

# 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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## Table of Contents

Letter by The Editor	pg. 1
Wandering Thoughts by Bill Ackerman	pg. 2
If You Feel You Are a Wanderer from the L/L Research website	pg. 2
Resources for Incarcerated Seekers	pg. 4
Dorm Vs. Cell by Larry Nielsen	pg. 6
Consciousness/Past Lives Dennis Kearns	pg. 6
Prison Ashrams (part 4 of 5) by Vinoba Bhava	pg. 7
Experiment	pg. 8
No Mistakes	pg. 8

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[www.llresearch.org](http://www.llresearch.org)  
[www.bring4th.org](http://www.bring4th.org)

Happy 2010!

I am pleased to present the newest issue of *The LOOP Newsletter* for the new year. It is only 8 pages long this time, but it is filled with the Love of many contributions.

Since the last time I wrote, two servants of the Light have offered to help write people in prison and help proof-read this issue of *The LOOP Newsletter* so that I may finally be able to put together an error-free issue.

In regard to L/L Research news, Carla Rueckert has been experiencing considerable nerve pain. Most of her work for L/L Research has been limited because of this extensive pain. Therefore, she has mostly had to rest, sleep, and be content serving the Creator by simply being a 'lighthouse' on Earth.

Please think of Carla in your hearts and prayers. She will be having surgery to repair the vertebrae causing the nerve pain. May she come out of the surgery in a better condition than she was upon going in.

Enjoy this issue of *The LOOP Newsletter*.

In Light and Love,

Lorena Lucille, Editor

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

## Wandering Thoughts

by Bill Ackerman

### THERE IS NO “I” IN “ONE”

“Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light and joy; this is the heart of evolution of the spirit.”

-RA, session #52, The Law of One, Book III

We are One. We are not you and me and him and her. There is no I. That is the ego. The difficulty in practicing this thought daily (especially in prison) is the constant interference of mind games from unawakened entities. People are so caught up in their thoughts it is causing them to live a conditioned life: A life consisting of conditioned responses learned from family, peers, media and most recently the internet. We are programmed since infants with so much data—some good, some bad—that it can take years to correct the damage done to our minds.

Fortunately, for those of us who are awakening, there is the light. A light that shines ever so bright. For others that light is dim because of the crud! Our fears and insecurities, our pain and our defensive walls shield the light. Our narrow egos tell us that the crud, rather than the light, is who we are. The crud can be burned away when you commit yourself to a life of spirituality. Understanding that we are all one and living in this unit of love, light and joy will help you to understand you are not different and it is okay to make mistakes. We are all on a journey that leads us to the same place. Although our routes

may differ, spiritually we seek the One. Always remember that—we seek the One. Whenever the ego tries to guide you, or the illusion overwhelms you, stop yourself, take a deep breath and focus on the one original thought.

Carla likes to say, “we are all Bozos on this bus.” We cannot take this illusion seriously. So much happens around us that has nothing to do with our fundamental teachings. Things we may think are important in the material world are meaningless and irrelevant to your spiritual evolution.

Remember why we are here. We are here to do service. Remember what Ra says is the path towards the disciplined personality:

1. Acceptance of self.
2. Forgiveness of self.
3. The direction of the will.

The Ra say it must be carefully used and directed in service to others for those upon the positively oriented path.

So when you feel yourself slipping into the illusion, focus on the One. Meditate and let the Creator flow with love/light through your Earthly body. There is no “I”—only One.

Adonai. Vasu. Barragus. ∞

### If You Feel You Are a Wanderer (Part 4 of 4)

from the L/L Research website

#### YOU HAVE SERVICE TO PERFORM FOR PLANET EARTH.

**June 21, 2002**

“We encourage the one known as T to dance, to play the games, and to realize that there are no mistakes. It is perfectly well to work to share the information that it finds important, but it is just as important to share it in a way that expresses the quality of the open and flowing heart that is grounded in trust and shaped to express that love which flows through the instrument of the human body, mind, and spirit in

an infinite supply at all times. This is the heart of the mission shared by all those who are awakening upon planet Earth at this time. Each of you came here determined to make a difference. Each of you has those tools and resources that are needed.”

**March 18, 2001**

“Another aspect of being a wanderer, which is common to those from elsewhere and to those who are native to the Earth sphere, is

the enormous yearning to serve. And we say to each that the main service of each of you is the service of being yourself. For when you are most truly and deeply yourself, when your heart is open and vibrating in its fullness, you become a crystal capable of receiving energy, transmuting energy and releasing energy into the Earth's sphere. Many of you from other planets have come here specifically to do this. It is a simple process. You breathe in. You breathe out. You allow the truth to flow through you. You allow the infinite supply of energy that is the love of the Creator to flow through your energetic system and out into the Earth planes, and as you bless this process, encourage it, you intensify and enhance those vibrations that move into the Earth plane. Each of you, by being the way you are, is at this time a servant of the light, and you need do nothing more than live and love to fulfill your mission upon Earth. Naturally, each of you gave yourself gifts to share, lessons to learn and outer services to perform. And we encourage each to move along those lines of talent and gifts as you perceive them, looking for ways to share those gifts. But realize that, more than those outer doings, the inner essence is the true and central gift of the life, which you have come to offer. It is a beautiful gift. It is a gift that will take you all your life to give, and our encouragement to you is to give this gift and do this service regardless of what else you seem to be doing in your life."

**March 21, 1999**

"For each, the ship upon which each finds herself is without a lodestone or rudder. But, rather, there is a sail which may be moved about by the seeker to catch the winds of spirit. Once one has been able, even for a short time, to run before the wind of spirit and to feel the sails billow, one has become able to recognize what it feels like to be in the rhythm and in the rightness of things. For truly we say to you, to the best of our knowledge, each has a destiny. Each has a mission. Each has come into incarnation with gifts to share, with a mission to fulfill, a service to do, and with learning to accomplish. The learning is always about love. The serving is always about trusting in the rightness of the moment."

**January 19, 1997**

"May we say that the conversation preceding this message was, we felt, most enlightened, for each was speaking of the being as opposed to the doing. You see, it is the love with which you do things that radiates; it is not the things that you do. Among your peoples this has been much misunderstood, for people look to see if there is some service that can be their spiritual gift to the world. They are looking for a dramatic role to play, to teach or to heal or to prophesy. And yet these things are forever secondary to the primary mission of each of you upon this particular planet in this particular density at this time. The mission before each of you is simply to address all of that which comes to you with an open heart, just that. And yet just that is the work of lifetime upon lifetime, for how can a person in a heavy illusion such as you now enjoy be fearless? It is not within the physical body to be fearless. It is not within the earthly brain, that choice-maker, to be fearless. Indeed, only the foolish are fearless, and yet the teacher known to you as Jesus the Christ has said that it is only to the foolish that the wisdom comes. It is only to those who live as little children that the kingdom is inherited.

How can a sensible, sane person, gazing upon a rather dangerous world, feel no fear? This is the crux. Here is the center. Just here, where fear shuts the door of the heart, here lies the opportunity to learn. This instrument has moved past the death experience and returned. Consequently, this instrument's life since that experience has been relatively fearless. We bring this up to emphasize that what each fears in an archetypal sense is the cessation of being. When one feels threatened those emotions which do not have intelligence but are simply instinctual rise up to defend and protect. And it takes a great deal of care and discipline and perseverance to teach the self to lay down its arms and to be peaceful with the self.

Each of you has the issues of all the world within you. This instrument is concerned for the peace of the world and prays for it often, and yet if this instrument prayed for peace within itself, it would be the same prayer.

Indeed, it is our humble opinion that the most efficient way to bring the world to peace is to learn peace within the self, for as you think, as you are, so your universe *in toto* is also, for your consciousness is as a field and each bit of fear that you are able to let drop, each time that you find your heart expanding, the consciousness of your planet is being lightened. There is no lag time between the open heart of self and service to the planet, that lightening of the consciousness of planet Earth. You came among these entities of

#### RESOURCES FOR INCARCERATED SEEKERS

Thanks to Michael Hoyt, David S. and Pema Chödrön, I have compiled a list of organizations that offer spiritually-oriented services or publications free of charge to those in prison or being released from prison. The information presented here comes directly from each source's website.

##### **Daily Word: Daily Inspiration from Unity**

Unity School of Christianity has long held the belief that focusing on positive statements and thoughts can enhance one's personal spiritual growth. *Daily Word* magazine developed from this concept.

"I give myself the gift of peace today to restore my body, mind and spirit to perfect health and wholeness. I begin by taking a slow, deep breath; then another. I commune with God and release all that would call my attention elsewhere. God is the very life that is within me, the healing energy that flows throughout my being.

"Quietly, in the silence, I am one with wholeness, with love, with pure life. I am centered and content, open to the constant stream of life energy that heals and restores me. Peace is never more than a few centering breaths away. With my mind at peace, I experience the healing energy of God."

[www.dailyword.com](http://www.dailyword.com)

1901 Blue Parkway

Unity Village MO 64065

##### **Gateless Gate Zen Center**

The Gateless Gate is a regional retreat center that has answered to the written requests of inmates to learn both meditation and Buddhism. Our programs can be divided into five areas:

1. Zen groups;
2. inter-faith meditation;

flesh and bone. You took that flesh upon yourself and buried yourself in a world of shadows because you wished to make a difference. You heard the sorrow of those who dwell with you now. And you wished to stand among them as a witness and as one who was a channel for love. This is your great chance. These are the days you hoped and prepared for, and now the time is upon you, and how quickly, my friends, it is going. Is it not?" ∞

3. the death row ministry, which consists of individual visits and counseling;
4. secular, Mindfulness-Based Stress Reduction (MBSR) groups and retreats; and
5. possible residency at the Gateless Gate Zen Center for individuals who have exhibited a strong commitment to the practice and to educational efforts.

[www.gatelessgate.org](http://www.gatelessgate.org)

1208 NW 4<sup>th</sup> Street

Gainesville FL 32601

phone: 352-222-0006

e-mail: [abbot@gatelessgate.org](mailto:abbot@gatelessgate.org)

##### **Inquiring Mind**

*Inquiring Mind* is a donation supported, semiannual journal dedicated to the creative transmission of Buddhadharma to the West. Founded in 1983 and published each April and October, the journal is distributed worldwide to a readership of more than 30,000 people.

[www.inquiringmind.com](http://www.inquiringmind.com)

P.O. Box 9999

North Berkley Station

Berkeley CA 94709

##### **Liberation Prison Project**

LPP offers spiritual advice and teachings, as well as books and materials, to people in prison interested in exploring, studying and practicing Buddhism.

[www.liberationprisonproject.org](http://www.liberationprisonproject.org)

P.O. Box 31527

San Francisco CA 94131-0527

phone: 415-701-8500

## **Our Daily Bread**

Our mission is to make the life-changing wisdom of the Bible understandable and accessible to all. Our vision is to see people of all nations experiencing a personal relationship with Christ, growing to be more like Him, and serving in a local body of His family.

[www.odb.org](http://www.odb.org)

P.O. Box 2222

Grand Rapids MI 49501-2222

### **Peace Pilgrim Newsletter**

From 1953 to 1981 a silver-haired woman calling herself only "Peace Pilgrim" walked more than 25,000 miles on a personal pilgrimage for peace. She vowed to "remain a wanderer until mankind has learned the way of peace, walking until given shelter and fasting until given food." In the course of her 28 year pilgrimage she touched the hearts, minds, and lives of thousands of individuals all across North America. Her message was both simple and profound. It continues to inspire people all over the world.

In the 28 years of her pilgrimage, Peace Pilgrim kept in touch with many of the people she met through personal correspondence and newsletters. Her mailing list grew over the years and numbered in the thousands at the time of her death in 1981. Correspondence was always a high priority for Peace and she tried to answer all the mail that was sent to her through her Cologne, New Jersey mailing address. Of the few items she carried in the pockets of her tunic, letters to be answered were always included. And she made a point to send off replies as quickly as possible, to keep from getting overburdened with mail.

In addition to personal correspondence, Peace Pilgrim also produced nineteen *Peace Pilgrim's Progress* newsletters between 1953 and 1980. Some of these exist in more than one version and others were compiled into summary form.

Friends of Peace Pilgrim produced their first newsletter in the fall of 1987. This newsletter, now published three times per year, is sent to readers world wide.

[www.peacepilgrim.org](http://www.peacepilgrim.org)

P.O. Box 2207

Shelton CT 06484-2207

### **Prison Dharma Network**

Prison Dharma Network (PDN) is an international, nonsectarian, contemplative support network for prisoners, prison volunteers, and corrections professionals. PDN's mission is to provide prisoners, and those who work with them, with the most effective contemplative tools for self-transformation and rehabilitation.

[www.prisondharmanetwork.org](http://www.prisondharmanetwork.org)

PO Box 4623

Boulder CO 80306

### **Shambhala Prison Community**

The Shambhala Prison Community (SPC) is founded to serve spiritual and educational needs arising within federal, state, county and municipal prison systems and jails, and their associated communities, both in the United States, and internationally

[www.shambhalaprisoncommunity.org](http://www.shambhalaprisoncommunity.org)

1345 Spruce Street

Boulder, CO 80302

Tel: 720-565-1352

e-mail: [prison@indra.com](mailto:prison@indra.com)

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## **DORM VS. CELL**

by Larry Nielsen

Living the Law of One becomes easier after moving from cell to open dorm housing, in my opinion, because there is much more potential for negative energy to develop between just two people confined within a small space, than a variety of people within a large one.

This might seem counter-intuitive to prisoners who prefer cell living over dorm, but the larger room space occupied by dorm dwellers allows for a lot more breathing room and opportunity to see and interact with the Creator, for All is One.

## CONSCIOUSNESS/PAST LIVES

by Dennis Kearns

In most books relating to memories of past lives it has been said when being born a veil covers all memories of any other lives on this Earth as well as on other planets and solar systems. Yet during past life regression the memories are there to be seen and felt as any memory from this life, childhood to the present day.

It therefore seems that what has been called a forgetting or veil is not a forgetting at all!

The conscious mind we are born with belongs to that body and remains with that body as we die. The subconscious and super conscious come into the body being born (known as the soul). As the person dies the subconscious becomes the conscious mind of the spirit or soul and retains all the information (thoughts and feelings) of each life.

At birth we start with a new conscious mind the same as we start with a new body. The new conscious mind is a blank slate. It has no memory of its own. The now conscious mind controls the thoughts and actions of the body it is housed in. The now subconscious and super conscious minds are over shadowed by the mind in control of the body.

Only in the case of accident, drugs, meditation, communication between consciousnesses, something relating strongly to a past life (person, place, picture), hypnotic regression, spirit contact, prayer, trance states, or other joining of the conscious mind with the unconscious minds does the memories of other lives come through. Depending on the influence this "seeing" can come as a second or as a regular memory such as that of the present body's childhood.

Nothing is forgotten in the spirit/soul.

Anything that alters the conscious mind or bypasses it by using a chemical will produce an uncontrolled experience which the conscious

mind may not accept as being real. It can also unlock information in great numbers which the brain can not handle all at once. This can overload the conscious mind causing it to go mad (mad as in the brain not being able to process information coming outside of the body).

The controlled avenues available can be used to bring these memories of past lives to the present mind in such a way as to be accepted a little at a time. Meditation can be a self-controlled experienced. Hypnotic regression can be a help-controlled experience.

Could this be the true meaning of; "know thyself, the kingdom of God is within, seek and ye shall find, your body is the temple of God."

Could not the "road less traveled" be within? Do not people look for God outwardly?

Left to our conscious mind we tend to want control over all we see and do. This takes us away from God in our doing for our self. Relying on God brings us closer to him. (Him meaning; Love, Light, a presence in all creation seen and unseen).

If any one would care to share their experience(s), and how they came about, concerning past lives, out of body experiences, spirit contact, or other, please contact me.

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

**CMC West - D9, 36 Low**

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**or**

**Dennis Kearns**

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**Louisville KY 40255**

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## Prison Ashrams (Part 4 of 5)

by Vinoba Bhave

### VELLORE AND SEONI JAILS

From Wardha jail I was sent to Nagpur, and then to Vellore as I was classified as a 'dangerous' prisoner. When I arrived, the gaoler asked what I needed. 'I need two things,' I said, 'a barber for my hair, and someone who can teach me Tamil, seeing that I am now in a Tamil-speaking province and shall be eating Tamil food.' By eight o'clock I was shaved and bathed, and the gaoler had sent me a teacher. He did not know much Tamil, however, and although there were many Tamil-speaking people in the jail, I was kept apart from them.

The man sent to me knew some English, and I began to learn Tamil from him. Ten or twelve days later I started to learn Telugu, and after that Kannada and Malayalam, so that within a month I had begun to learn all the four languages of the South. Someone asked me why I was studying four languages at once, and I replied: 'Because there isn't a fifth!' By studying the four languages together I was able to compare them and so learn more.

In Vellore jail all sorts of luxuries were to be had for the asking, at government expense. This seemed to me to be a most enervating practice, designed to rob our movement of all vigor, and I disliked it. There was famine in Bengal, yet here were we, asking for things like cots and chairs, making a fuss when we did not get them, and calling it 'a struggle'. When in the end the Government conceded our demands, we called it a triumph, a victory. What a triumph! What a victory! It was nothing but folly and defeat.

Finally I was sent from Vellore to Seoni, where I had the company of the late Bharatan Kumarappa [The younger brother of Professor J. C. Kumarappa the economist. Both brothers were followers of Mahatma Gandhi, and Bharatan did much translation and compilation of Gandhi's work in English. The Kumarappas were Indian Christians from South India]. He asked me to teach him Hindi and I agreed and chose the Ramayana of Tulsidas for our text book. I told him at the start why the Tulsī Ramayana was important. 'For Hindi studies,' I said, 'it is like

the Bible and Shakespeare combined.' After two months' study he said to me: 'What you said is absolutely true. You gave me the essence of it in one sentence.' I replied: 'The Bible is the Christian Scripture, and its language is sweet and simple. Shakespeare, great poet and dramatist as he was, is unrivalled in his use of the English language. He is great as a writer, the Bible is great spiritually. In Tulsī Ramayana there is a happy combination of the two.'

Political prisoners had the privilege of getting books to read. The jail officers would examine the books that were sent in, reject 'objectionable' books, and give the rest to those who asked for them. The books I asked for were never rejected, for I asked only for such books as the Gita and the Upanishads. 'I asked for seventeen books,' said one of my fellow prisoners, 'and got only one or two, while Vinoba gets everything he asks for!' 'That is because the Government is a blockhead,' I replied. 'It doesn't understand what is really dangerous. If it did, it would certainly stop the Gita and the Upanishads. Gandhi would not have become that 'dangerous' Gandhi, Tilak would not have become Tilak, nor Aurobindo become Sri Aurobindo, without the foundation laid by the Gita. Only those books which deal with the basic principles of life have the explosive force to destroy tyrannical power.'

Political prisoners in Seoni jail were allowed to write letters to their kinsfolk but not to others. I did not approve of the distinction between 'my' people and the rest, so I wrote no letter to anyone during my time there. One day the gaoler was talking to me. 'Is there nothing at all that troubles you?' he asked. 'You always seem so cheerful and contented.' 'There is one thing that distresses me,' I replied, 'but I will leave you to find out what it is, and I will give you a week's time.' At the end of the week he came back. 'I can't guess what your difficulty is,' he said. 'Please tell me.' It is this,' I said. 'In this jail, I get no chance to see either the sunrise or the sunset; that is my trouble.' ∞

## EXPERIMENT

Many people have asked me for help experimenting with them in mental exercises involving telepathy, astral projection, dream work, and so forth. I have found that my schedule does not allow for me to sit in meditation at exactly the same time every day, nor do I have an appetite for dream work myself. Therefore, I make a poor subject for those interested in having a partner for this or that certain practice. When I was asked for a picture to be held for a mental exercise involving telepathic dreaming, I realized an

image may be a helpful tool for others wishing to do their own work.

Therefore, The LOOP Newsletter will place a picture on the wall of the office for all those who are interested, in using whatever method best suits them, to practice perceiving the image. I will produce the image in the next newsletter. All readers (incarcerated or not) are welcome to write-in with their reproductions. If it is requested, I will publish them (in black and white) in the next LOOP newsletter along with the original image.

The experiment begins...NOW.

## NO MISTAKES

Dennis Kearns writes, "A copy of the LOOP Newsletter arrived today. Sorry to say your record of never failing to make a mistake is still at 100%.

"In my article on the left column where it says; 'The person you are' should read 'the person you *hate*.' Also the last sentence in the same side where it says 'it make little difference'...should read; 'it *makes*.'

"Everything else is find ☺."

In the last issue of the LOOP Newsletter (vol. 2, is. 4) were listed the books that can be received from L/L Research. Two of those books can not be received through L/L Research but are available only from a third-party website called Lulu.com, which prints books on-demand per order requested.

Alphabet Mosaics and Light/Lines, The First 25 Years, are *not* books offered free of charge to those in prison by L/L Research.

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