

Freedom



Inside

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

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Issue # 66 June 2012

Stuff It Or Lose It

by Janine Cantin

Growing up, I was never taught how to deal with anger. Strong emotions were frowned at, especially anger, and most especially anger in a little girl.

I was taught that being angry was bad and from that I concluded that showing my anger was dangerous. That if I lost control of my anger and explode, I would lose the love of the people I needed most.

So I learned to stuff it. And, Boy! Did I get good at it! I stuffed it because I didn't want to lose control, I did not want to lose my relationships, I did not want to lose my world. That is how much I feared my anger.

So I stuffed it and I became resentful, I became furiously angry but I never allowed myself any outbursts. I became that lovely quality we all know so well: passive-aggressive!

Now that's quite an attitude to carry with you. It makes you look for places where to send out barbs that will hurt the most all the while denying the real problem,

denying your real feelings.

Starting on page two of this issue, you will find Neale Walsch's take on anger, one of what he calls The Five Natural Emotions.

"I stuffed it because I didn't want to lose control, I did not want to lose my relationships, I did not want to lose my world. That is how much I feared my anger."

anger itself but how we deal with it, how we react to it.

I had chosen a very destructive way of dealing with my own anger, a very self-destructive way: I stuffed it. So it morphed into a deep seated resentment that came out as barbs that were not addressing the main issue at all. I see a lot of women, and some men, react the same way to their anger.

Many just "lose control" of themselves while angry and say and do very hurtful things. This is also a very destructive reaction, as it can affect your whole life, as it does for many in prison today. I see a lot of men, and some women, react this way to their anger.

It took me until my late forties before I realized that anger was not bad, that it was not destructive. It took me that long to see that what can be destructive is not

But what if we got "anger" all wrong. What if it is just a message from our self to our self? What if it is just a wake-up call that says, "Hey, you have to pay attention here! Something is wrong!" What if anger is really very healthy?

Well, I can tell you I still have trouble with that one.

On the one hand, I have no trouble believing that anger can be healthy, that it can be heeded without destroying anything or anyone's life. I believe anger does signal that there is something for me to look at in my own feelings, in my own life experience. This I believe....until I get angry.

And then all bets are off! Then, I believe the "other" is responsible for "making" me angry. I believe they did something "wrong", they did something "to" me that they just absolutely "should not" have done. And I want to hurt them back, I think horrible, hurtful things about them that I want to just throw in their faces but, of course, I don't, because...I'm a girl and girls don't do that, because...it's not nice! But mostly because it's scary and puts me in

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THE FIVE NATURAL EMOTIONS

by Neale Donald Walsch

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Stuff It Or Lose It

(continued from page 1)

danger of losing the relationship.

So I learned about fifteen years ago that anger can be healthy, I just never experienced it as such until about a year ago.

That's when I realized how safe it can be to show my anger and know it won't be thrown back at me ten-fold. That's when I started living with a couple of dear friends who know not to take my anger personally. That even when my whole attitude is accusing them of something, I know deep inside, as they do, that my anger is concealing a deep hurt.

It's so much easier to be angry than to be hurt. Haven't you found that to be true? I certainly have because as soon as I voice my anger, as soon as I say what I'm feeling, I just know that's not what my anger is really about. And when I let go of my need to blame the other, I find a store of old hurts just waiting to be acknowledged.

Anger is a great deceiver. It makes me think someone has done me wrong when they only pointed out some wound of mine that needs healing. But anger also seems to need all of my thoughts and energy. This is why I still need to voice my anger to people who deeply love and understand me. By voicing it I can let it go enough to be able to look for the hurt underlying it and bring it to the surface.

That's when healing can occur and that's the blessing anger is turning out to be in my life. Can you imagine the healing that could occur if more of us could allow others to be angry without taking it personally?

Let's give it a try, shall we?

QUESTION FOR NEALE:

“ How could anger really be a positive emotion? I can't see it, except maybe in a "Righteous Indignation" sort of way. Very few people have this emotion 'authentically' in their lives. (Isn't Anger just another manifestation of Fear and isn't Fear something we want to alleviate?) I was taught to go within and trust feelings over emotion. I'd hate to EMOTE all over someone with my anger. Thank you, Neale! Keep shining your light in the darkness.” Beth in MN.

NEALE RESPONDS:

Dear Beth...What a wonderful question! Thanks for asking it!

Anger is one of the Five Natural Emotions. These are: grief, anger, envy, fear, and love. And within these, also, there are two final levels: love and fear.

While the five natural emotions include love and fear, these two are the basis of all emotions. The other three of the five natural emotions are outgrowths of these two.

Ultimately, all thoughts are sponsored by love or fear. This is the great polarity. This is the primal duality. Everything, ultimately, breaks down to one of these. All thoughts, ideas, concepts, understandings, decisions, choices, and actions are based in one of these. And, in the end, there is really only one. Love.

In truth, love is all there is. Even fear is an outgrowth of love, and when used effectively, expresses love. You may ask, "Fear expresses love?" And the answer is, in its highest form, yes. Everything expresses love, when the expression is in its highest form. Does the parent who saves the child from being killed in traffic express fear, or love?

"Well, both, I suppose," you might say. "Fear for the child's life, and love -- enough to risk one's own life to save the child."

Precisely. And so here we see that fear in its highest form becomes love . . . is love . . . expressed as fear.

Similarly, moving up the scale of natural emotions, grief, anger, and envy are all some form of fear, which, in turn, is some

form of love.

One thing leads to another. Do you see?

The problem comes in when any of the five natural emotions become distorted. Then they become grotesque, and not recognizable at all as outgrowths of love, much less as God, which is what Absolute Love is.

I've heard of the five natural emotions before -- from my wonderful association with Dr. Elisabeth Kubler-Ross. She taught me about them.

Grief is a natural emotion. It's that part of you which allows you to say goodbye when you don't want to say goodbye; to express -- push out, propel -- the sadness within you at the experience of any kind of loss. It could be the loss of a loved one, or the loss of a contact lens.

When you are allowed to express your grief, you get rid of it. Children who are allowed to be sad when they are sad feel very healthy about sadness when they are adults, and therefore usually move through their sadness very quickly.

Children who are told, "There, there, don't cry", have a hard time crying as adults. After all, they've been told all their life not to do that. So they repress their grief.

Grief that is continually repressed becomes chronic depression, a very unnatural emotion. People have killed because of chronic depression. Wars have started, nations have fallen.

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Anger is a natural emotion. It is the tool you have which allows you to say, "No, thank you." It does not have to be abusive, and it never has to be damaging to another.

When children are allowed to express their anger, they bring a very healthy attitude about it to their adult years, and therefore usually move through their anger very quickly.

Children who are made to feel that their anger is not okay -- that it is wrong to express it, and, in fact, that they shouldn't even experience it -- will have a difficult time appropriately dealing with their anger as adults.

Anger that is continually repressed becomes rage, a very unnatural emotion.

People have killed because of rage. Wars have started, nations have fallen.

Envy is a natural emotion. It is the emotion that makes a five-year-old wish he could reach the doorknob the way his sister can -- or ride that bike. Envy is the natural emotion that makes you want to do it again; to try harder; to continue striving until you succeed. It is very healthy to be envious, very natural. When children are allowed to express their envy, they bring a very healthy attitude about it to their adult years, and therefore usually move through their envy very quickly.

Children who are made to feel that envy is not okay -- that it is wrong to express it, and, in fact, that they shouldn't even experience it -- will have a difficult time appropriately dealing with their envy as adults.

Envy that is continually repressed becomes jealousy, a very unnatural emotion. People have killed because of jealousy. Wars have started, nations have fallen.

Fear is a natural emotion. All babies are born with only two fears: the fear of falling, and the fear of loud noises. All other fears are learned responses, brought to the child by its environment, taught to the child by its parents. The purpose of natural fear is to build in a bit of caution. Caution is a tool that helps keep the body alive. It is an outgrowth of love. Love of Self.

Children who are made to feel that fear is not okay -- that it is wrong to express it, and, in fact, that they shouldn't even experience it -- will have a difficult time appropriately dealing with their fear as adults.

Fear that is continually repressed becomes panic, a very unnatural emotion. People have killed because of panic. Wars have started, nations have fallen.

Love is a natural emotion. When it is allowed to be expressed, and received, by a child, normally and naturally, without limitation or condition, inhibition or embarrassment, it does not require anything more. For the joy of love expressed and received in this way is sufficient unto itself. Yet love which has been conditioned, limited, warped by rules and regulations, rituals and restrictions, controlled, manipulated, and withheld, becomes unnatural.

Children who are made to feel that their natural love is not okay -- that it is wrong to express it, and, in fact, that

they shouldn't even experience it -- will have a difficult time appropriately dealing with love as adults.

Love that is continually repressed becomes possessiveness, a very unnatural emotion. People have killed because of possessiveness. Wars have started, nations have fallen.

And so it is that the natural emotions, when repressed, produce unnatural reactions and responses. And most natural emotions are repressed in most people. Yet these are your friends. These are your gifts. These are your divine tools, with which to craft your experience. You are given these tools at birth. They are to help you negotiate life.

Anger is a wonderful emotion, Beth! It lets us express -- that is, push out -- negative energy that has built up inside of us. It is not anger that is the problem, but how we express it; what we use it for. If we use it for damaging or hurting others, that expression would be non-beneficial (obviously). Yet if we use anger to alter a situation which is hurting ourselves or others, that would be extremely beneficial. So we see, then, that anger itself is not the issue, but rather, the way in which it is expressed and used.

I hope this helps you better understand this gift of anger that God has given us, one of the Five Natural Emotions.

Love and hugs



Quotable Quotes

"A man is about as big as the things that make him angry" - Winston Churchill

"Speak when you are angry - and you'll make the best speech you'll ever regret." - Dr. Laurence J. Peter

"Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten." - Buddha



From the Outside

PERFECTING GENEROSITY

by Tom Brown
Arizona

To know about generosity requires an ability to listen with the heart, to listen and feel when we're afraid of being rejected and to acknowledge our own limitations. In acknowledging our capacities and fears, true generosity grows. Then our acts come not because we're supposed to but from that wise and generous place in our heart. This is the place that knows the seasons of the heart; sometimes compassion says "yes" and sometimes it says "no". There is a time for work and a time for effort and a time for surrender. We need to listen to this to know how to give wisely.

Mothers instinctively know this.

The mother lioness, the mother wolf and the mother bird know it. They nurse and provide and sacrifice in incredible ways for their children. And then one day, they stop. They don't get food for the young lions anymore. They kick the young wolves out. They look at the young birds and they say, "Today is the day to fly, kiddo! Like it or not, it's out of the nest!"

Sometimes the most generous thing we can say is, "Sorry, I can't do it." Sometimes the greatest thing we can offer is our brokenness. How often we rush around trying to solve people's problems without every

seeing them, without seeing the pain in their faces, the insecure eyes, the nervous hands, the hurt inside.

Daniel Berrigan wrote as part of an essay, "I would give almost anything for the look in a hungry man's eyes when I give him the bread that I baked with my own hands." Maybe generosity is simply about trust, that ability to open from the body of fear to the unimagined possibilities of the heart.

Since we're going to have to give it all up anyway in the end, why not do it now with joy and delight and bring that goodness to the world?

SINGING OUR SONG

by Tom Brown
Arizona

Jane Goodall, naturalist, recently said, "in the life of a songbird, if the egg is taken from the nest and hatched and raised by other birds than its own kind, so that it doesn't hear its own song in the first month of its life, it will never be able to sing its own song."

For humans, even though we never heard the song, we can still learn it. It is in us waiting to be touched and evoked and brought into life because in the end, it is who we are.

In a way, each of us is a musical instrument that is making an impression on the world around us. Our body is the instrument, our nerves are the strings, and the musician is our spirit. In a music store, if you pluck a

string on a guitar, all the other guitars in the room will vibrate to that tone. This synchronicity inspires us to ask ourselves, "What kind of music am I making?"

When we are not listening to our song, we tend to live in limited possibilities, seeing the world only through the popular myths that have been dispensed to us. The songs of our culture surround us: the songs of materialism and possessiveness that say worldly goods lead to happiness. Whenever we fixate on a particular note we suffer. When we try to repeat this one note which we heard in the past, we lose our true sense of life as an opening, a flowering, an unfolding, an adventure.

As we mature on our path of awakening, countless possibilities open to us. The magic and enchantment of diversity come alive in a new way. Our thinking and feelings open to an expanded vision. We experience more deeply both the beauty and the sorrow of life; we can see with new eyes and hear the whole great song of life. When we listen deeply, it moves through each of our lives.

Ultimately, we learn to see outside the one-note view of personal identity, of culture and of religion. We learn to experience more directly the great mystery of life, the great music of our song.

From the Outside

ONE...ONE...ONE

by Tom Brown
Arizona

How easy it is to say, "I love everyone." That word "everyone" rolls off the tongue with the greatest of ease. It has a ring to it like vanilla ice cream, motherhood, and apple pie.

But what if that word included the ones who are the most difficult to love? What if it meant loving that neighbor or that family member who is giving us a hard time? To love one like this is a challenge for us to drop our judgments and to become curious instead. It means looking for the good and seeing the divine spark in that one when it isn't obvious.

We're less likely to judge another person when we remember that we're always working with insuffi-

cient information. Just as every tree has roots that are out of sight underground, so does every person have roots that we can't see. Knowing a person's background softens our reactivity and judgment of each other. We may never be the best of friends, but y sharing a bit of ourselves, we can discover a compassion for all the decisions and dramas of life that have gone into making that one the person he or she is today.

Loving that difficult one results in more tolerance and peace. It helps to keep our heart open rather than slammed shut. And maybe as we practice on that one, we will develop a corresponding understanding and compassion for ourselves. We will find that we do this on be-

half of our awakening and on behalf of the healing needed all around us.

Mother Teresa put it this way: "I can only love one person at a time. I can only feed one person at a time. Just one...one..one. SO I begin. I pick one person. Maybe if I didn't pick up that one person, I wouldn't pick up forty two thousand. The whole work is only a drop in the ocean, but if I didn't put that drop in, the ocean would be one drop less."

And so it is for us. Let's begin in our family, in our neighborhood, with the one standing in front of us. Just begin. It's that simple.

From the Inside

GOD'S LOVE FOR ME

by NBT
Texas

God's love for me is so precious as She awakens me each day to press forward in His Holy words, to search the scriptures earnestly, to know without a trace of doubt that God's love for me is the most precious thing I possess. To nurture that love is to put forth all I know to do good to all.

To love when I am hated, to pray when I'm prosecuted. To help all when they need help; even when they don't ask...To

share God's love by loving them no matter what they may say or do unto me. That's when I know I've reached the place where God wants me to be, to excel, to reach heights, to soar on wings of angels, to trample upon the Cobra, and the roaring lion.

To love as God directs me through the Holy Spirit that resides within my heart of flesh always...

Written by a soul who seeks God's approval and man's acceptance—but not to overindulge to be accepted. Just to be myself regardless if man should ever acknowledge me at all.

Smile!

CONSCIOUS CREATION

by WPR
Virginia

I'm a spiritual guy. I do yoga and meditate. I'm reading *A Course in Miracles*, *The Bhagavad-Gita*, and the *Book of Mormons* as well as Buddhist literature and metaphysical books of all types. Yet I was creating unconsciously. I was naively "accepting" and "allowing". I needed a wake up call. That wake-up call came in the form of attracting either consciously or unconsciously through openly psychotic and hostile paranoid schizophrenics as cell mates.

I shared a three man cell with one other cellie. Things were fine. We're both readers and didn't have any conflicting schedules. Then Nick (not his real name) got ran out of another cell. My cellmate allowed him to move in without asking me first. It quickly became apparent to me that Nick was hearing voices. He just couldn't shut up. I did bring this to Nick's attention and it was not well received. Admittedly, he did try to turn the volume down as I had suggested.

I'll skip the unpleasant details but on a Sunday morning, while I was trying to sleep, Nick and I got into a fight. Luckily, there were no serious injuries. We both go to the SHU (Special Housing Unit) aka "the hole". Fine but they put me in a cell with another paranoid schizophrenic with an antisocial personality disorder. He proudly shows me his paperwork. Fine with me, I say, because I take psych meds too.

We got along fine the first day we were together. Then he became more hostile, aggressive and was now threatening me. I had tested this guy's fighting skills by some practice sparring and quickly realized he was a superior fighter

with a lot of experience hurting people. He came from the USP if that tells you anything. I tried to diffuse him and get along. It just didn't work. I was in danger.

I started praying in earnest. Heavenly Father, Holy Son of God, Holy Spirit, angels, spirit guides, and loved ones' in spirit. I didn't want to leave anyone out. "Help!!! I need out of here before I get hurt!" I couldn't help but think what I could have done to attract such a set of circumstances. Had I been hostile and threatening to others?

I searched my memory. Not in seven years since I've been taking the anti-depressant medication I started shortly after my incarceration. Prior to that however, I was a homicidal maniac. I had threatened people. I had a gun. I was prepared to act on my impulses. I thought about my victims. I thought about the people who testified against me. Surely a few people might be concerned when I get out of prison.

I quickly apologized to one and all. I forgave. I asked for forgiveness. I was in fear for my own life. I empathized with their fear. I sent them love and healing energies. I talked to my cell mate. We both agreed it would be best for me to move. The only question was could I get out before he exploded.

My cell mate, while unprovoked, seemed to be growing increasingly hostile and agitated. Did I forget to say, he wasn't taking his meds and refused to see the psychologists when they came by and tried to talk to him? Never mind the fact that I'm locked in a very small two-man cell with him. I prayed fervently. Finally after

two hours of waiting I got to talk to a lieutenant.

I was praying for my safety and to be moved immediately. Immediately wasn't until some time later but I was intact and unharmed. Whew! Thank you, Heavenly Father, Holy Son of God, Holy Spirit, Angels, Spirit Guides and deceased relatives! Thank you. Thank you. Thank you.

Once safely out of that cell I thought again. I don't want to repeat that lesson. I don't want to unconsciously create anything like that. I'm still in prayer mode mostly of gratitude at this point. So then I asked God to move me somewhere clean, safe and comfortable. I prayed repeatedly to all the above. Then I added, "I would like a cell mate who is clean, polite, and respectful...repeatedly.

I prayed some more. About two hours later I was the only person in a two-man cell. I cleaned up. Four hours later I got a cell mate who was clean, polite, and respectful. The moral of the story is that for whatever reason I unconsciously created a very dangerous situation twice.

Previously, I was fixated on meditation as the primary path to enlightenment. I didn't pray much. I pray more now. I'm still grateful. And I'm more conscious of what I'm creating, what I ask for, and even what I want. Don't wait for an emergency to become conscious. Become a Conscious Creator. Pray for what you do want not for what you want to avoid. Pray knowingly. Pray thoughtfully. But most importantly, don't forget to pray.

CONVERSATIONS WITH HUMANITY

Questions from *The Storm before the Calm*. Book One is the *Conversations with Humanity Series*
by Neale Donald Walsch

In one of latest books, "The Storm before the Calm", Neale Walsch describes what he believes is happening in 2012 and the new world we could be creating. He suggests we start a <Conversation with Humanity> in order to decide what this new world will look like. To start this conversation, he asks some questions we decide to put to our readers. Some answers to question one were published in the April-May issue of this newsletter. More answers to that question follow. Answers to question two will be published in the next issue of Freedom Inside. If anyone reading this wishes to submit their own answers, please send them in. There are no right-and-wrong answers here, only your own answers. Please share them if you are so inspired.

QUESTION ONE: "How is it possible that 6.9 billion people can all claim to want the same thing (peace, security, opportunity, prosperity, happiness, and love) and be singularly unable to get it?"

ANSWER FOUR

Peace, security, happiness, and love are non-existent in the world we perceive. These are inherent qualities of the perceiver of the world, the witness consciousness, who we really are. The problem is that our identity has been lost for so long (in human's time) in the objects of perception (thoughts, things and situations)

that we have forgotten how it feels to be who we really are. It seems that we need to learn to be who we are in reality. Spiritual paths arise from this need. And this is salvation. Not being who we really are is the only sin there is. Humanity needs to start the process of self-observation now, as a mass event, everywhere. A

Hindu sage said, "The witness of the mind is God". Don't take these words lightly. Let them penetrate you as offenses do. Let's be who we really are and opportunity and prosperity will be added onto us.

HM
Pennsylvania

ANSWER FIVE

Why do so many people who claim they are continually searching for peace, contentment, happiness, love and an end to conflict and oppression in the world seem to work so hard at making it impossible for anyone to attain those things?

I'd like to think that my poem, Everyman (see *Poetry Corner on page 11*) answers that question in that I believe God is the ultimate answer, and that if we can stay focused on seeking Him we can attain all those things for ourselves. But then, maybe my approach is too simplistic. And then again, maybe it isn't. After all, isn't each of us a part of the Body of God? Maybe the answer is that we fail to recognize Him in nature and in others, as well as in ourselves.

Men persist at arguing about the need for morality and global cooperation, and

such arguments always seem to lead to disagreements. Perhaps that is why there are so many different religions in today's world. There are more than twenty thousand different Protestant denominations within the Christian faith, including the separatist sectarian cults that included snake-handlers, faith healers and voodoo spiritualist that are found in the Caribbean islands, South America and all over the African continent. Even the Methodist Church, of which I've been a member since I was baptized in 1942, has undergone at least a dozen transformations over the last sixty years. I had nothing to do with any of those changes, but some Powers-That-Be apparently decided they were necessary.

I'm reminded of a limerick I learned as a child:

*A wise old owl sat in an oak.
The more he saw, the less he spoke.
The less he spoke, the more he heard.
Why can't we all be like that wise old bird?*

The point is that nobody can have all the answers. Plato, in his classic Dialogue, tried to make sense of it with his Myth of the Cave. Men spent their entire lives sitting behind a wall, and all they knew of the world beyond was shadows they watched passing on the other side of that wall. I could ask you what you think the answer is, but then if I agreed with you, wouldn't we both be wrong?

When you come right down to it, it's all relative, isn't it?

RBB
Illinois

The "Conversations with Humanity" continues on page 10

SUGGESTED READING FOR PRISONERS

Dear Prisoner,

The list of books below are some of the most profoundly helpful and the ones I would highly suggest for your library. You can request them from me, and if it's within my power, I'll send one or more to you, free of charge.

I could use your help. Save this list and send it to friends or family. I've included the internet links for them to access each particular title..

- (1) A Course in Miracles,
- (2) Letter To A Prisoner, by Joe Wolfe
<http://LettertoAPrisoner.com>
- (3) The End of Reincarnation with The Five Signs, by Joe Wolfe, Gary Renard and Carrie Triffet
<http://TheFiveSigns.com>
- (4) Conversations With God, by Neale Donald Walsch
<http://CWG.org>
- (5) The Holy Spirit's Interpretation of The New Testament by Regina Dawn Akers
<http://ForHolySpirit.org>
- (6) Power vs Force by Dr. David R. Hawkins
<http://Veritaspub.com>
- (7) A New Earth by Eckhart Tolle,
<http://NamastePublishing.com>
- (8) A Parenthesis In Eternity, by Joel Goldsmith
<http://Amazon.com>
- (9) The Disappearance of The Universe, by Gary R. Renard
<http://GaryRenard.com>
- (10) Long Time No See, by Carrie Triffet,
<http://UnlikelyMessenger.com>
- (11) Books by Dr. Jon Mundy,
<http://MiraclesMagazine.org>
- (12) Books by Beverly Hutchison,
<http://MiraclesDistributionCenter.org>
- (13) Time Ocular (A Novel) by Joe Wolfe
<http://TimeOcular.com>
- (14) Books by Robert Perry
- (15) Books by David Hoffmeister
- (16) Books by Ken Wapnick

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 this 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 , EM and the
CWG FOUNDATION FOR YOUR
CONTINUED SUPPORT

THE THIEF ON THE RIGHT

by Joe Wolfe

"And there were also two other malefactors, led with Him to be put to death. And when they were come to the place which is called Calvary, they crucified Him there: and the robbers, one on the right hand, and the other on the left. And Jeshua said to the crowd, "Forgive them, for they know not what they do."

But they, (the soldiers) dividing his garments, cast lots. And the people stood beholding. And the rulers with them derided him, saying: "He saved others: let him save himself, if he be a Christ, the elect of God." (Lk 23:32-35)

"And one of those robbers who were hanged blasphemed him, saying: If thou be a Christ, save thyself and us. But the other answering, rebuked him, saying: "Neither dost thou fear God, seeing; thou art under the same condemnation? And we indeed justly: for we receive the due reward of our deeds. But this man hath done no evil." And he said to Jeshua: "Lord, remember me when thou shalt come into thy kingdom." And Jeshua said to him:

"Amen I say to thee: This day thou shalt be with me in paradise." (Lk 23:39-43).

I remember hanging there beside a guy who felt no pain. His bones were broken to accommodate the ropes as were my own, as with my brother thief on His left, and I could feel that there was no anguish in Him. He radiated Love of a depth so vast as to be unfathomable in this world. He smiled at the crowds below us, nodded at His mother and sister crying at the base of His cross. That's when I knew that this guy was someone one I wanted to know.

But although, as promised, I was greeted into that life between lives where all suffering vanishes and all of the worldly values fade away as a wisps of a dream, and where He met me and smiled at me, and welcomed me with the most profound hug, He gently suggested that I had to go back for a while. He suggested that I had something to finish first before I could rejoin Him in that Place, that Heaven where the only Home abides.

He assured me that I'd be back with Him forever. Not to fear. That everything would be alright. But I had to choose a rough road at that point. He told me that it wouldn't be easy. But my role would be one that would save many from countless years of suf-

fering, of apathy and regret. He told me that I would not go alone and promised that He'd be with me always.

We sat together and talked for a long while. He said, "You have been a bandit for many of your lives. You've chosen to believe that you lack. Your convictions are deeply rooted in the values of want and need which have no permanence. They are all a dream."

I had to go back, to choose another hard road, to share with brothers who suffered by their own notions, to share with them the Truths of their immortal reality, and the quaint comfort in where we're all headed. Then He smiled at me as a loving brother would, and leaned over to me to kiss me gently on the cheek. "I will be be with you all of the days of your life, even until the end of time." So then I came back and bit His finger!

Read the whole story at

<http://LetterToAPrisoner.com> and <http://TheFiveSigns.com>

THERE ARE ALWAYS DIFFICULT TIMES

from *Awakening* (1991)
by Shakti Gawain

In the journey of consciousness, there are inevitably times of difficulty and confusion. Often we make ourselves really wrong at those times. We beat ourselves up because we think we should already have it all together.

What we don't understand is that every time we move to a deeper

level of understanding, there's a period of confusion. Often painful or scary emotions come up at those times. But each difficult time is rewarded by a real expansion and deepening of awareness. As we learn that this is a continuing process and stop expecting complete understanding at all times, it becomes easier and eas-

ier to get through those times of confusion.

I am patient with myself through the difficult times. I know that these, too, will pass and I will be rewarded with greater understanding.

CONVERSATIONS WITH HUMANITY

(continued from page 7)

QUESTION ONE, ANSWER SIX

A key word in the question is claim. It reminds me of a bad movie I watched as a teenager called “Mars Attacks”. The aliens kept saying, “We come in peace,” while they vaporized everybody. Deep

down we all do want these things but we have issues that we must clear up with ourselves before we can seriously claim to want that. Thank you, God, for helping us understand that these problems have already been solved for all of us!

Shalom,
JDK
Pennsylvania

QUESTION ONE, ANSWER SEVEN

In the Anguttara Nikaya (a collection of Buddhist sutras grouped by the number of their parts), in the section of eights, there is a teaching on rewards (AN VIII.39). This is the sutra in which the Buddha lays forth the five precepts (abstaining from killing, abstaining from staling, abstaining from sexual misconduct, abstaining from false speech, and abstaining from the use of intoxicants). In this teaching the Buddha continually repeats that abstaining from /abandoning these actions, “gives freedom from danger, freedom from animosity, freedom from oppression to limitless numbers of beings.

In giving freedom from danger, freedom from animosity, freedom from oppression to limitless numbers of beings, he gains a share in limitless freedom from danger, freedom from animosity, and freedom from oppression.” (Translation from Handful of Leaves: Volume 3 by Thanissaro Bhikkhu)

I believe that this teaching is a classic example of, “we get what we give.” Unfortunately, we are so focused on achieving our own peace, security, etc. That we do not even contemplate giving it to others. We are so attached to our ego and

our sense of “I” that we only concern ourselves with our own desires and everyone else had better either get on board with helping us fulfill them or they had better get out of the way. By abandoning our attachment to our false sense of a permanent self, we can come to realize that “our way” is not “the only way” and maybe not even the right way. In doing so we open ourselves more to the idea of helping others and thereby helping ourselves.

JK
Illinois

QUESTION ONE, ANSWER EIGHT

First, I won't assume to know how 6.9 billion people haven't been able to get anything; however, I can make reference to how I've, singularly, been able to experience things such as peace, security, love, etc. at different times. For example, when I've chosen to identify certain people as an integral part of myself and later, chose to accept and appreciate them by being with them and listening,

whole-heartedly to their interest and empathetically participating in helping them accomplish something in that regard, I experienced love.

I believe that wanting experiences such as happiness, security, etc. Occurs after a person has chosen to initiate or participate in the type of activities, with other people, that result in the feeling of BEing

happy, secure, etc. [...]

In short, we are served when we choose to give to others the type of experiences we want for ourselves. Participating in these types of choices with others is a source of my Freedom Inside.

HJ
North Carolina

CONTINUING OUR CONVERSATIONS WITH HUMANITY

Please continue sending in your own responses to Question One if you so choose. Space did not allow me to start publishing your answers to Question Two in this issue but keep them coming, I will start publishing them in the next issue.

QUESTION TWO in our Conversations with Humanity:

Is it possible that there is something we don't fully understand about God and about life, the understanding of which would change everything?

Think about it, discuss it if you wish and, if so inspired, send your answers in.

THERE IS A PLACE

by WPR
Virginia

There is a place
where east meets west.
There is a place
where the light of day
touches the darkness of night.
There is a place
where yin meets yang.
There is a place
between the breath in
and the breath out.
There is a place
between two thoughts.
There is a place
where the mind of the individual
merges with the mind of God.
There is a place
where destiny meets fate.
There is a place
between two hearts.
And it is there, In love
that I long to be.
A place of Consciousness
where God is all I see.

PRAYER FOR DELIVERANCE

from *Illuminata* (1994)
by Marianne Williamson

Dear God,

Deliver me to my passion.
Deliver me to my brilliance,
Deliver me to my intelligence.
Deliver me to my depth.
Deliver me to my nobility.
Deliver me to my beauty.
Deliver me to my power to heal.
Deliver me to You.

Amen

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

POETRY CORNER

UNDERSTANDING

by LR
California

**This is my petition to the Almighty.
What is it that Thou wants from me?
Isn't it to realize 'self thy destiny?
Is it the way which comes naturally?
Opposing my foes and defending my friends,
Staying staunch in my beliefs and never bend.
Only a sage could even attempt to judge
If all is 'one', with whom do I grudge?
All things are but manifested illusions.
Beware of identifications, for they cause confusions.
Everything was created for the better of the whole.
What's important is the theme not the character's role.
The plot steady thickens as the actors flip the script
If you were convinced from the beginning, brace for the twist.
For the only thing that remains the same, is change.
So free your brains from the chains of stagnant shame!
All physical forms are vehicles for the soul's perfection.
Only the 'true self' deserves one's unconditional loyalty.
All else must be dealt with with detached responsibility.**

EVERYMAN

by RBB
Illinois

Every man has his prison, every man has his price.
Some men fight for freedom, while others sue for rights.
Each of us is searching , watching for a sign.
Yours may be elusive, but I know I've found mine.
Everything we say or do catalyzes life,
In each and every molecule, and, like the surgeon's knife,
Renews our capabilities to alter time and space,
As if there were no Grand Design for all the human race.
Although we may seem different, we're really all the same:
Formed from common, cosmic dust, energized by flame.
Now, there exists a Power that I cannot explain
Except to say it's Something living deep within my brain.
It can mitigate all conflict, removing fear and doubt,
Reminding us that brotherhood is what it's all about.
Scholars claim it's faith that's borne by clerics chanting prayers.
Whether you can name it, or even know its source.
You ought to recognize it as a redeeming force.
Whatever men may call it, it's there without a doubt.
Giving us our daily dose of wits to turn about
Amid the seas of turmoil that threaten and confuse,
And leave us gasping for relief while shaking in our shoes.
Now, I'm convinced of one thing, though you may think me odd:
You can call it what you want; for me, I call it God.

This poem is the Prologue to The Good Catch (2011) by Blake S. Lee



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You are blessed and a blessing to all

Janine