

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

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Within or Without: The Journey of Life

There are so many ways to live a life, so many choices can be made. Just looking around us and noticing how people live this moment gives us a glimpse of all that is out there, of all the possibilities.

There are so many ways to live a life, so many choices can be made. Just look at your own life and at the many roads you took that brought you to this particular moment. This gives us a glimpse of all that is out there, of all the possibilities.

Of course there are limits to the possibilities. If you are tall, you cannot choose to be short. If you are a woman, you cannot choose to be a man. If you have blue eyes, you cannot choose to have brown eyes. But all of this is on the physical side of who we are.

What else limits us? I believe our past does: we were born in a certain time and place; we were educated in a certain way; we had a particular family which gave us certain childhood experiences. And much more.

How do you define yourself? (Notice that 'defining' means to find the limits of something) What do you say when you describe yourself? You talk about your name, gender, race, age, nationality, work, mari-

tal status, family. All of you can easily complete an "I am" statement. Easy, right? But would that statement be short or really, really long? Would it be satisfactory or would we feel that a lot was left unsaid? Is there anything we can say after 'I

"...NO goal ever comes from within. Goals are always about the future, not something that I simply am"

am' that would represent who we really are? I cannot imagine what that could be. The only statement that, for me, comes close to stating who we are is to say simply, 'I am'.

I don't have to 'be' anything specific to be who I am. I don't have to 'do' anything in particular in order to 'be' everything I can be. I simply AM that.

But I cannot change the fact that at this moment I have a body that needs to 'do' something (even if it is to sit still!!!). I need to plan ahead for many things to happen. For instance, I plan on driving to Boston to see my new grandson in April. I need to plan for that. I will need to get my car ready, get my maps out, choose an itinerary and then follow it.

But then, the last time I drove there, I took the wrong turn on the way back which forced me to retrace my

steps for 10 miles or so until I could get off the interstate and back where I wanted to be.

This detour made me realize that my life is like that too. I set goals, map out how I'll achieve them and then get going. But then, as always happens when I choose something, everything else comes into my life. I get distracted, go off course for a while and some time later realize what I'm doing and choose to get back on course.....unless I choose a different path.

You've heard, I'm sure, that life is a journey. Most of us certainly live like that most of the time. We set goals and do what we can to achieve them.

The problem with that, as far as I see, is that NO goal ever comes from within. Goals are always about the future, not something that I simply am. Think about it. What goals do you have? Do any of them represent you from within?

But wait a minute!!!! What if my goal, the most important goal of my life is to become Who I Really Am? What if my sole goal is to become more conscious, more spiritual, more aware? Isn't that goal a reflection of Who I Really Am?

Well sure! If you think you are not

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Taking Action

"[...] There are a number of guidelines that you must follow if you wish to be on the path of the Spiritual Warrior. In fact, they are more than just guidelines. They are the new spiritual agreements you must make with yourself in order to create a life in which your spirit can be free. They describe what you must do in order to break the agreements of the Dream of the Planet that imprison your soul.

There are eleven agreements for you to follow as a Spiritual Warrior. They are:

1. Awareness
2. Discipline
3. Nonjudgment
4. Respect
5. Patience
6. Trust
7. Love
8. Impeccability of Environment
9. Honesty
10. Taking Action
11. Impeccability of Energy

These spiritual agreements form a pyramid; they are guides along your path. The foundation of this pyramid, and the foundation of all of the other agreements, is awareness. Awareness is also the tip of the pyramid—the result of all the work you do on the path of the Toltec warrior. In fact, the work of the Toltec warrior is the Mastery of Awareness.

1. Awareness

Mastering awareness means becoming aware of everything about yourself. It means being aware of your personal life and of how you see yourself, feel about yourself, think about yourself, and speak about yourself. It means no longer seeing the faults of or judging others. You know inside your heart that pointing your finger and blaming others has truly not worked—that your unhappiness is within you. Mastering awareness is the key to changing the patterns of emotion and behavior that make you unhappy. The starting point is having the awareness that you truly want to change—for yourself. The work of increasing your awareness then involves being aware of what you are doing every moment of your life, and being aware of your breath, which is your energy exchange with the universe.

Once you decide that you truly want to change and you begin to do work, you need to practice being 100 percent present in the moment and totally focused on what you are doing while simultaneously being aware of your breath. This takes a lot of effort. It is difficult at first to learn to be in the moment because your mind is constantly thinking.[...] So how do you stop your mind's chatter in order to focus

on being in the moment?"

(The author goes on to suggest two exercises: first, for the next twelve hours, focus on all your thoughts, write them down; second, "be aware of your breathing at all times". Try to stay focused on your breath. When you lose focus, gather yourself again. "This is an ongoing exercise that is the key to awareness in every moment.")

Living life in the moment expands your level of awareness and your perception of life. After practicing it for a while, you can perceive a great deal around you without it distracting you. This practice keeps you focused on what you are doing while maintaining your awareness on what else is happening. An eagle has awareness of every little feather that creates its flight, but it doesn't distract the eagle from the actual flight."

2. Discipline

Awareness helps you to create discipline, which is the second agreement of the Spiritual Warrior. When you have enough awareness to realize that this path is what you want to do, then discipline is the process that helps you follow through with this choice. Discipline allows you to respect your word so much that you will follow through on that action associated with your word. Whatever you say you are going to do, you complete your word one step at a time

with discipline

[...] As a beginning Spiritual Warrior who makes a commitment to look at yourself, you need a lot of discipline to stick with the process. After a while, you may start to feel tired of working a certain way, or you may not want to look at a certain wound. It is easier to walk away than to follow through on your word of commitment. It takes a lot of discipline to choose to break old patterns.

[...] Discipline is about respecting your word, knowing you are connected to the Source, and realizing that you can embrace, overcome, and heal any wound.

3. Nonjudgment

The third spiritual agreement is nonjudgment. Once you choose to be a Spiritual Warrior, from that moment on you must not judge yourself, or anyone or anything else. It is time to forgive yourself. Judgment is the biggest thing that keeps you from looking at yourself. When you are judging yourself, you are also pointing your finger at other people and saying, "Look at them and what they are doing!" The intent of nonjudgment is to have enough awareness that you know when you are starting to judge someone else or yourself. You know when you are being too hard on yourself. You know

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The Eleven Agreements of the Spiritual Warrior
 From chapter 10 of *Mastery of Awareness, Living the Agreements*
 By Doña Bernadette Vigil
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when you expectations of yourself are too high, and you are setting yourself up for self-judgment when your expectations aren't fulfilled. As you become aware of judgment, the intent is to shift yourself into nonjudgment using your breath, your awareness of the moment, and the flow of the breath of life.

4. Respect

The fourth spiritual agreement is respect. It is most important to accept and respect yourself 100 percent the way you are: to review all aspects of yourself as perfect, including your body, your words, your thoughts, and your actions. It is also important that you have great respect for everyone and everything else.

[...]

When you are hard on yourself, not living life in the moment, and thinking about something else, you are not respecting yourself and you are not respecting the people you are with. You are also not respecting the gift of life in that moment.

Achieving respect takes all three of the other agreements discussed so far. It takes awareness of the moment, disciplining yourself to reach one goal at a time, and nonjudgment. These three agreements give you more energy to embrace yourself. You feel more complete when you are in the

moment and you have the discipline to complete one goal with truth. You respect yourself more, feel more content and joyous, and live even more in the moment. Then you know that you are connected to the Source, which created everything in life. It is also much clearer to you that you are special, which in turn creates an even greater respect for your self and for life. This process keeps building until you respect yourself every moment in every breath.

5. Patience

The fifth spiritual agreement is patience. It is healing to be gentle, kind, and most of all patient with yourself. Being patient is the greatest gift you can give yourself. It is also very challenging because you, like most people, probably want things to happen overnight. You are used to getting things done and feeling an immediate sense of accomplishment. However, spiritual transformation is a process that takes time. You are giving yourself a great gift if you allow yourself to patiently go into the process of looking at your wounds. To do so, open the door to your wounds fully. Look at your wounds, embrace them, and then clean them out gradually and patiently. Fill your wounds with every vibration of love. To support your

patience, stay in the moment, feel the pain, and know that with every breath things are shifting and healing whether you see the process or not. Healing yourself patiently is treating yourself with the greatest respect and love, and giving yourself the most special gift.

6. Trust

Trust is the sixth agreement of the Spiritual Warrior. Trust is a powerful word. You may have never had the opportunity to truly trust yourself. Your upbringing taught you certain rules that defined your experience of trust. You learned that if you followed these rules, you had 'trust'. For example, perhaps you learned that you can trust your partner if he or she follows the rules of not flirting or dating others, and of being devoted to you in action. You are considered trustworthy if you do the same. [...]

Trust for the Spiritual Warrior is different; it is about being fully present for yourself. You are the bird choosing to fly out of the nest. As a Spiritual Warrior, you choose to become an apprentice to yourself, to Spirit, and to the whole universe. You choose to become the Jaguar Knight taking your first flight into trust. This form of trust may be unknown to you at the beginning, it may not be familiar because it is not about rules. It is about

trusting your inner voice, true self within you. And sometimes trusting your inner voice may be breaking the rules, and that can be scary. Trust is about knowing that you will be guided in your journey, and that you have to surrender and let go.

7. Love

Love is the seventh agreement of the Spiritual Warrior. To follow this agreement, you must love yourself as you love the gurus, the saints, Jesus, or Allah. Love is inside you and not separate from you. Love is you, so you always need to love yourself with compassion.

As a beginning apprentice, a Jaguar Knight, you experience these words of agreement as a certain vibration, based on where you are in your own growth process. For example, your understanding of love may be based on what you have experienced in relationships, perhaps a love based on need and dependency. That is not the truest form of love. As you continue to work on the path, you may experience these words of agreement as a different vibration, based on how your understanding of love changes. Before you can truly love someone else, you have to love yourself, and to do so

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a Spirit having a human experience. If you believe you are an imperfect being trying to become more perfect. Then yes, I would say that studying, reading, talking, getting a teacher or a guru, practicing, meditating, all of these are ways of achieving your goal. All of these are tools, maps you can use, roads you can follow. And all of them can be extraordinarily helpful to you. But I do not believe they are necessary.

I hope this will not insult my readers who have found wonderful, loving, peaceful and rewarding ways of living. I am not at all saying you should change your ways. I am only saying that I have recently discovered another way.

I've been reading again! This time it is Eckhart Tolle's latest book, [A New Earth](#)—Awakening to Your Life's Purpose.

To say I recommend this book highly would be the biggest understatement ever written in this newsletter.

Mr. Tolle, who also wrote [The Power of Now](#), shows us the power we have within us, the power of living completely in the moment.

He is a wonderful spiritual teacher, of course. Isn't that a bit ironic? He teaches that we have It All within us Now. He also states that by watching our breath (meditating!) we get a glimpse of God/Life/Love or whatever you prefer to call the All.

So here is my take on how things work. I am on a life journey, setting necessary goals to enhance the relative experience of this physical life. And I work towards these goals with all the love I possibly can. I choose my goals with the awareness that they are not goals in and of themselves but rather expressions of who I choose to be at this moment in time. And while my mind is busy planning how to achieve my goals, and while I have imbued them with all the positive energy and emotions I can, I can let go of the outcome. This makes my life 'without' full and

very satisfying.

All the while I live this wonderful and fulfilling life, I know there is so much more 'within'. The outside is a very poor representation of all that I really am.

Which makes me really fabulous... and don't I know it!

But it also makes me the same as everyone else. And I love that. I love looking at people and looking for the fabulously delicious presence within them. I especially love to see it in people who do not necessarily see it in themselves. This is where my joy is. This is where my reality is. This is where my truth is.

It's fun to achieve my goals, I'm not pretending otherwise. For instance, [Freedom Inside](#) is growing all the time. I LOVE that.

But what brings me the most joy and happiness is not the achievement of goals. I feel the most joyful when I connect with the Source within.

But still, when someone asks about me, I talk about the outside stuff. I talk about my story, my past, my future. My present remains almost completely unspoken. I don't even know if it is possible to speak of the present moment. I believe that as soon as we decide to speak of something it has already passed.

I have come to believe that talking is hugely over-rated. So I'm choosing to listen much more than I speak. As they say, we have one mouth but two ears. I decided that I will live accordingly and listen twice as much as I speak.

Which will leave me able to concentrate on my breathing, on opening myself completely to the moment and to the person in front of me, to be alert and totally loving.

I cannot tell you the joy I feel in this new choice.

Breathing you in,

Janine

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 its distribution.

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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 Five

Beloved Friends,

This lesson's offering will be very personal. I have resisted the desire to write these lessons in advance, for I feel I am learning as much as everyone else. Every week I wonder what the next lesson will be, where it will go, and what I can learn. I also know that the words we read are secondary to the Pulse of Light that is moving through all of us, a vibrating call to awaken to the truth within that has never changed. There is a communication taking place between the words, in the silent memory of our souls, which the mind may not sense. I hope you can feel this movement, this shift, as much as I am feeling it. If anything, the lessons I write each time are meant only to touch the river I am feeling flowing through each one of us, and through the world. Language cannot teach what needs to be taught. Words cannot ascend to the Heaven we must attain. But our souls know where we must go, what we must do, and that is where our focus must be. There is something moving in each one of us, like a baby yet to be born. And yet we feel it kicking its feet against the wall of our outer lives, drawing our attention to the life it will give when it breathes for the first time. We feel a New World and it feels us. It is within us now,

and we are within it as well. What role are the Children playing in all this? it's a very good question...one that I often ask myself. I sometimes feel I have more questions than I have answers. When I was with the Children in Bulgaria I was able to interact with them in a way that was concrete. Then a whole new communication began, prompted and initiated by Thomas, and it felt more like an echo than what I was accustomed to. And yet I knew it was real, though I couldn't define any of it. When we started sending out the Thomas Messages I was more nervous than I was confident. What if it was all in my head? And yet, we judge a tree by the fruit that it bears, and these messages have certainly borne good fruit. The thousands of e-mails we receive are testament to that. We suddenly find ourselves in the middle of a hurricane, and the twisting winds are pulling us away from the ordinary world to a New Reality where we can breathe freely, and live in gentle peace.

The ultimate role of the Children is to help us reconnect with our deepest dreams. You are not here by accident...none of us are. We have been called to become Instruments of Peace, each in our own way, according to the talents and gifts we brought with us. Maybe the Children are here to remind us of the simple visions we shared before we entered this world. They have not forgotten those visions, while we all have. And yet we are now beginning to remember, like waking from a dream with the sudden realization of a task we left unfinished. We are certainly in this together, all of us, and we aren't going to be able to leave until we've completed our brilliant task. The ending is sure, though the path has yet to be designed.

I can only speak for myself, though I know many of you share my experience. Everything has changed, and I am glad for it. I couldn't go back to the way I used to live if I wanted to. And yet we are only standing at the cusp of this New World. There is still so much to be revealed, so many visions to experience and live.

We are being asked to turn away, and turn toward. What do I mean by that? I believe this is the most important lesson we can learn right now. We are being asked to turn away from the world we created, and "return" to the Real World of compassion and peace. And this must entail a shift in the very foundation of our lives, the way we express ourselves, and the way we relate to others. You have heard me say so many times before that we must be "in the world but not of the world." I cannot tell you how critical this thought is. We're not here to simply move the pieces of our lives around, creating a more harmonious picture but effecting no real change. We're here to close the curtain on a world that never existed at all, and open our eyes to a New Existence. Will the outer world change? Of course it will, for it is nothing more than a creation of your own mind. Change your mind and the world will change as well. But it will also change in ways we won't notice right away, for the real shift takes place within our own hearts. This is why I say we are being asked to turn away, and turn toward.

The Children are here to help us reconnect with our deepest dreams, or why we chose to be on this planet at this time. When you were very young you knew what that was, but you were told your dreams were childish fantasies. It is not the form that is important, eg. a fireman or a nurse, but rather, the energy behind the form. You wanted to serve the world. You wanted to help people. Try to remember what your dream was, and then sense the energy behind that form. This is why you incarnated, to fulfill this passion. And this is the time you have chosen to remember, then to act. You do not need to know the details of how to act, for the Children will guide your path. You just need to become aware. That is all.

Are you fulfilling the reason you came to this planet at this time? If not, what is holding you back?

There is a silent place growing within you, calling you to a deeper life. Will you follow that silence? Will you give up the chaos of the world and dive into this Ocean of Peace?

It is where you will find your true purpose, the real reason you are in this world. But you have to be willing to give up the things that do not serve that purpose, and that is what the silence is meant to teach you. The Children I met learned how to use their Gifts at a monastery made of stone and wood. They are calling us to a different kind of monastery, one that is within us, but just as real. It is an Inner Monastery and that is where we will see the path laid clearly before us. That is where your mission will be revealed, the reason you are here, the Gifts you have to share.

Thomas' Message:

There is a silent place within your heart that has not forgotten your true purpose. It is still there, waiting for you to remember. Find time to rest in that still place. Ask your Guide to show it to you, and to help you access it more every day. This will be the source of your strength, the rock that will ground your power. It is time for you to realize how afraid you have been of this place, and then release that fear. You are so needed right now. But you can't help us until you find that silent monastery within.

I can promise you that you are not alone. Even if you have not consciously connected with your Guide, they are with you. Ask them to teach you how to be quiet and still. This should be your goal this lesson, to discover that silence. It is not a barren place, but one that is rich beyond your imagination. It will be like a path that will lead you Home, the Home you have never left. Spend as much time as you can meditating with your Guide this lesson, feeling them at your side. Ask them to lead you to that place within, then let the quiet extend into your normal life. Look around yourself and see the truth everywhere. See it in everyone you meet. The silence can teach you so much, and will help you take a step away from the world you no longer need. The New World will be revealed, and then you will understand everything.

Love,

Thomas

The last lesson was a challenge to take the transformation you are being offered very seriously. This lesson will be a chance for you to step back into the arms of your Guide, and enjoy the silence of their hearts. Their love for you is more profound than you realize. They are here to help you in ways you are not even aware of at this time. These two ingredients: Seriousness and Silence, are all that you need for now. One sets you firm upon the path, and the other opens your heart to listen to the Truth. Your goal this time is very simple--Be Still and Listen to the Truth. Your Guide is there offering you all the help you will need. Now that you have made a real commitment to this path, now you are ready to go deep into your heart.

Enjoy.

I send you peace,

James

Can you think of all the ways we are connected to everything around us? We are connected by the air we breathe. We are connected by the light radiating from what we are looking at. We are connected by sounds we hear, which also flow and touch everything around us.

How could we possibly think that we are separate – when we absorb, and are permeated by, the group consciousness of the housing estate we live on? We are connected astrologically to the stars and the planets and these have an influence on our life.

When we go to war with another nation, we are only hurting our Self – We Are All One. When we exploit the environment and the people of the developing world, we are exploiting ourselves – We Are All One.

Let's choose to make life up differently and move from exploitation to support and love for our fellow human beings.

There is a major shift taking place on our planet; consciousness is becoming integrated and refined on so many levels with our human body. The sequence of cause and effect is becoming shorter and much more visible to us; and it's becoming so much easier for us to make life-

supporting choices: it's as if we had a big light shining on our life and illuminating it for us to see clearly.

Our inner voice or inner knowing now knows the most beneficial thing to do in each moment. All we need to do is heed the signals we are getting – to listen to our feeling, our intuition and our dreams; to open our heart energy to its source and feel the divine love flowing through us.

Become aware of the more subtle layers of your being. As you become conscious of them, you start to use their powers. Humans are now thinking on the level of their light bodies and thinking at light-speed. Human consciousness is now using its sixth sense every day to receive messages telepathically.

As consciousness refines even further – beyond the level of light – we are learning to think within the void itself – that vacuum which extends out to the whole universe and beyond into the Omni-verse. We are One with everything.

Our body is coming into a natural balance as the whole universe comes to a point – our soul – and flows outward as the hologram of light flowing out of the void and solidifying into the interference pattern of light

that we are; the light waves slowing down and solidifying, as the fine particles merge to form our atoms; these then merging to form the molecules; these clustering and slowing down as they form our cells – and, finally, all coming together to form the human body.

We are a hologram of the whole; so how could we possibly feel we are separate, with all the above-mentioned layers of our body coexisting one inside the other?

As theologians put it, we are a three-fold being:

* God the Father – The whole Omni-verse.

*God the Son – Our human body, as a reflection of the whole.

*God the Holy Spirit – The electromagnetic field of energy which permeates our physical body and forms our consciousness. This field of energy extends out from our body, forming the Aura, and is the energy blueprint which the body grows into.

Human consciousness is no longer fixed within the body; many people are now experiencing consciousness in other dimensions. We are able to go astral traveling, do remote viewing, and travel through our core nature to any part of the Universe – just by choosing

to move our awareness there. In reality there is no need to travel anywhere – you are there already on one level or another.

Time and Space are becoming less important in our life; our spirits are gaining the knowledge of their immortality. It seems less important to come to Earth for 100 spins around the sun. We are already free to take our spirit, our conscious awareness out of the body and go off exploring the universe.

What is all the fuss about Aliens and what they might do to us, when they are all a part of our Self? If we can take our conscious awareness to their world, do you not think they can do the same with ours? There is no need to travel – one can just do remote viewing.

There is no energy crisis, as energy cannot be created or destroyed: it is eternal, like you. Let's love each other, help each other and share the world's resources with the whole of our Self. Let's find a new way to make up life on this planet, from the perspective of wholeness – We Are All One.

George
www.curezone.com/

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

Mother Teresa

The Eleven Agreements of the Spiritual Warrior
 From chapter 10 of *Mastery of Awareness, Living the Agreements*
 By Doña Bernadette Vigil
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means you have to look inside yourself at your wounds and patterns. You must respect yourself enough to open the door, trust yourself enough to take the first step, and have patience with your process. Love will transform every moment that you choose to embrace yourself and your wounds. [...]

8. Impeccability of Environment

The eighth spiritual agreement is to surround yourself with an impeccable environment. The environment you create is very important because it is a reflection of you. When you start to clean your internal self, to look inside your heart and open internal doors and wounds, you especially need to create an external environment that is clean and that reflects the guru inside yourself. Practically speaking, this means you need to pick up any messes and clean your home. Your home is your temple. So add some touches to brighten your living space or make it more homelike. Focus also on your own appearance. Keep your clothes clean

and neat. You are cleaning up the outside self in the same way you are cleaning up the inside self.

9. Honesty

There are three parts to the ninth spiritual agreement. The first part is to be honest with yourself: to look into your heart and decide what you really want, and how you really feel. The second part is to speak your truth. This follows being honest with yourself. Once you look into your heart and honestly know your truth, then you can speak your truth. Tell people what you think and feel. No more lies and no more hiding. The third part of this agreement is a rule for action, based on the first two parts: Don't go against yourself. Don't do anything that goes against your heart or your spirit.

Your whole intent in becoming a Spiritual Warrior is to learn to speak your truth and to follow that little voice that guides you every moment. That little voice and your truth become stronger as you transform to be more honest with yourself and

to listen to your heart. [...]

10. Taking Action

Every moment there are things to manifest or transform in your life. But for the transformation to occur, you have to take action. This is the tenth spiritual agreement. You can dream about changing your life but that doesn't mean you are going to do it. It is your responsibility not only to look into your heart and see your patterns every day, but to take action to make changes in your life. You can do so with the assistance of the other spiritual agreements.

11. Impeccability of Energy

The eleventh and final spiritual agreement is impeccability of energy. When you make the choice to become a Jaguar Knight and you begin to take action in your life, you are claiming energy and personal power for yourself. Personal power arises from how you place your energy every moment in your life: during your

conversations with people, during your silence with yourself, during your work activities. In every activity, personal power arises from how you place your energy. Being impeccable with your energy means being aware every moment of your energy field and how you are using it as your personal power. When you use your energy with impeccability, you have reverence for all life and for the mirror of yourself in everything around you. You have the greatest respect for yourself and the power of your words in communication with others. For example, not engaging in gossip is an impeccable use of energy. An unimpeccable use of energy would be to send out sexual energy in all your interactions because deep down your wounds make you crave attention, even though you don't really like yourself and are not close to loving and respecting yourself. The more Stalking you do, the more awareness you have, and the more impeccable you become with your energy.

*To live content with small means;
 to seek elegance rather than luxury;
 and refinement rather than fashion;
 to be worthy, not respectable;
 and wealthy, not rich;
 to study hard, think quietly, talk gently, act frankly;
 to listen to stars and birds, to babes and sages, with open heart;
 to bear all cheerfully, do all bravely, await occasion,*

*hurry never;
 in a word, to let the spiritual, unbidden and unconscious grow up through the common.*

This is to be my symphony.

*William Ellery Channing
 1780-1842*

An Extraordinary Day

For an ordinary day, we can choose to allow our minds to be programmed by the worldly view that dominates the earth. We can make sure we're keeping tabs on everything by reading the morning newspapers and watching the television news. This will bring us current on the wars, the terrorist attacks, the latest murders, the economy, the gossip, the natural disasters...all of it. We will have an ordinary day.

The further I wake into this life, the more I realize that the extraordinary is waiting quietly beneath the skin of all that is ordinary. Light is in both the broken bottle and the diamond, and joy is in both the front row and the bleachers, if we are willing to be fully present for each moment.

We need not let fear steal our day; we can set our day upon another course. Each of us has an inner room where we can visit to be cleansed of fear-based thoughts and feelings. When we begin our morning within it, the mind receives a radiance that illumines our thinking as we go through our day. There are many prayer and meditation techniques, and they are paths to this inner room.

As we move through this extraordinary day, let's remember to do the following:

- Focus on the goodness. See the innate goodness in every being, no matter what they are 'bringing to the table'.
- Say this simple prayer- 'Bless them. Change me.' When our hearts are clogged with judgment and resentment, this simple prayer puts everything in perspective.
- Be grateful. Give thanks for everything. It's a form of heart-opening, of attention shifting from 'my wants and needs' to just gratitude
- Find someone to help. In helping others, we are truly helping and enriching ourselves.

And finally, keep the door to the heart open. This door is always near. Truth opens it. Love opens it. Humility opens it. Sadness can open it, if felt to its center. Silence and time open it if we enter them and don't just watch them. This is the door that lets us experience the miraculous in the mundane, the extraordinary in the ordinary.

CTB
Arizona

Dear CTB,

What can I say about this most beautiful text, except thank you so very, very much for sending it in. I am sure many others will have the same reaction to it that I did which was to make me stop and think, recognize these words as reflecting the way I choose to live every day of my life and choose it again. What a gift you have given us with so few words!

*Thank you,
Janine*

An Answer to *To Think the Thoughts of Angels*
Freedom Inside November 2007

In my opinion, the article *To Think the Thoughts of Angels*, is some real 'Future Frontier' stuff. It also reminds me of some of what I envision would be our character under the order of 'Tomorrow's God' from CwG. I believe the greatest of our power is in the Collective—which we're still to develop/evolve into consciously. I wouldn't dare attempt to write an article about the mass effect of prayer, or of envisioning something to the point of feeling it, thus influencing its manifestation. My research has caused me to believe it; however, I need experience. Actually, prayer is a new thing with me. For a long time, as an adult, I couldn't—nor wouldn't—ever consider praying for anything because I wouldn't know what to pray for (I didn't know that I didn't need my present experiences in order to evolve into my best self) Later research and experiences validated my attitude. For example, a statement like: 'we realize our purpose through acceptance' suggests to me that I shouldn't pray to get out of prison, or pray for someone not to fail or not to fall, or pray that an injured or sick person hurry-up and recover, etc.

Janine, the jury is still out on a lot of things like that with me. Yet, it has been suggested that there is a thin line between what we should/can do for ourselves and what God will do for us.

However, envisioning loving/accepting energy sent toward people and things resonates with some great feelings within me. I am sensing that there are many collectives within an even greater collective that we contribute to and tap into; I am most interested in the psychic children and in Abraham. Wouldn't it be just great if we could soon become the consciously-aware energy of several collectives? We have so much Angelhood at our disposal...

In gratitude,
HJ
North Carolina

Dear HJ,

Thank you for sending these thought-provoking words. I agree with you that there may be many, many universes out there.

I also believe there are many, many universes within us, in our cells, and in our Selves.

There is much to ponder; many wonderful hours can be spent speculating. To use your words, 'the jury is out' indeed on many of these issues.

The wondrous thing is that although it's fun to think about, we don't need to figure any of this out in order to live our best lives.

I, myself, enjoy thinking about many things. It's fun to me. But when I really want to find out Who I Am, I do that by quieting my mind as much as possible. That's where I find my Self.

But thinking is a blast!

With love and gratitude for your contributions.

Janine

Paradox

*I am here...experiencing How I became
Who and What I am
And even though 'I Am'
All and everything there is and isn't
And I know it...
It will take eternity...to become
That which I already am...and I am experiencing
All this through you and everyone else...
There is only 'One' ..ME!!!
And I create my own Reality? Fantasy
Everyone else is an aspect of my personality
The good/the bad/the ugly....the Collective
I love me
Every part
Now... At this moment ...you see
That 'you'
Were really meant to be...to express
And be the expression of Who and What I am
'LOVE'
'Unconditionally'*

*MM
Pennsylvania*

**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

Live a Life That Matters

*Ready or not, some day it will come to an end.
There will be no more sunrises, no minutes, hours
or days.
All the things you collected, whether treasured or
forgotten, will pass to someone else.
Your wealth, fame and temporal power will shrivel
to irrelevance.
It will not matter what you owned, or what you were
owed.
Your grudges, resentments, frustrations, and jeal-
ousies will finally disappear. So, too, your hopes,
ambitions, plans, and to-do lists will expire.
The wins and losses that once seemed so important
will fade away.
It won't matter where you came from, or on what
side of the tracks you lived, at the end.
It won't matter whether you were beautiful or bril-
liant, even your gender and skin color will be irrele-
vant.
So what will matter?
How will the value of your days be measured?
What will matter is not what you bought,
but what you built;
not what you got,
but what you gave.
What will matter is not your success,
but your significance.
What will matter is not what you learned,
but what you taught.
What will matter is every act of integrity, compas-
sion, courage or sacrifice that enriched, empowered
or encouraged others to emulate your example.
What will matter is not your competence,
but your character.*

*Michael Josephson
(this article appeared in
Court St-Elizabeth's newsletter
November 2006)*



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