



A Newsletter For Prisoners
Based on the Conversations with God Material

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Happiness and Sadness: Friends or Foes?
By Janine Cantin

Almost all my life, I thought of happiness and sadness as sitting at both ends on a continuum. The sadder you were, the less happy you could be; the happier you were, the less sad. These two feelings were opposites to me, they could not live in the same person at the same time. They were not friends, they were foes.

I have found that this is not true, at least not for me. Instead of being on a continuum, I now feel that happiness and sadness are layered within me. I have been feeling this exact thing this week.

My much loved dog, Mocha, passed away on Wednesday. She was a gorgeous red Chow that I adopted from the Humane Society in 2001, she was a little over one year old. She had been with me for 13 years.

13 years filled with the best hugs you can imagine. She was medium size but thought she was a lap dog. I cannot tell you how often she jumped on the sofa where I was reading and pushed her head in my neck and stayed like that until I had to get up

again. She had a stroke last Saturday and I had to have her euthanized on Wednesday. She did not suffer. She was even hugging me for the half-hour we were

“So at this point, my sadness is very close to the surface. But underlying it is such a great joy ..”

waiting for the vet. I know all the pet lovers out there understand the sadness I’m feeling at the loss of such a wonderful companion. I still look for her many times during the day. I imagine I will do that for quite a while.

So at this point, my sadness is very close to the surface. But underlying it is such a great joy for having had her in my life for so long. She loved being in the car and she happily moved with me from Arizona to Canada and then to Oregon. She easily adapted to all those changes in environment, people, weather and daily routine.

She was a total joy. Even with the sadness and the pain I’m feeling right now, I can honestly say I am so very happy to have had her in my life. And I love imagin-

ing her gallivanting with my son now, finally free of the arthritic pain she had been living with.

In the group I facilitate in a prison near here, I recently talked about Deepak Chopra’s “Detached Involvement” .

The “involvement” describes how deeply we open the best of ourselves to the person in front of us. This involvement is “detached” when we allow the other to react anyway they wish to whatever our actions were. Putting the best of ourselves in every situation and then allowing the situation to be anything it is (including becoming the exact opposite of that we would have preferred), that is “Detached Involvement” and that is the way to joy and peace.

I was very involved with my dog as I’m sure you get from what I have written so far. Now I need to detach. I need to let her go because I know it was her time, I know she had a very good life with me, I know she was as happy with me as I was with her.

And I need to detach with joy. For now, I am feeling both sadness and happiness when I think

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Happiness and Sadness

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about Mocha. And I'm okay with that. I feel I am honoring her and my feelings by acknowledging them all.

It's a bit of a roller coaster ride, this working through feelings, but it's life, isn't it?

I know my sadness with diminish as it always has with all the losses I've lived through. And I know the joy of her will say with me as the love I've felt for all my loved ones that are gone from this life is still very much in me.

We are complex creatures, us Humans. Although our minds like the boxes it makes to feel it understands life, the world, even ourselves, those boxes are simply illusions, made up stuff to help us make believe we "get" it.

Although our Ego-Mind works hard (and continuously) to categorize and understand the world, it cannot even begin to understand itself, much less anything else, maybe especially not feelings.

There is happiness underlying my sadness. And I also believe that under the happiness, I will find Bliss, that peaceful, loving acceptance of all that is. The seat of my Soul, Who I Really Am.

My goal is not to understand everything. That is my Ego-Mind's purpose. My goal is to dig through my feelings until I reach Bliss, the deeply rooted knowing that all is well with the world.

It is there that I will find my Self. It is there that I will know I am One With All That Is.

With much love

THE SECRET POWER OF PRESENCE

by Carrie Triffet,

author of *Long Time No See*

Each of us comes into this world equipped with a thinking mind -- an incessantly chattering internal voice that provides us with a constant, ongoing play-by-play. It never shuts up. It's with us always. And most of us mistake this thinking mind for who we really are.

Thinking minds are useful tools, handy for getting around in the world. But we don't actually need them most of the time. And generally speaking, they do a lot more harm than good. Anytime you feel pain, (or fear, or rage, or guilt, or shame, or despair, or even just boredom) you have your thinking mind to thank for it.

Here's another interesting thing about the thinking mind: It's never satisfied right now, in this current moment. If you look at it closely, you'll see this is true. Even when you're at your most satisfied, you'll notice that your thoughts are automatically pushing you to chase after something better still, in order to be *really* happy. Like this satisfaction you feel right now doesn't actually count. *If I only had...[fill in the blank]... more money, more success, the respect of my peers, a nicer house, a better car... THEN I'd be happy. If I only had true love, someone to stick by me no matter what, then I'd be happy.*

But the truth is, nothing and nobody can complete us or make us happy. That's an inside job. So if we're incredibly lucky in life, we acquire some, or most, or all of the things our ego mind says will make us happy -- and then we discover it's all a lie. We feel the same empty way inside that we felt beforehand.

Some of us realize this and say, *well then, I'll put myself on a spiritual path; I'll clean up my insides. And that will make me happy.* And a handful of us go even farther and say, *I'm going to seek enlightenment. Because once I'm enlightened, THEN I'll be happy.*

Do you see the crafty way the ego mind is working here? It'll do or say anything to keep you future-focused in your search for peace and fulfillment. Why is that? It's because the present moment, right here right now, *IS* the jackpot.

And by 'the present moment,' I mean *THIS* present moment. This mundane, un-special, unfulfilling, imperfect moment in time. As it turns out, all transformation, all healing, all forgiveness and all atonement take place only when we sink

into the present moment without resistance, and accept it exactly as it is. And all authentic joy and peace comes as a result of that.

But the thinking (ego) mind can't hang out in the present moment, because the present is real, but the ego is not. And when we're authentically inhabiting the present moment, it instantly becomes clear that the ego mind is nothing but a strange sort of unnecessary hitchhiker -- a bit of extra software that our minds could easily do without.

So it's a self-preservation thing, really. Your ego doesn't want you to realize how easy it is to find lasting happiness and peace, because then it would be out of a job.

But here's the thing. You don't need your ego's permission. In fact, you don't need anything beyond what you've already got. You don't have to search the world for the right present moment, or apprentice yourself to the right Eastern guru in order to find presence. (Although you can bet your ass that the guru will find it for you and make you stay in it until you recognize it as yours.)

But really. We all have a relatively abundant supply of present moments, and they're right here, right now. And if you miss this one, no worries -- the next one is coming up right behind it. And it's *free*. And it's wherever you are right now. This is liberation, and it's equally available to everybody.

It's so simple. Difficult as hell (until it isn't) -- but then, who knows, maybe one day you find yourself actually *present* within a certain number of your own present moments -- instead of pushing them away, instead of letting your ego mind run the show. And that's when the unstoppable peace, and joy, and fulfillment start welling up, little by little, from within.

Jackpot.

That magnificent peace and joy are here with you right now, and they're with you always. Total fulfillment and happiness are hallmarks of *who you really are*. They're your birthright. It's only the ego mind that blocks you from feeling any of it.

Whenever we decide to show up and be present in our own lives, we get a taste of what *REAL* freedom feels like. So isn't it about time you took your lasting happiness into your own hands?

A Note from Neale D Walsch
 From the *CwG Weekly Bulletin*
 Issue # 529 February 22, 2013

My dear friends...

I said here last week that attaining a state of Non-Awareness is about the shift from the Mind to the Soul—which knows all about the Tightrope of Life...as well as what is awaiting us on The Other Side. It knows that we can make it across the span without difficulty if we simply don't look down. It knows that in God's Kingdom, "everything is looking up."

It also knows that on this tightrope, as in most circuses, it's okay if you fall. There's a safety net, and you're not going to be hurt. You'll just bounce around a little, then make the journey across again. Ultimately you will learn (remember) that Life is a balancing act. It's just about keeping your balance while juggling the experiences of the Body, the thoughts of the Mind, and the mission of the Soul.

I want to give you a practical, real-world example of Non-Awareness before I go on, so that you can have a sense of what all this means as a practical matter in one's daily life.

I was traveling once on a long journey across the ocean to make a speaking engagement in Europe. It took many hours to fly there, and when I arrived, the person who was to pick me up at the airport was nowhere in sight. The airport was crowded and noisy, hot and stuffy, there was no food to be found without walking a long way to the main terminal, and I was travel weary.

I called the office of the person who was scheduled to collect me and his secretary said, "Oh, my God, is that today? We had it that you were coming in tomorrow. Oh, my gosh, he'll leave right away!"

Of course, I was very let down.

Oh, who am I kidding? I was frustrated and angry. I tried to gather myself together enough to say, "Uh, okaay...", and offered a clipped goodbye. Then I sat on a

bench to wait. Within moments my cell phone rang. "He's an hour in the other direction," the man's secretary told me worriedly. "But he asks you to wait there, because he needs to take you to a meeting that he thought was also tomorrow, and....well, just...can you wait for him?"

"What-ever...", I sighed, and said another short goodbye.

Now I knew I had an hour to wait. I seemed more tired than ever. The place seemed noisier than ever. I would have sworn that the temperature even rose five degrees. I was keenly (and uncomfortably) Aware of everything in my physical environment.

Then I had a brilliant idea. I decided to sit on that bench and just meditate. I closed my eyes and began calm, gentle breathing. I used the particular technique that I always use, of looking straight ahead with my Mind's eye into the field of darkness before me, awaiting the appearance of the Dancing Blue Flame that often begins flickering in the distance, then gradually moves toward me until it fills my entire field of "vision" and consumes me.

I have had this experience many times and it is sheer bliss. I am convinced it is my Soul, coming to meet my Mind, and to join in the ecstasy of Unity, the Truth of my Being.

Abruptly, I felt a soft tapping on my shoulder. I assumed it was a security guard, asking me not to sleep on the airport bench, or advising me that someone had walked off with my computer bag while I was sitting there with my eyes closed, or something like that.

It was not. It was the man who was supposed to pick me up. Had he gotten there very much faster than he thought he could?

No, he had not. That was just what I thought must have happened. Actually, he had taken longer than he estimated that he would. I had been sitting on that

bench for more than an hour and a quarter.

I had not fallen asleep. I was aware, and I remember being aware, of everything around me. The noise. The crowd. The heat. Yet at the same time I was Non-Aware. Everything was there, but I was Non-Aware. Somehow I had managed to meld the noise, the crowd, the heat into One Single Experience—and then to pay no attention to it. I had internally diverted my attention, turning inward and focusing only on the Dancing Blue Flame.

When I realized what had happened, I was amazed—actually, flabbergasted—at how much time had passed. My picker-upper was apologizing all over the place for the snafu and my inconvenience, and all I could do was smile at him and tell him, softly, "No problem. Really, truly...no problem. Shall we go?" I rose in one smooth motion, gently reaching for his arm and adding, "It was good of you to break away from what you were doing and come get me like this."

I'm sure he thought that I was an Ascended Master. Or at least an honest-to-goodness guru. Who else would respond like this?

Anybody, really, who has found the tools of Non-Awareness and used them to step away from the *Sturm und Drang* of humanity's everyday drama by simply becoming Non-Aware of it, moving instead into the lovely, peaceful, gentle spaciousness of Ultimate Reality—to which we all may have access whenever we wish. That is what being Aware and Non-Aware at the same time is like. And I want to tell you that all of us can reach that state, as I did on that airport bench, in which we become Aware and Non-Aware in the same moment.

And this is the Holy Experience.

Hugs and love,
 Neale



LOSING IT ALL TO GAIN IT ALL

By Tom Brown

Suddenly, what I thought could only happen to someone else, became my reality. I was losing everything in the material world and facing a long prison sentence. Everything by which I had measured my identity was being taken from me. It left just me—my flesh, my bones, intellect, and soul.

No matter how confident we are, none of us is exempt from trauma, from loss, from our world changing instantly. Even while we cling to the hope that life as we have known it will sustain us, we can begin to find a depth of ourselves we didn't know existed.

The absolute tests are those we face alone, without the support of others who believe as we do. There, the beliefs we hold most dear are challenged—some to be strengthened, some to be tempered, others to be abandoned—but all to be examined. From the deep within, we claim the values that we know to be our own.

Fear for our survival is a sure sign we're trusting only in our own strength. However we may be in touch with our God, there is great power in knowing we're not alone. Once that is internalized, every thought, act, concern, project, or challenge has spiritual dimensions which connect us with all things.

And where am I finding the answers and sustenance? Where am I finding strength? The answer, ever so clear, is "from within". It's been there all the time. As I go deeper within, I begin to realize and see more clearly all my connections to everyone and everything—my relationship with my Creator, with the man in the next cell, with you, and with all elements of nature.

The circumstances of all of this are helping me to crystallize my understanding of my journey within to find God there, and thereby to see God everywhere

LETTING IT ALL GO

By Tom Brown

- An ant can struggle for yards with food in its mouth only to have a limb fall on it and crush it.
- Termites eat the foundations of our home.
- The pink rose blooms bright and fragrant, then its petals begin to shrivel and fall.
- Exposed to air, iron rusts.
- After many millennia, a once lush rainforest turns into the Sahara Desert.

The storms of life, the germs of life, bombard us in the endless cosmic dance of life that just keeps happening. We are miserable when we hold on to "what was" instead of "what is".

As we look at the larger Universe, of which we are a small part, we see that it is one of endless possibilities and cycles, one in which forms come and go, one that has itself erupted and reformed countless times.

Instead of living in conflict and trying to deny the flow of change, we can understand it deeply and live in harmony with the seasons of life. Instead of creating solid "things" and solid, unchanging world to try to hold on to, we can let go and open to the truth of each changing moment. When we learn to let go, we find a tremendous faith in the ground of all things, that which is true before and after all our plans.

We can do this by narrowing our focus down to right here, right now, and tapping into that which is beyond all change and form. The deeper we bow to the awesome changing powers of life, the wiser we will be, and when we embrace them, they turn into a rainbow. Every color shines in the awakened heart.

Letting go is demanded in the greatest trials of our lives and in our final moments. It is here that the heart learns the secret: that to let go is also to embrace what is real.

Dearest Tom,

Once again, my friend, you have said the perfect thing for me to hear at this time of loss of a dear, furry, friend.

"...to let go is also to embrace what is real"

What a profound truth. I will keep it close to my heart during this sad time and allow it to soothe the pain by helping me focus on what is real.

I am so grateful for you, Tom.

With much love,

Janine

THE RELIEF OF NOT KNOWING

By Tom Brown

Having been a teacher's aide in the Arizona prison system for a number of years, I have become accustomed to being asked a barrage of questions. Sometimes I found myself, out of neglect, ignorance, or indifference, giving a trite answer to another inmate in crisis. Often it's because I've not experienced what that one is going through, forgotten my own neediness when I was in a dilemma, or I am unwilling or unable to invest the time to help another's struggle.

Sometimes we feel safer and smarter when we reply quickly (or in error) rather than appear answerless. We have been so busy giving some sort of answer, right or wrong, we have forgotten how to be completely honest. We act as though being wrong is a terrible offense. "Ah, mistaken

again."

Our human tendency is to select comfort over vulnerability. However, life's mysterious ways often force us to choose between being trite or admitting we're lost. And as scary as admission can be, it's liberating. What a relief it is, when we're asked something beyond our experience or understanding, to be able to simply say, "I don't know!" Isn't it better to hand out the brightness of honesty than a dim platitude?

There is a natural pleasure when we speak with someone who doesn't know everything, who is open-minded, eager to listen. There is a delightful presence, receptiveness, and humility in such a mind.

Wisdom is not knowing but being. The wise heart is not one that understands everything; it is the heart that can tolerate the truth of not knowing.

"Not knowing" is a declaration of independence from the pressure to have an opinion about every subject.

- Let's use it as a joyous affirmation of our oneness with the Great Mystery.
- Let's let go of the drive to have it all figured out.
- Let's empty our mind and lift our heart.
- It's fun to say it. Let's try it: "I don't know".

THE ROLLER COASTER

By Tom Brown

Life's journey sometimes seems like a ride on a roller coaster. In the inevitable rising and falling of the ride, the task is frequently one of letting go, of finding a gracious heart that honors the changes of life. This involves stepping out of the current of thoughts, letting go of "how it was and how it should be" or "how we should be". Honoring the truth of these ups and downs and of "letting go allows our experience of darkness and falling to be part of the greater whole.

There are certain truths we can learn only by descent, truths that bring humility and wholeness in surrender. Even these down times are part of the dance of life, though, and we can invite

them to awaken us and to teach us compassion.

Let's imagine that our ride has a steep incline to a great height. As soon as we get to a certain height, several people look down, see how far it is, and completely freeze. Their fear is so great they cannot move. All the way up the incline there are places where certain ones freeze. They have come up against their edge and they cannot go beyond it.

How does life become a process of becoming more fearless and flexible? Rather than think we have made a mistake, we can acknowledge the present moment and its teaching. We can soften and connect with our heart and engen-

der a basic attitude of compassion for ourselves. Every moment is a moment of grace when we let go of the body of fear and just say to ourselves, "Ah, it's OK."

We cannot stay at the top of the incline, and we cannot anticipate the next curve, but we can find a balance in the ride. We find the balance when we discover the capacity of our heart to embrace all the ups and downs, to flow harmoniously with all things, to be amazed by the new day to come, the new moment, the mystery of just being alive.

If we meet the cycles of life with an embrace, wherever we are becomes holy ground, the seat of enlightenment.

THE EGO

By WPR
Virginia

Yes, I'm the Ego. I'm loud and I'm proud. I'm simply the greatest of all time. Greater than Mohammed Ali in his prime. I'm greater than greatness itself. I am more than anything else. My ego knows no boundaries.

There are only two kinds of people in the world. Those that help me get what I want. I call those people "good". And then there's people who get in my way. I call those people "bad". Needless to say, this world is full of "bad" people.

To know me is to adore and love me. Just don't look at me. If you don't, I will perceive that as a threat and attack you. There will be no closer look or examination. I won't tolerate anything that threatens me or my existence.

So why look at me? You know you've got one too. An ego, that is. I will kindly acknowledge your ego. But what I really hate is another ego thinking that it's equal to or, God forbid, greater than my ego. I've got the biggest and baddest ego in the world, in this universe, in this galaxy.

Still, as large as I am, I have no room for God. This is "My" world. I share with no one. I am the sum total of my own universe. It's a pity that there is none greater than I. I am a world unto myself.

"I want what I want when I want it." My ego has spoken. Either help me or get out of my way. Attack and defend is the order of the day. I'm all about getting, gaining, and having. I have wants,

cravings and addictions to feed. Either help me or get out of my way. I have work to do. Attack and defend. Defend and attack. I'm not giving anything up.

With all that I am, I still want more. Bigger, larger, taller, wider, deeper, greater, grander...more. I want more and I want it now! If you ask me, instant gratification takes too long. The funny thing is that the larger my ego gets...the more I need to feed it.

It's a hunger that's never satisfied...a need never fulfilled. It's almost like something is missing. I wonder what that could be?

.....to be continued

WHY LIFE?

By WPR
Virginia

Lately, I've been wondering why I came to Earth. Yes, I understand karma, reincarnation, and the evolution of the Soul. But why Earth? Why duality? Why in physical form? Who in their right mind would go swimming in quicksand? It's like we're drowning in a sea of negativity. It's like we've chosen to climb a mountain with a flat face on a ninety degree angle.

But run, swim, and climb we must. Watch a toddler try to run before he/she can walk. You witness the thrill, the excitement, the inevitable failures but overall joy permeates. How ambitious we must have been in designing our life before we incarnated. Surely our spirit guides and teachers warned us things would not be easy.

Yet, we thrive on challenges. We are a nation fixated on sports. What are the odds? What's the score? Can I place a bet? The desire to win plays itself out often in an addiction to gambling. After all, who doesn't want to win?

I know, for example, that I came here to overcome anger, practice forgiveness, and to learn how to love. I was told I'd have the necessary tools and lots of "opportunities." I was told there would be guides, teachers, and lots of actors in the drama of life. I must have missed the suggestion to listen to my teachers and pay close attention to the lessons of life.

I must have know, on some level, the odds were overwhelmingly against me. While God may not roll dice, I certainly placed my bet. Will I win or lose? I don't know but I'm certainly in the "game." I'm starting to listen to my teachers. I'm paying close attention to life's lessons.

In a world that seems random and chaotic, I have found order and purpose. I've discovered symmetry synchronicity, and intelligent design. Life is ordered by spiritual principles. Destiny is not fixed and the rules are subject to change. Yet, deep inside, I know I'm winning. I just didn't think it would take so long.

WINDEX

By PF
Texas

How many times have you tried to show and convince people you have changed, but to no avail?

How many times has someone in your life tried to convince you that they have changed, but to no avail?

How many times have you asked for help only to be denied because of past actions?

How many times has someone asked you for help only for you to deny them because of their past actions?

Have you really changed? Are you really different now? Are you tired of the way society views you?

Several clichés could apply here—The apple doesn't fall far from the tree; if you only look for the bad in people that is all you will find; birds of a feather flock together; blah, blah, blah.

It is actually all a matter of perception—all around.

Have you ever looked through a dirty window? When you cleaned that window

did you clean both sides or just the side you were on?

What if you really have changed your life—have you totally cleaned your side of the window? How can you expect anyone's view of you to be any different if you don't clean your side of the window? What if they won't clean their side? Cleaning your side serves to highlight any dirt on the other side.

When you look through a dirty window all the time, you become conditioned to adjust your view and compensate for the dirt and streaks and even sometimes a chip or a crack.

Just imagine all the people you have met that are accustomed to seeing you through a dirty window!

Being in prison is a serious disadvantage because we only have access to one side of the window but, oftentimes I've found that my side of the window was smeared with attitude, self-doubt, and pity, streaked with hate and anger, and spotted with rage at my situation.

Cleaning your window is a daily job. When you clean your side of the window, you greatly enhance the view looking in at you. Cleaning agents that work best on your window consist of forgiveness, honesty, and confidence. Believe in yourself, be honest with others, and freely dispense forgiveness. By not dispensing forgiveness you take on the emotional responsibility for someone else's actions. This fosters hate, anger, frustration, etc. When you forgive someone they are stuck with responsibility for their actions, not you.

Sometimes your window will be so dirty that you will not even be able to see your own reflection. This occurs because people, when seemingly overwhelmed, cede control of their lives to events, worries, and other people around them. When you cede control of your life, your attitude is greatly affected.

Clean your windows! Who knows what beauty you might reveal—on both sides of the window—when you endeavor to clean it.

MY AWAKENING DREAM FOR THE WORLD

By HJ
North Carolina

My dream for this world starts in an extremely small state of consciousness—awareness that's based on how I see, value, and choose to respond to people, events, and the environment we live in,

I don't know the origin, make-up, or the intentions of this world; nor am I aware of how the evolutions of people and events are serving its purpose. I am aware, however, of a few ways of Being in this world that seem to affect life and people in harmonious and beneficial ways. Those ways color my initiating dream for this world.

On this day—in the month of December 2012, i.e. the time when the world has been interpreted as ending—my dream is

a vision that other people will join me in one way or another and create a scene of beauty and light within and outside of ourselves.

Initially, I aspire to BE a presence: a chosen state of BEing that suggest an intent to accept and appreciate “something of greater value and significance” that is occurring BEYOND the energies of “good/bad”, “right/wrong”, “success/failure”, and other dualities.

THE VOW: “I will put aside that which appears rootless, and I will chase the roots of my own consciousness from within myself; from there, I will find a road that will enable me to help bring forth the holiness

of myself and others”.

THE PRAYER (from AA): “God, grant me the serenity to accept the things that I cannot change, the courage to change the things I can, and the wisdom to know the difference”

Finally, if I was released from prison I would join the *Conversations with God* Foundation and I would be a member of *Humanity's Team* because their principles resonate with my own and are a source of my Freedom Inside.

In Remembrance

SUGGESTED READING FOR PRISONERS

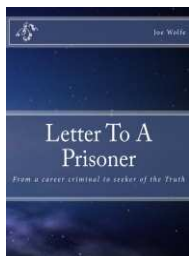
Dear Prisoner,

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

NEW BOOK OFFER



“The Earth Angel Training Academy”

When Head of the Earth Angel Training Academy, Velvet, receives a call from an Elder on the first day of term, she knows that the new class will be unlike any other she has taught. While experiencing the most tumultuous time of her very long existence, Velvet must remember her buried past, and open her eyes to the future so that she can prepare the Earth Angel trainees for the toughest missions of their existence - to Awaken the humans before the world ends. Time is running out...

FREE BOOKS FOR PRISONERS

BRINGERS OF THE LIGHT:

This is a photocopied version of the booklet, *BRINGERS OF THE LIGHT*, that completes the list of concepts found in *ReCreating Your Self*. This consists of about 20 double-sided and stapled pages. Please make sure you are allowed to receive these many copies before requesting *Bringers of the Light*

WECCE

Regrettably, we have no more access to free copies of the book “When Everything Changes Change Everything”. My apologies to those of you who have requested a copy, for I cannot fulfill those requests anymore.

AS I BEGAN TO LOVE MYSELF
A Self-Love Poem by Charlie Chaplin
Written on his 70th birthday
April 16, 1959

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth.

Today, I know, this is "AUTHENTICITY".

As I began to love myself I understood how much it can offend somebody as I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me.

Today I call it "RESPECT".

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow.

Today I call it "MATURITY".

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm.

Today I call it "SELF-CONFIDENCE".

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm.

Today I call it "SIMPLICITY".

As I began to love myself I freed myself of anything that is no good for my health— food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism.

Today I know it is "LOVE OF ONESELF".

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time.

Today I discovered that is "MODESTY".

As I began to love myself I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening. Today I live each day, day by day, and I call it "FULFILLMENT".

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But As I connected it to my heart, my mind became a valuable ally.

Today I call this connection "WISDOM OF THE HEART".

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born.

Today I know THAT IS "LIFE"!

A PRAYER
from Joe Wolfe
Spirit Light Outreach

Dear God,

I Love You. You created me. I live in You and You in me. Only my own unconscious guilt and belief in this ego/false personality's individual identity keeps me confused. Thank You for everything you give me. Grant me the power to live in Your presence, to accept Your unconditional Love as I learn to forgive. Allow me to remember that you are with me always, with every breath I take, in every movement, in all thoughts, actions and feelings.

Remind me many times during the day until every second becomes another moment spent living in Your loving embrace and constant presence. Allow me to be a servant of your will, a vehicle of Divine love and a channel of God's will. Give me direction and Divine assistance as I surrender all personal will through devotion to You. Allow me the help to dedicate my life to the service of God. Grant me the ability to choose Love and Peace above all options while I commit to the goal of unconditional Love and Compassion for all life and all of its expressions as I surrender all judgment to you, God.

Make me aware that the world of my ego is a constant and tenacious tendency to react, to feel bad, guilty, mad, defeated, bored, scared, inferior, embarrassed, annoyed, lonely or superior and condescending. All these give validity to judgment regardless of the form and by reacting with judgment I feed and strengthen the ego's world and reinforce the seeming reality of separation from You.

Remind me constantly to view all others as my brothers, to realize that we are all one and to forgive them for they are one with me, joined in One Mind and also innocently caught in the false ego identity's world of illusion. Never let me forget that I am not this temporary body, but pure Spirit created in you likeness, as I continue to live every moment in the knowledge that You are with me always where I am; You god, the Alpha & Omega, the All & Everything... The Absolute.

MY CUP IS FULL

By WPR
Virginia

I'm trying to empty my cup
But it seems to fill back up.

There's so many things I've acquired
And even more yet to be desired.

Too much is not enough
If only I could get more stuff.

My ego is in overdrive
But I have yet to arrive.

I know not where I'm going
But I'm in a hurry to get there.
The means by which I don't care.

I have a lot
But I still want more
Who cares what that thing is for
As long as it's something I adore.

I'm trying to empty my cup
But it seems to fill back up
Maybe what I need now is a bigger cup.

BE STILL, AND KNOW

By GP
Washington

The product of the lips will bring its rewards
Leading you in the way that you should go,
Right words from and leading to the Lord
Be Still, and Know.

The aching heart plagued by guilt and fear,
The image of self, it has brought you low,
Forgiven are confessions that you have made clear,
Be Still, and Know

Rich is the man with a bite to eat
Feasting on that which will help him grow
Diligently searching I direct his feet
Be Still, and know

Judgments received, not from above,
Punitive measures on you they will sow
Responding only with words of love
Be Still, and Know

Promises of man, reliable as the wind,
Changing always the way it wants to blow
What I have promised, I cannot rescind,
Be Still and Know

TRUE LIFE

By JLH
California

Life surrounds us on the path
Becoming empty will illuminate the fullness
of our Buddha nature.
Breathe in, life surrounds us, take it for granted
Breathe out, the lungs are empty,
Room for the original face.
Comes the newness of life, and inner calm
joy, with the sense of purpose
of greater understanding,
with tolerance of patience
room for all to exist
just as things are.
The frozen tears of life will
thaw and wisdom and blissfulness,
will awake.
Love is always present even when
it appears absent.
This is my reliance.
My refuge.
My trust.
My freedom

In Metta
In Gassho

INFINITE ME

By ES
Massachusetts

My "mind" allows me to conceive
A multitude of concepts

The beauty in my "heart" reveals riches
That money cannot buy

My "soul" contains "Pure Love",
Seeking to give it Now and Forever more.

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

TEACH ME TO FORGIVE

By WPR
Virginia

O' Lord
Please teach me how to forgive.
I'm tired of dying.
I want to live.

To forgive a wrong
Is to make a wrong— right
How can this be Holy
In your sight?

To err is human
And to forgive is divine.
Help me understand this.
Show me a sign.

You say I ask for forgiveness
and you freely give it, that's true
But for me to forgive others
That's too much to do.

For I have been wronged
Much more than I have sinned.
And yet you want me to forgive
Again and again?

How much injustice should I tolerate?
This is insane.
And you simply say
Forgiveness eases the pain.

O' Lord, teach me how to let go.
Just embrace love and forgive.
My child, this is the way to live.

ODE TO MY TWO
BY DRJ
Arizona

Appearing as a fetid curse
Cast upon by the universe.
System makes a big fuss
Diffusing the stagnant us.
Silence, sadness, and distance
Enhanced by Maternal resistance.

Memories fade, but never die
We seek permission to cry.
For a time so cherished
Our past that's perished.
Dysfunction it grows stale
Allowing love to prevail.

All change for the better
A plan to the letter.
Blinded by present emotion
Tomorrow's a mere notion.
Unfettered minds begin to see
Life's splendid symphony.

Wounds will find suture
Clearing paths for the future.
Beyond apparent catastrophe
Growth in absence of me.
Now I see the Two from fresh
points of view.

Our souls light the way
To reunite another day
Mothers, too, even know
And go with the flow.
I believe it be true
And envision Us anew.

WHEN THE HEART...
By Michael Leunig
From *The Prayer Tree*

When the heart
Is cut or cracked or broken
Do not clutch it
Let the wound lie open.

Let the wind
From the good old sea blow in
To bathe the wound with salt
And let it sting

Let a stray dog lick it
Let a bird lean in the hole and sing
A simple song like a tiny bell
And let it ring.

Let it go
Let it out
Let it all unravel
Let it free and it can be
A path on which to travel.



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You are blessed and a blessing to all

Janine