



A Newsletter For Prisoners
Based on the Conversations with God Material

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The Message From 9-11

A few years ago, I went to hear Neale Donald Walsch talk. I was immersing myself in the Conversations With God books and wanted to further my understanding of the message within them.

One of the things Mr. Walsch said was that when he wanted to really know someone, he asked what made them cry.

I remembered that when the Twin Towers fell. I saw many people crying. But, for some reason I thought strange at the time, I did not feel like crying.

Even witnessing the deaths of so many innocent people did not make me want to cry. I felt the enormity of the moment; I witnessed the fear it generated; I saw the anguish of the victims' loved ones. But I did not feel the need to cry.

Which is not to say I did not cry following the attack. I did.

I cried when I saw the rescuers running in when most people just wanted to get out of the buildings.

I cried when I saw lines of people ready and willing to give blood when we all expected, hoped really, to find survivors.

I cried when I saw all the volun-

teers going to ground zero with food, blankets, anything that may be needed. I cried at the beauty of it all.

Most people think of 9-11 as a tragedy, as an example of the worst human beings can do to each other.

“And most of us go from being conscious to being unconscious of the oneness of the universe, back and forth, all through our lives.”

Many people believe that one of the most basic human traits is the survival instinct. I believe there is a more fundamental trait, one that is more basic than our need to protect ourselves against attack.

It is this trait that makes people run into burning buildings. It is what gives a mother super-human strength when it is needed to save her child. It is what makes some people run toward danger to help others.

It is so basic a trait that heroes often say they reacted without thinking when faced with danger. Without thinking.

It is the survival instinct that keeps many of us on the sidelines, too afraid to get involved. Thinking

all the while that we need to be safe. Thinking.

But when I see all the people stepping up to help victims wherever there is need, however it is needed, I witness the magnificence of humans. And I cry.

I believe that the reason why institutions fail to give all the help needed by all victims everywhere is that there is too much ‘thinking’ going on before the decision to act. No hero wastes time thinking about it. Heroes do what is needed.

Heroes act because they feel they must. They feel connected to the suffering people in front of them. They feel responsible for them. This is what I believe is the most basic trait of human beings. We are all connected.

We may know it or not. We may remember it or not. We may live it or not. But I believe that feeling this connection, living it, is what makes some of us happier while others are more fearful. And most of us go from being conscious to being unconscious of the oneness of the universe, back and forth, all through our lives

Do you remember where you were when you found out about the 2001 attack on the World Trade Center?

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To Think the Thoughts of Angels

From *The Isaiah Effect* (2000)

By Greg Braden

Scholars, researchers, and scientists have identified the conditions that they believe will precipitate disasters of catastrophic proportions well into the twenty-first century. While well-intended efforts are under way to alleviate the present conditions, they have proven temporary at best.

Rather than viewing political treaties and military solutions as answers, perhaps now is the time to recognize them as bridges to a new way of thinking. It appears that we have reached a critical time in the evolution of governments and nations, when the pattern of demands followed by force simply does not work the way it did even fifty years ago. This wise use of force may serve us in isolated incidents of short duration. Each time we apply a military bandage, however, it is akin to placing our finger over a tear in the fabric of a balloon filled with water. What appears to be a "fix" in one place becomes a bulge somewhere else on the balloon. This is precisely the scenario that is unfolding with respect to global politics. *To change the conditions that allow war, oppression, and mass suffering, we must change the thinking that has allowed the conditions to be present.*

We live in a world of *collective consent*. The conditions of war and suffering on a large scale mirror the elements that make such conditions possible on a small scale. Sometimes consciously,

and sometimes not, we consent to expressions of our group will in ways that we may never suspect. On levels that we may not even be aware of, our thoughts, attitudes, and actions toward one another each day contribute to the collective beliefs that agree to the wars and suffering of the world.

For example, the creation of a wartime mentality of expecting and preparing for conflict in our international world can happen *only if we allow for such conflict in our personal lives*. As we live individual episodes of "defending ourselves" in romance and personal relationships, "outsmarting" others in our schools, and "outstrategizing" co-corkers and competitors, quantum physics reminds us that these individual expressions of our lives pave the way for similar expression, amplified by many orders of magnitude, in another time and place. To know peace in our world, we must become peace in our lives. From the quantum perspective, it makes little sense to shove people impatiently out of the way to get to our parked vehicle, then dart in and out of traffic rudely cutting off other drivers as we race across town to a rally supporting global peace.

The subtlety of this concept became even clearer to me in the final moments of an interview that I was completing shortly after the crisis in Kosovo began in early

1999. On a syndicated radio station that was heard throughout the United States, the moderator had graciously set aside the first hour of a live program for us to develop concepts and offer broad brushstrokes of possibility before taking questions on a call-in line. I had just finished describing the quantum concepts of many outcomes and the power of prayer to choose our future, when the call came in. After introducing the caller, our host invited the gentleman on the other end of the line to ask his question. Following praise for our interview and compliments for the program the caller began.

"Gregg, I understand what you have said about the power of prayer and how many people praying together have a greater effect than random prayers of individuals. Now," he continued, "my question is, why don't you organize a vigil, and let's use our power of prayer to cause a heart attack in the dictator responsible for all of this trouble in eastern Europe?" There was an awkward stillness on the air, as both the moderator and I reeled from the question.

"I suppose that would be my question to answer," I said, breaking the silence.

"It's all yours, Gregg," the moderator's voice replied.

"Taking the life of a world leader, even to stop the violence in his coun-

try, is to miss the point of our power of prayer. It is precisely this kind of thinking that has allowed the atrocities of war in the first place," I replied. "While we may deceive ourselves into believing that the taking of a life has solved the immediate problem, somewhere, in some part of the world, we will see the consequence of our actions, possibly in ways that we would never expect. Prayer transcends imposing our will upon others. Prayer represents our opportunity to become more than such cycles by employing our science of feeling to bring new possibilities to an existing situation."

"I think I understand what you are saying," the caller replied. "I hadn't thought of it quite in those terms. Maybe, instead of killing him, we can just hurt him. Maybe that will do the trick!"

The moderator interrupted with a commercial break, followed by an opportunity for me to summarize our interview and close out the program. For the rest of the evening and for days afterward, I thought about the caller and the pain that must have been in his life to lead him to such conclusions. While I believe that his question represented an extreme viewpoint, at the same time the caller demonstrated how deeply embedded warlike thinking has become in our culture. Why are we surprised at mass killing in our homes, *(continued on page 4)*

The Message of 9-11
(continued from page 1)

<p><i>I certainly do. I also remember that most of us found ourselves questioning the importance of whatever we were doing at that time. Many of us chose to stop what we were doing and connect with our loved ones, making sure they were okay and letting them know we loved them and as we shared in the pain of the day.</i></p> <p><i>I also remember watching people from all over the world being interviewed on TV and seeing that they shared the pain and the shock of the people in New York and in the United States.</i></p> <p><i>I remember a French woman especially who said something that brought tears to my eyes.</i></p>	<p><i>She said, "Today, we are all Americans."</i></p> <p><i>The beauty of that connection is what always brings me to tears. As was the sadness of seeing this connection being put to the side just a few weeks later.</i></p> <p><i>But I have faith that having felt our interconnectedness so strongly once, the world will now more easily recognize the feeling when it comes again, without needing a shock the size of which we felt on 9-11.</i></p> <p><i>Humans are made of the same stuff God is. We are not equal to God anymore than a wave is equal to the ocean. But we are basically made of the same stuff.</i></p>	<p><i>We are magnificent beings. We are Love. Our most basic need is to love and be loved.</i></p> <p><i>All we do is either based in Love or in Fear. When we act in Love, we find happiness. When we act in Fear, we do not.</i></p> <p><i>Heroes act in Love. They put their strength to the service of those who need it.</i></p> <p><i>Bullies act in Fear. They use their strength to create more fear in the world.</i></p> <p><i>Which do I choose to be? Do I choose loving thoughts or fearful thoughts? Do my words come from Love or from Fear? Are my actions based in Love or in Fear.</i></p>
		<p><i>Am I a hero or a bully? There is no way we can stay on the sideline of this decision. There is no way we can stay on the fence. We either think and act out of love or out of fear. Doing nothing is also a choice, made either out of love or out of fear.</i></p> <p><i>Now, when I witness an act of heroism I understand why I find myself in tears. It is because I feel the human connection, the Oneness of it all, the beauty and the joy of All That Is.</i></p> <p><i>I recognize our beauty. I see our magnificence. And I am grateful for it all.</i></p> <p style="text-align: right;"><i>In Love and Peace, Janine</i></p>

**Let me not pray to be sheltered from dangers,
 But to be fearless in facing them.
 Let me not beg for the stilling of pain,
 But for the heart to conquer it.
 Let me not look to allies in life's battlefield,
 But to my own strength.
 Let me not crave in anxious fear to be saved,
 But hope for patience to win my freedom**

-Gautama Buddha

**Once we begin to really understand that we are not from *Here*,
 we are from *There*,
 that we all chose to come *Here*
 and were chosen to come *Here*,
 that we were somebody and something
 long before we came *Here*,
 only then do we comprehend
 that we are *not* poor, pitiful, stupid human beings.
 We are all great, awesome, powerful and mighty spiritual beings!
 What then really becomes important is realizing
 the true purpose of our lives."**

-Damien Brinkley

To Think the Thoughts of Angels

(continued from page 2)

offices, and schools when we agree to the same thinking on a larger scale in the name of peace?

Whether we view our world from the perspective of ancient traditions or quantum physics, we are invited to completely rethink the way that we have approached conflict in the past. Both paradigms, science and ancient philosophy, remind us that there can be no "us" and "them". There is only "we", and we have outgrown the conditions where it is effective to impose our will and ideas of change upon the lives of others. One look at the [world's] conflicts (...) reminds us that while such solutions may have appeared to work in the past, they have probably bought us time to recognize new choices rather than lasting solutions. As we choose to honor life in our everyday world, we witness the power of our choices to end war and render aggression obsolete.

Prayer has often been referred to as a passive act. On many occasions I have been asked what I am "really going to do", with regard to a particular world crisis. In these instances prayer was viewed as secondary to actually "doing something". From the perspective offered by ancient tradition and now

supported by modern research, our ability to commune with the forces of the cosmos, to choose our path through time and determine our course of future history, may be the single most sophisticated and empowering force to grace our world.

Prayer is a concrete, measurable, and directive force in creation. Prayer is real. *To pray is to do "something!"* What else can we do? The solutions of the past are failing us in the present. Prayer is the act of redefining the foundation of hate, ethnic violence, and war. The doing simply occurs in a form very different from our idea of doing in the past. Could it be so easy? Is it possible that to mirror the peace of our hearts in the reality of our world, we are simply asked to choose such a reality by feeling the outcome as if it had already happened? Recent events, in the eyes of the world, appear to say that the answer is yes.

At the doorway to the twenty-first century, we stand on the threshold of a time when the survival of our species may actually depend upon our ability to marry our inner and outer sciences into precisely such technologies. As we redefine the roles of political affiliations, military alliances, and the boundaries of nations, the power

of mass prayer cannot be discounted. The implications of applying our technology of prayer on a global scale are of immense, perhaps unfathomable proportions. Our lifetime represents a rare moment when, perhaps for the first time in our history, we can determine the outcome of this moment! Transcending science, religion, and mystic traditions, the Essenes suggest that it is during this time in history, through the use of our lost science of prayer and prophecy, that healing comes to all beings, those formed and unformed, and that peace prevails in all worlds. It is during our lifetime that the people of earth will know all of the secrets of the "angels in heaven".

Without judging the events of each day as good, bad, right, or wrong, we are invited to choose a new viewpoint, a higher option in response to the horror of such events. If the tenets of prayer and peace are valid, then the pain of those in Africa, the Balkans, the Middle East, and anywhere else where human life is suffering is our suffering as well. The ancient secrets of healing remind us that there is only one of us here in our world. As we alleviate the pain of others, we alleviate our pain as well. As we love others, we love ourselves. Each man,

woman, and child of this world has the power to create a new possibility, to change the thinking that allows suffering.

Those who have come before us prepared us well for this time in our history. We have the opportunity to choose a new way in the presence of challenges that appear to be mounting on a daily basis. We are invited to think and do in our world as those of the heavens do in theirs. In so doing, we awaken a forgotten technology from the sleep of our collective memory and, at last, bring the conditions of heaven to earth.

In their own words, the scholars of Qumran recorded the teachings of their great masters preserved for the moments such as this, when the encouragement of those who have come before us gives us the strength to live and love in this world, one more day. We are reminded the "to lift our eyes to heaven when the eyes of others are on the ground is not easy. To worship at the feet of the angels when others worship fame and riches is not easy. But perhaps the most difficult of all is to think the thoughts of the angels, to speak the words of the angels, and to do as angels do."

When it comes to the words you choose, whether in your mind or amongst friends, let them be of what you like and love. What you care about and cherish. What makes you happy. What gives you wings. What makes you dream.

And very little else.

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 Three

Earlier this evening I was walking in a forest near my home in Ashland, when I had an amazing experience. My mind was spinning out of control, caught in a kind of dream that I couldn't seem to escape. I was thinking about this situation or that, or how I would handle a difficult problem I was facing in a day or two. The forest was alive around me, but I experienced very little of it. My mind was conscious of where I was walking, and I would have easily responded to anything that occurred. And yet there was so much more that I missed, so many wondrous, magical sounds that I never heard, and beautiful sights I never did see. Most of them lay just beyond my normal sight, off the path a bit or over my head where I would normally not look. But they were there, and I was blinded by the dream that kept me locked inside my own mind.

Then I had a feeling that made me stop in my tracks. I heard something inside my heart, and it said something I've heard many times before, the kind of thing I like to repeat to others without necessarily embracing it myself. It said: "Be in the world, but not of the world."

In that same instant I felt a sensation like a light being turned on. I could suddenly "See," though it seemed my eyes were fine a moment before. Nothing changed in the sense that something appeared that wasn't already there. But I suddenly saw what was there, really saw it, the beauty that was all around me that I wasn't seeing before. There was a tree branch on the ground that wound itself around a jagged stump. It was so beautiful. I looked up and saw the gentle branches of the trees swaying back and forth as if dancing to music I couldn't hear with my ears, but my heart sensed it perfectly. And I could hear the

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birds singing all around me, and their song was so sweet, so perfect and pure. And in that moment it seemed impossible that I could have missed any of this. My senses were filled by the sights and sounds, and I closed my eyes and swam in ecstasy.

I thought about the line I heard. "Be in the world but not of the world." One could say that I wasn't being part of the world when I was lost within myself. I was unable to hear anything but my own mind. But was I really "apart?" I had certainly escaped the world, but wasn't I still in it? I was trying to run, but I wasn't going anywhere. When I opened up my eyes and was able to "See" everything, I was entering in completely, and in doing so, transcended everything. Do you understand what I mean? I was "in" and "out" at the same time. The more I opened myself to the fullness of that experience, the more I was aware of myself, every sight and sound, and God. It was so simple, yet I knew I had found the answer to all the questions I was asking.

Where are the Children leading us in this course? They are leading us to where we already are! They are calling us to open our eyes and see what has always been in front of us. They are drawing us into the Heart of Creation, and yet nothing really changes when we arrive there. In that moment of Grace, we see everything as it really is, and ourselves as we have always been. We are Emissaries of Love right NOW!

Thomas' Words:

Most people think that they need to change who they are to be acceptable. No one is asking you to change, but to give up the idea of change. As long as you think you need to change who you are in order to be loved by God, then you will not "See" who you really are. The moment you accept yourself, completely, is the moment you will awaken from the dream. But sometimes we need help to do this, and help has been offered. Your eyes have been closed for so long that it would cause pain if you opened them too quickly. Someone needs to take you by the hand and describe Heaven, in all its wondrous detail, then your fear will disappear. Then you will see what has always been in front of you.

You may realize that we are saying the same words over and over to you. "The Truth has always been in front of you." Do you think this is an accident? It isn't. This whole course is summed up in these words, for Heaven has indeed never changed, and neither have you. Why don't you see it, then? Because you're afraid to. And what causes that fear? The idea that you are not lovable the way you are, and that you must change in order to be embraced by eternity. This is the one idea you need to let go of, then the rest will fall into place. This is really very simple. Realize that you are fine, even when you don't seem fine, and you're home.

Moments later I was sitting at the edge of a small pond, and I had a kind of dream. As I looked into the still water I could see the perfect reflection of the trees and the sky above me, and I was amazed at how real it all appeared. It seemed that if I looked long enough I could easily forget that I was looking at an illusion, a counterfeit reflection from another world. As long as the water remained perfectly still and did not move, I could fool my mind into believing something that didn't exist. I decided to play with the illusion, and I held my breath thinking it would make the vision last. I could see my own face, and I was looking directly into my own eyes. What a strange sensation this caused, especially as I continued to suspend my common beliefs. The whole world was contained within this small body of water, and I was content to sit quietly and stare.

But then something happened that challenged the reality of this shimmering world. Someone near me threw a rock into the pond, and it cast agitated rings in the direction of my fiction. The vision began to dance and move, and was no longer as stable as it had been before. It made it impossible to believe the dream I had created in my own mind. It was like waking up from a trance, and I suddenly looked around me at the real world. I could see the swaying branches and the leaves that caused the reflection, and I saw the clouds that formed in the sky. Then I looked back at the pond and wondered how I could have ever mistaken it for reality.

What does this story mean?

The children are stirring the water of the illusion we have created, making us see clearly what is real, and what isn't. The "Real World" has been with us all along, but we have fixed our attention on its reflection, and in doing so have forgotten who we are. Our dream seems to be contained in a very small space, but when we turn from the reflection we are able to look around and see the cause of everything.

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We can stand and walk away from the pond, and the "Real World" doesn't end. We could have done this at any time, but the spell had to be broken.

That is what is happening to you now, but it can be frightening sometimes. We have invested a great deal in this dream, and when we see it for what it really is there is the temptation to turn away from reality and maintain the illusion. But you have nearly come too far, and going back will no longer be an option. The only options now are freedom or bondage, but know that either choice will now be conscious. (You have always been bound, but now you will realize it, and that will be unbearable.) You will not be able to fool yourself any longer, even if you decide to turn away from the Truth. It will cause enormous pain, but it is still your choice.

Thomas' Message Three:

We are throwing rocks into your pond. At first you may feel disoriented by this, and that is normal. You have learned to believe in the world you created in your mind, and the idea that it isn't real is very difficult to grasp. Think of it this way: the pond is real, but what is reflected in the pond is not where it seems to be. You think it is in the water, but it is really above you. When you take your attention off the reflection then you can see what is casting the reflection. Then you look back and see the pond, and everything suddenly makes sense. But something else happens as well. You are also able to see things that were not part of the reflection, and you walk away from the pond to investigate. You can walk for days and discover the "Real World" which you couldn't see before. This is why we are throwing rocks into the pond right now. It's time for you to wake up and see what is really happening.

We need you to help us, especially because the children who will be born after us will take this teaching even further. Soon all the children will be like us, and their hearts will be so open. But you need to welcome them, just as you welcomed us. It will make it happen sooner if you do. That is why we are reaching out to you, because of the children who haven't even been born yet. It's happening so fast, and yet nothing is happening at all. That's what you need to discover now.

Thomas

Next lesson we will begin opening the channels that lead to what the Children call "The Gift," but you still need to deepen your connection with your guide. Once again, the intensity of that connection isn't important right now. In other words, don't worry if your experience isn't dramatic, because it is often very subtle. Your willingness to undergo this process has opened the link, and it will continue to grow. Just relax and trust the process.

Everything is in perfect order.

This lesson is centered on the natural world, and your assignment will be to find some time to learn from nature [in whatever form surrounds you—Invite your child to just be with you] as strange as that may sound. Just be conscious that he or she is with you, for when you call them consciously, they are there. That is one of the things I learned when I was with the Children--that they are capable of being aware of more than we can imagine at this point. So if you pretend that they are walking with you, they are. Know that! And then open to the wisdom that comes. Let them speak to you (...), through the sights and sounds that are all around you. Listen for distinct words and phrases. And open your heart to feel the love they have for you. They chose you to work with, and that is a great honor. Send your gratitude back to them, and the link will be strengthened.

Next lesson we will go to a new level of awareness, and we will begin unraveling the world you thought was real. It isn't, and you will see that. It may be a difficult leap for some of you, but the rewards will be amazing. The first three lessons were preparation for what will come next. So open your heart and be ready.

Continuous Re-Creation

Regardless of our perceptions of ourselves, within our oneness, we are of a collective consciousness. We are changing as individuals, as a collective, and as an energy field every moment with every thought.

With our awareness of and declaration that "we're continuing to re-create ourselves", it's apparent that we're deciding to follow the light rather than the darker side of life. In other words, that state of being reminds me of one particular Cherokee Indian affirmation: "I will put aside that which appears rootless; I will trace the roots of my own consciousness from within myself, and from there I'll find a road that will enable me to bring forth the holiness within myself and others."

I've been in prison for over 36 years, and my release is every bit as uncertain as it was when I first got convicted. Thus, both my state of conscious-awareness and my prison predicament

are motivating me to make spiritual transformations in the form of "constantly re-creating myself". For example, Marianne Williamson explained the difference between human potential and human capacity as they relate to "here and now" behaviors. Since I've been in prison, I've spent a great deal of time thinking about my potential in being a great health-care person. After being denied parole for the last 22 years, it has frustrated my ambition, and it has shown me how futile (rootless) it is.

Now as I trace the roots of my consciousness with the disciplines of mindfulness and meditation, I'm discovering that my capacity to practice my own inner truths resonates with an energy field of our collective consciousness. I believe this energy of consciousness re-present the evolution and ascension of God's love and light for our ONENESS. That as I seek a road that will enable me to bring forth the

holiness within myself and others, I'm finding joy in encouraging and inspiring others to seek to realize qualities and virtues within themselves; to recognize that wholeness/Holiness is a part of their own inner truth; that the characteristics of that Holiness are: good humor, strength, and the lightness of their minds. That it would serve us to have good relations with others by affirming what's good in others and ourselves. That it is for the individual, the group, the nation, the planet to realize which thoughts are fruitless and to recognize which thoughts and actions will bring forth what is good for all; that the "how" is in looking at ourselves, recognizing our relationship with the elements around us, and to realize that those elements are consciousness; that we are all in the circle of light.

"Lightness of Being" resonates with re-creating and Being scenes of beauty and

light and a source of our Freedom Inside.

Realizing,

HJ
North Carolina

Dear HJ,

Beautiful thoughts, my friend.

You described the "how" as you see it. Let me just add that the "when" is NOW and the "where" is HERE, wherever that happens to be.

You chose to be a health care provider, HJ, and you are doing that here and now.

NOW is the only time we have, HERE is the only place we are in.

What we need to choose is HOW we show up.

You are doing a fantastic job of it.

Thank you for sharing,

Janine

Trusting God and Not the World

Most of my life I have been living with this emotional illness (social-anxiety disorder). Then one day I began to realize there was something more wrong with me than this emotional illness. My life has been full of indulgence in many

vices, and I have left very little room for God's loving grace. When I was young I was rebellious, self-centered, and often stubborn. I blamed others for my problems. Years passed and my anger grew. I turned to drink and worldly ways to ease my pain.

Today, imprisoned in this prison which seems to last a lifetime, I slowly but surely see that my self-indulgent lifestyle was me worshiping things of this world. God's love today has helped me to understand that God is inviting me to lay my troubles at the

foot of the cross and begin trusting Him. As I began to feel the reassurance of His presence. Now I can step out in the obedience that comes with confidence in trusting God.

JR
Indiana

The Final Frontier: From outer Space to Inner Space

Edgar D. Mitchell, Ph.D.

Edgar D. Mitchell, Ph.D., was the sixth person to walk on the moon during the historic Apollo 14 mission. Dr. Mitchell holds a doctorate from the Massachusetts Institute of Technology, was a test pilot for many experimental aircraft, and founded the prestigious Institute of Noetic Sciences. His groundbreaking latest book is *The Way of the Explorer*.

As a fascinating aside, while aboard Apollo 14, astronaut Mitchell conducted an 'unofficial' experiment (not planned by NASA) in which he successfully communicated telepathically with several earthbound humans.

The Consciousness of man has an 'extended nature' that enables him to surpass the ordinary bounds of space and time— suggesting that there is a more ephemeral informational aspect to the material world."

-Dr. Edgar D. Mitchell

The life I've lived has been one of an explorer. I've been a test pilot, a warrior in the Navy, and an astronaut. Behind all these roles was my interest in exploring unknown realms—that's what excites me the most.

Very early in my career as a pilot in war, I came face-to-face with death. I've watched several of my friends die, and I myself have been close to death upon many occasions. As a result, I found it necessary to look death right in the face and confront it. As I get older, both the thinking and the feeling side of me are now in agreement that death is in some way a transition to a mode of existence that is just as normal as the existence we experience in the physical body and physical universe. Similar to the Tibetan view, I believe that some essence of our life experience can be transferred to a new being after death.

As an astronaut, I've experienced the universe outside of this little domain we call Planet Earth. When we enter the larger domain of outer space, we can transition from being just an earthly human to being a citizen of the universe. My experience in space helped me understand that the material universe is simply a larger analog, a larger model, of our physical body.

During life, we can experience a bliss, a sense of being at one with everything in the universe—individually and collectively—and merging into a larger sense of self that encompasses all that is. If I were to further attempt to explain what this sense of greater self is, I would say that the self I feel I am in this physical body is just a small

part of the self that exists—that which we call "deity".

In this greater universe, the inner experience of self expands into a sense of the magnificent, the joyful, completely unified and whole. It's a sense of self that is perceived on a grander, more magnificent scale. As a result of all these experiences, I am not afraid of death, although I'm not expectantly waiting in line in the sense of wanting to leave this world before it's my time!

Facing death has also fueled my interest in scientific research into the nature of reality. Evidence is building for what might be called a "quantum holographic model" of the universe. I have been directly involved in validating and further understanding this scientific model by conducting laboratory experiments using very sophisticated devices such as Magnetic Imaging Resonance Machines (MRIs). I discuss this research in my book *The Way of the Explorer*.

In the many roles I've played in my life, in the many things I've done, the common thread I had to transcend was the invisible boundary of fear within me. When I felt this fear, I felt shrunken, condensed, and bound. It was only when I broke the boundary of this fear that I suddenly found that there was nothing to it—this fear was a result of my own thinking. When I broke the boundary of this fear and looked back at it, it was like seeing a shadow disappear. I fully believe that our fear of death works precisely in the same way.

Some people fear the pain of death, but one thing is certain: Any pain we experience here is a very

body-oriented experience. As we transfer from the physicality of this body, the pain goes with it.

Whatever our career, lifestyle, and way of life has been up to at this point, we can still learn to become explorers. Eventually, we *all* have to explore the realms beyond at the time of death. And those who have had a glimpse into these realms assure us it is a wonderful adventure. It is a place of both excitement and peace, although we really don't quite grasp or understand this fully when we are in our normal state of consciousness.

I know that when I went into space, despite the risks and the unknown aspects of the exploration, I had a faith, I had a trust, I had an excitement connected to discovering this unknown. Although I hadn't done it before, *in the very act of doing it*, my natural apprehension was overridden by the sheer excitement of discovery. I recognized that I was being freed from the pull—even the confinement—of being on Earth. I was able to experience the freedom of "freefall"—free of gravity—an experience of space beyond the limitations of Earth—an experience of the freedom of no boundaries, no pressure, no stress, no pain. The transition of leaving the body at death is very much like the transition of leaving Earth.

So through your own personal experience as well as understanding the testimony of others who have also made the journey, fear can be transformed into the excitement of an explorer who is able to look beyond and see what's there.

Quoted from Experiencing the Soul by Eliot Jay Rosen

POETRY CORNER

SURRENDER

Tears run down my face today
 Not because of grief
 But for joy
 For I have found within myself
 The peace that seemed
 Impossible to reach
 I grasp understanding
 Realizing that I need not venture beyond myself to find anything of real substance
 No more need I strive to gain or hold onto that which holds no meaning, no truth
 Anger must go
 Hatred must go
 Envy must go
 Pride must go
 Vengeance must go
 All which appear as methods of justice and closure!
 All must be submerged within the essence of love
 Forgiveness!
 Without it..you will never know
 Peace
 Never condemn anything that God's "love" allows!

MM
 Pennsylvania

A LITTLE HOPE

If e'er was needed peace and grace
 The Time is now, within this place
 When desperate men behind theses walls,
 Humbled and hurting send up their calls
 Pleas of mercy from lives ill spent
 A drop of water from Lazarus sent
 Healing water from the Father's well
 To bridge the gap twixt heaven and hell
 Ask what ye will and I do now
 To serve You, Master, here and vow!
 If our hurting does all but cease
 And we should never find such peace
 Then grant us this that we may cope
 A drop of water...a little hope.

JR
 Nevada

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

THE PLAN

In the beginning...There was a plan
 Most have forgotten...Some don't understand
 Or remember
 That we...collectively
 Would come...and we would go
 And through The process...Experience...Then Realize and know
 Who and what and why
 Some of us stumbled along the way
 Some of us fell
 Some gave up
 But no matter...It was all just a game
 The dream...The Illusion
 All was not in vain
 Everything went well...Don't worry or be afraid
 For soon you will see
 And will have learned to live within the contradiction..
 And finally know and understand the Greatest Truth... "Nothing Matters"
 For the lack of need
 Is freedom indeed

PEACE AND LOVE UNCONDITIONALLY

 FAITH

I'm not wrong
 I must keep going
 I must stand strong
 It won't take long
 For you to see
 The love for you
 That I have stored inside of me
 My love is true
 It's all for you
 All of the obstacles
 That were laid in our path
 To try and confuse
 And keep us apart
 Failed... From the beginning
 At its best
 It was only a test
 Nothing could ever separate us
 And keep us apart
 For we belong to each other
 Like night and day
 In every way
 You and I
 We are one
 Wherever I am...You are
 Wherever you are...I am
 Faith
 Love
 Me

MM

Pennsylvania



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