



Freedom Inside

A National Newsletter For Prisoners
Based on the CwG Material
Issue # 19 September 2004

Step Three towards Peace: So What IS God?

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

"I am willing for new understandings of God and Life to now be brought forth, understanding that could produce a new way of life on this planet." Step three to peace from The New Revelations by Neale D. Walsch.

Okay, so now I have a new understanding of what God is not. God is not an entity outside of anything. God is everything.

So....what does that mean to me, exactly?

It means that God is not the Heavenly Father I always thought of when I prayed. Even as I was reading the Conversations with God series, I was being grateful to this Being for my life and its bounty. Was I wrong?

I can all but hear you answer, "Of course not." And I agree wholeheartedly. Nothing is 'wrong' for me unless it goes against who I choose to be. And BEing grateful to God for my life worked very well for a long time.

Gratitude as the attitude works very well indeed.

But if I now believe there is no entity out there, I don't have anybody to be grateful to, do I?

Or do I?

What exactly is God to me now? I know there is something greater than I am. I also know there is nothing greater than I am.

That is the divine dichotomy Neale writes often about in his books.

It all comes down to knowing I am

a spiritual being living a human experience and not the other way around.

I know, as a spiritual being, in the absolute sense, that I am it All.

I also know, in this human life, I choose which part of All to experience.

"What is the essence of who I am? How do I know I even have an essence?"

I also know there is much I do not know, the knowing of which would change everything.

I choose to open myself more and more to these new understandings.

I now experience God as a Force, a Creative Force, eternal and all powerful, a Force that is found everywhere, in me and outside of me. A Force that is found nowhere, it is found now-here. Such a small difference. Such a huge difference.

God is a Creative Force found Now- Here-In Me. It is up to me to create It in whatever image I choose. It is up to me to See It everywhere I look.

It is up to me to see as God sees; to see the greatness of all that surrounds me; to see the power in everything and everyone.

It is up to me to create a world that reflects this new belief. It is up to me to see that this "new" world already exists. It just needs me to put it there, in my perceptual field, where I can experience it now-here.

I am often told that to be "realistic" we have to look at the world and see it as it "really" is with all its problems, catastrophes, wars, and disasters.

Some people believe that in order to see beauty everywhere, a person has to stop seeing what is really there and look through rose-colored glasses that do not reflect reality.

Some people believe that in order to believe in life's perfection, one has to live in a make-believe world, isolating oneself from what is real.

I now believe that God, the Creative Force in the Universe, does not care if we make war or peace; if we feed everyone or allow the smallest and weakest among us to die of hunger every day. If we care for all our sick equally or if we allow the poorest ones to die without the best possible care.

I believe that God, as the Creative Force, revels in the process of creation, regardless of what is created.

I believe there is beauty in all things. I don't believe the world needs to change at all. The only thing needed is for me to look in beauty.

So where does that leave me? If God won't punish my misdeeds by sending me to hell for all eternity and, even worse (?!?), since no misdeed can possibly be created that would lessen God's joy in my crea-

Step Three to Peace
(continued from page 1)

tions, what could possibly make me be "good"?

My question here is this, Is there an essence to everything? Is there a Destination where we are all heading, where we reconnect with our Source? In other words, is there a reason for me to be here now, to be now-here?

As always, I can only find my own answers to these questions, relying on my own experience. I invite each and every one of you to do the same.

These questions feel very important to me. The answers I found for them are that very foundation I now use to create my life, to re-create myself in the next highest version of the greatest ideal I ever held of who I am. I'd love to hear from you about this if you want to share your own answers with us.

*What is the essence of who I am?
How do I know I even have an essence?*

I know I have an essence because sometimes I'm happy with myself and sometimes I'm not. Whenever I think and act a certain way, I'm happy. And whenever I'm upset, I find that my thoughts and feelings have turned more negative. "Negative" for me simply means that I am "taking away" from my happiness. "Positive" thoughts and/or actions, "add" to my general well-being. Do you like my new-age math?

So, when I follow my essence, I am happy. It reminds me of Gary Zukav's image of our own soul as a little boat following a much larger soul-ship. When we row in the soul-ship's wake, things are fairly smooth. When we live according to our essence, we are fulfilled.

I know the Universe has an essence by observing its reactions to me, my words, thoughts, actions, feelings. I know that essence is Love when I observe the consequences of my thoughts, words, and deeds.

When I steer my boat in the loving wake of the my soul-ship, when my thoughts, words, and deeds are aligned with Love, my life is easier.

In short, in my life, Love Works! That's how I know why I am now-here. Love is It. It is glorious. It is Home. It is our Essence. It is our Source. We are Its glorious creatures, here to create and experience Love in all its magnificence. The world needs nothing more.

*Happy creating!
Janine*

POETRY CORNER

The Wonder of It All

Do you ever wonder at the wonder of it all?

Do you ever stand in awe of the tiniest things
and how perfectly they work together?

Do you ever stop to think about all the possibilities
and how even though they have no limit
they grow in number with every minute?

Do you ever wonder
when the leaves flutter down in autumn
at the incomprehensible power of life
that brings them back in spring?

Do you watch the waves roll in and then look out far beyond them where the water seems to touch the sky and realize that the vast expanse before your eyes is only a small little corner of all there really is?

And do you comprehend that all there really is,
as unimaginably grand as it may seem,
is only a smaller corner still of all that there can be?

Do you ever wonder how love can stay alive
past every pleasure and every pain and even when there
can be no hope there is more than ever?

Do you ever struggle to lift a heavy rock and wonder
how a massive mountain can rise thousands of feet
above the plain without even trying?

Do you ever realize that
no matter how much you may know,
no matter how many wonders
you may have experienced,
there will always, always be more?

Do you ever wonder why it is you wonder
and why you know what beauty is
even though you can't define it?

Do you ever wonder who is doing the wondering,
who is looking out through your eyes
and feeling completely at home
with the wonder of it all?

Whatever you believe, whatever you profess,
whatever you doubt or fear or hope for,
there are some things your heart cannot deny
when you let go and let yourself know
the wonder of it all.

From Ralph Marston's latest book,
"Living the Wonder of It All."

Impressions Concerning My Third Step To Peace

Yes, I am willing; that is, I'm INTENTIONALLY receptive in my mind and within my heart for expanded understanding of God/Life to be realized within me and within all that I'm in relationship with.

Perhaps the most impressive flows of light from this new understanding has come and continues to come from my now treasured observational insights of the soul-people all around me. For example, for many decades, I heard, read, and came to believe that certain people were more godly, more special, than others. However, CwG's New Revelations and many of my own experi-

ences have revealed to me that everyone is special; that everyone bares the signature of God, of Life. Thus, the value and respect I have for the expressions of the soul-people about me are rising to a higher and higher level.

Now, it is liberating and easier for me to believe, "that everything that everyone does is an effective way or an ineffective way to be loved and accepted". In addition, as I observe disharmonious and adverse behaviors among my GED students, my fellow prison inmates, and within society at large, I find myself being less judgmental and being more forgiving as I

consider: "Everyone is doing the best that they can from their own level of consciousness." I can only imagine the degree of love, light, and peace that will be realized on our planet after we achieve a new understanding of God/ Life; such that everyone will be recognized as special and that we are all one. However, now that I've experienced some of the effects of this new belief and find myself in anticipation of more insights because of it, it has become a source of my Freedom Inside.

H.J.
N.C.

Dear H.J.,

I loved the emphasis you put on your INTENTION to be open to new understandings about God and Life. I believe stating this intention as you did empowered it to an amazing extent. More insights are sure to follow such a choice.

We Are All One. We are all part of a glorious and miraculous universe.

We all have gifts to share; gifts to give and gifts to receive.

Thank you, H.J., for sharing yours with us here.

Janine

God and I Are One: How Scary Is That?

Marianne Williamson described very clearly the fear associated with recognizing our own power. She wrote the following text which was published in the beautiful little book, "Life Prayers" edited by Elizabeth Roberts and Elias Amidon.

*"Our deepest fear is not we are inadequate.
Our deepest fear is that we are powerful beyond measure.*

It is our light, not our darkness that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world.

There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others."

Fourth Step to Peace

I am willing to explore and examine these new understandings, and, if they align with my inner truth and knowing, to enlarge my belief system to include them.

-Neale Donald Walsch, The New Revelations



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

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*

*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