



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

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**What the Heck is Happening in the World?**

*Earthquakes, economic and political upheavals, nuclear crises, unrest everywhere and nowhere to turn to when the Earth herself seems to be shifting under our very feet.*

*What the heck is going on? There is a lot of fear about what is happening. A lot of fear.*

*In many countries now, it is getting very, very dangerous to even walk the streets after dark.*

*In many countries, people are clamoring for jobs, for safety. For change.*

*People are getting very fed up with the way things have been done, are still getting done.*

*We know things should be different. We know things could be so much better than they are.*

*Neale D Walsch asks this question (I'm paraphrasing here): if over 6 billion people all want the same things: security, good health care, happiness, shelter, food, peace... and have wanted these things since the beginning of time, why don't we have it? Isn't it about time we thought, "Is there something we don't know,*

*the knowing of which would change everything?"*

*Obviously there is or we wouldn't live in a world that seems to be falling apart.*

*"Is there something we don't know, the knowing of which would change everything?"*  
  
*-Neale Donald Walsch*

*future. Fear of having no control over their lives.*

*I look at the crises all over the world and the fear in people's eyes and hearts and it all saddens me.*

*I see things differently. I have a lot of hope for our world. A lot. And I'd like to share my views with all of you, hoping you will take some comfort from these words.*

*I don't believe in tragedies anymore. Not in the sense I used to do. Not in the sense that terrible things happen senselessly. I believe there is always a good reason behind all so-called tragedies, a gift for us if we just took*

*But is it?*

*I hear a lot of people talk of fear. Fear for their safety and that of their family. Fear of the*

*the time to look for it. And if there is a gift in everything, how can I think of it as tragic? It just looks tragic when viewed from the outside but whenever something painful happens to me, when I look for the gift, I find that even the "worst" situation becomes beautiful in its own way.*

*So what do I believe is happening in our world? It is changing, it is having growing pains. The Earth herself is shedding centuries-worth of stuff she doesn't need anymore. But let's leave the geological changes out of this discussion for today and focus on the upheavals in other areas of life on earth.*

*People are suffering and dying all over the world for a variety of reasons. They are doing so in great numbers and with our new technologies, we hear and see it happening quickly, sometimes as it is happening. What used to be "The News" seen through the eyes and words of third parties has become part of our own lives. We can now interact with people everywhere even as they are going through a crisis.*

*That communication has brought a better understanding of what*

*(continued on page 2)*

*life is like on the other side of the world. People from different countries start to feel like brothers and sisters. We start to feel their pain and want to stay in touch. We start to see everyone as human beings who, just like we do, want the best for themselves and their families.*

*This is what I love best about the internet. It connects people. It shows us how similar we are even when the powers-that-be would want us to hate one another, to focus on our differences.*

*But all that is still beside the point. At least for me.*

*The world is changing now. It is in pain. Systems that have been in place forever, it seems, are failing. The economic system that has been the pride of the West is failing. People all over the world are protesting politics as usual where the wealthy are mighty and do just about as they please.*

*The world is changing. People are hurting and they want change.*

*Many prophecies have spoken about "The End of Time", a time when things will just collapse and the world will be destroyed.*

*I do not believe this is what is happening or preparing to happen. I do believe we are living in a time of great changes, both in the Earth and in the way humans live on her, in the way we treat each other.*

*There has been a lot of great tragedies in human history. Many times, people have said, "Never again!"*

*The Great War was supposed to end all wars. It did not.*

*The Holocaust was supposed to be an example not to be forgotten so it was not repeated. It was, if not completely forgotten, at least repeated in an incomprehensible way.*

*It seems we Humans need to see a*

*lot of pain and suffering before we say, "Enough!"*

*I believe what is happening in the world now is what is needed for us to say, "Enough!"*

*How many need to die before we wake up? How much suffering need to occur? When will it stop?*

*I am only one person. I could say that nothing I say and do could ever make a difference in the world. I don't say that. I don't feel that at all.*

*The question remains always the same. It is the only question I ask, "What is my part in all of this?"*

*I'm not talking about taking any of the blame for the world's situation although I know I have some of it. Living in this first-world country, having so many of the world's resources available to me, and knowingly using more than my fair share of them, all of these things and more make it impossible for me to point the finger at someone else, anyone else, and blame them for allowing things to continue as they are doing.*

*My point is this: since the world is as it is right now, how can I best contribute to its healing? Because I believe healing is what is most needed. People need to be comforted, to know they are not alone, they need their fears to be soothed.*

*In the words of a 1965, Burt Bacharach song, "What the world needs now, is love, sweet love. It's the only thing that there's just too little of".*

*And this, I can provide here and now. In massive amounts. How about you?*

*But wait....*

*First we have to make sure we do not harbor in our own hearts, in our own minds, thoughts and feelings of separation from others. How can we send out all the love we*

*can if we are angry, if we hold resentments against whomever we believe has mistreated us?*

*How can we send out all the love and compassion the world so greatly needs if we do not feel love and compassion for everyone in our lives?*

*So that is my mission. One I invite you to join in: Clear up whatever is inside that impedes the powerful flow of Divine, Universal Love.*

*Let's become clear channels for our own Divinity to shine through. Let's choose to Be All That We Can Be.*

*Imagine it.*

*What if each of us became so clear we were transparent? What if we did not have any thought or feeling that we felt needed to be hidden? What if?*

*Don't you think the people around you would respond by relaxing their defenses? Don't you think they would then be more willing to be open, to listen, to better understand differing points of view, and to help when a helping hand is needed?*

*Don't you think that by changing what you project into the world, it would be changed in a profound way?*

*And by changing your little part of the world, don't you think the rest of the world could help but respond?*

*Imagine that! "What the world needs now, is love, sweet love. It's the only thing that there's just too little of".*

*So let's send all we can.*

*As I am doing now, from me to you,*

*Janine*



# Unity Wave of Love

MARCH-APRIL 2011  
by Christine Hunter-Robertson

<p><i>Dates for each level of energy and its description. Each level builds on the one before, intensifying the light and love. Within each level there is a midpoint 9 days in when the wave of energy peaks and then dissipates over the following 9 days. I have found it helpful to mark these as I am sensitive to the intensity, sometimes I feel it a day or two beforehand and can say to myself, "breathe, just breathe!"</i></p> <p>The following table gives the dates for each level as it comes in. Remember this is not precise as we are all unique and responding to energy in our own way, some will begin shifting because of the next level before others (days or even weeks) since there is no time. This is to simply help us as a guide so we can look within and then have validation as we see the different energies and how they are affecting us.</p> <p>The following information is sourced from a workshop 'The Return of love' given by Rebecca Smith Orleane and Cullen Baird Smith. It is based on the work of Dr. Johan Calleman</p>	
LEVEL 1- INITIATE; Sowing the seed, and setting our intentions.	March 9-March 26
LEVEL 2- REACTION; Integrate and apply enlightenment received.	March 27-April 13
LEVEL 3- ACTIVATION; Creativity level, lots of light, new ideas.	April 14-May 1st
LEVEL 4- STABILIZATION; Ground into Beingness, see through illusion to truth.	May 2nd-May 19th
LEVEL 5- CREATIVE EMPOWERMENT; Recognize the power you have, step into it.	May 20-June 6
LEVEL 6- CREATE FLOW; jump into the river, surrender and trust.	June 7-June 24
LEVEL 7- REVEALS; No more veil, boundaries or separation.	June 5-July 12
LEVEL 8- HARMONIZES; Rebuilding and healing.	July 13- July 30
LEVEL 9- FORWARD MOVEMENT; Recognizing our Divinity.	July 31st-Aug.17
LEVEL 10- CHALLENGES; Darkest period, shine your light.	Aug.18-Sept. 4
LEVEL 11- CREATES CLARITY; Flowering of Spiritual Consciousness (if we have cleared shadow)	Sept. 5-Sept. 22
LEVEL 12-CREATES UNDERSTANDING; Connection between heart and mind.	Sept. 23-Oct.10
LEVEL 13- COMPLETION; Ascend to a higher level, wake up!	Oct. 11-Oct. 28

Level 2 was a period of dark or first night, as Sean Caufield describes: *"The germination of the seed allows for new points of view.....We are separate but one. We are 2 sides of the same coin and the coin will not be whole if we only look at one side."*

We set the intention at level 1 March 9, and now we began to integrate this at level 2, March 27. We can apply love and compassion to anything that occurs. In other words what has been set in motion we now get to react to. Having our focus on love not fear. The light is shining on the shadow and we can see it, now how will we react to it? The reaction was all too clear to see with the events in Japan.

The nuclear reactor which is 'reacting' to the earth events set in motion is symbolic of the amount of toxic waste we put out every day with our negative words, thoughts and feelings. How impeccable is your word? As Don Miguel Ruiz teaches : *"Through the word you express your creative power. It is through the word that you manifest everything. Regardless of what language you speak, your intent manifests through the word. What you dream, what you feel, and what you really are, will all be manifested through the*

*word. Your word is not just a symbol it is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life.....your word can create the most beautiful dream or your word can destroy everything around you."*

In this blessed energy it is more important than ever before to be diligent and not allow our thoughts to stream obliviously through the mind. It is our job to take responsibility for our thoughts; to react differently, to catch ourselves when we fall or get hooked into fear. How many of you watched the news channels over and over with news of the tsunami in Japan. Did you realize you are allowing fear based thoughts to constantly affect you? It is one thing to observe and ask what is happening but my guess is that many of you were pulled into a fearful place. I know I was for a short time. I caught it and consciously decided to allow this to pass and to change my reaction to the events with deeper knowing and understanding. To remember all that has been taught to us about change and this time of birth. These are birthing pains, the earth feeling compressed and pushing. From the higher perspective we can relax into a

loving trust that all is coming about in Divine order. Each soul is in the place they have agreed to be from the beginning. It is their contract, their great love gift for all humanity, to assist in this incredible shift and awakening process.

Do not fear, do not react from a place of confusion, doubt or mistrust. Practice the following prayer. Breathe in love, breathe out joy, breathe in trust, breathe out compassion. Have awareness about whether you are re-acting to a situation. It takes practice to raise our awareness, to see our thoughts. When you feel fear, become present once more, get in nature, go for a walk. If that is not possible bring nature into your thoughts, visualize a place that you resonate with, meditate in the light, or just breathe. With each movement through the dark, with each highlight of the shadow give thanks. It means you are confronting things that have been unconscious and now you are birthing your consciousness into the light. You are taking your Divine Self into awareness, and are now able to be a conscious co-creator.

With these great changes we are casting off the shadow and the dark filters  
*(continued on page 7)*

## THE COMMON BEAT

If we were to place two living heart cells from different people in a Petrie dish, they would in time find and maintain a third and common beat. This is cellular proof that beneath any resistance we might pose and beyond all our attempts that fall short, there is in the very nature of life itself some joining force. This inborn ability to find and enliven a common beat is the miracle of love. For if two cells can find the

common pulse beneath everything, how much more can full hearts feel when all excuses fall away?

The drive toward a common beat is the force beneath curiosity and compassion. It's what makes strangers talk to strangers, despite the discomfort. It is how we risk new knowledge. We find a way to sing the one voiceless song.

It feels incredibly uplifting that without ever knowing each other, there exists a common beat between all hearts, just waiting to be felt.

Perhaps this is the secret—that every time we dare to voice what beats within, we invite some other cell of heart to find what lives between us and to sing.

## WAKE-UP CALLS

“Don’t go back to sleep” implored the thirteenth century poet, Rumi. But that’s the human condition, isn’t it? We fall asleep and wakeup, and then we fall asleep again. Maybe we slept through decades devoted to making money with nothing to show for it in the end but money. Maybe we slept through a visit home, not imagining we’d never see our parents again.

In spite of life’s wake-up calls, we can find ourselves in a trance. Occasionally, we seem to need reminders in the form of failures and disappointments. These are times when we need to remind ourselves that in daily life, there’s room for chaos and color, there’s room for loss and gain, for sadness and for joy. The stuff of every day is the source of endless irritation, and endless celebration. It provides constant opportunities to em-

brace life rather than shun it.

Sometimes we experience a sparkling moment when we break out of the trance and are fully present. Sometimes these present us with “aha” moments of new understanding. Or our thoughts may be “Isn’t that wonderful?” or “Isn’t life amazingly rich and complicated?” Or even, “Doesn’t this look beautiful or taste delicious?” What makes moments distinct is that we are celebrating what actually is.

Being fully present means being alive in all its dimensions—knowing what it feels like to be kind. Experience love. Cracking a joke. Being in the presence of profound silence. Giving a thumbs up. Connecting. Working for justice. Noticing something beautiful. Learning. Doing the right thing. Offering a little

good cheer. Belly laughs. Helping out. Feeling alive. Being fully awake and alive means living as intensely as responsibly, and as joyfully as possible.

After losing everything in the material world and spending many years being in a controlled prison environment, I’ve learned to look back with soft eyes and an accepting heart. I’ve learned to look forward with hope and anticipation...but mostly, I’m learning to stay awake and be fully present, to savor, bless, and praise this moment and to be grateful for the miracle of being alive for another day on this beautiful planet.

# From the Inside

## ABOUT JAPAN AND THE MIDDLE EAST

The news of what's happening in Japan and the Middle East seems to continually get more dire. This reminds me that as long as we're easily swayed and manipulated by inner and outer change, as long as we continuously fluctuate, we're out of touch with our true nature. We'll remain on the surface amidst constantly stirring waves. To experience the inner depths of our Being, we must be aligned with what is supremely unaffected and unchanged by anything. This is also the realization of who we really are.

We can control what happens in us and this is what determines our experience. Whether we live in a luxurious mansion or behind prison bars, when we close our eyes and go within everything is equalized. Our experience is not determined by what we see when we open our eyes. Our experience is determined by what we think about what we see.

It helps to remember this: that which creates the bud also causes it to bloom. And the course of our live is much like the gradual blooming of a flower. The bud doesn't have

to worry about what to do. It doesn't have to suffer through a lot of insecurity and anxiety about becoming a flower. It just grows. It just opens up and becomes a flower. It doesn't have to check a map. It doesn't have to make decisions this way or that. It just is what it is. It unfolds according to its own nature. So do we.

And so...from one blooming critter to another, may the sun shine brightly upon you today and may you feel all the love I'm sending you

## THE INNER LIGHT

Recent research has shown that if I were to take a needle and stick my finger, there is a certain part of my brain that lights up. The pain would register in a certain part of the brain. But here is what is interesting; if I did that and somebody was watching, the same part of their brain would light up. Not only mine, but their brain would light up too, in the same spot.

What some have concluded from this experiment is that on some level, the brain cannot make the distinction between ourselves and

somebody else. That is the you in me and the me in you.

When we become one with what we see, this oneness is called Love, an urge to be touched by something timeless and fresh. It is when we are aware that we are at one with all of life that we are rewarded beyond attachment and ownership.

When ou spirit is touched with this, we light up until all we know melts and changes shape. In such moments the singer becomes the song, the dancer

melts into the dance, and the lover melts into the act of love, until in a burst of oneness, singer, dancer and lover are one.

Perhaps this is why, in the fullest moments of loving and being, we go nameless and timeless and breathless everything about us is used up, like a candle, burned over and over, just to light entire rooms with our flicker.



By Sue Ellen Allen

Author of *The Slumber Party From Hell*

Everyone makes judgments about inmates. They have a set image in their mind about how we are supposed to look. Guess what. We all look different. I don't fit that stereotypical vision, so people are really surprised when I announce that I served seven years in prison. The first thing they want to know is "What for?" They're curious. I understand that. So are you. Well, the whole story is a lot longer than my allotted space. Bad business decisions took me to prison. Any of you ever make a bad business decision? Believe me, I understand.

However, it was a journey I was absolutely meant to take. It gave me my passion and my purpose and that is a blessing.

Diagnosed with stage 3B breast cancer on Valentine's Day 2002, I was given a 60% chance to live five years. I'd already had six sessions of chemo when I entered Estrella jail. Timing was urgent. If I had not had my medical records, I doubt I would be here today.

I was told by staff that I was the first woman to have a mastectomy while incarcerated there. What was it like?

The trip to the hospital was a nightmare. At midnight, they woke me to shower and then wait. At 2 A.M., I was shackled, cuffed, and led to the bus with 49 other women for the fifteen-minute ride to the old jail and courthouse. We filed into the old morgue. Inmates call it the dungeon. It was a big, cold, dirty concrete room with an open toilet on one wall. No chairs, just the freezing floor that felt like an ice rink. Little roaches were everywhere, despite the cold, which you think would discourage them.

Fifty shackled women: some sit, some lie down on the filthy floor, some pace despite the shackles that cut into your ankles. Everyone waiting for the door to open at 4 A.M. No books allowed. Time drags.

Eventually we are moved upstairs, given small sacks of terrible food, the only food inmates at court get for about twelve hours. *Daily bread* takes on a whole new meaning. Freezing in those cells, we shiver, we pray, we talk, and we wait for the dawn.

No food or drink for me before surgery. Instead, I wait. Ten women crammed in each small cell with four bunks, no mattresses, just the cold, hard steel. We sit, lie, pace, and pray. At 8 A.M. the guard starts yelling names for court and soon the cell is empty except for me. I am frozen, sore, exhausted and alone.

Finally, I'm led to the hospital van, anxious and afraid. Surgery is scheduled for morning, but I am put in another holding cell. More waiting, cold, hungry, scared. I hold a one sided conversation with God.

*God, this would be a great time to take me home, to let me see the light. But, if I wake up, I'll know you aren't done with me yet.*

At last, at 4 P.M., I am admitted. In the O.R., the shackles come off as I go under. Five hours later I wake up in the jail ward, bandaged and sore. But alive. My first thought is *Oh God, you aren't done with me yet.*

Back at the jail the girls are waiting. For five days, no one has touched me, except for the surgeons with their knives and the nurses with their needles. At the jail, the inmates welcome and hug me.

The surgeon said I need a pillow to cushion my arm, for protection and comfort. No pillows allowed in jail. I tell the girls. Silence. They feel helpless; so do I. I can't get Medical to check my incision, let alone find me a non-existent pillow.

However, a couple of hours later, four young women come in to my cell with an order. "Close your eyes," said Roxie, "and hold out your hands, Sue Ellen."

I feel something soft and look to find the most beautiful pillow I have ever seen. Light blue, tufted and fringed, it is made of the Kotex furnished by the jail. The women contributed their precious supplies and wove them together to form a tufted square. Then they used the small golf pencil that we are allowed for our writing tool to punch holes in the ends of the pads. They shred another pad to use as thread to sew it all around. Finally, they fringed the end material to give it a designer touch. The drug addicts, prostitutes and thieves risked their safety to give me the most beautiful pillow I have ever had. A treasured gift, I hid it under my smock when the guards came to search for contraband. At a terrible time in my life, it provided indescribable comfort and I will never forget it.

#### THEN I WENT TO PRISON.

What is it like to have cancer in prison? Terrifying is a good word. There is a vast difference between a patient with cancer and an inmate with cancer

Do you know someone who has dealt with cancer? Nausea is common. I longed

for an ordinary piece of toast or plain boiled potatoes. How could I vomit so much? I am so sick.

Finally chemo is over. Radiation starts. No more nausea. Burning instead. My chest is a combination of raw, bleeding skin and blisters. It feels like a tiny fairy is dancing on it with razor blades on the soles of her shoes.

In the midst of this, I was blessed with a fantastic roommate named Gina Panetta, a 25 year old darling of a girl, a real star in the prison darkness. One day she collapsed and Medical told her to come back in two weeks. If she was still sick, they would believe her. She got sicker. Normally a thin, healthy girl, she turned grey and lost about fifteen pounds. She went back to medical.

Thinner and weaker, she could no longer lay on her top bunk. She lay on mine instead while she moaned in pain. "Make it stop Sue Ellen, please make it stop."

I held her in my arms rocking her and saying the 23<sup>rd</sup> Psalm and the Lords' Prayer over and over.

*Yea though I walk through the valley of the shadow of death, I will fear no evil. Thy kingdom come, Thy will be done. I will dwell in the house of the Lord forever.*

I didn't know Gina was dying. I just knew she was in horrible pain and so was I from the radiation. The prayers got all mixed up but I knew God heard.

I kept begging for help and they got tired of me. "If you don't shut up Allen, we're going to send you to the HOLE." I was terrified but I couldn't shut up.

Gina got worse. Finally they took her to the hospital. The doctor told her parents they had never seen a case like this. Her white blood count was 300,000 and her red blood count was zero. (*The average range for a white blood cell count is 4,300 to 10,800 cells/per micro liter per cubic millimeter. The average range for red blood cell count is 4.2 to 6.9 million per micro liter per cubic millimeter*) Her body was shutting down. Thus, her excruciating pain. She went into a coma. Thirty-six hours later, two months after her first collapse, she died of undiagnosed acute leukemia.

This was not supposed to happen. Alternating between shock and grief, I felt alone and helpless. I was supposed to die, not Gina. I was 57, she was 25. She had her whole life in front of her. I thought

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(Continued from page 3)

that have limited our Divine connection. According to the work of Dr. Carl Calleman the last time we had no filters was at the time of the 5th wave; 10,000 years ago. This was the time of Eden, here in the "Garden" was a transparent clear-hearted consciousness. There are multiple layers of shadow for some to cast off and there are others who have been 'doing the work' for many years now and will be able to support and assist those who need it. It does not matter where you are in the process because we are all here together riding the wave, it is simply a choice of how we perceive it: Fear or Love; moving into the light or staying hidden in the darkness.

*"In our Heart we are ONE sacred light infinitely connected to the center of our UNIVERSE... This is a Sacred space that connects with ancient wisdom and knowledge, allowing us to re-member our purpose... Our Universe is asking us to be conscious of our actions and activate Sacredness... The collective human spirit is no longer Sacred, hence the discord... Our ways have to change... The ancient way of living was in harmony and balance, with regard and respect... Only taking what was needed and being selfless... The ancient Heart knows this."*  
Our Sacred Universe.com - Sean Alan Caulfield

How often do we create the need to do something drastic in order to make the necessary changes. The time for our action is now, for our selves and for the benefit of all. Activating the light within, in all the ways open to us is needed at this time. I share with you a meditation that might be useful to you.

I had undergone this meditation at a Kryon conference many years ago now, it was incredibly powerful at the time and I thought this might be a good one to do now to activate the Divine DNA. Please read all the way through first, and ask your own High Self and guides if this is suitable for you. Always go with what is right for you! Please be respectful of the words, your bodies and the intention to bring in Divine light. As a word of caution, you may wish to speak the initial prayer out loud with the emphasis on GRACE and EASE. A number of people from the conference became sick after this meditation including my husband. At

the time he had thought I was being, shall we say, a little more dramatic, as I said the words 'grace and ease' with great force and intention.

Given in love and the greatest respect.

#### DNA ACTIVATION

Original source:

Kryon and Dr. Todd Ovakaity  
www.kryon.com

Begin with a prayer to create a perfect space:

*"My bodymind is the reflection of my invincible inner intent. By discerning and feeling what is perfect I retain and embody that which serves me and all else passes through me free of harm."*

Visualize the activation of you grounding cord. A silver cord from your sacral chakra going into the crystalline core of the earth.

*"All of my DNA in all dimensions and realities is now ideally activated. The activation occurs at the fastest rate possible in perfect grace, ease and balance."*

*The electrification of my DNA supercomputers raises my function to my highest possible potential."*

On the in breath, breathe in the words with your inner voice:

YOD HE

(pronounced Yod as in God, Hay)

On the out breath, breathe out the words

VAR HE

(pronounced Var as in Far, Hay)

Repeat this whilst in meditative space.

You may do this for as long as seems right for you

The meaning of the words:

YOD HE, VAR HE are said to be the first creative words of God, from the lost teachings of Atlantis, it is a most powerful invocation and must not be taken lightly.

YOD - God, male, polarity, positive, active, expressive, dynamic, creation (form), male polarity.

HE - Goddess, female, passive, negative, receptive, static, the void, female polarity.

VAR - Perfect fusion, trinity, son/daughter of God, seed form of new creation.

HE - manifestation of son/daughter of God new created form, next evolutionary step, higher vibrational frequency.

Deep gratitude and heartfelt thanks to our beloved star family, and the many kingdoms of loving beings assisting us at this time.

Kryon series of books 1 thru 12 author Lee Carroll, published by Hay House. *Parables of Kryon* (Book 4) author Lee Carroll *The Journey Home* (Book 5) author Lee Carroll

*The Four Agreements* (A Practical Guide to Personal Freedom) A Toltec Wisdom Book. by Don Miguel Ruiz  
Also A companion book: *Using the Four Agreements* by Don Miguel Ruiz

*The Purposeful Universe* by Carl Calleman PhD

The Mayan Calender and the Transformation of Consciousness websites - [www.calleman.com](http://www.calleman.com) and [www.treeoflifecelibration.com](http://www.treeoflifecelibration.com)

*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)

Other Spiritual information sites:  
[www.Lightworker.com](http://www.Lightworker.com)  
[www.Kryon.com](http://www.Kryon.com)

From my heart to your heart, take what you need and pass it on.

Love and Light

*Christine*

## FREEDOM INSIDE NEEDS YOUR HELP

- **FAMILY AND FRIENDS**

If you think your family or friends would like to receive a free subscription for *Freedom Inside*, please send us their mailing information along with their email addresses if possible.

- **PRISONER ART**

We are thinking of having T-shirts made with some of the prisoner art we receive. We would use the proceeds from these sales to help defray the cost of this newsletter. If you have any art you would like to contribute, please send it in along with your permission to use for this purpose.

- **LETTERS OF GRATITUDE**

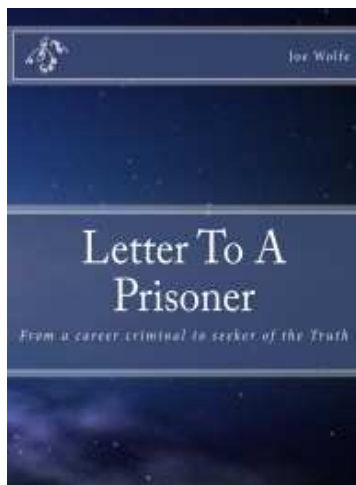
If reading any of the *Conversations with God* books or *Freedom Inside* has changed your life, please write us about it. We would love to use your words to help in our fund raising efforts. Please include your permission for us to publish your letters. When using them, only your initials and location would be published.

## A REQUEST TO THE LOVERS OF A COURSE IN MIRACLES

Dear prisoner,

Write to everyone you can. All of your family and friends and even people you don't know. Tell them to buy a copy of *Letter To A Prisoner*. For every copy sold to the general public another copy is automatically delivered to a prisoner. Help this effort to continue to be able to help you. It can be bought at any good bookstore or online at [LetterToAPrisoner.com](http://LetterToAPrisoner.com)

Love, Light and the Peace of God



Joe Wolfe, Spirit Light Outreach  
c/o American Chiropractic & Wellness Center  
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## 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!*



mine was over. Why did I live? Why did she die?

We are "the property of the State." They are responsible for us. They should care but they don't or at least too many of them don't. I watched others die from various diseases. One friend is now legally blind because her detached retina wasn't seen for five days. I know of women who complained of chest pains and blue finger tips. Medical refused to see them. They died. There is a very long list.

This lack of medical care is also reflected in a lack of general caring for the inmates. When I was inside staff repeatedly told us that nobody on the outside cared about us. It's a mantra: *nobody cares, nobody cares, nobody cares*. Inmates eventually come to believe it. It eats away at any self-esteem that lurks, daring to survive.

If you had told me what I would see and experience in prison, I would have said, *Not in my country. Not in America. We are the most technologically advanced, "Christian" country in the world. We don't treat people that way. But now I know we do.*

America has less than 5 % of the world's population and 25% of the world's incarcerated. We incarcerate more people per capita than Russia or China. In America, there are over 7.2 million people in jail or prison, jail, on parole or probation. Is that the best we can do? Is this who we are as human beings?

Upon my release, I was quick to tell people were I'd been. After all, there are no secrets. Think Google and YouTube. "Hi, I'm Sue Ellen and I just got out of prison." I got lots of very polite, frozen smiles and raised eyebrows. No one knew what to say. Neither did I. What do you say to a newly released inmate? Then one day I was pumping gas at Circle K. A homeless man approached me, asking for some spare change. In the past I would

have gladly offered some. Now I was hanging on to every penny. "You know, I just got out of prison and I..." Before I could finish, he threw up his hands and smiled. "Lady, Congratulations. Welcome Home." That's when I knew what you say. "Congratulations Welcome Home."

Ninety-five percent of all inmates are released from prison. Many are mothers who want to raise their children, earn a decent wage, and be part of their community. But there are few jobs for ex-felons. If she has a drug crime, she can't get food stamps. She will probably be burdened with enormous fines. She can't live in most apartment complexes. If she has a DUI, she can't get a license to be a barber in Arizona.

Who says *Welcome Home*? The friendly neighborhood drug dealer. He says *I can help*. Then when she goes back to prison, everyone says, *What did you expect?*

Is that the best we can do?

There are no simple answers to this very complex issue. I have just one small piece of the puzzle. Gina's parents and I started an organization when I got out called GINA's Team. Our tag line is "Education, not incarceration, is the cheapest form of crime prevention." Education is the KEY. Education lowers recidivism dramatically.

We started educational programs that we take to our women's prison and a juvenile facility for girls. Our purpose is to motivate and inspire them to work harder and strive for more, to use their voices and become a part of their communities. As we grow, we'll do more.

We have volunteers and interns from ASU who teach classes in life skills subjects. We push education because I know that people with voices who feel like they are part of their community are much less likely to commit a crime against their community.

At request of DOC, we have developed a program called Welcome Home to mentor women when they get out. The first Five Days are critical. Our volunteers meet them at the prison and take them to their transitional living. We help them with paperwork and small things that you take for granted when you are on the outside.

Americans are smart. We can solve this problem. Some states are already working on it.

When I went through my seven years in prison, trying to make sense of the senseless, I finally realized it was a journey I was meant to take. It was a gift, only not wrapped in a blue Tiffany box with a white satin bow. It was humiliating, devastating, and very hard. But it gave me my purpose, GINA's Team. I am blessed to have this amazing, rather unpopular purpose. Every day my interns and I get to inspire and impact lives. I even coined a motto:

*Been there.*

*Done That.*

*NOW, how can I help?*

Each of you has a *been there, done that* moment. Each of you has the power to impact lives. Janine's readers know that. I'm preaching to the choir here. But think beyond your purpose to a larger one that can impact prisoners, families, communities, even the world. Say *Welcome Home* to those poor dazed newly released souls. Use your own painful *Been there, done that* story to *help* the next person going through the pain. It's your own way to shine a light on this world, to turn your pain into power, whether you are inside or out. That will give new meaning to your life. That is what I am doing and THAT is why I lived to tell about it.

## RECONNECTING WITH MY HIGHER SELF

I completely forgive myself, and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitations connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

I now SURRENDER to my Higher Power and trust in the knowledge that my life will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my Oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE, and I now restore love to all. I close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

**HISTORY**

Is this woman's history a reason  
to not allow her hope in her future?  
...can you see past her beautiful face and her curves?  
...look deep.  
See her wounds, scars, and cries  
living life behind the prison bars.  
...do you see the value in her walk and her strides  
The way she overcomes obstacles  
And all the things that come her way?

When she feels defeated and has  
nothing left to give  
do you hold her hand, lift her up  
and allow her the freedom to relax  
and unwind?  
Knowing what she likes and those things that she despises  
...do you really comprehend  
the lady  
...the indelible lady  
How she loves  
How she prays  
...what she teaches  
And the things she seeks to learn.  
...the value of a lady  
can be seen in her history  
and is lived through her life  
behind bars.

LN  
Michigan

**QUERIES**

What is good without bad  
rich without poor  
What is hate without love  
and things we adore  
What is life without death  
and dreams without consciousness  
What is time without spending  
beginnings without endings  
What are eyes without sight  
sun without shine  
What are thoughts  
without thinking  
that just sit idle  
in the mind?

MS  
Pennsylvania

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**

## AN UMBRELLA

When I called on Jesus and gave Him my heart,  
It's the best choice that I could have made.  
He's lifted my burdens and given me peace  
And the price of my sins has been paid.

That doesn't mean life is all peaches and cream  
And I never fell sorrow or pain.  
But The Lord will provide an umbrella for me  
At the moment it's starting to rain.

I still have adversity now and again  
But it's never too much to endure,  
Instead I grow daily in His Loving Grace  
And my future is sealed and secure.

I wish I could make every sinner believe  
That the things I am saying are true.  
If you don't believe me, just call on The Lord  
For He has an umbrella for you.

JC  
Illinois

## DO IT ANYWAY

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

*-this version is credited to Mother Teresa*



*PO Box 507  
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USA*

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*You are blessed and a blessing to all*

*Janine*