



A Newsletter For Prisoners
Based on the Conversations with God Material

PO Box 507
Ashland, OR 97520
USA
freedom_inside@hotmail.com
Www.freedominside.com

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From Bliss to Blah to Bliss

Whenever the time comes to start writing this article, I usually go to my computer with a topic in mind or one comes to me as I sit here. It always feels like pure inspiration, a true connection to Spirit.

Today is different.

You may have read some of Christine's pieces in "Unity Wave of Love" where she explains that wave after wave of energy are coming to us these days.

I think I'm feeling some of that today.

This week, I asked myself a new question, new to me at least. "If I truly believe that I can receive anything I wish from Spirit that is for good, what would I choose? What would I ask for?"

That was not a simple question for me. Bottom line, I was asking myself, my Self, what my bottom line is. What one thing from Spirit would do it all for me?

Of course, I know some of the things I would like in the human realm: peace, health, happiness, all basic necessities met for every

single human being, regardless of race, gender, religion or geography.

But although that sounds real good to me, it does not answer my question, "What does my spirit wish to experience in this lifetime?"

"If I truly believe that I can receive anything I wish from Spirit that is for good, what would I choose? What would I ask for?"

life, at this time, in this way.

As I was asking this question, I felt peaceful, fulfilled with how my life is going. And my answer was this: I choose to experience the perfection of the Universe, to know the bliss of seeing things, people, and situations as they truly are. I opened myself to Spirit and ask for this blessing.

And then a couple of days went by, Christine's (blasted!) energy wave hit me...and I felt off. I felt on neutral, no inspiration, no energy, nothing. Just "Blah"!

So I'm sitting here, writing this, wondering how to get my "bliss" back. How do I do that? I have

no clue so I am opening myself to Spirit, asking the question, "What is it I don't understand?" Or as Neale Walsch asked, "What do I not know, the knowing of which would change everything?"

This is the answer I'm getting as I sit here:

"Stop trying. Spirit is not about trying, it's about being.

Stop judging. Spirit does not judge, it accepts.

Stop wanting, Spirit needs nothing so wants nothing.

There is such beauty in Life, there is such courage in suffering, there is such love in differences.

Ups and downs are needed for the human to know himself. War is needed for the human to choose peace for herself. Strife is needed for people to recognize their strength.

What I am feeling today, the disconnect from bliss, the decrease in feeling, all of it comes because I do not choose to be all I am. I focus on my sadness because I

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From Bliss to Blah to Bliss*(continued from page 1)*

fear to see my greatness, my magnificence!"

This is what my answer was. Spirit does not mince words, does she?

So here I am, feeling as if a two-by-four has just barely missed brain-ing me!

And I know this is my truth, I just know it, because.....well..... because there is a part of me that quite enjoyed being off. There is a part of me that doesn't want to be as great as Spirit says I am. I would rather stay in front of the TV and watch Soaps, if you know what I mean.

Because if I accept my greatness, I will need to live a great life! No time for smallness, no time for time-off-to-goof-off. If I am great, I have to life great!

And that is scary. And tiring. Just thinking about it makes me want to go take a nap or something.

So I'll leave you to ask your own questions and deal with your own answers.

What is your bottom line? If you could ask for any one thing, that which is the most important to you, what would it be?

But maybe more important than the question, who do you think you are to ask that question? (Remember the awful feeling when that was asked of you by a criticizing human?).

Who do you think you are? Do you think you deserve all the best? Do you think you ARE all the best?

Who do you think you are?

*With much love,
Janine*

HOW TO BE GOD-LIKE

Notes from Neale D. Walsch
In the CwG Weekly Bulletin
August 26, 2011

Hello my wonderful friends... ity.

One of the questions I am asked by people such as yourself--people who are genuinely embarking on a spiritual path--is: How can I be God-like? What is it like to be Divine? I'm going to answer that question today, with what God told me. You see, I asked Her the same question. And fortunately for all of us, He answered.

Divinity, God said, seeks nothing for Itself. Human beings will find it difficult to seek nothing for themselves so long as they imagine themselves to be human. That is because humans imagine themselves to have needs. Divinity does not. Divinity has no such thought about Itself. (Nor any such thought about you, either.)

So in order for Humanity to seek nothing for itself, humans must understand themselves to be Divine. They must understand that Humanity is not separate from the Divine, but IS divided from the Divine. This sometimes helps people wrap their minds around the concept of our Oneness with Divinity.

Many folks have a very difficult time seeing themselves as Divine. Yet if you tell them that they are part of that which is Divine, many people can go there. They can hang out in that place. They can embrace the concept. Partial magnificence is acceptable, total magnificence is not.

So we might say, for our purposes here, that Humanity is a Division of the Divine. That Which Is Divine created many divisions of Itself, and one of those divisions is called Human-

Even as a large company or corporation may have a division here and a division there without any of those divisions being in any sense separate from, or other than, the whole, so, too, does the Divine have a division here and a division there without any of those divisions being in any sense separate from, or other than, The Whole.

It is possible to be a division of something without being separated from it.

That's an important concept for you to grasp if you are to have the Holy Experience. Please let me say it again. I said...

"It is possible to be a division of something without being separated from it."

Think about that for a minute. Hold that concept in your mind. Humanity, as a Division of Divinity, is neither separate from, nor other than, The Whole.

This is the one thing that most of Humanity has not understood. This is the one thing that most of Humanity's religions have not taught. In fact, most of those religions have taught exactly the opposite. They have taught that Humanity IS Separate from Divinity.

Some have called this separation The Fall of Man, and in that description they are correct. The idea of Humanity's separation from Divinity has been humanity's downfall.

Hugs and Love

Neale



Unity Wave of Love

A TIME TO BLOSSOM

by Christine Hunter-Robertson

We are now on level 11, Sept. 5th - Sept. 23rd, the sixth day in the 9th wave of Unity Consciousness. Just one more night and then the 7th day to complete the wave. This means we are at a wonderful stage of our evolutionary development. If you are continuing to work on yourself, to look at those deep dark places that are full of fear, to look at judgements, and attachments, to understand who you really are, then prepare for the flowering of human consciousness in this wave of light. It is now that you can blossom to reach for the grandest, the biggest you can be.

"As we embark on the 6th Day (of the 11th Heaven), we are commencing a period of immense light, an illumination of our beauty and divine Soul wisdom. We are FLOWERING... opening our field of energy, honouring our gifts and sharing our wisdoms with all of humanity in the 6th Day. This is a time of enlightenment, a time of joy, a time of beauty, a time to simply be our Divine Infinite Self with Grace & Ease."
Simone Mathews

This is not an easy thing, for I am finding that I struggle with my own grandness. As I open up more to my own Divinity, I can sense more, feel and perceive more of the Spiritual truths. I am called to Be the light and share this truth, to speak it, be it, live it freely. This opens the doorway that I believe I have tried to keep closed. The one where others can point at me and say "Who is she, to be so Big, so Grand, so Bright." I am completely vulnerable. To all those who are in fear I am a huge mirror reflecting back their own truth which is so bright it scares them and so they try to shut it down, they may condemn me and put me down. So, I take a breath and I come back to the wonderful quote by Marianne Williamson:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Yes, it is time to move out of the fear of what people think, for that is hugely limiting. If I allow what another person thinks to diminish my grandness I am continuing the old patterns and I am not walking my truth. As I open up to all kinds of new experiences in my connection to Spirit I am finding both the beauty and the beast. The beast (my ego) had been untamed and had been allowed to run free. I am reining it in and saying no more, I shall not give my attention to the voice that quiets how great I am and limits how much more I can be. It is the voice of God, of Spirit that I seek to hear and to listen to, not my ego. But will I listen?.....

The other day I was out walking in the woods with my dog Daisy. A few months back Daisy left home and got lost for 3 days so I am a little wary of her going off again. Anyway, Daisy decided to wander off again while I was stuck negotiating poison oak. Daisy turned a deaf ear to my very loud calls. I searched the woods for about 15 minutes and then walked down the wooded hill to an adjacent road before coming back to where I

had started and calmly sat under a tree and realized how frustrated I was becoming. As I looked up the hill in the opposite direction to where Daisy had gone, I caught sight of her and she saw me. She lifted her head, wagged her tail and started to run down the hill towards me. I praised her for coming back and felt overjoyed that she was back with me.

I had time to reflect on our little drama..... Spirit/God often calls to me and I do not listen, I wander away and do my own thing, I will eventually come back for I cannot truly get lost and my heart is set on this path of opening. But...if I would just listen a little more there would be no more wanderings, just presence that is as joyful as I felt seeing my little dog return to me. God does not get frustrated with me for that is a human trait, but patiently waits for me to come down that hill with my tail wagging!!! It is a choice to wander or not, that rests with me. So, I intend to stay within earshot, that is my decision. (A little wiggle room but not off track!!!)

In choosing to listen and Be in the presence of God/Spirit I then take the action I am called to take, which is to be the grandest I can be, to be the mirror for others to say: If she can be that Big so can I. That is my service to others. To light the way in my own Beingness, a gorgeous flower of immense color and brilliance.

My wish for you is that you hear the Divine within you and open up to your own flowering. Water the bloom that you are with showers of compassion for your self, and then bathe in the sunlight of the Divine within your own heart and be in awe of the creation that is you.

From the Inside

LIVING SLOWLY

In “The Missing Piece” by Shel Silverstein, a fable is told about a circle that is missing a triangular piece. Wherever the circle travels, it is looking for the missing piece, but because it is missing something, it travels very slowly. It admires the flowers and the butterflies. It sees the sun and basks in its light.

Then one day it finds the missing piece and manages to put it back. It starts its journey again. This time, though, the journey is fast. It can go much faster now that it is not missing the piece, but it realizes it doesn’t have time to be with the flowers and the butterflies. It doesn’t have time to stop and enjoy the sun.

So it stops and it takes the piece out. Then it continues on its journey.

The message is...none of us is perfect. There is a wholeness about those who are able to live with their limitations and in those who can give of themselves and not feel diminished by it. Wholeness is about a person who can go through tragedy and survive. When we’ve overcome major obstacles in our lives, we can achieve a wholeness that others can only dream about.

The key to finding this and all its freshness is in slowing down. Unfortunately, we are so high-paced, running so fast to where we want to be, that many of us are forced to slow down through illness and breakage. If we could see ourselves from far enough away, we would seem like a colony of insects running into things repeatedly: thousands or little determined beings butting into obstacles, shaking our little heads and bodies and running into things again.

If we feel stalled or exhausted from the trials of life, let’s simply slow our thoughts to the pace of cracks widening, slow our heart to the pace of the earth soaking up rain, and wait for the freshness of the beginning to greet us.

CTB
Arizona

MOMENTS OF GRACE

Having spent a lifetime living in the forest, abusing and killing the forest animals, the old man now lay dying in a clearing. The day had finally come when he could move no further. As he lay there, too weak to even move his head, his faithful dog, the one he had often abused and neglected, cautiously came over to him and rested his head on the old man’s arm. In that moment, he understood grace. And so he died, no longer feeling angry, but simply being in that moment, a moment of grace.

Grace does not have to be earned. It comes to all alike, simply a wonderful facet of divine activity. It is an assurance, an explanation of why things are never quite hopeless, and why we seldom receive the full harvest of the error we sow, and why we receive a little more good than we sow.

There is an upward pull of the universe, ever seeking to lift us to the heights of our divine nature. It is as real and as relentless as the force of gravity. However, it is not a special activity or gift from our Creator. It is a way of living in an awareness of the divine flow. Our experience of it changes with our consciousness.

In being aware of ordinary moments of grace, let’s notice that unexpected phone call from an old friend, the signal lights that are green as we drive to work, being in the fastest line at the grocery store, that good sing-along song on the radio, and the keys being right where we left them.

In providing everyday grace to others, ordinary acts of kindness become the normal way of doing things. Choosing to love as a matter of course incorporates hope, forgiveness, and miracles into the fabric of our being, and we step into life with a peace and calmness. No noises, no brass bands, no fanfares—just the effortless stance of one whose grace cannot fail to be recognized.

Grace comes from an examination of our life in which we realize that we don’t deserve what we’re getting, yet we’re getting in anyway. It’s the difference between seeing life as an entitlement and seeing it as a gift.

CTB
Arizona

From the Inside

Since its inception in November 2009, a dozen issues ago, "From the Inside" has been a wonderful, and popular, section of this newsletter. Charles Tom Brown is the amazing man and talented author who wrote all the articles that have appeared here since then.

Tom has been released but he has accepted my invitation (I was willing to beg, actually!) to continue writing for us.

The new section that Tom will write in will be called "From the Outside", you can read its first installment below but I wanted to take this opportunity to thank Tom for his willingness to share of himself in this way, both while he was incarcerated and now that he has been released.

As many of you know, re-entry is often not a smooth or easy time. I believe that by sharing his unique and profound views of life Tom could help many of you who will be facing the same situation sooner or later.

I cannot express the depth of my gratitude to you, Tom, for being who you are, a lighthouse for people going through dark and stormy times. Thank you for choosing to shine your light through Freedom Inside.

Wishing you all the best, my friend, in this next chapter in your life.

With much love,

Janine

From the Outside

NEW PERSPECTIVES

After almost 13 years in prison, I am free at last! It feels like I have been on another planet and now I am a newcomer on one that moves at a much faster pace and requires decisions to be made every waking hour.

In truth, those prison years have unraveled the way I see the world. They have scoured my lens of perception, landing me in a deeper sense of living. You see, the handles to all my cups have been broken off so that I might learn that to touch and to drink are the same. These thoughts are like handle-less cups, and as I let the ebbs and flows of life flow through them, I am rinsed, cleansed, and charged yet again.

I have started writing again because life takes my breath away. I am stunned by its beauty. This, I believe, is our plight on earth: to be stunned, to be touched, to be fully present for it all till we are light as a feather.

In many ways, your story and mine are part of one story. Our pain is part of one pain. Our surprise at the beauty and fragility of life is part of one chorus of awe.

My passion now is to stay as close as possible to the pulse of what is kind and true; to stay in conversation with what happens there, and to experience more and more ways to listen and to love.

Charles Tom Brown



MY CONSCIOUS MIND

As I look deep into the essence of my reality, I now realize that learning lessons means learning how to change.

As prison continues to grow, cells continue to fill, the investors continue to become wealthy off our lost youth. Prison has now become a revolving door. Once inside, we have no REAL help to liberate or rehabilitate.

Un-educated and the majority, yet we still somehow have kept a strong sense of pride. We are the minority but across the globe we are the majority (Most of you assumed I was talking about a race). I'm referring to the poor, the middle and working class. I'm referring to the un-educated but uniquely talented children. My brothers and sisters of the same struggle, the best way to defeat one hunger and desire to hate is to look deeply at why we are choosing to hate.

Fighting, piping and stabbing. We can use these tools to continue to destroy life or to build up a super society. "A super man" (as Friedrich W. Nietzsche first described it).

Each and every altercation holds a gift of potential death and forever handicap but when does it end? We fight and kill for blocks we don't own, for drugs we don't really have control over, it makes the conscious mind wonder, "Is this "game" what we so adamantly refer life as?" If it is "the game", I've lost 10 years and 3 months of my life playing it. How about

you?

We must wake up, pay attention to what we are doing not to our so-called adversary but to our life, our families and most of all but forgotten...our community. It's pretty ironic how we "love" and claim a block and gang (my block and gang was 20th Longwood Bloos/ Treal boy clan). How we'd kill, fight for the hood, yet we were the reason the property value lowered. We sold the local street drugs but we didn't invest that money into the block we advocated for (Some love!). It's important to wake up now and examine the un-told gift of life. Not just a life but a chance to actually live life and enjoy life, without the regrets.

Before Dec. 29, 2010, I was an advocate "warrior" for this cavemen mentality. "Fighting to die". I've never met so many young warriors so willingly and ready to die. (I was one). It's often asked, "Will you die for this?" All my family and REAL friends never asked me to do anything but live life to the fullest.

My wake-up call was during an altercation. I beat a guy for five minutes and broke both my hands. The medical system and KDOC system overlooked my pain and fractures and my hands healed wrong. I saw the orthopedic and he gave me the breathtaking mind-blowing news, "If we have the surgery, you will lose a third of the mobility in your hands but it'll look better".

WHO AM I?

In our Shanga we have asked this question and many answered that they were "nobody". I said I was existential. I have since asked myself the same question and even meditated on the question. I have come to the conclusion that the "self" isn't a fixed entity, so why do we develop a strong "sense of self"? In our world we need to have some concept of self to simply do what we do, to cross the street without getting hit by a car, and some of us get hit anyway. We need a self to earn a living, raise a family. The key point to realize is that this self is an abstract con-

cept and only a convenient fiction for helping us navigate through the real world, what Buddhism calls the realm of samsara (or bondage to worldliness) as opposed to the realm of nirvana, which is blissful, peace, harmony, and freedom. We find these typical words in our experience of meditation.

From a Buddhist point of view, the truth is that what we call the self is only a bundle of aggregates that constantly shift. I have come to the conclusion that we are

At that moment, the fear, the respect I received didn't add up to my un-realized loss. Yeah, I won the altercation but I'm slowly losing my dream, what I love to do most...WRITE!

All that you can gain from any altercation is whose the better fighter, more skilled. Yet, with each punch, with each negative RE-ACTION we're dehumanizing who we really are, and have the potential to become.

I'm not telling you to love your "enemy" or your prison guards. What I'm telling you is to wake up, the war isn't a real war. We've been lied to in order to make the rich richer. Educate yourself, take time out to build back up the relationships with family and old friends and most of all, make a deep heartfelt evaluation of where you want to be and how you want to live. Make a change, because if we don't we are doomed to repeat this nightmare and hurt people will always hurt people, so the children will follow.

Take care, enjoy each moment and look at the man/woman in the mirror and tell me what it is you want the world to really see. What will they say after you have checked out? Don't be so quick to give up and to look towards death, there's way too much to live for...

Signing off

LWH
Kansas

much more than all of these aggregates put together. What is the true self, the Buddha self, if that is possible? Don't each of us reflect and experience all humanity, as well as the universe? Are we not each of us experienced and reflected by the same universe? The Buddha wanted human beings to realize their fundamental Buddha nature; the inherent, self-transcendent perfection they have in common with everything else in the universe.

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WHO AM I?

(continued from page 6)

The Buddha is reported to have said, "There is no self residing in body and mind, but the cooperation of the conformation produces what people call a person. Paradoxical though it may seem, there is a path to walk on, there is walking to be done, but there is no traveler. There are deeds being done, but no doer. There is blowing air, but no wind-God behind it that does the blowing. The thought of an existing self is an error, and all existence are as hollow as the plantain tree and as empty as a twirling bubble." (Adapted by Jack Kornfield)

This deconstructionist approach to the question "Who am I?" helps us understand that things are not what they seem to be, including our selves. With this insight, we can loosen up and relinquish some of our clinging, our division of things into "mine" and "yours", and our incessant craving: "My house, my car, my mate", "I want", "I need", and "I must have". All this self-centered and inevitably painful thinking gradually falls apart when we train our minds to see through the illusion that our self is real, a fixed, and permanent entity. In doing this, it is easy to see how we could evolve into being more naturally at ease with everyone and everything just as they are, and enjoying all things, from gross to subtle, visible and invisible, and more lightly. To see through ourselves successfully is to untie the knot of our hearts, and loosening one's core organizing principle and opening up a myriad of greater possibilities for freedom and conscious evolution.

One might think, since no one won this car, I will take it. This thought does not work since it was paid for by someone. This is why we have the precepts, the Eightfold Noble Path and other ethics needed to end our greed, desiring and ignorant suffering that we create with our divisive behavior. Of course, I am not what I think I am, and I know we see ourselves in ways that are neither accurate nor helpful, and in fact, imprison us into the trap. We fall into living as we are not and lose who and what we actually are.

However, to me the self is more a process than an entity, the present moment is the one that matters, the one in which we live our life. The past is over, and the future is unknown. Even so, our past seems to follow us as I write this passage. Karma follows us like our shadow. The more we choose to live in the past or the future we miss out on life itself, on what is happening, moment by moment, and the more we fail to realize who and what we are, moment to moment. Answering the question "Who am I?" requires monitoring ourselves on a regular basis.

This means, for example, we can perform on a regular basis a kind of vital, ongoing, self-examination by taking a "God's eye" view of the moment at hand. This means looking at your current self-interests, self-involvements, and conflicts from a more cosmic or divine perspective, the one in which you perceive that God is observing you. The 14th-century Catholic mystic Meister Eckhart alluded to this type of vision when he wrote, "*The eye through which I see is the eye through which God sees me.*" Thus we know and are known. The wise Indian guru Nisargadatta Maharaj was once asked, "Is the search for self worth the trouble?" He replied, "*Without it all is trouble. If you want to live sanely, creatively, and happily, and have infinite riches to share, search for what you truly are.*" I have been told we need to conduct the same inquiry by going inward by way of meditation and observing everything that is happening on one's body and mind, heart and soul. The Dzogchen tradition of Tibetan Buddhism offers rushen meditation to explore the questions "Who am I?" Rushen literally means "discerning the different between." This subtle meditation entails breaking down or challenging our standard, automatic way of thinking about "self," "body", "mind", personal identity, and other related concepts. Instead of constantly bleating, "What about me?!", we ask ourselves a series of direct but unconventional questions during meditation.

My rushen meditation instruction always included "Mind the mind." Turn the spotlight, the searchlight of awareness

inward; look at the one who is looking and feeling; perceive the perceiver; see through the seer and be free. As we engage in answering these kinds of questions during a calm and clear meditative state, without censoring ourselves or worrying about how logical or intelligible our answers may be to others, we can discover all sorts of new information and richer understanding about who we truly are. We can have a closer encounter with our selves than we've ever had before.

It was recommended to extending this practice beyond meditation into your everyday life, hour by hour as it unfolds. For example, as you look at the person in front of you, whether he or she is someone you like or dislike, say to yourself, I am interconnected with this person in our shared experience right now as well as on a deeper, more subtle and invisible level. After all, this person is someone you are experiencing, and someone who is experiencing you, in a shared consensual reality. Moreover, try to extend this empathic connection practice by doing the same with trees you see, dogs you meet or simply hear, foods you taste and scents you smell. Everything in the universe further informs you who you are.

This is one way we can practice cultivating, on a daily basis, the radiate moment-to-moment awareness of inter-being, of meaningful connection and profound belonging, of undefended openness and warmhearted oneness with one and all. The less full of ourselves there is more room for all others in our life. The light will fill us of the divine wisdom and love to enter this world through us. I am personally connected to all that exists, my body is the entire universe, all beings are my heart and soul. Together, we are no different, but alike and wholly connected to each other. I exist as an inter-being. May you all be well. May no harm come to you. May you have peace and happiness. May you find life as one. I remain, in metta.

In Gassho,
JLH
California

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!

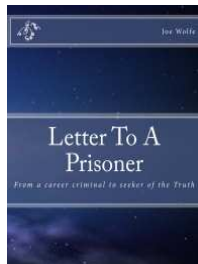
"I was hungry, and you gave me meat; I was thirsty, and you gave me drink; I was a stranger, and you took me in; Naked, and you clothed me; I was in prison, and you came unto me." (Mathew 25:35, 36)

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
c/o American Chiropractic & Wellness Center
8951 W. Cermak Road,
North Riverside, Illinois 60546

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!*



ANSWERING SOME IMPORTANT QUESTIONS

Asked by Neale D. Walsch and reprinted in the January issue of this newsletter

◆ What would I be willing to give up for the kind of life we are here to live?

I'm sensing that the life "we are here to live" is not remarkably different from the life we are living. Within this context, I mean to suggest that our lives are suppose to incorporate ups and downs, pleasures and pains, confusion and clarities, love and fear, confidence and doubt,

etc. Now, with this dual existence, the significant issue with me is "how are we best served" for fulfilling our purposes in this existence? My experiences are giving rise to the impression "that we are best served by learning from and transforming through this duality" Presently,

I'm learning to humble myself and "give-up my idea" about how I think life is supposed to be; so I can accept and appreciate life as it is. And be more receptive to its messages.

◆ What is the kind of purpose "we wish to see fulfilled" in our lifetime?

Again, I'm not certain that the kind of purpose that I wish to see fulfilled is not already materializing. For instance, I'm loving what I've come to see as an effect or by-product of so-called negative events, failures, pain, confusion, hard times, etc. I've seen how natural and

human-made disasters have prompted people to recognize and respond to our oneness; how the death of a friend or family member has inspired people to express love to and communicate more with their friends and family members who are still alive. In short, I'm seeing a

beautiful and not so beautiful purpose being fulfilled in our lifetime. Herein, I'm willing to give-up my surface view of life, more and more and search and pay more attention to its deeper views.

◆ Thinking of my dream of the best life I can imagine, what am I willing to release in order to achieve it?

My dream of the best life imaginable considers that we are eternal/immortal beings; that we have aspirations for living, learning, and loving in ways that will expand all of our conscious awareness so that we may evolve nearer to Source. Yet, I'm still affected by the wishes, desires, and temptations of my little-self. For example, I give great credence to the concept that "our souls impel us to be in the exact set of conditions and circum-

stances that are just ripe for our growth into higher consciousness. And though I've come to realize a great deal about myself and others here in prison—and I can understand how my continuous presence in this prison environment could precipitate even more unfold-ment toward my bigger self, I still wish to be released from this prison; to live among and for my family and to experience many of the liberties and privileges of

someone that's living out in society.

It's at this point where conflict arises in my dreams. In other words, I wish to have the apple and eat it oo. Presently, I'm learning to surrender and release my desires to get released from prison—so that I'll expand into a freedom and joy that's beyond my dreams and imagination, the thought of this is becoming a source of my Freedom Inside.

Striving,

HJ
North Carolina

POETRY CORNER

A VOICE FROM INSIDE

Prison has provided the venue for my awakening
and my own personal introspection has helped me to learn
that everything I have gone through
has served a purpose.
I've learnt that my life was and is not a result of others,
but my own decisions and I can now accept responsibility.
Most important of all, I have learnt to love myself and who I am.
I have learnt to accept responsibility
for not only my past but for my future as well
and to discover who I am as a person.
I also realize that I am worthy of love
and there is no reason why I cannot hope and dream
of the things I never dared to hope and dream of before.
I am worthy of them and out of my own decisions and actions,
am responsible for achieving them.
I must merely love myself
and want them
and glean the wisdom from all I've been through.

Prison has made me open my eyes to a lot of things;
I'm a better, kinder person now.

I changed myself for the better,
more education, better friends.
There are people who need me
and I try to help when I can.
My friends here know they can count on me.
I live for today
and feel we make our own path in this world.
I have learnt that no matter what you are faced with,
You can adapt and survive.
No other can destroy you;
the power is in each one of us
To defeat what challenges us
If you believe you will win.

By Jeffrey Stevens
As published in *The Spirituality of Incarceration*
With Katja Farnden

Do you have a poem that reflects the message in *Freedom Inside*?
If so, send it in, it just may be chosen for a future **POETRY CORNER**

POETRY CORNER

AS I BEGAN TO LOVE MYSELF

By Charles Chaplin

As I began to love myself I found
that anguish and emotional suffering
are only warning signs
that I was living against my own truth.
Today, I know, this is "AUTHENTICITY".

As I began to love myself I understood
how much it can offend somebody
As I try to force my desires on this person,
even though I knew the time was not right
and the person was not ready for it,
and even though this person was me.
Today I call it "RESPECT".

As I began to love myself I stopped
craving for a different life,
and I could see that everything that surrounded me
was inviting me to grow.
Today I call it "MATURITY".

As I began to love myself I understood
that at any circumstance,
I am in the right place at the right time,
and everything happens at the exactly right moment.
So I could be calm.
Today I call it "SELF-CONFIDENCE".

As I began to love myself I quit
steeling my own time,
and I stopped designing huge projects for the future.
Today, I only do what brings me joy and happiness,
things I love to do and that make my heart cheer,
and I do them in my own way and in my own rhythm.
Today I call it "SIMPLICITY".

As I began to love myself I freed myself
of anything that is no good for my health—
food, people, things, situations, and everything
that drew me down and away from myself.
At first I called this attitude a healthy egoism.
Today I know it is "LOVE OF ONESELF".

As I began to love myself I quit
trying to always be right,
and ever since I was wrong less of the time.
Today I discovered that is "MODESTY".

As I began to love myself I refused
to go on living in the past and worry about the future.
Now, I only live for the moment,
where everything is happening.
Today I live each day, day by day,
and I call it "FULFILLMENT".

As I began to love myself I recognized
that my mind can disturb me
and it can make me sick.
But As I connected it to my heart,
my mind became a valuable ally.
Today I call this connection "WISDOM OF THE HEART".

We no longer need to fear arguments, confrontations
or any kind of problems
with ourselves or others.
Even stars collide, and out of their crashing
new worlds are born.
Today I know THAT IS "LIFE"!

Quotable Quotes

Reputation is what men and women think of us; character is what God and angels know of us.
-Thomas Paine

You cannot dream yourself into a character; you must hammer and forge yourself one.
-Henry David Thoreau

Be your character what it will, it will be known, and nobody will take it upon your word.
-Lord Chesterfield



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You are blessed and a blessing to all

Janine