

*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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## *Racism: Wright or Wrong*

*A few days ago was the anniversary of Martin Luther King's death. On such an occasion, it is only natural that people would think about how far we have come (and still need to go) before racism is completely wiped out in this country.*

*At this time in the United States, we are having a quite extraordinary election where, for the first time, an African-American man and a White woman have a real chance of becoming the next president.*

*Many of you may have seen a clip of Senator Obama's former pastor, Reverend Wright, where he speaks of the state of racism in America in passionate, angry and provoking words. Many are accusing the reverend of racism and of viewing the problem as being just as it was 50 years ago. Senator Obama, by the way, does not share Rev. Wright's opinion on this issue.*

*There were a great many responses and reactions to the Rev's clip seen over and over again on all channels. None of the reactions were positive or supportive*

*of the Reverend's views. Those of you who have been reading this newsletter for a while won't be surprised to see that I have been thinking about this a great deal during the last few weeks and that I am choosing to share my thoughts with you in this month's issue.*

*"Does racism exist in America? I don't doubt it. But you may or may not be surprised to read that I also don't believe it to be my problem."*

*What is racism, exactly? Can a person who feels the victim of racism still hold a racist attitude, as Rev. Wright is accused of doing?*

*I've thought about this a lot and have come to a few conclusions that I'm comfortable with. Let's see what you think.*

*I believe that racism, just as sexism, and any other kind of unfairness or discrimination, produces strong emotions in the victims as it does in the perpetrators.*

*I also believe I am in no position to decide what others should or should not feel, how they should or should not react.*

*I've heard a White woman ask if she now had to be totally careful*

*of what she said and how she said it. Another asked to be given the rules to follow in order to avoid giving even a glimpse of any kind of racism. Both of these women were a little frustrated, to say the least.*

*And they made me think. As you know, I believe very strongly that I re-create myself each moment of each day. It is also my choice to be as conscious as I can and to re-created myself in the next highest version of Who I Really Am.*

*Does racism exist in America? I don't doubt it. But you may or may not be surprised to read that I also don't believe it to be my problem.*

*What I do see is that I must choose Who I Am every moment, in every situation, with every person I meet. This means that I will sometimes encounter difficult moments, difficult situations, difficult people. How I react to them will define who I am at that moment.*

*So if my choice is to re-create myself in my next highest version of*

*(continued on page 3)*

**Before the Ten Commandments**  
 from The Gospel of the Essenes (1974)  
 Translated from the original Hebrew and Aramaic By  
 Edmond Bordeaux Szekely

The Lord called Moses to the top of Mount Sinai and told him His Law. Moses came down to share this Law with the people but found them worshipping a golden calf "abandoned to corruption and evil". In anger, Moses broke the tablets with the Laws of God. He then went back to the Lord Who gave him the Ten Commandments, a stern law because the people "know not yet the Kingdom of Light" and were not yet ready for the Law. Here is the beautiful Law the Lord first gave to Moses. It is a covenant for the Children of Light.

I am the Law, thy God, which hath brought thee out from the depths of bondage of darkness.

Though shalt have no other Laws before me.

Thou shalt not make unto thee any image of the Law in heaven above or in the earth beneath. I am the invisible Law, without beginning and without end.

Thou shalt not make unto thee false laws, for I am the Law, and the whole Law of all laws. If thou forsake me, thou shalt be visited by disasters for generation upon generation.

If thou keepest my commandments, thou shalt enter the Infinite Garden where stands the Tree of Life in the midst of the Eternal Sea.

Thou shalt not violate the Law. The Law is thy God, who shall not hold thee guiltless.

Honor thy Earthly Mother, that thy days may be long upon the land, and honor thy Heavenly Father, that eternal life be thine in the heavens, for the earth and the heavens are given unto thee by the Law, which is thy God.

Thou shalt greet thy Earthly Mother  
on the morning of the Sabbath.

Thou shalt greet the Angel of Earth  
on the second morning.

Thou shalt greet the Angel of Life  
on the third morning.

Thou shalt greet the Angel of Joy  
on the fourth morning.

Thou shalt greet the Angel of Sun  
on the fifth morning.

Thou shalt greet the Angel of Water  
on the sixth morning.

Thou shalt greet the Angel of Air  
on the seventh morning.

All these Angels of the Earthly mother shalt thou greet, and consecrate thyself to them, that thou mayest enter the Infinite Garden where stands the Tree of life.

Thou shalt worship thy Heavenly Father  
on the evening of the Sabbath.

Thou shalt commune with the Angel of Eternal Life  
on the second evening.

Thou shalt commune with the Angel of Work  
on the third evening.

Thou shalt commune with the Angel of Peace  
on the fourth evening.

Thou shalt commune with the Angel of Power  
on the fifth evening.

Thou shalt commune with the Angel of Love  
on the sixth evening.

Thou shalt commune with the Angel of Wisdom  
on the seventh evening.

All these Angels of the Heavenly Father shalt thou commune with, that thy soul may bathe in the Fountain of Light, and enter into the Sea of Eternity.

The seventh day is the Sabbath; thou shalt remember it, and keep it holy. The Sabbath is the day of the Light of the Law, thy God. In it thou shalt not do any work, but search the Light, the Kingdom of thy God, and all things shall be given unto thee.

For know ye that during six days thou shalt work with the Angels, but the seventh day shalt thou dwell in the Light of thy Lord, who is the holy Law.

Thou shalt no take the life from any living thing. Life comes only from God, who given it and taken it away. Thou shalt not debase Love. It is the sacred gift of thy Heavenly Father.

Thou shalt not trade thy Soul, the priceless gift of the loving God, for the riches of the world, which are as seeds sown on stone ground, having no root in themselves and so enduring but for a little while.

Thou shalt not be a false witness of the Law, to use it against thy brother: only God knoweth the beginning and the ending of all things, for his eye is single, and he is the holy Law.

Thou shalt no covet thy neighbor's possession. The Law given unto thee much greater gifts, even the earth and the heavens, if thou keep the Commandments of the lord thy God.

**Racism: Wright or Wrong**  
(continued from page 1)

*ME, what would that look like when I am faced with racism?*

*That, to me, is the most important question. It is the only answer that I control, the only way racism or any other of the world's problems become My problem.*

*And it also relieves me of having to define what racism is. I don't care if it is defined as something only the oppressors are or if the victims can sometimes be racists too.*

*The only thing I care about is the person in front of me, the one affected by my behavior. Which means that I will lovingly accept any interpretation a person has of their own story, including the history of their people.*

*The key word here is 'lovingly'. The acceptance then becomes automatic for me.*

*So when I heard Reverend Wright's sermon (the part I heard on the news) I could easily put the politics of it aside and see this man's pain. It felt very real to me and very deep.*

*What happens, then, to my idea of racism? It just becomes a word in the dictionary with no real meaning at all, at least not to me.*

*What I find much more meaningful in my daily life are all the opportunities to choose love, the opportunities offered by all the world's woes, the*

*opportunities to re-create my self as Loving Acceptance.*

*These days, when I think of choosing any divine quality to experience, Loving Acceptance is the one that stands out for me.*

*This is my next highest version of Who I Really Am. And I am so grateful for all the opportunities this world is giving me to BE that.*

*Which makes me grateful in a very weird but real way to all the 'problems' the world is showing me.*

*There is a lot of pain in the world. A whole heck of a lot. It seems a mission impossible to eliminate it all.*

*But it is my mission, as I choose to accept it, to love the world's pain away but accepting it just as it is.*

*Nobody wants to be told what they should feel, how they should react to anything. If you want an example, I'll ask you the next time you get angry to just stop it!!!!*

*Yeah, right!*

*Everyone is entitled to their own feelings. Denying them this right is just asking for trouble. People can restrain themselves to a certain point but then they explode. This explosion can be violent, but just as easily it can turn warmth into ice, affection into rejection. Some people turn the explosion outward*

*and become violent, some turn it inward and become depressed or even self-destructive.*

*I believe that what is needed is more listening and less judging. Active, deep listening is very hard to do, at least for me. I believe this to be one of my greatest challenges: to listen without thinking about what is being said, categorizing it in some way, deciding how I should respond. All that takes a lot of effort, what Eckhart Tolle calls 'presence'.*

*Being present is living this moment completely, without past or future. This means that when someone is speaking to me, especially when they are showing me their pain, I cannot prepare my answer, I cannot use my experience to define their problem. The only thing I need to do to help the situation is to listen.*

*Isn't that what we all want above all else? To feel that we are heard completely, seen just as we are, and totally accepted?*

*It is my belief that the so-called problems of the world would just vanish, one by one, if we stopped categorizing them and just accepted what each person states is their experience.*

*You may believe that some people would take advantage of this kind of attitude. But so what?*

*I believe that taking advantage only happens*

*when we believe in lack; when we believe the world is cheating us; and when we believe that we need to get as much stuff as possible while the getting is good.*

*So what if we have to give a lot of our resources to the same people until they see that they will always get all they need? So what?*

*I believe in abundance; I believe there is more than enough in the world to fill everybody's needs. I believe people are different enough that if each responded to their own passion and put it into service, the world's needs would be easily met.*

*Some people want to feed to poor. Some have a passion for educating children. Some love going to third-world countries to build houses.*

*What is your passion? If and when you find it and put it to the service of humanity, you may find, as I do, that there is nothing either right or wrong with the world. It just is.*

*And it is generously providing us with different opportunities to be our next highest.*

*It is a real Mission Impossible. Do you choose to accept it?*

*In loving acceptance,*

*Janine*

## The Daffodil Principle

*(received through email. Author unknown)*

May 2008

Several times my daughter had telephoned to say, "Mother, you must come to see the daffodils before they are over." I wanted to go, but it was a two-hour drive from Laguna to Lake Arrowhead "I will come next Tuesday", I promised a little reluctantly on her third call.

Next Tuesday dawned cold and rainy. Still, I had promised, and reluctantly I drove there. When I finally walked into Carolyn's house I was welcomed by the joyful sounds of happy children. I delightedly hugged and greeted my grandchildren.

"Forget the daffodils, Carolyn! The road is invisible in these clouds and fog, and there is nothing in the world except you and these children that I want to see badly enough to drive another inch!"

My daughter smiled calmly and said, "We drive in this all the time, Mother." "Well, you won't get me back on the road until it clears, and then I'm heading for home!" I assured her.

"But first we're going to see the daffodils. It's just a few blocks," Carolyn said. "I'll drive. I'm used to this."

"Carolyn," I said sternly, "Please turn around." "It's all right, Mother, I promise. You will never forgive yourself if you miss this experience."

After about twenty minutes, we turned onto a small gravel road and I saw a small church. On the far side of the church, I saw a hand lettered sign with an arrow that read, "Daffodil Garden ." We got out of the

car, each took a child's hand, and I followed Carolyn down the path. Then, as we turned a corner, I looked up and gasped. Before me lay the most glorious sight.

It looked as though someone had taken a great vat of gold and poured it over the mountain peak and its surrounding slopes. The flowers were planted in majestic, swirling patterns, great ribbons and swaths of deep orange, creamy white, lemon yellow, salmon pink, and saffron and butter yellow. Each different colored variety was planted in large groups so that it swirled and flowed like its own river with its own unique hue. There were five acres of flowers.

"Who did this?" I asked Carolyn "Just one woman," Carolyn answered. "She lives on the property. That's her home." Carolyn pointed to a well-kept A-frame house, small and modestly sitting in the midst of all that glory. We walked up to the house.

On the patio, we saw a poster. "Answers to the Questions I Know You Are Asking", was the headline. The first answer was a simple one. "50,000 bulbs," it read. The second answer was, "One at a time, by one woman. Two hands, two feet, and one brain." The third answer was, "Began in 1958."

For me, that moment was a life-changing experience. I thought of this woman whom I had never met, who, more than forty years before, had begun, one bulb at a

time, to bring her vision of beauty and joy to an obscure mountaintop. Planting one bulb at a time, year after year, this unknown woman had forever changed the world in which she lived. One day at a time, she had created something of extraordinary magnificence, beauty, and inspiration. The principle her daffodil garden taught is one of the greatest principles of celebration.

That is, learning to move toward our goals and desires one step at a time--often just one baby-step at time--and learning to love the doing, learning to use the accumulation of time. When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world.

"It makes me sad in a way," I admitted to Carolyn "What might I have accomplished if I had thought of a wonderful goal thirty-five or forty years ago and had worked away at it 'one bulb at a time' through all those years? Just think what I might have been able to achieve!"

My daughter summed up the message of the day in her usual direct way. "Start tomorrow," she said.

She was right. It's so pointless to think of the lost hours of yesterdays. The way to make learning a lesson of celebration instead of a cause for regret is to only ask, "How can I put this to use today?"

Use the Daffodil Prin-

ciple.

Stop waiting.....

Until your car or home is paid off  
 Until you get a new car or home  
 Until your kids leave the house  
 Until you go back to school  
 Until you finish school  
 Until you clean the house  
 Until you organize the garage  
 Until you clean off your desk  
 Until you lose 10 lbs.  
 Until you gain 10 lbs.  
 Until you get married  
 Until you get a divorce  
 Until you have kids  
 Until the kids go to school  
 Until you retire  
 Until summer  
 Until spring  
 Until winter  
 Until fall  
 Until you die...

There is no better time than right now to be happy.

Happiness is a journey, not a destination.  
 So work like you don't need money.  
 Love like you've never been hurt, and dance like no one's watching.

If you want to brighten someone's day, pass this on to someone special. I just did!

Wishing you a beautiful, daffodil day!

"Don't be afraid that your life will end, be afraid that it will never begin."

## 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](http://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 Six

### PRAYER

Beloved,

We feel something moving inside us, a New Life destined to change the world, to bring peace where war once ruled, and love where hatred seemed the only possible reality.

We are willing to lay aside those fruitless dreams, and accept the Vision of Your Holiness that can never change.

We will step aside and let the Truth be true.

We will allow the Child to be born that will bring an end to all our dreams of sickness, pain and death.

That child is being born in each one of us, and we will welcome it today.

There is nowhere left for us to roam, for we have seen the final resting place where we long to live.

Heaven is before us now, and we will not wait any longer.

We accept the Truth today, for our lives and for the whole world.

*Amen*

*When we say that there is a Child being born in you we mean it quite literally, and yet not in the way you might think. You think of a physical body that is born from the union of a man and a woman, for this is how you think you came to be known. And yet, now you realize that you were "Known By God" long before your body came into being. The Divine Mind loved you before the world began, and knew you in a way that words can never explain. And now you are longing to know yourself in the same way.*

*You recognize that deep passion as if it was already yours...for it is. God's love for you is your love for yourself. Do you understand what I mean? The Children don't perceive any difference between themselves and God, and that is why we are able to do the things you think are so fantastic. They are not fantastic at all, for miracles are your birthright.*

*I want to explain in a bit more detail how this communication is taking place. The one who is writing these words (Jimmy) often wonders if he is really hearing the voice of another, the one he calls Thomas. And you may wonder the same thing when you try to communicate with your own Child Guide. Sometimes the words are similar in tone to the way you might speak or write. It would be easy to think that it is your imagination, a fanciful distraction from more mundane experiences. But when you understand how it is we communicate then it will not seem so unusual, and you will not question yourself. That, after all, is the main goal, to trust the "Voice for Holiness" that speaks to you every moment of your life. Ultimately there is only One Voice, whether you perceive it as coming from your Child Guide or some other source. It is the Voice for God, for this is the only thing that is real.*

*Don't be surprised if the communication you receive seems to be coming from your own mind. It is! Do you remember what the first lesson said? "There are no Psychic Children outside you that will help you in any way." Does this surprise you at all? You have, after all, signed up for a class on how to communicate with a Psychic Child. It should seem strange to be told that such a communication is impossible. But if you look deeper to what is really happening, what and how we are really communicating with you, then you will understand completely. The key words in that phrase from the first lesson are "outside you." You already know that there is nothing outside you, at least intellectually.*

*The goal of this course is to know this completely, with your whole being. Our communication does not suppose that we, the Psychic Children, have anything that you do not already possess. Therefore, we operate from within your mind, not outside, using all the knowledge and experiences that you have. Our communication comes in the form of Light which contains raw psychic information. But that information must interact with your consciousness and be interpreted by it. That is why the same raw information will be communicated slightly differently by many different people, though the lesson will be the same. The real key is to allow it to be an "invited guest," and to welcome what it would reveal. Otherwise the "smaller mind," otherwise known as your ego, will try to interpret the information from its own perspective, from the idea of separation. Then your mind will be clouded and confused, and you will not be able to fully embrace the Gift you are being offered.*

## **Thomas' Message**

(continued from page 6)

*When Jimmy expresses the information he is receiving, it will sound like Jimmy's voice. When you express that same information, it will sound like your voice. And yet the message will be the same. You are Holy, Perfect and Enlightened right now! This is the only message being communicated right now. It is the only thing you need to learn. Open your Spiritual Eyes and you will see the Spirit all around you.*

*In this lesson, you will learn to listen to the same Voice, and learn how to express it uniquely. Every one of you is being led by a Child Guide, whether you know it or not. (I can assure you of this.) Now it is time for you to begin integrating that Voice, that wisdom, so you can use it in your life. Otherwise you will become dependent*

*upon something that does not seem to be yours. This course is not about dependence, but standing in the your own enlightenment. The only thing you are dependent upon is the Love of God, and that cannot change. When you realize this then the miracles that the Children perform will seem as normal to you as they do to us.*

*In the last lesson, you were asked to seek moments of silence to help prepare your mind for a more profound communication. Ultimately, what you read in this lesson, or any other source, is not important. Its only value is in revealing the place within you where this information flows without effort. We are here to encourage you to go within, and to seek your own guidance. It may seem to be coming from your Child Guide, but as you progress you will realize that it is coming from WITHIN YOU. Then you will know that there is only One Voice, and it is yours.*

*This is the real foundation we are seeking together. Don't try to understand this intellectually, because it is impossible. All that is required is your willingness to believe that there is a place within you that has not lost its connection with eternity. It is the link the Children are using to speak to your soul. You may not be conscious of this link, but you will be. This is the destination, and you are nearly there.*

*Open your heart and BELIEVE.*

*This month will be a time for you to open to this Light and Wisdom. Your Child Guide will speak through your mind, and will reveal the place within you that knows the Truth we perceive. Begin by being silent for at least ten minutes, then pick up a pen and paper. Then listen and write. Listen to the words your Guide offers. Write them down without any interference. Don't think about the words, just let them flow from your mind onto the page. Be willing to accept whatever guidance you are given, and know that it is coming from within your own soul, through your Guide. This may seem like a paradox, but it is not. How can something come from within your soul and also through another? This is what your Guide will reveal to you. You may choose to have several sessions with this practice, or you may feel satisfied with just one. [If you wish, choose a section of what you will write during your session and offer it as a gift to all of us at Freedom Inside] If you feel the energy beneath the words that are offered by each of the others in our group, you will see that there is only one message being communicated. There are so many Guides working with you, and yet there is only One Voice communicating One Message.*

*[In future issues of this newsletter, we will spend time reading the letters being offered by those of you who choose to share your experiences with us]. Since the Children communicate as One Mind, you will learn from each one of them. We are with you in ways that you don't realize. The words you read in these lessons mean little compared to what you will learn in the silence of your own communication. Listen and write down what you hear this month, and then you will be ready for the next step.*

**We Love You,  
Thomas**

## Remembering to Remember

There is a Hindu Story of the child in the womb who sang,  
 "Let me remember who I am"  
 And his first cry after birth was,  
 "Oh, I have forgotten."

Of course the external world tells us who we are. The Arizona Department of Corrections and much of society may consider me to be just an inmate with a number and with time to serve in prison. But to myself I am a being who fits no pigeonhole, a bud beginning to unfold, a story waiting to be told. My unique, precious life is a work in progress.

No matter how we have been defined by others, well-meaning or not, and no matter how we have defined ourselves, no definition can bring lasting certainty. Are we the object or are we the awareness of the object? The object comes and goes. The parent, the child, the lover, the victorious one, the defeated one—these identifications come and go. The awareness of these identifications is always present. When we are willing to stop the misidentification and discover directly and completely that we are awareness itself and not these impermanent definitions, the search for ourselves in thought ends.

Now we discover an astounding realization: we are free, whole, endless. There is no boundary to us. We are awareness and awareness is consciousness. In letting go of all definitions, we see what remains. We are what is never born and does not die. When we are dissolved like an ice cube in water, then there is nothing else, only love, and then there is no such thing as two.

This discovery does not come in time, but in timelessness, when the mind sinks into the heart, when thoughts begin to change from blame to acceptance and appreciation, and even praise. And we remember who we are.

CTB

Arizona

"Be who you are and say what you  
 feel because those who mind don't  
 matter and those who matter don't  
 mind."  
 Dr. Seuss

"I yam what I yam That's what I  
 yam. I'm Popeye the sailorman."

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## *Answers to articles from previous issues of this newsletter*

### **My New Year's Resolution with the Benevolent Universe (from the January 2008 issue)**

I believe the energies that inspire some of us to have a New Year's resolution comes from an innate tendency to be better or more holistic than we've been. It's my observation that almost everyone—in some way—actually wants to be a higher expression of self; whether that higher expression be a better sister, brother, father, worker, student, soldier, teacher, etc.

And yes, our benevolent universe grants us the opportunities and energies to do / be just that i.e. those higher expressions. But because there are so many attractions and distractions in our interactions with others and our own habits and undisciplined behaviors, it's hard to remember—most of the time—that we have higher aspirations and [to recognize the] opportunities to respond.

In addition to those obstacles, I also find myself being reluctant to carve-out specific goals—other than paying more attention and responding whole-heartedly to whatever and whoever shows up in my 'here and now'. This is because of a reference from the *Conversations With God* series that holds that there is a possibility that there is something else about God/Life and, of course, myself, that I do not know, the knowing of



# The Mail Bag

which would make a difference in my understanding and choices.

However, I accept and appreciate the insights given by Esther and Jerry Hicks in their book, *Ask and It Is Given*, especially about allowing circumstances into our experiences by default. That is, when we just observe whatever ill, and/or negative energies that are vibrating around us and don't emotionally envision and intend that things be otherwise, then in essence, we are allowing those events.

Yet Deepak Chopra in *How to Know God*—with regard to intentions—contends that 'deciding what part you need to do and what part God will do is delicate.' That we don't have to be overly concerned about being in charge or over-management; that our deepest intelligence knows much more about what's good for us than we do. That we should intend that everything will work-out for the best, let go, and see if clues come our way.

Appreciating these insights and believing that: 'through our acceptance, we realize our purpose' has been a source of my freedom inside.

In quest,

HJ

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## Within or Without: The Journey of Life (from the March 2008 issue)

I agree that our lives are journeys of quests, and adventures. That spiritual insight enables us to become more consciously aware of our journey within and outside of ourselves. That 'who and how' we are—in our minds and hearts—become all the more observable as we balance our involvements within—with Source through meditation and 'breath work'—and without empathizing with and inspiring others to recognize the source of their own fabulousness and truth; and finally by involving ourselves in creating scenes of beauty and light in our environment.

For it is stated in *How to Know God* by Deepak Chopra: 'The aim of spirituality is to learn to cooperate with God.' He also stated that we should cooperate in our own awakening; that evil is not our enemy, but rather our lack of attention is. That, the various practices known as prayer, meditation, contemplation, and yoga have been highly valued over the centuries because they sharpen attention and make it easier not to miss the clues to spiritual reality.

Additional sources that suggest our life journey include both goals for doing things outside of ourselves and inspirations from within can be found in *Tomorrow's God of the Conversations With God (CwG)* series; there it is stated that if you wish to keep things the way they are on earth, or to make them even better for those who follow, then you must set as your first priority the serving of all that is life-sustaining. In a sense, you must place it even before your first priority. This is called PRE-serving, and it is only through this level of serving that Life Itself will be preserved in its present form.

Pre-serving is a new form of spirituality that emphasizes Life Itself as a prime value. And according to CwG, it also emphasizes opening to the highest levels of consciousness within you—expanding and raising your consciousness to include what you deeply know to be true. In CWG, it is stated: 'You may find that the simple act of breathing deeply in a meditative state may not only expand your consciousness, but enhance your physical well-being as well.' In *Tomorrow's God*, it is suggested that the state of conscious-awareness and enlightenment that results from meditative 'breath work' becomes a feeling and vision of the self that you have experienced in your inside world that you now express in your outside world—overlaying it on everyone and everything; that you will soon fall in love with everyone and everything. You will have literally turned your world inside out. I accept that.

Also breathing,

HJ

North Carolina

**Trust**

I'm inside looking out  
Trying to figure what my life's about.

I'm in a sea of emotions  
Tangled in webs of thought.  
I struggle to break free  
But yet I'm caught.

There's no escaping; like there's no way out.  
The harder I struggle, the tighter the grip;  
Until I surrender and nearly pass out.

I find myself attached to things  
But nothing's attached to me.  
All I had to do was let go  
And then I'd be free.

In the silence  
It became so perfectly clear.  
Instead of counting my blessings,  
I was captivated by my fears.

I still have trouble letting go  
This one thing that I must.  
Yet, the more I learn of God,  
The more I know I can trust.

WPR  
VA

Do you have a poem that re-  
flects the message in Freedom  
Inside?  
If so, send it in, it just may be  
chosen for a future

POETRY CORNER

**Beauty in cell bars**

We lock ourselves up  
not because of the bars and  
steel that surround us  
not because life doesn't bend  
to our every whim

But because of the projections  
we place onto our worlds  
The judgments, the I cant's  
The trying to please everyone  
while not pleasing ourselves

By seeking the beauty on the outside  
that is surely within  
For prisons are created internally  
and are found everywhere

We allow unnatural and unreal thoughts  
to be our walls, our limits  
Because of the dam we build  
to stop the universal love, the light

It's all within ourselves  
this paradise you go to  
of beauty and love  
There's peace, where along with the  
eagle you may soar  
A place inside that was inspired  
from the inner and above  
which are one and the same

The world may not bend  
to your every whim  
But, it will flow  
wherever you want it to go,  
where it's supposed to go  
There's beauty in cell bars

Spoon Jackson  
CA

As published on the following site

<http://www.spoonjackson.com/poetry.html#2>

**Laws of the Spirit**  
*By John Marks Templeton*

Happiness comes from spiritual wealth, not material wealth. Happiness is always a by-product, never a product. Happiness comes from giving, not getting. If we pursue happiness for ourselves, it will always elude us. If we try hard to bring happiness to others, we cannot stop it from coming to us also. The more we try to give it away, the more it comes back to us multiplied. If we try to grasp happiness, it always escapes us; if we try to hand it out to others, it sticks to our hands like glue.

The more love we give away, the more we have left. The laws of love differ from the laws of arithmetic. Love hoarded dwindles, but love given grows. If we give all our love, we will have more left than he who saves some. Giving love, not receiving, is important; but when we give

with no thought of receiving, we automatically and inescapably receive abundantly. Heaven is a by-product of love. When we say 'I love you', we mean that 'a little of God's love flows from me to you'. But thereby, we do not love less, but more. For in flowing the quantity is magnified. God's love is infinite and is directed equally to each person. This is the wonder and the mystery of it, that when we love God we get an enormous increase in the quantity flowing through us to others.

It is better to give than to receive. Giving is a sign of psychological and spiritual maturity. There are few diseases so childish and so deadly as the 'gimmies', a disease that separates us from friends and from God and that shrinks the soul. The secret of success is giving, not getting. To get joy

we must give it and to keep joy we must scatter it. The greatest charity is to help a person change from being a receiver to being a giver.

Loneliness is the punishment for those who want to get, not give. Helping others is the cure for loneliness. If we feel lonely, we are probably self-centered. If we feel unloved, we are probably unloving. If we love only ourselves, we may be the only person to love us. Whatever we give out, we get back.

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Sunday, November 4, 2007

**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.**

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