



# Freedom Inside

A National Newsletter For Prisoners  
Based on the CWG Material  
Issue # 17 May 2004

## Step One Toward Peace

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

*What a truly amazing step this turned out to be!*

*Here I was, thinking I knew where I was and, mostly, where I was going. I then chose to re-create my belief system to be a step closer to Peace and, of course, things moved in a BIG way.*

*How lovely!*

*Now, how do I put all of it into concrete words when the world around me has changed?*

*And yet, I have a difficult time even knowing what really changed. The only thing I can say is that I have come to a new awareness of some of the beliefs I have held for years now, beliefs I first read in the CWG books.*

- \* *I am NOT my body. I am in this world but not of this world*
- \* *Everything is NOW.*
- *What you resist persists.*
- *We Are All One.*
- *First Be, then Do, and then Have is very powerfully creative*

*And so much more.*

*The following image came to me during a wonderful meditation. It is an image that I see often now. It follows me and empowers me all day long.*

*I feel myself actually floating*

*above my physical being, I am an observer of my own life.*

*I see myself \_\_\_\_\_ physically*

**STEP ONE TO PEACE**

*“I acknowledge that some of my old beliefs about God and about Life are no longer working”*

*From The New Revelations*

*connected to Spirit with beautiful ribbons tied to my head, my heart, my hands and feet, guiding my every thought and action. I allow this connection to grow to such a point that I am literally lifted. Then the physical world actually spins and shifts to position itself under me in such a way that when I am gently lowered again I find myself in a place where I can better serve, where I can experience my divinity more fully.*

*The beliefs listed above, I've held for a very long time. When I first read them in the CWG books, I recognized them as true for me.*

*What is happening now is that I feel them in my experience. It's not just that I know I'm a spiritual being having a human experience, as the Christian mystics said, but now I actually experience this connection to another dimension.*

*It is amazing. And beautiful.*

*So my old beliefs turn out to*

*mean more to me now than ever before:*

- \* *I am NOT my body. I am Spirit, directly connected to Spirit right here, right now.*
- \* *Everything is NOW. When the physical world spins under me, I know it will stop at a particular place, anywhere, at a particular time, any time. All is possible.*
- \* *I am floating above it all. There is no resistance here, no limitation.*
- \* *We Are All One. We are all connected. We are all Spirit. This connection is very strong.*
- \* *First BE. While I am floating, my choice of who I AM determines the physical world where I will next be lowered.*

*Spirit is all around me.*

*I say, “Yes” to Spirit.*

*Yes, I choose to Be Peace.*

*Yes, I choose to Be Love.*

*Yes, I choose to be a Messenger of Peace, a Bringer of the Light.*

*Yes, Spirit, use me. Now.*

*I'm really looking forward to taking Step Two to Peace (see page 3)*

*With love,*

*Janine*

## My First Step To Peace

Changing my beliefs about God and life has been transforming me for quite some time. I was brought up in a Southern Baptist family and community. For about the first 18 years of my life, I did not question the validity of some of my acquired beliefs about God. For example, I believed that God was jealous and vengeful; that there was only one path to God, a patriarch, who lived high in the heavenly skies. Presently, I'm 53 years old and I've been in prison for 33 of those years. Both maturity and imprisonment have influenced the energies of my thoughts, words, and actions. They are now more sensitive and responsive to the moment and to the immediate consequences of my own beliefs, as well as the behavior and expressed beliefs of other soul-people around me. After I started changing

my beliefs, at different periods in my prison journey, my letter writing and my conversations with family, friends, or

*"I'm choosing to adore and honor [my students] as God's energy and light in ways that I could not have done with my old beliefs about God."*

whomever I'd have a serious conversation with would reflect or explicitly refer to those soul-people as "God". Occasionally, I was oblivious to the effect of such an open declaration (about God) and someone would respond by saying it was impossible, that people are not God "because they didn't create the universe". Fortunately, to me, the God that is the soul-people next to me doesn't have to be the Creator of the Universe per se; rather, it is sufficient to know that they are parts of the process and are

inseparable from the integral energy of all creation. Thus, I'm choosing to adore and honor them as God's energy and light

in ways that I could not have done with my old beliefs about God. I'm the primary instructor in our prison's G.E.D program. Each academic quarter, we have 12 to 20 inmate students signing up to participate in our program. I recognize these soul-people as having chosen to improve themselves, i.e. they are searching for the Light. Because I believe them to be diverse and individuated forms of God, I've chosen to accept, appreciate, teach, inspire, and harmonize with them. Thus, as I stand and interact among

them, there is a prevailing impression of flowing energy and light. As a student and teacher, I hold an inner vision of undefined and undifferentiated wholeness/ oneness. My empathetic interactions with our students help to recreate and redefine a Oneness, an experience of awareness that resulted from "a change in my beliefs about God and Life." This has been a reflection of my First Step to Peace and an element of Our Freedom Inside.

H.J.  
North Carolina

*Dear H.J.  
That first step really is freeing, isn't it?  
Very freeing, very loving, very wonderful.  
Can't wait to hear about your step two.  
With much love  
Janine*

## Being a Spiritual Peacemaker

*Bringing peace through the world's perspective is very difficult. It requires planning and a great deal of hard work, hoping that in the end others will follow a certain design that you have established as the "way."*

*Bringing peace from a spiritual perspective is easy. The only thing that is required is your willingness to surrender everything you think you know in favor for what is already true. You do not need to "do" anything, but rather, "be" the peace you seek. Then, through the gift of the miracle, it is revealed naturally and easily.*

*It is the miracle you are seeking, nothing else. And yet, the closer you come to it, the more you realize that there is no such thing as a miracle, only the Will of God complete every moment.*

-James Twyman

## A Constant Test of Faith

I have always felt the desire to write to "Freedom Inside", and to express to you and your readers the great love I experience just by reading CwG and the articles in the newsletter, but because of all the changes and movement I've had to endure in the last year, it's been impossible for me to stay connected and to feel enough at peace within myself to write.

Maybe it's because of this last issue [November 2003] that I feel a greater need to write because of the possibility of stopping publication. It saddens me to know that my connection to you is in jeopardy and I wish to do all I can to prevent it. It was a bit of a shock at first to be in a Texas prison, after being in an Arizona prison for the past 3 years. I'm still in the process of adjusting and will probably be doing that up until it's time for me to leave here. I believe adjusting is just one of those things we find ourselves doing throughout our lives. I agree it's being aware of change that has somehow kept me somewhat centered. I have to admit

that change isn't always easy to accept, but I have found that with time we all adjust to anything just fine. Dealing with incarceration is proof of that. Since reading all 3 of the CwG books, the greatest comfort I get from them is the knowledge that God is in all of us, all the time, and that we are never really lost, no matter what. My faith in that fact has increased, but to be honest with you, circumstances and events have a way of shaking that faith, or testing it. With me, it's an ongoing process of thought, prayer, and will to constantly reassure myself that God is with me. Being in prison is the ultimate test of this faith; because we are not in control of where we're at or who our neighbors are. The prison mentality is not one of love; therefore, we have to find a way to not become caught up in the fear that drives some of these inmates. As for myself, the more I think about God the more confident I become. I avoid arguments of any kind, and even though profanity is in use all around me, I choose to express

myself in clear, clean language. The conversations I have always center on the truth, as best I know it, and I always try to contribute positive, thought-provoking ideas. I don't impose my beliefs on anyone, but I do like to express the fact that life is and we are here to express it in all its beauty and glory. And even though we may be locked up and limited in our actions, we still have it in us to express and show love and compassion to our fellow man. I don't join the gangs nor partake in any of the illegal activities (like drug use) that do take place. I'm my own man and I don't need to belong to fit in. I have 3 more years to do. I will get through this okay because God is with me. I don't know what the future holds for me nor do I worry about it. For now, I'm content to do my prison job, do my daily exercise routine, and read. I understand and accept what I did that landed me in my present situation, and it's pointless to complain or be depressed about it, or anything, for that matter. This is a learning experi-

ence and one that is heeded. I'm grateful that God has found a way to reach me in here and assure me that everything is handled and on track. I hope I hear from somebody about this. With love in abundance,  
A.R.  
Texas

Dear A.R.,  
Thank you so much for your lovely letter. As you now know, Freedom Inside will indeed continue, much because of people like you. Your thoughts and feelings, your faith and doubts reflect those of many people inside and outside of prison since they are about living a spiritual life in a physical world. Your ability to do this while incarcerated is a beautiful testimony to your greatness. Thank you for shining your light on others. It may help someone else see their own magnificence.

With much love,

Janine

**NOW, JOIN ME IN TAKING**

### **Step Two To Peace**

***"I acknowledge that there is something I do not understand about God and Life, the understanding of which could change everything."***

***-The New Revelations, p. 51***

**New E-mail address for *Freedom Inside*: [freedominside@sympatico.ca](mailto:freedominside@sympatico.ca)**

## Humanity's Team

*Humanity's Team is a new creation from the Conversation with God Foundation. Its goal is to create a new world that would better reflect Who We Really Are. I have chosen to be a leader in this team. I am leading Humanity's Team Inside. Freedom Inside will be used as a tool for this work. Here is what Neale Donald Walsch had to say about this project at the beginning of this year.*

Dear Humanity's Team Members,

On January 1, 2004, Neale Donald Walsch, author of Conversations with God and creator of Humanity's Team, issued the members of Humanity's Team worldwide an extraordinary invitation and a bold challenge. He asked all of us to make 2004 "the year we prove we mean it."

In the New Year's Day statement Neale said:

For a very long time now people in the so-called New Age community have been saying that they choose to change the world. In recent years, more and more persons from the "mainstream" have come to agree that the world could indeed use some alteration.

Even the most conservative of our friends and neighbors here and around the world are beginning to join us in saying that we can no longer go on as we have been, and that a radical shift -- not a simple, minor adjustment -- now needs to be made if we are to preserve life as we know it on the earth.

The question is, who will create that shift, and when will they begin to do it? I am asking all of you who believe, as I do, that what could benefit the world most right now is a change in the way we hold ourselves in relationship to each other and to the experience of Life itself, to stop thinking about it, stop reading about it, stop worrying about it, talking about it, or even sermonizing about it, and to start doing something about it.

Now every time I issue a call to action like this someone writes to remind me that "Conversations with God" says "there's nothing we have to do." And they're right. "CwG" does say that. But the material does not say there is nothing we will do, or nothing that we may choose to do. It says that there is nothing we have to do.

The dialogue makes it clear that the first step in the process of creation is "being." If we are "being" love, if we are "being" compassion, if we are "being" wisdom, peace, clarity, healing and abundance, we create the experience of these things from that place. Yet "CwG" is not indicating that there is no place for "doingness" in that process. What it indicates is that it is from "beingness" that our most effective "doingness" emerges -- and that the life process does not work the other way around.

All of us say we want to improve the quality of life for everyone living on this planet. And all of us say we want to leave something special for our children and our children's children. All of us say we seek peace, prosperity, harmony and happiness. And all of us say we want to have and to share love. I am today inviting, asking, urging, challenging all of us to now join in making 2004 The Year We Prove We Mean It.

Please. The time for talking is over. Know with me now that the journey of Humanity's Team is a journey of heroes. It's a call to adventure in crossing the Final Threshold -- the expansion of human consciousness -- transforming our inner and outer lives and creating, at last, paths to the mountaintop.

That mountaintop leads to other mountaintops, and those lead to still more. All of them awaken us to grander and more glorious truths about God, ourselves and each

other. And all of them give all of humanity opportunities to create a world in which we can live in peace, harmony and happiness.

And while each of our journeys is different and to be honored, it's the power of our collective living and sharing of the diversity of the New Spirituality that will cause a global transformation -- just as a droplet of water can only moisten so much, but an ocean can create a sea change.

To help us harness the power of an ocean, the U.S. Coordination Team has devised an organizing process called First Things First. The process is intended to help us all focus on what we feel is most important now, based on what we wish to achieve, in 2004 as we move forward with this defining first stage in Humanity's Team's evolution.

Later on, as our organization moves into later stages of its life cycle, we envision the possibility of setting different priorities and having other programs that would serve the organization's vision and mission. For now, we are creating a starting point. Something that our members can get their teeth into. Something that each of us can do, right here, right now, to make Humanity's Team more than an e-mail once a month.

Please, read the following communication from the Global Office of Humanity's Team carefully. Then, let's meet this challenge. Let's begin the process of re-creating our world anew, in the next grandest version of the greatest vision ever we held about Who We Are.

Thank you, and God bless you.

Neale Donald Walsch

We at the Global Office ask you to evaluate the program outlined in the attached Word document, and share it with your fellow members and groups. It focuses on the benefits of doing both the inner work of personal transformation and the educational outreach of spreading our message. It speaks to our belief in the vital importance of the Five Steps to Peace and small-group support. And it sets goals for "tuning up" the Humanity's Team organization so we can develop and reinforce a powerful infrastructure system under which we, the Team members, can succeed in creating the space of possibility for a New Spirituality to emerge on the earth.

If, after reading and reviewing the program, you find that it aligns with your personal inner truth and knowing, then apply it dynamically in your own life and within the life of your local team.

As "Bringers of the Light" says on page 2: "There's a lot of pain out there. There's a lot of darkness. The world needs your Light right now."

### **Our mission and purpose**

(...)

We're here to educate, not proselytize. Our purpose is not to create a new religion, but to create a new view of the religions we now have. Our idea is not that humanity needs to reject or abandon its present spiritual beliefs, but to expand them to include extraordinary new possibilities. This is what is meant by the New Spirituality.

In that spirit and place of being we seek to encourage people to let go of any idea they may have that humans already hold all the knowledge, information and truth they will ever need to create the world of which we have all dreamed, and that, therefore, looking further is pointless.

Our invitation and our urgent request of humanity are to continue the quest. We are simply (and profoundly) offering people an opportunity to explore thoughts and concepts about God and about Life not seriously considered before by the world's predominant religious or political movements--or in some cases not allowed to be considered at all.

How can we do this most effectively? By embracing the messages from The New Revelations, including the foundational Five Steps to Peace and nine New Revelations, and other CwG wisdom, including the soon-to-be-published Tomorrow's God-

along with other esoteric writings and sacred teachings—so that our truth about God and about Life seeps into our being at the deepest level and becomes a part of our immediate response to every life encounter.

(...)

However you choose to further expand your understanding of the New Spirituality, we believe that living, learning and teaching New Spirituality truths and the principles will serve as a catalyst for us individually and collectively, in our Humanity's Team organizations and beyond, empowering us all to...

- Communicate with authenticity
- Deal with difficult issues
- Welcome and affirm diversity
- Bridge differences with integrity
- Relate to all others with love and respect

And so, it starts at home. We must commit to be the change we wish to see in the world. Yet "being the change" is not all there is to our work. In fact, it's just the beginning. It's an exciting and profoundly meaningful beginning, for sure, but it does not end there. SO here, now, is where the Five R's come in.

### **Reorganize**

The first thing we intend to do in 2004 in order to move Humanity's Team to the next level is to reorganize and build up the Team infrastructure.

Our goal in 2004 is to have at least 25 Country Coordinators around the world.

The Country Coordinators will network with local Humanity's Teams through supportive interactions with their leaders and members. It is our desire to link local Humanity's Team communities tightly, so that their power to produce results may be exponentially expanded.

These Coordinators form a bridge to the Humanity's Team Global Office and with other Country Coordinators from around the world.

This upgraded mutual-assistance network of Humanity's Teammates from across the globe will be a living, multilateral nexus of communication and support for all of us, from local to global levels and back again, as we do our Humanity's Team work. In this way, we intend to be so well connected that the entire effort acts and feels like an actual team, with all the benefits and successes teamwork produces—knowing, of course, that teams within each country will have their own character, and will always be sensitive to local issues and concerns.

One of the essential supporting features of our reorganization is the development of a Humanity's Team Website for each country. The Global Office is now preparing a website template which will be provided to all Country Coordinators for their use in getting up the Humanity's Team website. Some in-country sites are already online. Others are now being constructed and are targeted to go online this spring and summer. These will serve as one of the many connecting tools we will use to stay focused on our mission. The new sites will link with the global website and with all other local in-country websites. They will be part of an overall effort to make it possible for prospective members in any country to easily locate, learn about, and join a Local Humanity's Team.

Look for the impact of this reorganization to inject new energy, create exciting outcomes and produce real-life benefits for Humanity's Team members around the world.

### **Retool**

The retooling of Humanity's Team U.S. means simply that we will now be very clear about using a powerful tool that the New Spirituality has given us to change our lives and change the world—namely, the Five Steps to Peace.

Our goal is to have all Humanity's Team groups integrating the Five Steps to Peace in all of their teaching programs in 2004.

We know that taking these steps is one of the fastest and most exciting ways to

get to where we seek to go and to experience what we seek to experience, as individuals and collectively throughout the world. These steps are the anchoring concepts and process of the mission and work of Humanity's Team.

We recommend that the Five Steps to Peace act as the underpinning of our Local Humanity's Teams, and of the study groups, classes, and support groups they will form. We envision that these groups will increasingly become our most basic units of function for the work and growth of Humanity's Team worldwide.

The structure of a small group for study or emotional support allows members to get to know each other as they spend time together. The support and caring, in addition to the wisdom, that develops in small groups increase enthusiasm for learning more about the New Spirituality, particularly as group members have increasingly grander experiences of themselves as being a part OF God, rather than being apart FROM God.

It is in these groups that we envision we'll all begin in earnest the process of becoming spiritual activists.

The How To guide for local Humanity's Team learning communities is now being updated, so that you can set up these small groups with ease. The new Guide will reflect the First Things First program and will show ways that you can fully integrate the Five Steps to Peace into your small-group activities.

Our goal is to have New Spirituality Study Groups in no less than 250 locations worldwide by September 1st.

### **Refocus**

The refocusing of Humanity's Team will center on "beingness," and the special support we can offer each other in achieving that.

The message of the New Spirituality is that to change the world, we must be the change we wish to see. This, of course, changes us. And so, global transformation becomes personal transformation, and personal transformation becomes global transformation.

Without this level of personal transformation, the outward work of Humanity's Team cannot be accomplished. We can do all the things that we think "need to be done," and it will be to no avail. For unless our "doingness" is grounded in "beingness," it will not take root, and we will find that we have to do what we are doing over and over again.

The history of our species is one of repetitive doing. We've been feeding the hungry, caring for the poor, uplifting the downtrodden, freeing to the oppressed, toppling the tyrants, and seeking to reverse injustice for hundreds and hundreds of years—and it is getting us nowhere. Often—indeed most often—we do this with violence. And still we get nowhere. We keep having to do the same things over and over again.

That is because we continue to approach our problems at the level of effect, rather than at the level of cause. We keep trying to change things by altering behaviors, rather than by altering beliefs.

Now along come The New Revelations, giving us a new tool to use in the process of personal and global transformation: The Five Steps to Peace. We intend to use this tool as the focal point of all Humanity's Team activities. Everything will be built around them in some way. Everything will be based upon them.

We appreciate that the Five Steps to Peace, while perhaps sounding simple enough, can be a formidable challenge to put into practice. The challenges may present situations we don't know how to resolve, based on our current understandings. We may even give up, realizing the situation can't be dealt with in our known framework. It is this surrender that paradoxically allows for the transformation.

Embracing the Five Steps to Peace as a way of life requires us to consciously choose to live the personal transformation this brings about. As we survey the country, we observe that this, in turn, is bringing about great challenges, changes and new beginnings for our members in their most intimate relationships and surroundings. Part of our mission at Humanity's Team is to provide meaningful support for anyone going through such changes. We envision New Spirituality emotional-support groups as a foundational core of our global outreach and education program.

The idea here is to move the messages of the New Spirituality from our heads to

our hearts. To make these messages not just intellectual stimulations, but emotional experiences. Experiences that transform the human condition. For the human condition has never been transformed by ideas until those ideas are lived.

Living is not something that happens alone. Even if we think we are alone, we learn that we are not. We must interact with each other or we die. We are a communal species. And so we benefit from receiving assistance from friends and allies who help us find the wisdom we need for resolution and transformation of personal and global problems. The support from these allies, from these kindred souls, brings us a sense of trust, a sense of knowing, that there will be a dawn, even after the darkest of nights. That is the intent of New Spirituality emotional support groups.

As fellow travelers on this journey group members will not judge one another, nor offer one another unasked for advice. They will simply listen and understand and hold one another in a space of unconditional love and light. There is no need to rescue one another or solve one another's problems directly. It is from this space that Humanity's Team members offer each other—and all people who ask for their help—the special support that we are speaking about here.

Through these wonderful groups we learn to become interdependent, and not dependent, on each other. Each of us can bring a special light, energy and hope to others as we struggle and succeed in this deep inward journey toward maturation and transformation. We also recognize that by supporting each other in this process, we will become the most effective living invitations to others to look at and join in Humanity's Team.

Our goal is to have New Spirituality Emotional Support Groups in no less than 250 cities worldwide by September 1st.

You can start one now. You need no training. You need no "expertise." You need merely to choose to love. You need simply to have a desire to help yourself and the world heal.

### **Renew and Restore**

The last two R's are to renew and restore us, and to remind us why we're here. This is the natural outflow of our refocusing activity described above. It will reinforce the promise of Humanity's Team, to give us new energy, strength and enthusiasm.

We're here at Humanity's Team to renew and restore our connection with God and with each other so we can create the space of possibility for a New Spirituality to emerge on the earth – a spirituality that can create a world in which humans live in peace, harmony and happiness.

### **Summary**

That's our uppermost reason for being, as concisely as we think we can put it. We believe that reminding us of this renewal and restoration can, in itself, renew and restore us in our service to humanity.

This succinct mission statement supports and promotes all our underlying and fundamental principles and values. It's simply a shorthand description of our aim so that we can all repeat the promise to ourselves and use it as a starting point to describe Humanity's Team to anyone who wants to know what we're all about. It's a bridge to our deepest beliefs, including:

- We are one with God and with each other.
- There is only One God and this One God doesn't care whether we're Catholic or Protestant, Jewish or Muslim, Hindu or Mormon, or have no religion at all.
- None of us is any better than any other of us.
- Freedom is the essence of Life, not something we earn.
- Love knows no condition or limitation.
- Joy is our natural state of being.

(...)



Rita Curtis  
Worldwide Coordinator of Humanity's Team

*So, everybody, are you willing to become team members?*

*I believe very deeply that there is nothing I have to do in this life of mine.  
I believe very deeply that the only thing that I need to "do" is decide Who I Am,  
decide how I choose to show up in the world.  
These days that can be said in one word: Peace.  
I am Peace, personified.  
I am Peace, individuated.  
I am Peace.  
And because I am Peace, I feel compelled to show Peace to the world.  
I felt compelled to become a Humanity's Team Leader.  
I feel a passion to join with all of you.*

*My goal, my mission, is not to change the world.  
My mission, as ever it was, is to shine a loving light on the world so that it may  
see itself for what it really is.  
My greatest joy is in shining a loving light on all of you so that you see your  
Selves As You Really Are.*

*That is why I chose to lead a Humanity's Team Inside.  
You need do nothing to join this team. Choosing to be part of it is all that is  
needed.  
Make the choice that better reflects Who You Really Are.  
You are the only one who knows what that means.*

*This is not a completely new path for me. It is not a change in the substance of who  
I am but it is a focusing of what I always knew I was about. I know that by making  
this choice my life's path has suddenly become clearer, more directly pointed toward  
what I state is my goal, to live Peace. The Universe is now better informed so that  
it may provide me with all the opportunities I could ever wish for to experience my  
Peace.*

*I am very excited about all of this. I hope you are too.*

*With much love and peace to all*

*Janine*



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

**Know anyone who would like to receive this newsletter?**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Send to : *Freedom inside / subscriptions*  
*B.P. 315*  
*Lac Saguay, Que.*  
*Canada J0W 1L0*

*Or e-mail us to: [freedominside@sympatico.ca](mailto:freedominside@sympatico.ca)*

**DONATIONS**

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

*Thank you,  
Janine Cantin Gutierrez*

*P.S. Please make checks or  
money orders payable to me  
personally as there soon will  
be fees involved in keeping a  
bank account for  
Freedom Inside*