



# Freedom Inside

A National Newsletter For Prisoners  
Based on the CwG Material  
Issue # 18 July 2004

## Step Two (and Three?) Towards Peace

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Step two to peace is stated as follows:

**"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*

**"I acknowledge it. I know it. I am opening myself to understanding more and more". That is the statement I made out loud when I first decided to take step two to Peace. Easy!**

**And then, Wham!!!!!! The Universe got involved in fulfilling my wish. Did it ever! And I received this answer:**

**"There is no God!"**

**So my reaction was, "Wait a darn minute here! Don't go berserk on me, now! I'm willing to change my beliefs but this is a bit much!"**

**But then when I get an answer I know is from the Universe, questioning it seems a bit silly, to say the least.**

**So, there I was with my answer, this new knowledge that could change everything, just as I had asked and, darn it, I had to change everything I had ever thought. Not an easy thing to do, right?**

**Right. Unless, of course, it is the easiest thing I've ever done in my life. And in a way it is.**

**This new understanding of mine only means that everything**

**I've EVER thought about God does not reflect what God Really Is.**

**That's all.**

**My new understanding brings me closer, I believe, to What God Really Is than I ever was before, when I thought there was some force outside or even inside of myself that I could tap into and which would help me reach my goals.**

**"This was quite a light-bulb moment for me. What happened was not that I had a new idea about God and Life but that I actually experienced this knowing. "**

**There is no God. There is nothing separate. There is no capitalized He or She up there somewhere, loving me and waiting for me to get 'it' so that I may do His or Her work.**

**Does that sound terrible to some of you?**

**Does that sound right to some others?**

**Of course it does. Because we are all of it.**

**There IS no I.**

**There IS no you.**

**There IS no we.**

**There IS no them.**

**There isn't even a God.**

**There is only what is.**

**There is only everything.**

**How can we perceive that**

**when our perception only shows us our own point of view?**

**How can we understand that when our minds need us to be separate in order to examine and understand anything?**

**I do not believe I can either perceive nor understand this new 'understanding' of mine. But I know it is true. At least for me. At least for now.**

**And, wouldn't you know it,**

**right after I had this flash of understanding, I read something that reflects very well my new thoughts about God and Life.**

**The passage is in**

**Neale's new book,**

**Tomorrow's God. I've**

**reproduced it on page 2 of this issue to share with all of you.**

**This was quite a light-bulb moment for me. What happened was not that I had a new idea about God and Life but that I actually experienced this knowing. I experienced God and Life being one and the same. It was a profound experience.**

**Am I ready to take Step Three to Peace? Considering the rug seems to have been pulled right from under me, I feel that steps 2 and 3 kind of got done but I'm loving it all so, Yes, I'm more than ready.**

**Join me in Peace and Joy**

**Janine**

## About God and Life

"Life" is the one word in your many languages that comes closest to carrying the meaning that some of you are seeking to express when you use the word "Allah" or "God" or "Brahman", "Vishnu", or "Shiva", that you hope describes or can be a container for the "stuff that God is".

In one word, LIFE is the "stuff that God Is."

**Life IS.** Life is that which IS. It has no shape, no form, no gender. It has no color, no fragrance, no size. It is ALL shapes, all forms, all colors, fragrances, and sizes. It is both genders, and that which is genderless as well.

It is the All, and the Everything, and it is the No Thing from which the Everything emerges.

There is nothing Life creates that is not Life Itself. All that you see everywhere around you is Life, expressing. Life *is* everything. It runs in, as, and *through* everything. YOU are Life, expressing. And

Life is You, expressing itself *as* you.

Everybody else is Life, expressing. There is no one, not a single living being, who is not an expression of Life. Even those you consider the worst among you are an expression of Life.

None of these statements seems controversial. Not many people would seriously argue with them.

The truth of these statements seems obvious on the surface.

Now, play a little trick on yourself. Play a little game. Exchange the word "Life" for the word "God", and see what happens. Watch your mind go crazy. Make the same statement, the exact same statement, as above, but use the word "God" in place of the word "Life", and watch what your mind does with it.

Go ahead. Place the statement in quotes because it is going to be an exact duplicate of the statement above, with the exception being that the word "God" has replaced the word "Life."

Okay, here goes...

"God IS. God is that which IS. God has no shape, no form, no gender. God has no color, no fragrance, no size.

God is ALL shapes, all forms, all colors, fragrances, and sizes. God is both genders, and that which is genderless as well.

"God is the All, and Everything. There is nothing God creates that is not God Itself. All that you see, everywhere around you, is God expressing. God *is* everything. It runs in, as, and *through* everything. YOU are God, expressing. And God is You, expressing itself *as* you.

"Everybody else is God, expressing. There is no one, not a single living being, who is not an expression of God.

Even those you consider the worst among you are an expression of God."

**Now was that easy to say and accept?**

For me, yes, for some others, probably not.

**Indeed, for some human beings those words would be almost impossible to agree with.**

Yes. Some people would find the first statement perfectly reasonable and the second statement blasphemous.

**That is because some of you have been imagining that God is NOT Life, but rather, that God stands *outside* of Life, *creating* Life, but not *being* it.**

Yet, I tell you this:

**The words "Life" and "God" are interchangeable. When you understand this, you will understand the basis of the New Spirituality, you will have a one-word definition of Tomorrow's God, and you will have the makings of an almost automatic inner guidance system for living the New Spirituality that can change the collective experience on your planet.**

It is just so hard to accept a God who says that we do not have to believe in God. I am so used to a demanding God who not only says that I have to believe in Him, but tells me exactly *how* I have to believe in Him, *what* I have to believe about Him, and *why* I have to believe in Him.

**Do you think that Life cares whether you believe in Life? Life does not go away, and it does not treat you any differently, depending upon how you feel about it. Life simply is, and your believing in it or not believing in it does nothing to change that or to affect that.**

**Life will not "punish" you if you do not believe in Life, nor will Life "reward" you if you do. Life does not objectively create rewards and punishments. Life is a process."**

-From Neale Donald Walsch's

Tomorrow's God

Pp 67-68

## Is BEing Enough?

*For the last few months I've been questioning myself, wondering about the Be-Do-Have paradigm and Who I Really Am.*

*I don't know if this sounds as ground-shaking a question as it is for me. How I choose to answer that question is, I believe, the very foundation of my life, my views, my understanding of how things work.*

*After first hearing about the Be-Do-Have paradigm I thought I had the answers I needed. Everything made so much more sense.*

*For those of you who have never heard of this paradigm it works as follows.*

*Most people believe life works as Have-Do-Be. For example, if I HAVE enough time and money, I'll be able to DO what I want, which is go on a long vacation, and then I'll BE rested and happy.*

*But my life has gone so much more smoothly since I've changed things around and first decided to BE happy and rested, then DO what a happy and rested person does, and then, lo and behold, I HAVE all the time and money I need.*

*So okay, I get that. My questioning started when I*

*first received messages from people I know believe in the same paradigm and choose to live their lives accordingly and these messages seemed to say that after choosing what to BE, a person then HAS TO DO something about it.*

*Applying this to myself, a while ago, as many of you know, I chose to BE a spiritual peacemaker. Peace is my highest choice now.*

*And there are some things I DO because of it: I stay away or at least detach from people who fight or argue; I spend a lot of time alone, thinking, reading, or meditating; I give joy and peace to as many people around me as I can and I send loving and peaceful thoughts to all people all over the world.*

*Because I AM a spiritual peacemaker I choose Peace for myself, I choose Peace for the world.*

*I HAVE peace for myself.  
I HAVE peace in my own world.*

*Is this enough?  
The messages I spoke about before seem to be saying that it's not. That to achieve world peace, I have to move it along by DOing certain things. Things like leading peace-loving groups*

*(which I'm doing with you guys, by the way); things like spreading anti-Bush sentiment; things like making sure I vote for the other guy.*

*What I resist persists. I know that to be true in my life. If I resist war, it will persist. If I hate, hate will grow. If I spread anti-anything sentiment that will never create pro-anything. Resisting war does not create peace. It creates a war against the war.*

*I am not an activist, I am a spiritual peacemaker.*

*Is being a spiritual peacemaker enough to create peace? Of course it isn't ...unless it is.*

*Peace exists. I believe my choice of BEing shines a light on Peace, that makes it appear in my world, appear in my perceptual field. And in that of people around me.*

*I am not creating peace out of war. I am not choosing a new government that will stop the war with other countries.*

*I will not vote against anyone. Ever. If that means I don't vote, then so be it. That is my choice. In a very real sense, that IS my vote.*

*But my way is not the only way, it is just another way.*

*There are many wonderful people who choose to go out there and bring peace to the world. What a wonderful passion that is. What a incredible contribution. I love them for it.*

*My choice is different. I choose to stay here, floating in my peace, sending ever-widening waves of peace everywhere around me.*

*So is BEing enough?  
Do I have to DO anything about it?*

*I believe in this relative world, with this incarnated body, we don't have much choice about DOing. Not DOing is still DOing, it's DOing nothing.*

*For me, BEing is everything. The DOing takes no effort at all, no thought, no decision.  
I AM a spiritual peacemaker.*

*So there!*

*Writing to you guys always brings me the answers I'm looking for. It's sooooo great!  
Thank you.*

*With much love,  
Janine*

### Third Step to Peace

*"I am willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet"*

*-Neale Donald Walsch,  
"The New Revelations"  
p.51*

### Pouring Cement

Ever pour cement? Heavy stuff, but it's a simple job. Just mix, set, and leave it alone. You can even make shapes out of it, like duckies, flowers, or figurines, depending on the mold, there's no limit.

Now, let's just say that you don't like the way a particular ducky came out. Would you try to re-pour the cast concrete, or simply start over, considering that cement is cheap.

Oh, you're way ahead of me... you saw that mix, set, and leave, is like a metaphor for using your imagination, didn't you? You also got that the mold is your goal or dream, I think the "no limit" tipped you. "Heavy stuff", "simple", and "cheap" were also clues. But what I'm most proud of, is that you saw how re-pouring cast concrete, is like trying to affect change in one's life, by tweaking what they've already manifested, instead of going within, and manifesting anew.

3 Gold Stars on your forehead today,

-From Theuniverse@TUT.com



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

*Thank you,  
Janine Cantin*

*P.S. Please make checks or money orders payable to me personally as I do not have a bank account specifically for Freedom Inside*