



A Newsletter For Prisoners
Based on the Conversations with God Material

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The Experience of Bin Laden

Isn't it interesting that the name Bin Laden, completely unknown to me a few years ago, would now hold such meaning? But what does it mean? What does it mean to me, personally, and what does it mean to the world?

I believe we define who we are by how we see the world. Or is it the complete opposite; does how we see the world determine who we are?

Well, I don't think it matters very much. Who I am influences how I see the world and my experiences of the world influence who I am.

So what about the "bad" things that happen? How do I use those to create a loving world, as is my choice? How can I be loving when faced with what seems like cruelty?

From my observation, things that seem cruel from the outside are not senselessly. At least this is what I have seen so far. I am not excluding the possibility that some people act cruelly for no reason at all, although that sounds like mental illness to me. I am only saying that I have never witnessed anything like that nor

have I ever heard anyone describe their "hurtful" acts without understanding why they acted the way they did. Not excuse the acts but understand them: a whole different kettle of fish!

"...what about the "bad" things that happen? How do I use those to create a loving world, as is my choice? How can I be loving when faced with what seems like cruelty?"

idea, the best thing to do to get what they wanted.

And it worked. That is, if what they wanted was to shake the world up, they sure did that. If what they wanted was to frighten people out of their everyday living of their ordinary lives, they sure did that, too. They were so successful, that, to this day, whenever we wish to board a plane, we have to go through a whole set of new rules, regulations, and procedures regardless of where we are in the world.

So if they wanted us to sit up and notice them, they succeeded.

But if they wanted us to look at

their view with more open minds, they failed miserably, didn't they?

But then, extremists are not very sympathetic. We tend to reject them, their actions and their points of view, and focus all our efforts at controlling them, stopping them.

So now Bin Laden who was considered the leader of Al-Qaeda responsible for 9-11, is dead. He was executed.

Many people are celebrating that. I can understand it. Only his death, preferably at the hands of American Forces could even start to balance the horror of Ground Zero.

But it doesn't, does it? There is no way that one person can ever "pay" enough to balance such a deed.

So what do we do? How do we feel about 9-11, about the wars that followed, about Bin Laden's death.

I don't know about anyone else. I only know about how I feel, what I think. And that's what I want to share with you here.

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I feel sadness for the death of a man. But wait! I also believe that no one dies if it is not the wish of their soul, if their soul's work has not been done.

So what can I receive as a gift from Bin Laden's soul, from his life?

Those who know me well will tell you I am forever harping on about finding the gift in the most impossible situations. What's the gift? Find the gift! There is always a gift! The more difficult the situation, I like to harp, the bigger the gift!

My friends will tell you that is a song I sing a lot. A lot! If they did not love me so well, I know they would have invested in earplugs a long time ago.

So Bin Laden brought a huge gift to the world and to me.

To the world, he brought one of the biggest opportunities for unity I have seen in my lifetime. We are facing a common ill, we must unite in order to heal it, whichever way we choose to do that.

A war will not work against terrorism because the "enemy" is dispersed. No one country holds them all. War doesn't work. At least it doesn't do anything I want to see done in the world, which is bring us closer to peace.

Killing Bin Laden brought celebration in many regions of the world, but it brought much pain to others.

Many believe that some people deserve to be hurt or even destroyed because they are evil. I say bringing more pain in the world is not the way to heal us all.

I hope the world will use this opportunity to recognize that killing one man will not decrease the suffering all around.

Hitler gave us such an opportunity. I think we didn't quite get the lesson. Bin Laden gave us another chance. Let's hope we don't miss this one. Let's hope we see everyone suffering as ours, as humanity's.

At another level, Bin Laden's life and death has had an impact on me personally. For me, he represented pain, anger, resentment, fear, separation from one another. He was the epitome of what one person can become when separation is a way of life, when being right is more important than being happy or at peace. When being righteous is at its most dangerous.

Those who believe evil is "out there" are, to me, repeating Bin Laden's refrain: "They are evil. They must be destroyed"

Whether the people saying that are from the East, the West, the North or the South doesn't make a bit of difference. Pointing fingers at others is no way of resolving our differences and live in peace with one another, not only tolerating our differences but appreciating them.

So for me, Bin Laden is a huge opportunity to see the pain in someone who shows it in an unpleasant way. An opportunity for me to love, understand and forgive the unforgivable.

For that alone, I am grateful to him. He was one of my biggest teachers, bringing priceless gifts with his life and with his death.

For the same reason I do not condemn those who rejoice at his death or those who either ordered it or actually did the deed.. I know each person is living according to his or her own view of the world. We all are. We cannot do anything else.

The question remains, what do we do about terrorism? Does anyone really believe that having killed

Bin Laden made the world safer? Do we have to kill all those who attack others before the world can be safe?

Is safe the same as peaceful?

Answering that question has brought me to the biggest gift I have received from all acts of terrorism of the last few years. Being safe is not peaceful.

Going through all the security checks at the airports may make us feel safe but the very reason that we want to feel safe is that we don't.

Even after all the security checks, there was an incidence this month where two Imams (Islamic priests) were not allowed to fly on an American airplane because the rest of the passengers felt "uncomfortable". The imams were on their way to a conference in Charlotte, a conference on Islamophobia or fear of Islam.

This is what happens when we allow fear to have the upper hand. That is what happens when, even with all the "safety procedures" we don't feel safe. No "procedure" could ever make us feel safe. No wall is big enough, no lock secure enough. When we let the fear in us lead the way, we never feel safe. And because we don't, we continually have to be careful, wary, on our guard.

Safety and peace are not the same at all. They may even be opposites. At least that's how it feels to me.

So what do you do when you feel fear? How do you cope? Do you feel the need to change the outside situation or do you do within?

I believe that peace, real Peace, is within. As is Love. As is Freedom.

*Wishing you profound Peace,
Janine*



Unity Wave of Love

Levels 4 - Night - Stabilize. Level 5 - Day - Empower
by Christine Hunter-Robertson

*"If you bring forth what is within you, what is within you will save you."
Jeshua - Gospel of Thomas*

Did you feel it? The second night blowing in. (May 2nd to May 19th) I did. I know others that did too. They may have been unaware of what was going on but their ego minds felt it, and the ego tried to bring in the fear of self doubt and discomfort, ego was kicking and screaming. We are moving through each level and it is all happening very fast and we need to be aware and diligent. I did not sleep well during the entry phase of this level, the energy is very tangible to me, perhaps it is to you too. There is a lot going on so it helps to have this information to validate the process and also to prepare so you can better ride the energy waves.

The night brings darkness and to some that is a fearful time. It is also a growing time. In the dark of the soil, the beautiful earth brings life. There is growth out of darkness, it is a time of gestation, the dark of the womb, the time before birth when the miracle of life works its magic. In the darkness of the caterpillars cocoon we can see the process of true transformation when nature's miracle rises out of the dark, the butterfly.

There is such a struggle to emerge and when the caterpillar has transformed the creature that emerges is light, beautiful, colorful and can fly! What a wonderful message for humanity, a reminder that we can fly, to greater heights of consciousness. We too are in the phase of gestation, of growth in this wave of love and light. We can only see the illusion and cannot often comprehend the truth of who we are. I am reminded also of a teaching by Kryon, (Parables of Kryon) about the caterpillar and the butterfly, the caterpillar does not believe that it is possible to transform and be 'up there' with the other beautiful butterflies, the caterpillar cannot comprehend it how many humans can comprehend their true state, Divine Beings of pure love and light. We have become lost in the darkness and our own illusions. We create fear, pain, despair in which we feel trapped. Kryon shares with us that even in the darkness, in experience of great difficulty, sadness, pain grief or despair there is a beautiful gift, it is packed with love, Fear is: "A test by agreement with your

Higher Self....it exists not as a dark thing, but as an agreed upon attribute for your life's work. It drives you to learn and grow. This love lesson in disguise is asking you to solve it and on the other side of it there is peace and there is joy." the fearful experience is packed with love and is there purely for our souls growth and healing. It is like the cocoon, we struggle and try to force our way through, it feels like a battle but when we step back and observe there is a grander overview that is possible to see. It is a way to transform ourselves, the way is through and we cannot bypass the gestational phase of the cocoon. So hold fast, focus on your goals, a grander loving more joyful you with the purest brightest colors imaginable, with wings to take you high, flying free. As Albert Einstein said: 'You cannot solve a problem from the level of consciousness that created it.' We have to move beyond our shadows, and when we face fear it disappears.

As we move out of the night into day the rush of light can also be hard to deal with because the

light will highlight our shadow, all that which needs healing. On May 20th we moved into the energy of the day. This was to aid us in taking back our power, to be empowered, and to align with our creative Divine Self.

What is it to empower ourselves? To activate the Divine within us and to step forward without hesitation or fear in spite of the outside circumstances. Within each of us is the truth that we are Divine co-creators. We have buried this truth under our belief systems, patterns and shadow and have forgotten who we really are. Waking up is what we are up to, finding our own truth and letting it be the guiding force for creating our lives.

As I undergo these changes and feel deeper connection, more peace and more joy in my life, I am also required to acknowledge who I am. I am not the woman I thought myself to be. I am uncovering greater depths in every moment and I might add that it causes anxiety, confusion and fear. As each old belief surfaces for healing

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THE NEXT STEP

As long as we live, we will feel the fear of taking the next step and trying again. It's an intrinsic part of our makeup, and if we are waiting only for our fear to end, we will not discover the pure and loving presence that unfolds as we surrender into the darkest of nights. Only by letting go into the stream of life do we come into freedom. Facing fear and taking the next step is a lifelong training in letting go of all that we cling to.

In the realm of actions, not every gesture needs to be a grand one. Small steps can be equally important as can be seen by the story of an old man who was walking along a beach in Mexico after an unusually strong spring storm. The beach was covered with dying starfish tossed up by the waves, and the man was tossing them back into the water one by one. A visitor saw this and

came up to him, "What are you doing?" he asked. "I'm trying to help these starfish", replied the old man. "But there are tens of thousands of them washed up along these beaches. Throwing a handful back doesn't matter," protested the visitor. "It matters to this one," the old man replies as he tossed another starfish into the ocean.

When the next step feels like it's too much, and life feels far off, let's remember that a flute is just something hard with holes until it's played. So, too, is the heart. As matches are just sticks until lit, as ice is not quenching until thawed, questions and problems remain obstacles until lived. In this way, the life of every soul waits like sheet music to be played.

Yet, this is as it should be, the way everything natural extends and grows. We all lose and we all

gain. Dark crowds the light. Light fills the pain. Living is a conversation with no end, a song with no words, a reason too big for any mind.

We are often called further into experience than we'd like to go, but it is the extra leap that lands us in the vibrant center of what it means to be alive. This is why ninety-year-old widows remain committed to tending small flowers; why artists going blind paint more; why composers going deaf write great symphonies. This is why when we think we can't possibly try again, we let out a sigh that goes back through the centuries, and then, despite all our experience, we inhale and take the next step.

CTB
Arizona

THE LAND OF BEGINNING AGAIN

After serving a long prison sentence, I'll soon be reentering the outside world and beginning again. Entering this land that is filled with uncertainties and challenges brings up feelings that are both exciting and scary.

The exciting part of a new adventure is that it's very cleansing and refreshing. It clears out the dead wood and lets the mind take in something new. We're often unknowingly surrounded by a rigid crust of old attitudes and erroneous presumptions that hold us back, but being open to what is new allows us to begin again with fresh eyes.

We have a strong tendency to see or experience things through our past perspectives, which we have rather rigidly settled into. They're familiar and comfortable

memories, which influence our present perception. To see the truth of anything now, we have to see it new, as we have never seen it before.

The truth is ever new! We like for things to make sense, but the ultimate truth is not limited in this way. The truth is not so small that it will readily make sense to the mind. The mind has convenient little compartments to which it is basically limited; when something comes along that doesn't fit one of these compartments, the mind automatically assumes it doesn't make sense. Love doesn't make sense to the mind; neither does joy.

In reality, everything is not conveniently organized in the way the mind would like. The mind thrives in a system of rigid

definitions and structures that have nothing to do with the way things really are. Exploring these new insights and potentials is the exciting part of beginning again.

The scary part of entering this land is facing the uncertainties and challenges it presents. It beckons us to come out of our conditioned way of seeing things. It asks us to take a deep breath and jump off the cliff. We may hesitate until life's circumstances finally give us a shove. But then something miraculous happens. We learn how to fly! We find that we always had wings!

CTB
Arizona

This is from a letter CTB wrote to me at the beginning of this, the year of his scheduled release. I usually don't print his letters, only the texts he sends for this part of the newsletter but I believe we would all benefit if these thoughts were sent out there, into the world. He is such a loving soul, I know he will not mind my publishing a part of his letter.

CTB, bear with me, would you please? I know I just wrote asking permission to publish your latest letter and now I'm publishing this other one without express authorization. But I've been re-reading all your letters and they are so wonderful, I just had to share.

With lots of love to you, my friend.

Janine

Dear Janine,

It's early morning in the quiet room and I'm soaking in the bliss of silence. This is my special time to go within, to dream, to travel to other worlds, other dimensions. And what a perfect time it is to connect with you, my dear friend.

[...]

With all the turmoil in the world, it looks like we'll all be facing many changes this year. It will be a year of dramatic change for me—that's for sure. The fact that there are so many unknowns challenges me to trust the process. I'm unable to get a definite date for my release, a definite place to stay, and Social Security won't give me the amount of the monthly check I'll be applying for. We can't always know why, can we? What's more important is what we do with the issues life hands us.

When Hilda Radner was undergoing chemotherapy for terminal cancer, she wrote, *"I wanted to wrap this book up in a neat little package. Now I've learned the hard way that some poems don't rhyme, some stories don't have a clear beginning, middle, and end. I've learned that life is about not knowing and having to change, and I've learned that*

life is filled with ambiguity...delicious ambiguity."

We're all fragments of a mirror whose whole design and shape we do not know. Nevertheless with what we have, we can shine light in the dark places of this world, into the dreary places in the heart of others and change some things in some people. Perhaps others may see and do likewise.

In shining our light, we can make it shine with an incandescent glow if our words and our actions are from the heart. Here is a story that illustrates this:

One day there was a blind man sitting on the steps of a building with a hat by his feet and a sign that read: "I am blind. Please help."

A creative publicist was walking by and stopped to observe. He saw that the blind man had only a few coins in his hat. He dropped in more coins and without asking permission, took the sign and rewrote it. He returned the sign to the blind man and left.

That afternoon the publicist returned to the blind man and noticed that his hat was full of bills and coins. The blind man recognized his footsteps and asked if he was the

person who had rewritten his sign and what he had written on it. The publicist responded: "Nothing that was not true. I just rewrote the message a little differently." He smiled and went on his way. The new sign read: Today is spring and I cannot see it"

The difference between the two signs is that the first one is a head message that informs; the second one is a heart message that touches some deep feelings. A heart message like that rewritten sign zaps right past the mental gymnastics of the mind and zooms in on the feelings, the language of the soul.

When we speak from the heart we stumble into an elemental love that exists beneath all motivation and expectation. In the heart space, we're bathed in love the way trees are bathed in light, the way shores crumble to be quenched by the sea. Then our experience of life lets the ordinary and extraordinary blend into each other, so that even our pain is sacred.

May the luminous ones keep shining when the lights go out

Keep shining, dear Janine

CTB
Arizona

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and clearing I have to feel it to look at it and move through it. I might question whether I can step into this empowered Divine Feminine space but then again I am it, it is me, how can I not be it? It means taking responsibility for my thoughts, actions, behaviors, all of it.....breathe.....and then surrender.....letting go of the ways in which I think this should unfold. I am developing and using my own inner guidance, it has always been there it just seems louder, hmm? maybe I am more tuned in to listen? I am remembering and re-birthing, as is the Earth.

When examining our relationship to power we have been confused about many things, here is a guide to becoming empowered to be more powerful, adapted from Gershon and Straub (1989). The 'Seven Sources of Power' that help sustain personal growth over time:

-Commitment and Willingness

This involves deep passion for one's own truth and the willingness to flow through the resistance and blocks which prevent its coming to bear fruit.

-Discipline.

This involves daily dedication, and moment to moment discernment. This is part of the foundation, the willingness to walk the talk and the dedication to follow it through.

- Inner Guidance.

Tapping into the wisdom of our core, the heart wisdom that flows from our Higher Self. Trusting intuition, our first sense, and acting on that guidance. Trust, trust, trust.

- Lightness.

Shedding the heaviness of limiting beliefs and emotional baggage, healing shadow. Keeping one's Spirit light, making one's enlightenment an exciting adventure. Riding the Wave.

-Love.

Loving and being loved, the primary relationship being with one's own Divine Self.

-Support System.

What is your support system? Are there people around you or resources you can tap into that support your growth and can also give loving honest feedback.

When these aspects of our Divine Being are in alignment we co-create in joyous and magnificent ways. The creative force can flow through as pure inspiration. This can be manifested in any number of ways such as through art, writing, making something. Through work, not as a 'should' or a means to an end with the weight of attachment or expectation, finding the centered place of presence in all we do so that it is a joy. The creative flow can then pour through our 'Beingness' - being a certain way - having a sense of humor, light to be around, insightful, being in the moment. It is a beautiful dance between you and the Universal Divine flow, and it is wondrous. Synchronicity abounds and inspiration occurs when we are balanced and come from a place of personal power or Divine power.

When we look outside of ourselves to relationships, seeking out others approval, needing people to look up to us, needing to be attractive or fit in. This type of power cannot sustain us and is disempowering.

The following questions might help you to examine your relationship to power.

How strong is your need for approval from others?
How do you distort the truth?
How much do you blame others?
How easily do you admit your mistakes?
How critical or judgmental of others are you? And of yourself?
How easily do you let things go - or allow yourself to surrender?
How much do you respect your-

self?

How much do you enjoy taking responsibility? Fear taking responsibility? Resent others failures to take responsibility? What are you willing to do to change your life? In what ways and in what situations do you not feel powerful? What allows you to feel Divinely powerful in your life? (true to Self, creative, inspired, joyous, alive and full of energy to give to self and others)

As we move into the level of the third night 'Create Flow'(June 7th- June 24th) expect to be stripped to the core, this is when you will feel most challenged, most confronted, there will be conflict showing up for you to resolve. (Remember the gift and breathe it through!! Remember to take responsibility) You have the ability to respond, so stand in the center of your Beingness. We may see failed systems collapsing in our world, but trust we will receive something better, the waves are high so jump in and trust, trust, trust!!! If something will not shift or move, it requires the wave of energy to be powerful to clear it away. Humanity requires some pretty big waves!! I am certain that as we all ride forward on this Unity Wave of Love to heightened consciousness, growing in awareness, love and joy that there will be many occasions of uncertainty and doubt. Always come back to 'center', to go within and seek inner guidance. Ask for help and allow inspiration to flow, it can come from many sources. An article you read! An overheard conversation or comment. A song on the radio. Even a confrontation. Most of all it is from the allowing of Divine Intelligence within you - the greatest power of all - to flow through.

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

Christine

WHAT'S GOING ON IN OUR WORLD?

Notes From Neale D. Walsch
CwG Foundation Newsletter
May 14, 2011

Hello, Everyone...

There is so much going on in our world today that brings us up short as we read the morning headlines, isn't there? The earthquake and tsunami in Japan were just terrifying events. The revolutionary struggle in Libya has been shaking the world's political structure, particularly after the government overthrows in Tunisia and Egypt. The twin earthquakes in New Zealand brought death and devastation to that beautiful land Down Under. And then the out-of-control wild fires in Texas raged through more than a million acres, destroying hundred of homes.

And every day, it seems, the list goes on. If it isn't geophysical disaster, it's political upheaval. Wherever we look, something's going wrong. So perhaps we might explore this just a bit today, as many people are asking about it, and not a few people are worried.

Let's start with what is not going on. What is not going on is the End of the World or the End of History or whatever else some of the Domsday-Sayers are saying is going on. What is going on is the birthday of humanity. We are really birthing ourselves as a New Human, and a newly evolving species in the cosmic community of sentient beings.

Futurist and visionary Barbara Marx Hubbard has been speaking of this eloquently for the past 40+ years, and addresses at length in her new biography, *The Mother of Invention* (Hay House, 2011). As I wrote in that book, the fascinating aspect of this collective Birthing of a New Humanity is that we are all both

the parent and the offspring. We are the Creator and the Created.

We are all the "Mother of Invention," and we are The Invention itself. In a sense, we are our own mid-wife. We are reinventing ourselves in a global (dare I say, universal) process by which humanity will emerge as a new and magnificent form of our particular species of sentient beings--a form that only loves, and never again hates; that only shares, and never again hoards; that only heals, and never again hurts; and that only births and rebirths itself in ever new and more glorious ways, and never again kills.

Now make no mistake--there are going to be a lot of changes showing up all around us in the years just ahead. But not changes for the worse. No. They'll be changes for the better; changes in the way we relate to each other, changes in the way we "do" politics and economics and medicine and science and technology and entertainment and sports and education and religion and just about every aspect of human life.

They will be changes in our social mores, belief systems, and cultural constructions in everything from livelihood to marriage to sexuality to parenting and to what we label "good," "fun," "joyful," and "loving"; and what we label as not that.

Yes, humanity's ideas, actions, intentions, and results are going to change--and change mightily--in the years just ahead. And we're all going to be playing a huge role in the creation of that.

Unless we aren't.

We don't have to play a role. We can just sit back and watch it all happen. But we will certainly be invited to. In fact, we are being invited to. By Life itself--right now.

For much more information on all of this, may I recommend two publications? One is the book I just mentioned...*The Mother of Invention*, released by Hay House this past January. This is Barbara's life story, but it is much more than that. It focuses in a huge way on the future of humanity. You'll find it a fascinating, absorbing read.

The other is a booklet, *A World in Turmoil and What It All Means*, which I just wrote as a means of sharing some powerful tools with which people can better cope, psychologically and spiritually, with the tumultuous events of our time. If you wish to learn how to purchase this monograph, here's a link:

<http://www.nealedonaldwalsch.com/index.php?p=Doc&c=ebook>

The main thing I want to get across here, today, is that, appearances sometimes to the contrary, everything is going to be all right. Yes, there is going to be some death and destruction -- the price of our evolution has already included such Cycles of Life --- but the planet is not terminating human life on its surface. Rather, it is joining with the cosmos in evolving it.

Love and Hugs,

Neale

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

Letter to a Prisoner is a newly edited 370 page volume that contains all of the 365 daily lessons in *A Course in Miracles*. Also included are Carrie Triffet's *The Crash Course* from her book *Long Time No See* and Gary R. Renard's text transcription of *The End of Reincarnation*. Gary is the world renowned author of *The Disappearance of the Universe*.

The book begins with the personal account of an ex-prisoner's remarkable mystical experiences, his time in prison, escape attempts and years of solitary confinement. It blends an introduction to a practical spiritual discipline anyone can apply found in the teachings of the *Course*. It builds a bridge of camaraderie between all prisoners and one from their own ranks whose intention is to share a message that can change their lives forever. Practicing the lessons with dedication will lead anyone to the experience of Heaven right here and now, wherever you are!

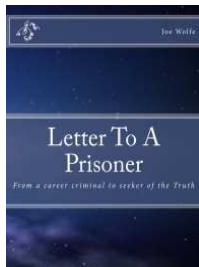
"I was hungry, and you gave me meat; I was thirsty, and you gave me drink; I was a stranger, and you took me in; Naked, and you clothed me; I was in prison, and you came unto me." (Mathew 25:35, 36)

Letter to A Prisoner comes to where it can do the most good. Most "prison ministries" are largely fundamentalists and continue to instill the ego's flavor of fire and brimstone. This is a different message to prisoners. But not specifically for those bound by walls and bars. A prisoner can be anyone confined by their own beliefs, points of view and preconceived notions. A prisoner is anyone who has not yet replaced vindictiveness with compassion.

For every copy of *Letter To A Prisoner* sold, another is automatically delivered to one of the hundreds and hundreds of confined individuals who have expressed interest in help with applying the practical spiritual discipline of forgiveness as taught in *A Course in Miracles*. Please share this message with friends and help to be a part of changing the lives for the better, forever. Tell your friends about this. Have them purchase a copy of *Letter To A prisoner* so we can continue to send them: Buy at any good bookstore or Amazon online <http://LetterToAPrisoner.com> or <http://AcimAudio.com>

If You Are A Prisoner, we need you to help us continue to help you! Write to everyone you can; friends, family and even people you don't know. Tell them to buy a copy of *Letter To A Prisoner*. For every copy sold to the public another copy is delivered to a prisoner.

Love, Light and the Peace of God,
Joe Wolfe



Joe Wolfe, Spirit Light Outreach
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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!*



A reaction to Sue Ellen Allen's article, *My Journey* published in the last issue of *Freedom Inside* (Issue 57, April 2011)

"That lady, Sue Ellen, her story was...WOW. Some of the things she mentioned I've experienced, so it was a REAL tough read because I'm too manly to cry. I've experienced the holding cells, coldness/freezing, the filth, the long ride & shackles to over ten people. What got to me though is the cancer (cancer has killed eleven of my family members, men of prostate or colon cancer, & women with breast cancer) & the other women inmates made her that pillow. The other one was about her friend that died. Two years after I was in prison, 2003, I was housed in a five man cell. My celly was probably 50 but I'm not sure. At this time he had been in prison for 30 years

straight & we'd always talk about past events & smoke cigs. He only kept saying he had about 6 months to a year left but he didn't have any family left. We called him "Hollywood". He ended up killing himself. We all went to the hole, until they found out it wasn't his cell-mates. I was already having dreams & that just made me scared of the dark. A year later, I was in seg again & my neighbor was complaining every night. His girl was refusing him to see his kid because she heard he was gay in prison. He was. Well, one day he complained to me & I laughed & told him he shouldn't be doing nothing he's ashamed of later. He kept say-

ing, "if she leaves me, I'm gonna kill myself" Well, he came back from his visit, a guard told his wife or girlfriend why he was in the hole, or she asked the unit team, somehow she knew and told him & he came back crying & told me & the whole run he was gonna kill himself. Of course, people were yelling for him to do it if he loved her & he did it. So, I wasn't as close as she was but close enough to never forget how I felt. You should have her to write more and you should definitely write more."

LQH
Kansas

TEARS IN PRISON

by Sue Ellen Allen

author of *The Slumber Party from Hell*

As a new author, I'm thrilled when people compliment me on my book but no words have touched me like the words of this young man.

Remember the movie, *A League of Their Own* with Tom Hanks? He had a famous line: "There's no crying in baseball." It's the same behind bars. The word is out. "No crying in prison." If you cry, it's a sign of weakness and you'll get hurt.

When I entered my first jail, I was scared, alone and battling advanced breast cancer. To say I was depressed is an understatement. The atmosphere was toxic. There was an odd smell peculiar to jails, and because of the heat, the lights were kept very low. Reading was impossible and that was my only escape. Left with my own emotions, I cried. I cried rivers of tears, enough tears to float the place away. Why it's still there, I have no idea. My tears should have created a new river in the desert.

Through my tears, my foggy brain waves snapped back at me. "Toughen up, Sue Ellen. No crying in prison." Then I learned that it's a myth. Everyone cries behind bars, everyone. Even the men. Oh, some of them go in the bathroom and shed their tears quietly behind the stall doors, but everyone cries. The beauty is in the liberation of the tears. It allows others to be needed and give comfort. Remember my motto?

*Been there. Done that.
Now how can I help?*

One day Shannon got the most horrific letter and we heard her sobbing. Rushing to her side, we learned the unthinkable truth. Shannon was engaged to a very loving man whom she trusted completely. During her time in prison, she left him in charge of her home and her fourteen year old daughter, Megan. The letter was from a social worker. It seemed the fiancé was sexually abusing Megan and she had been taken into CPS

custody. The boyfriend had been removed from Shannon's home leaving no one to take care of it. Shannon felt the sting of betrayal, the anguish of her daughter's abuse, and the helplessness of prison all in one fell swoop. How could she possibly avoid tears?

The comfort and advice she received was priceless. There were women there who had been abused as teens who told her what to expect. There were others who had felt the betrayal of loved ones. So many had a "been there" story and now were lined up to help.

On the other side of the state, Frank slammed down the phone. He had just learned that his sixteen year old son had been shot in a drive by shooting while sitting on the front porch. Frank's rage, helplessness, and dismay were all rolled up into a dam of tears waiting to be shed. And he did. I know because someone told me later. Frank cried, in a men's prison.

(continued on page 11)

RELINQUISHED DREAMS

*This poem was written as a song. I hope someday to hear it sung. It is lovely
Enjoy!
Janine*

Traveling through this world of tainted sorrows
Wading past the pain and the misery
I find myself escaping like a sparrow
Taking flight, I lift off towards the sky

I'm free now
The pain I've left behind
The troubles of the past are just a dream
I'm free now
I sail towards the sky
What lies ahead had yet to be foreseen

The riddles of tomorrow stand before me
The problems of today entangling
The wisdom of the past is just whisper
I can't ignore the soft, silent calling

I'm free now
The past is left behind
The challenge of the future beckoning
I'm free now
Or so I thought at first
I fly back down and rest upon a tree

I step and watch the scene laid out before me
The others in the dance that we call life
With troubles, pains, pleasures, and interacting
We manage to grow strong despite the strife

I see now
We're caught up in the cycle
Enmeshed within the call of humanity
I see now
The only way to grow strong
Is living with the pain yet remaining free

Returning to the life I had relinquished
I realized there was nothing left to fear
Instead of finding pain, I gained perspective
Eagerly, the future drawing near

I see now
It's living through the sorrows
Untainted and washed clean by the rain of tears
I see now
The joys that lie before me
The pleasures and enjoyments of many years.

JE
Texas

POSSESSIONS

The Lord is my Shepherd and I should not want
But I have to admit that I do.
I have all I need and I'm rich in His love,
But sometimes I want other things too.

The glitter and charm of a shiny new toy
Makes it hard for a man to resist.
The sign on the wall says, "I can't do without"
And that makes the attraction persist.

I'm so often tempted by things I don't need,
All the gadgets and frills of today.
Computers and Ipods and Phones that can text
And a Car that can tell you the way.

When I take the time to look back on my youth
I had no need for this kind of thing.
So when I am tempted, I need to look up
And remember the words of The King.
"Lay not up your treasure on earth where the moth
and the rust will corrupt and destroy"
Or maybe a thief will break into your home
And walk off with your shiny new toy.

"But lay up your treasure in Heaven above and
think not of possessions they sell."
His Goodness and Mercy provides all I need
In the House of The Lord will I dwell.

JC
Illinois

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

(continued from page 9)

What happened? The men rallied, brought their “been there” stories to him and they too lined up to help.

Tears are mainly about loss. In prison there is plenty of loss to go around. Loved ones get tired of the separation, the tedium of visits, and the lack of support and they leave. That’s loss. Children get mad at their parent for leaving them to go to prison and refuse to write or visit. More loss. People die. Family members outside die and the inmate gets a perfunctory visit from the chaplain. There is no closure, no funeral, no memories to share with others. More loss. Friends inside die, from natural causes or medical neglect and, sometimes in desperate suicide. More loss. Inmates are surrounded by loss and yet they are not supposed to cry.

Here’s a little scientific background right from Wikipedia. There are three types of tears, *basal tears* just to keep our eyes moist, *reflex tears* that protect us from stuff like onions and pepper spray, and *psychic tears* due to emotions.

Tears brought about by emotions have a different chemical make-up than others; emotional tears contain more of the protein-based hormones [prolactin](#), [adrenocorticotrophic hormone](#), and [leucine enkephalin](#) (a natural painkiller). Those are big words for things that basically mean a “good cry” reduces the heart rate and allows the body to become calmer. It releases the stress.

Like my new friend here, some say, “I’m too manly (meaning tough) to cry.” I would suggest that’s old school and it’s a new world. If you are ever going to become a new person and live a new life, leaving the old behind, it is time for new thinking. Now I know this is risky, but bear with me.

I suggest YOU take the power to define your own life and your own words. Give “tough” a whole new meaning. What is wrong with having the power to express your emotions (besides anger)? What is wrong with being in control of your own world? What is wrong with not giving your power away and living by what others think?

Consider that “tough” is the ability to

live the motto and share with others. Tough is the opportunity to comfort, help, and serve.

[Rabindranath Tagore](#) was a very famous Bengali, the first non-European to win the Nobel Prize. A powerful activist against the British, he took many risks for his beliefs and wrote one of my favorite quotes:

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." – Tagore

This guy “got it.” He knew that being true to yourself, standing up for what you believe, and working in service to others is the real key to happiness and the secret of a successful life. But how can you do that in prison where standing up for what you believe can get you in huge trouble? It begins with being true to yourself. That means knowing who you are as a human being. It begins with stepping out of your comfort zone and learning new things. It begins with living in the present, not the past AND not in someone else’s past. It begins in redefining your humanity.

Wow, that sounds really hard. Yes, it is but it’s a journey, a walk, not a marathon. Remember the old question, “How do you eat an elephant? Answer: “One bite at a time.” Same here. It starts with one book. I suggest some of the books Neale offers free to inmates. That is a brilliant start. When I was inside, I created a reading goal and kept a list of all the books I read. I tried to read a lot of positive stuff but, honestly, sometimes I just had to break away for a little “trash.” Balance is everything, isn’t it?

Once you start on that journey, see if you can find like-minded people to talk to. Start a conversation. Invite some of the toughest inmates to join *if you can*. Have one question or comment to talk about each time you get together. Many yards have an area where people smoke and play cards. The conversation usually revolves around the past: old friends, old crimes, old public pretenders. I know, I was there, remember? What’s wrong with a new conversation?

I have a book I love called *IF...* by Eve-

lyn McFarlane and James Saywell. It provides me with provocative questions to explore with others. Here are a few to help you get the conversation started:

1. If you could rid the earth of one thing, what would it be?
2. If you had to name the one thing you have seen in your life that best represented Goodness, what would you say?
3. If you could have any view in the world visible from your cell, what would it be?
4. If you could take back one thing you’ve ever said, what would it be?
5. If you were to select a moment when you were sure that there was an angel watching over you, when would it have been?
6. If you could have taken better care of one thing in your life, what would it have been?
7. If you suddenly found the courage to do one thing you have always been afraid of doing, what would it be?
8. If you had to pick the one thing that always makes you smile, what is it?
9. If you had to name the nicest thing that has ever happened to you completely by chance, what would it be?
10. If you had to identify the time or moment in your life when you felt the most free, when was it?

That’s ten questions to ask around the yard. Use these or make up your own questions, but get the conversation going. YOU can jumpstart this journey for yourself and for others. It takes is a new way of thinking to live the motto:

*Been there. Done that.
Now how can I help?*



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You are blessed and a blessing to all

Janine