

The Newsletter

The Law Of One Prisoner Newsletter: a publication for incarcerated seekers to read about and participate in a discussion about spiritual issues.

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Greetings to all spiritual seekers,
I am happy to present to you the last LOOP Newsletter of this year. This newsletter completes two full years of issues.

Bill Ackerman is taking a hiatus from this issue of the LOOP, however it is not without his input. Upon his suggestion, I have included the question "How did you first hear about The Law of One material"? It is a question I am asked by my correspondences, and I think the stories of others would be of interest to many of you, also.

This issue also includes continuations of two serials: the first by Vinoba Bhava (a student of Gandhi), the second called "If you feel you are a wanderer" (channeled material about being a spiritual seeker).

The LOOP Newsletter is also blessed with four submissions this issue. Larry and Felix both talk about how they first discovered The Law of One books. Michael Hoyt gives us a poem first printed in *Liberation Newsletter*. And Dennis Kearns sent me his article, "Helping."

In conclusion, I have included a corrections segment in the back. I have never failed to make a mistake in an issue of The LOOP Newsletter. May this issue be an exception.

In Light and Love,

Lorena Lucille, Editor ∞

Any subscriber may submit material to The LOOP Newsletter for publication. If you would like to submit articles, comment on articles, answer open questions, or submit your own queries for reader participation, please write to The LOOP Newsletter, C/O L/L Research, PO Box 5195, Louisville KY 40255-0195

FREQUENTLY ASKED QUESTIONS

I write about 30-40 different people in between issues of the LOOP Newsletter. Many of them ask me similar questions. I guessed many of you may have the same questions in mind, so I am answering a few of them here.

What does the “L/L” stand for in “L/L Research”? Does it stand for Lorena Lucille?

One of the “L”s stands for “Love,” the other “L” stands for “Light.” In the channeled material produced by L/L Research, the sources for The Confederation of Planets in Service to the One Infinite Creator use reciprocal terms frequently (e.g. time/space and space/time, teacher/student and student/teacher, etc.). Therefore L/L means either Light/Love or Love/Light.

I was born many years after L/L Research was established. My birth name was Lorena Lucille Perrigo. I dropped my sir name (along with my mother “because we are not sirs” she said) when I was 18. I got a driver’s license and social security card and legally became Lorena Lucille. It is not a made-up pen name I use to write to incarcerated seekers.

How many people subscribe to the LOOP Newsletter?

The LOOP Newsletter has 30 regular subscribers. Each quarter I send out about 10-15 extra copies of the LOOP as sample copies.

From what prisons are the people who write you?

Since April of 2007, I have received letters from over 65 people in 33 prison/jails.

They are from all over the United States, most commonly California, Texas, and Florida. The rest are scattered through Connecticut, Kentucky, Ohio, Idaho, Virginia, Pennsylvania, Arizona, Colorado, Minnesota, and Indiana. Prisons with the most correspondences are Soledad, CA with 5, San Luis Obispo, CA with 12, and Boise, ID with 7.

Have you found anybody to volunteer for the LOOP Newsletter?

No. I have had a few people offer to help, but they are still incarcerated. I need to

have someone on the outside who can write to those in prison and has access to a computer. Upon release, anybody is welcome to write me if he/she would like to help L/L Research with our community in prison.

Why does L/L Research only send books one at a time?

L/L Research has in the past sent multiple books at one time. However, books do not always get to where they are supposed to go. Sometimes the address changes unexpectedly, the book gets stuck in the prison mailroom, the book is not permitted through, or any number of other things. In short, books get lost. So, L/L Research decided to send books one at a time to those requesting free copies. All of our books are offered free of charge to those in prisons/jails, and L/L Research will send as many books as are requested one after the other.

Can I get any book from L/L Research? What publications do you have?

L/L Research can send any book we publish or have published for us. Currently we have 14 books for sale or free of charge to those in prison.

They are *Light/Lines - The First Twenty-Five Years*, *The Alphabet Mosaics*, *Living the Law of One-101: The Choice*, *A Book of Days*, *A Channeling Handbook*, *A Wanderer’s Handbook (The Abridged Version)*, *Secrets of the UFO*, *The Crucifixion of Esmerelda Sweetwater (novel)*, *The Law Of One* (formerly *The Ra Material*): Books I to V, *The Law Of One* (Chinese translation) **一的律法**, and *What is Love (coloring book)*

Anybody may request a book list with detailed descriptions by writing L/L Research at the address on the first page.

Other publications offered by L/L Research are The LOOP Newsletter and the Light/Lines newsletter.

Is Carla Rueckert the only channel for L/L Research?

No. Carla was not the first channel in the original group started by Don Elkins in the 1960s and she is not the only channel for L/L

Research. However, she is the most long-standing channel. She started channeling in 1974 and started teaching others sometime thereafter. In 1984 Carla wrote the Channeling Handbook. Currently she has an active student base of about a dozen people. Her husband, Jim McCarty, has channeled for many years as well.

When I get out of prison can I come see you?

Anybody is always welcome to come to our many gatherings, seminars, or public meetings. We are located in the suburbs of Louisville, KY. I encourage anybody wishing to make a trip to L/L Research to write or email us upon release asking about dates for future events.

Why does it take so long for you to write back? Why is the postmark on the envelope so many days after the date on your letter?

L/L Research is primarily volunteer run. We have one person to run the office (one of only two paid employees), one person each to run our two websites, one person to do bookkeeping once a week, one person each to put together our two newsletters, and one person to answer mail from those writing from prison.

The procedure I go through when answering letters is as follows: Gary (our office administrator) goes to the P.O Box to get mail. He sorts through it for mail from those in prison, which he puts aside for me to work on at home (I do not work in the office—I'm a stay-at-home mom). I receive the letters sometime in the week and type out each one on the computer for record-keeping. After a batch of letters are typed, I respond to them one at a time. Then I print them all off together, put them in envelopes, and put a post-it note on the envelope of those who have asked for books, back newsletters, or something I need our admin. to do for that correspondence. I then give that batch back to L/L Research where the book orders, etc. are filled. It is then that all the letters are dropped in the mailbox to be sent back to those in prison.

I receive on average 5 or 6 letters a week. Often letters are not picked-up, delivered, or responded to in a timely fashion due to L/L Research events or family obligations. A response may take 2 weeks, but it also may take 3 months. All letters are answered, and they are all answered in the order received.

Do not let this discourage anyone from writing. I love being the pen-pal of so many wonderful people. It is a joy to read each letter.

Can I have a picture of you so I know who I'm writing to? Tell me something about yourself.



Carla is on the left, I am on the right. I am a 29-year-old wife and stay-at-home mom for a 2-year-old. I was born in the Black Hills of South Dakota and graduated with a B.A. in English/Women's Literature in 2002. I practice Christian Buddhism and meditate daily. I learned about the Law of One six years ago and after a period of warming up to the strange concept of receiving telepathic messages of Love from 'aliens,' I began resonating with the material. I have been a volunteer for L/L Research for 2½ years. I am also a student of channeling under Carla's teaching.

I hope this portion of the newsletter addresses the curiosity of many LOOP readers. Enjoy this issue of The LOOP Newsletter.

Love/Light, Light/Love, Lorena ∞

If You Feel You Are A Wanderer (part 3 of 4)

from the L/L Research website

YOU ARE NOT ALONE

November 3, 2002

“There is a tremendous amount of power within the simple knowing that you are not alone, neither in your suffering nor in your confusion, but rather each of you is the center of concern, care, love and protection of several of those beings who dwell within your inner planes. Each entity who moves through the gates of incarnation into third-density existence has three of these presences. They may be characterized in different ways. This instrument was trained to characterize them as male, female and unified or androgynous. However, in addition to these entities which this instrument has a tendency to call “angelic,” there may be added to your panel of support any number of those who are attracted by your energy, your hopes, your ideals, and faith or the lovely light and color of your appreciation of beauty or your devotion to service. These entities cannot help directly with the choosing of the first level of catalyst [those troubling things that spur our spiritual growth]. These entities cannot make decisions for you concerning the setting of limits, the choosing of options, the selection of the various details of surface catalyst. However, if remembered and included, these presences are able to energize the forces around you to vibrate with information that will aid you as you seek to make the choices that the catalyst has brought out. These underlying shapes are shapes made by those who move in the ways of learning to love and to be loved.

“When you are asking for the help of angels and guides, it is well to begin with thanksgiving, with praise and with confidence in yourself, in those who are helping you, and in the perfection of that which is quite apparently imperfect.”

June 21, 2002

“Each of you came here determined to make a difference. Each of you has those tools and resources that are needed. It is a matter of stepping forth in peace, in confidence, and in the sense that each is not alone.

“And here we would encourage each more and more consciously to realize the strength of linking up with one’s spiritual family. It is as the anchor that truly does help those who are not particularly used to the exigencies [demands or rigors] of third density to feel more and more comfortable within the realms of your planetary sphere and the incarnation you are experiencing at this time. We are aware that each within this circle has serious difficulties in enjoying all aspects of planet Earth. There are memories, shall we say, of better times, of happier vibrations to rest in, and yet, once one begins to link in a comfortable and subconscious way with one’s spiritual family, one is able to recover a good bit of this sense of comfort, knowing that one truly is not alone on the level of intention and desire and group service. For this is a mission that can be done not by one but by a group. The one known as Jesus pointed out that, if an entity has perfect faith, it can move mountains, and that entity known to this group as Ra pointed out that, while it takes a pure entity to move a mountain, if a group attempts to move a mountain, each within the group may have an acceptable amount of distortion [i.e. fear, ignorance, misunderstandings, etc.], and the mountain will still move. That is the power of the very deeply felt linking into one’s spiritual family. We leave this phrase very loose, because you have a very large family. And it is not simply one group that has come into this Earth to serve but, rather, you are experiencing a very complicated, interrelated bunch of groups from fourth density [level of spiritual evolution], from fifth density and from sixth density, from the inner planes and from other planets that all have been attracted to the Earth sphere at this time because of the stunning clarity of its passage at this time from one heaven and Earth to the next.”

May 20, 2001

“What we have to share, more than anything else, is an awareness of and a

certainty in love itself and the power and rightness of that love—that is your very being and is our very being. We encourage each to be lifted up by whatever light comes into the heart to comfort it, that it reach hands willingly up to the angels that hope to help. We ask each to know that you are not alone and that there is comfort for the asking, for prayers are answered, and when help is requested, presences are with you that love you and wish to safeguard you in every way. The Creator is not far off. The Creator is very, very near. This is good to remember.”

Submissions

HELPING

by: Dennis Kearns

Many people who are in prison wonder, why me? I use to be one myself. After spending a long time in my own company without many worldly distractions, I came to learn our purpose in life is to forgive ourselves, love others, and help those we can. By doing this, we do it as doing it to God.

On the outside of prison we may have had lots of times we could have helped someone but looked pass them because of our busy life. We were thinking of “me” not others. Could it be we planned coming to prison before we were born to be able to help others? Where else can you find so many people that need a friendly greeting, someone to listen to them, someone to bring a smile to their face?

Being in prison may seem like a defeat, but it can be turned into a victory. We are all one in the Lord. Helping another is helping yourself in a different experience. First termers don't know what to expect in prison. They need someone to help them. People lose loved ones in divorce or death while in prison. People are full of anger. They come from all different back grounds. In spirit, there are no different races. An entity can change race by changing the body it chooses to take to learn the lesson(s) it needs to learn. The person you are in one life you may love in another. We are all on the path seeking God. It make little difference where we are on the road compared to the next

September 23, 2001

“You are not alone, my friends. There is a great company of the heavenly host which moves at this time to send its light where it is most needed according to the difficulties that various portions of your planet now experience. As your meditation groups meet and send their light, it is joined by the light of many, many others and moves into those areas at this time that are in difficulty.” ∞

fellow. If we can help one who has fallen, it is our duty to do so.

If we can stop feeling sorry for ourselves being in prison, and start looking at those who need help, in helping another it bring us joy that can not be purchased at the canteen. If this writing helps just one person it has done its work. But as one person is helped, they will help others. Sooner or later could not everyone be helped? Will you plant that first seed? Will you be the example others can draw upon to change themselves for the better? Everyday we have another chance. Never before have we been in a position to help so many in need. It is the spirit/soul that needs your help. The body will take care of itself. A few moments of your time could mean the difference between a broken heart or a glad heart. A new day is coming. That day can never be repeated. How will you spend it?

Dennis Kearns welcomes all reader feedback. You may write him directly at H80191

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or

Dennis Kearns

c/o LOOP Newsletter

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Now

by Michael Hoyt, August 18, 2007

This poem was submitted to The LOOP Newsletter by Michael Hoyt for reprint. It was first printed by the Liberation Prison Project in their periodical, *Liberation Newsletter*, P.O. Box 31527, San Francisco, CA 94131-0527.

From their website: "Liberation Prison Project offers spiritual advice and teachings, as well as books and materials, to people in prison interested in exploring, studying and practicing Buddhism."

It took your mind to formulate this time
And it took that time to formulate this rhyme
But, that line's in the past, it's now behind.
Just look to the now and see what you find.
If you want to find God, just look around and see;
It's inside all that can be found by thee.
God's not a he or she, or any other entity,
It's the force and energy that connects you to me.
We all come from one, just different branches of the tree
And to rejoin that source is our destiny.
Your pain is a lock and presence of mind is the key
And being here now sets you free from the insanity.
Be receptive to the vibrance, radiance, and purity
Of the ancient and primal, sacred divinity.
You don't have to be a shaman or a maharishi,
An oracle or mystic, just a being trying to be free.

Listen up and hear it best; see your true reflection,
Go on a spirit quest to find the lost connection.
Breakaway and disembark towards the light of inception,
Because there's nothing to be found in the dark's deception.
Transcend the physical and emotional lies of your perception
Like a phoenix from the ashes into a psychic resurrection.
Just a little tranquility combined with concentration
Stops the damnation of your ego's hallucination.
Blessed is the monk who finds pure illumination
Through the power and insight of enlightened meditation.
Not to be mistaken with intellectual contemplation,
Thought only inhibits metaphysical transfiguration.
The secret of time is that it's just a simulation.
Infinite eternity, now that's a revelation!
Forget the past, forget the future, now is your destination:
The only place you can rejoin your soul to the cradle of Creation. ∞

FELLOW ROVERS, BOUNDLESSLY FREE IN SPIRIT—

I greet you in the Love & Light of the
Infinite ONE.

This being my first posting in the *LOOP
Newsletter*, I choose to post under a pseudonym
(pen-name), and mainly for two reasons: least

of all, because it's always been common in the
penitentiary for a convict to go by a nickname;
and secondly, because I've always felt (and
said) that *what's really important is the
message*, and not the messenger. Can ya' dig?

Hopefully then, you'll find in my ramblings, some tid bit that resonates in harmony with your own personal experiences & knowings, my brothers and sisters in bonds.

I'll begin first by saying what a stark epiphany (mind-blowing eye-opener) have been the insights I've been privileged to be enlightened to in just these past six months or so since I was first exposed to *The Ra Material*.

But perhaps I should backtrack a bit first...

I initially came into possession of the first book in the series seemingly by means of, what some would call, 'serendipity' (freak occurrence or sheer dumb luck—hmpf! yeah, righhht!!)

You see, there was this Wiccan dude that I knew (a little) who had just a few too many books—including numerous esoteric tomes ('spooky stuff')—in his property when he found himself suddenly on the next chain bus out of here.

So, when I got up early the next morning to go to breakfast, there was a stack of books out in the dayroom on one of the tables. And when I had inquired with another inmate about it (the guy's ex-cellmate, it turns out), I was informed that the books had been left in donation to *whomever* would find them of interest. The Ra book is the only one I kept. In this case then, *I was that 'whomever.'*

I've since, read this first book cover-to-cover many times over (meditatively) in order to glean from it all that I can. And when I was going over the material, the *dreamy familiarity of it all* kept pressing insistently on my brain, at the turn of every page, in a déjà vu-sort-of-way that my logical mind couldn't explain away. I had to have the second book!

There in the back was the address, so I wrote to L/L Research in Louisville and asked for a listing of publications, which was sent to me soon by their prisons outreach coordinator, Ms. Lorena Lucille. I didn't even know how I would pay for it, seeing I've not had *any* money on my books now for nearly a year.

Lorena told me though, in her first correspondence, that the books were free to

prisoners who could not yet buy them outright. I promptly ordered the second book, *The Law of One, Book II*, and asked to be placed on the mailing list to receive *The Loop Newsletter* as well.

In the meantime...

I'm reading the first book every day, and for the first time I'm becoming serious about my meditation practice, and starting to feel (as I've related to our sister Lorena), that I'm finally arriving *home* again after being lost at sea for years and years with no functioning moral/ethical compass to show me anything but the (very) *general direction* in which to sail.

Before this, the only fickle contraption I ever had for navigation was a patched-together hodge-podge of various religious/philosophical/occult notions and (pseudo) scientific theories. But as weird as all this seemed, when taken together, I began after many years of searching through the maelstrom (shitstorm?) of chaos on the high seas of my life heretofore, that I was beginning to draw very nigh to safe harbor at long last.

And at this point...

I'd like to add that I feel, above all, an enormous and overwhelming feeling of gratitude to the infinite ONE and His/Her innumerable illustrious & faithful messengers for gently guiding my frail, leaky craft in the right direction, and without once ever forcefully taking the helm from me when I chose so many times to steer into deviant and dangerous waters and hostile harbors of my own—reckless and foolish, but—*free will*. (Does any of this sound at all familiar, my cosmic siblings?)

And a confirmation of having acquired a more direct heading...

Back around mid-May of this year, my only pair of shower shoes chose to irreparably self-destruct ('busted' and 'unfixable'—but stay with me, it's a pretty good story). I just

sighed, and took the attitude, “OK, so that’s that. I’ll *not worry* about it, but just trust that I’ll get another pair soon enough,” and I *didn’t give it another thought*.

An hour later (no lie!)...

A guy walks up to me in the dayroom and asks hesitantly, “Uh...do you wanna buy a pair of shower shoes? They’re almost new, but I’ll let ‘em go for *two* (Ramen noodle) *soups*, if you got it.”

“Whoa, cool, it just so happens I do need a pair! But...um...I, I don’t have two soups right now...Do me a big favor though, and hold on to them till tomorrow evening and I’ll *see what happens*, O.K.?”

“Yeah, sure. No hurry. I’ll do that.”

“Thanks a bunch, really! I’ll get back with you about it tomorrow then,” and I *didn’t give it another thought*—put it out of my mind completely.

The next morning...

A (different) guy knocks on my cell door and says, “Say man, I *really* need a roll of t.p. I’ll give ya *two soups* for it.”

“Huh?! Your kidding, right?”

“What...is that not enough?” he asked, looking somewhat disappointed.

“Uh...ha, ha!...no, no...two soups is plenty. You got a deal, bro!”

I was very surprised, as you might imagine.

So right away...

I took the two soup packs I got in trade for the t.p. and carried them over to the first guy and said, “Hey, look what I got! You still got those shower slides?”

“Sure, hold on,” he replies, and goes into his locker to fetch them. “Here ya go.” He hands them to me for my inspection.

“Wow, you weren’t kidding, they are practically new! Here’s your payment, as agreed,” and we made the exchange.

Here’s the clincher, though...

As I’m walking back to my ‘house’ with my prize, I notice something very strange which stops me in my tracks...

“Hey, hold up! What’s this here on each shoe? Are these your initials, or what?”

“Uh, yeah...so what? Just mark over them and change the letters to your own initials. Pfft!”

“Ha, that’s O.K.,” I smile, quite astounded at this point, “no need, cause your initials are exactly the same as mine!!”

And so...

These shower shoes that I bought from some ‘random’ guy for nothing, and which came with my initials already written on them, are still holding up admirably. And because of how they came to me when I needed them, I call them my *magic shower shoes*! Ha!

Incidentally, I’ve tried tapping the ‘heels’ together three times in hopes my magic slippers would whisk me home...but, no dice! Well, we can’t have everything our way, now can we? [wink]

I have many other such dubiously instructive stories to relate, but I feel I’ve been quite long-winded enough for now, and I beg your patience for my overuse of nautical verbiage—I’m an old squid (sailor), what can I say!?

Many thanks and kudos to all concerned for their groovy uplifting submissions to the Summer issue of the LOOP. I’ve begun the habit of adding them (and the letters I get from Ms. Lucille) to my *inspirational notebook(s)* for daily cogitation (mulling over), especially just prior to a meditational sitting.

Until next time then, brethren, I wish you all Peace and Love from a heart of deepest sincerity. Let your unbridled joy shine forth to every creature, for all things have their origin (and ultimate destination) in The Infinite One. Adonai.

Your devoted servant,
—Felix—

∞

HOW DID YOU FIRST HEAR ABOUT THE LAW OF ONE MATERIAL?

LOOP columnist, Bill Ackerman, suggested many readers would like to know how a person found out about the Ra Material or Law of One philosophy. So I posed this question to Larry. This is his story.

Around six years ago, I noticed that my cellie at the time, Hungarian Johnny, had a copy of *The Ra Material* next to his bunk. Immediately the book's distinctive colors and ancient Egyptian symbols on the cover jumped up at me as so familiar, yet so distant in memory, with a sense of déjà vu to it. I could

not and still cannot place where I had seen this book before, yet there it was! In any event, I asked John if I could thumb through it, and it didn't take long to realize that this was extremely special knowledge being imparted from an equally very special source—Ra. In reflection, I didn't find the Law of One. It found me. —Soledad Larry

What is your story? How did you first come across the Law of One? ∞

Prison Ashrams, from the book *Moved by Love* (Part 3 of 5)
by Vinoba Bahve

A SACRIFICE IN FAITH

During the individual Satyagraha of 1940, I was arrested three times and spent altogether about a year and three quarters in prison. By Bapu's [Gandhi's] orders I had undertaken this Satyagraha in the name of the whole country, so when I got to jail it seemed to me that as the representative of all India, I ought to learn all India's languages. In my own mind, even that was not enough; I aspired to represent the whole world of humanity, and that meant learning world languages also. So I studied a great deal, and very deeply, both during these imprisonments and during that which followed August 1942: about five years in all. I studied for fourteen or fifteen hours a day, and while I was in Nagpur jail I used to listen to the Koran on the radio to get the correct pronunciation of the Arabic.

To go back to the period before the 1942 movement: Gandhiji was thinking that if he should be imprisoned, he would start fasting from the moment he set foot in the jail. Jail-going itself was an old, recognized procedure, but now his mind was churning this new idea: if we refused to recognize British rule and asked the British to "Quit India," we should begin to fast as soon as we entered their jails.

Only one whose heart is filled with love is capable of such a sacrifice. Even if it were possible for an individual, could it ever become a movement? Of course thousands of people join an army, but would they join a fast?

Gandhiji [-ji added to a name is a gesture of reverence] thought that it was possible; he himself, he said, would take the lead. This idea alarmed everyone, and those around him felt that it had to be stopped somehow. There can't be such a thing as chain-fasting, they said. There can be no army of fasters, for such things can't be done to order.

Bapu then called me to Sevagram and put his idea before me. The question was: if a wise man can do a thing in the fullness of his wisdom, could it be done by one of his followers from faith in him? 'Yes,' I replied. 'What the Lord Rama can do in the fullness of his knowledge, Hanuman can do in the fullness of his faith' [Hanuman: the monkey hero of the *Ramayana* who gave himself with complete devotion to the service of Rama]. There the matter ended; there was nothing more to be said and I got up and left.

Then, on the ninth of August, Bapu was arrested, but he did not think it proper to begin to fast immediately because he planned to have some correspondence with the Government on the issue. I did not know about this later development till afterwards.

Pyarelalji had not been arrested, and Bapu told him to send me word not to begin to fast as soon as I entered jail. For Bapu knew that after what I had said to him, that is what I would do, even though he had given no orders but merely asked my opinion. As it was, I had

got from him something much more valuable than an order.

Soon afterwards I too was arrested. As soon as I reached the jail I said to the gaoler: 'You know me well. You know that I have always obeyed the rules meticulously and got others to do the same. But this time it is different. I have already had a meal, so I do not need the midday meal here. But I shall take no food from this evening on, and I don't know for how long. I am not doing this to violate your discipline, but for the sake of an inner discipline of my own.'

So I entered the jail, but two hours later I was summoned to the office. Pyarelalji had sent on Babu's message to Kishorlalbai, who had asked the Deputy Commissioner if the message could be passed on to me. [Shri Kishorlal G. Mashruwala, a scholarly

interpreter of Gandhi's thought, lived in Sevagram Ashram and edited the weekly *Harijan* after Gandhi's death.] The D.C. referred it to the Governor, who allowed it on condition that not a word should be added. When the D.C. told Kishorlalbai that the message would be given, Kishorlalbai pointed out that Vinoba might not accept it as genuine unless one of our own group could deliver it personally. So in the end, Gopalrao Valunjkar came and read Babu's message to me, and I gave up my fast. Nevertheless, I feel I can honestly claim that I would have fasted not a whit less happily than Babu himself, but I would have done it not from knowledge (like Babu) but from faith. I have no doubt at all that an individual can make such a sacrifice, with the fullest reverence and love, in obedience to an order accepted in faith. ∞

NO MISTAKES

Ra, 1981: "I am Ra. There are no mistakes under the Law of One."

Latwii, 1984: "Know that whatever experience we encounter, be it confusion, lack of attentiveness, forgetting of words, difficulty in communication, or distorted perceptions, that there are no mistakes which are possible for you to make, for each experience contains the heart of the Creation and of the Creator. And each experience, therefore, has all you seek available for your seeking."

Q'uo, 1996: "It matters not whether you follow your head or your heart; there are no mistakes."

Laitos, 2008: "As we say, there are no mistakes. All experiences are used as lessons, and even unexpected lessons are wonderful chances for us, as part of the Creation, to learn and through learning to become better at our service."

I have read it channeled many times through different instruments from different sources, and yet, I have made many "mistakes." I list a few of many here.

1) The first three LOOP Newsletter issues show the wrong zip code for writing to the LOOP.

2) In many LOOPS, I have written "wonderer" instead of "wanderer;" including the title to Bill Ackerman's recurring article, "Wandering Thoughts."

3) In Vol. 1, Is. 4, the article, "Lifting of the (E)veil" by "I AM" Willy, I typed "consciousness beings of Love, Light, and Life." It should read, "As **conscious** beings of Love, Light, and Life we find ourselves in a world of duality, a world of opposites: good/bad, right/wrong."

4) In Vol. 2, Is. 1, I misspelled Francisco Solis' name in the credit to his dolphin drawing.

5) Vol. 2, Is. 2, I made two errors in Kingsley Kenton Williams' poem "Relative Relief."

Because these errors affected the message of the poem, it is reprinted here.

RELATIVE RELIEF

By Kingsley Kenton Williams

In times of uncertainty
Or just plain ignorance
Thoughts of worse case scenarios
Take hold and then shape
And are played out vicariously
Time and time and time again.
But thanks to the powers that be.
For such experiences have shown
What actually occur
Is rarely ever as bad. ∞