



# Freedom Inside

A National Newsletter For Prisoners  
Based on the CwG Material  
Issue # 20 November 2004

## My Step Four Towards Peace

Freedom Inside  
B.P. 315  
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Step Four To Peace is as follows: "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."

*Am I willing to explore and examine these new understandings? At first glance, I would say, Yes, of course I am. But am I really?*

*How many times do I really put all my beliefs in question? How many times do I believe I don't have the answers, mine or anyone else's.*

*Continuously questioning all my beliefs seems like it would be very uncomfortable. There is so much contentment (self-righteousness?) involved in staying put. It means, for one thing,*

*"Continuously questioning all my beliefs seems like it would be very uncomfortable."*

*that I'm right. And isn't that a wonderful feeling? I, for one, enjoy it a great deal.*

*The problem comes with the second part of step four, "if they align with my inner truth and knowing..."*

*This is where being right about any issue doesn't feel so good anymore. This is where the rubber meets the road. This is where I experience who I choose to be.*

*Do I choose to be at peace or do I choose to be right?*

*Do I choose to live according to what is happening around me, thus wanting to convince whoever is there that my view is the correct one? Or do I choose to live according to what is happening inside me, knowing that*

*my view is my view and nothing more?*

*Do I choose to live in integrity or do I allow what's happening out there to determine how I show up?*

*I choose integrity now. I choose to be the best I can be now.*

*I choose to live in truth. The truth of what I know now.*

*I choose to align myself to my Self and nothing more, knowing that this aligns me with All That Is.*

*As I grow in understanding, this truth may change but my alignment with it will continue.*

*I am true to Who I Really Am.*

*Some may think that this is a very inefficient way to affect change in the world.*

*I believe it is the most powerful by far.*

*With Love and Peace,*

*Janine*

## Did You Win The Election?

*So, did you win or did you lose? Are you extremely happy or very depressed about the results of this election or couldn't you care less?*

*I'm sure all of us know people who are having these reactions.*

*So what now?*

*Here's what I think.*

*Things are as they are. Whether we are happy, depressed, or indifferent to the situations in our lives and in the world, things are as they are.*

*Moreover, things are as we created them. Believing that, it is now up to me, to all of us, to decide, to choose who we are, who we will*

*have show up in our lives, who we will experience ourselves as being.*

*I choose to be Peace. This means that in my world, there is peace regardless of what anyone else says or does, regardless of who wins and who loses elections. I am Peace. I choose Peace at all times.*

*(continued on page 2)*

***Did You Win The Election?***  
*(continued from page 1)*

*I choose peace whenever I see myself wanting to prove I'm right and decide to let it go.*

*I choose peace whenever I hear opinions so different from mine that I can't see the logic in them and let it go.*

*I choose peace whenever I can.*

*Is it hard to do? Yes, it is....unless, of course, it isn't.*

*It's hard when my ego is in charge and I experience myself as separate from others.*

*But it is surprisingly (or maybe not so surprisingly) easy to do when I look at people with love in my eyes, in my ears, and in my heart.*

*When I do that, Life itself becomes very easy. Peace is easy.*

*When I do that, I don't need to explain myself to anyone.*

*When I do that, I don't need to be right.*

*When I do that, everything falls in place and peace prevails.*

*May Peace Be With You*

*Janine*

## ***Fifth Step to Peace***

***"I am willing to live my life as a demonstration of my beliefs."***

***-N.D. Walsch, The New Revelations***

## ***Quotable Quote***

***"The real reason animals don't talk is that they understand so much."***

***-Author Unknown***

## ***AN INVITATION***

What can we do to promote peace in the world? Are we waiting for someone to do it for us? Are we prepared to realize that it is up to us NOW?!!!

### ***PRAYING PEACE IN THE HOLY LAND!!!!***

On November 13th hundreds of Spiritual Peacemakers will come to The Holy Land to focus their prayers of peace. Please join us wherever you are. No president or leader of any country can replace the power we have within our hearts, and this is an opportunity to demonstrate that power.

As tensions in the world continue to rise and the death tolls in Iraq, Israel and other places grow, we are in need of thousands of spiritual peacemakers to join together for a powerful prayer vigil. On Saturday, November 13th at 1:00pm Eastern (New York time) we will hold a Global Peace Vigil to help dissolve the thought forms that lead to war. We will work from the inside out to realize the Peaceful World we all hold in our hearts.

I will be in Israel with hundreds of spiritual peacemakers, offering prayers and ceremonies of peace to anchor this energy for the world. But we need your prayers to create more momentum. In the past we've shown that when millions of people focus their prayers of peace as one, the world changes almost instantaneously. Peace vigils in Iraq, Northern Ireland, the Balkans and so many other places have demonstrated one fact: We have the power to change the world by changing our minds about the world. If not now, then when? As Gandhi has said "Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action."

After our peace vigil last year in Israel (the Great Experiment III) reports showed a huge drop in arrests that day, fewer hospital admissions and the highest vibrational frequency ever recorded at Neve Shalom. Together we can recreate that pattern, then maintain it through the energy of the peace we know already exists.

There is no need to wait to see who the next president of the US will be. Whatever the result, it is still up to us. The one thing we have learned is that no one will do this for us.

Imagine thousands of people breathing together, praying together, and creating peace together at the same moment. That is our goal, and we hope you will join us.

In Peace,  
James Twyman

*P.S. Even if you read this after November the 13th, please join me in sending peacefilled thoughts to all areas of the world. Janine*

With special thanks to the CwG materials, my new understanding and my enlarged belief system hold that God consciousness is in everyone and everything. Thus, as I explore and examine this expanded belief, I find myself experiencing not only is everyone and everything is God consciousness, but is also an integral part of me.

Presently, I'm serving time at a prison unit that has a population of around 500. It's in constant transition—with 20 to 40 prisoners coming and going every week. So, I'm always meeting someone I've never met before. Sometimes, when meeting a new person, I'll amaze them and myself by asking, "What part of myself are you going to reveal to me?"

In addition, with the understanding that the present was pre-sent, and that I attract the people and circumstances that will complement my evolution into higher consciousness, I find myself being more mindful of the vibrations of everyone and everything within my here

and now.

My biggest challenge at this point is the notion that these new people and circumstances are going to reveal something bold, or an obvious answer to some question I've been asking; that the revelation is going to jump right out at me, as if to indicate, "Here is your answer".

I'm learning and sensing that an essence of our soul's attributes sometimes, warrants only that we BE present in acceptance and in appreciation of each other and/or our circumstances. That much of what we value and aspire to is influenced by our old beliefs about God/Life; in other words, there are more "virtuous" ways to view and respond to women, children, people with preferences other than the supposed "norm", incarcerated people, aboriginal people, other cultures, natural disasters, etc., more ways to respond than the way we've been socialized to do.

Because I'm exploring and examining life's uncertain-

ties and its unrealized elements of love and consciousness, my new belief system is a source of my Freedom Inside.

Janine,

Concerning our essence: my general feel is that we do have essence. However, on an absolute and/or spiritual level, our essence is less apparent, because there prevails so much that we don't readily recognize and/or understand about the matrix, relationships, dynamics, affects, and oneness of supra-consciousness as it relates to infinite.

On the other hand, some of our essence in the relative world is obvious because we have the capacity to be consciously aware of its affects. For example, when we choose to create with love and light, the consequences we can observe allow us to see "What's so and what works" as it relates to choosing who we are. From your article, what will "make you/us be good" is our essence because creation is not in a vacuum.

We/everything and nothing is connected.

Much love,  
H.J.  
North Carolina

Dear H.J.

*As always your letter is inspiring to me and to many of our readers also.*

*I especially like the attitude you have when facing a newcomer.*

*The question "What part of myself are you going to reveal to me?" is an incredibly powerful one.*

*After asking such a question, how can we then reject the newcomers in our lives or anyone else for that matter? How can we judge them? How can we fight to be right while making them wrong? Thank you, H.J, for once again sharing your gifts with us.*

*That questions is surely one of the wonderful ways we can choose to take step five to peace.*

*We Are indeed All One.  
With love  
Janine*

### *Martin Luther King On Non-Violence*

1. Nonviolent resistance is not for cowards. It is not a quiet, passive acceptance of evil. One is passive and nonviolent physically, but very active spiritually, always seeking ways to persuade the opponent of advantages to the way of love, cooperation, and peace.
2. The goal is not to defeat or humiliate the opponent but rather to win him or her over to understanding new ways to create cooperation and community.
3. As King said in Montgomery, "We are out to defeat injustice and not white persons who may be unjust."
4. The nonviolent resistant person accepts suffering without retaliating; accepts violence, but never commits it. Gandhi said, "Rivers of blood may have to flow before we gain our freedom, but it must be our blood." Gandhi and King both understood that suffering by nonviolent resistant activists had the mysterious power of converting opponents who would otherwise refuse to listen.
5. In nonviolence resistance, one learns to avoid physical violence toward others and also learns to love the opponents with "agape" or unconditional love - which is love given not for what one will receive in return, but for the sake of love alone. It is God flowing through the human heart. Agape is ahimsa. "Along the way of life, someone must have sense enough and morality enough to cut off the chain of hate," said King.
6. Nonviolent resistance is based on the belief that the universe is just. There is God or a creative force that is moving us toward universal love and wholeness continually. Therefore, all our work for justice will bear fruit - the fruit of love, peace, and justice for all beings everywhere."



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Janine Cantin*

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