

Freedom



Inside

A Newsletter For Prisoners
Based on the Conversations with God Material

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Don't Take It Personal...Yeah Right!!!!

I don't know how many of you have read the beautiful book written by Don Miguel Ruiz, The Four Agreements. If you haven't yet, I highly recommend it.

One of the agreements (with ourselves, by the way) that he suggests is to not take things personal.

I find myself taking things personally often lately, much too often for my peace of mind.

When I take things personally, when I act as though people were attacking me, blaming me, criticizing me, or any of a myriad of different unkind things, I always lose my cool, maybe not so much on the outside, but I definitely lose my peace within. I become someone I do not choose to be.

But, of course, that's not true, because I do choose to be this person who believes it is sometimes unsafe to be with others. If I stopped choosing it, this attitude, this reaction to others would stop appearing in my life.

So I often do take things personal. Why do I do that? Why do I continue to do something I know does not

serve me well?

The answer to that little question became very clear to me as soon as I asked it. I continue to take things personally because this attitude serves me well. It serves my ego very well indeed.

"I continue to take things personally because this attitude serves me well. It serves my ego very well indeed."

makes me different from everyone else: my body, personality, my current life, my thoughts and opinions, absolutely everything that separates ME from everything and everyone that is NOT-ME.

And this ego of mine just loves to be right. It loves to fear. It just loves to feel that it has to defend itself from the world. Because these kinds of thoughts are what will make me experience my differences with the world around me, my separateness, my need to continue to build walls around me.

My ego will only survive if I feed my mind with separation thoughts. My

ego knows that to let go of separation thoughts is its kiss of death. This is "separation anxiety" in reverse. The ego fears above all things to unite with All That Is. It fears above all things to disappear into the Oneness of the Soul. So it jumps at every chance to take things personal because it knows that if I stop doing that, the very reason for its existence will disappear.

All this, I know to be true of me. All this, I recognize in my experience of who I am. And, I'm sorry to say it is not a new thought for me. I've known for years that my ego does not want peace and oneness. I've known for years that in order to live as the best version of who I am, my ego has to take a back seat to my soul.

For years now, I've chosen to live in peace, with a profound inner feeling of being exactly where I should be, being exactly who I really am, doing exactly what I came here to do. Acting out of love in order to live in complete peace.

Everyday, I remind myself that this is my choice. Everyday, I choose again.

So what the heck am I doing still
(continued on page 2)

taking things personal?

The answer to this question also came to me as soon as I asked it. (Does this happen to any of you?)

I still take things personal because it feels so incredibly good when I realize what I've been doing and stop doing it. It's like I'm banging my head on the wall and suddenly stop.

Nothing feels quite as good as that first awareness of the absence of pain.

I know myself well enough to realize I would soon forget to experience the absence of pain if I did not regularly choose to experience some pain.

The trick, I've decided, is to bang my head on the wall as few times as possible. To recognize what I'm doing before the hurt becomes so big I can't imagine stopping it with a simple decision to do so.

The trick is for me to enjoy even this twinge of pain because I know why it's there. I know the love behind it. The pure perfection of all that is, regardless of what it might look like at first.

So I say, "Yes" to the Universe. "Yes to everything". Because I am convinced that my life is very much a personal thing, personal on the soul level. Where everything that happens to me, everyone I meet, everything I hear, see, and ex-

perience is there for me to experience more of who I really am.

I am convinced I am in this life to experience more love and I know I will do that by loving more. It feels so good to me when I suddenly remember to love someone who I had thought was attacking me. What a relief to stop that banging while at the same time it is such a joy to have

had the opportunity to remember who I am.

So I'll keep banging my head at regular intervals until I don't need to do that anymore.

I am very much reminded of a thought from A Course in Miracles that says everything is either loving or a call for love.

There is no such thing as an attack. Anything I perceive as an attack, a criticism, a judgment is but a call for love.

It feels so incredibly good to stop reacting to those thoughts of attack with fear. Changing that fear to love is a miracle indeed.

I wish you all many such miracles.

With love,

Janine

A CHILD'S EXPLANATION OF GOD

"One of God's main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He doesn't make grownups, just babies. I think because they are smaller and easier to make. That way he doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers."

"God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times beside bedtime. God doesn't have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off."

"God sees everything and

hears everything and is everywhere which keeps Him pretty busy. So you shouldn't go wasting his time by going over your mom and dad's head asking for something they said you couldn't have."

"Atheists are people who don't believe in God. I don't think there are any in Chula Vista. At least there aren't any who come to our Church."

"Jesus is God's Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God. They finally got tired of him preaching to them and they crucified him, but he was good and kind, like his Father, and he told his Father that they didn't know what they were doing and to forgive them and God said O.K."

"His Dad (God) appreciated

everything that he had done and all his hard work on earth so he told him he didn't have to go out on the road anymore. He could stay in heaven. So he did. And now he helps his Dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother God. Like a secretary, only more important."

"You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time."

"You should always go to church on Sunday because it makes God happy, and if there's anybody you want to make happy, it's God!

Don't skip church to do something you think will be more fun like going to the

beach. This is wrong, and besides the sun doesn't come out at the beach until noon anyway."

"If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids."

"But...you shouldn't just always think of what God can do for you. I figure God put me here and He can take me back anytime He pleases.

And..that's why I believe in God."

-Author unknown

Can humanity be awakened? What do you think? Is our species even capable of waking up, or are we destined to die in our "sleep"? What do you think?

I know that you agree that humanity must change its ways if our world is to survive. I know I don't have to convince you of that. And I know, as well, that you are aware that nothing will change humanity's ways short of a global shift in our collective consciousness - a new way of thinking about life and about ourselves, an awakening of humanity. We must alter our collective notion of who we are in relationship to each other, of what this experience that we call Life is truly all about, of who and what this thing that we call God is, and lastly, of what God wants. We must think our most positive thoughts, speak our most positive ideas, take our most positive actions if we seek the most positive outcomes for our lives and for our world. I know you agree with that.

I am guessing that you also agree with me that this shifting of the collective consciousness of humanity can be done - especially if we must all work at the task together. Especially if we act as a group to affect a group. Especially if we act jointly to

affect our joint experience. Our opportunity now is to act boldly, with determination and commitment, with dedication and with resolute and clear intention. Our opportunity is to get the message out about who we are, why we are here, the true nature of Life, its higher and most meaningful purpose, and the grandest definition of Divinity, or what we call "God."

This message has been given to humanity in terms more clear, more powerful, more striking and more accessible than ever before in the final book of the Conversations with God series, HOME WITH GOD in a Life That Never Ends. I am coming to you now for a second time, inviting you to help me place this book and its life-changing ideas before the world in a dramatic way. I asked you for this help once before, in the week that the book was first published (just a few months ago, at the end of March) and your response was magnificent! HOME WITH GOD shot to #1 on both amazon.com and barnes&noble .com, and made the New York Times Bestseller List!

Now I am inviting those of you who may not have purchased it at that time (or who did obtain it then, and who therefore know

that this is one of the most spiritually important books of our time, and who want everyone to be made aware of it!) to join in one final push to implant this final book in the CwG series firmly in the public consciousness.

(...)

HOME WITH God invites a daring expansion of our world view itself and a breathtaking enlargement of our basic idea of Who We Are. It offers nothing less than a redefinition of the Individual and Collective Self.

This book can help to create the Awakening of Humanity, an event that will be seen throughout the ages as the moment when the human heart finally fully opened, the human mind surrendered at last to its grandest impulse, and the human soul emerged to express itself more wondrously than ever before on the stage of human history. Ours could be remembered as the time when the final page was turned in humanity's old Cultural Story, and the first page was turned in its new one.

In this Age of the Turning of the Page, you can play an extraordinary role. By encouraging our world to turn a page in this in-

spiring final CwG text, you can join in the raising of collective consciousness. all for the price of a single book.

So often I am asked, "What can I do to help get this message out?" Now, here is something tangible that you can do. We are seeking to produce a Second Wave Response to the joyous and healing message of HOME WITH GOD. By ordering one more copy to give away (or, perhaps, your first copy) you can help us create that Second Wave.

At a time when our world is begging for new spiritual insight, when it is desperate for a new worldview and a new idea about itself and the meaning and purpose of life, your simple choice to join in this Second Wave Campaign can be more meaningful than you might ever imagine.

(...)

Thanks for helping us turn the world upside down - so that all can be right side up at last.

You inspire me!

Neale Donald Walsch

Quotable Quote

It's not from the known, but the unknown, that creativity and inventiveness are born.

To turn away from the predictable clichéd, and reliable. Brave the void where the darkness is greatest. Trust the quiet, find the stillness, feel the calm. Then, steadily, think, speak and move as if you were led. Behave as if your vision were clear. Anticipate the emotional rush that will come with your triumph. And as if by magic, as you raise your pen to write, you'll find the words have already been summoned, flooded in the light that was there all along, in a world that had just as anxiously anticipated your arrival.

Just don't let them worship you!

From: theuniverse@tut.com

***From the Mailbag:
Comments on past issues***

September 2006

FROM ISSUE # 26, MARCH 2006

A Response to the article, "To Pray Or Not To Pray"

Over two decades ago—when I was far less consciously aware—I could not figure out what to pray for. That attitude was nurtured by a few Christians who supposedly believed in God, yet found it inappropriate for themselves to be in prison. (...) Subsequently, prayer registered as moot—even prayers for strength and/or insight, for example, even they had to be earned and/or cultivated. During those times, I was beginning to get some glimpses of how some of our conditions and circumstances influence our evolving awareness.

Presently, after having grown a little more aware, I'm still having concerns about 'praying wholeheartedly' when I'm asking for something from God.

Janine, and/or anyone else who cares to contemplate— "What of ENVISIONING and projecting thought energy toward another or self for a chosen or desired end—like someone's healing or wholeness"? Is that different from prayer—where one is asking for something?

A Response to the article, 'Re-entry'

I guess I just choose to say that I know what it feels like within to be confronted with some person doing or saying something that makes one want to tear that offender's head off. But because it would be the same as shooting oneself in the foot, or perhaps disregarding significant insights, one finds another way to respond that really challenges one's constitution.

FROM ISSUE #27, MAY 2006

A Response to the article, "The Drama of Life"

Because I'm so physical, and the physical-material world is so tangible, I find myself seemingly overly sensitive and responsive to this "drama", the physical-material relationships in this world. Were it not for insights and foresights that result from my expanding conscious-awareness, I would be an emotional wreck.

Today, I'm experiencing drama's suffering. I'm aware that there was suffering in the past, and that there will probably be suffering in the future. Word has it that "suffering ceases when it has meaning". Well, I've found a little substance in that statement; for example, when I used to go to the dentist, I suffered a lot, but when I came to accept that my aching tooth was the worse of the two pains, then going to the dentist became 'just pain' and no longer 'suffering'. Thus, one of the major beauties of an expanding conscious-awareness is that it enables and empowers us to accept and understand a little more and more of life's dramas.

It's my contention that the more we evolve in conscious-awareness, which allows us to accept, appreciate, and understand more of life's conditions and circumstances, the closer we'll get to God and the domains of our soul. Now, this growing empowerment will help us to be more as is shown in the following little story I read.

The story is about a young lady who was becoming overwhelmed with the crises and burdens of her life. She decided to come and spend some time with her mother in the kitchen. The wise mother told her daughter to put a carrot, egg, and coffee beans in separate pots of water. She then told her daughter to boil each pot with its content. After a while, the daughter saw that the carrot which had been hard was now soft; the egg which had a shell to protect it now was hard inside; but the coffee beans had turned the boiling water into a beverage that the daughter found to be quite tasty.

What the daughter realized was that the adversity in her life was not happening to her but rather for her to turn into/transform into something beautiful and positive.

Without a spiritual perspective which is the by-product of conscious-awareness, we too will continue to suffer. We can choose not to just observe drama, we can choose to work with it like we work with clay i.e. shape it and create something from it to transform ourselves, others, and our environment.

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From the Mailbag...

(continued from page 4)

Yes, it could and would be a beautiful experience to respond with loving acceptance to each new day, i.e. with no carry-overs from yesterday. But, somehow, I just don't believe we were constructed to function that way—especially for dealing with drama and the contextual field of 'what's so and what works'

For example, I'm contending that all of our experiences are for us to learn and create from. Certain elements of our experiences we will remember and build upon—just as it is natural for us to forget some of them. It seems to me, however, the more of them that we don't 'take offense' at and/or that we use forgiveness or our ONENESS perspective on, the freer we will be inside to recognize that whatever occurs in our present moments are precisely the things, events and people that we should have to help us decide, declare, create, experience, and fulfill who we are.

Transforming,
H.J.
North Carolina

Darling H.J.:

Thank you (again and again) for all your reactions and contributions to Freedom Inside. We would not be the same without you 'out there' to read, react and so generously share your thoughts.

I invite all our readers to do the same.

Now, let me share my opinion on some of what you wrote. I believe we are incredibly powerful creators. That is why when you say you believe you were constructed to deal with the drama of life a certain way, I say, of course you were. You are creating yourself this way. So go ahead and enjoy your dramas, truly enjoy them, learn from them, grow from them, have fun with them. They are there for you.

As for envisioning as prayer, I believe we all have an amazing power of creation that we hardly ever use ...consciously, that is. I love envisioning and projecting healing, peace, and a feeling of total acceptance and love to whoever is around me. This type of 'prayer' does not need anyone else to know what is happening and it has an immediate effect, an undeniable one....on me. Because there is absolutely no way I can fail to react to sending peace and love to everyone around me since by doing that I am saying I have an abundance of both.

And I do, as you do. Thank you for sharing yours with us

Love,

Janine

Transforming Failure

Dear God,

There are times when Love's call seems entirely in vain, when all I can see around me is my failure.

I have not succeeded in the area of my heart's desire.

I do not seem to have the magic ingredient that enables some people to move forward in ways I cannot.

What is wrong with me?

Am I without blessing?

Dear God,

Please help me. Restore to me my faith in who I am. Give me aid. Give me hope. I give myself to You.

Amen.

From *Illuminata*, A Return to Prayer

By Marianne Williamson (1994)

Thinking In Reverse

My heart cries
And unspeakable pain
I'm lost
And I fear I'm going insane

I cry out to the Universe
To a mostly silent God of sorts
Who speaks volumes
A singular message of Love, in retorts

I don't want to listen
But truly, I can hear.
But God, it's not a simple choice
To choose love over fear.

God, You're asking me to trust
While I'm feeling betrayed
And then You ask me to be calm
In the midst of my rage

It's like trying to be cool
In the presence of smoldering heat.
It's like trying to embrace victory
While in the clutches of defeat.

To be—when you're not.
To do—when you can't.
To have—when you don't
In other words,
To win—when you ain't.

If religion means
To realign
Then even from the depth of Hell
I must find something Divine

It is often the pain of hunger
That causes us to search for food
Just as the destruction caused by evil
Implores us to look for something good.

Most people live their lives in reverse.
They speak and act before they think.
And instead of blessing, they choose to curse.

So God, how can I shift my mind
In order to reverse this painful paradigm
The question answers itself
But only in due time

What if everything I thought to be true
Was really false
And everything I believed that was
Really wasn't?

So now I've reversed my thinking
And logic and reason are no longer at play
I'm determined not to let my emotional climate
Be determined by the weather of the day.

I will now see good in others
Before I look for what's wrong
I now choose peace
Before I begin to fight
I now choose wisdom
Over the need to be right.
I now choose patience
Over the urge to rush.
I will now accept life as it is
Rather than force it to comply with my beliefs.

I will put God first
And myself as second
It's kind of like thinking in reverse.
But maybe this time, what feels so wrong
May just actually be what is right.

W.P.R.
Maryland

Dear W.P.R.
What an absolutely wonderful poem! Thank you so much for sending it in. I hope to receive more from you very soon.

With much appreciation and love,

Janine

Do you have a poem that reflects the message in Freedom Inside?

If so, send it in, it just may be chosen for a future

POETRY CORNER

POETRY CORNER

(continued from page 6)

Hurting

I'd rather hurt forever than beg for healing. It's always easier to give up. The hurt may end up being enough to put us at ease. Eventually we've given it our all. We're completely numb forever.

Tired of having a wounded heart? Of having only one thing to cure it? Knowing we can't have it? It's not our time. My eyes can't tell me where I'm to go, my ears get lost in what they want to hear, my mouth covers up the way I really feel, and my heart's to numb to care.

Seconds to giving up everyday and tired of pretending. Wanting to close my eyes forever.

Lie in bed, force shut eyes. Visualize thoughts on the backside of your eyelids. God sees, hears, and feels. Believe it or not, He talks back.

If you dreamed you were home, He talked back. If you can still tell that there's a sun that still rises and shines, He talks back. If you ever cried for no apparent reason, the Lord talks back. You can feel it. Pray you hear/ feel it.

I've wanted to know my purpose for most of my life. I've wanted to die for the last ten years. My God says it's not my time.

I believe, I suffer. I fear. But by the grace of God, we're still breathing.

Healing

Can we naturally heal ourselves of pain, sickness, weakness, or anything else that hurts? Just by touch alone...beliefs in elemental powers and 'chi'. Wouldn't these just be gifts from God?

Maybe if we could all believe in our selves for long enough or even at all. We can all do amazing things with our minds alone (never alone with God).

See, we want to heal ourselves and others on our time, with our power and our medicines. Just believe. Hold a hand out to someone you love or even hang on to whatever you feel you have left. There's a reason. There's an answer. Trust it. Find it.

Do you feel it?

ZRS
Wisconsin

Dear ZRS,

Thank you for sending us your thoughts and feelings. I believe many will relate to your words. I hope that you will be filled with the grace of God everyday of your life, that you recognize your magnificence, and that you know you are blessed at every moment.

Just as I know how blessed we all are in you.

With much love,

Janine



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