



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

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Issue # 62 December 2011

ONE YEAR TO GO

Have you heard talk about what will happen in December 2012?

Doomsayers believe this date represents the end of the world.

But many scientists, spiritual explorers, and researchers are examining signs that, according to them, point toward a critical shift in the history of our planet. They believe this shift will happen toward the end of 2012.

Many more people either haven't heard any of these ideas or don't much care.

As we all know, ideas are just that. Opinions are just that. For all I know, the hooplah I am hearing about 2012 may fizzle out, much as the Y2K fear did when absolutely nothing happened as the clock turned from 1999 to 2000.

I've read quite a bit about the possible changes coming. Some sound like heaven to me, when people will live in more harmony with each other, in more consciousness of who we really are, of how very connected we

all are to other people but also to our planet and all the stars.

I must say I am quite looking forward to that happening. I am hoping for it.

"I don't see any reason why I should wait one year to get to where I want to be. Am I being impatient? You betcha!"

during my lifetime?

And what if none of it happens? What if it's all in our imagination, only an idea that will never become reality? What do I do then? What do I do now about that?

I've written more than once about the power of now. I know that thinking about the past or the future is not something I want to spend a whole lot of time doing (although I spend way too much time doing that but I am working on it!!!)

So, I don't know what will happen in December 2012. I don't know if the world will shift for the better, if it will end, or if it

will continue as it always has.

The only thing I can do now is become more aware of who I really am. And I can tell you that the fact that I love the idea of higher consciousness on a worldwide basis tells me something important. Important about me, what I'm about (what I believe we are all about...but each of you will have to decide that for yourself).

I don't see any reason why I should wait one year to get to where I want to be. Am I being impatient? You betcha!

But more than impatience, I believe I create my world everyday of my life. I believe that I see what I look for. I believe I see good when I look for it. I believe I see joy when I look for it. And I see evil when I look for it also. But thank goodness that last one doesn't happen very often. And I have gotten quite good at catching myself and backing up of that one.

So what do I want to happen in December 2012? And if I want it then, why wait?

I want peace. World peace, of
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ONE YEAR TO GO*(continued from page 1)*

course, but I know that won't happen until people live peaceful lives, everyday people living everyday lives. And I won't see that happening until I live my own life with such profound peace that it will radiate out and touch everyone I see. This is one of my wishes. Here are some more:

Love. Looking for the good in everyone around me.

Acceptance: Seeing people and situations for exactly who and what they are and accepting them, loving them, without needing to change any part of them.

Joy. Seeing the perfection around me and rejoicing.

Abundance. Knowing I have all the peace, the love, the acceptance, the joy that I could ever wish for. That all I need to do is share all that I am, all that I have with everyone around me.

I cannot imagine a better life for myself or a better world around me.

So I'm not waiting for December 2012 before I live in higher consciousness, before I accept and love all around me, before I share all my abundance and my peace with joy.

These are my wishes for all of you for now, for the New Year and for the rest of our lives.

Happy New Year!

In Joy and Peace,

Janine

2012 AWAKENING TO GREATER REALITY

By Meg Blackburn Losey, PH.D.

Published in *The Mystery of 2012,*

Predictions, Prophecies an& Possibilities

Our Energy Changes in 2012

As our bodies respond to the energetic changes, our electrical patterning begins to change. We create more and more electromagnetic activity just by existing. This electromagnetic activity is allowing our consciousness to become more and more accessible to us. Because of this, we are becoming more highly aware of subtle realities. At least, they seem bustle to us.

Further, as our electromagnetic fields change and our electrical patterning is altered, another amazing phenomenon occurs. Ultimately, we are comprised of sets of harmonics that are a lot like intricate musical chords. Each of us is a unique combination of energy and light. Energy and light exist at different frequencies; they are different colors and, if we could hear them, different sounds.

As we evolve and the electromagnetic energy and electrical energy within us respond to the changes, our harmonic frequencies change as well. They become higher, more similar to the harmonics of our source. Our harmonic vibrations become more and more refined, and with that, our perceptions, our abilities to perceive our environments, and ourselves become more developed as well. We begin to live in our world very differently than we have at any other time in our lives.

As our vibrations rise and we begin to relate differently in our world, all that is happening within us is communicated in the form of subtle energies through the entirety of creation. And creation responds. The reality we perceive begins to change, not only within us, but also reflected around us.

When the kinds of changes occur, there is a universal response, from the tiniest aspects of creation to the greatest. First, we begin to notice little things. Our perceptions change. The people in our lives change. Those people who are no longer vibrating at or near our level seem to fall away, and we begin to attract others who are harmonically constructed in a more similar fashion to ourselves—who are more like us to perception.

GLOBAL SHIFT—DIMENSIONAL SHIFT

As these spontaneous changes occur and more and more people who are of similar harmonics come together and interact, a growing number of people are awakening to their true nature. And they, too, begin to gather. Ultimately, there will be a moment in eternal time when enough people have awakened that a spontaneous shift will occur in the reality in which we live. Many call this a dimensional shift; in fact, it is.

Any time there is a shift of such magnitude, it is not only dimensional but also universal. The entirety of creation changes in some way to reflect the messaging it has received, and new reality is created.

It is not this writer's contention or belief that 2012 means that the world will end or that humanity will disappear off the face of the planet. Instead, we are about to take a great leap in consciousness, one that will change reality as we know it. The possibility exists that humanity is on a path to reunion with the very one from which we all came, that we are evolving to a point when we will spontaneously shift to a complete change in perception and even existence. Why not?

The end of the Mayan calendar and those words of our ancient predecessors did not mean that we would disappear from our planet; rather, we could step into a new form of reality and the age of ignorance in which we have lived for millennia would come to an end. In this now, as always, humanity has a choice of direction and the culmination of all of its evolution up to this moment. More important, we are at a crux point in the very beingness we so treasure. We can easily accept the changes that are occurring within us by choosing to create a new and different reality that honors each of us as part of the greater whole; or we can choose to fight our awakening, kicking and screaming all of the way to oblivion. It has always been a choice.

In order to move through the coming changes of 2012 with ease, there are eight

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HOW DO WE GET READY FOR 2012?

by Christine Hunter-Robertson

From Barbara Marx Hubbard: A Vision for Humanity - What can you do?:

"Realize that the higher self, the inner voice, is you. Bring your projections home as your own developmental potential. Ask that deeper self to take dominion within your personality selves, and shift your identity from your ego to your essence. This is the key step to being born as a more universal human. Then, find your life purpose. Ask to know what you are born to do. Follow the compass of joy. Seek out those who affirm the highest in you. Where two or more are gathered in the name of that highest dimension or your being there, "I Am" is in your midst. Everyone is needed. Everyone is called. The greatest blessing any one of us can have is to say "yes" to the dormant potential within us. Reach out to those who attract you, and connect with as many others doing the same as you possibly can."

As we enter 2012 we can choose to be in a state of fear or love, it is a simple choice. Will you be listening to the doom-sayers and fear mongers or will you listen to your own Higher Self, the Divine inside of you. This is your key to open the door to an unfolding consciousness, to live authentically. No one else can do this for us, we are alone and only we can take responsibility

for our awakening. If each one of us does our part then we can truly light the world. Everything in the world is changing. As structures we are familiar with look set to crumble it is reasonable to ask why? The simplest answer is that they cannot operate from a place of fear in the light of love. Just like each one of us cannot ignore what is required of us to grow and heal, this is reflected in everything around us. Welcome to the shift, the time of transition from a 3D consciousness to a higher level of alignment connecting to the higher mind, to God, closer to home than we have ever been on earth. All structures such as our financial, economic, medical, education, government and so on operate from a 3D or duality consciousness. All we have to do is ask the question: Does this structure nurture and uplift the individual? If not it is not operating from a place of higher consciousness and as we shift even more in the next few years these will have to fall away. Light is shining in the darkness.

It is so important that we maintain the focus on our own healing and growth and not on the outside. As we heal our inner selves we heal outside of ourselves," If you do not go within, you go without" CWG. Consider that on a grand scale, for us all to heal and raise our consciousness it has to come from within.

This has really been a discussion point throughout this past year, all the shifting with the wave energy and the increase in light, vibration and higher frequency is happening and will not be going away. It is up to you what you choose for yourself in this next year of increased light and love that brings in the evolutionary changes to our world.

Here are a few tools to assist you step more into the truth of who you really are.

Create an intention for being here at this time: "Let me begin to know my truth, to remember, to realign with Spirit (God) to come home."

Feel with your heart, not your mind. We have talked about emotions and feelings in other articles, it is time to truly delve into the feeling aspect and open your heart.

Be present, the only place you experience yourself is in the present moment, right NOW. Consider how much of your time you spend in the past, thoughts of past experience, the should have or might have beens; mulling over negative things, replaying experiences.

If not the past, the mind goes into the future, what you will do, what you want to do, how fearful it might be, and so on and on and on! All thoughts past and future

keep you from the now moment, being present, receiving the gift of connecting in the present.

There is a dormant potential within you. Perhaps this is why you are in the place you are right now, the perfect place to reexamine yourself, to ask what it is you were born to be. All of us are born into this plane to be our light, to shine, to flow with the joy of life. What we do is secondary and can only come through once we align to our joy as Barbara Marx Hubbard suggests: "follow the compass of joy". That only occurs when we are truly present.

If you would like to engage in a little more processing for the New Year here is a set of conditions to ponder on and review. A kind of checklist to examine what you have changed and what requires a little more healing.

These conditions all live in our unconscious. When we bring them up to consciousness, to awareness, we can make higher choices. We can choose to heal and release old beliefs and conditions that no longer serve our highest good. Contemplate on each condition for a minimum of 7 minutes to see how you are lacking in each area. This is the time to tell the truth to yourself and allow the divine to heal and support you in each area.

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From the Outside Life After Time

WHAT IS IMPORTANT?

By Charles "Tom" Brown

It's easy to get caught in the speed of life and forget what we're here for, our true path. We all can get fascinated by the latest gadget and get lost. We need to be able to enjoy the latest thing, but also completely realize that what's going to matter on our deathbed when we're saying goodbye to our bank account, our smart phone, and our name is whether we've lived a life that's been connected to what truly matters.

Here is a true story that reminds us of this:

Kenneth lived in Santa Fe and was an artist and an enthusiastically committed AIDS activist. His energy was contagious and he helped many AIDS organizations get off the ground.

One day, however, Kenneth began to get very sick. He began to deteriorate physically and lose much of the use of his legs. He could hardly walk, and he had to have nursing care in his home around the clock. One afternoon he told Betsy, the nurse who was staying with him, that he was going for a walk. Betsy knew perfectly well Kenneth could not go out there

alone, if at all, and she insisted he needed to stay in bed. But Kenneth's determination was legendary. It was a warm day, and Kenneth knew what he wanted; he rarely let anything so insignificant as minor paralysis ruin his plans. Before Betsy knew it, Kenneth was out the screen door and hobbling toward the street.

After only a few steps, Kenneth collapsed in a heap, like an old pile of clothes. Betsy ran out the door. "Kenneth, are you all right?" she screamed. She was sure he must have done terrible damage to himself.

Kenneth did not immediately respond. He lay still and quiet on the grass. Then slowly he turned his head and looked calmly up at Betsy. He smiles. "*The sun feels so good on my face,*" he said.

What a precious moment! An enlightened moment. Close to death, his body failing, Kenneth is so present and awake that he is simply grateful for the warm sun on his cheek. This moment he is alive. In less than a week, he will die. But in this instant, as the sun touches his cheek, he is grateful.

As I think of Kenneth, I think of how quickly we can lose our capacity for surprise and delight. Beautiful things become commonplace, and we cease to be amazed at the color of the sky, the smell of the earth after a rain, the gift of a fine meal, a message from a friend.

It's so easy to focus on what we don't have. "*The sun feels so good on my face*", he said. He did not insist he be cured of AIDS before he gave thanks for the warmth of the sun. In that moment he was spacious enough to hold both things that were true. He was honoring both our sorrow and our joy.

What is important? The most important thing in life is to be fully present with our hearts open in each moment. An open heart can deliver and heal us in ways our brain can scarcely imagine, much less begin to analyze and rationalize. It's our nature to have an open heart, as much as it's the true nature of a flower to open in the sunlight.

This, I believe, is what matters and what is truly important.

THOUGHTS FOR A NEW YEAR

By Charles "Tom" Brown

As we begin a new year, our thoughts naturally turn to the changes that are taking place in each of our lives. Let's remind ourselves that change doesn't take priority over the inner work, the work of tapping into that which is beyond all change and form. Every part of our lives, everything beautiful and ugly, every nuisance, fear, joy, and struggle is spirit. There are no other items on the menu.

As each of us begins to go deeper

within ourselves, we begin a process through which our world is gradually revealed as it actually is. At some point, we begin to see that something is happening, something deep within us that has nothing to do with appearances or external dramas.

When we see things as they really are, instead of the way we think they are, or as they appear to be, we begin to live more and more according to our true nature.

We're sharing an incredible journey together—the journey from who we think we are to the space of who we really are. It's such a grand adventure to participate in.

And so, as this new year begins with all of its uncertainties, let's hold hands and jump off the cliff into the unknown...knowing that we'll either be caught by the "everlasting arms," or we'll be taught how to fly.

THE PRESENCE OF GRACE

We've all had experiences like this, where we feel some higher power is looking out for us. We didn't deserve it, but there it is. The stars have lined up, and we had nothing to do with it; some call it synchronicity; some call it serendipity; some call it a connection with the divine; some call it coincidence; some call it luck...and some call it grace. If we stay open to life, unexpected gifts begin to appear. It can

be simple or something very big, and magical. Often we don't even realize we've asked for help or a sign or a message, but the universe surprises us by intervening on our behalf. This world works in mysterious ways. These types of events happen to everyone. We just need to be aware of them. We need to make not of them. We need to record them, because by doing so we are honoring

miracles at work. We are opening our lives to grace, and we are affirming something holy. They are little miracles—small, unexpected gifts that add color—and they are there for each and every one of us.

RL
Wisconsin

WRITING CONCENTRATION

Writing is an act of concentration and reflection. It is an act of diving into the well of our inner self. It is a process of healing and regeneration. It cannot be done when we are thinking about the fifty errands we "need" to do.

When you write, you lay out a line of

words. The line of words is your sword. You wield it, and it cuts a path for you to follow. Soon, you find yourself in new territory.

So often we look, but do not see. We notice, but don't observe. When we write, we see the world differently. Sym-

bols and stories come to us. There are unspoken lessons and messages all around us. They help us through our own pain. They help us see the world and our place in it differently.

RL
Wisconsin

SOMETIMES BAD IS GOOD

Perhaps life is a journey toward acceptance, toward the belief that everything that happens to us happens for a reason. The hardships and upheavals, the losses and heartaches have a purpose in the grand scheme of things. Either we conclude that there is order and purpose in the universe, or we concede that all is a meaningless accident. We must choose which of these outlooks will guide our lives. This may be the most important decision we ever make.

The paradox: it is through the greatest struggle that we receive the greatest gifts.

Our ability to capitalize on conflict and chaos will enable us to accomplish all we desire and in doing so, help us to appreciate and enhance the most precious moment in our lives—this moment.

The greatest of human freedoms is to choose one's attitude in any given set of circumstances, to choose one's way.

In other words...

Even imprisoned in the most evil place imaginable, living in brutal conditions, with all our freedoms removed, we nonetheless retain the ultimate freedom: the power to choose our response to our circumstances. No one can take away that power. No matter how extreme the pain and loss

RL
Wisconsin

Quotable Quote

Our deepest Fear 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.

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 all meant to shine, as children do.

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.

From the Inside

Here's an email exchange between a new friend and myself. I hope you will enjoy our conversation just as much as I always do. He is a very special man
Love,
Janine

Janine,

I am currently reading the CWG trilogy for the sixth time, and every time I read it I learn something I didn't know or wasn't ready for before.

I just had another inmate come up to me a few minutes ago who has read my trilogy book and then went on to read all nine of Neale's books including the WECCE book. He has a lot of problems in his life stemming from abuse. Now he battles with mental illness because of it. He actually thought that some of his mental illness was a handicap until I showed him through Neale's books that they are actually gifts. He has just told me that he believes that those books have cured most of his mental problems. He says he knows he still struggles with Borderline Personality Disorder, and has serious thyroid problems that cause severe mood problems.

One of the things that he struggled with has turned into a blessing. OCD which has helped him study law and remember what he reads as if he has a photographic memory. It has lead to him asking me for assistance to put it all down in briefs to send to the court in his case. He has and along the way he has made some amazing discoveries. He has figured out all by himself that most of us are in federal prison illegally. I truly mean that. He has sent proof into the courts and one of his briefs ended up on the Presidents, and the attorney generals desk. He got it back along with an application for clemency.

He filled it out and sent it in and they said they couldn't rule in it because he was currently in the Appeals Court. Well, that kinda ticked him off and he decided to keep writing briefs and start helping others. The Courts are pretty locked up right now and you can tell they really don't know what to do. My own brief has been included in this.

We know we need publicity with this and have had a couple of attorneys waiting in the wings, one that this particular institution doesn't particularly like.

That has led to this institution to stop allowing inmates to get their legal materials that are being sent to them from the courts and their attorneys. Oh they tell them they can come to their staff offices and look at them anytime they want. But in fact that is not true. They are not even here tonight. We have deadlines to deal with, and they don't care about them. Keeping us in here is Job Security, or so they think.

I just discovered by looking at my inmate ID that the very same agency of the federal government that prosecuted me is the same that incarcerates me and controls everything I have access to and when etc. Isn't that amazing? The public is about to become aware of that fact very soon, as well as to all of the other stuff we have found.

I really feel bad for those employees that

are withholding legal materials as I have found a case, which I no longer have in my possession, that was from this Circuits Court of Appeals, that ordered the local district court all the way back in 1973 to order this facility to stop confiscating inmates legal materials and give it back to them. That means that those employees are now in contempt of court, and thanks to some recent supreme court rulings can be held personally liable for denying those inmates of their due process rights. In fact that's a violation of a federal criminal statute. Amazing how life is isn't it?

Now I'm not suggesting to any of those guys that they pursue prosecution of those staff who are responsible, but that is completely up to them. But I would suggest that those materials be released to those inmates. Since Mr. Rumsfeld can now be held personally liable for the actions he took in Iraq, in denying two US citizens their rights. Wow how great life is. How, in an instant things can be turned around.

I'm still working on some legal work of my own but hope to soon take you up on your offer of things you can publish in your news letter. Parts of this email may help some of the guys. Use your own judgment to edit it. Thanks Janine!!!

Much Metta

Your Buddhist friend

MB
 Illinois

My Response

Dear MB,

I cannot even begin to say I understand what it must feel like to go through everything that you do, that other prisoners do.

I can only speak for myself and about my own beliefs and here goes.

I believe everything that happens carries within it a gift for us. Everything. Even those things that are difficult and even painful to go through. Those last ones are

what have brought me the greatest gifts in my life. I would not wish those gifts away nor would I choose different circumstances to bring them to me. I include the death of my son in those painful times that brought me so much.

And if I truly believe that, and I do, then I cannot see anything happening to me as being <bad>, or <wrong> or anything other than perfect. It is.

I believe the same is true of everyone. As

you told your friend, his mental <challenges> are also perfect. They also bring great gifts. Our job is to find the gifts. To know they're there and to look for them. I have always found the gifts I was looking for.

I believe the same can be said about this Justice System of ours that you are so involved with. It is exactly perfect to bring you the exact situation that will allow you to experience exactly what you came here to experience. At least, that is what I be-

lieve and how I live my own life.

Changing the System may be possible, it may even be preferable. I certainly don't think it's working, that is for certain. But while changing the System may be necessary, I believe this change will come only after whatever is <wrong> within us is healed.

I believe the world is our mirror. What we see there is there only because we have it in us. What we love <out there> we do because we have it in us. What we hate out there is also within us. It is a wound that needs healing.

So, for me, unfairness is difficult to take, whether <suffered> by me or by others. My job, so to speak, is to find the part of me that needs healing about unfairness. That part that says how other treat me is impor-

tant because it reflects my worth. It is only when that wound is healed that I can see someone treating me unfairly and recognize that they have their own wounds, their own fears.

So, would I change the Justice System? Do I want to join the fight? No, I don't. Do I believe all prisoners are guilty and all guilty people are in prison? No, I don't. Do I think sending people to prison is the best thing to do when people break the law? No, I don't.

But that doesn't mean I believe I have the answer to everyone's life. I don't. I only have my own answers and then only when I look deep within, see and heal my wounds, and listen to Spirit.

What I believe is that we all have our own answers within. If yours is about changing

the System, then more power to you. I wish you all the best, and your friend too, along with all others how many join you.

Just please make sure you are acting out of love. Love for the victims of the Justice System and love for the perpetrators too. I believe that is the surest, fastest way to bring about change. But I also believe love is the only way to live happily.

Well.....I sure got on my soapbox, didn't I?

Many blessings to you, my friend.

Janine

...And again from our Buddhist Friend

Janine,

Thanks so much for going up on your soap box. :) I see you and I think a lot alike. I was in the process of moving to a new unit here at the prison and things like that can get you on edge. I didn't realize, after being locked up awhile how we can sense things and react differently than we would out in the World.

I notice for the most part we over react to the littlest things. This is part of what happens to you when you are locked up awhile. For me it will soon be 8 years. The prosecutor offered me a plea bargain of only five years but I refused as I just didn't think it was right to take a plea for something I was not guilty of. Five years would have been the mandatory minimum in my case. Since I decided that wasn't right and to take it to trial I was unaware how much money our government has to spend on prosecuting you. They have unlimited funds and can convict a ham sandwich. They don't play fair and will get witnesses

who were going to testify for you to testify against you by threatening them and such. It was an experience I had to see to believe.

I know this sounds crazy, especially having 22 years to go in my sentence, but it took this to wake me up. I never would have read the Conversation with God books or experience what I needed to experience if I wouldn't have come here. Yes, I do feel I have something to do with exposing our justice system and will do it. I have sent out over 1500 pages of manuscript for a book I am writing about this whole experience, which includes our little chats here. Don't worry I wont publish anything you say.

You're right this world is a mirror. This is a healing experience for me. I really mean that. Its sad that the collective consciousness created all of this mess. As it says in CWG #2 "even Hitler went to heaven." We do all of this to ourselves. But I know deep in my heart it is perfect. This is all perfect. It is the way it is

so we can have the opportunity to change it. I see that with the protestors out in the world in the various cities around the world. People want change and change is definitely coming.

A Native American friend told me a couple of days ago that the world responds to us and is going thru a rebirth. I believe that too. I too am going thru a rebirth. As a matter of fact I will start out with nothing like I did before. I will make a life for me, and I hope a better one for all of us on this planet. I feel it coming, deep inside me. So "hang on Michael!" my little voice says. Its all happening for the better.

Thanks for listening to me on my own soap box, as I know the Great Spirit talks to us and listens to us too.

Your Buddhist Friend

MB

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!

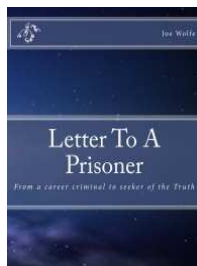
"I was hungry, and you gave me meat; I was thirsty, and you gave me drink; I was a stranger, and you took me in; Naked, and you clothed me; I was in prison, and you came unto me." (Mathew 25:35, 36)

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,
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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!*

HOW YOU HELP HUMANITY'S EVOLUTION

By Neale Donald Walsch

Published in the CwG Weekly Bulletin, May 2011

Hello, Everyone...

Today, more excerpts from the upcoming book *The Storm Before The Calm*, to be released by Hay House in the Fall, because I promised last week to take a look at the role we can all play in the process that humanity is now undergoing.

I have called this process the Overhaul of Humanity, and the role we are being invited to play by Life Itself is going to be very easy to play. It is a role I believe you have come here to play.

You have come here--to physical form, to this place called Earth, at this particular and critical time in history--to participate in the evolution of our species.

I realize that this may sound grandiose, yet I believe deeply that it's true. But a lot of people just don't know what they can do, and so they assume there is nothing they can do. That's just not true. There is a gentle assistance that Life invites you to provide right now. If you are willing to offer it, you could truly help to change the world.

Please don't allow yourself to be "scared off" by that big agenda. You won't have to perform verbal somersaults or career back flips or relationship jumping jacks or financial miracles or whatever else you might think you'd have to do to get peoples' attention or to make a difference on the

planet. You don't have to be a good speaker or a fabulous writer or a workshop presenter or any of that.

Nothing that might involve you will be too much for you. And, as I have said now a couple of times, you will not be alone in this process. Thousands--many thousands--will be joining with you...and I shall be one of them. Yes? Okay? We'll be doing this together!

So here's the scoop:

Your participation in the evolution of our species will be achieved through the work you do with your own Soul.

Humanity could be just one conversation from paradise. That conversation begins with a talk that you have with yourself. It involves you questioning the prior assumption--about yourself, about who you are and why you are here.

Now for some of you this idea of "working with your soul" may feel like a new concept. "How do you work with your soul?", you may ask. It's a fair question. No one teaches this stuff in high school. Very little is written about it. Churches don't even get very deeply into it.

As I have already done some of this work, I can tell you that it is the most exciting work you could ever imagine; the most fulfilling work in which you could ever

engage; the most powerful work you could ever do. It is powerful enough to shift the reality of your person--and of a planet.

In your conversation with your Soul you will ask the Four Fundamental Questions of Life: Who am I? Where am I? Why am I where I am? What do I intend to do about that? And when you finish asking yourself these questions (and answering them), I will invite you to ask them of others. Indeed, I am inviting all of humanity to ask these questions of all of humanity.

I am inviting people everywhere to start a conversation with other people everywhere, asking the same questions they are asking themselves. I want to encourage people to engage other people at the same level at which they engage their own Soul. Because when they engage other people at this level, they will experience that they are engaging their own Soul. For this is the level at which we all experience that We are all One.

When we speak to each other from that place of Oneness, we take a huge step in our evolution. So let us talk with one another. Let us have a conversation with humanity. Let us lead each other back home, by reminding each other of who we really are --- in the aggregate, and in our individual expression. Love and hugs,

Neale

Quotable Quotes

"I have noticed that folks are generally about as happy as they make up their minds to be." ~Abraham Lincoln~

"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is." ~Mary Ann Radmacher~

(continued from page 2)

keys to remember. They are as follows:

We must acknowledge our self-perfection. We are and always have been one with Source.

Accept the journey for which we have come. Why fight the very things that we have come to learn?

Maintain personal integrity. We must trust the truth that is ours among all other things and give ourselves an opportunity to find the truth within us.

Be that which we are, not that which we perceive others would see us. We are created of light, of grace, and of that there cannot be imperfection, only that which is of spirit. We do not need to improve ourselves, only to acknowledge that which is our God-self, our perfect being.

We must acknowledge our true value. This is different from accepting perfection. Our value is how we fit within the world inside of us as well as everything outside of us. To perceive that our value is greater than another's, or less than someone else's, brings us to lack of everything else.

Accept our power. We are great and mighty. True power is gentle power. We are of the light, the essence from which all things are made. To fear inner power is to suggest that we are less than all other things. In truth, power is of grace, not of abusiveness or negative use, and our grace is unconditional. True power is that which is love, intentional living, and creating.

Take our value, our perfection, our power, our grace into your world. In the now, change only comes from practice of change. What this means is that to effect change we must embody it. We must walk our talk, not hide that which we know.

Love ourselves and touch everyone we encounter with love. As all energy exchanges, what will we accept from others, and what will we leave behind? We can see all others as mirrors of ourselves, that their pain also resides somewhere within us, that their joy is in our hearts as well. This is why random acts of kindness make such a difference. How many times have we said, "There by the grace of

God, go I?" It is true. It has always been so.

Most of all, remember to breathe! When we encounter experiences that are new and different, we have a tendency to hold our breath. When we do this, we literally pause the flow of our internal energy system. If we hold our breath enough times, our energy begins to compact, and we lose our ability to act intuitively. Remembering to take several deep breaths, even four or five times a day, assists us in clearing unwanted densities in our field.

Perhaps if we could hear the beauty of our inner and combined harmonies, we would hear the most beautiful symphony that was ever created. The color and light would melt even the most hardened of hearts, and we would stop in our tracks and consciously join the chorus of the universe, wanting nothing more than to be immersed within the music.

And the calendar would begin again.

HOW DO WE GET READY FOR 2012?

(continued from page 3)

1. *Passion*
2. *Forgiveness*
3. *Seeking Forgiveness*
4. *Sensitivity*
5. *Relationships*
6. *Inner Integrity*
7. *Craving of significance, (feeling worthy enough)*
8. *Confronting Fears*
9. *Acceptance*
10. *Love for self and others*
11. *Humility*
12. *Sacredness of all things*
13. *Joy*
14. *Compassion*
15. *Lack of Faith*
16. *Surrender*
17. *Gratitude*
18. *Selfless service*
19. *Relationship to God, to the Divine.*
20. *Praising the Divine*
21. *Gratitude to the Divine*

Lastly contemplate on your life for the last year and consider only that which is positive and for which you are grateful.

You are on this planet at this most amazing time of change and transition, there are no accidents, all is perfection and you have signed up for an amazing ride, from there all things are possible.

What I wish for you.

I wish you peace in your heart, the vision to see the beauty that resides in you and all around you wherever you may be. I wish you harmony and flow that you will gracefully transition to the next grandest version of yourself. I wish you courage to stand

in your light and the truth of who you really are so you may shine for all to see. I wish you the wonder of a child on Christmas Eve, so you might believe in miracles and love that passes all misunderstanding. You are a child of God, a golden Angel each one of you.

"I am sorry, please forgive me, thank you, I love you. - I breathe in love, I breathe out joy, I breathe in trust, I breathe out compassion. - From my heart to your heart, we are one, take what you need and pass it on."

Christine

THE SPIRIT CARRIES ON

*Music by Dream Theater
Lyrics by John Petrucci*

Nicholas:

Where did we come from,
Why are we here?
Where do we go when we
die?
What lies beyond
And what lay before?
Is anything certain in life?

They say, "Life is too short,"
"The here and the now"
And "You're only given one
shot"
But could there be more,
Have I lived before,
Or could this be all that
we've got?

If I die tomorrow
I'd be all right
Because I believe
That after we're gone
The spirit carries on

I used to be frightened of
dying
I used to think death was the
end
But that was before
I'm not scared anymore
I know that my soul will
transcend

I may never find all the an-
swers
I may never understand why
I may never prove

What I know to be true
But I know that I still have to
try
If I die tomorrow
I'd be all right
Because I believe
That after we're gone
The spirit carries on

Victoria:

"Move on, be brave
Don't weep at my grave
Because I am no longer here
But please never let
Your memory of me disap-
pear"

Nicholas:

Safe in the light that sur-
rounds me
Free of the fear and the pain
My questioning mind
Has helped me to find
The meaning in my life again

Victoria's real
I finally feel

At peace with the girl in my
dreams
And now that I'm here
It's perfectly clear
I found out what all of this
means

If I die tomorrow

I'd be all right
Because I believe
That after we're gone
The spirit carries on

THE LONGING

Do not pretend that The Longing
has not also lived in you,
swinging like a pendulum.

You have been lost,
and thieved like a criminal
your Heart
into the darkness.

But life is tired, Deep Friend,
of going on
without you.

It is like the hand of the mother
who has lost the child.

And if you are anything like me, you have been afraid.

And if you are anything like me,
you have known your own courage.

There is room in this boat:
take your seat.

Take up your paddle, and all of us
- *All of Us* -

Shall row our hearts
back
Home

Em Claire
In Silent sacred holy deepening heart (2009)

Do you have a poem
that reflects the mes-
sage in Freedom Inside?
If so, send it in, it just
may be chosen for a fu-
ture

POETRY CORNER

A MORNING WALK

This morning I went for a walk
On the prison rec yard
The sky was clear
And the air was cool.

I stopped in my walking
To appreciate the rising sun.
There was nothing else in the world
Except this sunrise and me watching it

Then I noticed the sunlight was filtered
Through the chain link fence topped
with razor wire.
It was beauty witnessed through something
Meant for confinement and intimidation

But the sun continued to warm my face
And brighten the morning sky

The fence couldn't stop that

CTB
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You are blessed and a blessing to all

Janine