

*Freedom*



*Inside*

*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 # 64 March 2012*

## *An Examined Life*

*Socrates is the one who said, « An unexamined life is not worth living .» He said that while on trial for heresy, for teaching his students to think for themselves. He risked being killed for saying such a thing.*

*I agree with him in large part. At least it has been so in my own life, that examining it, seeing what works and what doesn't has made a huge amount of difference to my peace and happiness.*

*But examining one's life is not a comfortable thing to do. First, you have to stop doing the "busyness" of life. We are often like rats on the wheel, life seems to carry us from one moment to the next and we are trying to catch up.*

*We can choose to stay on the wheel and not even notice that we're not really going anywhere. That's what a lot of people choose to do. And here is where I disagree with Socrates a bit, I don't think living this kind of life is not worth anything. I just believe it won't be very satisfying.*

*So what if we decide to get off the wheel, stop "doing" so much stuff*

*and just look around. What would we see?*

*The fear of doing that may just make a lot of us get right back on the wheel, after only the briefest glance around. But*

*"...seeing what works and what doesn't has made a huge amount of difference to my peace and happiness."*

*what if we took a bit more time to look around? What if we took a very courageous and honest look around?*

*Even then, we could view our lives as happening to us. "My job sucks, my relationships are a mess, I don't have enough money to do anything I want to do, whatever I try to do to make things better just seems to make everything worse."*

*This kind of "examination of life" is not what I'm talking about. I don't blame anybody who chooses not to do that sort of examination and gets right back on the wheel.*

*But what if...*

*What if, instead of staying on that side of things, I choose to ask myself what my part of all of it is?*

*What if I asked myself, "What*

*part of my attitude at work makes my job so unfulfilling?"*

*"What did I do to contribute to the problems in my relationships?"*

*"What do I believe about money and what I need in life that would make me feel I don't have enough as it is?"*

*I found in the Conversations with God books what I believe is one of the most eye-opening questions I can ask myself about my life. It goes as follows, "Am I contributing to this problem or am I contaminating it?"*

*I don't think there's any other option. Either I am making things worse or I am making things better. No fence sitting possible. There is no living on "neutral". Even when we choose to do absolutely nothing about a bad situation (or a good one, for that matter) our effect on it is not neutral.*

*If my relationship is bad and I do nothing, I am contaminating it. If my job sucks and I do nothing, I am contaminating it.*

*If I feel I am powerless in any aspect of my life and I do nothing, I am contaminating it.*

*(continued on page 2)*

## *An Examined Life* (continued from page 1)

*Which brings us to a very interesting point.*

*If I feel powerless and I do nothing, I will be more and more powerless.*

*An examined life would allow us to see how believing in our lack of power actually makes us more powerless.*

*It's like in any sport I can think of. The best players don't always score but they never stop trying because they know that, eventually, they will score. They know they can. They believe in themselves. They believe in their power.*

*I wish I could wave a magic wand that would allow everyone to see themselves as having all the power they need to live happily and in peace.*

*I am reminded of another quote from the Conversations with God series. "If you saw yourself as God sees you, you would smile a lot."*

*I've always been an optimist. I've always known that, whatever challenges I was facing, I would eventually overcome one way or another. At this point in my life, I would also not change anything that has happened to me, good or bad, happy or painful, for I see the gift in it all.*

*I understand that not everyone is an optimist. Many people are pessimists —although they describe themselves as realists and see me as a rose-colored-glasses kind of person :-)*

*So how can a "realist" live a powerful, an examined life? I believe that the first step for everyone is to realize that our lives are not about what is happening "out*



## *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*

*there" but how we react to it, how we experience it.*

*It's not how much money I have, it's how much stuff I believe I need that "only money can buy".*

*It's not what job I have, but what I think I need from my job in order to feel fulfilled.*

*It's not what my relationships are like but what I believe I need the other to say and do before I can be happy.*

*It's really quite simple, as far as I can see. Whenever I am unhappy with something or someone in my life it is because I want it, or them, to be different. I hold the belief that I need them to be different before I can be happy.*

*I have expectations about life, about work, about relationships, about money, about anything else I can think of, that are not being met.*

*I feel a need inside of me that is not being met by my outside life. I feel I need more love, more money, a better work environment, anything I can think of that's different*

*from what I have.*

*Expectations are horrible things. They can lead only to disappointment.*

*I believe that the most powerful way to view life is to know that it is lived from the inside out. I love saying that life is an inside job.*

*You probably know people who are almost always unhappy. Their bursts of happiness are always short-lived. They seem to relive past hurts, problems, and failures almost everyday of their lives.*

*I'm sure you also know people who are almost always happy, regardless of what happens. For them, set-backs are only temporary, they bounce back from what appears the most dire of circumstances.*

*So I invite you all to examine your lives. But make sure you do so from an empowering perspective, where you acknowledge your part in your experience and, in doing so, accept your power to change it.*

*In Power*

*Janine*

by William H Lang

The purpose of this writing is to give adults the tools to live a happy life, enabling them to undo the harm suffered as children, and to give the children the tools to avoid life's woes at the earliest possible age. If you went out to build a house without tools, you would not get far. Tools to build a functional life are basically a heightened awareness of what is going on around you, and why. It is my experience that if I understand why others do what they do, and why I react the way I do, then I can come from a much more compassionate, understanding, and loving place. I will come closer to creating my life based on who I really am automatically.

One of the first things a child learns is to instinctively show people what they have, and what they can make. They need to orient themselves early on as to whether their perception of something is accurate or not, and also to start building a self-image that will be their guide for life. All too often when they get a bit older, they are told that is dumb, or don't be silly, or that's ridiculous. In my opinion parents don't pay enough attention to their child's perception of anything, not understanding that this is how they judge if what they think they understand is correct. And thus starts the beginning of the self-image formation that is completed somewhere around eighteen to twenty. With the help of parents, peers, siblings, and teacher, most of whom have no idea how much they are contributing to the child's self-image, life goes on. It is helpful at this time to make the distinction between self-image, and self-esteem. I observe that self-image is, for the most part a lifelong appraisal of one's self that is very difficult to change. As matter of fact one can never change one's self-image, although a new image can be formed with great difficulty. Self-esteem on the other hand is an automatic emotional response generally created by the individual having created something, and exhibiting self-pride. A lack of self-esteem is generally caused by the lack of creativity, primarily the result of a poor self-image. If a child has been slammed to the mat a few thousand times, and the self-image is non-existent, then they will feel unable to produce adequately, or

they will feel less than capable, and worst of all, undeserving, and unworthy.

Now let us talk about love. In a child's life, love plays a very important role. All too often there is a perception that if there is no love being shown, it is not there. It is helpful at this time to be very clear that everybody has the same capacity to love. Some get bound up in the expression of that love, and so it appears that there is no love forthcoming. Some show their love by going to work, and doing the best they can for a lifetime for the family, and can never bring themselves to say I love you, or give a child a long reassuring hug, I know this because I lived it. Some also feel that the only way to make a child walk the straight and narrow, is to inflict pain on them until they do as they are told. Combine this with never hearing I love you or being hugged, and you can visualize what the self-image is going to look like. The child that feels unloved, and at the same time looks up to their parents as the best guides they will ever have, now must feel that it is not a good thing to love, or at least to show it, and that is generally what they will pass on to their children. This is the scenario in which I grew up. After living for the first twenty years with hate, anger, fear, loving, and general frustration, I was very lucky at the age of forty eight, to be in a group session and in ten minutes, there was not a trace of anger or hate or anything except love left for my father. This was one of the greatest moments in my life. I realized with the help of the group leader that my father only did what he knew how to do, and nothing more. If he had the awareness about which I am writing when I was born, none of this would have happened, but of course I would not be the person I am.

While we are still dealing with children, let us examine some possibilities regarding responsibility. All too often when a child is young, and growing, there will be mishaps. Mom or dad yells, "Ok, who is responsible for this? Nobody wants to say a word, and eventually the truth gets out, and frequently somebody gets a slap or spanking. If this happens enough, a pattern begins to evolve. Responsibility is linked to pun-

ishment or something negative. I truly believe that much of our youth's lack of responsibility stems from this misconception of what responsibility really is. Allow me to share with you the best definition I have heard so far.

Responsibility starts with the willingness to experience yourself as cause. It starts with the willingness to experience yourself as cause in the matter. Responsibility is not burden, fault, praise, blame, credit, shame, or guilt. All these include judgments, and evaluations of good, and bad, right, and wrong, better or worse. They are not responsibility. They are derived from a ground of being in which self is considered to be a thing or an object rather than a context. Responsibility starts with the willingness to deal with a situation from, and with the point of view, whether at the moment realized or not, that you are the source of what you are, what you do, and what you have. This point of view extends to include even what is done to you, and ultimately what others do to others. Ultimately, responsibility is a context, a context of self as source for the content, i.e., for what is.

Credit-Werner Erhard

OK, we have covered self-image, self-esteem, responsibility and love. Let us now talk about the three characteristics of human beings that run all of us. Run may sound like a drastic word to use, one that some might think negates our ability to make wise choices, and yes, that is what happens much of the time. These three characteristics start to be formed at a very early age, and by the time one is an adult they are chiseled in stone.

The first is the absolute need to be right. Millions have died as a result of somebody needing to be right.

The second is the need to look good. The ego plays terrible tricks on us in an effort to look good. We use the phrase "looking for someone's approval" to describe our interaction with others very often. What most don't understand is that we are our own audience. We have already decided on how we look, and we are looking to others for agreement in most cases not approval. Most don't make this distinction.

*(continued on page 5)*

# From the Outside

## THE CHRYSALIS

by Tom Brown  
Arizona

The lyrics of a song called “Chrysalis are:

“Change feels scary  
Do butterflies worry?  
Does a rose get scared when its petals  
Begin to loosen and unfurl?  
Does blossoming sometimes feel like  
Falling apart?  
Butterfly, you can try your bright wings.  
Let your colors fly.  
A chrysalis is a fine thing-  
Until it’s time to take to the sky.”  
(composed by Rev. Meg Barnhouse)

There is no denying that the cocoon is a safe place. It’s restful there. Nobody bothers you. You feel like you have it together.

Sooner or later, though, the effectiveness of what you have been doing so far fades. The way you have gone about things wears out. The creative energy wanes. The music in your head gets repetitive. You need something. Because of restlessness, some call it “divine discontent”, you have to start tearing up that safe cocoon to get what you’re hungry for.

Do you think there will be fear as an awareness develops of the hunger, the discontent, the longing? There will be. Do you think you might lose everything? You will. You will have to lose all that caterpillar-ness, all that cocoon-ness, in order to get wings, in order to take to the sky

## THE ENCHANTED SEED

By Tom Brown  
Arizona

Williams Jennings Bryan, political leader and orator, once wrote these words: *“I have observed the power of the watermelon seed. It has the power of drawing from the ground and through itself 200,000 times its weight. When you can tell me how it takes this material and out of it colors an outside surface beyond the imitation of art, and then forms inside of it a white rind and within that again a red heart, thickly inlaid with black seeds, each on of which in turn is capable of drawing through itself 200,000 times its weight—when you can explain to me the mystery of a watermelon, you can ask me to explain the mystery of God.”*

As we think of these words, we can see that we too are a part of the drama that

creates forms million of times greater than the originating seed. There is a perfection that exists in every seed for producing life, without making a single mistake. The watermelon seed never makes the mistake of producing a pumpkin or an apple. This force that no one can see, touch, smell, hear or taste is perfect. It is the seed that is responsible for the beginning of every single human being who has ever lived anywhere at any time.

Our gift is our awareness. We need not explain the mystery of this creative force, since even one tiny seed containing an invisible future stymies all of us. It is far more sensible to be aware of that which is impervious to boundaries

and beginnings as well as ends. We can choose to be aware of this force, to feel it within ourselves, and to allow the great joy of feeling connected to it all.

Let’s remind ourselves daily that everything is in order. It’s born of mystery, but an order nevertheless. This is an intelligent system that you and I are a part of, and trusting in that intelligence is far more fulfilling than questioning it or even trying to figure it all out. Let’s let go of our mental inclination to analyze and allow ourselves to enjoy the mystery that is the source of life. Let’s remember that this very moment is a miracle, as is everything around us.

## Quotable Quotes

Do you see that EVERYTHING in the Universe is simply doing its dance, i.e., expressing itself the ONLY way it can... and this is happening in every moment. Seeing this clearly brings instant relaxation and peace. Why? Because if EVERYTHING is doing the only dance it can, what is there to worry about?

-Michael Jeffreys

The only tragedy there is in the world is ignorance. And all evil comes from there. The only tragedy there is in the world is unwakefulness and unawareness. And from there comes fear... and from fear comes everything else.

—Anthony De Mello

*(continued from page 3)*

The third characteristic is the need to be comfortable. By that I do not mean comfortable surroundings. I mean that one needs to feel comfortable around others. If you are interacting with me, you need to feel safe in that I will not mock you, or make fun of you, and that you can trust me in whatever our dealings. I will pose no threat or harm to you. I invite you to be a silent observer the next time you are interacting with others, watch, and listen for one or more of these characteristics entering into the conversation or dealings.

The next item I would like to share with you, and probably the most important of all is resistance. This is without a doubt the cause of all problems, and fighting. I would like to have you involve yourself in a little process at this time. It may seem ridiculous and childish, but trust me; this is a real eye opener. You must be sitting at your computer at the moment, so just take both of your hands and push gently on the computer table. Come on now, nobody is watching. Now, feel yourself resisting the table, feel the table resisting you. Don't wreck the place, this is just an exercise. Now understand beyond a shadow of a doubt that the table could be me, your boss, a family member, a situation, a thought you have that you don't want to have, it could be anything that you resist. Now, without letting go of the table, go into the kitchen and turn on the water. How are you making out? I don't hear any water running yet. The point is that as long as you resist anything, you become a part of whatever you are resisting. That resistance will persist as long as you resist. What you have done is give up your freedom to stay and make a difference, or remove yourself from an undesirable situation. Just for the record, let's get a good clear definition of freedom. Freedom is the ability to do the opposite, nothing more or nothing less. You can't go turn on the water until you let go of the table, and stop resisting it. As soon as you let go of the table, you are no longer a part of it. Now, the statement that many make is, if I stop resisting, that must mean that I am acquiescing to whatever the situation is. Not so, all you are doing is creating freedom to do as you choose. Love, and

freedom is all there is, and by resisting, you give up half of all life. There are times when we must go to war, at least it seems so, and resist an enemy, but let us concern ourselves with day to day living, and not the extremes like war. I'm sure that many wars could be avoided if there was no resistance first. Everybody wants to be right, and look good.

The last thing I want to share with you is unconditional love. To be able to experience unconditional love, one must involve oneself in a conditioning process that takes time. The payoff is well worth while. The ultimate display of this love will come as an automatic reaction. I would like to share with you a time in my life about four years ago. It was a very simple little happening, but I became aware that I had arrived at a point in my life where I could call up unconditional love automatically without thinking about it. I shared this in a letter with a mentor of mine, and I thought his response was just great. This is, in my opinion, what it means to be in alignment with the intention of the universe.

*Dear Jim,*

*Forgive me for bending your ear, but I don't have but you to share what I call very important breakthroughs with. Let me start by sharing a happening that got this new awareness started. One of the profound elements here is that it transpired in about one minute with me running totally on automatic. What a rush!*

*We have a coat rack at the head of the cellar stairs that has five hooks on it. Yesterday my wife came to me when I was concentrating intently on my practicing the piano, and said, "You know, you are a lot taller than I, and have a lot longer reach, and yet for the last fourteen years, since I moved in here, you use the first three or four hooks closest to the landing, and I have only one or two with the farthest to reach." I stopped what I was doing and immediately took down all my clothes that were not absolutely necessary, and put them in the cellar, and what was left, I put on the last two hooks, and moved her things closest to the landing.*

*This was all on automatic, with abso-*

*lutely no resistance. I have to admit we both were a little surprised at the speed, efficiency, and lack of resistance surrounding this move. Then the thought process started to kick in.*

*When things are running along smoothly, and then there is a disruption of some kind, and your attention to what you were doing is interrupted, for a split second there is a void while you are deciding how you will respond to the new stimulus. You are not concentrating on the old focus, and your system has not yet focused on the new. It is rare that you will consciously think through what your response to the new issue will be. Your system will start the ball rolling automatically, based on how you normally handle things of that particular nature. If you are programmed to respond with anger, that is what will come up. If you are conditioned to respond with compassion, that is what will come up, etc. I have conditioned myself to fill this void with unconditional love first as a background, and then shift into full awareness for a more detailed response.*

*When you create a void, it must be filled. The universe does not permit voids. If you plow up a piece of ground, and do nothing with it, in no time there will be grass, weeds, and all kinds of vegetation on that spot, provided there is enough water to sustain life of some form. Well, in human beings, who create a void as I did, that void was filled immediately with unconditional love. Not that unconditional love wasn't there before, but now a void has to be filled according to the intention of the universe, and unconditional love is the best candidate for the job. I can't tell you how I marveled over this epiphany, and all the effort I have put into not resisting, and seeing the gift in all that shows up for me, really was experienced in this glorious moment. When one can align one's self with the intention of the universe on automatic, without even thinking about it for a second, what a rush!!!!!! It's like an athlete who steps into the zone, with the first step onto the playing field. The prior conditioning allows no thought to be required for this to happen. Thanks to CwG, and the coaching training, my efforts to accomplish this were minimal.*

*Now if we just sit back, and allow our*

*(continued on page 7)*

**HEARTS DAWNING**

Every day I shine a little brighter,  
as my heart grows ever lighter,  
ever faster my Being ascends,  
and Stars themselves greet me as friends.

Let's greet the new day together and watch the world be reborn through the ever wondering and amazed eyes of the children of Gaia that we are

Bright blessings,

RL  
South Carolina

**MY AFFIRMATION**

Teach me divine Dharma,  
Steps in the dance of Life,  
Wisdom we all can Sing,  
Words of Love to heal, not hurt,  
Comforting touch for the delusional, weary, and worn;

May the light of Compassion and Love shine in all our eyes,  
May I help to lift the veil of darkness and despair,  
For these are the gifts of our Spirit  
Ever longing for a home in our heart  
And a place in our wounded world.

In Metta,

JLH

**A NEW HOPE**

We will probably never understand  
All of life's disappointments,  
But each disappointment is a chance  
To draw closer to yourself-  
Find your own strengths,  
And realize that you can make it  
Even when the dream shatters.  
You begin to see that when one dream ends,  
You can always begin to dream again-  
And for as long as you can dream,  
You can find new places in life,  
Set new goals, and build a new and  
More solid foundation, with new and  
Better expectations of what life can offer...  
With each disappointment you can,  
Better find yourself,  
And see more clearly  
Just how strong a person  
You are becoming

GB  
New York

LESSON 43 from *A Course In Miracles*

"God is my Source"

"I cannot see apart from Him."

I forgot, of course  
that God is my only Source.

My mind is so fickle  
like a feather in the wind.

I look everywhere  
but apart from Him.

O' Holy Spirit  
mediate fro me.  
Heal my perception  
and allow me to see.

I looked everywhere  
for a God I could not see.  
Finally You told me,  
"Close your eyes, Child  
for in God you can only Be."

If God is my Source  
then separation is an illusion.  
Could this have been  
the cause of all my pain  
and sordid delusions?

How could it be  
that I was so easily deceived?  
when it was my very Soul  
that You conceived.  
O' the pain of my illusions  
of separation at birth.  
I cried to the Heavens  
and searched the earth.

For one I was asleep  
but now I'm awake.  
My Source, My God  
I will not forsake.

I'm sorry I thought you left me  
when it was the other way around.  
I discovered my Source  
and in God I found.

For God is my Source.  
I will not forget  
this Holy Day  
when we finally met.

Thank you for the vision  
and the wisdom to see.  
I needed to stop looking  
and just allow God to Be.

WPR  
Virginia

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

## BLESS THE CHILDREN

*(continued from page 5)*

*minds to wander, and imagine what is possible when this process is done on a daily basis, on automatic pilot. Wow! Amazing what shows up! Can you imagine every action on your part being beneficial not only to you, but to everybody with whom you come in contact? Obviously this is a conditioning process, and should be started as young as possible, but nevertheless, think of the possibilities!*

*I will close for now, but would love to hear your response, if any, to this rambling, and excitement.*

*Affectionately  
Bill*

**Hey Bill!**

***Congratulations for your great breakthrough. Let this incidence become a reference point in the new foundation of consciousness you are building for yourself. The "ZONE" metaphor is right on the money. When you connect the dots in this way, you are registering***

***what happened at a different level of knowingness; a level that will have a lasting and profound effect on the rest of your life. It is a spiritual "nuclear explosion" precipitated by creating a critical mass that acts as a catalyst in causing the huge breakthrough. It is one thing to know these elements on an intellectual level but a whole new reality feeling them in the core of your being. Isn't it amazing how it all happens so effortlessly? You are simply being who you really are. Bless you, my brother!  
Jim***

I am back, and these pages are filled with the tools one requires to lead a balanced life, being able to handle whatever situation comes along. Awareness, is consciousness observation, but more often than not, by the time we observe something to learn from it, the damage has

already been done; trends, and habits have already been set. We must teach our children to recognize what is happening to them as it is happening, so they have all the tools they need to create a good life, and a good family background in which to produce a healthy next generation.

I have asked the question to many people, "What is the most important thing in the world to you?". The answers are varied from my money, to my family, to my parents, and the list goes on. I say the most important thing in the world to me is, how effective am I in whatever I say is important to me. If I say my children are the most important thing in the world to me, and I provide a dysfunctional home in which they must live, then all I have proven is that talk is cheap. I will leave you on that note. It has been a pleasure sharing my thoughts with you.

Bless you

Bill Lang

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!

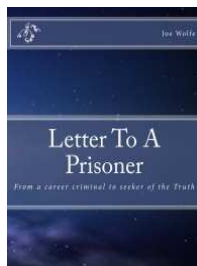
"I was hungry, and you gave me meat; I was thirsty, and you gave me drink; I was a stranger, and you took me in; Naked, and you clothed me; I was in prison, and you came unto me." (Mathew 25:35, 36)

*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

## • NEW BOOKLET OFFERED:

As of today, I have been allowed to offer you a printed copy of the booklet, *BRINGERS OF THE LIGHT*, that completes the list of concepts found in *ReCreating Your Self*. This will be about 20 double-sided and stapled pages. Again, make sure you are allowed to receive these many copies before requesting *Bringers of the Light*

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*
- *WECCE Workbook*

This is a downloaded edition, 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 NEALE AND EM FOR YOUR CONTINUED SUPPORT FOR The Prison Outreach Program of the Conversations with God Foundation*



## STEPS TO CREATION

Once you begin to experience synchronicity on a regular basis, your life will shift into a deeper, richer meaning and calm. It is easier to attract the people, opportunities, and situations that benefit you. You feel you are on track, in the groove, firmly grounded in the moment, exactly where you're meant to be.

You can call this state "being in alignment with source" or you can call it "the power of now" or as a "divine consciousness", but regardless of what name you give it, the bottom line is that your consciousness has been transformed. You're now able to experience the life and relationships you imagine.

Following are the steps on how to practice manifestation which is the law of attraction the essence of which is simple: We get what we concentrate on.

1. Write down one of your burning desires, be passionate and very descriptive about it while keeping it as simple as possible while imagining how this desire may manifest itself in your life.
2. State this desire out loud with emotion as you vocalize it and send the energy to the universe. Depending on the desire—taste it—feel it—see it—smell it and hear it or in other words become the desire. But afterward don't think too much about it, don't obsess about it. Just state it and release it and remain open to your intuitive guidance.
3. Believe your desire will manifest. Back your belief with powerful emotion. Act as if your desire has manifested already in your life, feel the presence of that desire in your life. The stronger your emotion, the

quicker your desire will manifest. This also works in reverse, of course, negative emotion can attract negative synchronicities.

4. Once you've released your desire, get out of the way. Let the universe bring it to you. Don't keep checking on it for results—let it be. As in a bank account, a career or a relationship, etc.

In conclusion, you can choose to live your life in maximum happiness, joy and peace with all of the abundance that your soul desires in perfect harmony with the creator as we continue our journey home, it is up to you. However, I wish I had know this years ago.

RE  
Illinois

## CREATING YOUR REALITY

- A. Within this world you have choices and you have free will, you have an opportunity to realize your full potential as a divine being (expression) of your creator, becoming a creator yourself in the process. A portion of these lessons is that of the power of thought. You are learning that your feelings, as well as your thoughts, are "something", not just pictures in your mind or sensations of your body. As you think and feel, you create. Is there ever a time that you are not feeling? You are, quite literally, creating within each second of your life.
- B. Perhaps without full awareness of the process, you are learning to function within the context of an extremely sophisticated system of creating "seed thoughts", amassing energy around those seeds, and bringing together components of the energy necessary to "gel" the seeds into your reality, even the technology of our present day, one hallmark of sophisticated, user-friendly systems is the unknown complexity behind the scenes, providing the apparent simplicity to the user. The user does not have to know the intricacies of the system—only the

ability to use them as they were designed.

- C. Similarly, you do not have to "know" or understand any of the workings of your system of energy—you can just "be" in the purity of your intention. This is the beauty of this lifetime, you may choose to know if you wish—or just be in the experience and the outcome will remain the same. The ability to create (manifest) is a skill available to each individual, a direct result of three components of thought.

### 1. CLARITY

For a thought to become "real" it must be a clear, concise, and sustained pattern of energy. A thought that is a "fuzzy" collection of constantly changing patterns is probably incapable of sustaining itself long enough to crystallize as a manifestation. In the event it does, it may appear to you as a series of incongruent, possibly confusing situations, mirroring the "blueprints" which it is attempting to express.

### 2. DURATION

While clarity is a key component,

without the ability to sustain the clarity, the seed is not maintained for a time sufficient to develop as it descends into successively denser levels of experience. It is a copy of the blueprint that is passed down through the creation matrix, gathering the energy at each level to sustain the energy for a decreased period of time.

### 3. INTENTION

It is the energy of emotion, intention, that sustains the thought—seed as it descends the creation-matrix. At any point, the seed may dissipate if the sustaining energy (intention) is lost.

- D. A fundamental concept, developed within ancient mystery schools, and shared in the traditions of indigenous peoples and Eastern religions, is the idea that the human form is a part of creation—not separate from it. As an integral part of creation, the individual plays an important role in the cause of events within that creation. These ancient concepts are just as

*(continued on page 10)*

# From the Inside

## CREATING YOUR REALITY

(continued from page 9)

- D. valid today as they were 6,000 years ago. However, feeling helpless as most of humanity does to address events that unfold within their world and our lives, “things appear to just happen”.
- E. You are, and always have been, a part of all that you see at that point of resonance to which you are aligned, even closer to the energetic patterns to which your thoughts have carried you. In this resonance or “oneness” you have the opportunity to plant and nurture seeds of your creation. It is in the space of resonance, attained simply from your patterns of thought coupled with feeling that you may direct energy most efficiently, consciously and with intent. It is in this space that you become the creator of your experience and may impact the events of your world while regulating the response of your body to that world. You intervene, on your own behalf, through the acknowledgment of your oneness with creation. This process that has allowed you to accomplish this “tuning” may be considered a high form of mastery, using both directed thought and prayer—meshed into the process commonly known as meditation.
- F. We should activate all sensed in the mind, as the native Americans did, which instead of “praying for rain” they just “prayed rain” as the people become water, they tasted the water, felt water, smelled water, heard water, and saw water to the point they would become water, which then would create a space in the universe—a vacuum if you will—for the purpose of holding a space open so that the intended substance could ‘flow into that space’ and manifest itself. A universal principle is that the physical universe cannot maintain a vacuum and it will flow material into that vacuum (space) until it balances itself. This is how you use universal principles to your advantage you have agreed to the universal contracts, so you might as well take advantage of them.
- G. According to the Scriptures, we are like Yahoshua (Jesus Christ), principles born into the physical world (body) from the womb (mind) and that we all were known by Yahovah (God) before this world began, and that this world was predestined, pre-determined, pre-programmed by ourselves so that we could learn certain things by experiencing a certain set of circumstances that we had planned beforehand.
- H. You have your own “matrix” or world that you have created and live in, at this very moment, with every breath you take, but are you controlling it or is it controlling you? It is your creation, however pleasant or unpleasant it may be to take responsibility for, so right now you might be asking the question, “Am I the one?” And the answer is, “Yes.” See John 10:30 and John 17:22/ Being one means to take back our minds and the control of our creating which is the redemption that Jesus was talking about.
- RE Illinois

## THE WISDOM OF LIFE EXPERIENCE

Hi Janine,

I celebrated my 62nd birthday yesterday behind bars. I hope this is the last one. I came to some more "awareness" as I celebrated.

It's amazing when you get to my age that you don't fear what you used to fear. Take death for instance. You know it's unavoidable when you're my age. Every time you look in the mirror you see this older guy looking back at you. Some of us still feel like we are in our twenties but our bodies quickly remind us by no longer performing like we are.

When you're younger it's almost as if we are not allowed to think

about death. It's as if it's never going to happen to us. It always happens to someone else, unless by accident. We really believe we will live for ever.

Then comes wisdom from awareness in later years. To me wisdom is as Neale said in CWG, experience from knowledge applied. Once you gain some wisdom you begin to realize what really matters in life. You will find it's not in material "things", as attachment to those eventually leads to suffering. Things break or are no longer new, or the payment becomes due.

It isn't relationships either even though we think they are important. As it is rare that these will

last forever. So what is it then? What really matters?

As I look around this prison I see a lot of pain. If you get to the root of that pain you will see that all these guys ever really wanted was to be loved, and have someone to love. Isn't that what we all want out of life? I think we looked in all the wrong places for it. It's never "out there". It's always been inside of us all the time. As God says in CWG; "If you don't go within, you go without".

As I start reaching the fall season of my life, I begin to realize all these things and more on my path to what I call "enlightenment". I

(continued on page 11)



**THE WISDOM OF LIFE EXPERIENCE**

wish the same for you too. You can talk to someone about these things and most will give you that deer in the headlights look. I know it's their path that they are on and it may take many more lifetimes for them to realize that. It warms my heart as I know it warms yours and Neale's heart every time you know you have helped someone by sharing your wisdom and experience and begin to see changes in their life.

I have traveled abroad some and have seen the respect children have for their elders. They have been taught to respect them as they can learn from them. Most of these children have been raised by their grandparents, while their parents worked to support them

and their grandparents. Their grandparents are never dumped in an "old people's home" when their bodies begin to wear out. They are with their grandchildren feeling useful by helping raise them. Those grandchildren help keep us young, and we live longer when we feel useful, especially around them.

I never realized this until I came to prison, and have read some of Neale's books. That we have it wrong here in America. Other parts and cultures of the world are in harmony with life and the beings on this planet. I see this in many of the Native Americans I am surrounded by in prison. They care for and raise their families even if it means that 30 of them

reside in one house. They respect and care for nature, as it is the giver of life for all of us.

For the most part "elders" are respected here around prison more than on the streets. It's mostly because they can learn from us. Whether it's how to survive in prison, or about life, or even how to be a better criminal for some who get out. Those types never learn and always come back. It's the path they are on and it may take many more lives to realize it.

Much Metta to you My Friend,

Your Buddhist friend

MB  
Illinois

**A CONVERSATION WITH JESUS (JESUHA)**

From *Dwell In Love* by Jerry K. Paul

"What is needed most-- the way that you can help the most--is for you to go to earth."

I cringed somewhat and said, "It is so painful."

He says,

" Just trust me. I will be with you. It is through volunteering to help others that you will also lift the memories of suffering you yourself have experienced, and you will go beyond them. And you will know that you rest in the Light...."

"There are many brothers on earth who are asking for help and who need someone to come, but in order to be of the most help, you must be willing to just go and do what the Father places before you and allow Him to guide you and show you the way."

"You must trust that the Father knows what is best and allow Him to lead you.

You must be totally empty, and He will flow through. Allow Him to touch them in the way that only He knows will be helpful and will cause a great desire to be awakened in their hearts to come into His Presence--to know that they rest in His Arms and that there is nothing to fear."

"There is a need for some brothers to go, to volunteer to do this. Should you desire to do it, it would be out of your love for them and your desire to help, even if it is uncomfortable to do so, and out of your desire to walk in the way that I show you and be the Father's servant..."

I look at Him. I am deeply moved, and I say,

"I will go, but I am not sure that I can do this unless I am confident and know that I can feel Your Presence--feel Your nearness. Otherwise, I fear that I will lose the way myself."

He says,

"I have never failed you on a promise. I am always there. Remember, you yourself may have to go through some experiences in which you feel great despair, in which you feel lost and feel you cannot find Me and the Father, so that on earth you can identify with your brothers and know how they feel. You will have a compassion that is so great that you will release all the other enticements--things that bring you personal and private joy.

"You realize that your real joy is the fulfillment of being a child of the Father, reaching out your hands to your brothers in the manner I showed you and allowing the Father to flow through you. For only in being empty can you be the Father's vessel truly--dependable and with no hindrance--so that nothing your brothers need will fail to be offered to them."



*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***