

Freedom



Inside

A Newsletter For Prisoners
Based on the Conversations with God Material

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

freedominside@xplornet.com

Issue # 34 July 2007

Recreating Myself.....Again???

It seems to me that I've written an article about this very topic.....more than once! So please bear with me while I continually re-create myself (while using this newsletter to vent!)

Lately, I have been feeling on the very brink of a huge inner change. I have had some insights that have changed the road I choose to travel.

There are some words that keep coming back to me and that I resonate to very strongly. These words are, "Lightness of Being". I imagine many of you can relate to what I felt when I say these words "resonated" with me.

Bottom line is that even just thinking about living a "Lightness of Being" makes me happy. It feels right for me to choose to live this way.

By "lightness of being" I mean that I choose to tread lightly on the world. I choose to be careful how I treat the physical world and everyone in it. Careful how I choose to be in the world, the words I use, the things I do, the emotions I allow myself to feel, to dwell on, the opinions I put out there. What I produce and what I consume.

I choose to live lightly. I choose to increase my spiritual energy, to vibrate at a higher level, to connect physically with the spiritual energy that surrounds me, that surrounds and unites us

"Lately, I have been feeling on the very brink of a huge inner change. I have had some insights that have changed the road I choose to travel."

all. This had an immediate—and, I might add, completely unexpected—effect on me. It made me realize something for the first time in my life. After about 40 years of "fighting my weight" by dieting (that didn't work) and exercising (that I don't enjoy) I now realize that I don't have a weight "problem". That my wonderful body was only showing me in an amazingly direct way that I was absolutely not living "lightly".

All of a sudden, one of the things that have been bugging me for all my adult life, the excess weight I carry, became not something to fight but something to be grateful for because of what it was mirroring to me.

And true to form, the Universe is conspiring to give me all the help and guidance I could possibly

need. The books I had waiting in line are all giving me suggestions on how to increase my level of energy, what foods to eat, how to treat my body, how to walk this path. Even the "light" novels I read when I don't want to "think" too much are addressing this issue.

How wonderful is that?

So here I am, on a new path, one where I live lightly. And I realize that living lightly on the one hand makes the physical weight I have been carrying drop effortlessly but also, and more important to me it brings more light to everything I do, feel, say, experience. Living lightly is a complete experience.

It seems almost counter-intuitive to me. How can I experience more by living light? It seems like the opposite should be true. At least that's what we were taught, isn't it? Don't most people believe that in order to be happy they just have to get something new, something more?

This brings me back to my article in the last issue (Perfection) where I quoted St-Exupéry who wrote that we don't need to add anything to find perfection we only need to take away what hides it.

About Light and Life, Ships, Nicolás and Dimensions

This wonderful article was written by a very dear friend of mine (my ex, actually) in response to my article "Perfection" that came out in the May issue of this newsletter. This perspective is so beautifully different from what I thought when I was writing my article that I just had to share it with you all.

Thank you, Guillermo

Antoine de Saint-Exupéry (1900 - 1944) had this beautiful thought: *"Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away."*

We know that "light" is electromagnetic forces; and, actually, life is light. Really, biological life is light.

Everything in this physical world moves because of the electromagnetic rays coming from the Sun; we see it with our eyes and call it "light", but the electromagnetic spectrum is huge, from radio waves to microwaves, to infrared, to ultraviolet waves, to X-rays, to radiation from radioactive compounds, to the gamma rays from the explosion of stars coming to us from far away distances, to visible light. All of that is the electromagnetic spectrum as we understand it today; but perhaps it contains even more "forces" that we cannot even imagine.

Light is a most mysterious force; it is at the same time a particle and a wave. Light is a massless particle (photon) and a wave, moving like ripples in space; it travels in a straight line, at a constant speed close to 186,000 miles per second (299,792 kilometers per

second).

We are constantly being "bombarded" by electromagnetic radiation from the Sun. There is more energy from our Sun hitting the Earth in one hour than all the energy consumed by all humans during a whole year.

You warm your coffee or cook the steak in the microwave with "light"; you hear the radio news or watch TV thanks to "light"; computers run because of "light". We exist because of "light".

Think about the hamburger you ate today ... yesterday it was beef, before that it was grass; but it all began when "light" from our Sun was absorbed by the chlorophyll in plants, making grass, trees and flowers. The electromagnetic radiation from the Sun "transformed itself" from the grass, to the beef, to the hamburger, to proteins forming part of the muscles in your body.

Also, we survive thanks to light, as the oxygen we take in every breath from the air surrounding us, is the result of light working on chlorophyll which combines carbon dioxide and water, forming carbohydrates and oxygen. So, light "feeds" our bodies; light transforms itself into energy and compounds that keep

our bodies alive and moving.

Light is everywhere, but most of its manifestations we don't "see". We are all familiar with that tiny sliver of the electromagnetic spectrum which we call "visible light". Photons impacting the retina inside of our eyes trigger a reaction and create a "signal" transmitted by the optic nerves to the brain, originating the "perception" of light by our minds.

The reason we can "see" the table, the chair, the glass of water, is that they reflect the photons from sunlight (or from the light bulb) into our eyes. Visible light is the radiation contained in the electromagnetic spectrum at a specific wavelength that our eyes can see and depending of the exact wavelength of light, we distinguish colors.

So, light at different wavelengths, detected by our eyes and processed by our brains creates in our minds the perception of colors, shapes, shadows, three-dimensional forms. We distinguish objects, plants, animals, persons.

Other wavelengths of electromagnetic forces we do not "see" but we can "feel", such as the skin sunburn or the heat from the oven, or an

electrical shock. Actually, "visible light" is only a very tiny fraction of "light".

We are still learning about electromagnetism, about the physical-chemical characteristics of Light, the "wave-particle duality", the giver of life.

I recently found another concept, Light as the source of all creation, in reading from "The God Theory" (Weiser Books, 2006) a book written by Bernard Haisch, a scientist speaking of creation, light, life and God.

To understand creation and life, Dr. Haisch uses the analogy of an old-fashioned slide projector; where we had to put the slides in front of a light in order to project the picture on a screen. He says something like this: Creation, life, is like turning on the projector.

Life is the light, not the picture, not the slide that interferes with the light; just the light itself. That is life ... light.

So, as we turn on the projector with no slide in the carousel one could think, seeing the plain white screen... "But there is nothing there! It is just light!"

(continued on page 4)

Recreating Myself.....Again????
(continued from page 1)

(continued on page 3)
So here I am, defining myself again, recreating who I choose to be, how I choose to show up in the world.

I am a being of light. I show a lightness of being. I tread the world with care, love, and harmony.

This brings me such a fullness of experience as I had never felt before. It is like I have changed my focus from the external to the internal while gaining a new insight on how the world works, how con-

nected we all are and how incredibly powerful our connection is.

I heard Marianne Williamson once say that what we fear is not our powerlessness. What really frightens us is just how powerful we really are!

I believe that may just be very true. I am certainly realizing that there is nothing we cannot do if we so choose. We are one decision away from any reality we could choose.

I believe that we live connected with such a powerful and creative energy field that the world around us mirrors all our most profound beliefs about ourselves.

I believe that when I first thought of living lightly, I was receiving a direct message from this field. I believe my body was sending me this message all along but I just didn't get it.

I am a being of light. And this is translating itself in my everyday ex-

perience in a liberation from the weight of past beliefs. A freedom from being weighed down by who I thought I was.

It is an incredibly light feeling, a lovely and loving feeling.

Talk about Freedom Inside!

Love,
Janine

On The Mindless Menace of Violence

I have just seen a movie, Bobby, that is about Robert Kennedy's life and death. At the very end, when we are shown the aftermath of the shooting that killed Bobby, we hear a speech he had given months before just after the assassination of Dr. Martin Luther King Jr. It is an incredibly moving text, especially considering Bobby himself would be assassinated such a short time later. Here is that speech.

Mr. Chairmen, Ladies And Gentlemen
This is a time of shame and sorrow. It is not a day for politics. I have saved this one opportunity, my only event of today, to speak briefly to you about the mindless menace of violence in America which again stains our land and every one of our lives. It is not the concern of any one race. The victims of the violence are black and white, rich and poor, young and old, famous and unknown. They are, most important of all, human beings whom other human beings loved and needed. No one - no matter where he lives or what he does - can be certain who will suffer from some senseless act of bloodshed. And yet it goes on and on and on in this country of ours. Why? What has violence ever accomplished? What has it ever created? No martyr's cause has ever been stilled by

an assassin's bullet. No wrongs have ever been righted by riots and civil disorders. A sniper is only a coward, not a hero; and an uncontrolled, uncontrollable mob is only the voice of madness, not the voice of reason. Whenever any American's life is taken by another American unnecessarily - whether it is done in the name of the law or in the defiance of the law, by one man or a gang, in cold blood or in passion, in an attack of violence or in response to violence - whenever we tear at the fabric of the life which another man has painfully and clumsily woven for himself and his children, the whole nation is degraded. "Among free men," said Abraham Lincoln, "there can be no successful appeal from the ballot to the bullet; and those who take such appeal are sure to lose their cause and pay the costs." Yet we seemingly tolerate a

rising level of violence that ignores our common humanity and our claims to civilization alike. We calmly accept newspaper reports of civilian slaughter in far-off lands. We glorify killing on movie and television screens and call it entertainment. We make it easy for men of all shades of sanity to acquire whatever weapons and ammunition they desire. Too often we honor swagger and bluster and wielders of force; too often we excuse those who are willing to build their own lives on the shattered dreams of others. Some Americans who preach non-violence abroad fail to practice it here at home. Some who accuse others of inciting riots have by their own conduct invited them. Some look for scapegoats, others look for conspiracies, but this much is clear: violence breeds violence, repression brings retaliation, and

only a cleansing of our whole society can remove this sickness from our soul. For there is another kind of violence, slower but just as deadly destructive as the shot or the bomb in the night. This is the violence of institutions; indifference and inaction and slow decay. This is the violence that afflicts the poor, that poisons relations between men because their skin has different colors. This is the slow destruction of a child by hunger, and schools without books and homes without heat in the winter. This is the breaking of a man's spirit by denying him the chance to stand as a father and as a man among other men. And this too afflicts us all. I have not come here to propose a set of specific remedies nor is there a single set. For a broad and adequate outline we know what must be done.
(continued on page 11)

About Light and Life, Ships, Nicolás and Dimensions

(continued from page 2)

That's just it...

Light... is... life.
Creation... is... light.
(Remember: "Let There Be Light!")
This is what life is ... life itself is light.

Each and all manifestations of life are just light "transformed".

The transformation of the same source: *Light*, creates all life as we know it.

That transformation of light is only the adding of filters to white light, so as to remove different wavelengths from it in order to create shapes, forms, and colors, all the different manifestations of biological-physical life.

Just imagine it. Take the projector and add a slide of a solid color, red for example; red is what will be projected on the screen, filtering out all other possibilities. Try another slide with just blue on it; the light passes through it and only lets blue pass onto the screen. All colors can be projected this way because all colors already exist in the light. Change the slide to one with a picture of a pink flower with green leaves and that is what will be projected on the screen as the multiple filters block certain manifestations of white light. Now put a slide of a baby, the picture of a tree, any photo you wish on the slide and that is what will be projected, because ALL of it is al-

ready in the light. All life is contained in light. Light contains all life. It is the same light, the same life...you are just adding the "filters".

As we leave behind Dr. Haisch's comments, I strongly suggest you read his beautiful book. Read it, absorb it, and read it again.

Light is creation itself. It is not that the 'Creator' put in a different color, adding different forms or atoms or different molecules. ALL of those are already included in creation, in life, in light. There are only different manifestations of "life" which is the same for all of us; different filters are changing the colors, shapes, the forms. Physical, anatomical, biological life, all that we see does NOT start from nothing with "the Creator" then adding an atom, a molecule, an arm, a leg, and so on, like the recipe for a cake or a sauce or a milkshake. Creation is like adding filters to the same pure, absolute, electromagnetic radiation.

Physical life is only "filtered light" and when there is nothing left to take away, when there is only pure light ...That is *Spirit*, absolute light!

So to rethink the Antoine de Saint-Exupéry quotation we started out with: "Perfection (*Spiritual dimension*) is achieved,

not when there is nothing more to add (filters to transform *Light* into different forms/shapes) but when there is nothing left to take away (*PURE LIGHT!*)."

In the physical-chemical aspect we know that energy is not destroyed, it transforms itself. There are other aspects to "light", such as the concept of light's energy becoming something else.

Saint Augustine (354 – 430) wrote that our individual souls are like drops of water, part of and united with Spirit (Creator, God). We are individual drops and all of us: you and I, and she and he and they, *all together* within the 'Creator' we are the ocean (Spirit).

What I believe is that our bodies are physical manifestations that were 'created' by filtering the energy of *Light*, becoming an entity; formed by atoms mixing to form molecules, cells, tissues and organs – all together in a definite form and space we call "human body" which is the "*shell*" where one "*drop of pure light*" lives in for a short while. When our physical body dies, is the time when our energy, our light, our karma, our soul moves on.

It reminds me of something our late son Nico (1978 - 2001) wrote a few years back, about light being the essence of "*spiritual life*". He had

spoken about this idea and it was reflected in a small white card I found in one of his books, about one year after his death. These five handwritten lines were on the card:

I am created by
Divine Light
I am sustained by
Divine Light
I am protected by
Divine Light
I am surrounded by
Divine Light
I am ever-growing into
Divine Light

And so, I think:

Our entire physical world is created by filtered *Light* and it is maintained by the transforming energy of the same source: *Light*.

Our souls are 'drops' of pure electromagnetic energy, *Light*.

In the end, we ALL move into a different dimension and unite within an ocean of
DIVINE LIGHT,

I want to share with you a few lines of a poem written by the great Persian philosopher, teacher and poet known as Rumi (1207 – 1273):

*You mustn't be afraid of death;
you're a deathless soul;
You can't be kept in a dark grave;
you're filled with God's glow.*

(continued on page 10)

This issue of Freedom Inside is the first one to contain 12 pages. We're growing and I just love it.

A while back I bought an internet course called The Thomas Messages that I found wonderfully uplifting. I am now choosing to share this course with you in these new pages. There are 16 messages in all, I will include one in each issue until all 16 messages have been share with you.

If some of you would like to receive the messages more quickly, please go to www.emissaryoflight.com and for a suggested donation of 50 US dollars, you will receive one of these messages every few days.

Here is how James Twyman, the author of the course, describes it.

THE THOMAS MESSAGES:

In 2002, a book was published called "Emissary of Love: the Psychic Children Speak to the World" chronicling my journey into the mountains of Bulgaria to meet a group of children who possess amazing psychic powers. One of those children, a young boy named Thomas, claimed to be able to send messages and insights over great distances, even to the other side of the world. I didn't remember this until I was sitting in a hot tub some months later and "felt him" inside me.

It was the first time I ever had an experience like this, and it was the beginning of a long discourse on the role of the New Children (sometimes called the Indigo Children) and their role in healing the world. These amazing lessons, all from the mind of Thomas, are the result of that dialogue. He claims that there are thousands of children in the world today who have the same gift, the ability to "align" with others who can then help them complete their Great Work.

If you are interested in learning this, or connecting with one of these young masters, then this course is the way. Thomas shares insights that will help you live a fulfilled life, and even teaches how to enter the "Grid" where the children work together.

It is important for you to decide why you are taking this course. Is it because you want to perform miracles? Do you want to feel more powerful than you have ever allowed yourself to be in the past? If these ideas approach the reasons you are reading this right now, then it would be best for you to stop. Find something else to occupy your time. You will not achieve these things if they are the goal you seek. However, if you are reading this because you have decided that you are on this planet to be an "Instrument of Peace," and to heal the world by healing your own mind, then please continue. If you open your heart and mind to these simple lessons and dedicate yourself to this mission, then you will achieve it. Guaranteed!

And here is the paradox: If you do seek these higher ideals, to love and to realize that you are already whole and enlightened, then the miracles will surely follow, and you will realize yourself to be more powerful than you have ever allowed yourself to be in the past. They are not the goals, but they are the products of a higher goal. You are here to learn how to apply the force we call LOVE. It is as easy as learning a certain technology that has been known by the mystics of many spiritual traditions for thousands of years. Now it is your turn to learn it, then apply it to your life.

Message One

Let's begin with a prayer.

Beloved One,

We are here to open our eyes.

We are here to learn to See. The Truth is so safe within us, even as we dreamed an impossible world where hatred and war seem to rule. We now accept a New World where only Light is visible, and where the dream of separation disappears forever. Lead us into that New World NOW.

You have sent helpers to guide the way, and we reach out to them, knowing that they are here to teach one lesson: "The truth within has never changed." We come to you as innocents, as your Children. We know that we must activate that place within, that Sacred childlike place, that we may enter fully into your kingdom. We choose that now.

We open our hearts to the lessons we can learn from these Children who have not forgotten who they are. They are our mirrors, the Mirrors of Innocence. Open our eyes that we may see our Truest Face. Open our hearts that we may perceive our Truest Love. The clouds of unknowing are disappearing now and we claim the open sky and soar to Heaven.

Thank you for this moment, Beloved. We will use it well.

Amen

(continued on page 6)

(continued from page 5)

And now we begin:

Before we discuss what this course is, let's be clear about what it is not.

There are no Psychic Children outside you that will help you in any way. As long as you perceive this, then you will not understand the real message of the Children. There is nothing outside you. Nothing. The world, Heaven, and everything you perceive is within you now. You may have heard these words a thousand times before, but have you ever really "Heard" them? The goal of this course is for you to "Know" this truth with your whole being, and the Children will guide you along the way. They haven't forgotten who they are, and so they haven't forgotten who you are. That is their gift, for it is the gift of any master. God's Light has never changed within you. You have simply closed your eyes and projected it "somewhere else." It is now time to open your eyes and SEE.

You are not here to develop your psychic abilities. Why? Because that is not the real goal, and if you focus there too long, then you will miss the True Gift. Psychic abilities without the "Great Motivator" that causes them are of little use. And what is that Motivator? Love! When your heart is fully open then miracles will happen all around you, not through the direction of your mind, but by the dictate of your heart. When you know who you are, then you will experience true Miracle-Mindedness, which is the final, truest goal. God is Miracle-Minded, and when you experience yourself in this same Light, and then you will know you are one with God.

You are not here to learn anything, but to remember everything. Learning infers the absence of knowledge, while remembering requires that the Truth you seek be already present. You have locked a door within your heart, and it has kept the Real World at bay. The fact that you are reading this lesson means that your ploy has failed, and you are ready to give up this vain struggle. The Children who are being born have found the key that lets them live with their hearts wide open. And possessing the key, they are offering it to you. Will you reach out and take it from them

What, then, will you achieve through this course?

In 1999 I was given the opportunity to take hundreds of people on a journey we called the "Beloved Community." Like the program you are in now, it is an Internet study program designed to help you integrate these vital truths. Though this program will explore this truth from different angles as we did in the Beloved Community, the goal is the same. (Of course, since there is in the end only one goal: Remembering that you are One with God.) Here is how we described that goal:

To See as God Sees.

To Feel as God Feels.

To Know what God Knows.

What does God See? Only God.

What does God Feel? Only Love.

What does God Know? That there is only one reality in the whole Universe, and that reality cannot be threatened in any way. In other words, God knows only what is true, and disregards what is not. When all is said and done, there is only one thing that is important:

"The Beloved Sees only the Beloved."

Perceive this same reality everywhere, and you will know that you are one with God, one with the Vision of God, and one with all Reality.

How does this relate to the Psychic Children?

We have been tilling the soil of consciousness for a very long time. We have planted many seeds, very good seeds, and the harvest is now upon us. The Children who are here to guide us are the result of our work, all the ways we have opened ourselves to truth. They are not separate from us, so it is no wonder that they would show up at the right time with the perfect message. If we had not prepared the soil, then they would not be able to enter this world at this time. The fact that you are reading this says something important...that you're ready. It is impossible that this not be true. The Psychic Children are here because you have called to the truest part of yourself.

What do you do now?

You listen to Your Heart speaking to Your Heart. You have been listening to your mind for a very long time, and it has served a particular yet small purpose. It cannot give you what you really want because that is beyond the intellect. What you really want is to Remember Who You Are, and that is the function of the heart and soul. You can't figure it out with your mind. It will never work. But your heart can comprehend the message that extends from the Heart of Creation. You're now ready to listen, and that is why you are seeing this readiness everywhere, especially in the Children.

Listen now as your heart speaks, through the mouth of young Thomas, a boy who is physically alive and spiritually available to us all.

(continued on page 7)

*(continued from page 6)***Thomas' Message:**

The fact that you are reading this right now says more than you know. Everyone is ready for this message. It would be better to say that you are ready to be ready. Does that make sense? There is nothing but readiness, because it means that you are loved by God, and there's nothing you can do to deserve that love. But if your eyes are closed, then you won't know or experience what has always been yours. Being ready to be ready means that you are able to See what is right in front of you, and then feel it. That is where you are, and what you are...and that is all that is ultimately required.

As you stand open and wide, almost like a new born child, you may not have the strength to carry yourself into the Life you are promised. In the world, a child is given to a parent to help them along. But in this state, the one you have chosen, the opposite is true. The adult is given a child to guide them into the Light, a child that came into the world with their eyes open wide. That is and will always be our job, and we chose it long before we came into this world. And we are not here for ourselves, but for the sake of all those who are waiting to See. That's what you are, and so we're here to guide you as much as you will allow.

As you start this program, we will teach you how to draw a helper into your life to help you spiritually. When you started school many of you had a tutor that had already finished the same lessons. This is very much the same, except that we may not be with you physically. But don't think that that makes it any less real. We are watching you like a mother watches her child, though once again, this reverses the relationship you are used to. Now it is the child that is watching, and we will not let you go till you have finished everything you need.

I want to show you how to be consciously aware of the child that is helping you. First of all, know that they are already there, for your willingness has already done its job. But now you need to feel, then correspond with that child. You may or may not receive their name, but this is not important.

In fact, there are so many things that you may think are important now which you will discover later have no meaning. For example, though it may seem like you are working with an individual child, the true relationship is more vast. We are really teaching you to enter into the Grid where we do our real work, and when you are there you will actually be learning from all of us at the same time. You will be learning from the Truth that transcends all our personalities, though this may be hard for you to understand. It is not important that you understand it with your mind, but to feel it with your heart. Then you will appreciate it more. Then you will be able to relax into the One Mind that guides all this, and then you will finally understand us.

Tonight before you go to sleep, ask for your tutor child to reveal him or herself. It may happen the first night, or it may take some time. Keep a pad of paper next to your bed and write down your dreams as soon as you wake up. You may remember a direct conversation from a dream, or there may be some symbol your guide is using to get your attention. It is possible that you may hear a voice while you are awake, or sense something unusual that you cannot explain. Follow your guidance, and trust what you see or feel.

You are looking for a name, even if it is not the real name of the child that has been given to you. The name may even change as you sink deeper into the lessons, but it will be good to have something to hold on to. When you receive the name, begin an inner conversation with that child and listen to the guidance you receive. Later you will learn how to go still deeper, but for now, contact needs to be made on whatever level you can. Even if it is very subtle, trust it and follow.

And don't forget what is really happening, who it is you're really learning from. There is only One Mind, though personified in an infinite number of ways. It is ultimately your Mind, One Soul communicating with One Soul. That's the first lesson, and it will be the last.

*We send you love,
Thomas*

Good luck everyone. Today we start a new life, and the more attention you give this life the more it will grow and mature. I am very excited about where this might lead. We are forming a spiritual family here, and I want you to feel welcomed.

*In Peace,
James*

Why is it so easy to think and respond as if we're imperfect? Why do we normally think and react as if we're separate from each other? I believe a lack of spiritual awareness could be the answer.

When my attitude is influenced by spiritual wisdom, I recognize more of our perfection and oneness. For instance, when I'm struggling through my daily interactions and viewing life and people with "primary attention"—which is concerned with the surface view of life and the task at hand—I perceive lots of confusion,

unforgivable mistakes in others and myself, and the burden of holding onto the past. However, from my studies in and disciplined practices of spiritual awareness, I'm able to view life, increasingly, through "secondary attention"—which is concerned with organizing and viewing life from a deeper perspective, and which is also a source of wisdom and intuition. Our perfection becomes more apparent with the use of secondary attention because spiritual insights reveal connectedness and complementary patterns and interactions

in our behavior that suggest there are positive meaning and purpose in all of our experiences; that our so-called sins and mistakes will wash away in time.

Finally, spiritual principles such as, "when we do for others, we do for ourselves; when we neglect to do for others, we neglect to do for ourselves" contribute to our understanding of our oneness with each other. However, our oneness is not just with people but with God—which is All That Is. Thus, some of the wisdom of New Age spirituality suggests that we

BE the following attributes of God on our journey; be grateful, accept, appreciate, love, and bless all that is. For our uniqueness and the differences that we observe exist, not to divide us, but rather to bring us different experiences of love and light. The source of our perfection and our oneness is our spiritual awareness, and our meditating upon that truth will be a source of our freedom inside.

HJ
NC

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

No Doubt

Everything I truly believe in will manifest,
I simply need to get out of my way.
Everything will be possible, I must confess.
There are no limitations, I say!

*My heart's desire is revealed
When there is nothing left to be healed.
Go, go all the way!
Reach for the stars in the Milky Way.
Come out, come out and shout:
No doubt! No doubt! No doubt!*

The greater good is the key.
Open up to Spirit, the burning fire,
Trust that it must be.
Believing delivers my heart's yearning.

Why not get what I most desire?
I am worthy of everything, I am Divine
There is nothing to stop me from going higher.
No doubt will bring me what is, and always
has been mine.

When there is no doubt, there is only knowing.
Knowing deep within,
That I am that,
I AM.

RG

(continued on page 9)

*(continued from page 8)***Remembering**

God I bring myself to You
 As I beg You to come to me.
 I then close my eyes to the world
 So that You're all I can see.

You're now everywhere I look
 There's nothing else I can see.
 You tell me there's nothing I have to do
 But there's more that I can be

I am that I am
 That's what You say to me.
 And what I am
 Keeps expanding further than I can see.

But where I go, I seem to return.
 From Birth to Death and every life in between
 Yet the further I go, the more I seem to learn.

And the more I learn,
 The more I seem to remember.
 Thank You God...for Your greatest gift...
 My Self delivered.

Right Thinking

A thought takes flight
 And gathers speed with might.
 Thoughts crisscross and transverse
 They glide and they collide

Once sent, oft forgot
 But energy is never for naught
 Like attracts like
 And opposite thoughts fight.

But my one thought is now a gang
 And I'm looking for a place to hide.
 I swear my truth has now become a lie.

Responsibility, I have to deny
 Believe me, it was not I!
 But now I find myself alone
 And there is no one else to blame.
 If change were not possible
 My life would be a shame.

Yea, I did it!
 This time, it was me.
 Right thinking though,
 That's what it'll be.

PR
 MD

(continued from page 4)

Finally, from Albert Einstein (1879 – 1955) we inherited the model about *Time* as a fourth dimension; describing time and space as a continuum.

The “*bending of time and space*” means all the three physical dimensions of *Space* – height, depth, width – folding with *Time*, together as one.

We can use this thought to understand the concept of another world, the “*spiritual dimension*”; the passing of energy into a different level and for this, I use the following analogy:

Imagine yourself by the seashore, feeling the breeze caressing your hair, the sun bathing your skin, listening to the breaking waves, sensing the sand under your feet. At a distance you observe a large ship setting off, the first pace on a long journey. You can see clearly the three physical dimensions

(height, width and depth) of the scene; the ship grows progressively smaller and smaller. Suddenly, it vanishes in the horizon and we say: the ship has disappeared, it is gone.

Only, obviously, the ship has not vanished; it just went into another place, a level you cannot see with your physical eyes.

The same can be said with our son Nico, our brothers, sisters, spouses, parents, our friends, with all who are now deceased: they are not gone, they have not vanished; they just went into another dimension, to a place we cannot physically see.

Their bodies have crumbled, but “*they*”, the important “*they*”, which is not their bodies, but their “drops of energy”, their *Light*, their souls; they have moved to a different level.

Perhaps they are “*floating*” above or be-

low our physical space, possibly just by our side or maybe they are “*mingling*” with us; because at that level of energy, in that dimension, there might be no right nor left, no up nor down, no ahead nor behind, no before nor after. A totally different dimension!

Possibly that is the ideal level; the place of pure *Light*, innocent *Light*, absolute *Light*, pristine *Light*, beautiful *Light*. Maybe that is the final stage where we find *Energy* without beginning and without end.

It could be that it is the final place, the eternal destiny where our “drops of energy” join and become ONE within the ocean of *Pure Energy*.

Perhaps it is the dimension where you and I, he and she, and they; black and white and yellow and brown, rich and poor; ignorant and

learned, filthy and clean, old and young, ALL OF US, together undergo the final conversion of our energy, transforming ourselves for eternity into *Divine Light*.

Each and every one of the departed ones are already there, waiting for us; in the land of absolute knowledge and *Loving Light*, for ever and ever.

There they are, up there! Can you sense them?

You could actually “*see*” them, “*sense*” them, the same as the ship fading, if you are able to go up; not physically, but mentally, spiritually.

I hope these few lines help someone to take those first steps: up and up and up and up.

Guillermo
AZ

A Community Divided Against Itself Is Doomed

It seems to be our human nature to stereotype others and trash-talk them, because we don't want people to like others more than us. We don't care about whose feelings we hurt; we just want to make ourselves look better than them.

In prison and society, we are faced with many different options (paths) of how easy or hard our time will go. No matter which path we choose, there will always be someone talking badly about us, or people we hang around with. We choose to be jealous, greedy, deceit-

ful, selfish, etc. In an attempt to get more people to like us instead of someone else. Shouldn't we start helping each other instead of hurting one another?

J.E.R
IN

Dear JER,

Thank you for these thought-provoking words. There is absolutely too much hurting in this world, I totally agree with you. I believe we choose to hurt someone else when we believe there is not

enough for everyone. Not enough love and acceptance, not enough respect and admiration, not enough work and contribution, not enough money, not enough food, not enough. But when we give love, acceptance, money, respect, when we give anything at all, we are stating that we personally have sooooo much to it that we can spread it around indiscriminately and suddenly, miraculously, our life is plentiful. How incredible is that!

Love,
Janine

On The Mindless Menace of Violence
(continued from page 3)

When you teach a man to hate and fear his brother, when you teach that he is a lesser man because of his color or his beliefs or the policies he pursues, when you teach that those who differ from you threaten your freedom or your job or your family, then you also learn to confront others not as fellow citizens but as enemies, to be met not with cooperation but with conquest; to be subjugated and mastered. We learn, at the last, to look at our brothers as aliens, men with whom we share a city, but not a community; men bound to us in common dwelling, but not in common effort. We

learn to share only a common fear, only a common desire to retreat from each other, only a common impulse to meet disagreement with force. For all this, there are no final answers. Yet we know what we must do. It is to achieve true justice among our fellow citizens. The question is not what programs we should seek to enact. The question is whether we can find in our own midst and in our own hearts that leadership of humane purpose that will recognize the terrible truths of our existence. We must admit the vanity of our false distinctions among men and learn to find our own

advancement in the search for the advancement of all. We must admit in ourselves that our own children's future cannot be built on the misfortunes of others. We must recognize that this short life can neither be ennobled or enriched by hatred or revenge. Our lives on this planet are too short and the work to be done too great to let this spirit flourish any longer in our land. Of course we cannot vanquish it with a program, nor with a resolution. But we can perhaps remember, if only for a time, that those who live with us are our brothers, that they share with us the

same short moment of life; that they seek, as do we, nothing but the chance to live out their lives in purpose and in happiness, winning what satisfaction and fulfillment they can. Surely, this bond of common faith, this bond of common goal, can begin to teach us something. Surely, we can learn, at least, to look at those around us as fellow men, and surely we can begin to work a little harder to bind up the wounds among us and to become in our own hearts brothers and countrymen once again.

Prayers

*Gentle me
 Holy One
 Into an unclenched moment,
 a deep breath,
 a letting go
 of heavy experiences,
 of shriveling anxieties,
 of dead certainties,
 That, softened by the silence,
 surrounded by the light,
 and open to the mystery,
 I may be found by wholeness,
 upheld by the unfathomable,
 entranced by the simple,
 and filled with the joy
 that is You.*

-Ted Loder

*Blessed are the poor in spirit:
 for theirs is the kingdom of heaven.
 Blessed are they that mourn:
 for they shall be comforted.
 Blessed are the meek:
 for they shall inherit the earth.
 Blessed are they who hunger
 and thirst after righteousness:
 for they shall be filled.
 Blessed are the pure in heart:
 for they shall see God.
 Blessed are the peacemakers:
 for they shall be called
 the children of God.*

-Matthew 5:3-9

***From: Life Prayers: From Around the World
 365 Prayers, Blessings, and Affirmations to Celebrate The Human Journey.
 Elizabeth Roberts and Elias Amidon (1996)***



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

Know anyone who would like to receive this newsletter?

Name: _____

Address: _____

Send to : *Freedom inside / subscriptions*

B.P. 315

Lac Saguay, Que.

Canada J0W 1L0

Or e-mail us to: freedominside@xplornet.com

DONATIONS

*It is my intent to continue
sending Freedom Inside to
you at no cost.*

*Donations would be grate-
fully accepted from anyone
able to contribute.*

*Thank you,
Janine Cantin*

*P.S. Please make checks or
money orders payable to me
personally*