



A Newsletter For Prisoners  
Based on the Conversations with God Material

PO Box 507  
Ashland, OR 97520  
USA  
freedom\_inside@hotmail.com  
www.freedominside.com

Issue # 71 January 2013

**Again, and Again, and Again!**  
by Janine Cantin

*I've just finished reading Neale's latest book, "The Only Thing That Matters" the second of the Conversations with Humanity series. (The first was "The Storm Before the Calm"). About half-way through the book, I was stopped in my tracks.*

*Now those of you who have been reading this newsletter for a while will know that this happens quite regularly although it hasn't for a while.*

*This new concept (at least for me) is that of "Reliable Repetition". Neale describes it as one of life's greatest gifts. So what is that, exactly?*

*We know we find ourselves in different kinds of situations all through our lives. We know that we react to those situations in different ways. We also know that, at some point, we start reacting the same way to similar events. And we do that over and over again.*

*Most people don't have to think too long about it before they realize which situations push their*

*biggest buttons.*

*I have my own buttons that I'm working on disconnecting. There are some things that I always seem to get angry about, some*

*"There is really nothing new to experience. This is a big statement, a startling one when I look at my life."*

*attitudes, some situations that just "get my goat!"*

*I believe that my purpose in coming to this life is to experience my Divinity, to be the best that I can be, to be All That I Am.*

*It's just that sometimes, some things just pull me right out of that good feeling.*

*But I get plenty of chances to try again. This is where life's gift of "Reliable Repetition" comes into play.*

*There is really nothing new to experience. This is a big statement, a startling one when I look at my life. Situations change, different events happen, different people appear with different words and deeds that affect me. So how can it be possible to say that there are no new experiences*

*out there for me?*

*The answer to that is that an event and my experience of it are two very different things. The event can be described in objective terms, as though I were a simple witness to it. Those kinds of events are not what "push my buttons."*

*The events I'm talking about here are the ones that grab me and make me react with a lot more emotions that a simple observer would feel. They make me angry, sad, frustrated, impatient, resentful, betrayed, disrespected...I could go on and on, couldn't I? But I'm also talking about events that make me feel happy, excited, ecstatic, peaceful, playful, and so on.*

*Of course, there are many new events and situations in my life. But what are not new are the feelings I get when I live through them. The events change but my experience of them is what is not new.*

*We've all experienced before all of the feelings I listed above. All of them. We've experienced them all, big and small, long-lasting or short-lived, intense or fleeting,*

*(continued on page 2)*

## Again, and Again, and Again!

(continued from page 1)

*we've felt it all.*

*And when I remind myself of that and of the fact that whenever I want something, whether it is a loving relationship, a good job, a new car, a bigger house, a nice vacation, a raise...even enlightenment, what I really want is not that thing itself but the feeling I believe will come when I get whatever it is I believe I want.*

*And I already know what that feels like...because I've felt it before!*

*The gift of Reliable Repetition give me opportunity after opportunity to feel it all again.*

*So what's the big deal about my buttons? Why do I seem to insist on keeping them just as they are? Especially since all that brings me to is a feeling I would rather not feel at all.*

*If I truly trust that the Universe is benevolent—and I do—if I truly believe that I am a Spiritual Being here to have human experiences—and I do—then why make such dramas of all kinds of situations? Why choose feelings that I do not associate with my Higher Self?*

*The “why” is an attractive question. I could spend a lot of time (a lot!) trying to figure out those answers but, that feels like more drama to me.*

*It feels like I could spend hours and hours, days, months and years trying to find answers that won't change a thing, really. Not in any way that would make that time feel like it was well spent.*

*I choose, instead, to spend my time on what Neale's book title*

*states: “The Only Thing That Matters.”*

*I prefer to choose to be the best kind of person I can be in this world. I choose to let go of the drama and just Be Who I Really Am.*

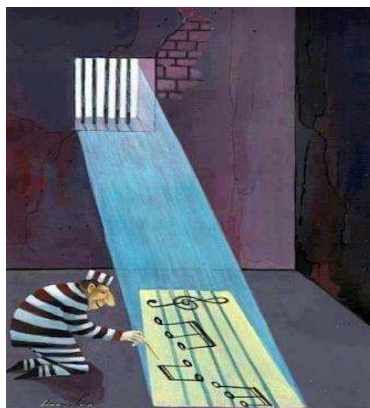
*There's no drama in that. There's no buttons to push. When I am in that space, I am at my most peaceful, most loving, most accepting of all the events that are happening in my life and all the people who are showing up.*

*If life's gift of Reliable Repetition is to be believed, and looking at my own life, I can't refute the idea, then all I can do is choose which of my past experiences to repeat, the peaceful ones or the dramatic ones.*

*I choose Peace. And Love. And Kindness. And Wisdom. Those choices are what makes me the happiest, the most fulfilled, the most centered.*

*I just had to share the following drawing with all of you. Such a marvelous example of making the most creative choice.*

*With much love,  
Janine*



## A NOTE FROM NEALE

from the CwG Foundation Weekly Bulletin  
January 4, 2013 # 522

My dear friends...

Well, I did it. I wrote “2013” for the first time on a check the other day. Somehow, for me, that makes it official. And, unlike some other years, when I’d make a mistake the first few times I had to write the date, this time I had no trouble at all remembering to write two-zero-one-THREE. I was so happy that Old Year was over!

It’s been a tough year for that, hasn’t it? A tough year. A long year. A year of challenge, for sure. Some people thought it would never end. Indeed, some people thought that *we* would end before the year did.

But the world didn’t end on December 21 as some people feared it would, and it’s over now. The end of the Mayan Calendar came and went, and we are still here.

Not all of us. No, not all of us who started the year are ending it here on Earth. But all those who have left, all those who have gone home...the children of Sandy Hook, the thousands in Syria, the humans young and old everywhere --- some of them known personally by us --- *all* of those who have left us are still alive and well...joyously happy to be home.

That is God’s great promise...and it is a promise I believe.

And now, for the whole of humanity --those who are here in body and those who are here in spirit --- a new epic has begun.

If the Mayans are to be believed, a brand new cycle is now underway. The whole of the cosmos has completed its spin. The turning of the Universe Itself begins anew. And the question is: Where to from here, on this next journey around the heavenly circle? Where is humanity headed? Where are our own LIVES headed? And what’s it all about, anyway?

That’s a question that the person whose birth we celebrated on December 25 sought to answer for us. And the answer He gave us was much bigger than the constructs of any particular belief system, or the dogmas of any particular religion. The answer he gave us transcends the exterior boundaries that religious “brand names” would seek to place on our inner experience.

(continued on page 3)

*(continued from page 2)*

And so it is good that people of every religion -- - and people belonging to no religion at all --- use this beginning of a New Year to get in touch again with a message that is eternal. And as we end this 5,000-plus year cycle, as we embark upon a new epoch, there could hardly be a better time to hear that message again. Because as we look at our lives, as we witness events on our planet from Sandy Hook to Syria, we see that there are so many things in our world that we are not choosing, do not seek, and that we wish were not so.

Sometimes it feels as if there is nothing we can do to make things better. But there is. And it *will* make things better, if each of us simply decides to do it.

Composer David Alan Friedman put it perfectly when he wrote a song with the lyric line: "We can be kind. We can take care of each other." But it's not enough, Mr. Friedman reminds us, to simply sing a song. "We've got to try to get along."

I know we all agree. But it seems that it is

impossible for human beings to do that. Unless it's not. Unless we see ourselves in a new way. Unless we adopt and embrace our True Identity.

Each of us carry within us the wisdom, the clarity, the caring, the compassion, and the love that was demonstrated by all the masters of all the great religions and all the world's spiritual traditions. Each of those masters came to tell us that Divinity is built into all of us by Divinity Itself.

And so, as we start a brand new year and a brand new epoch, we remember that the way to get along is to "get along" with the real reason we came here. Our Soul is on a mission here...and I don't speak for you, but I speak for me when I tell myself: it's time for me to "get along" with it.

My soul didn't come here with the idea that the one with the most toys at the end wins. My soul came here with a deep awareness that the one who gives the most gifts wins. That's true, of course, for

all of us. Each of us has something wonderful to give to *everyone* who crosses our path.

The gift-giving season just past does not have to end. It can be Christmas forever. As each person crosses our path, we can look deep within and decide: What is the gift this person came to receive from me in this moment? If this were Christmas Eve, as was George Bailey in the movie *It's a Wonderful Life*, would I think of going to a bridge at the edge of town and jump off because I thought my life was a failure? Or would I listen to the better angels of my nature and see the gift I have to give in each moment, and *give it*?

Yes, it can be Christmas Forever. And the New Age can at last turn into the New Epoch, when the Season of Giving never ends.

Hugs and love,



## COMPLETION OF THE HERO'S JOURNEY

By Christine Page  
in *The Mystery of 2012*

As this monumental time in our history, there are few if any individuals who are on this planet merely to begin a whole new journey. Most of us are here to finish what we committed to 26,000 years ago. There are certain guidelines to check to see where the journey may have been curtailed or where we have become trapped in a cul-de-sac of delusion and need to extricate ourselves to complete the cycle and bring the essential light to our Ka body.

### The Hero Phase

What dreams and ideas do you hold in your imagination that you've never had time to nurture?  
What regrets would you have if the world were to end tomorrow?  
What seeds of desire were planted and then deserted for some other project?  
Is it time to take a risk in your life?

### The King Phase

How easy is it for you to celebrate your achievements?  
How comfortable are you wearing the crown of success?  
Of what three achievements are you particularly proud?  
How would your relationships change if you owned your crown?

### The Lover Phase

How much of your identity is bound up in external appearances and commitments?  
Who are you when you remove the veils and the masks?  
How easy is it for you to offer compassion to all aspects of the self, including those that bring you shame or embarrassment?  
Can you love the unlovable parts of yourself?

### The Sage Phase

What patterns of behavior are dead and need to be released?  
What relationships would not survive

your transformation?

What beliefs about yourself are holding you back from experiencing the fullness of life?  
How easy is it for you to release control and surrender into the arms of the great mother?

As we complete each cycle of self-discovery, we extract the pure essence of light and add this to our own Ka or light bodies. Over time, this subtle body develops its own magnetic force and starts to attract, at an increasing speed, people and events that will help it on its journey, which we can synchronicity. Our eventual goal is to be able to live on Earth entirely through our light bodies, no longer dependent on our physical ones for survival. In this way, we would know the immortality that, until now, was only the domain of the few, including masters such as Jesus, El Morya, the Virgin Mary, St-Germain, Buddha, Muhammad, Djwhal Khul, and Kuan Yin.

## *From the Outside*

### THE MYSTERIOUS PATH

By Tom Brown

Some call the vast unknown the mystery. Deep in the core of our being, we believe that beyond anything we can imagine or comprehend, lies an understanding that will be worth the journey. The will toward it, the longing for deeper knowing redefines life. This longing cries out for transformation, for a world without want, without war.

There are times when we must stop and try to figure out how we could get so lost. We followed the signs, but then the signposts were down. The way was cloaked in shadows. We were swamped with the feeling that the years of our life would follow one another until one day we would simply collapse on the path. Desperate for a vision that would bring new meaning and purpose, we waited, though we didn't know for what. Deep

in the core of our being, though, we believed that beyond anything we could see, imagine, or comprehend, was an understanding that would be worth the journey. Somehow, we knew that the days that were difficult were gifts to be savored.

Finally, we awaken to a sense of how far we have come and how much we have changed. A renewed strength stirs in our limbs. We wish to delight in all that is, to embrace the world just the way it is. We arrive at the knowing that mystery does not require any action. It requires that we listen and become open. When we meet with the unknown in this way, we can be touched by a wisdom that can transform our lives.

The reality is that life is filled with con-

tradictions, complexities, and difficulties that defy simple black/white answers. Instead of either/or, our journey is filled with both/and. Somewhere along the way the path begins to expand from the narrow confines of rigid dogma to the wider landscape of accepting life's contradictions and mysteries.

We are born in mystery, we live in mystery, and we die in mystery. It is not a dead mystery that bogs us down, but rather one that invites; it glows, lures and excites, impelling us to enter the darkness ever more deeply. There is no song more agreeable to the heart than the slow, even breath of the pilgrim learning to bless, and be blessed, by the mystery.

## *From the Inside*

### QUESTIONS

By WPR  
Virginia

Am I in awe of myself or my ego?

Firstly, that I could think myself separate and apart from God, a seeming impossibility. Secondly, that I could make it all seem so real. It's called "reality" for a reason. And thirdly, that I could forget something that never happened in the first place. Am I awesome or what?! Am I talking to myself or my ego? Who got us in this mess to begin with? Would that be my ego? And who's going to get us out of this

mess, this world of illusions, an apparent dream of sorts? Would that be me and if it is, who's "me"? The question begs for an answer.

Some possible answers come from a book entitled "Journey into Healing" by Deepak Chopra. What is the mind but the experiencer, the knower? What is the body but the experienced, the known? If I can switch my attention from one to the other, then there must be a "me" that is not trapped in the

dualism of mind or body. We are not the body. We are not the mind. We are the ones who have a mind and body.

One's inner sense of "me" is built up of images from the past, all the fears, hopes, wishes, dreams, loves, and disappointments one calls "mine". However, if you strip all these images away, something of "me" is still left: the decision maker, the screen the silent witness.

## ATONEMENT

By WPR

Virginia

Let me see if I understand Atonement correctly. Please consider the following analogy. A father is watching his son play in the front yard. Suddenly, the child races towards the street filled with heavy traffic. Immediately, God is alerted who, in turn, sends the Holy Spirit as an extension of Himself. The Holy Spirit prevents the child from running into traffic and returns him to safety. A moment later the child is forgiven and is now just playing like nothing ever happened.

The next day all has been forgiven and forgotten. The child plays safely in the front yard like nothing ever happened because nothing did happen. That is to say, the child did not run into traffic just as we did not separate ourselves from God. The fact that we thought we could separate ourselves from God is an illusion. Yet some people still insist that the illusion is real and the reality of the Holy

Spirit that nothing ever happened is an illusion. In that way, many have it backwards.

And when the child is finished playing, the Father welcomes him home.

*Thank you, WPR, for sharing these thoughts with us.*

*At first I was surprised to read that a child would need to be forgiven for racing to the street, as we all seem to do at that age, from sheer unawareness of the danger.*

*But then I thought that we adults often act out of total unawareness, totally unconscious of some if not all of our choices and the statement they make about the person we choose to be.*

*And when we believe we have done some-*

*thing "wrong", we also believe we need to be forgiven.*

*But seen with the Father's eyes, our "sins" are simply "mistakes". They do not need to be forgiven, they do not need to be punished. They simply come from our misunderstanding of Who We Really Are.*

*So, although the Father understands and sees Who We Really Are, He will grant us forgiveness as long as we believe we need it. The very moment we awaken, we will realize that forgiveness is unnecessary,*

*Then, we will know atonement, or as CwG says, at-one-ment. One with all that is.*

*In love and gratitude to you, WPR for all you are.*

*Janine*

## ANSWER TO, "WHAT IS THE PURPOSE OF LIFE?"

By HJ

North Carolina

I don't believe that the "Great Ones" could have answered that question for us, mainly because their help, insight, and foresight were limited. And our purposes are infinite.

"Why do we struggle?", you wrote [October issue]. In my opinion, struggle, along with attention and intention, are prerequisites in realizing conscious awareness. Yes, we have to come to our own idea about our purpose; yet, we have individual, as well as collective purposes. As an analogy, we are all special or unique spices in the soup of life.

Yes, it can be concluded that this world is in fact a classroom AND a laboratory, where we not only learn, but discover and create/re-create, as well. For it's these latter two, I'm sensing, that suggest the infinity of purpose.

For example, if we're reaping what we

sow, then yes, the world is that classroom of learning how not to do something [if we didn't like the consequence of that same behavior before]. Whereas with discovery and re-creativity, we ascend to a spiritual level that allows/ raises our energy frequency so we may transcend the law of cause and effect, Karma.

About pain and suffering, I don't believe they are designed to make us worthy of Heaven; for we are already worthy. My contentions are: they are perhaps necessary to get our attention for what will serve us in our quest for truth and freedom.

Yes, this life is for our own private purpose; however, at some point, when we recognize our oneness with all, when we realize what happens to others directly and/or indirectly happens to me/us AND that intentions and energies are being initiated with others in mind and heart

then "our own" becomes something bigger.

Even when I was selfish and believed that my purpose was all about me, something bigger was still going on because people are always aware of others' successes and failures. The human family and civilizations are works in progress. There is a collective plus.

Generally, we reap what we sow. But while trying to deserve better, perhaps attracting unto ourselves higher energy exchanges or more quality attributes, this could bring about the resolution of Karma and be a part of our purpose.

What is the purpose of it all? Well, just maybe, some of the answer is in the question. And as we expand, accept, involve and question we will experience more and more of that answer.

## 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 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 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?"*

### QUESTION ONE, ANSWER ELEVEN

The answer to this question is much easier than the solution whereas the answer is composed of words, very easy to formulate and speak and the solution requires action beyond those words.

We tend to forget the basic laws of life under which we must live in a three dimensional reality. A most important one to remember if we are to answer the above question is "Like attracts like."

All of humanity seems to believe that their woes are caused externally: "If so and so weren't here, my life would be better"; "She makes me so mad"; and the big one, "If we didn't have all those criminals, the world would be a better place and we could live in love and peace".

Some would desire to kill all the murderers (even some prisoners feel this way, as it makes their own crime seem a little less repulsive). So, let's kill all murderers! Then who is next? Let's kill all the child molesters, no one in society would argue about that one, would they?

Now that they are gone, let's move to the other sexual offenders-rapists. Homicide, vehicular manslaughter all the way down to trespassing and jay walking.

When all the "criminals" are gone, who is next? Those we call undesirables, Jews, Blacks, "them"? And then who? All non-governmental personnel? Eventually, you are left with the mad dog, running around in circles, biting its own tail because it hurts.

Even those whom we consider to be evil

have a lesson to teach. The late reverend Jim Jones had a throne in the middle of Guyana, over which a banner hung that said, "Those who do not remember the past are condemned to repeat it".

In remembering the past, Hitler thought the world would be a better place without the Jews. Then without the Pentecostals, then without the protestants, etc. All the way down to the "undesirables" and those who helped and supported them.

The death toll was in the millions. A Holocaust that would have destroyed the greater portion of humanity and our world had it not been stopped by a joining of forces meeting violence with violence.

Like attracts like. Hate breeds more hate. And murder brought more of the same, spreading mayhem like a cancer causing it to increase exponentially until it became a raging fire that consumed everything in its path.

America, indeed the world, is once again faced with the same choices it faced before. There are two things we fail to remember: like attract like and those who do not remember the past are condemned to repeat it. That is the reason we are "6.9 billion people that desire peace, love, etc. and are singularly unable to obtain it".

The solution is this. There is only one way to have peace: be peaceful. Do you want love? Be loving. Desire friends? Be friendly. Hope? Then produce hope in someone's life. The choice is both an individual one and a collective one. If humanity makes all the wrong choices again, as it

did in the World Wars One and Two, will we be able to quench the raging flames of hatred again?

Speaking from a Jewish perspective, I would have to admit that the man Jesus had a firm grip on the Laws of Attraction. He therefore understood that the true path to love, peace and happiness arises from within and not from external conditions.

The real question is this: Is the world a better place because you have lived in it? No? It can be, step by step, here a little, there a little, line upon line and precept upon precept, you can change the world you now see by sharing a simple smile with those you meet, lend a helping hand and words of encouragement for no other reason than love itself and you will see the world of love, peace and happiness you so desperately desire.

The choice is before each of us day-by-day. Choose you this day whom you will serve and tomorrow you will reap the results. Remember also the laws of reciprocity states that, "As you sow, so shall you reap"

The reason we have been singularly unable to get the love, peace and happiness we claim to want is because we have been looking to power, greed and hate in trying to obtain it.

Thanks for bearing with me.

GLW  
 Florida

## QUESTION ONE, ANSWER TWELVE

As far as my answer to goes, the reason that the 6.9 billion people on this Earth have such a hard time and cannot achieve total, complete peace is because (I believe) of two things: the first is a lack of focus on the things that matter like peace. You cannot promote peace with other people other races, cultures, or nations, if you do

not have peace within yourself. Also, God, belief in God, plays a very important, if not the most important, part in achieving real, lasting peace. When you do not believe in God, an all powerful omnipotent Being then it is easier to believe that real and lasting peace, change, can never happen. So, to me, it comes

down to focus and belief in God as well as faith in oneself as well as in one's fellow man.

Respectfully,

CAH  
California

## 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.

## QUESTION THREE, ANSWER ONE

The most inclusive answer, I believe, is similar to the answer for 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?" in fact it's the exact same answer!

To answer these deep questions, we have to first begin to eliminate the false concept and belief in duality, and start to see unity. At some point we have to see and know: Ultimately, there's but ONE of "us"; the very same life-force lives In all the different forms, and therefore it is erroneous to believe that "we" have a separate "life" in the first place! Ours is the Universal One-Life.

So you can see that whenever we answer a question about ourselves and "our own life", we are answering about God and Life as well! And, if you will contemplate this sincerely and meditate deeply upon it, the truth of this will become intuitively obvious within you. Within your heart of hearts, at the core of your being, is where you go beyond merely

"believing", and into the space of Knowing. In that spacious stillness of mind, all things are revealed to the seeker of pure, universal consciousness.

It is not that "someone else" is going to answer your questions, for every question can be answered in a thousand different ways. But the answer arises from within you, from the core of you. Being from the abode of truth and life itself. The answer comes from your experience of ONENESS. This is an internal awareness, something you know experientially, rather than a belief. It's seeing and knowing the deepest essence of your Being, and at that point you experience unity, oneness with the all.

Once you have this internal awareness you see all life—including yourself—as one. Now you see that your true Self, the inner life and light and love that is the essence of your Being, is also within every "other". Now you can truly "love your neighbor as yourself", because you can actually see your neighbor as your Self!

Obviously, this "new" experiential understanding changes everything! Our "personal" relative reality is definitely altered because it now merges into the absolute or ultimate reality, the Ultimate Truth of Being.

So the 'answer" is not merely to believe this or that written reply, but to go deeply within your very Self and meditate, and see this truth for yourself. See your true Self, the essence of all.

When you do this, your experience of life is forever altered! You will have an immediate shift in perception that will change everything for the better.

"The world is as you see it", so why not see it from the highest, most magnificent perspective? Why not see that you and I and God and Life are ONE?

AE  
South Carolina

See more answers to Question 3 on next page 9

## SUGGESTED READING FOR PRISONERS

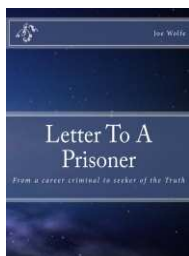
Dear Prisoner,

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..

ALONG WITH YOUR BOOK REQUEST, PLEASE SEND ME YOUR INSTITUTION'S MAILING REQUIREMENTS. This will avoid all the returns I've been receiving.

- (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) A New Earth by Eckhart Tolle,  
<http://NamastePublishing.com>
- (6) A Parenthesis In Eternity, by Joel Goldsmith  
<http://Amazon.com>
- (7) The Disappearance of The Universe, by Gary R. Renard  
<http://GaryRenard.com>
- (8) Long Time No See, by Carrie Triffet,  
<http://UnlikelyMessenger.com>
- (9) Books by Dr. Jon Mundy,  
<http://MiraclesMagazine.org>
- (10) Books by Beverly Hutchison,  
<http://MiraclesDistributionCenter.org>
- (11) Time Ocular (A Novel) by Joe Wolfe  
<http://TimeOcular.com>
- (12) Books by Robert Perry
- (13) Books by David Hoffmeister
- (14) Books by Ken Wapnick
- (15) 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. Make sure you let me know if you are allowed to receive hard cover books or not.

Sorry, but the WECCE book is out of print for now. I am hoping to get more in a few months

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



## QUESTION THREE, ANSWER TWO

Our “own” life is not our own. That is what we don’t understand, will not accept, and refuse to see. The old saying, “The blind leading the blind” is, really, not a saying in jest. It is a manifested proverb that has, all too likely, been disregarded—or looked at, as a parable.

What we need to realize, or keep in remembrance if we do realize it, is that these bodies are nothing more than the “space-suits” that contain the Divine, within; and, by constantly being manipulated by all the social distortion and disintegrating rhetoric of “life”, we are “pushed” and “pulled” into so many chaotic moments, that it’ll have your head spin!

It is when we “stop”, that we shift; when we breathe, we experience; and as we just remain silent, reality manifests. The “Voice” isn’t small; it’s all the background noise, all the chaos that you can not see but you feel it. And you hear it, without choice; yet you seem to be unable to label what all the noise is.

What possibilities there are! Our experience alters several times a day, according to our thoughts, our ideas; the way we act, but more so, the way we react. The voice may well be saying, “Do absolutely nothing”. However, as Guide, it may also be directing or giving you a very strong sense of doing a certain thing.

And we procrastinate, or put it off. What is really happening is we are denying the phoenix’s flight and not allowing what is inside of us to really be free! Because in reality that’s all it is anyway. Our refusal to accept that, with all our experiences, our understanding, and shifts in reality, it’s just our Self wanting to escape the suit!

Salaam  
(Peace)

TL  
North Carolina

## QUESTION THREE, ANSWER THREE

There are many things I do not understand about myself, about my own life and its purpose, the understanding of which would shift my reality and alter my experience for the better forever. But I may have an idea about it.

I can only touch the tip of the iceberg, really, since when I incarnated in this body, I chose to forget many things that I knew so that I could experience life and gain wisdom from it that would help with the evolution of my soul. For that is how God and I experience life together and grow with each other’s experience, as one.

One of the things that has changed my life for the better forever is that I realize that life is not a school to learn lessons in but a test to show me my weaknesses and see how much I have grown in these areas and what areas need further growth.

Take, for instance, being in prison during this part of my life. Like many I could say that I am guilty of a crime or that I am innocent but ended up in here anyway due to some reason or another.

When I came back to my cell from my trial after being found guilty, I couldn’t believe it. I couldn’t believe that our

system of justice is so flawed that it could convict an innocent man. I was surrounded by people who took plea bargains and were guilty of their crimes and just felt in my heart that because I was not guilty I shouldn’t take a plea and would surely win my case. Did I go off? No. Did I feel upset? Yes. But I felt it was a mistake and they would realize who the guilty person was and I would be set free. I said I would appeal the decision of the jury and felt confident my attorney would win. I just sat in my cell stunned.

Then came my sentencing. The prosecutor asked for life. The probation and parole people who prepared my PSR suggest 60 years. I sat stunned, not believing what I was hearing. Life in prison? The judge sentenced me to what is equivalent of life for a person my age, which was the real maximum anyway, 30 years without parole.

I was sent back to my cell and my cellies had just heard on the news what my sentence was, looked at me sitting on my bunk all quiet and everything fully expecting me to go off or something. I didn’t and they asked me, “Why?” I simply said why should I create more suffering for myself?

Now, looking back six and a half years after the sentence and having to wait 22 months for that trial I realized something this morning: this is nothing more than a test. The same kind Job had but a little different in many ways. A test to see how much I have grown and how much more I needed to grow. Life is really about the evolution of the soul, isn’t it? We only occupy these bodies for a short period of time.

I never got upset over my situation and continue fighting my case to this day. Only, fighting it in such a way that I will not only gain my freedom but I will take many of you with me when I win. Many around me are trying to help and some have actually put off committing suicide in hopes that I would win and they, too, would be set free. It’s sad, but true.

Being a Buddhist, I could simply say that I am simply burning off Karma. For something I did either in this life (which I am not aware of) or a past life. I was told by a psychic lady a long time ago, that I was very evil in a past life and that I killed many people and broke many a lady’s heart. That I would pay for it in this life. She even said my body was buried in a grave near Tombstone,

(continued on page 10)



# From the Inside

## QUESTION THREE, ANSWER THREE

(continued from page 9)

Arizona and that I would recognize the name if I just go there. She said I got away with it in that life.

Another psychic, years later, told me I was a famous Buddhist monk in a past life and that my body is in China. But he said that I volunteered to go on this journey that I am now on, and that I would eventually win my case, that would help thousands or other inmates.

Later, after I got locked up, I called him and asked him what was I to do and why me? His last words to me were that “the world will be going through tremendous chaos and there will be a huge loss of life during that time. But that God had given me the gift of speech and that I should not worry as I would be protected, and that when the time comes God would speak through me to the masses and the people would know and believe.

Now I sit on my bunk in prison holding Neale’s book in my hand, “The Storm Before the Calm” a chill runs down my

spine and the hairs on the back of my neck stand up when I read it.

The psychic went on to say that “the day will come when I will look out through a barbed wire fence and know that I am safe. As none of those crazy people out there would ever want to come in here, that I would truly be safe in that place.” I know now he meant here.

This place used to be the Supermax before I arrived here. It had some of the worst of the worst here that have now been moved to the new ADX in Colorado.

The miracle is that God caused this place to be cleared so that those of us here would be in the safest place when all of this happens. It has already started. All you have to do is turn on the news or go online and read about it. The world is coming apart. “The Storm Before the Calm” is actually happening before our eyes.

We are all tested everyday to see how far

we have evolved or have gone backwards in our evolution. So how many times a day you get upset over what someone does to you or says about you. Observe your response to these and other situations. Do you let other people try your patience? Or do you also realize that God just put them there to test you, to show you your weaknesses and to help you gain strength and therefore move forward in the evolution of your soul.

That’s what we are here for. That’s our real purpose. That’s what has changed me while reading “The Storm” and re-reading Conversations with God, Book Three, this morning. He is talking to you right now. He is testing you. But are you listening? Are you moving forward? Evolving?

Namaste

Your Buddhist friend,

MB

Illinois

## SOUL LANGUAGE

by Em Claire

from *silent, sacred holy deepening heart* (2009)

*Speak in a Soul Language  
so that Everyone can hear.*

Unwind *this* Story of Humanity  
with a

*presence so precious*  
even God cannot give it definition.

Practice loving so deeply  
that the word for tears

Becomes  
“ocean”

and

the School of Compassion  
becomes the

World’s Greatest Institution.

Let no one walk alone  
with this journey that is

Ours

to share.

*Speak in a Soul Language,*

## TEACH ME LIFE

Wash away this hate, impurity and ignorance  
So I can slowly become mindful  
In a mature loving embrace

A stable balance persisting through fear, hatred and envy  
To lift the weight of my many demons  
Without a whimpering sound.

The beauty reflecting in the Turbulence  
All our individual worlds created by our selves  
Coalesce, collaborate and construct  
A loving infinite meaning of wisdom  
Across the stars of infinite kindness into our being.

Let us meet this truth  
That seems so far away  
For in our hells there is no heaven.

With perseverance and effort  
Clarity shines through with selfless meaning  
And the gift of Compassion and Forgiveness  
often unseen, but given  
When we look past the me  
And see us in us as One.

And the knower is not separate from the known.  
As the pebble sees itself  
And slowly, but surely, mindfully  
Helps the rest of the beach return to sand  
And all mankind is seen as ONE!

JH  
California

## A VAST ILLUSION

A ripple occurs  
Upon the ocean of time.  
The fog is lifting  
My thoughts turn sublime.

Out of chaos comes stillness  
To the waters of my mind.  
Is this like Oneness  
Before the beginning of time?

The reality of not time  
Does it exist?  
Not as long  
As my thoughts persist.

Am I the thinker of my thought?  
But what if it were—I was not?

Did I think myself into existence  
Or was I created by God?  
To think myself separate  
Well, that seems odd.

God, remind me of that moment  
Before time began.  
Let me undo  
That moment again.

My prayer's been answered  
The Christ has come.  
Thanks to Atonement  
My ego's been undone.

WPR  
Virginia

## IN THIS LIFETIME

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

POETRY CORNER

Life is a lesson that's still being learnt.  
But a closed mind is not subject to  
finding truth— any truth.

I'm receiving different angles,  
different perceptions, on religion,  
on spirituality  
that are opposed to tradition,  
And to them my inner being  
is in a state of listen.

Respecting my first mind,  
by adhering to the instruction  
the first time—  
to question, to seek out a lesson,

in this situation, or that reading material  
That stays in my thoughts  
And it's not for naught

Life is a lesson that's still being learnt...

My mind is open to find  
any and all  
that's Divine

DG  
Texas



*PO Box 507  
Ashland, OR 97520  
USA*

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

*Or e-mail us to:*  
***freedom\_inside@hotmail.com***

***Visit: www.freedominside.com***

**DONATIONS**

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

*to*

***ReCreation/Prison Outreach***

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

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

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

***You are blessed and a blessing to all***

***Janine***