

Freedom



Inside

A Newsletter For Prisoners  
Based on the Conversations with God Material

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## Perfection

*I've just read an absolutely beautiful quote from Antoine de Saint-Exupéry. It goes like this:*

*"Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away"*

*This statement is enough in and of itself to leave us thinking...a lot. At least that's what it did to me. In order for our life to be perfect, we don't need to arrange the outside of it so that we get whatever it is we think we need, we only need to let go of whatever is inside us that keeps us from feeling, from seeing, from living the perfection.*

**WOW!**

*And just when I was reading this, a friend of mine came back from spending over three months in an orphanage in Nepal as a volunteer. Some of her strongest reactions were about the terrible poverty and the harsh life that it demands as well as the joy and kindness of the Nepali people.*

*One remarkable difference my friend noticed was in how people played with each other. There was no competition. They played to play, not to win over others. During a soccer game, they shared shoes when there were not enough for everyone. They played cards*

*with open hands and helped each other along. Their play was "perfect", exactly as they like it.*

*How lovely to have no losers in their games! No one who comes out being 'better than'.*

*"What if we all accepted that our ways, beliefs, cultures, and religions are not better than anyone else's. They are just different."*

*How wonderful the world would be if no one tried to win over someone else. If no one thought their way was 'better than' the other person's way.*

*No better religion.  
No better job.*

*No better country.  
No better anything.*

*What if we all accepted that our ways, beliefs, cultures, and religions are not better than anyone else's. They are just different.*

*Wouldn't that make for a perfect world? Wouldn't my life be perfect if I stopped trying for more of whatever I think I need and just be all I am right now? Or even trying for more of what I believe the world needs, such as love and peace, and just loved it exactly as it is?*

*I believe perfection is not in what we have and can achieve, it is in how we perceive it. The Nepali children showed us that.*

*It is not in trying to make a living and then forever trying to make a*

*better and better living that we find perfection, it is in making a life and then sharing that perfectly every moment of every day.*

*Going back to St-Exupéry's quote, let us see what we need to take away before we achieve perfection.*

*We need to take away our sense of lack, our belief that there is not enough in the world. Not enough time, not enough love, not enough peace, not enough money....*

*We need to take away our fear that we are not enough, that somehow we are deeply flawed and thus see others as flawed.*

*We need to take away our every thought that "if only" the person in front of me would just do what I ask, then everything would be perfect.*

*If only my spouse were kinder...  
If only my boss weren't so demanding...*

*If only I had more money...  
If only my health were better...  
If only my child listened to me...*

*If only....*

*To stop all the "if only's" sounds like a great deal to ask of ourselves, doesn't it? It sounds like we must almost become other people in order to be happy. Must we stop having values and dreams, like world peace, for instance? Must we stop*

*(continued on page 3)*

I recently began an HVAC trade program here in the penitentiary. HVAC stands for Heating, Ventilation and Air Conditioning. Learning the very basic fundamentals of refrigeration and cooling systems, I was told to “forget” the notion of coolness. I was, instead, informed that “coolness” is actually the absence of heat.

That is to say, that short of “absolute zero” (-460° F / -273° C) which has never been reached by the way...there is heat.

Refrigerators are designed through a system of compressors, condensers and evaporators to “remove heat” thus leading to “coolness”. Isn’t that cool!

Well, isn’t this one of the fundamental principles taught in the *Conversations With God* book series? Although I haven’t read one of Neale Donald Walsch’s books in the past two years, I distinctly recall reading in books 1-3 that in the absence of what is not that which is...is not.

This describes the theory of relativity in physics. Simplified, Einstein postulated that everything that exists does so in relation or “relative” to everything else. So then I thought: “Is love the absence of hatred?” I love the analogy Dr. Wayne Dyer uses to describe enlightened beings. He asks a child in the audience a deeply complex and philosophical question, “If I have an orange and I squeeze that orange...what will come out of the orange?” The child replies, “That’s

silly...orange juice comes out!” And Dr. Dyer shouts, “Right answer!”

He then goes on to say that when you metaphorically “squeeze” an enlightened being, all you get is love. That’s all that’s in them. Love is all an enlightened being expresses. Squeeze most of us and there’s going to be a lot of anger, thoughts of revenge and plans to retaliate as soon as we’re freed. The irony is that we’re never free when we’re bound to and by negative emotions, especially those of anger, hatred and revenge.

Am I totally loving and free of all negative thoughts, feelings and emotions? No, but neither am I enlightened. Yet, this simple example of how refrigerators work combined with the lessons in the CWG books makes me pause, reflect and think. So I asked myself again the question, “Is love the absence of hatred?” I don’t know but I’m more inspired now than ever to let go of negativity.

I do know that it’s hard to have two thoughts at the same time. As a matter of fact, it’s impossible to think two different thoughts at the same time. Moreover, you can’t think one thing and then experience another. The philosophy of existentialism and even modern psychology is based on the power of individual thought and choice.

Viktor Frankl, the author of *Man’s Search for Meaning* (quoted in November’s issue of this newsletter) had a moment of enlightenment in a Nazi

concentration camp. He had the realization that stripped of everything he owned, beaten, starved and humiliated, that, if nothing else, he controlled his own mind...not external circumstances for sure...but that he could choose his own thoughts. In that moment of epiphany, he was suddenly empowered and quickly realized that having the ability to think for himself, to choose his own thoughts, to direct his own mind... gave him more power and autonomy than even the Nazi prison guards who held him captive had!

Letting go of negative emotions is not easy. God knows I know this. I’m writing this locked away in my prison cell like most of the readers of *Freedom Inside*. There are a lot of reasons why letting go of anger is hard to do. Allow me to give you just a few to consider. By knowing why we so readily embrace anger, we might learn to loosen its grip on us.

For one thing, anger gives us a false sense of being right. After all, we’re usually angry because someone or something else in our life is “wrong”. Anger fuels the engine of righteousness and has little to do with what might objectively be “right” or “wrong”.

Also, anger, like love, is a powerful emotion. It does have an addictive quality. Anger can be just as energizing and invigorating as it can be exhausting and debilitating. Anger gives us the energy to jump up and ‘kick some ass’ when necessary as well as the

mind-numbing realization that you’re now in jail for ‘kicking someone’s ass’, even if they deserved it, I might add.

Also, a lot of anger is displacement. Displacement is an ego defense identified by Sigmund Freud. It is the classical example of the guy who gets mad at his boss but instead of confronting this boss, he goes home and kicks his dog.

He knows if he confronts his boss with hostility, he could get fired or demoted. His anger isn’t appropriately addressed and it doesn’t go away. Now he’s home and the dog wants to play. All this guy probably wants to do is go in the house and ‘medicate’ his hurt feelings with mind-numbing drugs and alcohol. Little did the dog know, he was in the right place at the wrong time and got his ass dropped across the yard like a football.

Of course, now the dog is going to have psychological issues because he doesn’t understand why he got kicked. When this happens to us we usually say things like: “Why me?” “I don’t deserve this crap!” “Who do you think you are?” “You don’t know who you’re messing with!” etc. etc.

The dog was loving, innocently wanted to play, and got his ass kicked instead. And to make matters worse, some days we’re the “angry man” and some days we’re the “loving dog”. Confused? Yes, most of us are! Worse yet, and

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**Perfection**  
(continued from page 1)

having commitments we feel are very important, such as making a living to provide for a family? Must we forget what we were thought like believing that living in the moment is incredibly selfish. That some things just must be changed, things like war, cruelty, poverty, anything else we feel limits a person's happiness? Must we change so much before we live Perfection?

So what to do?

Here's another quote, this one from a program written by Sheri Rosenthal and Susyn Reeve [www.withforgiveness.com](http://www.withforgiveness.com)

"A main function of the mind is to analyze, compare, separate and qualify. It performs in a similar manner to your computer's operating system. When we align ourselves with the point of view of the mind, we're always going to compare what we perceive with what our personal database considers 'normal' or 'the way it should be'.

"Comparisons in and of themselves are neither good nor bad. It's when we

use comparisons to hurt or judge that emotional suffering occurs. We can use the word perfection to represent the mental image of the way we think life should be. However, each person's computer mind will contain a different model of perfection; and it's not logical to think that every human would have the same picture of perfection.

"When we recognize that from the vantage point of the mind perfection is a made-up point of view, we can easily forgive ourselves and others for disrespectful judgments and comparisons."

Another quote, this time from Ray Dodd, author of *The Power of Belief and BeliefWorks*. "Often our motive for self-improvement and perfection rests on one simple belief: I'm not okay as I am. No one will really accept me as I am. I know this to be true because I cannot accept myself as I am. The myth of self-improvement is actually self-rejection, because its seed is the belief I am not, which lives within the

fear-based structure of the ego-mind."

So.....

It all comes down to what we believe we are made of. If we believe we are made of Divine Stuff, we won't need to fill up with all kinds of other stuff.

Which makes me think that the Nepali orphans my friend met must have more belief in their inner worth than many of the so-called privileged children of North America who have so much...maybe too much???

Is it possible that we surrounded ourselves with so much stuff that we stopped looking inside ourselves to see our worth? Is it possible we are teaching our children that being loved means getting things for Christmas, birthdays, or any other "special" day?

Is it possible we, as adults, live too much from the outside in, instead of from the inside out?

Is it possible that in order to have a "perfect" life, we need not do anything other than Be Who We Really

Are?

I believe all of this is true. I believe we are divine beings who came to this life to share our perfection, our magnificence with each other.

I believe anything we do that takes us away from this purpose will not be very fulfilling, will not satisfy for long.

Contrary to what I was taught all through my childhood, I do not believe we have to strive for perfection all the while knowing it cannot possible be achieved. And if we ever thought we had achieved perfection this judgment was called vain and proof of our very imperfection. I do not believe feeling my magnificence is vain and superior. I think it is special and good.

As are we all.

I believe we are all magnificent creatures. Divine creatures. Here to shine our light on the world.

Perfection!

Janine

**What if? Quantum Domain...So What?**

First, I feel good about what I've come to learn about quantum realities. Secondly, I'll admit that this is so because the impression I've gathered about the quantum domain complements my beliefs. Perhaps a good question next would be, "How do we see past our beliefs in a mirroring universe that has our beliefs staring right back at us?"

Fortunately, according to Deepak Chopra, in his book *How To Know God*, our attitudes hide deeper spiritual beliefs, and when we see through them, beliefs can be changed." He went on to say, that boundaries of beliefs are true but fluid; that although our boundaries define us, that we should not take that as a negative because every stage of

inner growth allows us opportunities to see things that are hard to see; that clues are left to tell us how to grow. I appreciate that our minds are open to light and that light is awareness. What gave me a stronger impression of the functions of quantum realities was the way Deepak Chopra related them

to light. For example, he wrote, "when light is visible and organized into concrete objects, reality is material. When light contains feeling, thought, and intelligence, reality is quantum. When light is completely un-manifest, with no qualities anyone can measure, reality is virtual."

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### Enlightenment Is Where You Find It

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much like many of my fellow inmates, I have been known to "bite back" at times.

We attempt to balance karma ourselves with retaliation and revenge ... when karma is the last thing we know, partially or completely. We just don't have the complete picture. We see only the tip of the iceberg and falsely claim that we know what's below the surface. Our ego has all the false confidence of the captain of the Titanic. More often than not, we're asleep at the wheel. That's why the Holy Scriptures encourage us to wake up, to become conscious and to be aware on all levels.

I've crashed and burned so many times. I'm 49 years old and serving time. Did I have the full picture? Was I fully conscious? Was I right? Is this the consequence I

expected to be the result of my actions? I've got about 200 more questions but I hope the reader gets my point. I've accepted the fact that I may not always have the full picture, that my ego (i.e. my false sense of being an individual with an insatiable need to be right) may cloud my judgment and bias my position on any given subject.

I can live with frustration and anger. It's part of the experience of being human. I just don't want to be so quick to embrace them like old friends. They have not served me well. Believe me, I'm not a "turn the other cheek" kind of guy. But I am going to make it a point to be conscious, to think clearly, to not rush to judgment, and finally to choose the course of action that will lead to the most successful and desirable outcome that I can

possibly imagine and envision. In other words, I'm trying to learn to control my thoughts and emotions, instead of allowing my thoughts and emotions to control me.

I'm almost 50 years old. Why did wisdom come so late? The question is irrelevant. God said, "The message was delivered many times...what took you so long to go to the door and pick it up?!" Maybe life is a matter of perspective. I close now with the profound, yet unanswered question I initially raised, "Is love the absence of hatred?" I don't know but I'm definitely working on the answer! I'll let you know when I find out.

WPR

Maryland

Dear WPR,

Thank you so very much

*for taking the time to write these thoughts and for sending them to us so we can share them with as many readers as possible.*

*You touch on a very important point in your article. One that we all struggle with. What keeps us from Being the love that we really are?*

*One thought I would like to share with you. I has been my experience that the opposite of love is not hatred but fear. Hatred is but one reaction to fear, as is jealousy, greed, the need for revenge and retaliation.*

*Fear is the absence of love. Think about it and let me know if this feels like a good answer to your question.*

*Thank you again for sharing.*

*Love,*

*Janine*

### What if? Quantum Domain...So What?

(continued from page 3)

Deepak Chopra later wrote, "without the quantum level of reality there could be no cosmos, and it is here that order and symmetry, the keys to life, first appear." Finally, "so what?" How does the intentional attentive mind expands in response to the quantum domain? According to *Conversations With God*, we have a sacred relationship with every-

one. Some Zen Buddhists contend that we discover who we are in relationships with others and our environment. Within our interactions, the quantum domain—with its mirror reflections of us—functions like a psychotherapist by allowing us to hear and understand how we're relating to life, others, and ourselves. If, in those moments of obser-

vation, we find ourselves unsatisfied with our basic beliefs, then we have opportunities to change them. We change them, according to CWG, "By challenging them. By holding them up to the light of logic and scrutiny, and challenging them. You must challenge your most sacred from which they have come." Personally, I appreciate all of my

experiences and the sources of my beliefs that influenced them; however, I choose to be consciously aware of the consequences of my thoughts and to deliberately offer them so that I can be a deliberate creator of my realities and a source of my freedom inside.

Realizing,  
HJ  
North Carolina

## Prayer

Dear God,

*I surrender to You  
my striving.*

*I let go  
all need to effort  
or to struggle.  
I relax deeply  
into things  
exactly as they are.*

*I accept life,  
that it might move  
through me with grace.*

Amen

- Marianne Williamson  
*Illuminata*



*Those who wish to embody the Tao should embrace all things. To embrace all things means first that one holds no anger or resistance toward any idea or thing, living or dead, formed or formless. Acceptance is the very essence of the Tao.*

*To embrace all things means also that one rid oneself of any concept of separation: male and female, self and other, life and death. Division is contrary to the nature of the Tao.*

*Foregoing antagonism and separation, one enters in the harmonious oneness of all things.*

~ Lao Tzu ~

One of the more challenging aspects of being in a physical body is reconciling the seemingly obvious physical separation between each of us and the spiritual notion of the oneness of all beings. How is it possible that both concepts can exist simultaneously when they appear to be in opposition? How can we say there are no differences between humans when we obviously look different? The reality we perceive depends solely on our point of view. If we take the point of view of the human body (using our sense of sight and touch), we perceive things that are either us - or not us. However, take the point of view of a quantum physicist and you'd find that there is no difference between you, your chair and the person sitting in the next room. Just because we can't perceive the universe as being one with our physical eyes doesn't mean that it's not truth. When we open

our spiritual eyes, we see reality with our spiritual self as energy - not with our physical eyes as objects. We're seeing the same reality, but from a totally different point of view, one that is inclusive of all individual and limited points of view. In the above quote, Lao Tzu refers to the acceptance of, or non-resistance to, all people and things. When we no longer believe there is anything to resist, essentially we are saying there is nothing out there to resist. What encourages us to create something or someone to fight against is the incessant habit of the mind to separate, judge and label. That is why Lao Tzu asks us to surrender our attachment to our abstract concepts that encourage separation and division, like male vs. female, heterosexual vs. homosexual, USA vs. Middle East, Republican vs. Democrat, and Catholic vs.

Muslim. Embracing all individual points of view allows us to have the experience of that harmonious oneness. If all humanity perceived the oneness of life rather than seeing us as separate, it would become ludicrous to even consider the thought of eliminating entire races, genders and/or ethnicities. When we're caught up in these superficial differences, we feel justified to hurt people of seemingly different races and ethnicities. We must forgive ourselves and others for perceiving ourselves as separate, and for all harm done in ignorance.

Practicing the lesson

- When you have some quiet time and you can sit undisturbed for about 30 minutes, practice this meditation: Sit comfortably so that there is no stress on your physical body, but do not lie down in a way that

will cause your body to fall asleep.

- Close your eyes and focus your attention on the feeling within you that feels like a "buzzing."
- Put all your focus on that feeling, releasing any thought that enters your mind with each exhalation.
- Relax, stay alert and go deeply into that feeling.

Today's Affirmation  
*I forgive myself for believing solely in the reality of my physical eyes and the separateness that results from that perception. I "see" that we are all one and equal in the Creator's eyes.*

- Sheri Rosenthal  
[www.withforgiveness.com](http://www.withforgiveness.com)

### Quotable Quotes

« The purpose of life is not to please God. The purpose of life is to know, and to recreate, Who You Are. » - p.42

« In your reality, Good cannot exist without Bad. So you believe it must be the same in Mine. Yet I tell you this: There is no « bad » where I Am. And there is no Evil. There is only the All of Everything. The Oneness. And the Awareness, the Experience of that. » - p. 40

« Spiritual truth must be lived in practical life to change everyday experience. » - p. 148

« If you derive your life's greatest happiness from experiences obtainable only in the Outside World—the physical world outside of yourself—you will *never* want to give up an *ounce* of all that you've piled up, as a person and a nation, to make you happy » - p. 158

From: *Conversations With God, book 2* By Neale Donald Walsch

**Behind**

**Behind the walls  
Behind the times  
Behind the crimes  
Behind the mind**

**Is a voice  
Of Hope  
And a chorus  
Of rejoicing  
Behind the veil  
Of the Future  
Maybe we can see  
The forests  
For the trees  
Behind the smoke  
Of war  
There we can see  
Peace**

**MHD  
California**

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**I Can't / I Can**

**I cannot express kindness  
Until all my weapons are melted  
Until all my fears are subdued  
Until all my lies become truths**

**I cannot express love while I hate  
While I fill my heart with lust and pain  
While my fists are closed to tight  
While my ears listen to filth so obscene  
While my eyes are red and I'm insane**

**I can change when I acknowledge  
My faults and then I can love  
With full expression: not from my  
Mouth; but from my hands, eyes, ears, and heart**

**MHD  
California**

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

### What Do You See?

I'm looking for a Savior  
 Someone to liberate me.  
 My calls go unanswered  
 I'm locked up, without a key.

And then I heard a voice  
 Saying, "My child, this you do not know.  
 Really, you're free  
 But you've done a good job of limiting Me.

You choose to create a mess  
 And then you blame me.  
 If only you could see your life  
 As it appears to me.

Let go of your ego and you set God free.  
 You can't remain imprisoned  
 If you have the key,

You are the guardian  
 With the voice of the guarded.  
 SO don't ask Me,  
 Just be what you wanted.

Now pick a new truth  
 And tell that to Me.  
 It's not hard work;  
 It's just thought, word and deed."

MPR  
 Maryland

I have been lost so long in the wilderness  
 That I couldn't see the forest or the trees  
 I searched high and low for a remedy  
 Something to cure my disease  
 Then one morning while the stars were retreating  
 I retreated to the tavern within  
 I heard the voice of the Master telling me  
 I could call Him my special friend  
 And then I found Peace  
 A cure to my disease  
 I found Peace  
 A cure to set me Free  
 Peace  
 Shalom  
 Salaam  
 Paix  
 Pax  
 Freide  
 Pace

MHD  
 California



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Janine Cantin*

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