

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 # 35 September 2007

My Life Story: Chocolate Or Vanilla

*The past is finished.
We know nothing of the future.
The only thing we have is now.*

I'm sure almost all of you have heard that before. As a matter of fact, I'm pretty sure I wrote it a time or two in this very newsletter.

I believe in this principle. I like what it does to my life when I follow it. I like the peace it brings me.

But it leaves me with the question of what to do with my life story. Do I keep it present in my everyday life or do I let it go?

What would my life look like if I let go of my past?

During one of his talks, Neale Donald Walsch (author of the Conversations With God books) asked the public to choose between a chocolate or a vanilla ice cream cone and explain their choice without using any of their past. Think about it.

What would make us choose one flavor or the other? It couldn't be the taste because we only know what it tastes like from past experience. Our past experience is also what would allow us

to choose according to the look of the ice cream: its color, its smoothness, its size. Whatever would make one more attractive to us than the other comes from past experience.

Mr. Walsch, in his presentation, says that the only way to stay in the present while making this choice is to have no real reason why we want one over the other.

He says that, like a child, the answer to why we choose what we do would be, "Because".

If I could not use any of my past experience, I could not rely on preferences. I could not even know if I was allergic to it. I would know nothing of the taste, feel, or anything else about ice cream. I could not even know what eating very cold food feels like.

Do I really want to put aside my personal story in order to live in the now? Why would I want to do that? What would I have to give up if I gave up my story?

The general consensus is that we

learn from past experiences, that at any given moment in time, our happiness depends on how well we learn the lessons of our life.

I guess that is true.

But I believe it is also true that our story is a very heavy weight we carry with us. I believe that we wake up each and every day brand new and that we choose, from our past, what we will carry that day.

Our past is very often an extremely heavy coat we choose to wear every day. It is one that makes us want to prove we are right in the choices we make.

Think about it. Our past story and the importance we put on it—more precisely on how we remember it—is what keeps us angry at one another, keeps us resentful, keeps us sad and depressed about past experiences.

Our past is a very heavy weight indeed. We want to avoid repeating past mistakes, we want better jobs, better relationships, better whatever that we left behind.

We want to make sure we don't make a mistake when we make choices. Isn't that why we hesitate? Isn't that why we take

(continued on page 3)

Without a doubt, children are born free. A baby is not bound or constrained by time, rules or expectations of any kind. No one can order or command a baby to crawl, grow teeth, talk, or not to cry, for instance, and expect any significant results. The infant develops at its own rhythm, naturally, and cannot be coerced to do anything that is not in the natural rhythm of things. As the baby grows to have some mental understanding, expectations suddenly start to be placed on the young child by the nurturing adults who care for her. These expectations are a result of the adults' own cultural, religious, moral, and societal values. The child eventually develops all types of inhibitions as a result.

I do not have any vivid memory of the following, but my mother has related to me that as a two-year-old child I would often run around completely naked and free in our huge yard during the late spring and summer. It is my opinion that this was just the natural way for me to behave, as that is what I observed the animals all around me doing, and where I grew up there were lots of animals, tame and not so tame. I grew up on a farm you see, in the middle of nowhere, with lots of trees and vegetation all around, a river flowing two miles to the west, the closest neighbor being a mile away to the north and

absolutely no neighbors to be seen in any other direction for miles and miles. Well, I still had to put clothes on because my mother, bless her kind soul, had good intentions, and she was the one who would observe me as I took off my clothes and ran around naked. From her point of view, I was doing something very **WRONG!** I certainly do not assign any blame to my mother because she was only reacting lovingly and unconsciously, that is, following the societal pattern of thought. In my heart though, I certainly rejected it because there was still absolutely no understanding there on my part.

In my many years of teaching experience, I have dealt with a lot more inhibited children than uninhibited ones. This inhibition is not the child's natural state of being but is a condition that has come about as a result of very strict family control. As soon as I would ask these inhibited children to perform in a skit or a play where they were allowed to run free with their imagination and had only one constraint, that of having fun, then all of a sudden these children just blossomed. They transformed right before my eyes and their classmates' eyes, only to sadden me again when they took on their sheltered personality once more as we resumed class. During their role-playing, I saw in them such freedom,

expression, life, and potential. That was the child I recognized as the true self and not the repressed one I saw afterward regularly on a daily basis. The conclusion to which I have come as a result of the numerous similar experiences is that without adult conditioning, children are all uninhibited, free as the birds.

I believe that you are all born with free will, that is, the will to choose your life's path every moment of every day. Freedom is not about being able to do everything you want but rather about making choices within the parameters of the Universal Laws. The *Law of Free Will* allows you to exercise your free will within all the other laws. This law is about the will or freedom to choose the thoughts or beliefs that you want to have at all times. If you are able to become fully aware of your thoughts and control what it is that you wish to think at every moment, then you will fashion your reality at will. This is when you will be really free and capable of making choices that will be more beneficial to you and to humankind.

Your thoughts are your own if you so choose and if you are aware of them, otherwise, they are the thoughts of others, which you have accepted as being your own. These thoughts that you have come to accept as being your own, or what is known as the mass

consciousness, are usually not the best beliefs to hold on to for your evolution. They keep you in a rut, in a place where you are powerless, unable to stretch your mind beyond the limits. Take, for example, people in prisons or people confined to wheelchairs. The people who are free in these situations are not always the ones on the exterior side of the bars nor the ones with physical mobility because it is not those bars nor that chair that determine whether or not someone is free. In order to be free, you have to control your thoughts to create, to find solutions, to be of service to others, and not let people set any limitations on what you can think or do. Once you let others control your thoughts, you become enslaved. If you let others control your thoughts, you then begin to think that those bars and that wheelchair is your reality and that there is nothing that you can do to change things. By so doing you then become a victim of your circumstances, accepting the beliefs of others as your own. For this reason, nothing in your life changes and those bars or that wheelchair becomes your self-imposed prison.

In order for you to be free, you have to be aware of your thoughts, scan your thoughts, and know when they are your own or when they are subtly or overtly
(continued on page 8)

(continued from page 1)

our time choosing? What if I choose the chocolate cone and it turns out not to be good? What if the vanilla would have tasted better? What if I choose vanilla? What would I be missing?

Isn't that why we take our time when we choose?

But what if we gave no real importance to our choices? What if we chose anything "just because" we have to choose?

What if I lived each moment of my life as if it were the only one? Not an extension of my past, not preparation for my future, just as an opportunity to show up the best way I can be.

That sounds pretty good to me. On the other hand, I don't think I want to let go of all my past story in order to do that.

What then do I choose to keep from my personal story? That really is the only question I need to answer. What is my personal choice?

I do not wish to let go of two things I hold most dear: my loved ones and the things I've learned since I first started to focus on my spiritual Self, to define it more consciously.

As I choose to carry these things from my personal story, I recognize that they weigh me down. They define who I am,

what my role is in this life, how I act, how I treat people.

I accept this limitation. I accept this weight. I accept it knowing that it is my choice to do so.

I know I could choose to detach from all of my past and live this moment completely free from all of it. A part of me yearns for that life. I can easily imagine myself living in a very secluded area, in a small community of like-minded people, sharing all resources, participating in the necessary chores, while learning, while BEing.

St. Francis lived this way. I believe this is the way of life in a Kibbutz, in an Amish community, or in many other communities.

Although a part of me longs for it, this is not the life I choose for myself this time around.

What I choose is to live my life within a family and a group of friends. I choose to live a life that is connected to my loved ones; where I define myself in these roles: mother, sister, friend, daughter, aunt and all the rest. I choose to use these roles to experience the spiritual Self I am creating every day of my life.

But I am also choosing to let go (practice it anyway) of all my personal story. All the events that happened and that take

up so many of my thoughts, my words, my emotions.

And it will take a lot of practice, I'm finding out because I'm noticing that almost all my conversations are around my past in some way of another. When I listen to someone talk, I'm forever relating what they are saying to something I went through and that's what I contribute to the conversation.

That's not who I choose to be.

Have you ever spoken with someone who was listening so completely that you felt you were the only person in the world for them at that moment? I have and it's one the of loveliest experiences I ever had.

That's who I choose to be. But in order to do that, I feel I have to let go of all my internal talk and just open up to the world.

That's really who I choose to be. And by doing that I feel I am making the best use of my personal story, of the two things I am choosing to keep from it: my loved ones and my growing Self.

It's a great feeling when my whole life falls into place like this.

I lead a very reflexive life. I like to think about stuff. I read a lot of different books, relate with some of what they say, discard some of it, and

try to figure out why I do either.

This is the way I choose to live my life.

The Universe conspires in my favor. I know It will always bring me exactly what I create. For me, "We reap what we sow" is a great truth. And it is up to me to recognize the perfection of what the Universe is reflecting to me.

I am the source. I am the source NOW. My past does not control either my present or my future. My personal story is quite irrelevant to what my life is today.

Unless, of course, I decide that the past controls the present, in which case I feel like a victim, in which case I don't believe I can change anything, in which case I don't try to make new choices, in which case the past is repeated.

Just goes to show how in control I am, doesn't it?

But still, it's hard to let go of all the nice little stories I have to tell. And I'm starting to tell the same stories over and over and over again.

Oh well! I will get there, I just need more practice!

Chocolate or vanilla anyone?

Love and hugs, Janine

24 May, 2007

Hello Dear Loved Ones,

My name is Colt S Kline of Douglas. I shared my story with the "Conversations with God" Foundation, now I would like to share it with you. My story is of how CwG became MY Holy Grail. In doing so, I hope that I will inspire everyone of you who are reading this, to come from your own darkness and into the Light.

From 2003-2005, I was serving a 2 year prison sentence in Texas. For 3 ½ years previously, I had fought my case as much as I could. I didn't feel that I was this low-life criminal, that Texas wanted me to be. I had left my wife in 1999 and moved away. I was getting my life back in order. I had the perfect corporate job, the respect of my peers, a wonderful girlfriend overseas, and I was generally happy. A year after I left my wife, I got a call at work that I was being investigated. I thought that the whole thing was rubbish, yet it never went away. It was a weak case anyway.

Yet, for over 3 years this case hung around me like a dark cloud. I got tired of fighting it. I just wanted to go Home/Heaven. I was suffering from a very deep depression and I had lost my job. I tried to work on my own, but I could not get ahead. My thoughts were giving me the experience of total hopelessness. Ohh, I cried out

for help. However, no one was listening. I felt like a total failure and the lowest level of a life-form imaginable. I truly hated myself!

The weekend before my last court date, I had had enough. I wanted out. So, I picked up a prescription for Amitriptyline, Serzone and a couple of other strong drugs and decided to go Home. I wrote a timed delayed email to my Solicitor and my family. That Friday night, I chickened out. The next night, I got up the nerve to go Home. I didn't want to do anything grotesque. Just to simply fall asleep and leave my body behind. Needless to say, my kid brother was up when the emails were dispatched. He rang up my mum and they called the police. I don't remember anything after I went unconscious.

A few days later, I woke up in a hospital and I was told that I was being dispatched to a mental hospital. There I stayed for 6 weeks. They got me back on my prescription and the drugs were making me feel better. Yet, the psychologist never solved my problem. All I sensed was their fear and ignorance.

After, I returned to my flat, I was right where I left off, except now I was broke and I was losing my flat. All I could do was pack up my car with what it could hold, place the rest in storage, and drive back to my mum's house in Florida. After a couple of months, I re-

turned to Texas. I was being offered probation for 10 years. After looking at the terms, I cried. They were totally unacceptable. My Solicitor did some more negotiations and they came back with a proposal. The DA said that if I was willing to do 2 years in prison, it would be over. Reluctantly I agreed.

I was right back in a depressed state. I was giving up again. I told myself that if I am going to have to do 2 years, then they can bury me. I gave my Solicitor a request to ring up my girlfriend and give her the details. In the meantime, I had started a hunger strike. I refused all food and liquids. I think that it was on my 5th day, when I received a letter from my Solicitor in the post. He told me that my girlfriend would wait for me if I could hang on. I did, and she waited.

Since I had something to look forward to, I hung on. It was that dim light at the end of a very long tunnel, but it was there nonetheless. That is when I decided to make it a goal to find out why and how my life was a shambles. The only way that I was able to get through the time, was to make the time a research project. I had to know the why's, the how's and who I really was.

The obvious starting point was with the world's religions. So, after getting addresses for places to inquire about for spiritual guidance, I

got started. I subscribed to study groups of Christianity, Buddhism, Islam and Judaism.

I found that Buddhism helped me the most. All I felt from the others was a sense of an "angry/vengeful" God, that I just couldn't believe to be true. From my Buddhist studies, I learned the art of meditation, and how to go within, for those nagging questions that I needed answers to. I was off and running.

The unit that I was on, had a really good library. I found the metaphysics section. I remembered from watching John Edward on TV (2002-2003), and I felt an agreement with what John was telling the audience. And I had a lot more to learn.

During this time, I had also subscribed to the Conversations with God newsletters. Yet, I never requested any of the books. I had actually forgotten that the CwG books were being offered for free to prisoners. It wasn't until my last 6 months that I received a copy of CwG: Book 3. I believe that it was due to Divine Intervention & the Law of Attraction, that I should receive this book. Book 3 was truly Amazing! My heart sung with joy! This was it! My Holy Grail, and the breakthrough in my research that I needed. I could not put the book down. I read it in 2 days. Then I got out my coloured pencils and read it

(continued on page 9)

INTRODUCTION TO THE COURSE

Freedom Inside now contains 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 shared 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 Two

Opening prayer:

This week we will open our eyes a little wider than before.

Salvation is not difficult.

It is simply the willingness to SEE what is really there.

*We are now willing to lay aside all the things that have not served our Higher Selves,
and embrace the Truth that lies sleeping within.*

It stirs within us now, like a baby that is ready to be born.

We will listen to its song, and we will learn to sing again.

This is the moment of our birth, and the universe waits upon us.

(Continued)

The last lesson established the framework we will use for the next 15 lessons, and we will now begin building on that framework. Hopefully you realize what this course is designed to teach, and you have accepted that direction. It would be nearly impossible for you to accept it completely at this point. Luckily, complete acceptance is not required, only a little willingness. If you can crack the door open a bit, then the Truth will do the rest and remove all the other blocks that have kept you away from perceiving the Reality that has never changed. There is still a part of you that prefers the illusion, otherwise this course would not be necessary. It's important to admit that. You would have otherwise accepted the Reality of Love long ago, and would not be subject to the ego's vain imaginings. But you are closer, more open, and that is all we need for now.

The role of the Psychic Children is to hold your hand and reduce your fear so you can slowly turn and perceive the Light. The role of the ego has been to keep your back turned to that glorious Sun, then build a world from the shadows you cast upon the ground. We forget that they are shadows and give them value and meaning, all the while denying the Light that shines upon our back. Why? Because we're afraid. We're afraid that perhaps we will be punished for turning away, as if it is the most terrible sin we can commit.

The Bible says: "A child shall lead them" What better way to reduce fear and turn toward the Light than through the love of a child? This has been the plan all along, and it is finally being fulfilled. The fact that you are here, holding out your hand, means that you will join them, and you will help others as they have helped you. When you turn again to experience the warmth that the Light gives, then you will want to share it with others. And you will.

Over the last few weeks you were asked to open your heart to receiving a child that will tutor you in this awakening. You all have had a different experience in this. Some of you made contact with a helper before this course began. Others felt the influence of your psychic child immediately through the dream state, or through some other method like meditation. Others may be wondering if anything happened at all, without the benefit of some obvious contact. No matter what happened, know that you are right on track and are exactly where you need to be. There is no right or wrong way to do this. And even if you were not able to make conscious contact, your unconscious mind is drawing everything it needs, and has already felt the touch of your child. Just allow your experience to be okay, no matter what it is, and you won't be deterred in any way.

Now we are going to try to consciously deepen that connection. We'll spend less time on the theoretical, and simply give you the method that will open the door of your heart another crack or two. The primary reason for establishing contact with one of these children is to help you integrate these lessons in a way you never could just by reading a message. They will help you drill the lesson into your soul. But to do this we need to clear away any of the debris that could interfere with the connection. You'll do this by running energy through your natural psychic channels, much like you would flush out a pipe by running a powerful stream of water through it.

This lesson is based on receiving a series of words from your guide. Each word will trigger a universe of possibilities, revealing more than traditional guidance might. For example, if the word you receive is "Surrender," and you seek to live within that word for a day, your soul will guide you into the subtle truths of that experience that might otherwise be ignored.

Pick a quiet time when you can be undisturbed for at least 10 minutes each day for a week. After getting relaxed and breathing deeply. Imagine that you can see a child in front of you. You don't need to see any detail, just a general idea of what they might look like. Spend a moment feeling the love that radiates from them, filling you with Light. If you know your guide's name, say it over and over in your mind, calling them to your soul. Then when you're ready, ask them for a single word that will teach you everything you need that day.

Listen to the word and make a note in your mind. Now spend that day meditating on that word, what it means, how to live within it. Make as many journal entries as you need to help you integrate it further. Do this at least five times during the week.

You may choose to do this several times during the day. There are no rules, and you should follow your own guidance in this. After all, this is the real goal, to open your conscious mind to your own soul's guidance. It ultimately doesn't matter what I tell you to do, but what you tell yourself. Then you will realize that you have always done this. We're only trying to get you to know this consciously. The world and everything in it was created by you. You are the "god" of your universe. But you have done it in such a limited way that errors were inevitable. Your ego turned in on itself and fear was the result. Then the world you created began reflecting that fear, and sin was born. And with sin came punishment, and finally redemption. We are simply asking you to skip the intermediate steps and move

(Continued)

right to redemption. Ultimately, the redemption we seek is the vital understanding that the world your ego perceives is not real, but a reflection of reality.

The real object of this Study Program is to show you the difference between the Real World, and the world you created as a substitute. (When I say "You" I am referring to both the individual and collective decisions you have made.) The world you have created is not real. This is not a metaphor, but a truth that you must experience. It might be easier for you to think of it in a different way: The world you have created is a tiny sliver of the Real World. When you open your eyes fully and look around, then you will understand what this means. Until then you can only imagine what it means. But imagination and reality are not the same. You can imagine what an elephant feels like, but it isn't until you are standing in front of one with your hand touching its thick skin that you really understand.

The children are like guides to the blind. They came into the world with their eyes wide open, and they are guiding us along a path we have yet to see ourselves. Trust what you are shown. Let go of the fear you may feel. They know the path to safety and will not lead you astray. They are leading You back to You. There is, in fact, no other direction for you to go.

Thomas' Message Two:

If you knew how easily the world is uncreated, and how joyful it is to allow love to replace all your dreams, then you would not wait another moment to accept this lesson. The "Gift" of the Children is to maintain the vision of your "Glory," and to assist you in seeing it yourself. You have more helpers than you can ever know, both physical and nonphysical. Our role as physical beings is to anchor this Light in the world, which will ultimately speed up your own acceptance. And when you accept who you are, then you join us in this mission, and the world changes completely in the blink of an eye.

I am glad that so many of you are making contact with a Child or a Guide. Most of them are physical beings alive on this planet right now, but not all of them. The universe is much bigger than you think, and much smaller. Ultimately there is only you, and all reality is contained there. But until you make that step, we are here to assist you. Until you are able to see how small the world is, we will show you how immense it is.

This lesson may seem simple and you may be tempted to rush it. You are really laying the ground work for something much more important, and so I ask that you take this very seriously. I can assure you that you have opened the channels of communication, and it is happening to all of you. If you can hear one word we give you, then you will have succeeded. And if you are able to integrate one of those words, then you will be very close to the goal you seek. Though it seems simple, this week's practicing lays the foundation for everything that will come later. If you are diligent, then it will benefit you more than you know.

We will give you a series of words and you will open your mind to the communication we offer. It is a communication with your soul, not anything outside yourself. We are not outside you either, for that would be impossible. God is within. The world is within. YOU are within. Let this be a week of quiet contemplation. Then your eyes will see what is really before you.

*We love you,
Thomas*

being programmed as your own. Media is a medium to which you must therefore pay very close attention. Either turn it off, do not read it, or question it at all times unless those are the thoughts you want to have. Anyone can be a prisoner if he chooses to accept the thoughts he has without reprogramming these thoughts instead, to what it is that he wants to believe. If you believe that you think, you had better take a closer look again at your beliefs. Are you simply going through life as a robot programmed with the beliefs of the mass consciousness or are you free, creating the life that you choose?

You have probably read or heard this quote by René Descartes, the famous French philosopher of the 17th century from his "Discourse on Method" (1637). *"I think therefore I am."* Well, I challenge you to think for yourself, because if you do not, then my question to you is: *Are you?*

To help you further understand free will, I offer you the following examples. You might think that the child who dies a few hours after birth, the child who is sexually abused, the child born in a war torn country, the child born with A.I.D.S, or the child born severely handicapped is not born with free will. On the contrary, she is born

free. She is born free to choose the way she will live her life in the situation that she has come to experience on earth. The baby who dies a few hours after birth has a choice at the spiritual level, that of fighting to continue her life on earth or choosing to give up and die, that is, at the soul level awareness doing whatever will be for the highest purpose and everyone's greater good.

In all the latter examples, since the child can not make a conscious choice, then the choice is made at the spiritual level from her Higher Self or spirit, always for the highest purpose or greater good. You may view this as suffering in vain. Instead, try not to judge and know that there are lessons to be learned by many people in these situations.

These experiences will come to create change in people that will help them personally evolve and in turn, also help humanity evolve as well. You do not know the greater plan and the reason why a child chose at a spiritual level to come and experience sexual abuse, for example. Is it to create greater awareness in her own family, in her community, on a national level, or even on an international level, an awareness that these actions destroy many lives and therefore should be stopped? Is it to personally experience forgiveness of self and

of others, learning to create joy in her life? Whatever the higher purpose, you should know that it is for the greater good of humankind. When your lessons have been learned on the earth plane, there will no longer be any reason to repeat any of these experiences. Pain and suffering will no longer have to be your reality.

If you think that you have no choice in life and that you are a victim of circumstances, then by choosing to think this way you have no choice and you are trapped in your situation. A prisoner has no freedom if he thinks his rights have all been taken away, but a prisoner is free if he tries to change his life in some meaningful way. This may be accomplished by choosing to make a change in his belief system, in doing some work on personal growth and development by improving skills or talents, in work done on his spiritual evolution, in organizing the inmates to do something productive, in writing a book, painting, or in any other way. Believe it or not, the prisoner of war who gets brutally tortured every day also has free will. He can choose to endure his treatment and his life condition as a helpless victim, can choose to hope for a positive resolution to his

situation, can choose to try to communicate with others in order to get help, can choose to make a plan of action to help others in the same situation once he gets out, can choose to go insane and make up a totally different reality to escape the pain, can choose to stand up to his aggressors and possibly get shot, or can choose to love his captors and pray for them. All are choices that will bring about different results. Whatever choice he makes, he is free in that he is exercising his free will and creating his reality for the greater good.

If your life is too hectic right now and you want to slow it down, then you will have to make a choice. As I previously mentioned, freedom is all about choice within the parameters of the Universal Laws. Making your choice might mean having to take action by telling your boss that you will not work so many hours, asking to work part-time, it might mean saying no to certain people who are demanding or draining your energy and time, or it might mean completely quitting your job to do another type of work. Whatever the choice is, it will allow you to slow down. The choice you make can bring about freedom if you no longer allow yourself to be on the work roller coaster, and you let no

(continued on page 9)

Enlightenment in a Dark Place: a Real Life Story

(continued from page 4)

FREEDOM

(continued from page 8)

one but yourself tell you how to feel or act in your personal life. If you choose not to make any changes, then that is also a choice, and by exercising that choice you become a prisoner to yourself, not allowing what is best for you to come into your life. I challenge you to experience the freedom you deserve. Every single moment is about choice. Follow your heart, explore, and let your wings open so you can soar above the clouds. There is no one holding you back but yourself.

Infants cry when they want, crawl and walk when they are ready, eat when they are hungry, and sleep when they are tired. These young children are free, they have no rules to follow nor do they have to follow people's expectations. Being free means being able to choose the thoughts and feelings you want to have in every moment of your life, not living by other people's choices, rules, or expectations. Be free like a child again. Create the life you want to live. If you have created a prison for yourself, do you not think that it is time to take off the shackles?

Chapter 2 from Renee Guenette's book, Witness the Magic, Become Like a Child Again, Perceptions Publishing Inc, Copyright 2005

again as a textbook, while underlining passages that I felt important. Needless to say, about 80% of the book was underlined. I wrote the foundation back and told them thank you for giving my life back to me. I started to understand the why's, the how's and who I was!

I was paroled a month later. The book came with me. I spent my last 79 days, on parole at a halfway house. On my discharge date, it was finally over. I had my bus ticket in hand. My mum had dispatched some of my clothes and one of my business suits to me. I rode home with my head held high. I never rode a Greyhound bus like this before. It was interesting to meet the people that I rode with.

When I returned to Florida, my research was not over. Not by a long shot. There was much work left to do. I understood the basics from my research, yet I was still digging deeper. I reactivated my library card and picked up all of the CwG books available. I had them all read within a couple of months. I then broadened my research into the realm of Metaphysics and Quantum Physics.

During this time, I wanted to get in touch with the Foundation that changed my life, beyond anything than I could have possibly

imagined. I was pleased to be accepted by Jan and Suzanne, for whom I have been working closely with ever since. They felt my energy and they could see more about me than I had yet to realize.

From our multitudes of emails and phone calls, I have come to find out that I am one of the Workers of Light, here in this time of now, to assist humanity in their ascension into a much broader actuality. As a Lightbearer, my main duties will be in Healing others. Through my research and thousands of hours of meditation, I came to the realisation that I had written my prison experience in my life chart before I was born. Whether it was a requirement to balance my Karma and/or to truly know a deep sense of pain and suffering on a personal level, I was supposed to experience a short time in prison. Needless to say, that was a hard thing to swallow. Especially since I have never been in trouble before. From my pain, I am better able to relate to those who are suffering, and how to help them.

No matter what I have done in the past, or the people that I have hurt... I know that I am truly loved by God. And I truly love God and all Creation. Without the CwG material, I don't know where I would be now. I thank CwG for everything that they do for us. Their selfless-

ness is beyond measure.

I currently volunteer my time as a mentor to other prisoners, who are looking for answers as I have. I have met many types of people on the "inside". They need our guidance and our love, and not justice nor revenge. Most of these chaps will come out one day. I have observed that many are angrier being locked up. Humanity won't cure problems with hate and revenge. You will only breed more hate in return. Just look at the Middle East now! You can only cure problems with Love and the giving of your attention. The ones who are locked up desperately need your loving help. They need it now, BEFORE they are released. It's time to teach and show Love. Only through Love, will you receive Love in return. And when these chaps know that they are loved, will they become responsible citizens upon their release.

For those of you on the inside, that are looking for guidance from someone who has been in the trenches, I am here for you. I know that you are looking for answers. You are looking for what is Actual instead of a reality that makes no sense at all. Mother Earth is on course for Ascension. It's time to raise our vibration levels to Love. For when all of our choices are based on Love, is when we will live a life of

THE RETURN TO LIGHT

Years ago, I took a trip down into the copper mine at Bisbee, Arizona. The blackness of the mine was overpowering and yet, when I turned on the light on my miner's cap, it was light enough for me to see. I didn't look ahead and say, "But it's too dark up there!" I knew that by the time I got there, it would be light.

Fear says, "You'd better watch out! It's dark up ahead!" Up ahead is not my business; this moment is, and it's light enough for me to see right now.

We're like the copper miner carrying

his light on his cap, so it makes more sense to work on brightening our light and keeping the batteries strong, than to worry about what's in the dark up ahead. The light only exists "here" wherever we are—never "there", and it only exists "now", never "then". Faith accepts this; fear refuses to.

If the future was not covered in darkness, there would be no need for faith.

If the whole mine was lit, the miner would have no use for his own light.

The "darkness of the future"—the fact that we have no guarantee of anything

at all—is a cause for rejoicing because it means that all possibilities are open to us.

The mystical traditions, each in different ways, tell us that we have come from light and are returning to it. When we shine the light, darkness disappears. We may understand this as a kind of fight between light and darkness, but in reality, it's an embrace.

CTB

AZ

STAY STRONG

Within every difficulty, there's inherent good
If you can stay strong—you should...

Stay strong when unexpected problems come your way
You can bear them another day...

No matter how tough they seem to be
You must face facts realistically...

When fear, nervousness & anxiety rise up inside of you
You're through if you don't know what to do...

Because worrying is a state of fear
Keep your faith near...

Through deep breathing exercises, meditation and sincere prayer
You'll be able to do things that are beyond compare

Because a strong person has a fully developed mind
That's in harmony with time...

They are filled with optimism
Do not see difficulties in every situation
& believe that the good in life outweighs cynicisms...

With inner strength
You begin to look like you're God-sent...

But practice is the key
When you begin to be
You'll see...

Stay strong.

DR
MI

WHERE THE TRUTH IS

There once was a man
With a marvelous plan
To set the whole world aright
With great predilection
And a fiery conviction
To bring lost souls to the light

Protected by armor, astride his steed
With a sword of righteousness in his hand
He rode off to accomplish his deed
To slay the dragon in the land

On the way, he met another
Who gave counsel like a brother
Who said, "What you must do
Is Slay the dragon that's in you
By letting the old beast smother"

There is an old saying that love conquers all
All that's worth having, it's true
So smother with love and answer the call
Especially when your back's to the wall
Even if you're certain to fall
From the wellspring of love within you

Love is free, without a cost
Freely given, there's nothing lost
Love is nature's nurturing breast
Love gives the struggling creature its rest
Love is a flower—the fragile bird's song
Love's the potion that helps cure a wrong
Love is forgiveness for those who know better
Forgiveness for those who don't follow the letter
The selfish, the greedy, the lusty ones who
Aren't really much different from me or from you
As we sometimes stumble as humans will do

Without this love, just where would we be
Thank God He provides it aplenty and free
Freely He gives love so freely should we
And not with the strings of false charity
Because love's essence is eternity

Now some men would argue and bicker and strive
Claiming all men are sinners-whether dead or alive
They point with the finger and accuse with a word
But their depths of hypocrisy makes them absurd
They have no power but to kill and devour
Which continues no more beyond death's door.

The severed soul and spirit returns
To the very heart of God which yearns
To comfort his little one
To finish what He's begun
By revealing a loving son
Enjoying what He has done

How beautiful is poetry
With its words and lines in symmetry
Pictures are painted with a colorful word
The strings of emotion are plucked when they're heard
Some hearts are broken and some hearts are cured

But truth is uncaptured
Like a bird
Truth is free
The mystery
Of eternity
Is not contained
In poetry

So if you think you've found truth within these lines
You'd better be ready to change your mind
'Cause they're all just descriptions
Opinions and facts
Myriadic encryptions
Of feelings and acts
For the truth, you see, may never be uttered
In every attempt, it only gets cluttered
For only God knows what the truth really is
As the cause of creation, the power is H
is
Our only power and righteous choice
Is to listen close to that small still voice.

RA

You are not on earth to make things happen. You are not on earth to spread the love. You are not on earth to make it a better place or to learn acceptance of the things you cannot change. You are not on earth to find your soul mate or your purpose. You are not on earth to put the needs of others before your own. And you are most certainly not on earth to suffer, pay penance, be tested, or judged.

Did I leave anything out?

You are on earth because in your loftiest state of being, perched high above the wonderment, at the pinnacle of your glory, you wondered what it would be like, even fleetingly, to believe in limits.

You sage

from theuniverse@tut.com

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



**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*