

Freedom



Inside

*A Newsletter For Prisoners
Based on the Conversations with God Material*

*****NEW address and email*****

1257 Siskiyou Blvd. #1150

Ashland, OR 97520

USA

freedom_inside@hotmail.com

Issue # 49 January 2010

New Year, New Life, and Doubts

By the time you read this, I will most probably be in Oregon or at least on my way. This feels like a very big life change to me, not an easy decision to make but one that feels "right" to me.

But what is this "right" I'm talking about?

What does it feel like? How do I know the difference between 'right' and 'wrong' decision making.

Sometimes I am quite confused about it. I know that when the decision is for my "best" I have this feeling of joy and excitement about it. That happened when I first thought about moving to Ashland. But then fear set in about how this move would go, all that I needed to do (again!!!!) in order to move to a different country, where I would find a place to live in if my house does not sell here, a whole slew of "doubts, difficulties, and obstacles"—all fear induced, of course.

I trust the joyful feeling that comes when I make the "right" decision. I also trust the Universe to make things easy for me once I have made the "right" decision. But sometimes things are not so clear.

For instance, I know that as soon as I make a choice, the exact opposite will show up in my life. All

kinds of things happen that give me plenty of excuses to not do whatever it was I had promised myself I would do.

I know why this happens. I know this is the Universe asking me to

"I (...) trust the Universe to make things easy for me once I have made the "right" decision. But sometimes things are not so clear."

But I am sometimes left without knowing if the "difficulty" I am facing after making a decision is the opportunity to confirm that decision or if it is the Universe telling me the decision wasn't really the "best" for me at all.

I'll give you the latest example of this in my life. I was in Oregon last week looking for a place to rent until my house here sells. I went with an agent who wanted to show me rental places but she also wanted me to see the kind of place I could afford once my house here sells.

To make a long story short, I found a marvelous house for sale. The owner agreed to lease it to me until I can buy it at some future unde-

fined date. This seemed like a miracle to me, the Universe telling me my move was a great idea.

But once I saw the contract, there was a clause I could not agree to. This is where my doubts took over. Am I hesitating out of fear? Am I using the clause as an excuse to keep from making a final (scary) commitment to my move? Or am I acting out of integrity, knowing I cannot live with the clause, with promising to do something I did not know if I could actually do?

I was upset, unsure of myself and getting angry with my agent for not returning my calls. I was also frightened about speaking directly with the owner who was being so generous with me. (I wanted to avoid this conversation by letting my agent deal with it!!)

So I was sitting there, stewing in some unpleasant feelings, all the while hearing my inner voice telling me to call the owner myself, call the owner myself, call the owner myself.

Well, eventually and with trepidation, I called the owner myself. I explained my problem with the clause and, after thinking about it for a few hours, he changed the contract to something we could both live with.

(continued on page 2)

New Year, New Life and Doubts
(continued from page 1)

The point of my telling you this story now is that as soon as I faced the fear of speaking my truth, I felt happy again. I still did not know if I would get the house or not but I felt at peace with my decision.

Now, some of you will surely wonder why all the fear about a simple phone call. I won't try to explain, just please trust me that it was a big deal for me.

It showed me (again! I'm stubborn about this) that my feelings are to be trusted, that the Universe does conspire for me, and that when in doubt, my best choice is to stay open to guidance from within.

Living in doubt is not always easy. Not knowing is unsettling. We sure do like to believe we're in control, don't we? Or is that just me?

But doubting my own feelings here was a great blessing. It showed me that I am truly surrounded by help and guidance that I only need be tap into.

This move of mine is shaping up to be wondrous. I cannot even begin to tell you how good it feels.

I have received letters from some of you asking if Freedom Inside would continue.

*Absolutely!!!!
But please note the CHANGE OF ADDRESS AND EMAIL that you can start using now.*

*Life is about choices.
New Years are notoriously about making new decisions for ourselves.*

I wish you all a very productive 2010, full of wonderfully new creations that will allow you to be more and more Who You Really Are.

May you appreciate your doubts, your certainties, your joys and your sorrows

*In love and peace,
Janine*

Christmas in Jail
(A Strange Place to Find Peace of Earth)
from: *Chicken Soup for the Prisoner's Soul*

When the song of the angels is stilled, when the star in the sky is gone, when the kings and princes are home, when the shepherds are back with their flock, the work of Christmas begins: to find the lost, to heal the broken, to feed the hungry, to release the prisoner, to rebuild the nations, to bring peace among brothers, to make music in the heart.

Howard Thurman

When the Mexican teenager walked into the county jail in Newport, Kentucky, he was understandably nervous. The nineteen-year-old, baby-faced Hispanic youth had never been in jail before, and he had no idea what to expect. Would he be robbed, assaulted, raped?

The other prisoners looked at him with suspicion. They distrusted anyone who did not share their anger, paranoia and mindless destructiveness. Zamora had reason to fear them. He was a simple boy from a small mountain town in Mexico who didn't even speak English.

After a few days passed and the terror in his eyes subsided, I approached him. I decided to teach Zamora enough English to survive in jail. He grinned when he sensed that I was going to help him. I made flash cards of the alphabet out of toilet paper. He was an eager student and learned the entire alphabet in just two days. But he still didn't have any idea what the words he was learning meant.

A volunteer jail visitor from Exodus brought me an English/Spanish dictionary that I gave to Zamora. With the help of me and the other men in the cell, Zamora soon learned English. He became our mascot and the little brother we all needed.

Zamora asked me to help him learn to read the Bible. I selected the Christmas story in Luke. A week before Christmas, the volunteer church visitors were stunned and joyful as Zamora read the Christmas story in nearly perfect English. Many eyes filled with tears. My own eyes were damp. I was proud of Zamora. At that time it seemed as though I was looking into the innocent face of a young Jesus.

With Christmas a few days away, I wondered what I could give to Zamora to celebrate his new victory. My lawyer brought me a large color picture of Jesus. It was beautiful and even seemed to have Hispanic features. What better way to cement our friendship and celebrate his learning English than to give him this picture? When I looked at that peaceful, beautiful face, I realized what a contrast it was to the fear, hurt and

loneliness we experience in jail.

Two days before Christmas, I surprised Zamora with the picture of Jesus. Tears filled his eyes as he accepted this special Christmas gift. It was at that moment I realized that he had a family somewhere in Mexico wondering where he was. His family must have taught him to love Jesus. We hung the picture on the jailhouse wall, and all the prisoners seemed pleased.

The day before Christmas, the guards ordered all pictures taken down from the walls. I asked if the picture of Jesus could be left up through Christmas. The answer was, "No," under threat of additional punishment. Anger in our cell-house rose in protest. In spite of the threat of punishment, we all agreed to keep the picture of Jesus on the wall. To our surprise there was no objection from the guards.

It's typical in jail that, as Christmas Eve arrives, emotions run high and tension mounts as prisoners, deprived of normal social interaction with loved ones, strike out in anger and frustration at one another. Even though we still felt the tension, we also noticed a strange peace in our own crowded cell. While fights broke out in other cells, there were none in ours.

Just before bedtime I asked Zamora if he wanted to say the Lord's Prayer in his beautiful Spanish. When he finished, I joined him in saying that beautiful healing prayer in English. There was no doubt that Christ was with us that night in jail.

On Christmas morning the picture of Jesus still hung on our wall. Somehow, now it didn't even matter if they were to order it removed. After all, wasn't Jesus in our hearts and actions? All of us had a new appreciation for the power of love that Jesus represented to us. "Feliz Navidad," I wished Zamora in my clumsy Spanish.

"Merry Christmas, Lou," he replied in nearly perfect English. It seemed a strange place for me to find peace on Earth at Christmas—in a jail cell.

Lou Torok

This Winter....Be Part of Something Very Big
Invitation to join 2010 Winter Feast for the Soul
 By Valerie Skonie
 Director, Winter Feast for the Soul 2008-2010

What would you say if I told you “Doing time may be an opportunity”? As a matter of fact, everything that happens to you in this life is an opportunity for you to wake up. It’s all a matter of perspective. Although I’ve never been in your shoes, I have felt trapped from time to time. Trapped by life’s responsibilities, trapped by promises made in haste, trapped by circumstances of life beyond my control. How I survive is all a matter of perspective.

One of the things that helps me to sift my perspective at those times is my daily spiritual practice. I have learned that there is actually a little room *inside* of me where I can go and regroup. I can set my intention for the day in a way that I can make it through hard times one day at a time. You can do this too if you choose. That is the invitation of the Winter Feast for the Soul: a worldwide forty day period dedicated to spiritual practice for forty minutes each day.

My work is to support you in keeping a commitment to be part of this wonderful Feast for your soul. I know that Soul Food is something we all love. This is Soul Food of another sort. This is the meal that your soul has been longing for since you were a child. Offer your soul a little stillness and you will feel satisfaction from the hunger that does not stop. It’s just that the busyness of life has drowned it out. Listen for that “still small voice” of your soul and you will find peace that will change your world. Not only will it change your world, it has been known to change the world around you. Try it.

The Winter Feast for the Soul begins in just a few weeks. January 15 to February 23 is the time that thousands of people around the world will do their best to spend 40 minutes a day in prayer or meditation. Read your sacred texts, sit in stillness with eyes closed and simply watch your breath. It won’t be easy, but it’s a great way to spend your time.

I’ve given you instructions for meditation in the past articles, but in

case you have forgotten, here they are in brief:

1. Find a quiet place to sit.
2. Sit in an attentive posture, perhaps with your back against a wall so that your back is straight.
3. Close your eyes and scan your body on the inside to see if you are holding any tension. If you find tension, send your breath there to relax it away.
4. Now begin to focus your attention on your breath.
5. Notice how it begins to soften and slow down as you watch it.
6. Your breath is very connected to your soul and to your physical nervous system.
7. If you just focus on your breath for 20 minutes a day you will find yourself slowly unwinding from the tensions of your life.
8. Notice your thoughts. Notice that they come and go. They are not permanent. You do not have to do anything about them. They are just thoughts. Be curious.
9. As you notice your thoughts, do not entertain them. Let them go back to where they came.
10. **NOW HERE IS ANOTHER SECRET: You are not your thoughts or your emotions. You are something larger. You are actually a witness to your thoughts. Wow!!!**
11. No matter what happens as you sit, do what you can and do not judge yourself.
12. We recommend that you sit this way for forty minutes a day during the Winter Feast for the Soul. If that doesn’t work for you, try to sit for at least 20 minutes. Just do something.
13. The peace that you create inside yourself will spread...it will spread all the way around the world. That peace will connect with the peace created by thousands of others around the world during our Feast for the Soul.
14. What you do will make a difference.

NOW HERE IS THE MOST IMPORTANT THING YOU CAN DO: DO NOT JUDGE YOURSELF AS YOU SIT IN STILLNESS.

The fact that you are sitting at all is amazing in this crazy world of today. Do not expect anything and do not judge anything that happens.

In closing....

Please accept my invitation to you to join thousands of people around the world in the 2010 Winter Feast for the Soul: January 15 – February 23, 2010.

And if you can, please write and let me know how it is going.

I send you love and blessings,
 Valerie Skonie
 P.O. Box 1104
 Hailey ID 83333
 USA



EMERGING BUTTERFLIES

As we begin a new year, our thoughts naturally go to new beginnings and transformations. One of the best metaphors for this is the metamorphosis of the caterpillar into a butterfly.

The caterpillar encases itself and is forced into a dark small area where it cannot be distracted by anything. No longer can the sun and rain enter its world. It is alone in the darkness wrapped in what it has spun from inside. Only by facing the darkness does the caterpillar's body begin to spread out and its light, beautiful wings begin to form.

The caterpillar must shed its last attachment to the dark, cramped space it has gotten used to—a form of familiar comfort—and begin breaking through the barrier of self in which it has wrapped itself. It doesn't have a clue what lies beyond, but it responds to a higher calling anyway.

If a human helps the butterfly break through the cocoon, it will never fly. Only by finding the strength to break through that last attachment can this delicate being with a body so light and fragile, fly free.

If a caterpillar were given a choice, it might remain in its cocoon where everything is comfortable and familiar rather than coming out to be a butterfly. The caterpillar does not comprehend what it is becoming. We are in a similar predicament. We spend out time and energy trying to improve the cocoon, a little paint here, some wallpaper there, and we will have a great looking cocoon. We don't realize we are growing into something that will have the freedom to fly away in perfect bliss. Someday we will outgrow our present condition and have wings that will take us to heights we cannot imagine at the present time.

All of life is preparation for transition from one state to another, from

one circumstance to another. The winds of change may come as a fierce hurricane ripping our life asunder or as a tender breeze that caresses our cheeks.

Honoring the truth of change allows our experience of darkness to be part of the greater whole. It asks the heart to be present and trust at deeper and deeper levels. It asks us to risk becoming butterflies while still in our cocoons.

CTB
Arizona

Thank you again, CTB for these lovely thoughts.

While I was reading your article, I was struck by one particular sentence:

“The winds of change may come as a fierce hurricane ripping out life asunder or as a tender breeze that caresses our cheeks.”

I believe we can decide to a large extent what kind of wind will move us to change. I understand that some people's lives are much more painful than others, for instance, the people who experienced the tsunami with its resulting huge losses; the people who cannot find enough food and/or water to survive; the ones who are caught in someone else's wars. So many.

But most of us, at least those living in North America and Europe, live a life of relative ease. Does this make most of us happy? Contented? Joyful?

I don't know about you, but I see little of that around me. Why is that, do you think?

It is my belief that when we do something that goes against our Best Self, the Universe sends us a message, a breeze. If we ignore the breeze and continue with the same behavior, the Universe will send us a storm, and if we continue, a hurricane, until we get

hit by a two-by-four or something equally painful.

This obstinacy of ours is why I believe we so often make promises to ourselves that we then pretend are not so very important to keep right away.

How many times have I started a diet? How many times have I said I would exercise? All the while getting heavier and heavier! I am actually carrying my own two-by-four, how about that for ignoring what's right there for all to see!

What about your lives? What kind of behavior do you keep doing even when it obviously doesn't work for you? Do you keep choosing the same kind of inappropriate mate? Do you keep getting the same kind of obnoxious bosses? Do you keep doing the same things over and over again even though it gets you in trouble?

What if we trusted the Universe to know better than we do what is best for us? What about if we stopped and thought about who we really wish to show up as?

I often think about what I would like people to say at my funeral. I don't find this at all morbid. On the contrary, I love how this question makes me think about my life and what I wish to make of it.

I feel that a large part of me is a lovely butterfly flying free. But there are other parts that are still in the cocoon. For some reason (fear, of course!) there are parts of my life that I keep in the dark, in a prison.

What about you guys? Any of you feel as I do, half in, half out of your cocoon?

Life is so wonderful with its continuing opportunities to set us free.

Fly away, dear Ones!

Janine

INTRODUCTION TO THE COURSE

A while back I bought an internet course called The Thomas Messages that I found wonderfully uplifting. I chose to share this course with you in this newsletter. There are 16 messages in all, I have included one in each issue until all messages are shared with you.

This month's issue includes the last message from Thomas. It is difficult for me to realize that the first message was almost 3 years ago. How time flies!

I hope you have enjoyed Thomas' Messages as much as I did. If some of you would like to receive the complete set of messages 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 Sixteen

"First Lesson"

Beloved Friends,

You may be wondering why the final lesson in our course is entitled, "First Lesson." You may have thought we made a mistake, that perhaps we sent out the wrong lesson, mistaking this class for one that is just now beginning.

No mistake has been made. This is the right lesson, and this is a class that is just beginning.

Why?

Because the end is the beginning. We have been on a wonderful adventure, but it has all been preparation for what lies ahead, the opportunity to apply everything we have experienced together. How will we do that? First of all, by realizing that we are by no means alone on this journey. There are millions of people on the planet today who are waking up to the same call. They all chose to be here at this time, just as you chose

to be here. The energy is pulling all of us into a brilliant new world, and the Grid the Children refer to is activating us in ways we cannot understand intellectually, but which are tangible and real nonetheless. We realize that the New Children, especially the ones who have been called to our side as special guides, are just beginning their mission. We are just now beginning to understand them, and they are just beginning to understand us. They reached out to us for help in their mission, a mission we all share, and we realize that we stand at the brink of something we can barely imagine.

I have thought a lot about where I think this is all going, and I would like share that with you now. Ten to fifteen years ago many people began to notice that the children being born today are somehow different. Sometimes it was very subtle, for in most ways they are no different than any other child. But many of them were born with a certainty beyond anything we have seen before. They would play and act very normal for their age, then a light would go off inside them and it would seem as if a great sage took their place. At first we called them the Indigo Children, but even that description didn't work for those that were being born with amazing psychic abilities. These children came bearing a message for the whole world, a message they believe has the power to change everything we perceive.

"How would you act if you knew that you are an Emissary of Love?"

And at the end of their question there was one simple word that makes all the difference in the world--BEGIN! It is a challenge, and it comes to us from the most innocent of sources, the children.

You joined this family because you were brave enough to try to answer that question with the way you live your life. And now that you are here, you have been drawn into a web of Light that is being woven around the whole planet by these amazing Children. We are part of their work and they are part of ours. We are waking up to our destiny, both individually and collectively. You are here to play a critical role, and that is what you are about to begin.

This has been the plan all along. We have been trying to create a world of peace for the Children, and yet they have been the ones who have been making it possible for us. We must work together, especially now, if this vision is going to become manifest. We have all heard the predictions of Thomas, what would happen in the world depending upon the choices we make. He has emphasized that neither choice is right or wrong, but we have the opportunity to choose skillfully. We see this in our own lives on a constant basis. Some of the mistakes we've made have led to the greatest breakthroughs. How can we really call them mistakes? But there is always a way to learn the same lessons gently, in love instead of fear. This is what the Children are offering us now, if we would but open our hearts to the love and support that is within us every moment.

The words you have been reading in this course mean very little. If anything, they have been distracting your mind to allow a greater mystery to unfold. You made a commitment when we began, and the Children took that very seriously. A Guide then chose you, and whether you were consciously aware of it or not, they have been working with you ever since. Thomas even explained that many of the Children have been offering support from a level that is so high that they themselves have not been conscious of it. But you are conscious of it now, and that is all that's important. Now there is a new question that confronts us.

"Will you choose to continue this path, accepting the important role you have to play, or will you close the door and go back to the life you have always known?"

Do not think that your decision is anything less than this. A firm commitment is required at this point. It is now time to merge with the guidance you have received, to act as One Mind with the child who has offered you support.

There is no longer a "Child Guide" and "you." There is only YOU! Do you understand the difference? Your graduation is accepting that YOU and your Guide are acting as one, sending out one voice of peace and hope. And in choosing this you know that you are acting with all the Children of Oz, for they are themselves conscious of that Oneness. It is yours to be aware of it as well, for there is no other step than this.

Everything we have done till now has been in preparation for this moment.

I am personally aware that the words I am writing this moment are not just coming from me. They are also Thomas' words, for he is one with my Mind. He is my Guide, but he is not outside me in any way. All the other lessons have been presented in two voices: James and Thomas. Now there is only one, for he has joined with my mind. And I can feel all the other Children within me, speaking "as" me. Do you understand the difference? Before Thomas was speaking "through" me, but that has now changed. Then there was a difference, as if I was typing words from my mind one minute, then from his the next. Now Thomas speaks "as" me, for there is no difference.

This was as much a surprise to me as it may be for you.

You are now being asked to do the same. This is how you enter the Grid, by being conscious of your connection with all the Children who are working together. You will do this by acting as One with the Guide that has chosen you. Then they will pull you up the scaffolding to the ceiling where the real work is done. You will look around and see that you are not where you were a minute before. You have jumped to the next level, which is where all humanity will soon be as well. But it is your choice. If you allow yourself to be led to this place then you will soon begin acting as Guide to others. The Children will tutor you in how to do this. Once again, you may not even be conscious of this, but it will be happening nonetheless. You are not choosing this for yourself alone, but for us all.

So how do you make this choice? How do you merge with the Child that has offered you more than you can ever imagine with your conscious mind? Here is your answer:

BY SAYING YES TO THE GIFT THAT IS BEFORE YOU NOW!

That is all. It is so simple, and yet so real. You have done everything that you need to do. All these lessons, and everything you have ever experienced till now, have been focused on getting you to this place. And now that you're there, all you need to do is WILL the shift. You can do it in any way you choose. You may decide to have some kind of ceremony this week. You may simply go off into another room and feel the presence of your Child Guide, then offer your YES to the Universe. However you decide, let it be today. There is no time to waste, for there are so many people that now need your help.

This is the moment of your graduation!

I look inside my heart and wonder if there is anything more I, or we, can offer. Only that you are so loved. Your life and your gift are so important to the world today. Like Jesus said, don't put your light under a basket, but bring it to the mountain where it can be seen by everyone. You have welcomed a Child into your life that has the wisdom to lead you to the brink of Heaven itself. Now it is time for you to jump. They are holding your hand right now. There is nothing to be afraid of. Your YES is all that is required.

Go for it!

We love you,
James & Thomas

Finally, for those of you who feel you have really gained a lot from this course, there is another opportunity you need to know about. For almost three years now we have been distributing the "Beloved Lessons" which were developed from the teachings in Emissary of Light and The Secret of the Beloved Disciple. It is where it all began, and the lessons are beyond powerful.

Everything leads to the final realization of a chant we use: "To See as God Sees; To Feel as God Feels; To Know What God Knows; The Beloved Sees Only the Beloved." I highly recommend these lessons because I have seen how they have transformed over eight hundred people around the world. For more information you can go to the web site, www.emissaryofflight.com

Give yourself the gift of continuing the transformation the Children have started in you.

Peace,
Jimmy

Lightworkers; those who have chosen to consciously support the spiritual progression of humanity and the planet earth as we enter a time of tremendous shift and growth, are gathering all over the world, from every walk of life, to hold the universal concept of love and to act as an example to all. Lightworkers maintain a deep respect for the individual's right to make their own choices in accordance with their own personal time frame and path. As such, they work as active bearers of light and love, facilitating positive progression on earth without the need or desire to impose their ways onto others.

The earth is experiencing enormous change and with change comes the inevitable upheaval and readjustment, together with a clearing of the old in order for a space to be created for the new. Times of change are so often feared by humans, as the desire to maintain the status quo is viewed as the only valid and acceptable means of survival. Life however is a constant flow with nothing remaining static and it is only when we resist change that we allow fear to enter into the equation. Those who view change as the necessary and indeed welcome catalyst for further growth, are able to maintain the bigger spiritual perspective and become the eager observer and participant on their paths of self awareness and growth.

Lightworkers therefore are gathering to pave the way for the dawn of change and to support the advent of new energy entering the planet. They are utilizing their own personal awakening onto their conscious path to support mankind through this transition and to serve as an inspiration for others to remember their divine essence and their unlimited capabilities.

With over 2 million people currently incarcerated in U.S. prisons alone, combined with the atmosphere of hatred, fear and despair characteristic of the majority of facilities, light, love and change is needed in vast proportions. Indeed it could be said that the prison system stands as a metaphor for the present planetary situation, with the duality of love and fear epitomized by the state of the prison system and the ensuing discord between those who seek to bring about reform on every level and those who refuse to acknowledge that there is another, more globally productive and mutually beneficial way forward. Few other establishments bear wit-

ness to such extremes of emotion and opinion, where fear and hatred are so closely bound with love and the fervent desire to change and progress. While there are many who work diligently on the outside to help bring about the much needed reform of the prison system, those working from the inside are the brave pioneers carrying a torch in the darkness, seeking to spread their light both inside and outside of prison.

Recognising the Lightworker in yourself and others

- Lightworkers have a conscious and ever growing knowledge that they have a specific role to carry out in their present life.
- Lightworkers have often emerged from times of trial as more empowered people with a desire to impart their understanding to others.
- Lightworkers feel the pull to help others and serve the greater needs of the planet.
- Lightworkers seek to invoke change through the use of loving tools without attachments being placed on personal outcomes, needs or desires.
- Lightworkers endeavor to love without conditions and to honor the paths of all those in their lives.

Whether you recognize all or any aspect of the lightworker depiction or simply have a desire to develop spiritually whilst in prison, there are ways to be a part of the global opportunity which the human race has the occasion to be a part of at this time in our evolution. Spirituality is a state of being, an expression of who we are and how we choose to view life, its events and our fellow man. It is a deeply personal and individual journey and as such, those in prison have as much possibility to encompass spirituality as those on the outside. The role you play or the tools you use may differ, but essentially those of us seeking to bring positive change to the world all have a common and unified goal.

How does a prisoner aid this positive global growth and awakening? [...]

Being the bearer of the light does not necessarily mean standing out amongst the crowd or being noticed for being "different", although these elements are characteristics of many lightworkers. Prison society may well discourage individual expression or alternative thinking, but spreading the light is something which emanates from the many subtle nuances of

the wise beings we are. Thoughts, positive visualizations, deeds, kind gestures, a listening ear and an open heart; all these constitute some of the ways in which a person can help another and lift the vibration of his environment and those around him. Holding the light, regardless of the situation a person finds themselves in, is the role of those who seek to bring positive change of the world.

Another aspect of the lightworker role and one which is particularly relevant to those in prison is the personal repercussions of introspection which so often comes about as the result of difficult situations. The self awareness that arises from overcoming difficult events and situations in life leads to a better understanding of ourselves; we learn and grow enormously through trials which make us stronger, we empower ourselves and feel better equipped to deal with life. Those in prison often face seemingly insurmountable challenges, thwarted at every turn and surrounded by negativity and repression and therein lies a choice and a decision to be made. To draw from inner strength, to form a solid base of respect, love and faith, to grow and understand ourselves better, is to truly to walk on our paths with awareness and to activate the light within us.

Once activated and embraced, the light can never be diminished. It will continue to grow as we nurture ourselves, others and our planet. We can, through our actions, thoughts, words, outlook and mentality, offer love and light to our fellow man, whilst at the same time acknowledging that we are each responsible for our own lives and the way we choose to lead them. To light the fire within ourselves as individuals and to allow the flame to burn brightly regardless of our situation or circumstances is admirable and profoundly rewarding. This light becomes our closest and most trusted companion. While those who find themselves in difficult and challenging situations both in prison and in the free world, may so often be surrounded by people with very different ways of viewing our existence and who deal with life in ways that do not correspond with our personal choices and views, walking as a lightworker promotes self awareness and brings a sense of balance and harmony to ourselves, enabling us to be better equipped to journey along our paths.



From the Mail Bag

Janine,
Wishing you love, light, and creativity. I've received your July 2009 issue of *Freedom Inside*. I really appreciate it, and I'm extremely grateful to you for blessing me with all of this "conscious-expansion" and inspiration.

First, again, my "empathetically" shared loss with you in the passing of your mother. I am proud of you for your intense involvement with your mother. Honoring our parents—especially our mothers—is a really, really great thing. But like the prophet, Kahlil Gihbran said: "Our children are not ours; they are the sons and daughters of creation longing for itself." I'm guessing that the same thing can be applied to us—concerning our parents. They are in our world for us to love, accept, appreciate, and learn from—along with a great deal of other "life manifestations". [...] In relationships we learn of ourselves and in relationships we express our Selves.

What we learn about ourselves we must carry on in our relationships with other souls. [...]

As prisoners, we have the capacity for many choices, and the more spiritually or consciously aware we are, the less it becomes necessary to be any other place than where we are "to reinvent a life". In addition, I'm sensing that there is no "right", "best possible", or "most powerful" choice; rather, there are only the choices we choose to recreate that grander version of ourselves—based upon our cumulative and total awareness.

Janine, it's my understanding that most of the time, when we experience the release of pent-up energy—energy that was used to protect us from inner wounds or fears, when we have transformed through adversity, we find space, energy, and opportunity to move on into unexplored parts of ourselves. These are no accidental occurrences; for

[they happen] either by design or a natural function in our evolution.

Finally, all the doors that really matter, are always open for me to choose my personal best i.e. that grander version of the greatest vision "that would serve my whole self." Right now, my re-invented life is about "responding empathetically" to whatever soul is before me. In that soul, by my acceptance, I am realizing my purpose. Granted, this is a goal, a prayer, a vision; it's a self-disciplined response. I'm not always self-disciplined however. When I'm consciously aware, this is my choice; otherwise, inertia is in charge. From CWG; "Every moment is a perfect and precise opportunity to decide, declare, create, express, and fulfill who we are." This, Janine, IS re-inventing life AND a source of my *Freedom Inside*

HJ
North Carolina

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
The Peace Center
6833 Stanley Avenue
Berwyn, IL 60402

FREEDOM INSIDE

**When you are in a state of bliss
Call forth whatever you wish...**

**During silence and stillness
The Creator's energy is yours;
So maintain your poise....**

**But if sectarian and ideological issues
Are interfering with your creativity and imagination
—They are in violation...**

**When your thoughts
Are on what you don't want
You're making an unwise point...**

**So keep your thoughts on what you intend to create
And say only what you choose to make real
If you're truly interested in learning how to live...**

**Because there is no dissention
When you don't give the monster any attention...**

**So continue to think about the things
You would like to experience
Since you don't need a tangible clearance...**

**L#ife is a reflection of who you are inside
Since this is here your intentions and passions
reside...**

**But if you are not in tune
With your highest reality
—Please transform your mentality...**

Freedom Inside

**DR
Michigan**

BEEN HERE BEFORE

I am young, I am old,
I am rich and I am poor,
I feel like I have been on this earth
many times before.
Once I was a black stallion, riding free,
searching in the darkness for a piece of me.

I used to be a king, on an island by the sea,
with rainbow-colored people,
living as happy as can be.
We never had a problem,
never was there a care,
love was ever flowing
and its feeling shared.

It feels like the universe,
vast and never ending,
stars to me are my children,
babies are my friends.
The heart is like a galaxy,
wherein my spirit lies,
I have felt this way a million times,
if you please, do not ask me why.

Questions of many lifetimes,
are past my point of view,
perhaps it was always karma,
others may call it déjà vu.
I can feel this for sure;
I have been here before.

Jeffrey Stevens
Florida
as published in
The Spirituality of Incarceration (2006)
by Katja Farnden

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



1257 Siskiyou Blvd. #1150
Ashland, OR 97520
USA

Know anyone who would like to receive this newsletter?

Name: _____

Address: _____

*****NEW ADDRESS*****
Send to : *Freedom inside/subscriptions*
1257 Siskiyou Blvd. #1150
Ashland, OR 97520
USA

Or e-mail us to: freedom_inside@hotmail.com

DONATIONS

*It is my intent to continue
sending Freedom Inside to
you at no cost.
Donations would be grate-
fully accepted from anyone
able to contribute.*

*Thank you,
Janine Cantin*

*P.S. Please make checks or
money orders payable to me
personally*