



A Newsletter For Prisoners
Based on the Conversations with God Material

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Connecting to the Source Energy

I have often thought that we wake up in the morning with a certain amount of energy to spend during that day. Once that energy is depleted, we need to sleep.

Keeping that in mind, I dislike spending my energy on "negative emotions", those that churn in me, that depress and weigh on me. This, for me, is a very unhappy way to spend my daily quota of energy.

This makes sense, right? Imagine a Wednesday morning, for example. Joe (The Plumber?) wakes up, gets ready for work, spends his day working as usual, goes home, has dinner, watches some TV with barely enough energy to get a new soda, or beer (maybe this was Joe Six-Pack!) and at around 11, goes to sleep.

I believe most people spend their days in a similar fashion. Doesn't this sound mighty familiar to you?

But wait!

What if that night, you have something special to do? What if you've been looking forward to this night for a long time? What kind of energy would you have coming back from work? Wouldn't that blow my idea that we have a limited amount of energy to spend every day? I believe it does. Blown to smithereens!

So now, I'm left with some serious questions. Questions that, to me at least, seem life-altering:

- "What is this source of extra energy?"
- "Can I do anything that will help me access it at will?"
- Can I live connected to this energy all the time?

What do I know for sure about energy? I know it is not only a physical thing. I know my thoughts and feelings can either excite or depress me, make me feel like Wonder-Woman or like the worst kind of Couch Potato, a Mashed-Couch-Potato.

I was reading a book by Paramahansa Yogananda where he spoke of having had a particularly tiring day at one point and not feeling like meditating, as he always did, before going to bed. But he forced himself to do it anyway and as soon as he connected with The Source, he felt the usual bliss he always experienced while meditating and lost all tiredness. He meditated for hours.

But, I'm not like Yogananda. I'm not a Master. I hardly ever meditate, not anywhere as much as I know I should.

So how can I related to Yogananda's experience? It took no time at all, after asking myself

this question, for me to know the answer.

My mother lives with me. She is 92 years old and is in palliative care. We do not expect her to live more than a few more weeks. We decided a while back that we wanted her to die here at home, with only comfort care.

As days turn into weeks, her health deteriorates. She is getting weaker all the time and needs more and more care, physical care as well as emotional support, of course.

It is, as you can well imagine, quite an intense time for me. I sleep when she does but very lightly so as not to miss her calls for help.

You would think that I would be very tired, wouldn't you? And sometimes I am. Sometimes, after helping her, I crash on my sofa, doing my best imitation of the Mashed-Couch-Potato.

But what I find amazing is that every time she calls me, every single time I go into her room, I suddenly am not tired anymore. It took me a while to notice this but when I did, I knew why this was.

When I am taking care of my mother, the only thing I feel is
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Connecting to the Source Energy
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LOVE. Love with a capital letters. A love that transcends all the sometimes unpleasant tasks needed to care for a terminally ill person.

And I remember feeling much the same when I was woken up at night by my newborn babies (and grandbabies) or when one of them was ill. I was tapping into a deep well of energy. I knew that as long as I was connected to that well, I would have all the energy I needed to lovingly care for those who needed me.

And then I remembered the stories we sometimes hear about mothers who can lift cars off their children. Impossible feats done in the name of LOVE, done by LOVE.

So I have found my own answers to all my questions. The source of unlimited energy is LOVE, divine, universal, all powerful love.

I can access it by going within, by choosing love over any and all other emotions and feelings. Staying consciously aware of my every emotions and working at keeping the loving ones alive in me and putting aside all other feelings.

It's interesting that we would make any other choice more often than any of us would like to admit. It's weird how we often choose to take things personally and be hurt by the actions of others. It's amazing that we would prefer to view situations and people with the need to be right instead of the desire to love one another.

I love the feeling I have when I am with my mother. I feel that when I am with her I am Who I Really Am. I am where I am supposed to be. I feel my life has brought me exactly to this experience. I am connected to the Divine. My mother is dying and I have never been more at peace. Some may find this a little strange, perhaps, but I doubt many of my readers will.

I wish such experiences to all of you.
In loving peace,
Janine

From: *Questions and Answers on Conversations with God*
Neale Donald Walsch (1999)

Why Do People Hurt Each Other?

My name is Penny and the only word that seems to sum up how I felt when I read your book was wow! Neale, these are the questions your book has raised for me.

- (1) I still don't understand why people in relationships, especially families, constantly hurt each other, and the relationships go up and down. Is it karma being worked out from past lives?
- (2) In your book, God says the color white does not mean without color, it means color inclusive. Does this apply to race? Does this mean that a white person represents all of the other races combined? As an African-American, I'm curious why God created different races, and His/Her thoughts on the current race issues. I know that no one race is superior to another, but I just need to hear it from God....though I already know.
- (3) How do I release my great level of fear about everything?
- (4) And finally, how can I talk to the Goddess? Will She talk to me, even with all my fears and doubts? How do I connect with Her? This sounds crazy, but I want to hear Her say she loves me, too, and feel her love. I want to spend my life helping others that are less fortunate, but I need to ask Her what area I should help out in—AIDS, homelessness, kids? Where! Can you help me? I hope that you can feel the sincerity of my message, and I have faith that you will answer me. With much love and thanks. Penny

My wonderful, wonderful Penny, of course I am going to answer you! And what a letter! I could write a book from this one! Let's take your questions in order.

(1) People hurt each other in relationships because they do. They do it because they do, Penny. There is no larger reason for it, such as "working out karma from past lives," etc. It's just something that happens. It's part of life. Nobody hurts another out of villainous intent. Remember these two important teachings, Penny:

- No one acts inappropriately, given their model of the world
- All attack is a call for help.

People hurt each other because they want something they think they can't have, or have something they don't want. They are in one of the above two conditions, and they don't know what to do about it. They think that the only method of getting their way, having their desires met, etc., is to hurt another. They do not have to do this, but they do not know that. They do not

understand how to "have what they want," or "not have what they don't want," without hurting one another.

The problem is education, not intent.

Greet each instance of hurt with compassion and love. Compassion for others' lack of understanding (we have all been there at one time or another), love for others' humanness, and their attempts—however apparently misguided—to solve their dilemmas and keep on trying to make their lives work.

We are engaged here in a process of becoming. Of creating. Of being. Some of us are "being" more than others. That's just how it is. That's what I call "Isness". It's just what's true. Accept that with a smile. Embrace that with love in your heart. Understand, deeply, that no one wants to hurt you. They simply do it inadvertently, or perhaps, indeed, on purpose, because they know no other way to have the experience they desire. The next time someone hurts you, ignore the hurt and go to the only

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Imagine getting a prescription that reads: "100 milligrams of love, twice daily, unlimited renewals." Caring, of course, can't be put in a capsule, but it can heal as powerfully as medicine. "Love is a basic human need," says Dean Ornish, M.D., author of *Love and Survival: 8 Pathways to Intimacy and Health*. "When we don't get it, we pay a price in how long we live and how likely we are to get sick."

We may also pay a price if we don't give love. According to Stephen Post, Ph.D., professor of bioethics and religion at Ohio's Case Western University, research shows that loving acts neutralize the kind of negative emotions that adversely affect immune, endocrine, and cardiovascular function. Studies published over the past five years show that loving and helping others has health benefits, says Post. There may even be a physiological response or "helper's high" that makes people feel stronger and more energetic and counters some of the harmful effects of stress.

But beyond our need to get and give it, what is love? How do we define something as essential and invisible as air? Researchers often look at human connection as the cardinal signal of love.

Loving Ties

Fifty years ago at the University of Wisconsin, psychologist Harry Harlow believed that affection and connection were the foundations of life. In a landmark experiment, Harlow took baby monkeys from their real mothers, giving

them wire "moms" devised to deliver milk. But the youngsters would only cuddle when their surrogates were covered in a furry cloth. These monkeys thrived, while those with the bare-wire models didn't.

In the ensuing decades, scientists have taken the study of love in new directions, examining everything from the impact of a mother's smile on her baby to the healing power of hugs. An interesting discovery has been how many kinds of connections count. Ties to friends, family, work, neighbors, and community can all bolster health and happiness. One example: After hundreds of students at Carnegie Mellon University were exposed to a cold virus, those who had one to three types of social bonds were four times more likely to develop a cold than those with six or more types. Disruptions to connections also affect health, as shown by research in primate bonding, which remains a template for its human counterpart. Sally Mendoza, Ph.D., professor of psychology at the University of California at Davis, found that isolating one squirrel monkey from its group caused a sudden spike not only in that animal's stress hormones, but in the stress hormones of its fellows as well.

Meanwhile, social support appears to prolong life. A Duke University study of 1,400 people with heart disease found that those with a spouse or confidante died at one-third the rate of those who felt isolated. And Dart-

mouth Medical School researchers noted that participation in church or civic activities extended the lives of open-heart surgery patients.

"Other studies have since confirmed that social isolation increases the risk of early death up to five times," Ornish says. "Connection is the foundation of health. You can be sure that if a drug or a new surgical technique came out that increased survival that much, every doctor in the country would be using it."

Beyond Romance

A powerful shift is occurring in the understanding of love, declares Deborah Blum, Pulitzer Prize-winning science writer and author of *Love at Goon Parle: Harry Harlow and the Science of Affection*. "The science of today puts kindness ahead of romance," she says. "The field of psychology has shifted away from Freud and sexuality to an adult view of love as responsibility and caring. The message is very clear: Taking care of each other is the nature of love."

Post couldn't agree more. His Institute for Research of Unlimited Love awards grants to study altruism in action. "My hypothesis is that voluntary, generous, helping behavior enhances health, self-esteem and happiness," he says.

Giving love allows you to ascertain who you are. "I define love as the unsought-for discovery of self through giving," Post says. He sees love as our indestructible core, an insight he confirmed when

he began to work with Alzheimer's sufferers. "People with cognitive deficits are incredibly sensitive to affection. Any person can respond profoundly to love."

Post recalls one Alzheimer's patient who handed him a twig with a big smile. "If love was wind, you'd have been blown off your chair by the love in his eyes," he says. "I learned that when he was a little boy he adored his father, and his morning chore was to bring in kindling for the fireplace."

Extend and Connect

So how do we "self-medicate" with love? You can begin with a simple exercise in awareness: Choose a neutral person in your world, perhaps someone who sells you a morning coffee, and think of that person with compassion. "This practice awakens feelings of resonance and joy, which actually changes your biology [by releasing the chemical dopamine in the brain]," says Sally Severino, M.D., professor of psychiatry at the University of New Mexico.

Move on to visualizing those closest to you with compassion. "The key is to cultivate a feeling of joy when you connect with others," says University of California at Los Angeles psychiatrist Jeffrey Schwartz, M.D. His brain-imaging studies have shown that compassionate practices stabilize and balance brain function, sometimes as effectively as medications such as antidepressants.

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question which matters: What do you want or need so badly that you feel you have to hurt me to get it? You can ask this question silently, in your heart, or, if you have a particularly open and honest relationship with the other person, you can actually address the question verbally. Try it sometime. It is a terrific argument stopper. It is a terrific abuse ender.

What do you want or need so badly that you feel you have to hurt me to get it?

What is it you want to have, or feel, right now?

Is there a way I can help you to have that without giving up who I am?

Even asked silently, in your own heart, these questions can change the moment so dramatically, so immediately, so powerfully, that you won't even know what happened. And your "partner" in the dance will wonder what new level of mastery you've gone to!

(2) I cannot speak for God here, Penny. And while I've said that, let me make that statement about everything that appears in these letters. These letters are not an extension of the book *Conversations with God*.

I am not presently at the level where I can sit down any time I wish and begin receiving the kind of information that came through me for that book at my whim. As I explained in *Book 1*, those writing took a year to come through. Another year for *Book 2*. And even longer for *Book 3*. So I do not claim the letter you are holding in your hand to be a direct channeling from God, or inspired writing, a term I do use to describe the *CWG* trilogy. These letters to readers reflect what I have gotten out of the trilogy myself. They are my understandings, based on over six years of "taking dictation" for the trilogy. I want to be clear on that. I want to get as far away as I can from any paradigm which suggests that "What Neale Says is What God Says." It would be a huge—I mean, monumental—mistake to create such a paradigm around me.

Now, to your questions on race, Penny. I do not believe that the so-called "white race" represents all other races combined, but rather, it is simply one more off-shoot of the Mother Race, with skin pigmentations and physical characteristics that are nothing more or less than the result of biological survival imperatives in the earliest stages of human development, based upon conditions existent for the various peoples on the planet at that time. These races continue to proliferate as a result of the hereditary gene pool which was formulated at that time and then passed on through succeeding generations.

As to "why God created different races," I do not think God sat down one pleasant morning and said, "I shall create many different races, each of a different color and characteristic." I think that God simply allows the process of life to exist, and that it is out of the process of life that all things are created. Not just races, but volcanoes. Hurricanes. Earthquakes. Human errors and mistakes. Travesties of justice. Goodness and mercy. You name it. I don't think that God sits up there somewhere and creates these "terms and conditions" of the human experience one by one, or even all at once with a single master stroke. I think that God simply created life itself, as we have defined it in the physical universe, with an extraordinary set of laws which govern the who, what, where and why of things. The discipline of science is man's attempt to uncover those laws, to understand them, and then to work with them to produce desired results. There is even a spiritual movement called Religious Science, which is based on the thought that God's laws are understandable by man, and may be used with predictable and consistent results.

As to God's "thoughts on the current race issues," I do have an idea, however, of how God might answer that question. I believe God might say, "Human beings have exhibited an extraordinary penchant for taking anything which renders them different, and allowing that to sepa-

rate them. You have created a species which does not tolerate differences very well. It is this single human failing which has let to the massive misery which visits your planet. If you could just get over your differences, and stop seeing them as that which separates you; if you could just focus with love on those aspects of your being which you hold in common—the desire for peace, the wish to love and be loved, the hope for a life of dignity in a world of choices which are free, the yearning for an opportunity to each rise to your highest potential, and the earnest and unending urging within you to express the very best that you are—if you could see these as the aspects of humanity that matter, encouraging and fostering, nurturing and empowering them, rather than empowering your fear, anger, hatred, and distrust over your differences, then the whole of the human experience would change forevermore, and you would be in the paradise I had originally created for you."

As I interpret *CWG*, I also believe God would say: "My singular treasure, Penny: Of course it is true that no one single race is 'superior' to another. Superiority of any kind does not exist in ultimate reality, for you are all 'superior,' and thus non more superior than another. This is what is meant by the teaching that you were created, all of you, in the 'image and likeness of God.' This is what is meant by the profound statement upon which your very nation was built: that all men are created equal."

Finally, I believe that God would make one closing, and extraordinary, statement: "it is also true, Penny, that not even I am 'superior' to you. When you understand this, you will know the grandest gift of God: that each of you is endowed with the wisdom and the power and the perfection and the love of that which is God Itself, for you are what I Am. This is necessarily true because what I Am is all there is. The only 'difference' between us, penny, is that I know this and you do not." This is what I truly believe God

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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 Twelve

This lesson will be very simple, but it will allow us to apply everything we have studied till now in this course. Let's first look back at some of those things before we move forward, and then Thomas will give us a simple exercise that will finally awaken the Gift within. Give yourself the chance to sit with these excerpts for awhile, letting them melt into your soul, reminding you why you are here. They will strengthen the foundation we have been building together, and will allow us to fulfill our real purpose. Between these words and ideas there is a wealth of wisdom. See if you can sense it, then integrate it into your life.

These are the words Thomas has offered:

Lesson One:

Everyone is ready for this message. It would be better to say that you are ready to be ready. Does that make sense? There is nothing but readiness, because it means that you are loved by God, and there's nothing you can do to deserve that love.

Lesson Two:

If you knew how easily the world is uncreated, and how joyful it is to allow love to replace all your dreams, then you would not wait another moment to accept this lesson. The Gift of the Children is to maintain the vision of your Glory, and to assist you in seeing it yourself.

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Lesson Three:

We need you to help us, especially because the children who will be born after us will take this teaching even further. Soon all the children will be like us, and their hearts will be so open. But you need to welcome them, just as you welcomed us. It will make it happen sooner if you do. That is why we are reaching out to you, because of the children who haven't even been born yet.

Lesson Four:

Now is the moment for you to lay aside your childish dreams, and become childlike. Do you see the difference between being childish and childlike? To be childlike means to embrace the eternal within you, and to PLAY with everything. Why am I asking you to play with it? Because that is what you do with a game that is not real. You have chosen to make the consequences of your dream seem real for a very long time, and it has cost you so much. Now is the time to let go and play with it again.

Lesson Five:

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.

Lesson Six:

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.

Lesson Seven:

You have to choose not to fool yourself. The Children aren't here to soothe your nerves or stroke your ego. They are here to shake you until you wake up from your dream. Sometimes being shaken while you're still asleep can be very traumatic. But it is for your own good. There is nothing we can do that you are not asking for in your soul.

Lesson Eight:

Every person you meet is the key to your salvation, and you will learn to give them what you say you want. It is the only way for you to have it...you already know that. But now it is time for you to experience it in your soul, not just your mind.

Lesson Nine:

You have been approaching a place of spiritual maturity where you can allow your Child Guide to give you the precious gift you have come to receive -- your own heart. Isn't that what you're really looking for? Is there anything else that will fulfill you in any way?

Lesson Ten:

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 is not? 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.

Lesson 11:

When you use your physical eyes to see what the Spirit alone can perceive, then you become a miracle worker, and the Gift is activated. That is the beginning and the end of this course. It is why you are here.

Thomas' Message Twelve

Do you see how you've been trained to SEE all this time? Do you understand that this is the only way miracles can flow into and from your life? The few lines from each lesson we have presented here should clearly show you the progression of ideas and insights that lead you to this new vision of yourself, God, and everyone you perceive. You are here to join the New Children in their mission, and you will do it by SEEING the same reality they perceive. You are nearly there. You have nearly opened your heart sufficiently enough to be a Miracle Worker. There is only one thing that is still required of you.

You must now turn the vision of the Beloved back upon yourself. It is not enough to SEE it in others, but to see, then CLAIM it in yourself. These two things must happen in the same instant because your mind cannot stand a long delay. You are too distracted by the world you believe is real. Even a few seconds will give your mind time to deflect, then forget the vision of who you really are. Therefore, this week we will give you a simple practice that will establish this connection. Then miracles will begin to flow in your life.

Please follow this exactly as it is presented, because it is meant to activate your soul in a very particular way.

As often as you can for the next few weeks, we ask that you begin by following the same instructions we have offered in the past. Without saying a word, simply look at another person and think to yourself: "This is the Beloved" (or whatever other name represents this reality for you...God, Goddess, Christ, etc.), and really FEEL God within them. Then, without even taking a breath turn the palms of your hands toward your heart and think or say: "awakened within me now." Put together, your mantra will be:

"This is the [Beloved], awakened within me now."

Are you able to understand what this mantra, performed with dedication, can do for you? You are seeing God, the Face of Holiness, within every person you meet, or pass, or stand before. But then you immediately turn back toward yourself and know that it is God being awakened within yourself. If you do this enough times you will begin to feel something very profound happening inside you. You will be able to sense and experience something we have been saying since this course began, that there is nothing outside your own mind. You are the Beloved right now, this very instant. See it everywhere, including where you stand, and you will be the miracle worker you long to be. This is the clearest way we can offer into this reality. It is now up to you to find it, then live this reality.

We love you,

Thomas

All You Need Is Love
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Finally, remember that love takes many forms, and that connection is more than romantic love, Expand your circle of love into a friendship toward all living things.

“I used to feel loved because I thought I was special,” says Ornish. “Now I feel special because I am loved and because I can love.”

Your Rx For Love

Here are some simple actions to bring more love into your life.

Do small things with great kindness.

To get started in a more generous life, be a sincerely attentive presence and a good and empathetic listener wherever you are, says bioethicist Stephen Post. *Volunteer.*

Anything that will help us freely transcend the boundaries of separateness is joyful, according to cardiologist and author Dean Ornish. Studies of volunteers have determined that not only do they tend to

live longer, they often feel better, sometimes reporting a burst of feel-good endorphins as they're helping others.

Touch and be touched.

“Touching is intimate,” says Ornish. “Lack of human contact can lead to profound isolation and illness. Give someone a pat on the back or a hug when they've done a good job—or even when they haven't.

Avoid rudeness.

Realize that when you are rude to people, they feel as if they don't

matter. It reverberates down to the very core of their being, says Post. “Instead, be courteous to others, affirming that their existence is meaningful and worthy of attention.”

Love, and do what you will.

Echoing the philosophy of St-Augustive, psychiatrist Sally Severino says, “If you can get yourself into a state of love, no matter what you do, it's going to be good.”

Quotable Quotes

God has given some gifts to the whole human race, from which no one is excluded.

~Seneca

What we are is God's gift to us
What we become is our gift to God.

~Eleanor Powell

In the practice of tolerance, one's enemy is the best teacher.

~The Dalai Lama

Perception and choice significantly influence the quality of life we experience - i.e., we set the course we follow by how we interpret and react to what we perceive the situation we encounter demands.

~Samurai ponderings.

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



About Karma

Hi Janine,

I can't believe I got through the entire *Freedom Inside* in one sitting.

A couple of things.

First, on your article about karma. I agree with you on all points, however I don't see that as karma. Karma is what happens to you as an act of fate, that many will argue is beyond ones control. I don't believe in fate or karma, although I do believe in the laws that govern cause, and response, or action, and reaction, or what goes around, comes around. Call it what you will, but we are at cause in our lives. It is that way because we have been given that wonderful gift of freedom of choice.

If God had any will for us, it would be to educate ourselves to become aware of the benefits of aligning ourselves with the intention of the universe. The selfish motive would be the impetus to gain the consciousness to begin with, but shortly after that, unconditional love is the motivator from there on. I do believe that there is an agenda of the soul that plays a part in our lives, but I think the soul is very respectful of the free choice that we can exercise at any time.

My father wrote a book back in 1939 called *The Spirogram*, and basically it advocates that all events are predictable when we educate ourselves in the field of complimentary opposition. Most of us think of opposition as being dynamic opposition. Two forces come together from opposite directions, and if they are equal, nothing happens, they cancel each other out, or if they are not equal, the more powerful will prevail. Most forces come together at an angle, with varying degrees of intensity, and they produce a complimentary result. When one studies the resultant

path, the results are predetermined, because the laws of the universe are constant, and predictable. If you like where you are headed, you leave things alone, and if you don't like the eventual outcome, you change one or more of the elements in the equation, thus avoiding an undesired outcome.

The other thing I wanted to share with you is that I feel myself becoming a part of Thomas's message in general. I have felt this for some time now, and it is very interesting to observe the changes that are taking place over time. The root cause of course is unconditional love. The operative word being unconditional. In the past, there has been love, however there usually is some kind of agenda attached to it, or condition, that when not met, taints the overall emotion of love.

One of the interesting thoughts that was stimulated by this path is an awareness that I started to have a few years back which made a very clear distinction between possibility, and opportunity. I am aware that every possibility that could ever exist, is present all the time, everywhere.

There are three sources of opportunity, that can, and do, call forth these possibilities. First is the opportunity that you create for yourself by being responsible, proactive, and taking action. The second is an opportunity that is created for you by someone else, with no input from you. Most likely just an act of love on someone else's part. The third is like a miracle, where the universe dumps a wonderful opportunity right in your lap, because, in my estimation, you have aligned yourself with the intention of the universe, and the universe is always waiting patiently to find the right moment to make

your desires come true.

I am cultivating number one, and number three, but to tell the truth, I am most amazed by number three. It is amazing how things show up for me at exactly the right time, in the right amount, abundance without excess.

An unrelated happening the other day. I went to a lady who calls herself an intuitive massage therapist. There is no real explanation as to what she is doing, however she claims that she is unblocking parts of your body that prevent healing energies from flowing freely. I didn't find out until she was done, about an hour and a half, that she was communicating with my guardian angels. I asked her if she felt there was any difference between me, and the average person on whom she works. She said no, she didn't see any difference, but she was very surprised that none of my guardian angels showed any resistance to working with her, and she thanked them kindly for the opportunity to work with them in such a pleasant way. As I think I mentioned to you, I have been working for about two years on understanding the total ramifications of resistance, being able to recognize even the most subtle forms of resistance which keep us locked onto whatever we are resisting, thereby giving up our freedom. I will see her again, I think for the main purpose of making a clearer connection with my guardian angels. We will see what happens. I'll keep in touch with you on that.

If you wish to use anything I have written here, please feel free.

Affectionately

Bill

From the Mail Bag



About Karma

I would like to share my thoughts on the recent article about Karma. I used to think that Karma was something that had to be paid or fixed in order to live a better life. I came to understand that karma works different that I believed.

For me, Karma doesn't always manifest itself along the same energy lines that I emit. I mean, it doesn't always happen "tit for tat" like I thought. That's why sometimes it seems that people who do bad things get all the breaks. We do reap what we sow, like scripture says, but it's not always eye for eye.

I've had the privilege of talking with many "criminals" while I've been incarcerated, and I've seen that the bank-robber doesn't usually suffer loss at the hands of someone else. What they end up with is a character flaw that keeps them in debt, usually high incidences of sudden expenses, or other things that reinforce their belief they need to rob and steal to bet by.

You know the story in Scripture about how God brought Moses into Egypt to lead his people out but God supposedly kept hardening the heart of the Pharaoh, causing all these plagues to fall upon the land? Well, I think that is a good example of how Karma works. If Karma was the "eye for eye" type of thing, then the Pharaoh's karmic debt would have been more along the lines of him being held against his will and being

made to do slave labor. The same holds for good Karma. Just because I give someone my one and only piece of bread doesn't mean I'm not going to feel the hunger from no eating or miraculously be made full. The tyrants you spoke of in your article may seem to be getting ahead, but I'll be willing to bet that they live a tortured life in some respects that a kind-hearted person would be hard-pressed to understand.

I loved your article and agree completely. I think you're on target understanding the stuff of life and living. I think there are many varying degrees of Karma from "feeling" energy to "action" energy. Did you ever notice that when you talk to someone on the phone, you can tell whether or not they are smiling? Have you ever received a letter and got a "vibe" from it? Those are the "feeling" types of energy. The "action" type of energy is the guy who runs you off the road because he's in a hurry and couldn't care less if you get where you are trying to go, causes a series of chain reactions that end up hurting the "original sinner".

Take care and thanks again for all your helpful insights and strength.

I wish you the best of WHAT IS

Much love,

AC
Missouri

Questions and Answers *(continued from page 4)*

would say, my new friend, and who is to deny that He has said it just now?

(3) Franklin Roosevelt said it with remarkable clarity: "We have nothing to fear but fear itself." You will release yourself from fear, Penny, when you realize that there is nothing to be afraid of. What is the worst that can happen? In any situation? Well, that you will die, of course. That's about the worst, right? And that might just be the best thing that's ever happened to you. People who have died and returned to their body, people who have had NDE, (near-death experiences, fear nothing. Did you know that? They fear nothing. Do you know why? Because they have gotten very clear that there is nothing to fear—not even death.

Fear is an announcement that you do not believe in God. For if a God exists, why would He want anything less than what is best for you? Yet if you are having experiences that you judge to be less than "the best", who is at cause in the matter? God? Or could it be you?

Yet do not denounce fear, Penny, and neither condemn it. For fear is merely the opposite of love, and without it, love could not exist in your reality. Therefore love your fear. You might even say, love it to death.

(4) And now Penny, to your last question: you can speak directly to Goddess/God any time, any place. You do speak to Him with every thought, every word, every idea, every choice, every action. You cannot not talk to God. And God talks back to you every day in a million ways. She may even be talking to you now. Listen...look...
...I love you Penny.

Finally, as to how you can find a way to serve others through and with your life, see *Bringers of the Light*, a booklet I've just made available through our Foundation. And God bless you, Penny. You're a marvelous work, and a wonder.

Neale

POETS AND DREAMERS AND CLOWNS

In this age of chaos and uncertainty, we can find comfort in the visionaries, the ones who look beyond the limited view of our world and see a world of hope and infinite possibilities. They brighten our days with their hopes and light-hearted ways of seeing things. They're our poets and dreamers and clowns.

Poets jolt our souls out of the dormitory of the ordinary. In beautifully executed lines they do more than just present old, trite truths in a new light; they give us new eyes. They collect experiences and shape them into forms that cause us to think. Their words encourage us to mine our lives for the jewels they contain. They're like candles flickering in the darkness. They help us to notice every beautiful and tragic thing, and the power of their words can move us to action and laughter and tears.

Dreamers remind us that the impossible dream can be realized they see beyond the limitations of things as they are; they see what could be. They are the ones who find solutions where none seem to be available, who see the rainbow where others see only the rain. They believe that life isn't about waiting for the storm to pass. It's about learning to dance in the rain.

Clowns are the world newly washed. They're the pegs on which the circus can be hung, the hooks on which the magic is begun. Clowns tell us—if we listen—that something wonderful really can happen. With their rubber nose, feet like ducks, they mirror ourselves, stripped of pretension, stripped of protection. Clowns take the risk first and show us we can be real and let others know our pain, our need, our joy, our strength. There they are with naked feelings hanging out. That tear, that laugh, that sigh—don't hide it, says the clown. Let it come. Let it happen. Let it be.

These visionaries remind us that the future is open and that we have a candle burning within us that's ready to light the world. They tell us that magic really can happen.

CTB
Arizona

UNITY

When there's no peace,
It's time for outrageous philosophies
Like terrorism, racism, sexism & imperialism

Because when you envision a beautiful rainbow
Via multiplicity of colors
It reflects varieties
Instead of secret societies

So discrimination is a form of waste,
Because in the Creator's eyesight
Everybody is connected to one race

This is an actual fact
When your concept of religion, race & gender
Is not whack

Because a gorgeous bouquet of flowers
With distinct colors & shades
Absorbs beauty instead of rage

Therefore,
Compassion, faith, and wisdom are the qualities
You should endure
Because they are the medicinal cure

But long as economic exploitation & politricks exist
Oppression resides in your midst

So you must penetrate the veils of darkness
That hovers over your family, nation & community
Through the power of light
Until everybody is tight

Because justice, freedom & equality is the key,
One day the whole world will see

Unity.

DR
Missouri

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



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