

*Freedom*



*Inside*

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

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***Good and Bad? Right and Wrong? What the Hey?  
By Janine Cantin***

*Two of the articles in this issue deal with good vs bad, right vs wrong. They made me dig deep within myself to try and find answers I can live with. What do I truly believe about right and wrong, good and bad? Do they truly exist? Are they only part of an illusion I am creating here?*

*What is still to me one of the most shocking statements of the whole Conversations with God material (and there are about 30 books out there!) is this one, "Hitler went to Heaven".*

*He is without a doubt considered one of the most evil men in history. And he went to Heaven?*

*Well, a part of me certainly enjoyed reading that because, if Hitler went to Heaven, I don't have any worries, do I?*

*But then I look around the world and see a lot of suffering. Unnecessary suffering. Suffering dealt to disenfranchised peoples by the elite, the rich, the powerful.*

*What about the fact that, here in the United States, we throw food*

*away every day while many starve to death in other parts of the world? Isn't this kind of indifference evil?*

*What about all the suffering produced by self-righteous people who believe only one religion has the Truth and, because of that, its believers are allowed to hurt and kill non-believers? Isn't this kind of belief evil?*

*What about governments who want to hold onto power with such ferocity that they don't care who they crush in order to do so?*

*What about a two-party political system all but paralyzed because it seems to be more important to discredit the other than to cooperate for the good of the people it supposedly serves? Isn't that at least wrong?*

*And what about all the violence out there: rapes, assaults, child abuse, domestic violence, wars, genocides? Isn't that all evil?*

*I could go on and on, of course. We already know all of this. I'm not saying anything new here.*

*So what's this about Hitler going to Heaven? Don't we get to feel self-righteous, smugly superior, when evil-doers are punished for their actions? Is that feeling wrong?*

*I sometimes watch detective shows or movies that end with the arrest and conviction of the person responsible for the crime. That feels good, really...until I remember I've been dealing with prisoners for the last 15 years or so and I know that incarcerating people is far from the end of the story.*

*Without going into all the difficulties the Justice System shows at being equitable and fair, I believe it tries. This is why there are different sentences for different crimes.*

*Again without going into the lack of logic and sense, really, of the crime/sentence relationship across States and between States and Federal, I can see that people try to give harsher sentences for harsher crimes everywhere.*

*Crimes are also judged very differently by the prisoners them*

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## **Good and Bad? Right and Wrong? What the Hey?**

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*elves. Someone found guilty of a sexual crime, for instance, must be kept separate from other prisoners in order to avoid further violence. Child molesters are considered the dregs of the earth by everyone in prison.*

*This I know:*

*Some people out of prison believe all criminals should be severely punished, which is why sentences seem to become longer and longer and some prisons choose to make them harsher and harsher.*

*The same belief is shared by many prisoners who believe some crimes deserve violent retribution, that for these crimes, being incarcerated is absolutely not enough.*

*But if Hitler went to Heaven, then what the hey?*

*So what do I believe about good and evil, right and wrong? Do I believe they exist or do I think it is all an illusion?*

*I live in this world. The more I think about how the Universe works, what created it all, why I'm even here, where I was before, where I think I'm going after this life, the more I know I don't know. And I'm getting the real suspicion that there is really nothing "out there" at all, that it's only there because I put it there and that I put it there in order to experience my Self, my Whole Self.*

*But I live in this world, not in whatever world exists outside of this one. I live in this body, with this mind and heart and soul.*

*And I would dearly love to see this world be a better place. I would dearly love for everyone everywhere to have enough food, shelter, clothing, health care, education in order to be all each person can be, without worries about their most basic needs being met.*

*I would dearly love for wars to end, starting with those fought for material gain and not to help the people involved.*

*I would dearly love for competition to be replaced by cooperation everywhere, in the workplace, the homes, the schools, and in the political arenas too.*

*And since this is my dream for the world, there are paths that I believe go against that goal. So, for me, those paths are wrong ones.*

*My dream is about happiness for everyone. It's about peace and joy and learning Who We Really Are. This, for me, is the "good" life. This is what I wish for everyone, whether they are close to me or not.*

*There is a country in Asia, Bhutan, that has a Happiness Minister. Isn't that wonderful? They speak not of GNP (Gross National Product), an economic measure of a country's well being, but of GNH (Gross National Happiness).*

*"The 'true forms of wealth' are being blessed with a 'ravishing environment', 'vibrant health', 'strong communal relationships' and 'meaning in life and freedom to free time'." (Quoted from a New York Times Op-Ed)*

*Of the GNP, John F Kennedy said it "does not allow for the health of our children, the quality of their education or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages ... it measures everything in short, except that which makes life worthwhile."*

*So that is where I wish the world to go. That is my Ideal World, my goal. If I were the Empress of the World, that would be my mission.*

*So, okay, I'm not the Empress of the World and I don't think I'll ever be. But that does not mean I can't move the world around me toward that goal.*

*Is the world around me a complete illusion? Maybe. But I don't really care. It's there for me to live in and that's what I'm doing.*

*Is there "evil" in the world? I don't like to think so. From everything I have seen and heard, the people who deliberately or carelessly hurt others have something inside them that is not working well, that is not healthy. They need healing.*

*Do I believe all evil-doers can be healed? No, I don't. Not in this lifetime. Do I believe they should be stopped? Absolutely. Do I believe they should be punished? No, I don't. I believe they should be incarcerated until they can live in society in peace. I don't believe in setting time sentences, hoping that prisoners will come out "having learned their lessons". More than time is needed to heal some wounds.*

*What I believe is that we should all work towards improving our own lives and that of everyone we come in contact with. We should be guided by our own belief of what makes something good or bad, right or wrong.*

*And the first question should be, "Where do you want your life to go?" Once you answer that question, you will also know which path is "wrong" for you and which path is "right".*

*I share my dream for the world with you, what is yours?*

*Love,  
Janine*

## FENCES

from *The Sun Magazine*

By A. Peri

Foster City, California

I've always prided myself on my neighborhood: an all-American mix of gay and straight couples; whites, blacks, Latinos, and Asians; Jews, Christians, and Muslims; young and old; abled and disabled. Our backyards are bounded by six-foot-high wooden fences, but that never used to stop us from handing each other daisies in the spring, fragrant red tomatoes in the summer, velvety figs in the fall, and cookies during the winter holidays.

Then, last October, some of my neighbors began to display bright yellow signs on their front lawns that said, VOTE YES ON PROP 8. Proposition 8 was a California ballot measure that, if ap-

proved, would take away the right of gays to marry. Soon after, predictably, bright blue VOTE NO ON PROP 8 signs began to sprout. The battle lines had been drawn.

Did the Proposition 8 supporters forget it was their gay neighbors who made them noodle casseroles when they fell ill and who picked up their mail, mowed their lawns, and walked their dogs when they were out of town? Did they forget that when the NO folds did marry, the sky refused to fall, and no one's way of life was threatened?

Did the gays and their supporters understand that the yellow signs we put there by devout, churchgoing, Bible-reading

neighbors who honestly believed their YES vote would make the world a better, more sanctified place?

The signs have been plucked from the lawns, but a chasm of divisiveness and resentment remains. Sharing over fences and neighborly chats on warm evenings have been replaced by whispers, sideways glances, and quickened steps to avoid any possibility on interacting. Closed doors, shuttered windows, and uncaring attitudes about each other's welfare are now the norm.

I wish our fences were only six foot tall again.

## RESPONSE TO *FENCES*: TEARING DOWN THE FENCES

by Tom Brown

No matter how much protection we think we need or how high we build our fences, life has a way of tearing them down and disarming us. When the barriers are removed and we're feeling vulnerable, our hearts are the most open.

All differences, whether physical, mental, or emotional, are superficial. They keep us from recognizing how much we have in common—starting with the undeniable fact that we're all alive and breathing the same air. Breathing in, Breathing out. Hearts expanding with love and con-

tracting with fear. Is there anything we're experiencing right now that hasn't been experienced by innumerable others?

When we look in another person's eyes, we will find a human who is tender and vulnerable, one who pursues security, happiness, and love. We will find someone who is capable of great, selfless compassion and one who can be terribly self-centered. We will find someone who has been hurt and who, in turn, has hurt others. We will find someone who wants more love. And if we look deeply into another person's eyes,

we will see that person's soul. Then we will discover that it is our true nature to have an open heart, as much as it is the true nature of a flower to open in the sunlight.

When the fences are there, I think of being a bird perched on a roof, wings tucked at my side. Then I remember that no bird can fly without opening its wings and we cannot love without exposing our heart. When the fences are removed and we reveal what we hide. The tender things become our wings.

## THE SACREDNESS OF IT ALL

By Tom Brown

People often ask, "What political party do you belong to?" "What religion are you?" In using labels, we get into duality: am I a this or a that, as opposed to a human being? We all like to know who people are. We like to say, "He's a this, she's a that". Then we think we know who they are.

All labels are restricting, though. They're hard to wear. They're hard to wear because we're always growing. We don't have a fixed definition, and this process of living is evolving us all the time.

It's much easier to lose sight of our oneness and to feel separated from each other if we depersonalize and dehumanize each

other. Once a person is labeled as "not like us", the rules of civilized behavior no longer apply. Then we can justify feelings of unforgiveness and separation. It's easy to erase "insurgents", "enemy combatants", "terrorists", and "protesters". In Iraq or Afghanistan, our soldiers call the enemy "rats". Psychologically, humans can kill rats much more easily than they can kill hungry, tired, frightened, young people much like themselves. Once we have a label that doesn't fit us, we can ignore the humanity of the labeled.

Labels encourage us to have a disposable mind-set: disposable products, dispos-

able species, disposable people. We don't see our brothers and sisters, much less all the animal species, as sacred. When we are in the presence of something we consider sacred, the natural response is to be humble and respectful and careful.

When we do see the sacredness of each other, we can begin to feel the failings and foolishness, the wonders and joy of being alive and being connected to one another. We see that those "other beings" aren't really others after all; they are us and we are them.



# From the Inside

## THOUGHTS GOOD AND BAD

By JH  
California

We are much like a mental wireless telegraph, a mental broadcasting station if you will. Through this medium we broadcast our thoughts; therefore you should never broadcast EVIL thoughts. By doing so you destroy not only your own welfare, but that of your fellow man. Thoughts cause us to react and sometime we react harmfully. Thus we need to eliminate those bad thoughts that come back to haunt us. Thoughts can in many ways destroy our clients, our associates. Everything evolves in a circle, nothing runs in a straight line. Whatever you transfer comes back to you to make a complete circle. Without coming back to you, there will be no completion of the circle, and if this circle is completed by evil thoughts, destruction is certain. To be successful in thought transference, you must become very conscious of your own mental powerhouse (wake, aware, and mindful), and you must understand that the same mental power is contained in the other subconscious mind. You must use this power daily because without it your happiness may be destroyed.

I realize that in meditation we let these thoughts pass us by, by just observing them and letting them go, so that it will assist us in daily life. But we live and keep working in a relative world where we use the concepts of good and bad. I also realize that all religion have their own integrity, as do various sects of Buddhism. Psychotherapy can be beneficial to some people who need to get rid of their rigid thought patterns or at least give them an antidote. Wars, violence of all kinds are caused by dysfunctional thoughts, out of control emotions, festering harmful behavior. Renunciation is our secret weapon; the more we renounce our evil thoughts and propensities, renounce our bad habits and weaknesses. Actually, it has been said many times that our thoughts are diseased. At least some of them!

The first degree of renunciation is that of material desires from the mind to attain proper conduct. Obviously, it brings purification of all business, systems, customs, and behaviors. When we do so, we become the master of our bodies, sense and mind. Lower and destructive desires cannot perturb one's calm nature. I person-

ally strive for this nature. I practice to open myself and to awaken in this state to the supreme. Therefore, it is incumbent upon me to remove all evil habits and shortcomings of life, go about doing this practice to obtain an ethical and moral life is up to us to find the path. The paths being many to the same destination. When we eliminate our selfish motives they cannot exert influence upon us. Obviously, there are subconscious impression resulting from either selfish action or thoughts that have been suppressed that are harmful when released without any insight into them. The elimination of these suppressions by bringing them to light causing goodness to arrive. These subconscious impressions obstruct the practice of the meditator. These demon natures give rise to all illogical, immoral and destructive thinking.

I also realize that we need to eliminate our duality because duality is the cause of suffering, but in this prison society I have found ways of expressing myself of various knowledge and philosophies. I had to recognize my own master, my inner most soul, a companion and comrade that allows me to express me. I know we develop our good and bad life according to our constant suggestions. I can recall my own insanity of the suppression of fear and the suggestion that was planted, that surfaced, as overwhelming anxiety, causing sleep deprivation, and subsequently the cause of rage, panic and violence. A bad thing. Had I allowed myself the insight to let go, I would not be in prison, but I was so fully entrenched in attachment of my thoughts of what was mine, I couldn't let go. Not only a bad situation but a sad one as well.

I am aware that bad thoughts produce more bad thoughts, and even in meditation it can be disturbing to continuously have evil thoughts that hinder the process; while I understand the direction of Zen meditation is to leave your ears open, leave your eyes open, leave your sense open, and experience moment by moment what is right in front of you. This is renunciation. Incorrect thinking often leads to delusions which has an effect upon behavior. Evil thinking has a disastrous effect upon morality. Clinging desires often cause effects

of attachment. Lust is the effect, all kinds of deviant sexual deviations, all based upon ignorant and delusional thoughts.

Just think of revenge, "getting even", with others all the expressions off their bad thoughts. Of course, these could be good and bad depending upon the acts of revenge. Just think of the lurid fantasies of torture and physical violence to elaborately thought-out plans for confrontation, public exposure, and/or legal action. It is a powerful stance; the anger is righteous indignation. Putting these revenge fantasies in effect is another matter. Although the saying tells s "revenge is sweet, it has a way of making us bitter individuals. Nothing good about it. When you have been hurt enough, be careful not to do something that will result in further pain. If it sets you back, it is a bad idea. Delicious as the prospect of killing, injuring, or even abusing the perpetrator may be, acting on those feelings and ideas is almost certain to be harmful to your well being. Living well could be said is the best revenge. The most creative of a satisfying life is certainly the sweetest aspect of overcoming abuse. Prison is abusive in many ways. Enjoying your own recovery helps others to effect theirs, and working together to put an end to our violent nature, will provide profound and lasting rewards. Whichever path we take to reach this destination would be a good one to take.

I am a fervent believer in the Pure precepts, specially. Not knowing, Bearing Witness and Loving Action. I believe that all actions of the bodhisattvas are none other than our own activities: wisdom, great action, based upon pure thoughts and feelings, compassionate toward others, and great vows, or having the direction to follow the path. When you open yourself to the various energies or activities of your being, then fear emerges, sadness emerges, happiness emerges. Too many evil thoughts cause us to stay with it. If we don't push our purpose away, and don't hold on to evilness, or make something out of it, then it will go away. If it doesn't, use an antidote. Good thoughts overcome any of the bad ones

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## THE “WRONG” BOOK TURNED OUT TO BE THE “RIGHT” BOOK

By WPR  
Virginia

I go to the library everyday. I usually sit at the same table everyday. Frequently an elderly gentleman who’s half-deaf and hard of hearing sits at my table. Good. He usually says nothing. This particular library is so noisy I wear earplugs most of the time to help me focus and concentrate. I like anyone who doesn’t have a lot to say.

The other day this elderly gentleman wants to show me three books he checked out from the library. I wasn’t particularly interested but he seemed insistent. SO to be kind and appease him I glanced at his books. On top of the stack of books was a small paperback entitled “Dark Dreams” by Roy Hazelwood.

I glanced at the back cover. “For sixteen years, Roy Hazelwood served on the FBI’s Behavioral Science Unit, specializing in aberrant sex crimes—cases of sexual sadism, suicidal autoeroticism, pedophilia, necrophilia, serial rape and murder—that brought him face-to-face with human instincts darker than he ever anticipated, and raised questions he devoted his career to answering. Who commits these acts? What motivates them? How common are they? The answers are as unexpected as they are unsettling.”

Interesting but certainly not the genre of books I normally read. I normally only read metaphysical, spiritual, and inspirational books. Yet here I am at [a prison] where they have a Sexual Offender Program. This prison is filled with pedophiles, sexual predators, and literally hun-

dreds of men serving time for viewing child pornography. What motivates and possesses such men? I often wondered myself.

Intrigued, I told the elderly gentleman I would like to check the book out after he finished reading it. He returns to the library three days later and he’s making guttural sounds and pointing to the cover of this book. He is insistent. It sounded like he was trying to say “wrong book”. He turned to the table of content and randomly selects a subject. He then turned to page 22. As I glanced at the page I saw the name Edgar Cayce.

I was there in the library reading Edgar Cayce’s “Beyond Death” at that very moment. I pointed this out to the elderly gentleman. He’s very adamant that someone has switched books. In other words, someone removed the book “Dark Dreams from its cover and inserted another book.

I quickly read the foreword of the unnamed book. Well, there’s only one person I know of who used to be a columnist for the Washington Post who does automatic writing. Her name is Ruth Montgomery and I’ve read a number of her books. I quickly perused the books and determined that Ruth Montgomery was indeed the author. Now the old man was still insistent that this was the wrong book.

I spoke slowly so he could read my lips. “I know this is the wrong book but I still want to read THIS book!” Trust me, it took a while to get my message across.

With prompting he went with me to the librarian. I carefully explained that someone had switched books but that I was still interested in checking the book out. The librarian gave me the book and told me to keep it. We then took the card out of the catalog so no one else would try to check out the “wrong” book.

I eagerly read Ruth Montgomery’s unnamed book on mediumship and psychic phenomenon. I had just finished reading psychic medium John Edward’s book entitled “Infinite Quest”. As I read passionately about communication with a world beyond our visual senses I mused...were my spirit guides trying to communicate with me? I don’t know but the “wrong” book turned out to be the “right” book!

Dear WPR,

*I loved your story. Thank you for sharing.*

*What if ALL our lives were like that? Nothing ever happening that is “wrong”, only having to open the book and see what’s inside for us.*

*Everything is a gift even when the cover looks “wrong”.*

*Look for the gift.*

Love  
Janine

### THOUGHTS GOOD AND BAD

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any day if you just stay with it. When you face the not-knowing part you have given up the familiar for the unfamiliar. You have given up your past thoughts about any subject that is devious toward the path you are on. As you bear witness to what is, you tend to understand that your true self and everybody else’s true self are all not separate. How could you possibly have bad thoughts about other beings? In fact, the root of compassion, generosity, and empathy comes from a recognition of that.

Essential when you open your mouth and say, “Don’t know”, that’s not a fundamental “don’t know”. And, of course, I understand that “don’t know” will help you tune out to the essential wordless, “don’t know”. When it is complete there is no sense of “I”. “what am I? No “I”; no “other” no “inside”, no “outside” no “subject; no “object”. Then What? Maybe that!

Yet, when some of these authorities ask you the question, What do you do? “Don’t know.” Who are you? “Don’t know”.

What are you? “Don’t know”. Tell me about yourself. “Don’t know”. I guarantee you will be depicted as having an “identity problem”. And if you keep it up, you might be seen or classified as some nut.

I further understand that the Koan “What is your original face before your parents were even born?” This is just another way of saying: What is your essential nature? What is your true self before any idea appears, before any conditioning ap-

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## THOUGHTS GOOD AND BAD

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pears, before any past history appears, what are you? So the words “What am I” are the question’s tail. The mind states that results from asking that is hwadu (stuck! No words or speech, the mind before thinking.) That state of mind is called “don’t know”.

Actually, I believe we don’t say “don’t know” with our mouths, but when you completely enter into it and experience the sense of not knowing, you are closest to it—to the true reality, not making anything. There is just openness. Clear and open space.

As you’re practicing Zen, take care not to evaluate what you are doing. Just do it, at the moment. If you make good that is making buddhas. If you make bad, that’s making demons.

I think of the Eightfold Noble Path of Right Understanding and Right Thinking, IRght Speech and so forth. Obviously, there is good and evil depicted in these subjects. The good and the bad allow me

to see the difference as good or evil, and how thoughts, feelings, words, and actions can help or hinder personal growth and spiritual growth. Obviously, wrong speech hurts and cannot heal. Mindfulness is developed by using it everyday in word and action. It is our trusted friend.

There is a difference between good and bad, and perceiving good and bad as it is really connected to any particular situation. If you make good and bad, that is your prior idea being imposed onto the present coming from your consciousness. On the other hand, if you perceive what is correct or incorrect at any given moment, then that’s “good for this situation”, “bad for this situation.” You PERCEIVE clearly good and bad. Salt is salty, sugar is sweet. That is just perceiving. But, if you say, “I like salt, I like sugar,” that’s making something. That’s your taste, your inclination, your tendency, which you bring to the situation.

The idea that we have to get rid of “I”

is distortion of teaching. One has to see clearly, perceive clearly, feel clearly, what is the correct function of ego is the totality of one’s being. How we go about taming it, is the practice we use, and it could be various kinds. If you see that, then you can use that. But, if your “I” is very limited, then it’s possessive in some way, then you have to become clear about it. There are many kinds of “I”. There is an I that arises with each moment! But unless you don’t understand that then you’ll try to reestablish over and over again the same kind of “I-ness”. That’s a problem, because you become inflexible and rigid, bound by the particular image of “I”. And so it is. May you all be well. May no harm come to you. May you find peace and happiness. I wish it so.

In metta, I remain,

In Gassno

## ONE WORD, ONE DEFINITION, ONE EXPERIENCE

By AB  
Colorado

*Dear friends,*

*I am a music lover and as such, I found AB’s use of music to describe the Sublime Experience of Connection with Source to be truly inspired. Thank you, AB, for sharing.*

*Enjoy,  
Janine*

Today I start a new path, a path in which I am unsure where it will lead. A path where knowledge is the key, and true power comes from within. True wealth is just another term for abundance, abundance of life, love, laughter and adventure. I am excited with anticipation, but at the same time my fear is like a block of dry ice in my chest. Not where my heart is supposed to be, this place is much deeper than that. A place where no hand could ever touch, a place that has no physical boundaries, the place where it hurts when someone breaks your heart, that seems full to overflowing with joy when you know that the person you love loves you back. Some people say this is where the soul resides. I

say this is a powerful center for...energy, if you will. The word energy can be very direct yet oh so vague at the same time.

There are times when I feel like my words don’t make sense, to myself or anyone else. But it seems to be that these times of believed incoherence is when my words carry the most profound meanings. As if my babblings are from something, or someone much more intelligent than I am. And this form of intelligence carries knowledge that no human mind can comprehend, yet the words are spilling forth from my mouth, or being written down with my own hand.

I don’t know where I am today, nor do I know where I will be in the future. And

this uncertainty intrigues me in such a way that my imagination carries me to worlds of incomprehensible experiences. Worlds without the kinds of boundaries that I grew up believing in. Worlds where music is made for the soul only, and all of the physical senses are affected by these divine sounds. Sounds that taste so pleasant, this word would consider it the “forbidden fruit”. Tunes that carry form in shapes and colors that can only be described as orgasmic, psychedelic, and incomprehensibly metaphysical. Notes that can wrap around you like a goose down comforter and lift you in the air so you may rest in

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## ONE WORD, ONE DEFINITION, ONE EXPERIENCE

By AB  
Colorado

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peace, safety, love, and harmony on a pillow top mattress of clouds. Rhythms that smell like a fresh spring rain falling in the middle of a lavender and rose filled, as if the goddess of love herself has blessed you with her divine perfume of pheromones and unity giving you an urge to express your love for life and togetherness so powerful that to do otherwise would cripple you from insanity and lack of fulfillment. Lyrics that are not only heard but are felt in places that are physically untouchable, places that cannot be seen, that place in between the space of your body that is considered solid, driving tears out your eyes, not tears of sorrow, but tears of compassion, harmony, and purpose. And at this time your only purpose is to openly experience this infinitely divine music, to move in liquid motions that are so smooth and incomprehensibly fluid that graceful would be the most inadequate word to use. No words are adequate enough to explain such experiences. But these words do exist. These experiences are possible. At times such journeys are more accident than planned. And the real challenge is to live in the now moment so as to not upset such euphoric experiences and feelings within.

Harmony is a word that is defined by man, but not completely understood as well as experienced. Intellectually, we know what these beautiful words that I use mean, infinite remembrance, life, love, laughter, adventures, knowledge, experience, divine, metaphysical, euphoria, peace, safety, harmony, unity, togetherness, fulfillment, compassion, purpose, and feelings. But do we really know what these words mean intuitively? Do we truly know what it is like to experience the most pure form of the meaning of these expressed words? Can that space be permanently filled with such expressions? That in between space I mentioned. We've felt it before, I know I have. Euphoria is an inadequate word to use to explain such feelings. It's as if I could take all of the words that I mentioned earlier and turn them into one word, one definition, one experience that would be the word I am looking for. This is what I am looking for. This has been my chosen path all along. This desire is what has led me to all of my ac-

tions. Actions of desperation. Actions of fear. But what is it that I fear? I fear my inability to be able to have this experience. This one word, one definition, one experience is so elusive I fear that my search will never end. Yet I continue along this path. At times I am being carried, other times I am walking blind. I may stumble, I may trip, I may take a detour, whether it be because of my fear or from distraction, or maybe I think I have found a short cut. Sometimes a light is guiding me and sometimes I'm being led by the hand. There are even times when my answer steps prove that I have been left in the dark, blind and consumed with this fear that I'll never make it.

This is why I am writing to you. Whoever you are. I feel that sharing this experience will bring a benefit. Maybe just to me, maybe to others, maybe to you. Whoever you are. My higher self wants. The divine being of who I am pleads with me daily to form a connection, a bond that could only be permanent. Maybe this permanent bond is this one word, one definition, one experience. Maybe not. I am unsure. But what I do know is that, whatever it is, this is what I want. I wish to experience that which is indefinable. My restlessness grows with the passing second, minute, hour. How could I possibly come to such an understanding? Where are these thoughts coming from? When will this urge, this desire, this need be fulfilled? What have I gotten myself into? Why now? Why not earlier, why not later? I know that all my questions will be answered in due time. I can feel it like a presence, hovering around me. Everything I touch, everything I see resonates with this presence. I am enveloped with an insecure feeling that my test has just begun, that I've been here before. I can taste the familiarity of this experience. As if I should be remembering a lesson that I've learned long ago. Only to forget the solution right when the situation occurs.. What is this situation? I forget. Maybe it's life. Maybe it's forgetting my experience in our inexperienced view. Once again I am unsure.

As I close my eyes for the night and start to meditate on my desires words come

out of my mouth. This happens every night. That time between consciousness and sleep. It's as if I am receiving knowledge from an unknown source. Only, when I reach full and I can still taste the words on my lips I immediately forget what was being said. It is a rare moment when I am able to remember what I am saying. But the times when I do remember it seems to be advice that doesn't make any sense at the time. And, later on, when an unforeseen situation arises, it makes perfect sense. I feel that whatever is happening to me doesn't stop here. As if this thing, whatever it is, is bigger than me. Bigger than this world. It feels like whatever is happening will affect all existence and beyond, the outer limits or the outer infinite because there are no limits, no boundaries, no rules, just change. Big change. It feels unavoidable. So what should I do? I feel completely restless. As if I should be getting ready. Or making preparations. But that would defeat the purpose of living in the now moment, wouldn't it? So here I am expressing thoughts and ideas that would make others believe I'm crazy. Ha! That's funny!

As I write this I have a sense of connection as well as anticipation. Where do I go from here? My logic and intellect tell me to move into action and do something to quiet these thoughts. Eastern philosophy and belief says to quiet the mind. Western religion says to be still and surrender to an all powerful individual presence of personality called God. My intuition and my imagination says to take a journey. A quest if you will. What is my mission? To do none of the above especially the Western belief. I'm being told by my higher self that there is no such thing as an all powerful individual presence and personality called God. My higher self says that this presence, that this entity, that this being is me, it is you, whoever you are. It is everyone and everything that is. And everyone and everything that is not. Existence and non-existence in itself and out itself. All that is. The space and the space in between. Matter all itself and the energy that makes an object solid, liquid, gas. The particles and the infinite amount of space

*(continued on page 9)*

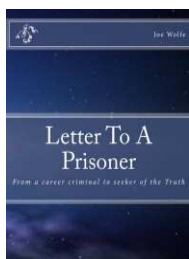
## SUGGESTED READING FOR PRISONERS

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



*Letter To A Prisoner* is a 370 page book produced by an ex-prisoner with the intention to reach any prisoner with a glimpse of Hope, Love, Light and the Peace of God. It has changed the lives, beliefs and behavior of many people either in prison or headed there. Friends and family can order *Letter To A Prisoner* directly through Amazon

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 , EM and the  
CWG FOUNDATION FOR YOUR  
CONTINUED SUPPORT



## From the Outside

### PEELING THE ONION: A JOURNEY

By Bill Lang

There is nothing more entertaining, and exciting to watch than the excitement, and enthusiasm of a small child. So, I invite you to go way inside of you, and find that small child that is in all of us. Resurrect that enthusiasm, and excitement on a daily basis by imagining yourself as a large onion.

Imagine that who you really are is the core of that onion on a level of divinity. This is no small deal. This is universe size stuff to consider. In an effort to become a master, which entails conditioning yourself to want nothing, need nothing, expect nothing, and to love everything that shows up for you, let each day present its challenges that are represented by one of the layer of the onion.

Each time you come a little closer to making one of these elements of mastery

an experience, you peel away one of these layers. With each layer that is peeled away, there is a sense of enthusiasm and excitement because you know you are a little closer to experiencing who you really are. You come a bit closer with each layer to learning how to avoid any resistance to anything, knowing that any resistance will impede the process.

Shortly you start to see that it makes no difference if you ever reach your goal, because the process is so enjoyable, and exciting that you don't want to ever lose it. Ultimately you come to know that who you are is unconditional love, and to experience that, unconditional love will be your automatic response to anything that shows up for you.

This is not easy when you consider that life shows up with many disappointments,

and hardships; however each one of those can be viewed as a blessing, because now you have the opportunity to experience who you chose to be in relation to each of these undesirable situations.

In time, those around you will start to observe your path to mastery by how you conduct yourself in adverse situations, and start to emulate your life style. This, in time, will allow you to see yourself as source, and understand that to a degree you are responsible for what others do to others.

I can tell you first hand that this is an exciting trip that requires no pills or injections. This is all natural.

## From the Inside

### ONE WORD, ONE DEFINITION, ONE EXPERIENCE

By AB  
Colorado

(continued from page 7)

that is in between these particles. That is the answer. That is God. That which is defined and that which is indefinable. That one word, one definition, one experience. That which we all search for, this is my quest, this is my journey, this is my mission. To be still and stop these thoughts, make me think of a stop in progress. If this one word, one definition, one experience is "I am" then why stop my mind from working? Why not just build a connection with this infinite experience? Maybe it is because we cannot remember how. That is why we are here. We need to remember. Imagine the drastic change in experience we would have if we came to a remembrance of our "infinacy", if that is even a word,

"infinacy". Maybe our "infinateness", the state or quality of being infinite. After all I am a product of one word, one definition, one experience...

Remembrance, hum, what a compelling topic.

As I dwell on such possibilities I am in awe of how my mind and imagination works. There are times when I can imagine something so strongly that my body thinks it is experiencing it first hand. For instance, I can imagine knowing a woman or number of women that I love unconditionally and who love me in the same way. And that space in between is filled with that overwhelming sense of love, bond, and joy that I am

forced to realize that this is just a fantasy. And when the feeling passes, I am left with an urgent need and powerful desire to obtain that feeling again. . Full out, romantic, head over heels, die-without-it love.. What a wonderful experience.

For now, I must end this entry. My mind is drawing a blank, my inspiration is subsiding. The experience is leaving me and my remembrance is forgotten.

Until next time, dear friend. Whoever you are. I anticipate the next time we shall meet and my remembrance opens again.

Namaste



# From the Inside

## CONVERSATIONS WITH HUMANITY

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

*In one of his 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 and he suggests we ask ourselves seven questions I thought it would be a wonderful idea to have this conversation in Freedom Inside. Some of your answers to these question can be found in previous issues of FI. The following are answers not previously published. Keep them coming!*

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

### QUESTION TWO, ANSWER SIX

I have to admit that my answer may be influenced a little by my reading all of Neale's books, including the WECCE (*When Everything Changes Change Everything*) book. I wanted to answer in his words rather than mine. But that would not be the point of this evolutionary process. The very reason I'm here, writing this now.

My heart tells me that I will be able to see how much I have evolved both in the physical realm and spiritually by my answer. Not just because I read about it in Neale's books *The Storm Before The Calm*. So before I give my answer I gave to the group on Friday, I have decided to meditate at this moment, to really go within, asking this question and see what comes up. The cell house is nice and quiet at this time other than the CO's keys jingling as he goes rounds checking on us...

...20 min later

When I closed my eyes and started my meditation, I concentrated on my breath. Sometimes I try to clear my mind when I meditate, but after twenty years of practice I know that is sometimes impossible. This was one of those times. I found myself walking up a trail on the woods surrounded by giant redwood trees that I love so much.

As I walked I asked the question "Is there something I do not understand about life, the understanding of which would change everything? I don't know why I changed the question but I did as I asked while walking up the trail.

Up ahead on the left side of the trail I could see a log cabin. As I approached the

cabin I could see two empty rocking chairs on the front porch and smoke rising from the chimney. I stopped for a moment and then decided I would see who lived there.

Stepping upon the porch I thought about knocking, but a voice in my head clearly said, "Come in M". I grabbed the handle to the thick wooden door and opened it.

Directly in front of me were stairs leading to the upstairs. I said, "Hello, anyone home?" No answer. Then to my right I could see two more rocking chairs sitting in front of a roaring fire in the fireplace. One chair was gently rocking back and forth.

I decided to approach the chairs and walked over and stood behind the empty one. Again the voice in my head said, "Sit down, M". I walked around the chair and sat down staring into the fire. I rocked a few times, thought of the question I asked myself and when I looked over to see who was sitting in the other chair, I started crying, just as I am as I write this now. I knew then as I know now I was in the presence of God. You just know when you are there. The reason I started crying is because I recognized who this great being was, and I didn't want to believe it. I especially didn't want to write about it. But the voice in my head said "Write about what you see"... It was me staring back at me.

I thought, "I'm God, no, this cannot be. Am I losing my mind? I cannot be that which is You." Then I heard the message. It was not spoken to me but felt as I cried

my way out of my meditation on this bunk moment's ago. "You are all God. All of us are a part of him/her. Look into your mirrors. Look deep into your eyes and know that you see me."

Now this goes against everything I have been taught in Buddhism or any of my previous religions. Although I did feel a special attachment to the Church of Unity back in Louisville, but no one here will give me their address.

In Buddhism, you are taught that if someone says they are the Buddha, you should run away from him. But at work and all around this prison, people call me Buddha followed by my last name. I know it's just a prison moniker and I have never told anyone to call me that or introduced myself that way. But am I his reincarnation? Everything inside me tells me no.

But now what of this vision I have been given during my meditation? My heart tells me that it was me, and that if you meditated and asked the question you would find this great truth. "We are all God, because we are all one and a part of all that is, which is God."

So now I ask, "Does this mean I am no longer a Buddhist? No, not at all. For I am a part of all that is, and that includes whatever religion I wish to perceive myself to be a part of and follow for the most part.

It's the same with you sitting in your cell, or wherever you are reading this. You are just as much a part of your God as all of us are. We are all one. One in  
*(continued on the next page)*



QUESTION TWO, ANSWER SEVEN

The thing about God and life that would change everything essentially come from CwG with the Five Attitudes of God: Totally Loving, Joyful, Blessing, Accepting, and Grateful. To get to this point we have to clear our thinking from the mentality that was programmed into us which is contrary to the Five Attitudes of God. The one thing contrary to all five attitudes is “judgmentalism” or prejudice. Your prejudices block you. The black/white thing, the man/woman thing, the religion thing, the political thing, etc. All cause problems, wars, starvation, etc. We’ve seen war protests, race protests, women’s rights protests through history, so we know that prejudice is causing these problems. But you can’t help the people who are prejudiced, nor force them to accept you, or think for them or make their decisions for them. That’s the way it is, they have to work out things for themselves, however many millions there are around the world.

That being said, how do you keep from judging and hating the prejudiced people around the world (and you know you do—the militant Muslims, the Aryans, the people quoting Malcolm X to have an excuse to hate white people, the men who play women and think they’re superior and all the propagandized people). Well you have to stay neutral, detached and all the other words the Hindus, Buddhists, Christians

tell us. In other words—DON’T CARE Ha! Ha!—which at first sounds crazy, but then you realize that caring (or what you think is “caring”, which is actually worrying, getting upset or angry, crying) isn’t solving anything anyway. Getting caught up in the cares of the world is just that and in the process, neglects your self, your peace and happiness. And keeps you prejudiced against the murders on the news, the gang bangers, the child molesters, the drunk drivers, etc. Even Hollywood stars getting a divorce.

I’m not saying that these people are “right” or “good”—you’ve made a value assessment of them and know better—but what I am saying is that those people are wayyyyy over “there” somewhere, even when they’re right next to you, so they don’t matter. Because they’re not you, they have their own perspective, opinions, etc. Once you know that they have to find their own path in life (and you have to find yours), that you can’t hold their hand, do their thinking for them, or take the time to rehabilitate them, ou become emotionally detached, release the problems and cares of the world (which are not yours and worrying about them only adds one more person to them, and more energy by complaining).

So those old adages—”Don’t worry, be happy,” “Have a nice day,” etc. really

make sense. Once you become detached, release your worries, “Let go, let God”, you are then able to keep yourself happy, becoming totally accepting (not caring about things you can’t change), loving, joyful, grateful, and blessing. This happens over time—you have to de-program yourself, and program yourself into becoming happier, finding ways to enjoy life (the joyful part of God), and THEN, since you’re happy, you can spread love and blessing into the world, by your mere presence, which is infectious (which you have to be first, before you can spread it.) So pleasing yourself pleases God, and that gets you to the 5 Attitudes of God, automatically dropping away prejudice (you can’t have both at the same time).

So just take care of yourself, then those around you that you car for, and the rest of the world and God will take care of itself. (Which will happen if each individual does, which for the most part they already do—people don’t try to hurt themselves, they try to find contentment.

Good fortune to you

JFC  
Texas

QUESTION TWO, ANSWER SIX

*(continued from previous page)*

the same belief about who our creator was/is whomever you perceive that to be.

Look in that mirror. Believe in what you see there know that you are God with a capital G. Believe in yourself and know that God is all of us and everything. Not just in all of us and everything. We are a part of life itself and that life is God.

God and be peace, security, opportunity, prosperity, happiness and love to all humanity, including yourself. Be a “Beingist” and be a part of “Beingism”.

Look into your mirror deep into your eyes and say,

“Dear God, my friend,  
I thank you today for all that which is in my world, and in my life. I rest in my heart in the knowing that I will yet see pain turn into joy, sorrow into gladness and death into everlasting life.

Thank you God for helping me understand that this problem has already been solved for me.

Much metta to you all  
Your Buddhist friend,  
MB  
Illinois

QUESTION THREE

Here is the third question in the *Conversations with Humanity*. for those interested in continuing the discussion:

*Is it possible that there is something we don’t understand about ourselves and our own life and its purpose, the understanding of which would shift our reality and alter our experience for the better, forever?*

If this question brings on some reflection, please share them with us.



*PO Box 507  
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USA*

**Know anyone who would like to receive this newsletter?**

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