

Freedom



Inside

A Newsletter For Prisoners
Based on the Conversations with God Material
B.P. 315
Lac Saguay, Que.
Canada J0W 1L
freedominside@sympatico.ca

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Me And The Universe

Have you ever thought about how big the universe is?

We all have a general idea about the size of Earth. It being only one of nine planets in our solar system, we also have a general idea of the size of this system.

I don't know if you're like me, though, but I start having real trouble imagining the size of our galaxy, the Milky Way, with thousands upon thousands of solar systems.

And there a millions and millions of galaxies out there.

It completely boggles my mind. It really is much too much for me to imagine, much less compre-

hend.

And that doesn't even start to include all the parallel universes that I believe exist simultaneously.

So I sit here, at my computer, knowing I am such a small,

"So I sit here, at my computer, knowing I am such a small, infinitesimal speck in the universe and wondering what I'm supposed to be DOing here."

reason, probably more than one. I came here to do something, to experience something. But what could it be?

I know I don't have to do anything specific. But I have a body here that moves all the time and

infinitesimal speck in the universe and wondering what I'm supposed to be DOing here.

Because I know I came here for a

does stuff all the time. I'm just wondering how I should guide it, where it should go, so that my purpose in this life is fulfilled.

I look around me and all I see is illusion, impermanence, change. All I know of the outside world, the minuscule part of it that is around me, is what I perceive of it. I cannot know anything but through my own perceptions and those, I know for sure to be limited and flawed.

Take what I see, for instance. It is a well known fact that humans cannot see all the colors out there. I also cannot see what's behind me. And of what's in front of me, I can see only a portion, neither too high nor too low, too much to the right nor

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A Galactic Fairy Tale

by Michael Lightweaver

A long, long time ago in a galaxy far, far away there were all of these little light beings just hanging out enjoying life in that joyful and timeless dimension. And then one day a very large, magnificent angel came to them. with a very serious look. This angel was looking for volunteers for a very important cosmic mission.

"We have this small - but very special - planet out at the edge of the Alcyon galaxy called Gaia. It is quite unique like

a beautiful garden and it is teeming with hundreds of thousands of different life forms. It has been something of an experimental station in the galaxy and it has a most interesting humanoid life form that incorporates the very highest and lowest frequencies known in the cosmos.

It is in fact the very epitome of dualism. On the one hand it is an incredibly beautiful life form and is capable of carrying the highest frequencies of love,

light and joy known throughout the whole Universe. On the other hand it is capable of carrying the densest and darkest frequencies the cosmos has ever experienced - frequencies which the rest of creation evolved beyond eons ago.

Here is the current situation. Within the domain of time, this planet goes through periodic cosmic cycles. It is now coming to the end of two major cycles - a 2,000

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too much to the left. I even have a blind spot. And to top everything up, I don't notice everything I see.

There's a common phrase that says you have to see something in order to believe it. I've read and believe that we have to believe something in order to see it. We only see something when we think it is there.

That is why scientist will suddenly 'discover' something that's been in front of them all the time.

That's why many different witnesses to events will describe them differently.

We see as we are, not as things are.

So we're back to me, a very small speck in a humongous universe, doing a very poor job of perceiving what's around me.

And everything I perceive is constantly changing.

So I'm sitting here, wondering what I should DO in this ever-changing, very poorly known universe of mine that would be worthy of the gift of life I was given?

Because, you see, I know I have many gifts to give. Does that sound presumptuous of me? Maybe it does but I don't mind.

I believe God is in me, the Holy Spirit is in me, guiding me to show up as best I can, to experience myself at my highest.

I believe, as Teilhard de Chardin stated that we are not human beings having occasional spiritual experiences but we are spiritual beings having occasional human experiences.

And because I believe that, I know myself to be eternal. I know my

Self to be eternal. And I owe it to my Self to do what I came here to do, that is to experience my Self and to share it with the universe.

All that is around me is changing and will die. All of it. Including my body and my ego.

My Self is eternal.

These two things blend together so joyfully in my mind. They, together, set a picture of possibilities all around me.

That is what my life, this life, has been set up to do. Offer a million gazillion possibilities to experience my gifts by sharing them.

It does not matter that the world as I know it will die eventually. It does not matter that everyone I know is dying as we speak, myself included.

It does not matter that my Self is the only thing I believe will survive this life. It does not matter that everything that makes me different from everyone else will dissipate.

I am here in this unlimited universe, living in a very limiting and limited body to experience God in all His Glory.

I've read a prayer in a beautiful little book I've just finished, Touching the Divine (edited by Gay Hendricks and James Twyman). It is based on the life of Brother Lawrence who lived a very simple faith.

This powerful prayer is very straightforward:

"I consent to feeling God's presence within me at all times. I consent to embracing all my experiences with love",

It doesn't matter what I'm doing, if I'm feeling God's presence within, that is what I'm here to experience. That is God's work I am doing, be it meditate or wash the dishes, sit alone in a church or walk in a crowd.

Only one thing matters to me about what I do, how I live each day, but it matters a great deal. I need to live with the presence of God within.

What I do when I feel the presence of God within, is both unimportant and all powerful.

I don't need to change the world. I don't need the world to change. The world can continue exactly as it is. I will continue to look deeper and deeper within my Self to find God.

And by finding God within, I will testify to a world where God is. My whole life, my whole being will be a place of Love, Peace, Harmony, Contentment, Joy and all things divine.

The universe is absolutely huge. Unfathomably huge. What a speck like me can do to influence it, I cannot even begin to imagine.

But I don't need to do that. I don't need to change anything. I only need to focus my mind, my heart, my body and my Self to the presence of God within.

That is wonderfully simple.

God's presence is everywhere in and out of me.

*With my body, I serve God.
With my heart, I love God.
With my Self, I am God.*

*This is who I am.
This is what I do.*

Janine

year long age of Pisces and the 25,000 year long cosmic year in its journey around Alcyon, the central sun of the milky way galaxy. With the completion of this cycle, many things are coming to an end and many things are about to begin. But most importantly, the planet is experiencing an infusion of light that is dramatically increasing its frequency. As during any major time of transition, there will be a certain amount of turbulence. Some of this will be geological, for Gaia herself is a living planet and is also evolving. But much of it also involves the hominoid species that dominates the planet.

This will not be a particularly easy time for the species - especially for those who are sleeping and those who are vibrating at the lowest frequencies. As the frequency changes it will create insecurity which in turn will create fear.

The first era of evolution on this planet was the physical era and the key word was survival. The second era, which is now ending, was the mental era and the key word was logic. The third era, which is now beginning, is the era of the heart and the key word is love. This is the highest frequency.

Those who currently hold the reign of power on the planet are of the old order of the physical & mental. To the extent that they can make a graceful transition to a heart centered and divinely guided life, it will be an easy transition. To the extent that they are unable to do this, they will experience much turmoil.

So this is the current situation of Gaia. The reason I am here is to seek volunteers who would be willing to incarnate in humanoid form on the planet at this time to help make this an easy and smooth transition. We have sent prophets and teachers in the past. Very often they were brutally persecuted or

killed. In other instances they were set up as "gods" to be worshipped and these humanoids built elaborate religions and rituals around them and used these religions to control each other. They did everything except follow the simple teachings that were offered. So this time we are trying a different approach. No more prophets, saviors and avatars that they can use to create religions. This time we are sending in thousands - actually hundreds of thousands - of ordinary light beings with only two assignments:

- 1) Stay in your heart. Regardless of what happens, stay in your heart.
- 2) Remember who you are, why you are here and what this is all about.

Now that seems easy enough, right? Unfortunately, No! As I have said, duality has reached its peak on this planet. This species has perfected the illusion of good and evil.

The greatest challenge you will experience is to remember Who You Really Are, Why You Are Here and What This Is Really All About. When you remember, you will be able to stay in your heart, regardless of external events.

So how will you know when you are forgetting? It is easy. Watch your judgments. The moment you notice that you are in a place of judgment you will know that you have forgotten Who You Really Are, Why You Are Here and What This Is Really All About. That will be your signal.

Now here is the challenge. Life on this planet will require a great deal of discernment - wise evaluation of what is true, what is appropriate and what is for the highest good, both for yourself and for the planet. In many ways discernment is similar to judgment. However, you will know when you are in judgment and when you have moved out of your heart when you are in a place of blame.

We know how challenging that hat this planet can be. We

know how very real the illusions on this planet appear to be. We understand the incredible density of this dimension and the pressure you will face. But if you survive this mission - and it is a voluntary one - you will evolve at hyperspeed.

We also should say that we know that some of you who will go to this planet as starseeds, will never germinate - never awakened to the remembrance of who you really are. Some of you will awaken and begin to shine, only to be choked down by the opinions and prevailing thoughtforms around you. Others will awaken and remain awake and your light will become a source of inspiration and remembrance for many.

You will incarnate all over the planet; in every culture, every race, every country, every religion. But you will be different. You will never quite fit in. As you awaken you will realize that your true family isn't those of your own race, culture, religion, county or even your biological family. It is your cosmic family - those who have come as you have come - on assignment to assist in ways large and small in the current transition.

True brotherhood and globalization in its highest form will come only in remembering Who You Really Are, Why You Are Here and What This Is Really All About. It will come as you return to the true temple of Divine Presence, your heart, where this remembrance takes place and from which you are called to serve the world.

So, are you ready? Good!

Oh, and by the way, there are a couple of other minor things I should mention . . . Because of the density, you can't operate in that dimension without a space suit. This is a biological suit that actually changes over time. There are many things we could tell you about this but our orientation time is short so I think you can just jump in and experience it. You should

be forewarned, however. There will be a danger that if you forget who you really are, you may think you ARE your space suit instead of the fact that it is simply your vehicle in that dimension. Once there, you will notice that there is an infinite variety of space suits and a great deal of attention given to these. However, in spite of the infinite variety, because this a planet of duality, they all fall into two basic categories called 'genders.' Again, we really don't have time to go into this now. But you will find your relationship with your own space suit to be most instructive and interesting.

The other little thing is this. In order to operate in that dimension, you will also receive a microchip called a 'personality.' This is like an identity imprint that, along with your space suit, will essentially make you different from everyone else. This will allow you to participate in the hologram there - something they call 'consensus reality.' Once again, there will be a real danger that you will become so engrossed in the holographic personality dramas that you will forget who you really are and actually think that you ARE your personality. I know it sounds rather unbelievable right now, but once you get there....

Again, there is so much more we could tell you by way of orientation, but we think you can learn the rest experientially 'on site.' The only thing that is important is to remember:

Who You Really Are,
Why You Are Here and
What This Is Really All About.

If you can do that, everything else will work out fine. But take note: So few really DO remember this they stand out as 'different' and others called them 'Enlightened' or 'Awakened' and similar terms. Strange isn't it?

Well, Good Luck &
Bon Voyage!!!

If You Look

If you look at a flower and know that God is there, you will see God there. Otherwise, you will see nothing more than a flower. You may even see a weed.

If you look into the eyes of another and know that God is there, you will see God there. Otherwise, you will see nothing more than another human being. You may even see a villain.

If you look into your own eyes in a mirror and know that God is there, you will see God there. Otherwise, you will see nothing more than a person trying to figure out who's there. You may even see a person who does not have the answer to that question.

Home With God
Neale Donald Walsch
 Page 113

Check Out the New Logo

Some years ago, I met a man who quickly became a very, very dear friend of mine. We met when he began a discussion group that met every Sunday morning in one of the suburbs of Phoenix. We talked about the principles found in the Conversations with God books and how to apply them to our lives.

We met for a couple of years, if I'm not mistaken, and found that the connection we felt on that very first day only became stronger.

Now we live very far apart, since he's in Oregon with his life-mate and my soul-sister, Christine, and I'm in Canada. But we are still very lovingly connected. He named his business Freedom's Design.

I asked him if he would be interested in designing a new logo for Freedom Inside and being Who He Is, he accepted enthusiastically. The new logo is being introduced in this month's issue for the first time. Please take a moment to really look at it closely. I've reproduced it here as large as I could so you could see it in all its glory. It is a phoenix coming out of a barbed wire, with a beautiful light shining from the inside.

I could not have imagined a more perfect representation of what Freedom Inside stands for.

Thank you so much, lovely Mike, for this incredible gift.

With much, much love,

Janine



P.S. I have a friend here who fell in love with the design and has had it tattooed on his arm. It looks spectacular.

Making sense from the inside
from *The Spirituality of Incarceration* (2006)

by Katja Farnden with Jeffrey Stevens

This chapter is written by someone in prison who has found a way to maintain a sense of peace and acceptance within the confines of this incarceration. It demonstrates introspection in action and highlights the desire to apply personal understanding of spirituality and our reasons for being here in order to continue to walk consciously on his path.

Karma

I do not know how long exactly, but for the past months I have been pondering the problem of karma. What problem, you might be thinking? In my opinion there are discrepancies in this law and in the way it is taught. For example, in reading theosophy, the subject of karma came up and I read something along the lines that my actions have an effect upon my life, as well as others' lives--not to forget my own future lives. That is heard often enough but when I came up with my own answer to that particular question I'm told I sound too fatalistic. Either my actions of yesterday affect my life or not. If what I do now lays out my lot for my next life, there is no way not to sound fatalistic; it is fatalistic.

Of course this is not the first time this law has disturbed me. The law of three for instance, had the same effect. I have done more good in my life than bad. I've made lunches at homeless shelters, planted trees, been involved in food and toy drives, volunteered for AIDS organizations and have committed a relatively small number of major wrongs. Yet I have been to reform

school, boot camp, jail and now prison, I sit in my 8' x 11' concrete and steel cell 24/7 all alone and think to myself, "where did I go wrong?"

I have not looked at only my life for examples. How about the mobster with blood on his hands or those who dedicate their lives to good, yet they die broken and/or ill? You will find everything from a reversal of these endings, to all possibilities in between. Why? This question has racked my brain again and again. I have stood long, just banging my head against the proverbial wall of knowledge--on karma. Though bruised, I think I have finally shattered the wall. I have found that the law is so much more complicated and yet so simple.

This world we live in is so much larger than it appears. Let me introduce Albert Einstein's most famous equation: $E=MC^2$. In English, this says that Energy (E) equals Mass (M) traveling at the velocity of light (C) squared. So many know this already, but what does it actually mean? Let us take a deeper look at it. The Special Theory of Relativity says that matter is nothing more than congealed light; the General Theory of Relativity tells us that gravity is a function of matter, thus light and that it affects light just as much as matter.

To further break this down, if energy is mass traveling at twice the velocity of light, then energy is mass on a higher level of existence. In the phenomenon of electricity, we are only experiencing that existence to a minute extent; we are opening or forming a sort of rift into our world, a rift conducive to

that higher state of relative reality—perhaps the fourth dimension. It cannot be a lower form of existence, because its rate of vibration is far vaster than our own and because only something more powerful than our own existence can add energy to our own, let alone support us. Strange to think that your radio or light is powered by a sort of glimpse of a different world. At the same time, with this formula, we also understand that we are the energy of some 'lower' world. We describe these worlds as dimensions and our understanding of these dimensions is relative to our own. No matter how high or low you might travel in these dimensions, there shall always be two levels: up and down. Recognizing this, we can understand that, were we two dimensional beings, that world would be entirely normal and this world, the third dimension, would be the world's forth dimension. As it is in this period of our existence and evolution, this universe is our world; to travel to lower worlds from our own state of existence would appear constricting, while we could not fathom traveling through higher worlds. That itself says something; how would we know that the second dimension is restrictive to our own existence unless we have experienced it? We cannot understand the higher dimensions because we have not been there.

This panorama of levels creates a sphere-within-a-sphere appearance; each touching, yet separate; each combined with every other, so that, in truth, there is only one infinite sphere in which every part

of itself is definable in its own right. Being infinite, there shall never be an end to this sphere, and yet within it may be found many beginnings and endings. Each word layer has its own spheres of existence such as the astral world for example.

So what does all this have to do with karma? When you commit an action, you cause a sort of shockwave to ripple out away from you. Not only does this shockwave affect our world, but it continues on through other worlds. The effects of our actions will not stop until they have no further room to roam. Since there is no end to this sphere of life, there can be no end to this shockwave. Put this into perspective and the resulting realization is staggering. What did we just cause in the worlds around us and in us? Furthermore, our planet, our entire universe and therefore our whole world is sending out both individual and communal shockwaves constantly and these affect every other world as much, if not more, than our own.

If we affect other worlds, so do they us. This is a major part of the key as to why there is no guaranteed result to any certain sort of action. Were it only so that my doing good would bring back even one-fold good upon me, guaranteed every time. This is not the whole picture of course, for thought also forms a large part of the equation. Thought is the gateway to the energies that exist behind all things. As such, they open keyholes within us. Maintain a thought long

(continued on page 7)

About *The Drama of Life*

Dear Janine,
 Thank you for my most recent issue of *Freedom Inside*. I always enjoy receiving it.
 I just wanted to make a comment, if I may, about a question you asked (a couple of times) in your article, *The Drama of Life*: « How can I be happy when people I love are suffering? »
 I too used to ask questions like this. I would also ask, « How can I be happy when people are suffering, whether I love them or not? »
 But, I think that to make happiness a goal, is happiness desired, and I don't need to tell you that unmet desire is the well-spring of disappointment. Better I think is to strive to be effective, but unaffected. Balanced. Not pulled up by « happiness » not pulled down by « sadness ». Both states of being strike me as mere distractions. Of course, you say as much in

your article: « And whenever I find myself unhappy, disturbed, angry, disappointed, I know that I am not living in the moment and come back to myself as soon as I can. »
 I would just add that, whenever we find ourselves « happy », « elated », « ecstatic », we are also not living in the moment. I do read your newsletter from cover to cover—I am of the impression that this sort of input is welcome. I hope so. I mean no offense, nor do I mean to be instructive. I am speaking here of an ideal, one which I expect to strive toward till the end of my existence here. I certainly have not achieved the ability to remain « unaffected ». Not by a long shot. Take good care.
 Peace,
 J.B.
 MD

Dear J.B.,

You are absolutely correct in thinking your comments very welcome. Letters such as yours are the very reason Freedom Inside exists.

What you say about both happiness and sadness being out of the moment reminded me of what a master teaches. Whenever he sees someone suffering, he feels incredible compassion for that person. Whenever he sees a person rejoicing in an event, he feels incredible compassion for that person.

You have just written what I believe is a very profound truth, one that is not easy to perceive.

With much gratitude for sharing it,

Janine

An entry from a daily journal

Good morning, my friend, my love, my teacher...my master and co-creator!
 I love You! I feel You and for this, I thank You. This pen and paper often reinforce my assurance of the fact that We Are One. Many times, it is You who is writing to me. Other times, it is me writing to You. And, always together, we both are just simply expressing.
 Just as I write on this paper, so it is that Your tablet is my heart, in which You comfort and caress with Your words. And, always, we are

connected. Always in relation and communicating. The roles may often reverse and the forms always change. Like life itself; always changin and creating...becoming the next moment.

I want You to know that I am knowing You and that I acknowledge You. I've come to understand You for I have come to know and understand myself...that I AM that particular « I AM » which is You...God. And so it is, I now know « That » I am. I am an extension of You and my expression is You.

How I live my life now, represents my love for You, my life. For when I embrace Life, I embrace You—and myself.

For I now know that you are Life! One form of which is me, and in this form, I am You. What I create is the expression of my love for life, which is You, and You are me.

And so it is, again; it begins with me. Circular....Your teaching, Your wisdom—the process.

Thank you,
 Love,
 Me
 (R.C. AL

Dear R.C.,

What a wonderful way to start a day! Would that we all remembered to do that, to center ourself in order to re-member who we really are at the very beginning of every day.

A lovely prayer, my friend. One I would do well to emulate.

Thank you so much for sending it in.

With much love,

Janine

Making Sense From the Inside

(continued from page 5)

enough, consciously or unconsciously, and it will come to be, in some form, though not always as expected. Thought is the initiation of all action.

When shockwaves pass through our world they contain different “frequencies” vital to their life. Most of these, really, we have no way of creating keyholes for, in this stage, as in any stage of our evolution we are simply incapable of some things. Certain actions have specific frequencies to them, thoughts included. If you have a keyhole or receptor for a frequency, it will affect you. This is the reason why by doing something we can draw a similar sort of return back to us. Although we cannot control karma, we can control ourselves, so that we are better equipped to deal with the shockwaves or consequences. However, what happens when the big one comes and sends you crashing down? This only adds “character” to your-

self. Were we not able to alter how karma affects us, sometimes, we would never grow and evolve. It is this ability that leads to greater experiences because it could be said that nothing of worth ever comes with comfort; only extremes will teach us, guide us and allow us to grow.

We must remember the aspect of communal resonances; those interacting within a world. This is a balance of pressures—actions—that allow existence to exist and flow. Nature reacts as it should and not necessarily in the way we want it to. Every day we hear people proclaim that “this is right” or “this is wrong” but this does not recognize the divinity of the universe. Were there set rights and wrongs, one would eventually dominate and obliterate the other. Thus, the man who kills a person or two and appears to get away with it, might in fact have done that which was

necessary, both to himself and the world. While outside worlds affect us, we also affect ourselves. We are, in essence, an island unique to ourselves. Consciously or unconsciously, we do what is right quite often; even when bad things happen to us there is balance taking place, so that even in the bad there is good.

My being in prison is my fault; I created the keys, I did the action. Karma responded but at the same time I have no doubt that I helped that balancing factor as nothing happens without a purpose. While this is just my view, it is not a free-pass to do anything and blame it on karma or justify it as having some good results in the end. I should continue to seek to overcome. I was not created to blend in but to stand out.

How do we travel towards becoming altruistic towards another? On the one hand we seek change for the better, while on a

heavier hand, one of inertia, we continue on in the old ways; ways which have led myself and many others to prison. How do we advance?

Change is the best way and what better way than change at the root: thought? If we can start to promote good because it is what we truly believe in and do right because we know it is right and not because we think we will get something out of it, then we can truly start to progress. When we can stop doing something just because we are expecting something in return and realize that good might not always bring us good, but what it will bring us is the knowing that we did what we felt was right instead of doing what someone else said was right, then we can start to see this much needed change in action.

by Jeffrey Stevens
from *The Spirituality of Incarceration* (2006)

Freedom Inside in Spanish: LIBERTAD ADENTRO

An amazing new friend of mine, Fernando, has graciously offered to translate *Freedom Inside* into Spanish

Libertad adentro is now offered in Spanish to whomever wishes to receive it.

Please help us send the word out so that more people can read and respond to the ideas found here. If you are able to distribute some issues to Hispanic prisoners, please write and we will be more than happy to send you as many copies as you wish.

If you wish to change your subscription to Spanish, please let us know.

Con mucho cariño para nuestros amigos hispanos,

Janine



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