiment. And then at the end of your investigation, if you discover that “Yes, it is of no use to allow that irritation to develop. Immediately I lose my peace of mind”, then say to yourself, “In the future, I will never do that”. Develop that determination. Finally, for the last few minutes of the exercise, place your mind single-pointedly upon that conclusion or determination. So that’s the meditation.”

-From *The Art of Happiness*



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