



A Newsletter For Prisoners
Based on the Conversations with God Material

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New Year Resolutions and the Benevolent Universe

*Happy 2008 everyone!
I wish you all that you
could ever dream for your-
self.*

*Have you made your New
Year's resolution? Had
you made one last year?
And the year before that?
And the one before that?*

*I remember making many
resolutions, few of which
lasted past February. Oh
well!*

*Do you believe you are
creating your own life?
Many people don't. Many
believe they are victims of
circumstances, or of other
people so that they do not
realize the creative process
that is going on all the
time.*

*Let's see if I can explain
how I believe the world
works.*

*The Universe is, to me,
very benevolent. It always
says, 'Yes'. Always.*

*But I bet that has not been
your experience. Truth to
tell, it's not been my ex-
perience either. I've asked
for many things that have
not come to pass. I've
made many requests, some
for things, some for cir-*

*cumstances to change, for
a better job, or whatever.
Many of these things never
came to be.*

*Why is that, do you think?
Some people say that the*

*"The Universe is, to me,
very benevolent.
It always says, 'Yes'.
Always."*

*reason we don't always
get what we want is that
God works is mysterious
ways. With the underlying
message that not all
that I wish for is good for
me in the long run; that I
should trust God to know
better; that He will bring
me what I need and not
necessarily what I want.*

*Not a bad way to live, ac-
tually. If you can let your-
self trust that whatever is
happening is for your own
good, then you can relax
into your life just as it is
and be happy in God's
choices for you; then, you
can live in joy, love and
peace. That's a wonderful
thing to do and be, a won-
derful way to live happily.*

*If that is your choice, it's
a wonderful one. But it is
by no means the only one
available to us. I believe
there are many ways to
come to live a good life.*

*The most powerful
questions are always:
what do I choose for
myself, for my life?
What is my goal? At the
end of my life, what
would make me feel I
had had a good life, a
successful one?*

*Personally, as I'm sure
many of you have already
guessed about me, I put
peace, joy and love very
high on my priority list.
I try to choose them every
moment of my life, every
moment of my days.*

*That is....when I remem-
ber.*

*The problem, of course, is
that I don't always re-
member. I often get
caught up in everyday
stuff, in busy-ness, in old
thoughts and old ways of
being.*

*So what would I do if I
still made New Year's
resolutions? I would
choose to remember to be*

*in joy, love and peace
every moment of my life.
And since we live in a be-
nevolent Universe that
always says, 'Yes' I will
always remember to live
in peace-love-joy, right?*

Well.....probably not.

*Why is that, do you sup-
pose?*

*I believe the creative pro-
cess is fueled by our emo-
tions. The more feelings
we have about something,
the more powerful the
creative force is.*

*The creative force is not
interested in whether the
emotions involved are
'positive' or 'negative'. It
will create whatever it is
we think about with emo-
tion.*

*Let's see if I can explain
my point of view a little
(while I clarify it in my
own mind, something I
find very powerful to do).*

*When I am at my best, my
thoughts are ones of
peace, love and joy. I feel
that profoundly within
myself and it feels like I
am touching the world
with these feelings also.
Whatever I'm looking at*

The Star of Freedom

From *Mastery of Awareness, Living the agreements*

By Doña Bernadette Vigil

The Dream

In the Dream of the Planet, you communicate through words. If you wanted to express what freedom is, you would probably first try to describe it in words. You would most likely be able to describe aspects of it, but you would have trouble expressing the essence of it.

The same thing happens when you see a cloud and try to describe it. One moment it looks like a beautiful angel and the next moment like a monster. Every moment that cloud transforms into a new form, a new energy. You can't truly describe the essence of a cloud, but you can describe what it looks like to you at a particular moment. And different people see different things in the cloud. You might see the cloud as a house, while another person might say it looks like a dragon. But it is still a cloud. The same is true of your perception of freedom. One moment something happens to you and your perception of freedom changes. And freedom may look different to you than to the next person, but you both use the word *freedom* to describe your perceptions.

Your perception of freedom is very tied to the belief system within which you live. If you live in America, the 'land of the free,' your belief system tells you that you are free compared to people in other countries. Your Constitution tells you all the ways you are free, and you live the American Dream and see life through that domestication. However, you still have to pay taxes and worry about meeting your bills. There are also a lot of rules to follow, and if you don't do so, there are consequences. You may even go to jail. These types of things may take away your happiness, so you are not truly free. Your feelings or perceptions of freedom exist within the rules and structure of the system. As an American, however, you may be more free than someone from another country with

a different government and different rules. In some countries you cannot speak out against the government without risking your life. In America you can complain about the government all the time, and the freedom to do so is a right.

The wounds that you carry also affect your perception of freedom. For example, you may think you are free if you jump from one brief relationship to another and never commit to a single person or get 'tied down'. You justify your actions by saying you just want to have fun. However, it is usually your wounds that keep you from going deeper into a relationship. Jumping from one person to another is easier than working through any problems that come up with a particular partner. It also keeps you from looking at your inner self and your wounds, which are always reflected in the mirror of your partner. Running away also prevents your partner from seeing through the masks you put on to hook your partner in the early stages of dating.

When you master the war inside your mind and heart through discipline and awareness, you heal your wounds, and you are no longer affected by the belief system. You finally see what freedom truly is. It is freedom of the spirit. No matter what your situation may be, nothing can take your happiness and contentment away from you. The experience of true freedom was perhaps something you never tasted or understood before. Maybe you always understood it through your domestication, even if it was what you said you always wanted in life.

Before I became a [spiritual] warrior, I had no idea what freedom was. It did not relate to my life. Freedom only existed as a word. The only thing that I thought was free was a bird. Maybe that was

why I used to ride horses wildly and drive my motorcycle fast. The wind rushing through my hair made me feel as if I was flying like a bird—like I was free. Although I was not aware of it earlier in my life, I was always searching for freedom. That was why I did a lot of drinking and drugs—they were the closest experiences I could get to freedom at the time. Later, as a warrior, when I became truly free, I realized that freedom was not about wind or speed or being uninhibited on drugs. I learned that I was in flight like a bird every moment. And I didn't even have to move. My spirit was free. Once I realized this is in my being, I became the Star of Freedom. In every moment I was content and enjoyed life to the fullest.

Words of the Star of Freedom

Visualize the word *freedom* as a bright ray of light in the center of a star. It is divine connection with pure love. There are other words created out of that center, such as *happiness, enjoyment, contentment, peacefulness, and playfulness*. All of these words have different rays of light, yet all are part of the ray of light that is freedom. These words and their rays of light get blocked by the emotional wounds you carry, which come from your life experiences. For example, perhaps you are serious instead of being playful because when you were a child your father left and never came home, abandoning you and your family. This wound now create a block that prevents you from feeling the ray of light that is playful. However, as you do work on the Toltec path and remove the block, you may one day start to feel playful.

Experiencing each word, or ray of light, is not necessarily an all-or-nothing process. There are different levels of each word. The level you experience depends upon the wounds you carry. You may always

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takes on a beautiful aura of joy, peace and love. Everything and everyone.

But then let's say I get distracted by a news program. I hear about some politician who was caught lying and cheating. I get churned up, upset, angry and disgusted with politics in general, and I want to sweep all politicians off the face of the Earth. This wonderful picture of revenge feels like it would leave us with a much improved world. I feel very righteous.

The problem is that, in my righteousness, love, peace and joy are nowhere to be found.

When I feel righteous, my emotions are very strong. I am, as always, being very creative, but this time I am creating more lying and cheating because that is where my feelings and my thoughts are.

Whatever I put my feelings on is what the Universe will react to. Whether I love something or whether I hate it, either way I am sending a lot of energy to it. That energy is creative.

So okay, everyone should always only have loving feelings, okay?

Right!!! Wonderful if you can do it; the problem is, most of us can't. So how do we go from feeling rotten to feeling better?

As you know, we all go through a wide range of emotions. Can we control them? Can we choose to feel better? How can we get ourselves to feel better about our life?

I'm starting with the assumption that we would all like to lead happier lives. A powerful way to do that is to use the creative process deliberately. The secret to do that is to monitor the most powerful creative force at our disposal: our feelings. It is through our feelings that we communicate with the Universe.

The better we feel the better the life we will create. A wonderful gift from Nature is that it is quite easy to recognize if our emotions feel good or not. And only we can judge if one emotion feels better than another.

Most of my readers are in prison. Few of you can say you are happy with that. No one can tell you to just stop being angry and accept your situation. I can just imagine what you would have to say to me if I

wrote that!!!!
Going from what feels to each of us like a very negative emotion to a very positive one seems too difficult. But what if we could do that in smaller steps.

Picture yourself in Kansas when you really want to be in Florida. It feels impossible to suddenly wake up in Florida one morning, right? But if you can break down this trip in easily managed segments you would soon enough find yourself in Florida!

Now, let's get back to my reaction to politicians' lies, choosing to feel joy at that point would feel like an impossible task. But if I decide to be angry about the lies instead of thinking about cleansing the world of all politicians, that would bring a huge relief. And I could easily monitor my thoughts and catch myself when I think of revenge and stop those thoughts. The effect on the Universe would be instant.

The Universe will ALWAYS say yes. If you come from a place that feels better, the Universe will use that feeling to create something better for you.

In the box that follows this article, you will find an emotional scale you could

use to see how this process could work for you.

So next time you feel like less than who you choose to be, try to identify, from the scale, the emotion you are feeling now. See which emotion appears just above how you are feeling now and find thoughts that are true for you and that would keep you in the new emotion. The more consistent you are in staying within the new emotion, the more power your creative process will have.

Consistency in our choices appears most difficult for many of us. We go from one kind of thought to another, from one kind of feeling to another. And the Universe, this very benevolent Universe will create what we think of most, feel the most often. Whatever that is.

It is up to us to choose wisely, consciously and with awareness of the power we wield with our every thought and feeling. It is not so difficult to change any single thought. It is more difficult to remember to do it.

With joy, peace and love...from the forgetful one,

Janine

Emotional Scale

- | | | | |
|--|--|--------------------|---|
| 1. Joy/Knowledge/
Empowerment/Freedom/
Love/Appreciation | 5. Optimism | 12. Disappointment | 20. Jealousy |
| 2. Passion | 6. Hopefulness | 13. Doubt | 21. Insecurity/Guilt/
Unworthiness |
| 3. Enthusiasm/Eagerness/
Happiness | 7. Contentment | 14. Worry | 22. Fear/Grief/Depression/
Despair/Powerlessness |
| 4. Positive Expectation/
Belief | 8. Boredom | 15. Blame | |
| | 9. Pessimism | 16. Discouragement | |
| | 10. Frustration/Irritation/
Impatient | 17. Anger | |
| | 11. 'Overwhelm' | 18. Revenge | |
| | | 19. Hatred/Rage | |

from: Ask and It Is Given, (p.114)

by Esther and Jerry Hicks

Shay's Story

Two Choices

What would you do?...you make the choice. Don't look for a punch line, there isn't one. Read it anyway. My question is: Would you have made the same choice?

At a fund raising dinner for a school that serves learning-disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended.

After extolling the school and its dedicated staff, he offered a question: 'When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?'

The audience was stilled by the query.

The father continued. 'I believe that when a child like Shay, physically and mentally handicapped, comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child.'

Then he told the following story: Shay and his father had walked past a park where some boys Shay knew were playing baseball... Shay asked, 'Do you think they'll let me play?' Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were

allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked (not expecting much) if Shay could play.

The boy looked around for guidance and said, 'We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning.'

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. His Father watched with a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted.

In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again.

Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay

was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game.

Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, 'Shay, run to first! Run to first!' Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled.

Everyone yelled, 'Run to second, run to second!' Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded

towards second base, the right fielder had the ball ... the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, 'Shay, Shay, Shay, all the Way Shay'

Shay reached third base because the opposing short-stop ran to help him by turning him in the direction of third base, and shouted, 'Run to third! Shay, run to third!'

As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, 'Shay, run home! Run home!' Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

'That day', said the father softly with tears now rolling down his face, 'the boys from both teams helped bring a piece of true love and humanity into this world'.

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making his father so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!

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 Four

We now enter a new phase of our program. We've been spending time opening our souls to the communication we could receive from a Psychic Child present on the planet to help us move into the world that has been promised by God. You have hopefully made conscious contact with your own guide, and if you haven't, then trust you are still right on track. Now that you have a helper at your side, it's time to begin breaking down the walls that have kept you locked in the ego's delusional mind. This is where the program really begins, for this is where we do the work that sets our feet firm upon new ground. You are about to leave one world and enter a new one. Courage is required to make this journey, and that is why it was so important for you to establish contact with a guide. These children have already made the journey you are about to undergo, and

they have reached the other side. Now they reach out to us, for that is the job they chose before entering this world, and joyfully reveal the path that leads to the peace our souls long to enjoy.

Most of you are familiar with Plato's cave analogy. Let me add a new ending to this parable that will help you understand the role of the Children, as well as our own path. Plato described a cave with posts secured near one of the walls. On the other side of the cave, just behind the posts, there is a fire that illumines the entire area. Each post has a slave tied to it facing the wall. In other words, all they can see is the wall in front of them. They have been tied there their entire lives and have never seen outside the cave, or even behind them where the fire burns.

There is only one more addition to this scene: Other slaves who are not tied to the posts walk in and out of the cave carrying supplies. They walk between the fire and the posts, and in doing so cast shadows upon the wall in front of the other slaves.

(Are you following this so far?)

The shadows in front of the first group of slaves are the only thing they have ever seen. The ropes are tied so tight that they have never even been able to turn and see the others who are tied at their sides, let alone those who are casting the shadows. All they know is the shadow land and the wall. This is their whole world. And because it is the only reality they know they have given it great meaning. The shadows they see are not shadows at all, but creatures that may hurt or destroy them. Other shapes make them feel safe and secure, as if they are angels come to console them. The shadows are reality, and there is nothing that lies beyond this world.

But then one day something changes. Several of the slaves are able to loosen the ropes that bind them to the posts, and they are soon free to move about. They turn around and see the fire, then the other slaves casting shadows upon the wall their brothers and sisters still perceive. Then they see the entrance to the cave, and they leave to see the Real World. It is amazing, and they cannot believe they had been kept so ignorant. Some of the slaves enter this world and never return to the cave. Others, however, decide to free those who are still inside.

(This is where I leave Plato behind.)

When they return to the cave they try to tell the others what they have seen. The slaves who are still bound are not even able to hear the voices because their world of shadows does not allow for such sounds. The freed slaves try to describe the Real World and tell the others of their slavery. But no matter what they say they are not able to break through. It takes intense dedication and patience before one or two of the slaves hear their voices, and then believe their words. One by one they are able to untie the ropes and turn around themselves. Like the others before them they see the fire and the other slaves. Then they see the cave entrance and are able to stand for the first time. Each one that breaks free makes it possible for the others because it becomes part of the consciousness of the whole. After considerable time all the slaves are free and move from the darkness into the Light.

Now that you have all heard this famous parable, along with my own special touch, there are two

things I want you to know. These two statements will form the foundation of our practicing for the next few lessons.

1. You are a slave tied to a post.

2. The ropes that bind you are illusions.

The purpose of this study group, and the Children's Message as well, is to help you be free. But you can't be set free from a prison until you realize that you're are in one. And what are the best ways to keep someone from realizing this?

1. By luring their attention with an illusion they think they want, but which will ultimately never satisfy them.

2. By convincing them that they will find the answers they are searching for in the very place it can never be found.

3. By hypnotizing and mesmerizing their outer minds, so that their Inner Selves are ignored.

4. By convincing them that they are already free, thereby drawing their attention away from the fact that they are in a jail.

Jesus said: "Many have been chosen, but few will follow." So here is the question you need to ask yourself, and it is a tricky one. Don't go into it lightly, for your response will determine more than you can imagine. This is THE question that will determine whether you remain a slave or live in the Light intended for you by God. Your willingness to surrender to this will mean the difference between success and failure (though total failure is impossible).

WILL YOU REACH OUT AND TAKE THE HAND THAT HAS BEEN OFFERED YOU BY THE CHILDREN, AND FOLLOW THEM FROM THE DARKNESS INTO THE LIGHT? WILL YOU GIVE EVERYTHING TO REMEMBER WHO YOU REALLY ARE?

Do not allow yourself to be fooled, because anything less than a full commitment at this point will bring your progress to an end. You are being asked to be in the world, but not of the world. Everything till now has been preparation for this. You can choose to stay asleep for another thousand years, or you can wake up this instant. The door to the cell you are in has always been unlocked, but you have been too afraid to turn the handle. Turn it now and step outside. The whole Universe is waiting for you. The world needs you right now to be a savior in time. You will do this by stepping out of time, and touching the hand of your Eternal Self. That is who and what your Sacred Child is, your Guide that is leading you now. Don't be afraid, for the night has ended, and the sun is shining bright.

Thomas' Message:

We are in you now. All the Children are with you, and this is our Gift. We have not forgotten who we are, and therefore, we know who you are. There is no separation between us, though you have certainly imagined that there is. Now is the moment for you to lay aside your childish dreams, and become childlike. Do you see the difference between being childish and childlike? To be childlike means to embrace the eternal within you, and to PLAY with everything. Why am I asking you to play with it? Because that is what you do with a game that is not real. You have chosen to make the consequences of your dream seem real for a very long time, and it has cost you so much. Now is the time to let go and play with it again. You have not lost this game. That would be impossible. But you have not won it either. There is nothing you can do in the world of form that will help you win the game. You win this game by opening your eyes and realizing how Holy you are. And when you do, then you will see everyone in the same Light. That is what I mean when I ask you to be as a child. Children play with the world, and they are free of its illusions. Now we are asking you to do the same thing. It is very easy...more than you can know.

Playing with the Game:

This lesson our practicing will take two forms. The first will be to seriously consider the question that has been asked of you. You have been called, but will you actually answer? Will you be determined enough to do whatever it takes to realize the truth? There are times when it will seem to cost so much, and you will be tempted to turn back. That is when you MUST keep going. That is when everything will be at stake, for that is why the ego is turning up the heat. That is when your dedication will be so important, for in that moment you will find yourself flat against the walls that have kept you locked inside a prison. So this will be a time to go within and consider how serious you are.

Remember that ultimate success is assured. The question is: "Do you want it NOW?" I suggest you don't wait, because there is so much you are missing by choosing fear over love.

The second task is to begin treating the world as a game, just as Thomas suggests. Have you all seen the movie "Matrix"? (If you haven't, I highly recommend it; though it is somewhat violent, it will give you many answers.) Look around yourself during the day and try to realize that you made everything you perceive, and that you can recreate it just as easily. When you start to get uptight in a given situation, remember that it is not what it seems to be, and let it go. Learn to be childlike again.

Love,
James Twyman

My Life Story—Unfolding
A Response to My Life Story: Chocolate or Vanilla
From September's Issue of *Freedom Inside*

What is known of my life story is of the past. And yes, to some context, "the past is dead, the future is imaginary, and the present is all we really have."

However others view our past as so significant in its affect upon our lives that they contend our past is very much alive.

I don't doubt the fact that certain of our past experiences are heavy burdens to bear; yet, I cannot ignore the joy and ecstasy that I've experienced and that I still experience due to past studies, thoughts, and actions. For example, my present state of livelihood and my freedom inside can be attributed to my studies and practices of the concepts in the *Conversations With God* books, the *Freedom Inside* newsletter, and other New Age spirituality materials such as Marianne Williamson's *Return to Love*.

In addition to that awareness, I've acquired a bit of holistic wisdom from past observations of 'what's so and what works' in my interactions with people. For instance, both my failures and successes with respect, sensitivity, mutual understanding, and intimacy have enabled me to listen, sympathize, and empathize more...without having to give up my past, my life story.

It is my contention that our life story provides the meaning we give and gather from our experiences.

In Viktor Frankl's *Man's Search For Meaning* he

states, "suffering ceases when it is given a meaning". I believe that the heavy burdens of our life story—our suffering—will diminish as we choose to forgive, accept, and appreciate them. In CwG, Neale Walsch states that in order to change things, we must accept them. That change is within our perception. Our life story is such a thing; a data base and a reference point. Consider the following:

There was once a story about a monk who fell and broke his leg. One of his pupils asked him, "Master, how is it that you incurred such an injury with your awareness and coordination?" The monk simply replied that he hadn't figured that out yet. [...]

Another case in point was written in Marianne Williamson's *Return to Love*, under the section 'Healthy Thinking': "After three [car] accidents, everyone I knew had come up to ask me if I was all right. They put their hands on me, rubbed my neck and back gently, inquired as to whether I'd seen a doctor, and oozed gentleness all over me. The attention felt good. Being sick made people love me more. Instead of responding with a full tilt, 'I'm fine', the 'I'm fine' came out a little more timidly, lest they'd stop rubbing my neck. I had bought into—entered into agreement with—the idea of physical vulnerability in order to receive the payoff of love and attention.

"I paid a high price for my 'sin' i.e. loveless percep-

tion. My perception was wrong-minded in the sense that I saw myself as a body rather than a spirit, which is a loveless rather than loving self-identification. Choosing to believe I was vulnerable, even for an instant, made me so, Thus my sore throat.

"Great, I thought. I got it! 'God, I said, I totally understand how this happened. I return my mind to the point of my error and I atone. I go back. I ask that my perception be healed, and I ask to be released from the effects of my wrong-minded thinking. Amen."

In CwG, the author states that Highly Evolved Beings—who are mostly less-physical—use their past physical life experiences as part of their reference when considering contrast.

Having this opportunity to reflect, review, and write about these other perceptions and treasures of my own unfolding life story is an additional source of my freedom inside.

In spirit,
 HJ
 North Carolina

Dear HJ,
 Thank you for sharing your view with us.

(By the way, I was not playing devil's advocate in my article :-) and I really enjoy receiving comments from people who do not always agree with me.)

It is wonderful that you are able to take your life ex-

periences and use them to live a life that better reflects who you choose to be. That is the very best use one can make of any experience.

What I mean when I say we do not need to keep remembering our past is that usually our memories do not help us choose our best self. More often than I want to think about, my memories are of times when I was hurt or angry at someone. I go over past actions done against me and find clever ways of making my attacker really see how wrong they were to hurt me—often by hurting them back. I often remember conversations—fights really—but I re-write history in order to 'win' the argument.

I am coming to believe that in order to live my best life, in order to create the most wonderful experience I could possibly imagine for myself, I only have to examine my feelings, my emotions, choose thoughts that make me happy, drop the ones that make my unhappy and let the Universe bring me everything I dream of.

I believe the Universe is very benevolent and always says 'Yes' to all our thoughts. My job is to only have thoughts that make me happy.

So I keep the memories that do and let go of the rest. Not a bad way to live, don't you think?

With much love,

Janine

(continued from page 2)

be serious but sometimes feel content. As you continue to work on the path, you may reach different levels of experiencing each word, and you may eventually touch all the words. You may move from always being serious to sometimes being playful. To do so, you remove some of the blockage, heal the wound, and touch the word that is playful. Then you start to see, feel, and live life in different ways. And since all these words lead back into the ray of light that is freedom, at each level of your growth you get another taste of freedom and its connection to divine love.

When you begin to work on yourself, you start at the outermost reaches of the rays of light. Over time, as you reach different levels, you move toward the center of the star, toward freedom. In this process you become the words through working on yourself. You be-

come happiness, contentment, and so on. This only occurs through transformation: through seeing all feelings as yourself, and embracing them. Once you start to transform the badness or sadness, and fall in love with the anger and pain as they manifest inside you, you start feeling the different levels of freedom and its rays.

Where you are now in life—the extent of which you experience each of these words—depends upon your ray of light and its unique vibration inside your physical being. Each person in the Dream, as well as each bird, each tree, and each thing that exists, has its won personal ray of light that is always connected to the Source, to God, to the Creator. And that ray of light is how much energy and information you get from the Source. Some people are born into life with a ray of light that is more expanded because of

the work they have done in past lives. But no matter how much energy you start off with in life, the more work you do the more your ray of light expands, and the more you experience the different levels of each word. As you work, you feel more and more happiness and contentment. The intent is to eventually expand your ray of light to the point that it has no limitations. You become everything, and the words aren't important anymore.

Awareness is the key to expanding your ray of light and moving toward freedom. It is the awareness of yourself, or your every action, and of how you see life. Awareness allows you to see patterns so that you can make choices. You can decide whether or not to stay in a relationship when an old, unhealthy pattern emerges, and whether to question a belief system.

Your level of awareness allows you to know that there is something else in life besides that which is presented by the Dream of the Planet. And it is the Mastery of Awareness that helps you search for and find your own personal truth and become the Star of Freedom.

Isn't this wonderful? As some of you may have recognized, Doña Bernadette is a Nagual, following the same spiritual path as Don Miguel Ruiz, author of The Four Agreements.

In the next issue, I am hoping, space permitting, to publish another chapter from Doña Bernadette's book. It describes the 11 agreements of the spiritual warrior. A warrior who does not stalk a prey but stalks his or her own thoughts and feelings in order to heal and grow.

Till next time.

A Note from the Universe

OK, a refresher on what to imagine. When imagining super-fun life-changes, or any kind of change your heart desires, details are good. Lots and lots of details are even better. Imagine every sight, sound, color, and texture. Aroma, too. The more details the clearer the picture the faster the manifestation. But tell me, if, hypothetically and unexpectedly, I could help you manifest a Lamborghini faster than a Maserati, and it turned out, once familiar with it, you'd rather have the Lamborghini; someone tall, blonde, and handsome, instead of someone tall, dark, and handsome, and it turned out upon meeting this person there's no one you'd rather be with; or bring you creative fulfilling work as a designer instead of as an engineer, a home in London rather than Paris, a plane instead of a boat, a windfall instead of just debt-reduction, an Oscar rather than an Emmy, sooner rather than later, and in every case such surprises not only strayed from the details you first imagined, but were deeply in line with a truer you than you even knew existed, wouldn't they just thrill you to pieces?

Good, so now you know what I mean when I say that even as you would ideally imagine every conceivable detail of your heart's desire, don't attach yourself to those details, only to the bigger pictures of wealth and abundance, friends and laughter, health and harmony, thereby leaving me the wiggle-room I need to blow your beautiful mind.

Attached to you,
The Universe

from www.tut.com

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

It's a Beautiful Day

It's a beautiful day
In every way
Don't let all the distortions upset you
Block out the view
of all the negative around you
And only focus on what is good and true
Don't be afraid of all the obstacles
That were laid in your path
To try and confuse you
Just be strong
It won't be long
Till you find out the truths within you
Be kind to yourself
Think for yourself
Above all
Be true to yourself at all cost
Just look inside
Your heart/mind where I reside
And you will locate
There at the gate
The hero that lies within you
I am...is...the way
Regardless of what others may say
Yes, it's a beautiful day

MM
PA

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

A Magazine based on *A Course in Miracles*

Jon Mundy, one of the original people who frequented Helen Schucman, the scribe of *A Course in Miracles*, is going to begin sending [The Miracles Magazine](#) to prisoners.

If you are interested in receiving this magazine, please let us know at *Freedom Inside* and we will forward your information to Joseph Wolfe who is responsible for the distribution.

A year's subscription is \$20.00. If you cannot afford this, there are a few donated subscriptions available.

A Prayer for All Solutions

*Dear God,
I Love You. You created me. I live
in You and You in me. Only my
own unconscious guilt & belief
in this ego/false personality's in-
dividual
identity keeps me confused.*

Thank you for everything you
give me. Grant me the power to
live in your presence, to accept
your unconditional Love as I
learn to forgive.

*Allow me to remember that You
are with me always, with every
breath I take, in every
movement, in all thoughts, ac-
tions and feelings. Remind me
many times during the day until
every second becomes another mo-
ment spent living in Your loving
embrace and constant presence.*

Allow me to be a servant of Your
will, a vehicle of Divine Love
and a channel of God's will.

Give me direction and
Divine assistance
as I surrender all personal will
through devotion to You.
Allow me the help to dedicate my
life to the service of God.

*Grant me the ability to choose
Love and Peace above all options
while I commit to the goal of un-
conditional Love and Compassion
for all life and all of its expres-
sions as I surrender all judgment
to You, God.*

Make me aware that the world of
my ego is a constant and tena-
cious tendency to react, to feel
bad, guilty, mad, defeated, bored,
scared, inferior, embarrassed,
annoyed, lonely or superior and
condescending.

*It gives validity to judgment re-
gardless of the form and by react-
ing with judgment I feed and
strengthen the ego's world and*

*reinforce the seeming reality of a
separation from You.*

Remind me constantly to view all
others as my brothers, to realize
that we are all one and to forgive
them for they are one with me
and also innocently caught in the
false ego identity's world
of illusion.

*Never let me forget that I am not
this temporary body, but pure
Spirit created in Your likeness, as
I continue to live every moment in
the knowledge that You are with
me always, where I am;
All Loving, forever,
You God, the Alpha & Omega,
The All & Everything,
The Absolute.*

Joseph Wolfe
www.postguy.com

**Watch you thoughts,
for they become words.**

**Watch your words,
for they become actions.**

**Watch your actions,
for they become habits.**

**Watch your habits,
for they become character.**

**Watch your character,
for it becomes your destiny.**

Anonymous

A PRAYER

Dear God,

**I resist meditation, I resist prayer,
I resist my spiritual practice at times,
for I am not comfortable with the empty spaces.**

I know, dear God, that I am out of balance with my spiritual nature.

I need to be healed.

Please heal me.

Bring me to the silence within myself, and give me comfort there.

Show me the fierce and quiet center of Your love, which is within me.

Thank You very much.

Amen.

from Illuminata by Marianne Williamson



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Janine Cantin*

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