



Freedom Inside

A National Newsletter For Prisoners
Based on the CWG Material
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At a Crossroads

Freedom Inside

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It seems as though there is change in the air. For the first time since Freedom Inside started in September 2001, we did not receive enough material from our readers to complete a new issue.

I believe it may be time to say goodbye. But I did not want to just stop writing the newsletter, I wanted to be clear about what is happening and why you may not be receiving another issue.

It would be possible for me to continue publishing this paper. It would be possible for me to write all the articles, find other authors' text to share with you, in other words, to fill the space.

This is not why I started Freedom Inside. It was always meant to be written mostly by prisoners who had things to share with other prisoners.

I am still willing to do that. I received so much from all of you, I cannot even begin to express my gratitude and love.

If some of you would like to join in the writing of the next issue, I will be more than happy to receive your articles and publish them.

Some of you may have felt the need to wait (procrastinating?) before sharing your thoughts and feelings here.

Some of you may just not have ever felt your thoughts were worthy of publication so you declined to write us although you had much you could have said.

You are at a time of choice. This is it. This is either do or die for Freedom Inside.

If you feel this newsletter is contributing to your life, write and let us know your thoughts.

Thoughts, feelings, stories, anything you have to say is worthy of publication.

Freedom Inside is not a literary publication. Whether you feel you are a "writer", an "author" or just regular folk, Freedom Inside is for you and no one else. It is a forum where you can choose, if you so wish, to be who you really are.

Your next grandest version of the highest vision you ever held of who you are may lead you to write to us. You are very welcome to do that.

But you may choose another road, another means of expressing your higher self. You are very welcome to do that, too.

Love is unconditional. Love of self is unconditional. You are free to be and do anything you choose.

I bless your choices. All of them. Whether you choose to write or

not, whether Freedom Inside continues or not, I bless your choices and know the perfection of everything.

You, all of You, have blessed my life with your contributions to this newsletter.

Writing it has brought me a great deal of joy. Receiving your letters with comments, questions and stories has filled my heart with gratitude. Freedom Inside is a blessing for me as are all of you. It will continue to be a blessing to me whether or not we continue to write to each other.

You have touched my heart and my life. You have made a big difference in me. My connection to you all has helped me grow with a deeper understanding of who I am, what I came here to experience which is my connection to you. What a lovely circle!

You have blessed me as you are blessed, wherever you are, whoever you choose to be, whatever you choose to do.

I love you unconditionally. I love you whether you write or not. I love your freedom to choose. I will love you truly always and in all ways.

Janine

Loving Thanks

It is with a great deal of gratitude that I wish to thank J.M. of Arizona for his contribution to this newsletter by writing

THE SKEPTIC'S CORNER

His thought-producing articles will be missed. I know many of you were challenged by him and, when reacting to his words, were helped by clarifying your own thoughts and feelings about his questions.

That was the point of it all.

Thank you, J.M., from all of us who ever read your thoughts. Thank you for helping me make *Freedom Inside* what it is.

Thank you for caring.

Thank you for choosing to be who you really are.

With love,

Janine

Quotable Quotes

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

-Galileo Galilei

"Each day brings with it the miracle of a new beginning. Many of the moments ahead will be marvelously disguised as ordinary days, but each one of us has the chance to make something extraordinary out of them."

-Douglas Pagels

"If you saw you as God sees you, you would smile a lot"

-Neale Walsch

KEEPERS

I grew up in the fifties with practical parents -- a Mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it...

A Father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, dishtowel in the other.

It was the time for fixing things -- a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, reheating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my Mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any 'more.'

Sometimes, what we care about most gets all used up and goes away...never to return.

So...while we have it...it's best we love it.....and care for it.....and fix it when it's broken.....and heal it when it's sick.

This is true.....for marriage.....and old cars.....and children with bad report cards.....and dogs with bad hips.....and aging parents.....and grandparents.

We keep them because they are worth it, because we are worth it.

Some things we keep.

Like a best friend who moved away -- or -- a classmate we grew up with.

There are just some things that make life important, like people we know who are special.....and so, we keep them close!

I received this from someone who thought I was a 'keeper'! I am now sending it to people I think of in the same way.

I am keeping you all forever in my heart

With love,

Janine

A Reason, A Season, A Lifetime

People come into your life for a reason, a season, or a lifetime. When you figure out which it is, you know exactly what to do.

When someone is in your life for a REASON, it is usually to meet a need you have expressed outwardly or inwardly.

They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend, and they are. They are

there for the reason you need them to be. Then, without any wrong doing on your part or an inconvenient time, this person will say or do something to bring the relationship to an end.

Sometimes they die. Sometimes they walk away. Sometimes they act up or out and force you to take a stand.

What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up has been answered and it is

now time to move on.

When people come into your life for a SEASON, it is because your turn has come to share, grow, or learn. They may bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy.

Believe it! It is real! But...only for a season. LIFETIME relationships teach you lifetime lessons; those things you must build upon in order to have a solid

emotional foundation. Your job is to accept the lesson, love the person/people (anyway); and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life. May God hold you in the palm of His hand and Angels watch over you.

- Author unknown

POETRY CORNER

The Mystery

' Come quietly into the majesty of me, I am peace and serenity.

Be still and be with me, in the oneness of the Mystery.

See with thine eyes, the truth before you, let not this cloud of illusion confuse you,

Stay here with me in this moment of forever, tis here I can give you all you seek,

Tranquility, love and happiness abounds,

when you realise you never lost that which you have found!"

-Christine Hunter



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