



FREEDOM INSIDE

*A Newsletter for Prisoners
Based on the Conversations With God Material*

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To Forgive Or Not To Forgive by Janine Cantin

This is not the first time I've written about forgiveness. The reason for that is easy enough to explain: forgiveness is a concept I'm still trying to understand and apply in my daily life.

This week, I've had an opportunity to apply it....but didn't. I chose, instead, to be right, to make the other person wrong. It's a very comfy feeling, this being right. Unless, of course, I really look at what I'm feeling when I make someone else wrong.

My insides churn. That place under my belly button, my solar plexus, where I receive all the messages from my soul, is not at all happy when I judge anyone else as wrong. But my ego is having a good time; my ego is all about being right.

There is a part of me that does not want to recognize my connection to All That Is. My ego does not accept that those who are acting as less than Who They Really Are, are simply a mirror of that part of me I prefer not to even think about.

So I "should have" forgiven him, right? Right! I knew it even as I refused to do it. So on top of feeling bad about judging someone else, I felt bad because I was judging myself as wrong. I was "shoulding" on myself.

One reason why I absolutely refused to forgive him is that I did not want to accept that what he did was okay. That I was fine with it. That people can treat me like that and I will always accept it. Forgiving him felt like setting myself up as a victim for the next time someone chooses to act as he did. I did not want to do that.

So I chose to stay in my judgment. He was wrong, I deserved better and that is that!

The problem is that I knew, I just knew that forgiveness has nothing to do with being a victim. I knew it has everything to do with being the best I can be, the most loving, the most understanding, the wisest I can be.

At the same time this was happening, I was reading again a wonderful book from my 'Wonderful Books Shelf'. It's called "Zero Limits" by Joe Vitale and Dr. Ihaleakala Hew Len and speaks about forgiveness. Wouldn't you know it? Just when I needed it the most, this beautiful message almost jumped into my hands.

I have copied many excerpts from "Zero Limits" in this issue of 'Freedom Inside'. You will find that article, titled 'Healing, Hawaiian Style' starting on page 8.

One thing Dr Hew Len stated in the book is that you do not teach this healing method, you do it! And there I was, writing that article, while not doing it, while refusing to do it!

Oh well! What can I say? A part of me enjoyed the heck out of judging that guy while knowing I would have to stop BDQ in order to be true to myself. So I did...enjoy it, I mean...and ok, stopping too.

It's very much like watching a movie with a villain I love to hate. I can enjoy hating him, all the while knowing this person is not really a villain, he's just playing one in this film.

I believe I live in an illusion. Much like being at the movies, things are happening in front of me, I get involved, my emotions get churned but nothing "real" is happening. I'm just here to enjoy the show. I'm here to see how I can best show up in different scenes.

It's easy enough for me to say I believe everything is an illusion. It's not so easy to remember that when I'm faced with a jerk (sorry! sorry! sorry!....but you know what I mean.)

I don't know if my life is exactly like it is because I am making it up as I go along, or whether things were destined to happen as they did, or whether it all happens by chance. And I don't much care either way.

Whether there is a design or it is all a crapshoot doesn't bother me overly much, although it does make for some spirited discussions, doesn't it?

I don't care one way or the other because it does not change my feelings about my life and my power over my own feelings about it and how I react to it.

If it is all happening by design, then I had better "forgive trespasses" against me since I certainly want my trespasses to be forgiven.

But if it is all a big disorganized mess, I still have to deal with my everyday life and I still choose to live happily and at peace (to me, one cannot exist without the other).

And I have found that in order to live in peace, I absolutely have to let go of the need to be right. Needing to be right will always bring me sorrow. As I feel now for the thoughts I've held this past week towards the man who I felt had treated me wrongly.

As I'm sure most of you know, forgiveness is not about the other person. We don't forgive to make the other feel better. We do it to make ourselves feel better, to let go of the unpleasantness we
(continued on page 2)

TO FORGIVE OR NOT...*(continued from page 1)**carry since the misdeed was done.*

Forgiveness is totally selfish. It does not make me a victim, willing to lie down for the next time someone chooses to step on me. Forgiveness does just the opposite. It allows me to let go, to continue living my life as though nothing was done that harmed me. Because nothing ever can.

This is my belief. I am not this body, I am not this life. As De Chardin wrote, "We are not human beings having spiritual experiences, we are spiritual beings having human experiences."

The only reason why I would ever think I am harmed by what another does is if I believe I am this body. Then, yes, of course I can be harmed. But if I choose to believe I am a spiritual being, then I have nothing to fear from anyone. And if I have nothing to fear, I will never have anything to forgive.

Dr. Hew Len goes one step further in his thinking. He states that everything in our lives is there because we put it there. Please read the article starting page 8 to see his view. It is amazingly powerful.

I hadn't read "Zero Limits" in a few years. I loved it just as much this time around. I love anything that makes my life more joy-filled, more peaceful, happier. And it does it the only way it can, by giving me the power to handle problems on my own. No need for reading, for talking, for teachers or gurus.

So I decided to start (again) to use his very simple technique. I know it works because it has in the past. My greatest problems are, first, to remember to do it, and second, to choose to do it instead of staying in my simmering self-righteousness.

Choosing peace over being right! That's a big one for me. But it is the choice I make, the choice that comes from my Soul, from my Higher Self, from the very best of me.

And as I choose peace within, peace will spread without. That's the beauty of it all.

I wish you much peace

And Love

WHAT CAN WE DO...?

by Neale D Walsch

from the CwG Foundation Weekly Bulletin, January 24 2014

My Dear Friends...

Our world spins on, and we find ourselves in an avalanche of incoming data, thanks to the Internet and its Worldwide Web, which seem to feed us relentlessly with information about "what is going on" --- but with very little data about why.

Yet this is a major question of our day and time.

Why would a retired police captain in Florida carry a handgun into a movie theatre...and why would he take it out and shoot a man in the chest, killing him, because the man threw a bag of popcorn into his face after the two argued about the man texting in the theatre during the previews?

Why would a 12-year-old boy walk into his middle school gym in Roswell, New Mexico, pull a shotgun out of a bag, and open fire on students waiting for school to start, wounding two?

Why would a grown man leave a 4-month-old baby --- who police had to take to the hospital for dehydration --- in a car seat in the back of his vehicle for three hours while he visited a strip club in Ft. Meyers, Florida?

Why does the world have to be filled with violence and killing, every place from Ukraine to Syria, as people struggle against their own governments?

Why do we have to take 26 minutes to put a man to death in an Ohio prison, using a previously untried mixture of chemicals to execute a death penalty, causing the convict to suffer agonizing oxygen starvation for nearly a half hour?

What is our world coming to --- and, more important, how much longer are we going to be content to allow it to go on?

I know it looks as if there are no solutions to these kinds of problems --- that they are isolated incidents, and the kinds of events over which the average person has no control. And to some degree that may seem to be true. But how long will it be before the whole of our human society decides that "enough is enough" with humanity's insanity, and we are all going to join each other in doing something about it?

What can we do about these kinds of things?, you ask. And the answer is, we can work hard --- incredibly hard --- to change humanity's cultural story.

It is the cultural story of our species that sponsors and even in some ways encourages such behavior. It is the main thrust of that overriding story --- the idea that we are all separate from each other --- which

generates such careless disregard for life and limb.

A new and different Story would ultimately change everything. But it would take a gargantuan effort --- truly a worldwide effort --- to produce such a shift in the narrative that our species passes on to its offspring from generation to generation.

It has been said that if visitors landed here from outer space, maybe --- just maybe --- the world's people would be frightened enough, and see themselves in the Same Boat enough, to change their behaviors, to alter their Story of Separation. Yet is it true that only aliens can end our alienation? Does anybody see the irony in that?

The work of the Conversations with God Foundation is to change the cultural story of humanity. Our story of Separation is no longer working. It never worked, but at no previous time have the ravages of its effects been more keenly or ubiquitously felt.

The problem starts with humanity's theology. The challenge is that, with rare exception, our spiritual view says that we are "over here" and God is "over there." This is what I call a Separation Theology.

This wouldn't be so bad if this were as far as it went. But the problem with a Separation Theology is that it produces a Separation Cosmology. That is, a way of looking at all of life that says that everything is separate from everything else. And a Separation Cosmology produces a Separation Psychology. That is, a psychological viewpoint that says that I am over here and you are over there.

A Separation Psychology, in turn, produces a Separation Sociology. That is, a way of socializing with each other that encourages the entire human society to act as separate entities serving their own separate interests. And a Separation Sociology produces a Separation Pathology. That is, pathological behaviors of self-destruction, engaged in individually and collectively and producing indifference, suffering, conflict, violence, and death by our own hands---as evidenced on our planet throughout human history, and in horrifically magnified form today everywhere.

Is anybody there? Does anybody care? Does anybody see what I see?

If you do, what do you think we might do about it?

With Love,

Neale

WISDOM OF THE MASTERS

from *Only Love is Real*

by Dr. Brian L Weiss

In Dr. Weiss's book *Many Lives, Many Masters* he describes what happened during some sessions with a client, Catherine during which he started receiving messages from Spirit, what he called the "wisdom of the Masters". This article is one such message.

My contact with the wisdom of the Masters has been limited since Catherine was cured and her therapy ended. Yet in an occasional, unbelievably vivid, nearly lucid dream I will receive more information, such as the lectures near the end of *Many Lives, Many Masters*. And sometimes the messages come when I am in a deeply meditative dreamlike state. For example, system of psychotherapy for the twenty-first century was laid out for me, a system that is psycho-spiritual in nature and which could supplant the tired techniques of the past.

The messages and images crowded my brain at great speed with a flitting, brilliant clarity. Unfortunately I could not tape-record my mind, the receiving station. So the ideas are like precious stones, but the setting--my words trying to explain and define the speeding, darting thoughts--is like dross. The beginning was a clear message.

"All is love...All is love. With love comes understanding. With understanding comes patience. And then time stops. And everything is now."

Instantly I comprehended the truth of these thoughts. Reality is the present. Dwelling in the past or future causes pain and illness. Patience can stop time. God's love is everything.

I could also immediately comprehend the healing power of these thoughts. I began to understand.

"Love is the ultimate answer. Love is not an abstraction but an actual energy, or spectrum of energies, which you can "create" and maintain in your being. Just be loving. you are beginning to touch God within yourself. Feel loving. Express your love.

"Love dissolves fear. You cannot be afraid when you are feeling love. Since everything is energy, and love encompasses all energies, all is love. This is a strong clue to the nature of God.

"When you are loving and unafraid, you can forgive. you can forgive others, and you can forgive yourself. You begin to see with the proper perspective. Guilt and anger are reflections of the same fear. Guilt is a subtle anger directed inward. Forgiveness dissolves guilt and anger. They are unnecessary, damaging emotions. Forgive. This is an act of love.

"Pride can get in the way of forgiving. Pride is one manifestation of ego. Ego is the transient, false self. you are not your body. You are not your brain. You are not your ego. You are greater than all of these. You need your ego to survive in the three-dimensional world, but you need only that part of the ego, which processes information. The rest--pride, arrogance, defensiveness, fear--is worse than useless. The rest of the ego separates you from wisdom, joy, and God. You must transcend your ego and find your true self. The true self is the permanent, deepest part of you. It is wise, loving, safe, and joyful.

"Intellect is important in the three-dimensional world, but intuition is more important.

"You have reversed reality and illusion. Reality is the recognition of your immortality, divinity, and timelessness. Illusion is your transient three-dimensional world. This reversal is damaging to you. You yearn for the illusion of security instead of the security of wisdom and love. you yearn to be accepted when, in reality, you can never be reflected. Ego creates illusion and hides truth. Ego must be dissolved, then truth can be seen.

With love and understanding comes the perspective of infinite patience. What is your hurry? There is no time anyway; it only feels that way to you. When you are not experiencing the present, when you are absorbed in the past or worried about the future, you bring great heartache and grief to yourself. Time is an illusion, too. Even in the three-dimensional world, future is only a system of probabilities. Why do you worry so?

"Therapy can be done to the self. Understanding is therapy. Love is the ultimate therapy. Therapists, teachers, and gurus can help, but only for a limited time. The direction is inward, and sooner or later the inward path must be trod alone. Although in reality you are never alone.

"Measure time, if you must, in lessons learned, not in minutes or hours or years. You can cure yourself in five minutes if you come to the proper understanding. or in fifty years. It is all the same thing.

"The past must be remembered and then forgotten, Let it go. This is true for childhood traumas and past-life traumas. But this is also true for attitudes, misconceptions, belief systems drummed into you, for all old thoughts. Indeed, for all thoughts. How can you see freshly and clearly with all those thoughts What if you needed to learn something new? With a fresh perspective?

"Thoughts create the illusion of separateness and difference. Ego perpetuates this illusion, and this illusion creates fear, anxiety, and tremendous grief. Fear, anxiety, and grief in turn create anger and violence. how can peace exist in the world when these chaotic emotions predominate? Just unravel God back to the source of the problem. You are back to thoughts, old thoughts. Stop thinking. Instead, use your intuitive wisdom to experience love again. Meditate. See that everything is interconnected and interdependent. See the unity, not the differences. See your true self. See God.

"Meditation and visualization will help you stop thinking so much and will help you begin the journey back. Healing will occur. you will begin to use your unused mind. You will see. You will understand. And you will grow wise. Then there will be peace.

"You have a relationship with yourself as well as with others. And you

(continued on page 9)

FROM THE OUTSIDE

THE DREAM

by Tom Brown

Posted on October 22, 2013 by Charles Tom Brown

It was such a disappointment to wake up and find myself lying on my bed in my apartment. If only I could go back to the dream. It was there that I discovered that there was no one but me in all the human bodies that I had always believed to be other people. No matter how I saw anyone, I was just seeing myself that way. No matter how I treated anyone, I was just treating myself that way.

What if the dream turned out to be true? It would mean that everyone would be another version of myself, another

expression of how I could be, another expression of how I actually am. I would be connected to life in all its forms.

In looking further into the dream, I would come to the conclusion that the essence of this oneness is a consciousness that shines forth from every pair of eyes, beats from every heart, speaks with every voice, and meets itself wherever it goes. In a perfect dream, I envision a world in which we all deeply understand and functionally practice the truth of who we

are. then.....

.....there would be no wars because we wouldn't fight

.....there would be no hunger because we would feed each other.

.....there would be no environmental breakdown because we would love ourselves, each other, and our planet too much to destroy it.

.....there would be no prejudice, oppression, or violence of any kind.

.....there would be no sorrow.

.....there would only be peace.

THE LAND OF BEGINNING AGAIN

by Tom Brown

Posted on January 1, 2014 by Charles Tom Brown

The exciting part of entering the land of beginning again is that it's very cleansing and refreshing. It clears out the dead wood and lets the mind take in something new. We're often unknowingly surrounded by a rigid crust of old attitudes and erroneous presumptions that hold us back, but being open to what is new allows us to begin again with fresh eyes.

We have a strong tendency to see or experience things through our past experiences, which we have rather rigidly settled into. They're familiar and comfortable memories, which influence our present perception. To see the truth

of anything now, we have to see it new, as we have never seen it before.

The truth is ever new! We like for things to make sense, but the ultimate truth is not limited in this way. The truth is not so small that it will readily make sense to the mind. The mind has convenient little compartments to which it is basically limited; when something comes along that doesn't fit in one of these compartments, the mind automatically assumes it doesn't make sense. Love doesn't make sense to the mind; neither does joy.

In reality, everything is not conveniently

organized in the way the mind would like. The mind thrives in a system of rigid definitions and structures that have nothing to do with the way things really are. Exploring these new insights and potentials is the exciting part of beginning again.

The scary part of entering this land is facing the uncertainties and challenges it presents. It beckons us to come out of our conditioned way of seeing things. It asks us to take a deep breath and jump off the cliff. We may hesitate until life's circumstances finally give us a shove. But then something miraculous happens. We learn how to fly! We find that we always had wings!

THE HYPNOTIC SPELL

by Tom Brown

Posted on October 24, 2013 by Charles Tom Brown

How alluring, enticing, and bewitching this world is! Its hypnotic spell convinces us that there is something out there that will add to our lives, that we are missing out on a lot, that other people are getting or enjoying something that is passing us by. We tend to believe that whatever we're longing for – a raise in our salary, a relationship, a clean medical report – can actually make us happy. Of course these things are great and worthwhile, but can they truly make us happy? Perhaps momentarily, but not

for long.

When I look back on what was most important to me during various phases of my life, I am mystified. Now it's difficult to understand what was important about those things or how they ever managed to catch my attention. Many things and events were satisfying for a while, but nothing had any permanence. The drama of this world has been going on for centuries, but everything in it is eventually forgotten,

no matter how important or tragic it seemed at the time.

There is a happiness that is effortlessly present at all times, and it comes from relaxing with things exactly as they are. When all efforts to get something we think we must have fall away, what remains is the listening presence, the empty space in which it's all happening, awareness itself: the simplicity and wonder of what is.

BOOKS AND RESOURCES

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

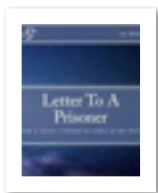
included the internet links for them to access each particular title..

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

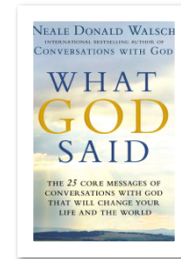
Letter To A Prisoner is a 370 page book produced by an ex-prisoner with the intention to reach any prisoner with a glimpse of Hope, Love, Light and the Peace of God. It has changed the lives, beliefs and behavior of many people either in prison or headed there.

Friends and family can order Letter To A Prisoner directly through Amazon



Joe Wolfe,
Spirit Light Outreach
PO Box 1174
North Riverside, IL 60546

NEW BOOK OFFER



“What God Said”

Do you want to read the 25 most important principles brought to us throughout the CwG Materials? Em Claire has generously donated some of this new book to the Prison Outreach Program. Please take advantage of this wonderful offer and write in to request your copy.

(This book comes in hard cover only, make sure you can receive it in that form or we can cut the covers off if that would be acceptable)

“Happier Than God”

You've heard the phrase “being richer than God”, meaning there is no way we could ever be richer? Well now learn how to be “*Happier than God!*” A wonderful book donated by Neale D Walsch to *Freedom Inside* for our readers.

“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..

“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 this booklet.

STRIKING SPIRITUAL GOAL AT WAKULLA C.I.

by Rev. Jo Williams

Who knew I'd find such an incredible outpouring of wisdom and love in such an unlikely place! At least, unlikely as far as the average un-incarcerated person is concerned. Wakulla C.I. in Crawfordville, FL, has recently become, for me, a stairway to Heaven. Actually, more like an express elevator to my function on earth: to give and receive God's love.

For some reason I can't explain, I've felt drawn for many years to do some sort of prison ministry. I completed the necessary requirements to volunteer in prisons in Florida in 2011, but the chaplain of the facility I wanted to serve rejected my proposed program as "inflammatory." Based on *A Course in Miracles*, I wanted to teach that *everyone*, behind bars or outside of them, has the Kingdom of God within him and the God-given power to take dominion over his life.

Disappointed that my first attempt failed so abruptly, I asked Spirit for guidance on how I might still accomplish my goal. Shortly thereafter, I ran across an organization called Spirit Light Outreach (SLO) on the Internet. The purpose of the organization is to provide spiritual/inspirational materials to prisoners. One of the primary books SLO sends out is *A Course in Miracles*. Having been a student/facilitator of the Course for 20 years, lights and sirens went off for me. This definitely showed Spirit's hand! No doubt in my mind. I immediately called the founder/director, Joe Wolfe and left him a message. Within the hour, Joe—a former inmate himself—called me back. Before I knew it, we were making plans for him to come and speak in my church in Tampa.

After meeting Joe in person two years ago, it became clear to me why I was so driven to reach out to my brothers and sisters behind bars. Joe "made flesh" the gnawing truth inside me: *We are all the same!* Here was this "gangsta" from Chicago suddenly sitting on my back porch like a giant teddy bear—the humility, Love and Light he exuded, unmistakable proof.

I thought about my brother Jimmy, now deceased. One night when he was a little boy, he accidentally knocked over a glass of tea at dinner, and our dad became furious. Dad snatched him up from the table and walloped his behind. It was the first time I recall thinking: "*He didn't mean to be bad. It was an accident, a mistake.*" No one means to be bad. Yet we all fall short of the glory God created us to be. My brother, God bless him, had a lot of "accidents." And no one ever told him that it was okay to make mistakes. So, one of the dearest, most loving beings I ever knew lived his entire life believing he was a screw up.

I recently shared a secret about my own seemingly perfect life for the first time ever, with an inmate in Amarillo. I once shoplifted some articles from a department store. I had the money to buy them, but I didn't. I'm sure there were probably security cameras even way back then. But for some reason, I escaped the fate many shoplifters ultimately endure: time behind bars.

When I shared my secret with this inmate, he could not believe the fine Rev. Jo Williams had done such a thing. Instantly, the bond between us deepened. I was no longer a holier-than-thou untouchable. My cup had a crack in it, just like his. Just like *everyone's*.

When Joe Wolfe e-mailed me his list of *hundreds* of inmates who wanted to correspond with someone about spirituality, specifically about *A Course in Miracles (ACIM)*, I asked Spirit to guide me in selecting the first name. That name turned out to be WH at Wakulla C.I.

I wrote to W immediately, enclosing materials about *ACIM*, and received an immediate and touchingly appreciative response. I sent W a copy of my book, *Miracles: Take the Freeway* and, less than a week later, received a letter brimming with questions about spirituality and the principles of *ACIM*. Hitting it off like a couple of long lost friends, our

correspondence has been animated and regular ever since. As W began to share the amazing, transformative principles of the Course with friends at Wakulla, my P.O. box began to fill with letters. The letters, without exception, have been filled with probing, intelligent questions and comments—and deeply moving gratitude.

Besides W, one of the most intensely "hungry" and wise inmates I've encountered at Wakulla is HDW. Each week now, I receive at least two letters from D, usually written in the quiet hours of the early morning. Once wasting away in the lonely darkness of his cell, D lit up like the Big Apple Christmas tree. From my perspective, he literally soared from a man withdrawn in hopeless resignation to a role model and a leader. He got a job in one of the canteens there and uses his position there to learn the fine art of forgiveness and to dispense God's Love and Light.

I started my letter-writing ministry thinking I would bring a little Light and sense of worth and hope into the darkness of a few steel and concrete cages designed to separate the holy Son of God from his brothers and sisters. Yet it was I who was the recipient of an outpouring of Love and Light unlike any I have before encountered.

What I have learned from my brothers at Wakulla is that the Christ Light in us cannot *be* extinguished. It may dim, but it instantly resurrects and flourishes where two join their hearts and minds in the giving and receiving of God's Love. What I learned is that, as *ACIM* tells us, we are not bodies but eternal spirits, perfect and whole. Through letter writing, I learned that bodies are not needed or required to join, to heal, and to share the love and abundance that is our joint heritage—the Kingdom of God within us all.

To all my friends at Wakulla C.I.—and to Joe Wolfe, I thank you from the bottom of my heart for all you have given me and all you have taught me.

Quotable Quotes

What you are you do not see, what you see is your shadow.

~ Rabindranath Tagore

I am not this hair, I am not this skin,
I am the soul that lives within.

~ Rumi

FROM THE INSIDE

A PERSONAL MANTRA

by IO
Colorado

I do not have the capacity to go further, without your help, Lord. I now leave it up to you. I, we will leap into the fathomless darkness, secure in the faith that you will NEVER let us fall but will carry us safely in your arms to the other side.

Today I AM THANKFUL; for I now know that I am not alone. Not only have you always been with me, you will always be with me. We are one, one in mind, body, heart, soul, and purpose.

Today I AM FOR-GIVING; for I now know I have no right to consume happiness or love without first producing it. However, I do not produce happiness or love so I may consume it but solely so there is more for others to consume.

Today, I AM HUMBLE: for I now know that I am the best I am. Though I am not my best for my own personal sake, but because any offering less than my best is taking away from the world and those I love. I AM FOR-GIVING; never for-getting.

Today, I AM PATIENT; for I now know that I live in the eternal moment of now. Now being all that was, all that is, and all that will be. I know that I am who I am to be, where I am to be and doing what I am to do, now. Even if it takes moments to recognize now as now, no longer do I have to wait, for I already am.

Today I AM COMPLETE; for I now know the circle of my life.
Surrendering begets

THANKFULNESS; THANKFULNESS begets graciousness and gratefulness which allows me to be FOR-GIVING: graciousness and gratefulness begets HUMILITY; HUMILITY begets PATIENCE which allows me to surrender.

I ask that I may continue to remain conscious of and live within my circle so I may continue to be, give, and offer my best in hopes I pave a path that leads or inspires others to be, give, and offer their best.

I CHOOSE TO BE WHO I AM TODAY. May who I am TODAY receive God's Blessing!

FROM THE INSIDE

PASSAGES TO PEAKS

by LD
Florida

Today I danced through the halls I once paced anxiously. Cautiously. This time I stopped at a door. A door I'd passed many times before. I stood stiffly with my ear gently pressed against it. On my side, the silence was deafening. On the other side of the door I heard music. Faint. Sweet A beautiful melody with lyrics I couldn't quite understand. What I would imagine life being loved must sound like. Why this door? Why today?

I used to tread carefully around the soft golden glow that spilled out warmly across the dark, creak, wooden floor from beneath the door. I wrestled with my conscience over whether I should open the door or not. To embrace what I did not know. To be free of what I did. It was at that door that I realized the walls built around the heart only serve to contain fear and keep love at bay.

The truths I felt were swept away in emotional whirlwinds lie just on the

other side of the door. Heart beating quickly, I turned the knob. Across the threshold was a place of pure bliss. A place where the forfeiture of glitter and gold amounts to something so alive in us, the bluest of skies pale in comparison. Before then, I existed grasping at the euphoric flashes of memories I'd labeled happy. The image of the gifts that lie behind that door was burned deeply into my mind's eye, leaving my soul light enough to ride the echo of an angel's laughter as it soars through the heavens.

Quotable Quotes

*Thousands of candles can be lighted from a single candle,
and the life of the candle will not be shortened.
Happiness never decreases by being shared.*
- Buddha

*There are two ways of spreading light:
to be the candle or the mirror that reflects it.*
-Edith Wharton

HEALING, HAWAIIAN STYLE
excerpts from *Zero Limits* (2007)
by Joe Natale and Ihaleakala Hew Len, PhD

[...]

“Have you ever heard of the therapist who healed people without ever seeing them?”

The question stopped me. I had heard of psychic healers and remoter or distance healers, but [this] seemed to be suggesting something different.

“He’s a psychologist who healed an entire mental hospital full of the criminally insane, but he never saw a single patient.”

“What did he do?”

“He used a Hawaiian healing system called ho’oponopono.”

[...]

“Ho’oponopono is a process of letting go of toxic energies within you to allow the impact of Divine thoughts, words, deeds, and actions.”

[...]

“Simply put, Ho’oponopono means, ‘to make right,’ or ‘to rectify an error.’ According to the ancient Hawaiians, error arises from thoughts that are tainted by painful memories from the past. Ho’oponopono offers a way to release the energy of these painful thoughts, or errors, which cause imbalance and disease.”

[...]

There is an updated form of ho’oponopono called Self I-Dentity through Ho’oponopono (SITH).

[...]

Dr Hew Len describes ho’oponopono’s way of life as follows. He says,

“I operate my life and my relationships according to the following insights:

1. *The physical universe is an actualization of my thoughts.*
2. *If my thoughts are cancerous, they create a cancerous physical reality.*
3. *If my thoughts are perfect, they create a physical reality brimming with LOVE.*
4. *I am 100 percent responsible for creating my physical universe the way it is.*
5. *I am 100 percent responsible for correcting the cancerous thoughts that create a diseased reality.*
6. *There is no such thing as out there. Everything exists as thoughts in my mind.”*

[...]

“Self I-Dentity through Ho’oponopono sees each problem not as an ordeal, but as an opportunity. Problems are just replayed memories of the past showing up to give us one more chance to see with the eyes of LOVE and to act from inspiration.”

Dr Hew Len explained that total responsibility for your life means that *everything* in your life—simply because *it is in your life*—is your responsibility. In a literal sense, the entire world is your creation.

Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what *everyone* in my life says or does is quite another.

Yet the truth is this: If you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience *is* your responsibility because *it is in your life*.

That means the terrorists, the president, the economy—anything you experience and don’t like --is up for you to heal. They don’t exist, in a manner of speaking, except as projections from inside you.

The problem isn’t with them’ it’s with you.

And to change them, you have to change yourself.

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than responsibility. But as I spoke with Dr. Hew Len, I began to realize that healing for him and in ho’oponopono means loving yourself. If you want to improve your life, you have to heal your life. If you want to cure anyone—even a mentally ill criminal—you do it by healing yourself.

I asked Dr. Hew Len how he went about healing himself. What was he doing, exactly, when he looked at those patients’ files?

“I just kept saying ‘I’m sorry’ and ‘I love you’ over and over again,” he explained.

That’s it?

That’s it.

It turns out loving yourself is the greatest way to improve yourself. And as you improve yourself, you improve your world.

As Dr Hew Len worked at the hospital, whatever came up in him, he turned over to Divinity and asked that it be released. He always trusted. It

always worked. Dr. Hew Len would ask himself, “What is going on in me that I have caused this problem, and how can I rectify this problem in me?”

Apparently this method of healing from the inside out is what is called Self I-Dentity Ho’oponopono. There appears to be an older version of ho’oponopono that was heavily influenced by missionaries in Hawaii. It involved a facilitator who helped people heal problems by talking them out. When they could cut the cord of a problem, the problem vanished. But Self I-Dentity Ho’oponopono didn’t need a facilitator. It’s all done inside yourself. I was curious and knew I would understand this better in time.

Dr Hew Len has no materials on his process yet. I offered to help him write a book, but he didn’t seem interested. There is an old video available, which I ordered. he also said to read *The User Illusion* by Tor Norretranders. Since I’m a bookaholic, I instantly jumped online and ordered it from Amazon. When it arrived, I devoured it.

The book argues that our conscious minds don’t have a clue what is happening. Norretranders writes, “The fact is that every single second, millions of bits of information flood in through our senses. But our consciousness processes only perhaps forty bits a second—at most. Millions and millions of bits are condensed to a conscious experience that contains practically no information at all.”

As I understood Dr. Hew Len to say, since we don’t have any true awareness of what is happening in any given moment, all we can do is to turn it all over and trust. It’s all about 100 percent responsibility for everything in your life: everything. He says his work is about cleaning himself. That’s it. As he cleans himself, the world gets clean, because he is the world. All outside of him is projection and illusion.

While some of this sounded Jungian, in the sense that the outer that you see is the shadow side of your own life, what Dr. Hew Len seemed to be describing was beyond all of that. He seemed to be acknowledging that everything is a mirror of yourself, but he also was saying that it is your responsibility to fix everything you experience, and from the inside of yourself by connecting to the

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WISDOM OF THE MASTERS

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have lived in many bodies and in many times. So ask your present self why it is so fearful. Why are you afraid to take reasonable risks? Are you afraid of your reputation, afraid of what others think? These fears are conditioned from childhood or before.

“Ask yourself these questions: What’s to lose? What is the worst that can happen? Am I content to live the rest of my life this way? Against a background of death, is this so risky?”

“In your growth, do not be afraid of evoking anger in other people. Anger is only a manifestation of their insecurity. But fearing this anger can hold you back. Anger would be merely stupid if it didn’t create so much grief. Dissolve your own anger in love and forgiveness.

“Do not let depression or anxiety hold you back in your growth. Depression is losing perspective, forgetting, and taking things for granted. Sharpen your focus. Reset your values. *Remember* what should not be taken for granted. Shift your perspective, and remember what is important and what is less important. Get out of the rut. Remember to hope.

“Anxiety is being lost in the ego. It is losing one’s boundaries. There is a dimly remembered loss of love, a wounding of pride, a loss of patience and peace. Remember, you are never alone.

“Never lose the courage to take risks. you are immortal. you can never be hurt.”

Sometimes the messages are much less psychological and seem to be from an older, more didactic source. The style is quite different. It is almost as if I am taking dictation.

“There are many types of karma, debts to be balanced. Individual karma pertains to the entity’s own obligations, those unique to him. But there is also group karma, the collective debts of his group, and there are many groups: religions, races, nationalities, and so on. At a larger level, there is a planetary karma which will in time affect the planet’s destiny and outcome. In group karma not only are individual debts accumulated and worked through, but the outcome is eventually applied to the group, country, or planet. The application of such group karma determines the future of the group or country. But it also applies to the reincarnating individual, both within the group or country, or simultaneously and intersecting but not within, or at a later point in time.

“Action becomes right action when it becomes action along the Way, along the Path toward God. All other paths are eventually blind alleys or illusions, and action along those paths is not right action. Thus right action promotes the individual’s spirituality and his return. Action that fosters justice and mercy and love and wisdom and the attributes we call godly or spiritual is inevitably right action. The fruit of right action is the desired goal. The fruits of actions along the other paths are transient, illusory, and false. These fruits entrap and

deceive, but they are not what we really desire. The fruits of right action encompass all our goals and wishes and all that we need or desire.

“Fame is an example. He that seeks fame as an end in itself may not gratify. If, however, fame comes to one unbidden, as a result of right action, action along the Path, that fame will endure and will be proper. But to the person on the Path, it will not matter. This is the difference between fame sought selfishly, for the individual, and fame unsought and not desire, a by-product of right action. The first is illusion and is impermanent. The second is real and permanent, adhering to the soul. The first accrues karma and must be balanced; the second does not.”

Then, as if his/her turn came again, more from the psychological source and the rapid-fire impressions.

“The goal is not to win but to open up.”

“God forgives, but you also have to be forgiven by people...and you have to forgive them. Forgiveness is also your responsibility. You must forgive and be forgiven. Psychoanalysis does not repair the damage. You still have to go beyond understanding and make *changes*, improve the world, repair relationships, forgive others, and accept their forgiveness. Being active in seeking virtue is of the utmost importance. Lip service is not enough. Intellectual understanding without applying the remedy is not enough. Expressing your love is.”

THE GUEST HOUSE

by Rumi

13th Century

What might it feel like to consider welcoming what *is* into your life?

It’s certainly not a new idea. Nor does it belong only to the realm of the psychological. For instance, the poet Rumi was already onto it in the 13th century. Here’s what he said in his poem, “The Guest House”:

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.*

*Welcome and entertain them all!
Even if they’re a crowd of sorrows,
Who violently sweep your house
Empty of its furniture,
Still, treat each guest honorably.
[They] may be clearing you out
For some new delight.*

*The dark thought, the shame, the malice,
Meet them at the door laughing,
And invite them in.*

*Be grateful for whoever comes,
Because each has been sent
As a guide from beyond.*

THE POETRY CORNER

GOD WHISPERS

*(From an email sent to me by a wonderful friend.
Thank you, Bill, for sharing)*

The man whispered, “*God speak to me*”
And a Meadowlark sang.
But, the man did not hear.

So the man yelled,
“*God, speak to me*”
And the thunder rolled across the sky.
But, the man did not listen.

The man looked around and said,
“*God let me see you.*”
And the sun shined brightly.
But, the man did not see.

And, the man shouted,
“*God show me a miracle.*”
And, a life was born.
But, the man did not notice.

So, the man cried out in despair,
“*Touch me God, and let me know you are here.*”
Whereupon, God reached down and touched the man.
But the man brushed the butterfly away and walked on.

HEAVEN

by ABE
South Carolina

Heaven is to live in the full, conscious awareness
of your oneness with GOD and LIFE.
Whether in or out of the body, this Consciousness
Remains Constant!

This is the awareness of pure Love, Bliss and Ecstasy,
Lovely Living LIGHT!
It's our true Home, where we all belong together.
AS ONE

When I let go of ego, and open my awareness enough,
to my amazement
I discover I am already there; I had never left!

As ONE has spoken
“For you grow to heaven. You do not go to heaven.”

For this we meditate
to expand our awareness
of Awareness.

Heaven
You are already there.
Open your Heart and SEE
OM!

HOOP STAR

by David “Triney” Bartholomew Sr.
Maryland

Sure. I was a Hoop-Star. Hoop wasn't me, I was Hoop.

I became lost without the game
I abused God's gift to me, and my career went wrong.
I became weak when I should have been strong, partying, hustling and big-timing.
I spent time in places I will never forget, but deep in my heart, I have a few regrets.

Looking at my past, I can see clearly what my mother and others feared for me.
Now I sit in prison, and wish I had listened and cared.

Now I know it was something unseen that I feared.
My pride and ego got the best of me.
My pain and losses have humbled me.
I have settled my past and know there will be mountains ahead!

But I refuse to empty tomorrow with sorrow.
For I must deal with today, instead with renewed strength

My failures are a blessing for many have played the game and are no longer here.
My trials and my triumph.

For I now know that God's ability superceded any impossibilities
And this allows me to clearly see that hoop was just a small part of God's plan for me.

HEALING, HAWAIIAN STYLE

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Divine. For him, the only way to fix the outer anything is by saying “I love you” to the Divine, which could be described as God, life, the Universe, and any number of terms for that collective higher power.

[...]

(Dr. Hew Len said,) “What we humans are unaware of in our moment-to-moment existence is a constant, incessant state of displacement from our Self I-Dentity and from Freedom, Inspiration, and above all else the Divine Creator itself. Simply put, we are displaced people wandering aimlessly in the desert of our minds. We are unable to heed the precept of Jesus Christ, ‘Resist not,’ We are not aware of another precept, ‘Peace begins with me.’

“Resistance keeps us in a constant state of anxiety and spiritual, mental, physical, financial, and material impoverishment,” he added. “Unlike Shakespeare, we are unaware that we are in a constant state of resistance instead of flow. For each bit of consciousness we experience at least one million bits unconsciously. And the one bit is useless for our salvation.”

[...]

“What we individually hold, memories or inspirations, have an immediate and absolute impact on everything from humanity to the mineral, vegetable, and animal kingdoms,” he said, “When a memory is converted to zero by Divinity in one subconscious mind, it is converted to zero in all subconscious minds--in *all* of them!”

He paused before continuing: “So what happens in your soul moment to moment, happens in all souls at the same moment. how wonderful to realize this. More wonderful, however, is appreciating that you can appeal to the Divine Creator to cancel these memories in your subconscious mind to zero and to replace them in your soul and the soul of all with Divinity’s thoughts, words, deeds, and actions.”

[...]

The Subconscious Mind and Conscious Mind, comprising the Soul, do not generate their own ideas, thoughts, feelings and actions. As noted before, they experience vicariously, through memories replaying and Inspirations.

*“But men may construe things
after their fashion
Clean from the purpose
of the things themselves.”
William Shakespeare*

It is essential to realize that the Soul does not generate experiences of its own, that it sees as memories see, feels as memories feel, behaves as memories behave, and decides as memories decide. Or, rarely, it sees, feels, behaves, and decides as Inspiration see, feels, behaves, and decides!

It is crucial in problem solving to realize that the body and the world are not the problems in and of themselves but the effects, the consequences, of memories playing in the Subconscious Mind! Who’s in charge?

[...]

From Dr Hew Len, “When I worked at the mental hospital and would look at patients’ charts,’ he told us, “I would feel pain inside me. This was a shared memory. It was a program that caused the patients to act the way they did. They had no control. They were caught up in the program. As I felt the program, I cleaned.”

[...]

Here is the method of cleaning Dr. Hew Len used the most, and still used, and the one I use today:

There are simply four statements that you say over and over, nonstop, addressing them to the Divine.

“I love you.”
“I’m sorry.”
“Please forgive me.”
“Thank you.”

[...]

To do ho’oponopono, you don’t have to know what the problem or error is. All you have to do is notice any problem you are experiencing physically, mentally, emotionally, whatever. Once you notice, your responsibility is to immediately begin to *clean*, to say, ‘I’m sorry. Please forgive me.’

Dreams are real as long as they last. Can we say more of life?

– HENRY HAVELOCK ELLIS

When we wake up from a dream into waking consciousness, we do not pass from unreality to reality; we pass from a lower level of reality to a higher level. And, the mystics of all religions say, there is a higher level still, compared with which this waking life of ours is as insubstantial as a dream.

Yet until we do wake up, nothing sounds more absurd than the assertion that we are dreaming, and nothing seems more solid than this world of the senses. Why should this be so? If original goodness is our real nature, why are we unable to see it? The answer is simple: because we see life not as it is but as we are. We see “through a glass darkly,” through the distorting lenses of the mind – all the layers of feeling, habit, instinct, and memory that cover the pure core of goodness deep within.



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Janine