

The Newsletter

The Law Of One Prisoner Newsletter: a publication for incarcerated seekers to read about and participate in a discussion about the Law of One and other spiritual issues.
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www.llresearch.org
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My friends!

I am pleased to present another issue of *The LOOP Newsletter*. It is only through the combined efforts of many people across many states and countries that this newsletter is possible. It is blessed to have the contribution by those in prison as well as those outside. At the end of this issue, I give thanks to some of these people, who are not normally credited.

I am also pleased to facilitate a donation by author Robert Schwartz, who has kindly donated 30 issues of his book *Courageous Souls*. More about this donation can be found on page four of this issue.

And, the experiment continues! We close chapter two and open a new picture for chapter three. So far, I have not had an accurate hit on the image hanging over my printer, but if you would like to give your mental powers a good workout, please participate in the experiment found on page three of this issue.

As always, I welcome all comments and suggestions for *The LOOP Newsletter* and urge everyone to contribute questions for discussion to our LOOP community of fellow spiritual seekers in prison. I am blessed to have so many illuminating minds to write, that I'm sure anyone with a spiritual question to ponder will have a welcome audience of readers eager to participate.

Love and Light to all!

Lorena Lucille, Editor

Wandering Thoughts

by Bill Ackerman

BREAK THE SPELL

Spirituality is not behavior. There is nothing more hypocritical than behavior. Spirituality is being authentic, whoever you are, and finding that power within you, using whatever story, or thought, or inspiration may move you deeper and deeper and with more respect into that portion of you which contains infinite treasure, as though you were indeed an earthen vessel filled with gems. This is your true nature: Not the vessel, but the gems. Your physical body is that which carries you about and enables you to be so blind that you must live by faith, and not by proof of words of any kind.

—Q’uo, December 16, 1990, Light/Lines #38

Virtually every day I seek to live my true self. I spent so many years acting the character “Bill,” wearing masks and thinking what I was taught were the real life lessons. It is so easy to absorb yourself in the illusion of false hope and earthly desires.

The power that we all have inside is a source that we share, which enables us to experience the Creator in His purist form. The *gems* are an abundance of love and infinite wisdom there for the finding through meditation and a life filled with service and faith.

The vessels we have chosen at this particular time of our journey is exactly that—a

Oh! how high your emotions run, and how important everything seems. Step back whenever you feel too intensely disturbed, or saddened, or despairing, or inconsolable. Step back, and see the thousands of years that lie before and after this moment. See the true situation.

Do whatever is necessary for you to break the spell of the illusion, and then gaze up at the stars, which are part of the Love of the Infinite Creator, and know that you are a player upon a stage, and you do choose the comedies and the happy endings and have no wish to be stabbed through, in great Shakespearean agony, in the fifth act. The critic that is you, you can be assured will give you a better review for the comedy.

It is not easy to separate from the vessel’s control. Being in this prison environment creates an emotional atmosphere which produces extreme drama. But, it is illusory. It is only real if you allow yourself to be a player.

We all have choices—choices to either better or change our current situations. If we can remember that we are here for a specific reason, and that we are just *borrowing* this vessel and the ‘cast’ surrounding us, we can better focus our attention on the task at hand—enlighten the population with the Creator’s love and light. Do whatever service is available with

vessel. We are not the vessel. We are not the thoughts produced by the vessel’s mind. We are the *power* using the vessel to enjoy the Creator’s grace and do service. Anything else that we may *think* is important is merely illusory.

I think about the times I worried so much about silly things; the drugs and alcohol I abused; the mindset that money is power, and wealth will bring you happiness; letting people tell me I was “good for nothing” or “I wish you were never born” and believing it. The illusion molded me into a societal maniac, but through the grace of the Creator I have been awakened to my true nature.

—Q’uo, July 1, 1990, Light/Lines #36

loving kindness. The strength you need is within. Break the spell and focus on the gems the Creator has offered us. We are light—not darkness. We are souls who are thousands of years old; here to learn/teach, teach/learn. Let us not be affected by the drama surrounding us on a daily basis. Don’t let your emotions put you in a spell. The veil gives us a peek and what we see is that we are all one. We are one in the Creator’s love. Share that love with everyone and enjoy this opportunity you planned.

Adonai.

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EXPERIMENT

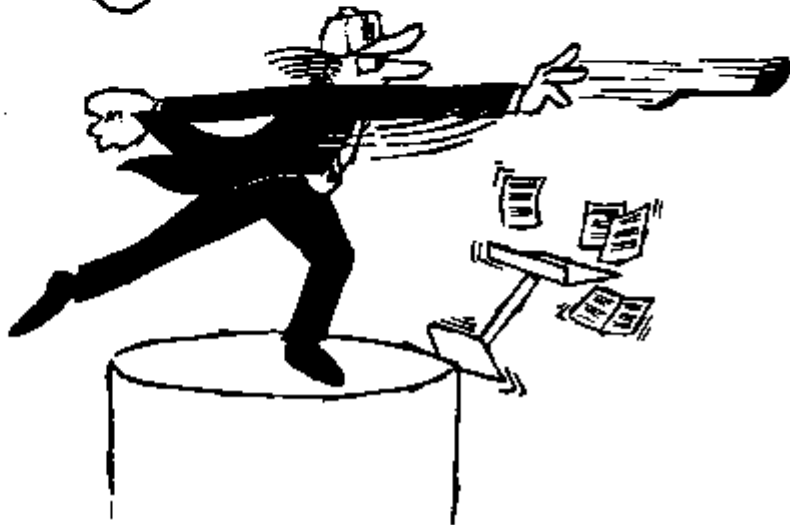
In the Fall 2009 issue of *The LOOP Newsletter*, I proposed an experiment to those who write wishing to work on mental development through practices such as dreams, telepathy, remote viewing, etc. Since April, an image has been taped to the wall above the printers I use to produce *The LOOP Newsletters*. That image is the cartoon shown here.

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Perfect Pitch

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The LOOP Newsletter will continue the experiment throughout the year. A new black and white image has been placed in the location of the last. Anybody wishing to submit a possible solution to this image may write me. If it is wished, I will publish your submission in the next LOOP along with the new image.

Good luck and have fun!

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SPIRITUAL COMMUNITY

by Felix

OK, so you've been following this cosmic material for some time now, and meditating often, and getting a greater and greater feel for the "rightness" of this thing (right for you). If you're like me, you've had that "eureka"

moment and now *you know that you know* that you're as close to your spiritual destination as you're ever going to get in this lifetime. (This knowing is a surety that can't be expressed in

words but only known deeply and solidly in the heart.)

If you can say you are in that state now, then it's most probable that you can also say that you have a newly-found yearning to join up with others of like-inclination with the intention of, perhaps, being a part of something greater and infinitely more powerful than yourself—a you times INFINITY, if you will.

“But what can I do right now about that? I'm locked up behind bars!” Well, then just be a beacon to those around you. When you meditate and practice your spiritual exercises every day, and are always seeking to see love and purpose in every moment of your life, and in every other person around, that will shine out to all around you, and change them in subtle ways such that the entire mood of that dark place where you are now will gradually begin to change, more and more noticeably in a positive way.

You will begin to see hardened felons start to treat each other with greater understanding and sympathy, much more humanely and courteously. You will find people smiling (genuinely) more often. The entire environment will lighten a great deal.

Soon you will begin to be directed (by guides, and your higher self) by *intuition*, to those who are most like you. But those people need to be awakened somehow without imposing on their free-will: Not by direct confrontation, but by natural interaction, without having to say (or do) anything even remotely indicative of the paranormal/supernatural/spiritual/magical, or

what-have-you. Ask for guidance about this every day, and trust. They will be drawn to unite with you in ways that can't be explained logically. I've seen this over and over. That's how your spiritual community starts, *right where you are*.

And...if and when you do get released from your body's imprisonment, you can keep in contact with those you've bonded with in lock-up, and keep them informed of your progress on the outside. It will give them hope and a secure feeling that they can do it themselves too.

So...then you're in the “free world” again. First thing I would do (immediately) is get in contact with the ones you've corresponded with from the inside—your new (extended) spiritual family—and let them know you're getting situated, and that you will soon be joining up with them to add your energy to theirs in a corrective way.

Be dependable. Do not disappoint. This is your real family. Be there for them without fail, and they will surely be there for you. Show them you are trustworthy. These are bonds that will endure (literally) forever.

But if you do slip up, let them know. Be open and honest about it. Most importantly, however, forgive yourself. Again, FORGIVE YOURSELF. Your other-selves will then freely forgive you as well. This is the advice I've already given myself. I have 3 years left to discharge a 12-ag.

Be brilliant, my friends!

—Felix—

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Book Donation For Seekers in Prison

On April 23rd, Robert Schwartz, author of the book *Courageous Souls*, wrote me to make a donation of 30 books to LOOP readers in prison. Like other books by L/L Research, these books are being offered free for spiritual seekers in prison. If you would like a copy of *Courageous Souls*, write to request one at PO Box 5195, Louisville KY 40255.

SYNOPSIS OF COURAGEOUS SOULS

The book *Courageous Souls: Do We Plan Our Life Challenges Before Birth?* by Robert Schwartz explores the premise that we are all eternal souls who plan our lives, including our

greatest challenges, before we're born for purposes of spiritual growth.

The book contains ten true stories of people who planned physical illness, having disabled children, deafness, blindness, drug

addiction, alcoholism, losing a loved one, and severe accidents. The information about their pre-birth plans was obtained by four gifted mediums and channels. The book presents the actual conversations people had with their future parents, children, spouses, friends, and other loved ones when they planned their lives together.

For readers, suffering that once seemed purposeless becomes imbued with deep

meaning. Wisdom may be acquired in a more conscious manner; feelings of anger, guilt, blame, and victimization are healed and replaced by acceptance, forgiveness, gratitude, and peace.

Please note that *Courageous Souls* was republished in 2009 under the new title, *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*. (www.yoursoulsplan.com) ∞

MIND

By Dennis Kearns

Perhaps you've seen a photo of a person's brain. This is said to be where all of our thoughts begin. From standing to walking, the thought came before the action. But did you know the mind is a powerhouse which uses the brain to function in these human bodies? Do you remember the last time you were scared? Your mind caused each and every body reaction you experienced in the matter of a split second. Do you remember the last time you were mad? Your entire body tensed up and you felt you had the body of superman looking for a wall to break!

You may say, "feelings caused the mind to react this way." But it was your mind that caused the feelings. Please do not confuse *mind* and *brain* as the same thing. When you drive a car, you are not the car. You only control its actions. The mind is just like the driver of the car. It is true the mind controls all functions of the body. It retains learned knowledge. It reacts to outside stimulants. But the mind is so much more. Your mind creates ideas out of nothing. There is not one thing that is man-made which did not first begin as a thought. Corrections and improvements made objects better, and after the creation of all objects, we use them without much thought of how they were first created.

Now that you know the mind creates ideas and controls feelings, let's look at how this applies to our health and well being. Let's start with emotions: In a car you shift to a gear and press the gas so the car travels, taking you along for the ride. So, also the emotions are put

into gear and take you for a wild ride. The mind is going along for the ride, but anytime it cares to, the mind can take control of the emotions and shift gears. When you are filled with fear or hate, it consumes your body, causing all sorts of ills. Your head can hurt, your neck gets stiff, you can feel sick, or not want to eat. Negative emotions can even cause parts of your inner body to react with a whole list of medical problems. On the other hand, laughing and joy brings health to your body. So, the more positive your mind, the better you will be. Your energy level increases, you have fewer aches and pains. You even keep well more, not catching every cold that comes around.

Beyond the bodily effects of the mind, are the attractive forces of the mind. Whatever thoughts you put power into, the mind attracts into the physical. Because of free will, each person can desire either positive or negative things or even both at the same time. The mind creates by using thought in spirit. Each time you put your mind to thinking of the same thing, you add power to its creation. It doesn't matter if you create something positive or create something negative. The power is there to use as your free will desires. Using the example of an electrical outlet, you can plug in a radio to listen to any channel you want. Or, you can place the ends of the radio's cord on two metal posts attached to a pan of water so anything touching it will receive the full force of the outlet's electricity. Does this make

electric power positive or negative? It is how it is used by the person using his free will.

Now, before we conclude, let me say, the more each of us can channel the positive thoughts while turning away from negative thoughts the better we will feel in body and mind. When meditating with positive thoughts you connect like a radio signal to other positive thoughts of those on the same station as you. Assailing the heights of positive thought not only attracts all good things to you like a magnet, it will place you in a position to receive the energy in a purer form as from God itself. At this point your joy will be so great you will wonder how you are able to contain it all. God's love will fill you completely. You will live a life of heaven on Earth.

The road is not easy to travel, for you must fight against yourself and your wants and ∞

desires every moment. Darkness does not want the light and will try to destroy the light. But the light cannot be destroyed, as light is God. You become one with the light and are protected from the darkness. Ready to begin? Simply be aware of all your thoughts and feelings, then control them as you desire. Adonai.

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

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THE REMAKING OF MY FIELD OF CONSCIOUSNESS, PART 2 OF 3

by William Toward

SECOND EVENT

It came in the wake of a "Dear John" letter. In 1957, I had graduated from reform school to state prison—sentenced on cat burglaries for which I was to do four years. At the time, I was involved with a nineteen-year-old Eurasian girl to whom I had just mailed my tax-refund check. I didn't hear from her for two months, and then the "Dear John" letter arrived. From post-arrest pledges of enduring love and steadfast loyalty to the letter's precipitous rejection expressed in an accusatory tone of "You bad man."

Feelings of rejection are one of the more difficult emotions to deal with. To ease the pain, there is the tendency to dwell on the imperfections of the rejector. But, as I sat in my cell, letter in hand, leaning into the spirit of put-down, I caught myself. Beckoned by a noble grace, I resisted that inveterate tendency of egoic consciousness, knowing I would somehow be demeaned thinking that way. I was inspired to a high-mindedness that took me further into the light, and I knew I had made a transition, broken through a barrier. I was experiencing the proudless state of true

magnanimity, and I was lifted. And in that lift, I fondly remembered her endearing qualities and let her go in my heart.

I doubt it is possible to convey the subjective feel of living out your existence in a texture of experience you are always weaving—volitional thought creations leading to the karmic unfolding of the incarnational play outs shaping you this time around. My stages of moving forward and then falling back had to do with everyone's challenge: seduction. And it is in our minds where we seduce ourselves, whatever the object of desire.

An illustrative example of being vigilant against a seduction before succumbing to another is a period during those four years of imprisonment for burglary in which my spiritual ardor was intense. I was able to delay my entry onto the main line for a couple of months in order to have the silence and solitude of a restricted intake wing, where activities ended at 3:00 p.m. Then the next year, I played point guard for the institution basketball team. One night they brought in a team whose guard played on the University of California's national championship team the year before. I

had a good game, and he congratulated me. A college professor doing time for murder also praised me, saying I would have made a good point guard at almost any college. (In 1960, 5'8" college guards weren't uncommon.) Anyway, all this began to inflate me and redirect my thoughts, taking me away from the inward life to which I was drawn. So I made the decision not to play next season. And I honored my decision. I was not seduced—I was not delayed by fantasy digressions from the inward path. However, once I moved into the institution's worker wing (think 5-star hotel compared to no star), where there was no supervision (it was an honor wing), no lights-out curfew, and the soda fountain and cafeteria downstairs stayed open to midnight, my seduction began in earnest. I soon ran the worker wing poker game. At first, I took the appropriate cut per pot. But then I realized the guys who played cards were such bad poker players I didn't need to cut; I just played. I was soon living like a millionaire relative to the situation. I paid someone to do my personal laundry, another to give me a massage each night in my adjustable hospital bed. I had over a 100 record albums stashed in other people's lockers. (I think the limit was 10.) I had several dozen cartons of cigarettes (the currency of a prison, as you know) and several hundred dollars in canteen script. You get the picture. I had succumbed to comfort and ease, so my spiritual ardor lessened in my weakening as I enjoyed a rich prison's life that ill-prepared me for the challenges of parole.

That seduction created an indolent drift that was to delay my spiritual deepening, taking my desire for the inner life, which is nurtured in what is sparse and simple, both externally and interiorly. My leaning to an inner life of introspection and mystical connection had receded to where it was just a memory of a previous state of being I knew I must return to in time. Occasionally, I would catch an inspired groundswell that could lead me forth. But it would subside, the surge not sustained by

intention and the discipline of renunciation—that giving up of one thing for another: the lower for the higher; the shallows for the depths. Those surges were akin to being in a transport of great emotion on viewing an inspiring film, but emotion of which you take fading notice as it dissipates in the night air amid the reality of honking cars and moving traffic. But, unlike a film, the reality of experienced connection to Source stays with you, pressing in on your awareness, so you can't entirely forget that from which you removed yourself. But you can keep it unobtrusively in the background of your awareness, where it only slightly tempers your anticipations and satisfactions.

Because my amoral behavior began so early, the dynamic of my seduction predisposed me to a diminishing sense of oughtness in which I was untroubled by the moral weighing that constrains others. On the other hand, I would not cross the line into violence against my victims, and their humanity was always a part of my understanding as I helped myself to the monies of the companies for which they worked. I was honorable in other respects too: my word was my bond, I could be moved to compassionate action when confronted with suffering, I was quite law abiding except when I made a withdrawal from a supermarket, and I always accepted society's payback when caught (do the crime do the time mentality, except for one habeas corpus issue I litigated). Those considerations influenced my self-view, but they never served as rationalizations or gave me comfort in my wrongdoing. I was able to settle into my isolation and live at risk, comfortable living for the moment as I habituated to an outlaw lifestyle.

In the last issue of the LOOP, I wrote this was a 4 part series. Please note, this is a 3 part series with other contributions by Toward upon the completion of this series. Thank you.

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CONTRIBUTORS TO THE LOOP NEWSLETTER

Thank you to all these people and to all those who contribute to and read *The LOOP Newsletter*. Our combined light creates a beacon for other wanderers seeking the Light.

Aysa: *The LOOP Newsletter* proof-reader and volunteer for writing spiritual seekers in prison.

George: volunteer for writing spiritual seekers in prison.

Gary and Sonia: make sure mail gets to me and to you and that books get shipped to who, to where, and how they need to go.

Ian: webmaster who archives each issue of *The LOOP Newsletter* on www.llresearch.org.

Steve: webmaster for www.bring4th.org who supports the loop@bring4th.org email account.

Kingsley: who donates stamps to support sending correspondences and *The LOOP Newsletter*.

I received a very nice letter from Kingsley when I asked if I could give him credit for his continued donations of stamps. He wrote:

You are very kind in wanting to publicly give me credit for my donations. It is admirable of you and I appreciate such kindness whenever and wherever I see it.

I must tell you though, in regards to giving me credit, it is your freewill to do as you please. I must also tell you, the satisfaction I get from being able to donate to the cause (part of which is disseminating The LOOP Newsletter), is good enough for me.

Keep in mind, I personally do not seek credit, because besides myself, I have absolutely no idea who is benefiting from the good The LOOP represents. What I do know however, the Cause is a good thing.

I applaud each and every one of you at The LOOP.

So do I. Thank you, everyone!

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