



*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*

Issue #63 January 2012

Something Less Than Perfection

The first issue of Freedom Inside came out in the fall of 2001. I started writing it because I realized that writing to prisoners was one of the things that I did that brought me the most joy. I could do it for hours and not end up exhausted but filled with love and satisfaction.

I put a lot of myself in this newsletter. It reflects who I am when I'm at my best. So imagine my dismay when I realized that the December issue had been printed incorrectly! (Those of you who receive a subscription of the hard copy know what I'm talking about)

It took my a while to realize there was a problem. I had been folding and taping for hours, getting the copies ready for address labels and stamps, when I first saw that the inside pages were upside down.

I did not choose to have the printer special order more of the paper and reprint everything. This would have taken too much time and made it impossible to send the newsletter out in December, which I wanted to do.

But what I found more interesting (By the way, I have received a cou-

ple of comments about the misprint; not a one with anything approaching criticism. You are such a lovely bunch!)

was my own reaction to seeing my newsletter, my baby, less than perfect.

I so took it personal. I found myself losing my joy in the process of getting it ready for mailing.

"...my own reaction to seeing my newsletter, my baby, less than perfect. I so took it personal"

was feeling and why.

It took me a while to realize I thought this misprint reflected on the value of the newsletter, on the value of what I was doing. On my own value.

Talk about taking something personal!

And then I thought that my readers would be insulted that they were not receiving a <perfect> version of the newsletter, that they somehow would take that personally!

Talk about projecting my own feelings on others!

I have been going through a lot of emotional <clearing> this past month. It may be the 2012 energy coming in that is helping me clean up my act, so to speak.

I don't know if any of you have been feeling this shift but it is certainly a change for me. I am usually not a very emotional person, someone with a lot of ups and downs. I am usually very even-tempered and happy.

Except for this past month. It seems a lot of stuff (one of which was the misprint) happened that made me feel a lot of old feelings that needed healing. A lot of very, very old fears have been showing up.

Fear of lack, fear of being without purpose, without value, fear of being alone and abandoned. And what may be underlying it all, fear of not being worthy enough to have everything I dream of having: love and companionship, abundance, magnificent purpose, anything I can dream of.

(continued on page 2)

...Less Than Perfection*(continued from page 1)*

That's quite a lot to get out of a misprint, isn't it? And that's the gift that came to me wrapped in misprinted pages.

As many of you already know, I believe everything in my life brings me a gift. It is my job to unwrap it, however crappy the wrapping.

I also believe that if I don't unwrap it, if I choose to refuse to look for the gift, then our most loving Universe will find another, stronger way to get my attention. If I don't react to a gentle nudge, I'll eventually get a push, then a shove, then I'll be hit by a two-by-four, then by a car, and so on until I get it.

But I won't ever be forced into looking for anything. None of us can be forced. Looking for the gift is a decision. A decision that brings joy and peace.

Is it just my imagination at work when I decide what any gift is? It very well could be. Am I just fooling myself into thinking that life is purposeful and that the Universe puts into my path what will be most helpful for my healing, for my growth? I very well may be doing exactly that.

But so what? So what if it's all invented? So what? I really, really don't care at all. Because living like this, looking for the gift in everything and everyone, BEing a gift for everyone I meet and in any given situation and circumstance in my life makes me happy.

And that IS a gift.

May 2012 bring you many, many gifts!

***With much love,
Janine***

**Freedom Inside Prisons**

I would like your help in fulfilling a dream of mine.

I have long been wanting to go to prisons all over the country to talk about what real Freedom is, what I mean by freedom inside, how to make our lives better, more aligned with what we hope for ourselves.

So I am putting in this offer for talks, half-days, full-days, week-ends, any time that would be open for me to go to any given prison.

I am asking my readers to see if they can find someone in their prison who would invite me in, who would open the doors for one of my dreams to become reality.

How cool would that be!

Please use Freedom Inside's mailing or email address to contact me.

With much love and hope!

Janine

THE JOURNEY TO AWARENESS

by Neale Donald Walsch

from CwG Weekly Bulletin (May 2011)

My Dear Friends...

In the last issue of this Bulletin, published on New Year's Eve, I made the point that we humans living in the 21st Century are very lucky. We have achieved a very high level of Consciousness. It has taken hundreds and thousands of years for our species to accomplish this, and those of us living today are the beneficiaries of all that evolutionary work.

We are conscious of ourselves, and we are conscious of the fact that we are conscious. As a species that have achieved self-consciousness, we have stepped into a grander and grander awareness of ourselves and of our relationship to all of Life. The opportunity of each individual now is to expand personal awareness further and further, until Complete Awareness has been achieved.

This expansion of Awareness is a process in which individuals personally and consciously and intentionally engage. It is not something that occurs by happenstance, except in very rare instances. There are those who have had "lightening bolt experiences" in which they have achieved Total Awareness instantaneously. But for most of us, the journey is somewhat different --- and somewhat longer.

Let us begin, in this first Bulletin issue of

2011, a discussion of The Journey to Awareness. We took last week off as our holiday after the annual CwG Christmas Retreat, but we are back in the saddle again, and we begin our issues for this New Year with a most intriguing topic.

Before we can talk about The Journey to Awareness, we must first explore what the word even means.

The dictionary defines awareness as "having knowledge or perception of a situation or fact; concerned and well-informed about a particular situation or development."

That is close to how I use the word, but in metaphysics I am going to define awareness as "A state of consciousness reflecting the understanding of the process of Life, as well as the level of knowing of the true identity of an individual human being, that a particular person has achieved."

Awareness is something we achieve. It is not something that can be given to us by another --- although it is true that others can point the way to it for us. There are as many levels of awareness as there are human beings, as it is a very individual thing, just as is everything else about people.

The level of one's awareness of how life

(continued on page 7)

I distinctly remember back to 1992 and envisioning 20 years into the future. 'What would life on Earth be like in 2012?' I often questioned, and with a gasp of fright thought 'Goodness, I will be so old at 44 years of age in 2012!'

I have then spent the last 20 years studying metaphysics, re-remembering the wisdoms of the ancient civilizations and creating from my heart... in order to walk hand in hand with humanity in heart, in mind and in spirit in 2012

Now, as we embark on 2012 I have reached the conclusion that age 44 is really very young (LOL) ... and life on Earth is so much more alive and awakened than I could have ever have imagined.

So just what is in store for Earth and humanity in this sacred year? Here is a collection of my heartfelt thoughts, personal experiences and soulful visionings of what we will experience during 2012. I hope you all find this helpful on your journey this year of transformation.

Why is everyone talking about 2012 ?

Everywhere you turn there seems to be talk about the meaning of 2012. Some say the world will blow up, others say we will enter 3 days of darkness and birth into a new dimension, and others feel the intensity of this year but are uncertain as to what it will bring.

What we do know is that ancient cultures around the world, all talk about this generation holding the key to the future of humanity. We are at a point where the effects of consumerism and materialism are stripping the Earth bare. We are util-

izing our natural resources at unsustainable rates with little thought to future generations. Each of us in this generation holds the key to the future... and it is up to each of us individually and collectively to be this change.

The year 2012 has become a defined marker of our generation, as it is the year the Mayan Calendar comes to an end. The Mayan Calendar system charts evolutionary consciousness over the last 16.4 billions years, and the calendar ends on the Summer/Winter Solstice on the 21 December 2012.

Rather than the end of the calendar marking the end of the world, the end of the calendar signifies the end of one period of evolutionary growth, and the birthing of a new calendar of conscious evolution on our planet. In other words, we are making a quantum leap into a whole new cycle of personal and planetary evolution, and individually and collectively it is up to us to create in consciousness terms just where the new calendar 'begins'.

On 21 December 2012, we come to the end of a 16.4 billion year cosmic cycle, a 225 million year Galactic Cycle, a 26,000 year Grand Cycle and the end of sub-cycles of 5,125 years and 2,150 years. These cycles all end on this date as our solar system aligns on the Galactic Plane of our Galaxy, hence the centre of our Galaxy, our Sun and our Earth are all in alignment.

Thus 2012 heralds a time of transition a time of re-birth of humanity, a time between time where we are literally moving down the birth canal of the divine Mother, and birthing into an enlightened and revolutionary way of being here on Earth.

What we can anticipate here on Earth in 2012 ?

Birthing pains! Yes, you read that correctly... as we transition into this new evolutionary period of consciousness, each of us are being called to transmute the old in order to make way for the new. As we move down the birth canal to emerge from the darkness of the womb, we are being called to surrender and release the paradigm of the old Earth.

As Einstein famously said 'You can't solve a problem from the same level of consciousness that created it'... and these words are so meaningful in 2012! Deep within us we are being called to shed the paradigm, shatter the old program of the planet and move beyond this outdated and limited state of awareness in order to create an awakened and conscious planet in 2012 and beyond.

Now getting back to the birthing pains... In order to shatter the old program, around the world we are seeing the foundations of our world going through 'pain' as they crumble and fall away in order to open the doors of revolutionary change.

Global financial markets are teetering on the brink of collapse, government structures are collapsing and people are turning away from the suppression of the current allopathic healthcare system.

With Pluto (the planet of transformation) moving through Capricorn (practical, roll your sleeves up and get things done) until 2024, we are going to experience more of the uncertainty and destruction, social uprisings and breaking down of

(continued on page 4)

(continued from page 3)

old systems. This is all a necessary part of shattering the old and providing a strong and solid foundation for the birthing of the new.

What choices do we have in 2012 ?

During 2012 we are in a transitionary period. We are moving beyond the 4th Dimensional consciousness, yet not quite fully embodying 5th Dimensional light within all levels of our being.

Whilst many on the planet may experience tremendous pain, darkness and fear in their world as they move down the birth-canal to embrace full 5th Dimensional light... on the opposite polarity we have the potential to experience this year from a higher, more illuminated perspective.

As you move through the birth-canal you have a choice as to how you experience this year of transition during 2012. It can be scary to face uncertainty and move into the unknown, but grappling to hold onto the past and trying to make yourself stay within the known energy of the womb will only bring more pain and more despair as the world around you is swept away.

Instead, 2012 is a time to surrender, a time to move with the current of the contractions, and follow the tides of change. As you surrender, rather than perceiving uncertainty and the fear of leaving the comfort of the known, you are able to see the end of the birth canal, the light at the end of the tunnel, the vision of the new world being created, the world that you are creating in and every moment before your very eyes.

This is not to say that chaos and destruction won't be present in your life.. but rather your perception of these experiences will come from a place of Grace & Ease. You will experience change from a place of LOVE not fear, and

as you stand in the power of your own light, you will light the way for others to do the same.

The gift that 2011 brought to us here on Earth

Many people on Earth experienced much upheaval during 2011..... from financial crisis, to relationships breaking down, ill-health, the loss of a job and the farewell of loved ones. The turmoil created by the uprising of peoples living under oppressive government structures, combined with the devastation caused by natural disasters further pushed our lives to the brink. Many finished the 2011 year exhausted and emotionally, mentally and physically drained.

However, the experiences of 2011 have gifted us the opportunity of embarking on 2012 with an enlightened way of fielding change. Collectively people do not want to 'repeat another year like 2011', thus are seeking a new way of living their lives and dealing with change in 2012.

Neptune entered Pisces in 2011, and will move through Pisces until 2026. Neptune represents the illusion/dream and Pisces is the spiritual/sensitive warrior. This harmony of energy fosters people to awaken from their own self-created illusions... and envision and be new ways of being in the world.

Thus as the destruction of the old paradigm continues within our world (Pluto in Capricorn) we have the potential in 2012 to transcend the pain of this destruction and dream a new reality into our lives (Neptune in Pisces).

In other words, as chaos and destruction may ensue around you, in 2012 we are learning how to respond to these changes from a place of higher wisdom, from a place of self-love from a place of Grace & Ease.

How to work with Grace & Ease in 2012

Interestingly the words 'Grace and Ease' add up to the number '11' in numerology. The number '11' is the number of leadership, personal power and spiritual truths. It leads us on a quest to finding our authentic selves and enlightenment.

And the word 'Grace' by itself adds up to the number '7' in numerology. The number '7' is the number of the Mystic or Lightworker. The Mystic is the seeker of wisdoms, knowledge and understanding Universal Laws. The number 7 is a deeply spiritual number, a number of self-responsibility, transformation and growth.

And the word 'Ease' by itself adds up to the number '3' in numerology. The number '3' is all about creativity...and harnessing your creative powers. The number 3 relates to Body, Mind & Spirit; the Sun, Moon & Earth; Life, Death, Re-birth. Align the 3 aspects of your being...your thoughts (mental), with your actions (physical) through your Heart (emotional/spiritual)... to simply believe and create a new world from a place of divine LOVE.

Thus what 'Grace & Ease' means for us in 2012, is that we have learned from the lessons of the past, we have awakened to the ancient indigenous wisdom within the earth and we have gained much insight from our experiences of 2011. In 2012 we are deeply enriched with the skills, know-how and knowledge of how to respond to the sweeping changes within our personal lives, and on a global scale... and it is up to each of us to take self-responsibility for our actions and reactions to the world around us

(continued on page 6)

LET'S GET OUT OF HERE!

A research study was recently made about the most frequently used phrases in movies. Many films were studied in order to find the language that's most used. The phrase that won was "Let's get out of here!"

I started observing this in TV and movies, and it's surprising how much of it has to do with "Let's get out of here!" People continually seem to be running away from something "horrible" and running toward something "fantastic".

We see it with bumper stickers like "I'd rather be golfing", "I'd rather be playing tennis", etc...anywhere but where we are. Have you ever seen a bumper sticker that said, "I'd rather be exactly where I am"?

We're always trying to get from here to there, but when we get there, it becomes here. That's the problem...so then we have another here to get to another there.

As I sit here, writing this in the library of a prison yard, I'm aware that I can have thoughts of "let's get out of here", and yet, at the same time, learn how to be with what's here—that which we've all become brilliant in avoiding. Helen Keller once said, "Everything has its wonders, even darkness and silence, and I learn whatever state I may be in, therein to be content."

It's a life-long process to become patient and make peace with the truth that every person is just where he or she needs to be.

Tom Brown
Arizona

FREEDOM OF SPIRIT

"Let me tell you what Whiskers did last night!" exclaimed my friend Ken as he sat across from me at the prison chow hall. He then proceeded to tell me about the latest escapades of his new-found buddy that he named Whiskers.

Whiskers is a tiny kangaroo mouse no longer than the length of a thumb. This funny-looking creature has whiskers that are disproportionately long for his tiny face, and hind legs that are oversized and powerful enough to give him the ability to hop and jump straight up in the air.

Ken rescued his friend recently from certain death, and the bond between them has grown steadily since then. Whiskers' young eyes had not yet opened at the time of his rescue. I couldn't help but notice the remarkable difference this small creature has made in Ken's life; the broad smile on his face and the twinkle in his eyes tell it all.

As I held Whiskers, I was aware of the life force that exists just as fully, just as wonderfully, in each of us, in all of creation—the point is, or course, to perceive it. I find that simply remembering this truth can bring the present moment into focus.

When I am still and attentive, I can sometimes sense the mysterious power that is creating and forming miracles in each moment all around us. It's in the reflection of light from the sunrise as it

beams through the glass in my prison cell door, laying a bar of light across the wall. It's in the movement of the leaves of the trees responding to a morning's breeze. It's in the heartbeat of a tiny creature named Whiskers.

As I try to hold in mind the idea of sacredness and the divine origin of things, I find that often it's carried away on the winds of my thoughts. Sometimes, though, something inside surrenders, lets go. Then the experience becomes still and natural and I feel a part of an extension of the Divine Being. At such precious times, instead of my holding the idea of the Divine, the Divine holds me. Instead of my trying to contain the Presence, the Presence contains me.

The experience of this mystery, of this sacredness, is then an experience of relationships. That which waves the leaves of the trees sets my heart in motion. That which propels light millions of miles from the sun through the window and off the beige-white wall, dances also as the light of awareness in my consciousness of this moment. That which is the life force in a tiny creature called Whiskers is the same life force that pulsates through me. It's all an expression of the same creation, a reminder that we're all close kin, closer than we ever understand.

Tom Brown
Arizona

PERFECT IMPERFECTIONS

As the sun was setting in the distant mountains, the glorious bursts of color were caught in the clouds. I stopped on my walk around the prison yard in order to fully absorb the magnificence of this desert sunset.

Another inmate stopped beside me and I said, "It's really spectacular, isn't it?"

He shook his head and replied, "Yes, but we have to look at it through this razor wire fence."

I was so busy focusing on the beauty beyond I hadn't noticed the fence until he mentioned it. Then, I thought of the many times that I, too, have seen the weeds instead of the flowers, the thorns rather than the roses.

Instead of creating a life of beauty and meaning, we often simply become better at seeing only what is broken. As Abraham Maslow once said, "If a man's only tool is a key, he will imagine every problem to be a lock." We must at least be conscious that we are making a choice.

It's never easy to face the fact that nothing is perfect. Everything is flawed. That's reality. Reality means taking off the rose-colored glasses and seeing the world as it is without distortion. Reality is what it is, forever free and untouched by our projections and interpretations, as well as our hopes and anxieties about it. We're often so filled with fantasies about what should be that we fail to acknowledge and appreciate what is.

(continued on page 7)

To live a life with 'Grace & Ease' means to live a life from a place of self-love, self-awareness and self-realization. To live with the breath of God through you, and to create your world consciously from the inside out.

During 2012, here are some key points that you may like to reflect on from time to time to help you ride the current of transformation and navigate the seas of evolutionary change with Grace & Ease.

- ◆ **Potential** – Your reality is your perception of the world... when you change your thoughts, emotions, awareness, you freeze the potential field of creation and create a new reality. If something is not working in your life, choose a different way of viewing the situation, and watch how the universe conspires to support your enlightened way of thinking / feeling/ being. Choose to open to the infinite potential of your Soul and solve perceived problems in your life from an expanded state of consciousness with Grace & Ease.
- ◆ **Surrender** - Release the need to hold on to the past for fear of the unknown of the future. As you surrender and open to the wisdom that each new experience brings, you are standing within the infinite authentic power of your Soul. The power to move mountains, the power to birth the awakened consciousness of the new Earth with Grace & Ease.
- ◆ **Action** – 2012 is about taking action to birthing the new Earth, rather than falling victim and reacting to the events around you. Enlightened action includes the law of 'Least Effort'. Release the need to struggle, experience hardship and feel pain in order to evolve. Focus instead on your vision, and allow the universe to conspire to synchronistically
- bring people, events, situations and opportunities into your world with Grace & Ease.
- ◆ **Rhythm** - Creation expands and evolves in rhythmic cycles, from birth to death, from start to finish, from internal to external, repeating itself in infinite beats. As we come to the close of one cycle, work with the rhythmic beats of the Heart of Mother Earth to simply evolve into this next new cycle with Grace & Ease. Considering Earth-heart breathing, new moon & full moon ceremonies to aid your connection with cosmic rhythm.
- ◆ **Free Will** - You have Free Will to choose how and what you think and where you spend your emotional and mental energy in each and every moment. Be your own person, don't let the opinions of others be your guide, trust yourself implicitly and follow your intuition with Grace & Ease.
- ◆ **Vibration** – Remember you are a multi-dimensional being living in a multitude of vibrational states of being. As you awaken, you may outgrow situations, jobs, relationships.... speak your authentic truth to self and others from your heart and allow the change to flow through you... with Grace & Ease.
- ◆ **Cause & Effect** – your environment (your words, actions, thoughts, emotions, foods you eat, music you listen to, where you live etc...) all impact your DNA and create your reality. If you don't like the 'Effect' of what is transpiring with your world then change the 'Cause' and watch your life blossom with Grace & Ease.
- ◆ **Wisdom** - This Wisdom of all Creation is within you as well as within every flower, every tree, every seed, every drop of water. The Wisdom of all Creation exists
- within EVERYTHING, no matter how big or small. Wisdom opens the doorway to living a life with Grace & Ease, and discovery of the ultimate truth which is LOVE.
- ◆ **Evolution** – You are not a victim, but a co-creator. You are here on Earth at this time, in this generation, to birth a new evolutionary cycle of creation. Be your full soul potential as we sit on the cusp of a quantum shift in evolutionary consciousness.. and choose to be your full potential with Grace & Ease.
- ◆ **Polarity** - As the world around you seems to be slipping away, and chaos, pain, uncertainty ensues... choose to embrace the changes from a higher place of wisdom, from an enlightened way of being... from an opposite polarity of LOVE not fear. Choose the polarity of LOVE, and hence view each situation with LOVE from a place of Grace & Ease.
- ◆ **Purpose** - The one thing that prevents you from fully experiencing who you truly are is your attachment to your identity of who you are. When all the limiting beliefs, self-definitions and self-imposed boundaries fall away the only thing that is left is your awareness. Your awareness is your pure consciousness. Your purpose is to embrace consciousness, and to do so with Grace & Ease.
- ◆ **LOVE** – is the ultimate truth, and the truth will set you free. Allow LOVE to guide your life with Grace & Ease.

© Simone M. Matthews 2012
as published on her website:

www.universallifetools.com

(continued from page 5)

As we mature, we begin to look for the perfection in nonperfection. Enlightenment dawns when we are without anxiety about nonperfection. We meet the world as it is, unafraid of its beauty and its blemishes. We find trust in the body, the emotions, in life itself as it unfolds.

After struggling with our humanity and

awakening to the beauty in the ordinary, we learn to allow ourselves the space of kindness. We invite the heart to sit on the front porch and experience from a place of rest the inevitable comings and goings of emotions and events.

One of the hardest things I still have to pass through is the realization that there

is no final perfect condition to rely on. It's all fundamentally insecure, changing. We don't learn this quickly—we have to let go into this ordinary perfection again and again.

Tom Brown
Arizona

THE JOURNEY OF AWARENESS

(continued from page 2)

works and of who we really are is reflected in and indicated by the thoughts, choices, actions, and decisions that mark the day-to-day expressions of experiences of one's life.

Most people are not aware that life is not at all what it appears to be, and has nothing to do with what is going on exteriorly. That is, it is not about the exterior events that are occurring --- although the exterior events that are occurring are a reflection of what life is about for each individual.

Most people live from the outside in, rather than from the inside out. In this, they have it backwards. They are living life as a reaction rather than as a creation. The difficulty with this is that each reaction becomes the next creation, and so, the very thing we are reacting to becomes the very thing we next create, in nearly every case.

This explains why people experience the same challenges over and over again in relationship, in occupations, in health, in parenting, in spiritual development, and in all areas of life. They seem to be living out "patterns" --- and, indeed, they are, having "designed" their next exterior circumstance based on their reaction to their last most recent exterior circumstance.

Only those who have learned to Go Within and to live an exterior circumstance as an interior event have found a way to break the chain and stop the wheel from going around and around and around again.

The Journey to Awareness is a journey to the center of our being; it is a walking away from the exterior phenomena of

life, almost an ignoring of them, in preference to the interior experience that one is directing and creating.

[...]

How to Get There

The movement to the center of our being is easier made than most people imagine. It is accomplished by shifting from Thinking to Feeling.

Conversations with God famously said, "Feelings are the language of the Soul," and the idea is to get out of our head about things and into our Soul.

This is done, by Masters, on a moment-to-moment, event-by-event basis. That is, in the very instant that anything occurs in the Outside World, the Master goes within to feel the way she wishes to feel about it.

Did you hear that? That was a very important sentence just there. I want you to re-read it. I said that: "In the very instant that anything occurs in the Outside World, the Master goes within to feel the way he wishes to feel about it."

You feel the way you wish to feel --- and most people think it is the other way around: that you feel the way you feel, whether you wish to or not. They speak about being "overcome" by their feelings. Yet Conversations with God tells us that all feelings are chosen.

Could this be true?

[...]

It is, indeed. Feelings are chosen by the Soul, however, not by the Mind. And so

if we are not listening to our Soul, we will not hear the voice of our Soul, and so will not know the choice of our Soul.

We will listen to the voice of our Mind, and we will react, saying: "I can't help it. That's just the way I feel."

In this, we will have confused feeling with emotion. These are not the same thing. Emotion is based on your thought. Feeling is based on your truth. Emotion is a product of the Mind. Feeling emerges from your True Identity.

Emotions are chosen by the Mind. Feelings are chosen by the Soul.

Most of the time you deny your innermost, tender feelings.

Your True Identity is something you decide, not something you discover.

When you do this, your whole life changes.

You will then replace compassion with anger, understanding with frustration, helpfulness with haplessness, forgiveness with resentment, giving with getting --- and love with fear. As you do this, your whole life will take on a new façade, almost as if you were wearing a mask. You may even find yourself looking in the mirror and asking, "Who is this person?" You will have succumbed to the experience of being so angry or so sad or so resentful or so depressed...that you won't even know who you are anymore.

Yet if you have decided Who You Are ahead of time, in advance of anything occurring in your Outside World, your Being will replace your Mind's anger

(continued on page 9)

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 Letter-ToAPrisoner.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!

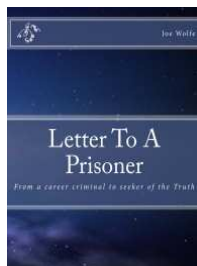
"I was hungry, and you gave me meat; I was thirsty, and you gave me drink; I was a stranger, and you took me in; Naked, and you clothed me; I was in prison, and you came unto me." (Mathew 25:35, 36)

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!*

KNOW YOURSELF AS LIGHT

**Know Your Self as Light.
Bigger even, than Breath.
Larger even, than the Whole.
Quieter even, than the Quiet that holds
You.**

**Know Your Self as Held.
Softer even, than as before;
Deeper even, than any Darkness.**

**When the Lightbody of You
breathes without borders,
knows not
even of the concept,
or of any bound at all...**

**when you Know Your Self
as only Light
summoning the Mystery
to move through You-
exquisite, innocent instrument
of the long
long, eternity of song**

then

**Know Your Self as
Life's greatest laughter;
Life's greatest Lover,
beckoning the Mystery**

come hither...

**by Em Claire
from**

*silent sacred holy deepening heart
(2009)*

DESIDERATA

Go placidly amid the noise and haste and remember what peace there may be in silence.

As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit.

If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. -

Keep interested in your career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs; for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. -

Be yourself. Especially do not feign affection.

Neither be cynical about love; for in the face of all aridity and disenchant-

ment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Strive to be happy

by Max Ehrmann (1872-1945)

THE JOURNEY OF AWARENESS

(continued from page 7)

with your Soul's compassion, your Mind's frustration with your Soul's understanding, your Mind's haplessness with your Soul's helpfulness, your Mind's resentment with your Soul's forgiveness, your Mind's need to get with your Soul's desire to give, and your Mind's fear with your Soul's love. In this blessed moment your life will be transformed.

You will say, "Once I was lost, but now I am found." And it will be, indeed, an

Amazing Grace.

To achieve this breathtaking transformation you must know one thing. Your True Identity is not something that you discover, it is something you decide. When Decisions replace Discoveries, you will have moved from Student to Master in the Journey to Awareness.

Love and Hugs,

Neale

FOR KRISHNA

Author's Notes:

Krishna, I believe is just one of many forms God has appeared in. Please feel free to replace Krishna with Jesus, Buddha, Allah, or God of your Understanding to make the poem more meaningful to you.

For the love of God
I bow to Krishna
For the love of God
I serve Krishna

In the eyes of others
I see Krishna.
I see through
The eyes of Lord Krishna

From Krishna came many
And the many return to Lord Krishna.
As consciousness gives birth
May I return to the Supreme
Consciousness of Lord Krishna

Lord Krishna
Enlighten me.
Free me from
The cycle of birth and death.
I surrender
To the lotus feet of Lord Krishna

Lord Krishna, Lord Krishna
In whom I abide.
Let me transcend this karmic tide
As I ascend by your side.

I surrender to you.
Lord Krishna, Lord Krishna.
Your holy name I chant.
Lord Krishna, Lord Krishna

WPR
Virginia

Quotable Quotes

"Try not to become a man of success but a man of value".
-Albert Einstein

"Inspiration and genius--one and the same."
- Victor Hugo

*"If you have built castles in the air, your work need not be
lost; that is where they should be.
Now put foundations under them."*
- Henry David Thoreau

*"To find what you seek in the road of life,
the best proverb of all is that which says:
"Leave no stone unturned."
-Edward Bulwer Lytton*

TEACH ME LIFE

Wash away this hate, impurity and ignorance
 So I can slowly become mindful
 in a mature loving embrace.
 A stable balance persisting through fear, hatred and envy
 To lift the weight of my many demons
 without a whimpering sound.
 The Beauty reflecting in the Turbulence
 All our individual worlds created by our selves
 coalesce, collaborate and construct
 a loving infinite meaning
 across the stars of infinite wisdom into our being
 Let us meet this truth
 that seemed so far away
 for in our hells or heaven
 Clarity shines through with selfless meaning
 the gift of compassion and forgiveness often unseen
 is given
 when we look past the me
 and sees us in us as One
 And the knower is not separated from the known
 as the pebble sees itself
 and slowly, but surely, mindfully
 helps the rest of the beach return to the sand
 And all of mankind as One!

In metta
 JLH
 California

**Do you have a poem
 that reflects the mes-
 sage in Freedom In-
 side?**

**If so, send it in, it just
 may be chosen for a
 future**

POETRY CORNER

FAMILY

A gentle acceptance;
 Realizing we are all one.
 Love is what becomes us.
 It is the substance; Our Sum.
 Travelers, all of us, together unique.
 Individuals with differences too subtle for speech.
 An undesigned perfection;
 We cannot choose our members.
 But we all become what each other needs.
 Everyone a gift from our heavenly sender.

TF
 New Mexico



*PO Box 507
Ashland, OR 97520
USA*

Know anyone who would like to receive this newsletter?

Name: _____

Address: _____

Send to : *Freedom inside/subscriptions*
PO Box 507
Ashland, OR 97520
USA

Or e-mail us to:
freedom_inside@hotmail.com

Visit: www.freedominside.com

DONATIONS

To help defray the cost of Freedom Inside, you can make a
TAX DEDUCTIBLE DONATION

to

ReCreation/Prison Outreach

- ***Send a check made to the order of and mailed to:
ReCreation Foundation/ Prison Outreach
PO Box 507
Ashland, OR 97520***
- ***Or go to the CwG Foundation site and make a donation.
Here is the page:***

<http://www.cwg.org/index.php?page=outreach#outreach>

And specify at check-out (in the Comments and Instructions section) that your contribution should go to Freedom Inside

You are blessed and a blessing to all

Janine