

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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Forgiving the Unforgivable

I received a letter this month that really made me think. I just love when that happens. You can read the part that concerns us now in the shaded area of this article.

I decided to answer it in this page instead of in the Mail Bag mainly because I have too much to say to put in the Bag section ☺ but also because I feel this topic deserves as much time and space as is possible to give it.

I invite any and all of you to give your own answer to CR. My perspective is not one of a prisoner. I have never been incarcerated and as such know only what I have been told about what it is like so my answer will not be of a practical nature. CR may be better served by hearing from someone dealing with the same issues now.

My perspective is ever the same. How can I be the best I can possible be? My ego is telling me I can do better "regardless of what is happening". I am certain many of you have also heard that message. But my inner voice, the one that always steers me toward higher ground, is telling me I do not have to act "regardless" of anything. I do not have to circumvent any obstacle. I do not need to fight

whatever is happening in my life.

What I need to do is live my life one moment at a time, to the very best of my abilities. I find myself doing this in two different ways, depending on my level of consciousness at any given moment.

Living In Consciousness

When I am in God-Consciousness, I come from my best inner Self. This is a very loving, compassionate and wise place inside me that lets me see others as part of the Whole, part of the Universe, part of God, part of Me.

When I am in God-Consciousness, I do not have to know why people act the way they do, I can lovingly accept that they are showing me what they know to do. At this point, my "mission—if I choose to accept it", my job, the purpose I give to my life experience is to bring peace and love to the moment.

When I am in God-consciousness, I know that this life is not who I really am. Nothing and no one can injure or change in any way the Spirit that I Am.

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« (...) Now a problem I have and I'm sure it is shared by all prisoners.

How do you love everyone and have loving thoughts and see people as a part of God when they are abusing you! Both physically and mentally? I try to keep negative thoughts and actions out of my life now. But when someone calls you repeatedly "a piece of shit" or "dumb-ass" or steals from you or treats you like shit and has no more regard for you than dirt under their feet?

This is a very difficult problem for me especially when it gets physical or affects me physically—such as not giving us enough food on our trays and when you complain they tell you to either deal with it or someone will tell you to dump your tray as you don't appreciate it enough to eat it, or give you spoiled milk and tell you "oh well!". Not giving us proper cold weather clothing (yes its is cold here in Florida. To Floridians under 50 is cold!) They don't care if you are cold or not! They force us outside with a light jacket and tell you to deal with it.

Anyway, how do you deal with these problems by staff and fellow inmates and not get the negative hateful thoughts or actions?

CR
Florida

Forgiving the Unforgivable

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When I am in God-consciousness, I know I came to this life to love. And I know that to experience the totality of the loving experience, I chose to put in front of me people who are more difficult to love, people who have forgotten who they really are, people who, as Jesus said when he was on the cross, I need to “forgive for they know not what they do”.

Mind you, this is not about thinking these people are somehow different from me, less “spiritual”, less “advanced”, less “enlightened”. They are not less than anyone else. They are a part of me.

A beautiful part of me.

WHAT????!!!!????

That’s right. I would not have them in my life unless they were showing me something in myself that needs healing. Darling CR, this is one of the magical things about living here and now. We get powerful messages that, if we use them well, can help us live in God-consciousness.

Living Unconscious

Which leads me to speak about what I do when I find myself living the moment unconsciously. This happens much more often than I like to think about—or that my ego likes to admit!, Oh well!

How do I first notice that I am living an unconscious moment? That’s easy. Whenever I feel any strong emotion that I could label “negative”, such as anger, resentment, impatience, judgment, I’m sure you know the ones I’m talking about.

And one of these messages is “feeling like a victim”. This is a biggie. And the strange thing about it is that feeling like a victim is a very powerful emotion. How ironic is that? Feeling like a victim is actually very powerful!

Ironic but true. When you feel like a victim, you are wary of others, you believe someone will mistreat you in some way so you look for it and—Lo and behold!—you find it.

So here is my answer to you, dear CR. Love.

First and foremost, love your Self enough to know nothing can damage you, nothing and no one. Love your Self enough to trust that whatever is happening to your body is NOT

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Take God, Not Life, Seriously

from Man’s Eternal Quest

by Paramahansa Yogananda

Life is full of tragedy and comedy, a kaleidoscope of infinite variety. No two things are the same. Everyone’s life is individual. Each person has a different kind of face, a different kind of mind and desires. We would become bored if we had exactly the same experiences every day; we would soon tire of life. Were heaven itself the same every day, we wouldn’t want it. We enjoy variety. The stereotyped conception of heaven is all wrong. If it were boring, all the saints would pray to come back to earth for a little change! Heaven is something infinitely different, ever pleasantly new, whereas earth is often unpleasantly new!

Yet, no matter how trying life is, most people become accustomed to it and assume there is no other way to live. Not being able to compare this life with the spiritual life, they do not realize how painful and boring earthly living is.

Actually, life is not real it is only an entertainment. And just as old movies are shown over and over, so basically the same old incidents occur and recur in life. And although life will go on eternally, the same themes depicted in past films will be portrayed again and again. It is true that history repeats itself. We are all museum pieces!

Whatever comes in life, just take it joyfully, impersonally, as you would a motion picture. Life is entertaining when we do not take it too seriously. A good laugh is an excellent remedy for human ills. One of the best characteristics of the American people is their ability to laugh. To be able to laugh at life is marvelous. This my master [Swami Sri Yukstewar] taught me. In the beginning of my training in his hermitage, I went about with a solemn face, never smiling. One day Master pointedly remarked, “What is this? Are you attending a funeral ceremony? Don’t you know that finding God is the fu-

neral of all sorrows? Then why so glum? Don’t take this life too seriously.” He taught me that one must be mentally above every crucifixion of earthly experience in order to find complete happiness in God.

Krishna taught: “Even-minded during happiness and sorrow, profit and loss, triumph and failure—so encounter the battle of Life! Thus thou wilt not acquire sin.” (Bhagavad Gita II:38) To remain even-minded, no matter what comes, is one of the best ways to conquer delusive desires. This I learned from the example of my great master—even to the last, changeless. Christ also demonstrated that spirit. Even though Jesus was tortured, God’s love was not taken away; he did not lose his divine consciousness. God’s protection of our joy and peace is the greatest fortress possible. Throughout all trials and sufferings, remember the good things that God has given you. Your soul is a divine temple of God. The darkness of mortal ignorance and limitations must be driven out of that temple. It is wonderful to be in the consciousness of the soul—fortified, strong!

Be afraid of nothing. Hating none, giving love to all, feeling the love of God, seeing His presence in everyone, and having but one desire—for His constant presence in the temple of your consciousness—that is the way to live in this world. Those who have other desires will not know true satisfaction.

Environment Shapes Our Desires

Desires are formed according to one’s environment; they are created by, and therefore limited by, your sense perceptions. Attending a country fair satisfies a desire for a little excitement; but after you have been to a world fair and viewed all

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The Looking Trap
 An essay by Neale Donald Walsch

It is amazing how many people are caught in the trap of being deeply concerned with how things are looking to others. Keeping Up Appearances has become, for some, an obsession. Many of us will even give up our own happiness (or our chance at it) in order to keep "looking good" in the eyes of others. This is beyond sad. It is tragic.

It is tragic because all we have is the Time of Our Life. It is the essential gift. It is the treasure of treasures. And it is not infinite, but finite. Indeed, it could run out at any moment.

During this Time of Our Life we should be having the time of our lives. Instead, many of us are living lives of dulled acceptance and some are even living lives of quiet desperation. Waiting, waiting, for what, we know not. Just something, anything, other than what is going on right now, or at least richer, fuller, grander. Because there's something missing, and we dare not name it, or the name itself will do us in. It is, of course, love. We are

lacking in love, and we are dying inside. We are lacking in someone TO love, and we are lacking in someone loving us. And who we are lacking in loving us is, in the supreme irony, ourselves.

Not finding it possible to love ourselves exactly as we are and exactly as we would like to be "showing up" if we could do whatever we wanted, we do, instead, whatever "others" want us to do, in order to acquire the love for which we so desperately yearn. We pay utmost attention to how we are looking.

I call this The Looking Trap. In it we are so confined in our thinking, so caught up in our appearances, so imprisoned in our outlook, that we have no outlook at all. We cannot look out of our own self-made prison. We cannot see over the walls of our own need for approval.

The Looking Trap binds people to the rigidity of what others would choose for them. It ties them down, limits their choices,

dramatically alters their course, and all in the name of pleasing others even as the self is never pleased. Meanwhile, Time—that most precious of all life's treasures—is running out.

You will never see this day again. You will never again see this week, this month, this year again. You will see this time only during the moment you are living it. Be sure, then, that you ARE "living it." Try very hard not to be killing it. There shall be time enough after death to experience dying. It is time now to experience living. It is time now to spring free of The Looking Trap.

Spring free, my soul!
 Spring free, spring free!
 And give me back,
 right now, to me.
 I shall not see
 the time I took
 To fret and stress
 o'er how I look.
 I shall not have
 these days again.
 For this is Now,
 and that was Then.

What's gone is past,
 yet all's not lost.

I'll seize this day,
 forget the cost.
 I'll seize this time,
 forget the price.
 I'll seize this Now,
 and throw the dice!
 My gamble's won
 before the toss,
 For now I have
 become the boss!

 My life's my own,
 my choices, mine.
 I'll take a stand,
 I'll draw the line.
 No more! No more
 will I grant you
 The power to influence
 what I do.
 No more! No more
 I'll keep from me
 The very things
 that set me free!

This day I claim
 again my choice.
 This day I give
 myself a voice.
 And how I look
 to you is not
 Of my concern,
 and so you've got
 No more power
 to wield o'er me.
 My God, it's true!
 I've set me free!

Wish for You in 2009 and more

Do you know what most people wish for when it comes to improving their own life? More stuff. Especially abundance. Because they think having more stuff will contribute to their overall happiness.

But do you know what most people wish for when it comes to the lives of the ones they most love and cherish?

Happiness, peace, creative work, fulfilling relationships. Because they understand that once these things are in order, stuff, especially abundance, will automatically take care of itself.

**One of these two things doesn't belong with the other...
 from theuniverse@tut.com**

Take God, Not Life, Seriously

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the different exhibits, a small fair no longer holds any attraction. This illustrates the importance of having communion with God now, for the comparison with inferior earthly joys; then your desires will be of a much higher and more advanced nature. The desire to be one with God is the greatest of all. When you are through with any lesser desire, you soon pick up another, but when you have God, all other desires are satisfied completely. "Seek ye *first* the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33). Why not fulfill first this highest desire? For when He answers your prayer to know Him, all other desires will be instantly fulfilled throughout eternity.

Perhaps you feel that you have no desires. Well, I have often noticed what happens when people go shopping. They may have no particular desire to buy, but suddenly something catches their eye and they think, "I must have it!" Day and night that object is on their mind, and finally they buy it, even if they have to borrow the money. Then, after having it for a while, their happiness in it grows stale, and they want something else. We meet people who say, "If only I could have a thousand dollars (or a car, or a swimming pool)," and when that wish is satisfied, they yearn for something different. Human desires are not perfect, hence their fulfillment does not lead to perfect happiness.

The world environment will try to prevent you from remembering that the only worthwhile desire is to have God. But every day you should remind yourself of this. And when you have made up your mind not to smoke, or eat unwisely, or lie or cheat, be firm in these good desires; don't weaken. After having divine communion, no other desires can tempt you. All become stale. Therefore even a few moments of deep meditation will be a raft of inspiration to carry you across this ocean of delusion to the shores of God.

Forgiving the Unforgivable

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happening to your Spirit. Whatever pain you are feeling is not suffering unless you judge it as being somehow wrong.

I am making a big difference here between pain and suffering. I believe pain is unavoidable while we live in these bodies of ours. We bump against an obstacle, whether physical or emotional and we feel pain. On the other hand suffering, for me, comes when I decide that I should not have had to feel that pain. Thinking "Why is this happening to me?" is not only useless, it is completely counter-productive. It prolongs and heightens the pain. It is like bumping ourselves on the same table over and over again.

This is what I do whenever I remember a past mistreatment, whenever I feel someone is deliberately trying to rile me, whenever I see something I disapprove of. In short, whenever there is a feeling in the pit of my stomach that says, "Something is wrong here! I don't like this!"

This is a foolproof way for me to realize that I am out of God-consciousness.

But that still doesn't tell you much, does it, RC? You know those feelings well and you wish to know how to love people when they are less than they could be.

There are a few things I do when this happens. First, nothing happens to "make things better" until I realize I am being unconscious. This takes whatever time it does. There is nothing I can do to feel better until I realize I do not wish to continue feeling out of consciousness.

Once I decide to veer course and get back to my real Self, I must then choose to let go of my judgment of the situation. I need to stop wanting to be "right" in my opinion of how "wrong" the other person was to do what they did. This is not always easy. I find the feeling of being Right very attractive but I must let it go if I want peace. This is the choice

I need to make: being right or being at peace.

So when (or if) I make the choice for peace, I am then left with deciding Who I Really Am at that particular moment.

Each of us need to choose for ourselves how we will show up in the world. At this point in my life I choose to be Wisdom and Compassion.

When I look at any situation with wisdom and compassion, things become very easy for me. It becomes very clear what my reaction will be. It is always the same: total acceptance of where others choose to be in their lives while knowing that I have been there too and still am very often.

As a matter of fact, the more difficult it is for me to let go of my need to be right about the situation reflects very clearly how close I still feel to where the other person is.

Dearest RC, this life we are living is a wonderful mirror for us. We could not see anything unless we connected to it strongly. We do not see what other people are, we see what we are. Always and in all ways.

When I look back at my own life, the experiences that are the most precious to me are those that, at the time, were the most challenging.

We seem to grow most quickly when we are in some difficulty, in some pain. I don't know if things need to be like this, I kind of doubt it, but for now that seems to be how it works.

So, RC, please look at your difficulties now as unique opportunities to grow. Choose the easiest ones to deal with at first and BE your best Self when they happen. This way, you progressively will come closer and closer to living in God-consciousness.

*In love,
Janine*

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 Ten

All week long I've been waiting for something to appear that would form the heart of this lesson. That's the way it has been for the last ten lessons. I open my mind and see where my heart leads me, then to the Voice of Wisdom I call Thomas. It comes to me like a flash of light, and it is up to me to make some sense of what it gives. The words I write wrap around the energy I feel and seems to converge in a lesson that hopefully touches something within everyone who reads it. It's hard to know what happens after I send the lessons off, for each one of you will respond in a way that is unique, the level at which we are willing to open our hearts to the truth that is communicated. But this time has been different somehow. I was beginning to wonder if anything would present itself at all.

But then at the last moment I felt a quiet voice deep in my soul that pushed against my mind, and I knew it was time to write. The words were simple and short, but there was a familiar tone that I recognized. I won't keep you waiting any longer, for it is not me that speaks to you this time. This is what I heard from Thomas, and I offer it to you as clearly as I can.

Thomas' Message

What if I told you that remembering who you are is as simple as looking into another person's eyes? The next time you are near a baby, stop for a moment and notice how willing they are to look at you without turning away. What do they see? You may notice that it's like a game to them. They look and smile and give you everything if you will allow. The deeper you look the more delighted they become. What does this tell you about you?

What if you allowed yourself the very same delight? You have been conditioned to look away from each other, to not look too close in case you see something you are not meant to see. You believe that if you "really" look at another they might think you want something they cannot give. But what if none of that was true? What if you have been listening to the voice of the ego which knows too well what will happen if you allow your self to SEE this other? (the word "self" has been purposefully used here.) It will be destroyed and will lose its grip on your life. But that is what you say you want. So why are you so afraid?

Once again, what if I told you that remembering who you are is as simple as looking into another's eyes. It is! That is why the children have always taught you this. They have not been in your world long enough to realize the 'cost' of seeing the beauty of another. And so they look, and they smile, and they delight in the radiance that is YOU. Maybe you are ready to do the same.

This will be the shortest lesson of our study, but it is perhaps the most important. For the last few lessons you have been asked to perceive Divinity where it really is--right in front of you. Perhaps some of you, in following these words, have been able to break through the illusion of time and experience the same Light within yourselves. That, after all, is the only true goal we have. This time we will take another step toward realizing this goal, and it will bring you ever so close to where the Children are, your Guides, for we are waiting for you even now. And we will not leave this place until you are with us, until we are able to see this reality together.

The Thomas Messages

Now is the moment you have chosen, so open your eyes and SEE what is waiting for you. It is God! Who else could it be?

God is in front of you right now. Where else would God be? Do you still believe that God is somewhere you are not, or where your brother or sister isn't? That is the insane belief the ego holds, but it will not do for you any longer. You have come too far, and it is time for you to accept the truth that has been yours since time began. All you need to do is look, and reality will be revealed.

There is nothing we can ask you to do this month that will bring this lesson any closer. The practicing we have asked you to do in the past has been but preparation for this moment, and you are ready to take a new step. But where will this new step lead you to? Perhaps you will find a baby that will remind you how easy it is to look into the eyes of another. And then you will have the courage look at someone who is right in front of you and see the face of Holiness. Perhaps it will be someone who is very close to your life, someone you have looked at for years. This is your chance to look at them with new eyes, with the eyes of a child. Are you ready to be so vulnerable? Are you ready to set off on this path without direction, with only your soul to lead the way?

How is it that the Children are calling you to this place of spiritual maturity? Can a child show you how to achieve your deepest dream, the reality you have always felt within but were afraid to face alone? But you were not alone, not even for an instant. We have been at your side, and this is the time for you to realize the gift we have given.

You will know what to do. Open your heart and let your soul lead you. Just remember that we are with you, and we cannot leave you. [Think of a baby this month and remember how they look at you], then look at everyone in the same way. Then perhaps you will understand, and these lessons will not be necessary.

***We Love You,
Thomas***



Dedicated to Sarah

This short article is dedicated to Sarah in Maine. It started to be a letter to her, but then I felt that maybe many would benefit from it so I made it an article.

Sarah came into my life in a very unusual way. I was working in the fields mowing hay, when I started recreating the thought process that I have been frequenting, off, and on for the last four years or so: How to align myself with the intention of the universe, or some might call it God's will.

There was an urgency about this thought process for some reason that I didn't understand until later in the day. At about the same time I started this process, Sarah was e-mailing me asking for my help in a coaching capacity. She didn't use those exact words, but that's the essence of her request. She was in the process of staying clean after suffering the ravages of crack cocaine, heroin, and finally methadone. She has been clean now for six months, and I have never met anyone as upbeat, happy, inspired, and excited about his or her progress as she. Of course she is still affected by the past trauma, however I believe she will make it with flying colors.

Where I am trying to fit in, is to help her understand that she possesses everything needed to get, and stay, clean. It goes much farther than that though. I am in the process of developing a connection with God on a very informal basis, like a buddy system. I understand that I am an individua-

tion of the one divine spirit just as Sarah, and every one else. This also could be called an increase in sensitivity, to be able to receive messages from God, or sharpen one's intuitive skills. Whatever fits for you is exactly what it ought to be. The intent is to have this communication with God on a 24/7 basis, not just an occasional happening.

In 1943 during the Second World War, there was a book, called *God Is My Co-Pilot*. I never read the book, but from the title I can surmise what it was about, and I think this might have been what inspired the desire to create this connection with God for myself, and to pass on the suggestion to Sarah. This has been working better, and better every day for the last four years during which I have been conditioning myself to be the individual that I choose to be. I can't tell you how many times that I have been given a gentle nudge from my divine source, guardian angel, or from whomever, just to clear up confusion, or to find what I am looking for, or help me in a time of distress.

There is a term that has become popular over the last thirty, or forty year, just hanging out together. Can you picture yourself just hanging out with God in a very loving, and cooperative way, listening always for that little helping hand, that little guidance, that act of unconditional love that you would give a dear friend without hesitation. There is no need to be a certain way, just relax in the knowing that God

loves to be used, and is delighted that you have opened your arms to her. This kind of relationship defuses all resistance, and starts to become a way of life with nothing but glorious results. I can speak first-hand to that. I feel that God is very anxious to hang out with his peers. So, just for the fun of it, try hanging with God like a couple of buddies, think of yourself as equals, your co-pilot.

I invite Sarah to get into the habit of seeing her higher power as just a loving buddy who is ready to help long before she realizes she needs him, and omnipresent. Sarah you have my greatest respect, and admiration for the progress you have made so far, and I am grateful to you beyond words for coming into my life even if only by e-mail, and giving me the opportunity to articulate on paper these thoughts, something that I might not have done without you. I feel clarity for myself that I didn't feel before writing this.

In a way this is creating a communion with God on a very grassroots level. Once this communion is created, and realized, one has a spiritual laser beam in the heart that will guide you anywhere with perfect results. I can tell you from experience that the daily thrill, and excitement of all this unfolding is mind blowing. Again Sarah, thank you for coming into my life, and if you desire me to be there for you, just ask, it is my privilege.

Bill Lang

Helping People Awaken

emailed in by Bill Lang

After reading the letters from the mail bag that often have an aura of despair, disillusionment, surrender, and hopelessness, I got to thinking that my life to a large extent is spent helping people awaken, and stimulate their consciousness. One may not be able to control their surroundings, however they can surely create whatever reality they choose to have show

up for them. The following was read at a funeral for a loved one who passed. I found it very touching, and thought, this might have a very positive effect on the living, why wait until they are dead to offer these words. These words are just as appropriate for the living, maybe more so. The eulogy went like this.

"You are goodness, and mercy, and compassion, and understanding. You are peace, and joy, and light. You are forgiveness, and patience, strength, and courage, a helper in times of need, a comforter in times of sorrow, a healer in times of injury, a teacher in times of confusion. You are the deepest wisdom, and the highest truth; the greatest peace, and the grand-

est love. You are these things, and in moments of your life you have known yourself as these things." For the living, I invite you to never forget that you are these things. If you have searched for a definition of who you are on a soul level, this is who you are. Be these, and rejoice in life no matter where you are. Nobody can take these away from you.

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.

*******DONATIONS NEEDED*******

Joseph Wolfe is sending out a request for much needed donations just for the purpose of getting more subscriptions sent to prisoners. If you like *A Course in Miracles* along with *The Miracles Magazine* and would like to help, please send donations to the address that follows. (US postage stamps in any denomination would also be gratefully accepted

Mail To: *Spirit Light Outreach*
Joe Wolfe
P.O. Box 20827
Sedona, Arizona 86341

Penpal Program

Those of you interested in having a penpal with whom to discuss spiritual issues, please write us at [Freedom Inside](#) and, as soon as we can, we will pair you with a person outside of prison who also wishes to become a penpal.

I Dreamt

I dreamt that I was dreaming
That I was being dreamed
I woke to find my self asleep
At least that's how it seemed

I couldn't tell the day from night
Up from down or more
I could not tell if I was real
Or just some metaphor

Was I what I thought I was?
Was I what I thought?
Or was my thought a web
In which my dreaming mind was caught?

Back and forth, Back and forth
This argument persisted
Mirror, mirror on the wall
Of what is real consisted?

Is it always spatial?
Does time function as a force?
And is outside of both
Inside some mystic kind of source?

This puzzling and perplexing
Left me pouting and perturbed
My subjects were now objects
My nouns were being verbed

I'll pinch myself that's what I'll do
Prick myself to see
If what I am perceiving
Is illusion or is me.

So I pinched and pinched again
With naught but truth to gain
And there through my deluded state
I felt the piercing pain

Ow I'm real I must be stuff
That pain is here to tell
Unless of course it's possible
To dream the pain as well

I'm mad, I must be mad
I cannot pierce this veil
And all of my pharmaceuticals
Have gone to no avail
But one more pinch I promise
One more hard and true I gathered
Crimped then screamed, "Enough!"
And woke up black and blue

I dreamt that I was dreaming
That I was being dreamed
I woke and found myself awake
Least that's how it seemed.

TCH
NV

Dear TC,

What an amazing poem you have gifted us with! I keep reading and re-reading it and find myself in another world, one that feels more real than where I live my everyday life. Your poem makes me feel more aware, more conscious, closer to who I really am, to who we all really are.

I cannot fully express my gratitude to you for this beautiful gift. Your spirit is in my heart.

Thank you,
Janine

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

Outcast

Kicked out of heaven, torn by a chain of ancient men
 Mother didn't love her, not a decent time to step in.
 Is there a God in heaven, or is it just a wind-up fairy tale?
 Waiting to uncover, blacken ties cling shadow to a veil.

Outcast, off the beaten track,
 Society mistreats you, lovers won't last.
 Outcast, will you ever settle down
 Falling in temperature, be part of the crowd.

Tattoo'd and weathered, worn by rain in sleepless nights.
 Husband didn't love her, hard drugs and needles start a fight
 Vulgar words unspoken, tearing up lost promise down a rambling' road.
 Bonds and beads are broken, prison bars are needed to unfold.

Outcast, can you turn your life around?
 Get back on track, be the love you found.
 Outcast, queen of the wild
 Free to be authentic like an innocent child.

SJ
 CA

More Than Roses

This morning as I washed the cellblock windows here at the prison, I glanced outside at the prison flowerbed outside the administration building. A rainbow of roses filled its border—pink roses, yellow roses, red roses and variegated roses. Then I looked closer and I noticed that not all of the bed was roses, right in the middle was a huge concrete slab with barbed steel rods that reared its ugly head. That block could have been a real eyesore in the otherwise neat lawn. But it wasn't, it formed a common

looking centerpiece for the contrasting beauty of the incarcerated roses

My thoughts suddenly jumped from that block of concrete and steel to my own life. What a parallel I could see! God had given me some concrete slabs in my life, some experiences that seemed to be real eyesores in my otherwise hell-driven lifestyle. But God did not intend for them to be eyesores, they were stepping stones for my life, and he wanted me to transform them into centerpieces around

which I could learn to plant Christian value—virtues of love and compassion, virtues of honesty and kindness, virtues of gentleness and goodness.

*“O Lord, give me the grace
 to live
 so that others see my trials
 turned into
 beautiful rose gardens,
 planted for Thee!”*

HS
 MO



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