



A Newsletter For Prisoners  
Based on the Conversations with God Material

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**Springtime: Time for Renewal**

*It's almost springtime again. Living in Oregon, the change of season is not as remarkable as it is in Canada, but more so than it is in the Arizona desert. But even so, wherever you are, spring brings with it a sense of renewal.*

*We can experience the cycle of life. Things that appeared dead come back to life.*

*I am reading Kryon Book Eleven, Lifting the Veil (The New Energy Apocalypse). I invite you to read an excerpt of this book on page 2 of this issue.*

*It gives you a whole new idea about changing seasons, doesn't it?*

*But let's stick with the rate of change we are familiar with.*

*Every year, year in, year out, Nature goes through her cycles of life. When I think about that, it's hard for me to avoid the idea of reincarnation, of death being a very relative concept that doesn't really correspond to anything we see anywhere in Nature.*

*But this article is not about reincarnation, at least not in the sense we usually associate with*

*end-of-life.*

*I am now considering reincarnation as we see it happening all around us in spring.*

*As all who know me can attest, I am not a gardener. As a matter of fact, I am more of a plant murderer because my green thumb seems to pull the trig-*

*ger more than anything else. :-)*

*But I have seen how gardens are tended and can thrive. With forethought and care, empty plots seem— to me, at least— to magically transform themselves into gardens of Eden.*

*Nature is constant. I know that. I know there are four elements around and in us: fire, water, air, and earth. I am made of the same stuff that the garden is made of. This I know.*

*And I have been taught that the cells in my body regenerate constantly, just as Nature is constantly changing and regenerating itself.*

*So when is my springtime?*

*According to what I have always been told, I now find myself, at 60, in the fall of my life. Spring having happened a very long time ago and winter creeping inexorably closer.*

*Problem is, it doesn't feel like it at all to me. I feel invigorated, ready for the next part of my life to begin. I have plans that I am excited about. My life feels new to me.*

*I don't know if I would say that it feels like spring since the wisdom I have accumulated I associate with the experiences I have been through. And those experiences have come with the passing of quite a number of years. But my life certainly does not feel like fall or winter when things usually quiet down and hibernate.*

*So I have decided that I don't have to choose which season fits my life best. All of them do.*

*I am in Spring because I am constantly tilling my soil, preparing it to receive the seeds that my Higher Self is just waiting for me to be ready, willing, and able*

*(continued on page 2)*

**Springtime: Time for Renewal**  
(continued from page 1)

to receive.

*I am Summer, because many of the seeds I have cared for have now come to full bloom, bringing me more knowledge, wisdom and clarity than I ever had before.*

*I am Autumn, because some of my old thoughts, beliefs, and attitudes are slowly but surely falling off.*

*And I am Winter, because I feel I have nothing I “have to” do right now. I can sit here, hibernating, in complete peace and quiet, knowing that my life will continue to thrive and be ready for action when the time comes.*

*Spring is just around the corner. Whether you have a garden or not. Whether you have a pot to plant or not. Whether you can even see out a window or not, Spring is almost here.*

*Our bodies are full of Sun, Air, Earth, and Water. Even those of you who are incarcerated in institutions that do not allow any time out of doors, even you have the same elements inside you that are found out of doors.*

*I ask you to shine a light on your selves as I send light to all my readers. This is Spring Cleaning time. Let’s all of us scrub our lighthouses from top to bottom, get that glass as clean as can be and SHINE!*

*Be a light onto the darkness. You don’t need to do anything else. Be the Light that you are.*

*Just shine and the world will be a brighter place*

*With much love,*

*Janine*

**The Winter of Spirituality**  
from *kryon* *Lifting the Veil (The New Energy Apocalypse)*  
Kryon Book Eleven

We want you to pretend for a moment. Fantasize what it would be like to come from a planet that had an orbit around the sun that took hundreds of years to complete instead of the 365 days that you enjoy now. What if you were on a planet where you could live out your entire lives within just one or two seasons? That would mean that there would be only a few of you who would be in a culture or in a lifetime who would see a change of seasons at all. And when you did, wouldn’t it be scary? It would be frightening, especially one or two of the seasons that had never been seen. Can you imagine going into autumn and winter when, for hundreds of years, humanity had only seen spring and summer?

Just consider how it might be: You lived all of your life, you parents before you and their parents before them, where the earth had always been mild. Warmth prevailed, with birds every day and sun and nature celebrating life. Then it happens: The trees drop their leaves! What’s wrong? Are they sick? Are they dying? Where did the birds go? Look at the stark trees! Oh, what is taking place? Darkness, grayness...death. You never saw the fall before. To you, the trees are dead—just look at them! They’re dead and dying all around. All the life has been sucked out of them, and they’re becoming just skeletons of what they were before.

Then the sun doesn’t come out anymore. You can’t walk around either, because it’s too cold. The water you drink from the lake is freezing. Your well is freezing! How will you drink? How can you grow food? The earth is dying, and so is humanity. You might even consider dying yourself! Wouldn’t this be a possible attitude? In-

deed! There would be mass suicide and much angst. Governments would fail and priorities would shift. It would be the end of the earth if you didn’t know better.

[...]

So perhaps this is a metaphor that you’ll understand through familiarity of change. What we’re going to tell you is this: You’re sitting in the energy of something that you’ve never seen before, nor have your parents or their parents or even the ones before them. Dear Human Being, you’re seeing a spiritual winter.

[...]

Now, of course we speak metaphorically, but some of you are starting to get it. Perhaps what we’re telling you is beginning to make sense, and you now understand why you’re reading this. Listen: When it gets dark and you go into a spiritual winter, there’s a whole group of you who have been placed here called the Lighthouses who are going to keep the ship of humanity from crashing against the rocks. And they’re the readers and listeners and many, many more who are awakening.

Reader, are you getting this? There are tens of thousands of you reading this now. It’s why you’re here. It’s why you exist, to hold that light during this spiritual winter. It isn’t going to get better for a while longer. But don’t despair. Hold that light. It’s why you came, and why you’re alive on the planet right now. Let us say it again and again and again: You’ll never find a lighthouse built in a safe place, will you? The storm comes, and that’s when you light the light. It’s to hold the energy on the planet in a balance so that you can go through this *disconnection* and let it endure for the appropriate time.



## Unity Wave of Love

**March 9, 2011: Dawn of the Unity Wave**

*by Christine Hunter-Robertson*

Many people are aware of the purported 'end of time; the end of the Mayan calendar'. Not many people however are aware of its true meaning as it is shrouded with doom and gloom and end of the world prophecies. The Ancient Maya left us an amazing account of the nature of Universal energy which can be mapped out according to their records and actual historical events. They were trying to share with us the true nature of this incredible time.

Mayan calendar scholar and scientist Carl Johan Calleman has studied the ancient inscriptions for over thirty years and documented the various shifts that humanity has been going through. For the past 5000 years humanity has lived through 8 of the 9 waves of consciousness as explained by the Maya. Nine waves or nine steps represent the nine levels of evolution the Universe undergoes on its climb to its highest state of consciousness. As of March 9th 2011, the ninth and highest wave of energy will be activated. It is in full force and will complete by October 28th 2011. According to Calleman and others (sources given at the end of this article) this wave provides an opportunity for humanity to co-create unity consciousness. This is the purpose of the ninth wave to bring us to the pinnacle of our Beingness. This requires a major shift in consciousness and an opening to the Divine Feminine which moves us towards a deeper understanding of our own creative force, the feminine principle is creativity and is humanity's way forward coming into balance with the Divine masculine into Unity.

Up to now the 8 previous waves have been manifestations of duality and we have explored all aspects of the darkness: separation and fear, the opposites of unity and love. Now it is time to turn towards the light.

When we turn towards love and light we are faced with truth; truth about ourselves, about our world, about our belief systems. Nothing can remain hidden when there is light shining upon it. We are called upon to face our greatest fears, to heal our deepest darkest shadows, so that we can receive and be open to this won-

derful wave of light and love from Source.

What will the wave feel like?

The 9th wave includes 18-day periods that are designed to lead the universe and humanity to its highest state of consciousness. Each rhythm is broken up with 9 days of increasing intensity until it descends for another 9 days. (9+9=18) The first level beginning March 9th is: Initiation, it is sowing the seed, so pay attention to your thoughts!! What do you want to intend? Do not let your past learning (the mind) guide you now, follow the heart's wisdom, ask, "What would love do now?" You are sowing the seed for all humanity; do you have the discipline to monitor your thoughts for 18 days? We are co-creating here.

The potential at this time is to open up and be our true Divine Selves. Have you been feeling this energy already as it begins to stream into the planet? Feelings of fear, anxiety, sadness and pain? Look to the emotions demanding to be expressed as each aspect of pain, grief, anguish or hate is exposed by the light. NOTHING can remain hidden in this energy, we can ignore, deny or turn away but it will still be there highlighting our shadow side. The mind clings to the old, to what it believes in. As fear comes up love it, embrace it, trust and allow the flow to take you where you need to go to release and heal the emotions - the shadow.

How can I do this you may ask, what does it mean to clear my shadow?

The shadow self is the accumulation of all fears. There are many natural processes you can engage in to assist you at this time.

Here are some steps to help you.

1. Willingness and intention. All you need is 50%. Spirit, God, the Angelic kingdom, any you are comfortable with will help with the rest. So ask for help!

2. Notice the emotional state (this fuels your thought process)

APATHY: despair, disillusioned, negative,

unfeeling, depressed, defeated.

GRIEF: betrayed, loss, melancholy, remorse, sadness, wounded, why me?

FEAR: anxious, dread, embarrassed, skeptical.

LUST: exploitive, greedy, hoarding, manipulative, never enough.

ANGER: aggression, defiance, rude, vengeful, violent.

PRIDE: judgmental, critical, unforgiving, unfeeling, conceited.

There are many other words to describe emotional states but these may help.

Your signpost is the emotion - Where is the fear? - What am I afraid of?

3. Notice your thoughts. Some form of pattern will emerge. Check it, allow it to exist but breathe through it. Then the mind and heart can link. Breathe...."Aah I have a pattern of feeling hurt and wounded."

4. Sit with it and breathe, dive into the feeling, embrace it knowing it is here for healing, coming up to conscious awareness for release. When you allow it its full expression it releases. (Give it movement - breathe, breathe, breathe)

Learn to love your fear, fear cannot exist with love, see it for what it is; you may see the child within you, a memory replaying over and over again, scared, hurt, in pain.

There is a short powerful prayer that I find invaluable and helps me to move from a negative thought to a calm space when I am in a situation where I cannot take time to go through a full release.

Breathe in Love. Breathe out Trust. Breathe in Joy. Breathe out Compassion.

Any order is just fine!

All around the planet people are waking up, light workers everywhere doing their own spiritual work.

*(continued on page 6)*

## SEEING WITHOUT EYES

Long ago, the poet Kabir wrote these words:

*“Love has brought me to a land where I see without eyes and dance without feet.”*

This is a profound quote to think about. It’s not just a flowing, poetic statement. What if Kabir meant it quite literally when he wrote *“...a land where I can see without eyes?”* We know there is an inner vision that is more refined and subtle than physical vision. It is a vision that is not of this world. This SEEING has nothing to do with the physical plane or the physical eyes.

And what about a land where I *“dance without feet”*? When we experience certain states during meditation or chanting, or at any time in our lives when we tune in

to inner states, we feel like we are dancing inside. It’s the dance of Spirit.

These are times that involve a suspension of ordinary perception and language, they’re moments when our egos are transcended and we experience a heightened awareness, a sense of unity, and we lose our usual sense of time and space.

As we quiet our minds and go deeper within, we may develop the perspective of the witness. From this point of view, we realize that we have feelings, but we are not our feelings; we have a body, but we are not our body; we have thoughts, but we are not our thoughts; we have a mind, but we are not our mind. We realize that we have these things,

but they are not what define us. They are not who we are.

With this awareness, our compassion expands naturally, and so does our realization that things are not as solid as we thought. This awareness creates a tremendous freedom in making different choices. We can choose to live with an open heart, a love that can include everything and everyone. In this timeless moment, wherever we go, we find our own kin in a thousand different disguises.

Now, at last, we can experience the bliss and the ecstasy of seeing without eyes and dancing without feet.

CTB  
Arizona

## THE SEARCH FOR BEAUTY

Looking for and enjoying beauty are ways to nourish the soul. It is the deepest dream of the human soul to be in the intimacy of divine beauty. Even in the drab environment of this prison yard from which I write this, inmates are continually trying to create drawings and objects that are aesthetically appealing.

One of the most important—and most neglected— aspects of our lives is the ability to respond to reality, to see the value and the beauty in ordinary things, to come alive to the splendor that is all around us. So often, we just do not see it.

In turning away from things that are graceful and elegant, we turn away from all that is wholesome and true and deliver ourselves into an exile where the vulgar

and the artificial dull and deaden our human spirit. There is a widespread habit in our society of mistaking glamour for beauty. Far too much emphasis is put on good looks, image, and fashion. Far too little attention is given to the dignity, grandeur, and nobility of the human spirit.

It has been said that beauty is in the eye of the beholder, and I know that by beholding it in every person and in every place, I am blessed. I find that walking this path is acknowledging the goodness of creation and feeling the radiance in everything.

Thomas Merton eloquently expressed this when he wrote: “Then it was as I suddenly saw the secret beauty of their hearts, the depths where neither sin nor desire can reach the person each

one of us is in God’s eyes. If only they could see themselves as they really are. If only we could see each other that way, there would be no reason for war or hatred or cruelty. I suppose the big problem would be that we would fall down and worship each other.”

I believe that the day will come when we will review our lives and be thankful for every minute of them. Every hurt, every sorrow, every joy, every celebration, every moment of our lives will be a treasure to us, for we will see the utter perfection of the great design. We will stand back from the weaving and see the tapestry, and we will weep at the beauty of it.

CTB  
Arizona

## A TIME TO GRIEVE

The senseless and horrific tragedy in Tucson [January 2011 shooting] leaves us shocked, angry, grief-stricken. We ask, "How could this have happened?" and we're faced with the mystery of it all.

The emotional pain known as grief is intense, but it also is a compassionate teacher. The grief that comes from a tragedy like this gives us—like nothing else possibly can—a deepening within the soul and heart. It takes us by the hand and leads us into the experience of opening the heart to the tender mercies of compassion.

The healing comes from letting the grieving happen, allowing the full expression of feelings: room for

grief, for relief, for sorrow, for joy. With a strength of heart, we can respond to the full range of human emotions, unafraid of feelings, neither identified or embattled by them. When we accept our feelings as impermanent forces, we can feel free to honor them without being shut down or frightened or caught by them.

A time like this reminds us that every meeting will end in parting, everything we have accumulated will eventually be dispensed and every birth will end in death. Each moment of our lives could be our last or the last one of a loved one. Life is a mysterious and precarious thing and that it is happening at all—however it's happen-

ing—is a miracle.

It only takes a little more effort to listen carefully, to give an extra hug, to say a kind word. As we savor the preciousness of this moment, may the words of Mahatma Gandhi speak to our hearts:

*"I dimly perceive that while everything around me is ever-changing, ever-dying, there is underlying all that change a living power that is changeless, that holds it all together, that creates, dissolves, and recreates...In the midst of death life persists, in the midst of untruth truth persists, in the midst of darkness light persists."*

CTB  
Arizona

## THE MYSTERY OF SUFFERING

The nature program on TV showed a lioness chasing a zebra. I saw the panic in the zebra's eyes, and I know it was suffering. But then I remembered that if the lioness does not capture the zebra, she may walk back to her young, and stand over one who has just died from starvation. Perhaps the lioness will lick it as if trying to bring it back to life. So if the lioness captures the zebra, the zebra suffers; if the lioness fails to kill the zebra and one of its young dies, the lioness suffers. In all of life, a variation of one of those possibilities must happen.

Then I turned to another channel and I was shown the immense amount of suffering in other areas of the world...the mass murders in

Tucson, the carnage on the highways, the refugees from war and earthquakes, and the list goes on and on.

I believe, however, the mystery of suffering has an inherent wisdom to it. We can do all we can to relieve the suffering, even as we don't understand it all. We can be in the presence of "what is" in the universe without closing our hearts. If we close or armor our hearts, we might feel protected and less vulnerable, but we become deadened in the process. We become a crippled instrument in the healing of our planet.

Suffering shows us where our mind is caught, and, in that sense, it's an extremely useful gift.

Imagine what thickness, what richness each moment has that has the sorrow of a broken heart, the joy of a newborn baby or puppy, or kitten. It has it all. It's like being a part of the living Spirit.

Ultimately, we begin to see it all as the process of life, as gifts that deepen our lives immeasurably. We die into being compassion. We don't have compassion. We are compassion.

CTB  
Arizona

I recently read a heartwarming honest letter from an inmate To Spirit Light Outreach. In this letter, he said, "It can be so easy for me to look at all of the 'wrong' in this world. To look at just the cover of the book. To judge the people around me, not even giving them the chance I so desperately want myself. I am prone to be intolerant, yet tolerance is what I ask for."

I live in Tampa, and one of the most stunning news items in our papers this year was about a middle-aged, upper class woman who planned and carried out the execution of her two teenage children. She shot each child twice in the head. According to the papers, both children had been model students and athletes. It's hard to think of a situation that's likely to bring harsher judgment. In fact, according to the newspapers, not a single person has visited this woman since she was incarcerated. Not even her mother.

I think we often judge such people so harshly because it gives us someone to point to whose "sin" is greater than our own. Yet it is so often true that "There but for the grace of God go I." I can clearly remember, as a young mother, becoming so frustrated with my own infant son's incessant crying that at least for a brief instant I contemplated silencing his cries

forever.

A Course in Miracles says there is always only one of two things going on: love or a cry for love. A mother who murders her child clearly is not just crying out but *screaming* for love. Instinctively, when our inner pain becomes so acute, we seek means to numb that pain. It was subsequently revealed that the Tampa woman who shot her children was taking prescribed medication for depression. The problem is that this medication not only numbed her psychic pain, it also obliterated her judgment.

We're surrounded every day by people crying out for love—children who are silently enduring abuse, panhandlers, the homeless, addicts and alcoholics. Yet we are, in general, too focused on our own real or imagined needs to lend a hand to someone else.

A Course in Miracles says our brother is our mirror. As long as we see our brother as "guilty" or as not worthy of our love or attention, so long will we see ourselves in the same way. According to the Course, a miracle is a shift in perception. God created All That Is whole and perfect. We have a choice to make. We can either see God's perfect creation or our own distortion of God's creation. There is a practice

in the Course that teaches us how to do this. Whenever we feel the urge to criticize or judge, we can stop and choose again. We can ask Holy Spirit to help us see the person or situation in a different way. This is an exercise in mind retraining. And just as with any other new skill, it requires diligent practice to be mastered.

What kind of investment would you be willing to make to experience the freedom and inner peace of non-judgment? It only takes a moment to stop and ask Spirit to help you see your brother in a different way. Just remember—you have to *listen* to Spirit's Voice and not drown It out with "Yeah, but . . ." At first, you may find it difficult, if not impossible, to hear Spirit's Voice. Course says the ego always speaks first and loudest. But that quiet, gentle Voice—which some call Intuition—is always there, speaking to you twenty-four seven. If you are determined, you *will* hear it.

I've been practicing this exercise of asking Spirit for twelve years, and I still have to remind myself to do it daily, sometimes hourly. But it has very literally changed the way I see my brothers and my world. The process, earnestly practiced, has the power to transform our hellish nightmares to heaven on earth.

## March 9, 2011: Dawn of the Unity Wave

(continued from page 3)

This is an incredibly exciting adventure for all of us, it does not mean that it is easy but the potential is so wonderful, I for one am ready to ride the wave! Set your intention for the Highest good of all. Let us bring in and co-create harmony, peace, unity, love. Take the first step of responsibility for yourself, honor the masculine and feminine within.

*"The new consciousness generated by the 9th wave is something very special and significant. The 9th wave brings a shift to Unity Consciousness where the human mind no longer will be dominated by any dark filter. We will be transparent, seeing reality the way it is, and transcending all separation.*

*This is what we have been waiting for, seeing the unity of all things.....The wave will cap off all previous evolution and bridge*

*the new world that will follow the end of the calendar.*

*However, a large scale consciousness shift cannot happen against human will. Especially at the highest levels of evolution, such as the 9th, it can only happen through human beings who choose to serve as co-creators. If we make the commitment, we can co-create unity consciousness with the 9th wave."*

Carl Johan Calleman

There is a great deal more information available about the wave and the 13 levels, each carrying a particular vibratory intention and impact that can affect us as we ride to Higher Consciousness. Stay tuned as we bring you information each month through this time with guidance to assist you as we all ride this wave together.

Next month: Level 2 creates a reaction, a time to integrate the new way, to apply love and light.

In Love and Light

*Christine.*

For those who have access here are some other sources.

[www.calleman.com](http://www.calleman.com)

[www.treeoflifecelibration.com](http://www.treeoflifecelibration.com)

The Return of the Feminine by Rebecca Smith Orleane

The Wave of Love, a movie:

[www.universallifetools.com](http://www.universallifetools.com)

Unity - A New Dawn by Sean Alan Caulfield. [www.oursacreduniverse.co.za](http://www.oursacreduniverse.co.za)

by Joe Wolfe

Since early in 2007, the efforts to deliver a message of hope as offered in *A Course in Miracles* to prisoners have been ongoing. Prisoners have been a pet project for this writer for several reasons. The first of these reasons might be attributed to the personal experience of having served most of a ten year sentence in prison, but the greater reasons have to do with what occurred while there.

It was 1974 and I was twenty-four years of age at the time. My own history up to that point was one like so many stories of a young street thug, growing up in a working class Chicago neighborhood, discouraged and disillusioned by the mediocrity and grind of what life had to offer. That there had to be something better was always a predominating thought. So "better" for me, was the excitement and the radical camaraderie of our little clique of thugs, always plotting, always stealing, always looking for that thrill. So when those activities resulted in my first arrest, confinement in juvenile punishment facilities and finally in a ten-year prison sentence, (the big time), I was brought to a junction. I would crash and burn. Previously embraced justifications for my anti-social behavior would soon be shattered and all of the glamour of the life of a criminal would cease to contain even a trace of validity.

The underlying conviction that there had to be something better still remained, but now (after the experience I'll describe below) that something would take on an entirely new and remarkable definition.

So at twenty-four and while wallowing in the misery of prison life, this is what occurred that would lead to forever changing the way I would perceive the world.

The real Me...The I...The Essence of Who and Where I AM emerged for just a few short minutes one summer afternoon, after an entire sleepless night of worry and immense fear over the possibility that I might be killed the following day.

For the first time in many years I turned to the God I perceived and I

prayed for many hours with fever and intensity never before offered. "He" answered... "He" delivered me. And for a few brief moments "He" lifted Me from the body and embraced me as a loving Father does His Son and assured Me once again, that I would be alright.

While the body lay on the prison cell cot below, the awareness of "I" expanded to include every molecule of air around Me...every feature, the sunlight that streamed through the barred window, the trees and grass outside, the room itself...everything was Me. A crescendo of 'sound' accompanied the experience that completely absorbed all sound on earth and played as every instrument in every orchestra all over the world, in perfect harmony.

Now, many years later, and after much search, many books, and after the message of Forgiveness as gently prescribed in *A Course in Miracles*, I came to realize that the "person" who searched would never find the answers. That person, a product of the same thought system that created him, would seed and never find because he was simply in the way. His beliefs, his concepts and ascribed personage blocked the very awareness of that which he sought. He had to get out of his own way first. He had to surrender his own image of who he thought he was before any Real knowledge could enter.

The Law of Forgiveness would lend him the means to do just that. In Forgiveness, the little self would fade into the oblivion from which it came and what would emerge is what was there all along. That Essence of the Real Self, that "I" and that assurance that everything would be alright. And from that Essence a Power uncommon in this perceived world would accompany it and everything would change for the better, forever.

Today, almost every day this writer visits the local post office to deliver copies of the original edition of *A Course in Miracles* [donated by Course in Miracle Society] along with an easy to comprehend introduction to *The Course*, as made available through the text version of

Gary R. Renard's *The End of Reincarnation* to lists of prisoners who have expressed the desire to learn more about *The Course*. With the text version is a brief essay describing what is referred to as *The Five Signs*, five mystical experiences during this life, which led to adopting a practical application of the spiritual discipline taught in *A Course in Miracles*.

With the help of people like Jon Mundy and his *Miracles Magazine*, Regina Dawn Akers and her *The Holy Spirit's Interpretation of the New Testament*, Gary R. Renard and Tami Simon, (*The End of Reincarnation*) and Dov Fishman of *The One Mind Foundation* and *Acim Gather*, as well as Beverly Hutcheson, Marianne Williamson, Robert Perry, and those friends who assist with postage donations, and especially *Course in Miracles Society*, a new wave of compassion is spreading throughout the populations of the prisons all over the country.

For many of these prisoners, long forgotten by family or friends, this new avenue of communication brings welcome relief and a gentle, warm and loving response to their cry for help. It brings Hope where apathy, despair and grief make their home. It delivers Love where blame, guilt and punishment saturate the atmosphere. It brings the possibility of the Peace of God to a "place" where the ego's appetite for misery, pain and hopelessness can now move aside to welcome a glimmer of Light.

May the Love, Light and Peace of God be experienced by them, and with every second fell another moment spent in His Endless Embrace.

*Joe Wolfe facilitates A Course in Miracles study group at The Peace Center in Berwyn every Sunday from 2:30 to 3:30 p.m. He is available to speak at your center on his experiences leading to A Course in Miracles, a compelling account that will touch your soul deeply, and strengthen your faith in a forgiving force of Good in the Universe. You can contact Joe at*

*www.spiritlightoutreach.org*

### **A COURSE IN MIRACLES and more**

*Spirit Light Outreach* was founded by an ex-prisoner, Joe Wolfe, specifically with the intention to deliver spiritual inspiration (free books, etc.,) to prisoners.

Some of the books that are provided include the full 1,300 page original edition of *A Course in Miracles*. This wonderful message has changed the lives of thousands and thousands of people throughout the world.

Other books we offer are the works of Dr. David R. Harkins, Gary Renard, Marianne Williamson, Jon Mundy, Byron Katie and others as well as Joe Wolfe's own, *The Five Signs*, that describe his spiritual awakening.

Any prisoner may request to be listed with Spirit Light Outreach simply by sending us a request at the address posted below. Express permission must be granted before we will post any names.

If you are requesting a book, please be sure to indicate your

prison's mail policies and guidelines.

Prisoners may also request a subscription to *The Miracles Magazine*, which is based on *A Course In Miracles*.

Those of you who are studying ACIM and have questions about the material can address those questions to Joe at the address below or to Janine at *Freedom Inside* and we will forward them to loving people, students of the material, who have volunteered their time to answer such questions.

To contact Joe:

Joe Wolfe  
Spirit light Outreach  
c/o The Peace Center  
6833 Stanley Ave.  
Berwyn, IL. 60402

Or email him at  
booklist@sbcglobal.net

Or go to:  
spiritlightoutreach.org

[www.freedominside.com](http://www.freedominside.com)

*Freedom Inside now has a website. It includes all past issues of the newsletter as well as current articles. I am very happy to say that it also showcases prisoner art.*

*Those of you who wish to DONATE your art and have it featured on the website just to send it in at the Freedom Inside address. Please note that this will be considered a donation to Freedom Inside and may be used in future fund raising effort.*

*Please note also that in order to stay connected with all of you after your release, we are on Facebook. We will also set up a Skype conference call whenever the need arises. It is my intent to stay in touch with as many of you as are willing to do so wherever life takes you. I dream of co-creating with you Freedom Inside-Out. Please join me at <http://freedominside.com/freedom-inside-out.html>*

### **FREE BOOKS FOR PRISONERS**

Neale Donald Walsch along with Em Claire, whose poems are in the book, have generously offered to donate

- *When Everything Changes, Change Everything* (WECCE)

to any prisoner who is interested. This book can change your life. It was written to help those who are in bad places in their lives, who see no way out, who are ready for a real change. If this sounds good to you, this book may just be the answer to your prayers. Please write *Freedom Inside* for your copy of WECCE.

Make sure you let me know if you are allowed to receive hard cover books or not.

ALSO, you can still receive a free copy of the booklet,

- *ReCreating Your Self*

donated by the CWG Foundation

Plus, there is a download of the

- *WECCE Workbook*

that Neale has offered to donate to interested prisoners. This download is a 75 page book that can be copied and mailed to you. Please make sure you can receive so many copied pages as some prisons do not allow more than 15 copies or so in one mailing

*Thank you so much  
Neale, Em Claire,  
and the CWG Foundation!*





## RIGHTING MY WRONGS

There was a time in my life when I was very angry and always pessimistic. I believed the whole world was full of liars and cheaters and the only way to survive in this world was to try to become the best of the liars and cheats! I did not see much of a promising future for myself, I felt like there were far too many obstacles placed in front of me. I was raised by a single mother knowing fully well that it would be impossible for her to teach me how to become a man. I grew up in a dangerous drug infested community. There were few positive male role models for me to look up to and I always had the knowledge that being killed or incurring serious injury by some random act of violence was a very real possibility. That is no way for a child to grow up! Don't get me wrong, I am not saying that children that grew up in the same environment that I did never grow up to be successful, because some do. However unfortunate the reality is, the majority do not and I once believed that I was destined to fail as well. I started hanging around the wrong people, abandoning my responsibilities, and recklessly breaking the law. I became the epitome of

untrustworthiness in my neighborhood. Soon I was convicted of three counts of burglary and sentenced to eight years in prison.

Some people view prison as a horrible destitute place where vicious human animals are sent to rot and fester. Others see prison as a university for delinquents, a place where people who have broken the law go to learn more subtle and ingenious ways to prey upon the law-abiding public. Very rarely is prison looked at as a place of true rehabilitation, it is usually viewed as the place where society hides and disposes of its human unmentionables, it is a place where a man is not seen as a human being. Because of my mistakes and bad decisions from the past I am now labeled as something less than human: an Ex-Con, a Felon and any other number of belittling names that cause people who were fortunate enough not to have made some of the same mistakes that I have made, look down on me.

Yes, I will be the first to admit that I have made some major mistakes in my life. However, I have also

paid my debt to society as well. I am human, and to be human is to err. I am not the same person that was convicted of burglary so many years ago. I have grown and changed in so many different ways. I am now ready to move beyond the mistakes of my past. I saw prison as a cross road and a bridge for my life. I used these years in prison as an opportunity for clarity, focus and redemption. I once believed that I was the only one that made a difference in my life, and I was wrong. I took so many things and so many people for granted. I never realized how negative the effects of my actions were. I did not know how to really appreciate all of the different people that made things possible in my life. I am now conscious of my conscience and I know what direction I need to go in. In the past, I used to tear communities down, but now I am able to build them up. I have something to offer the world and I am ready to reveal my true potential. Please give me a fair chance to do so.

Thank you,

DTC  
Pennsylvania

## Quotable Quotes

Knowing others is intelligence;  
knowing yourself is true wisdom.

Mastering others is strength;  
mastering yourself is true power.

-Lao Tzu

By three methods we may learn wisdom:  
first, by reflection, which is noblest;  
second, by imitation, which is easiest;  
and third, by experience, which is the most bitter.

-Confucius

Wise men speak because they have something to say;  
Fools because they have to say something.

-Plato

When an argument flares up, the wise man quenches  
it with silence.

-unknown

I do not think much of a man who is not wiser today  
than he was yesterday.

-Abraham Lincoln

**WHEN WE CREATED THE WORLD**

by Drunvalo Melchidezek  
as published in *Living in the Heart*

It was lonely being the only One  
And so I made two.  
And then there was you.  
You were so beautiful with your eyes of innocence  
but I loved you from afar and yet so very near  
and I loved you in ways you could not comprehend.  
You didn't know I was watching through the eyes of  
every person you met,  
Nor could you hear my voice in the wind.  
You thought that the Earth was just dirt and rocks,  
You didn't realize it was my body.  
When you slept, we would meet in your heart  
And make love with our spirits as One.  
We would birth new worlds with such passion.  
But when you were awake, you remembered nothing.  
You thought it was just another dream.  
It was just another day alone.  
But in your heart I await you, my love, forever.  
For the truth of our love and Oneness will always be.  
Our love is the Matrix of All That Is.  
Remember, Sweet One,  
In your heart I will always await thee  
In the place that is small.

**FLOWER OF LOVE**

For the flower of love to take root,  
The heart must be broken.  
  
For the flower of love to sprout,  
It must drink the nectar of grace.  
  
For the flower of love to bloom,  
It must experience the blissful radiance of the Self.  
  
Have you planted your seed, oh beloved?  
Oh! Seeker, turn within and  
Let the love of God break your heart.

JM  
Ohio

# POETRY CORNER

## CONVERSATION

God and I in space alone  
 and nobody else in view.  
 "And where are the people, O Lord," I said,  
 "the earth below and the sky o'er head  
 and the dead whom once I knew?"

"That was a dream," God smiled and said,  
 "A dream that seemed to be true.  
 There were no people, living or dead,  
 there was no earth, and no sky o'er head;  
 there was only Myself -- in you."

"Why do I feel no fear," I asked,  
 "meeting You here this way?  
 For I have sinned I know full well--  
 and is there heaven, and is there hell,  
 and is this the Judgment Day?"

"Nay, those were but dreams,"  
 the Great God said,  
 "Dreams that have ceased to be.  
 There are no such things as fear or sin;  
 there is no you -- you never have been--  
 there is nothing at all  
 but Me."

by Ella Wheeler Wilcox

## THE TURNERS OF TIME'S PAGE

Feel the light in your breath  
 Feel the light in the air  
 Let the light fill this earth  
 With not a moment to spare

It cannot be bought  
 It can only be achieved  
 Little known that what you sought  
 Is inside your very being

We are the riders of the storm  
 We are the pavers of a new age  
 We were destined before we were born  
 To be the turners of time's page.

JJB  
Michigan

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*



*PO Box 507  
Ashland, OR 97520  
USA*

**Know anyone who would like to receive this newsletter?**

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*Ashland, OR 97520*  
*USA*

Or e-mail us to:  
***freedom\_inside@hotmail.com***

### **DONATIONS**

*To help defray to cost of Freedom Inside, you can make a TAX DEDUCTIBLE DONATION to the ReCreation/CwG Foundation*

- *Send a check made to the order of and mailed to: ReCreation Foundation/ Prison Outreach PO 507 Ashland, OR 97520*
- *Or go to the [cwg.org](http://cwg.org) and make a donation. Please SPECIFY AT CHECKOUT, IN THE "COMMENTS AND INSTRUCTIONS" BOX, that your donation should be used for the Prison Outreach Program.*

*You are blessed and a blessing to all*

*Janine*