

You Are the Living Proof

As 2022 comes to a close, we again dedicate the December newsletter to just a few of the extraordinary reports and contributions from participants across the United States and beyond. There are so many more. Though the experience of incarceration is without a doubt deeply challenging, these letters and reports are the proof that love, light, wisdom, and true community prevail.

You are the living example of Freedom Inside. This course is only possible because of your willingness to inquire deeply within in the discovery of what is forever alive and present as the truth of your being. The ways in which that flame of truth spreads from one heart to another are illuminated by these contributions from your fellow course members.

With love and gratitude,

Gangaji, Foundation Staff, & Volunteers



"It is possible to recognize that grace is not limited by prison walls and support is not limited by proximity. Support is here. I guarantee it with my life." —Gangaji

Dear Gangaji Foundation,

I recently had the pleasure of reading your newsletter, *Freedom Inside*, and felt the need to respond. On the subject of intimacy: I have never inhaled a single breath that has not been in the lungs of some other sentient being. Every bite of food I have ever eaten was due to the kindness of the hundreds if not thousands of people who made it possible. We are all connected on an atomic level and will be forever.

I feel much more at home in a belief system that celebrates an inner goodness, a Buddha nature, a light we are all born with and can find within ourselves, as opposed to a belief

system that says we are trapped in sin and evil from before we were even conceived.

A one and done system that says this is the only chance you will ever get as opposed to a belief that says you get to keep on trying until you succeed.

My practice of Yoga on a daily basis, combined with my participation in and study of Eastern Philosophies, is what has allowed me to keep on keeping on in a peaceful manner even after receiving a two-year denial after I went to my parole hearing. Every day my practice enables me to dip into the well of compassion and share its sweet water with those I meet and greet.

... continued on page two

May the world be peaceful
May the wicked become gentle
May all creatures think of the welfare of others
May our minds dwell on that which is auspicious
May our hearts be immersed in selfless love.
May you forever be well
May there be every blessing
May all of the spirits protect you
May you live happily, free from
Suffering, oppression, and animosity
May all of your beautiful dreams come true.
Namaste, —FD

Dear Gangaji Foundation,

I am 28 years old and serving a 40-to-Life sentence. I was a juvenile when I was arrested. In these walls is mostly what I know about life, having grown up in here (prison). I had a conversation with a fellow inmate, LB, who lived the life I am currently living. He told me I am still young, I have a lot of life to live, and I need to humble myself. I spent some time just thinking about what he said. I finally asked him about humbling/ learning oneself and how he went about it himself. He told me about the Gangaji Foundation Prison Program he is involved in and that the program helps him in many ways. He told me to write to you. I hope I can participate in your program. Thank you for your time. I hope to hear from you, take care, stay safe. —MZ

Dear Gangaji,

Hello and peace to you. I am writing to request Journal #1 for my good friend, DB. I have completed Journal #1 and am almost done with Journal #2. These journals have blessed my soul. The freedom obtained has elevated my spirits and allowed me to relinquish fear. My friend and I have been speaking about the pains and scars of this fear-ridden existence we've been living. He asked me last

night how to become happy like me. I told him self-inquiry. I only figured this out through the beautiful words of Bo Lozoff's book *We're All Doing Time*, which led me right into Gangaji's Journal #1.

I did not know what an ego was until that Journal. Now here I am in Journal #2, no longer angry or fearful. This has allowed me to take an honest look at my emotions and others' emotions, and how I allowed them to victimize me. I'm so thankful for your ministries Gangaji. I have made it my objective to seek out hurt men who want to change and teach them what I've learned.

This is my 6th celly. He is healing and it's because of the truths that you are sharing! Thank you so much. I feel I have a way with these men incarcerated and I want to be of service.

I love you ☺ Sincerely, —JB



This illustration from B.A.T. depicts one of Papaji's favorite teaching stories.* As the story goes, a young lion, separated from his mother by hunters, is raised by donkeys and so believes he is a donkey. One day another lion sees him among the donkeys and in great perplexity drags him to a pond. Upon seeing his reflection in the water for the very first time, the young lion instantly awakens to his true nature as a lion and roars his newfound freedom. That spiritual lion is you!

*From the book *Wake Up & Roar: Satsang with Papaji*, by Eli Jaxon Bear.

It's time for us all to Wake Up & Roar! and realize that at our very core we're all the same; and that by hurting one another we're really only hurting ourselves. Love Is the Answer. Love, is the only way to go. —B.A.T

Dear Gangaji,

I was so elated in 2020 when I read my poem in your amazing and transformative course in Self-Inquiry. Through reading some of your books, and opening my mind and heart, I am following your message of healing. It has truly helped me to find that "Diamond in Your Pocket." That book is my very favorite and was the one that started my journey into self-inquiry. Now I know I will honestly attain true and lasting freedom. Thank you, thank you, so very much!

I would like to use my words to share healing and promote love and thought. All I have are my words on paper since the reality is I am physically locked up. Even so, my conscience and spirit are not. It is an honor to share with you my teacher this new poem you have inspired inside me:

Loving Selfless Left

Just the stillness I ingest
Not a thought, not a breath
Home is the picture I possess
In my heart when I rest
Surprisingly more when you have nothing left
Then you can let the person inside
Reach the potential you were always meant
With love of Self we connect
On a spiritual plane with healing friends
Being of Self is not selfishness
It's the nurturing of self-consciousness
Peace abounds when we meet life's tests
By living in Truth in every step
Here and now and after our last breaths
Our gift to the world is the positivity and
Peace our souls' project
—EJ

Dear Gangaji,

I would like to share an experience with you. An Awakening.

I read a book that stated we are all God, He is like the ocean, and we are like drops of water, yet we are part of Him. It stated that He is pure love and so are we. Yet in order to feel this pure love, we need to let go of our negative thoughts and feelings. So I released all feelings of negativity, and thought of a plan to surpass the mind so I could enter into the Self. I started chanting:

... continued on back



Short of Description

Words simply can't convey the ultimate.
Where it's no longer logic,
Just the philosophy of it.
With grateful vibes and prayerful Light
In this realm of suchness.
I count my blessings.
And see dharma unfold
In its interconnectedness.
Emptiness as the source of all being
Makes possibilities infinite.
Open your mind and clear your heart
To unlock the source of all benefit.
Fall in love with the silence.
How simple
To practice the art of experience.
Pierced to the point.
Lifted was the veil
Of hate, greed, and bitterness.
Stillness.
Sweet is the milk
From the Mother of Wisdom.
Beauty in the light of the eye
That glistens
With unconditional attentiveness.
Trying not to take away from
Its true name
With concepts as dense as
Pristine awareness, pure consciousness,
OM ...
In such awe
I fall short of description.

—ATC

... continued from page three



"I am God,
I am love, God is love."

I repeated this over and over until I came upon the realization that I was a manifestation of God. Then I said, "I love you," and I could feel pure love flowing into my heart. It was so strong and uplifting. I felt like I floated up. I could shut my eyes and see the Self within or God within.

Maybe this story and poem can help someone. I hope so. I still have a lot of growth to go. May God bless you all.

Pure love is what dwells in your heart,
Pure love is where we all start,
Pure love is what gives you true sight,
Pure love is what sets you free,
Pure love is truly God,
Pure love is what you are...

—DW

STOP

Life is chaos
That's for sure
And the worst thing about it
Is that there is no cure
All around me
I toss and turn
Prison sentence
Will I not learn
Yet out of chaos
A ray of light
A special teaching
To set things right
The magic answer
From Gangaji
Inquire inward
Give it a try – Stop
All life illusions
From your mind drop
Hidden Treasure
Is found within
A one-word answer
Is where you must begin!

—GG

From the Inquiries

Ask yourself "Who am I?" Look very closely to the origin of where this question arises in the mind. Deeper than any thought, deeper than any emotion, closer than your heartbeat or your breath, what is here?

In my meditation, as I close my eyes breathing in and out, I find a place of silence, a place with peace, searching for who I am and what I want to be. I look at it from all angles, different perspectives, in wonder with the journey I am on. I don't know what the future may hold, but in reading "The Greatest Discovery," a spiritual awakening has arisen from deep within my heart. This is where I find my truth. As my pain heals from my past, as I live life daily, I come to understand and realize that whatever life brings, I must try to do it right. It ain't easy. I am trying to find my destiny. It's been a long day, and I've come a long ways, hoping that I can tell you about my journey. I won't stop till I succeed or find my true calling. —CU

Imagine someone who frightens you. Allow yourself to feel and experience the emotional energy of fear in your body. See if you can stop and open even while feeling afraid. What is your experience?

I've come to the realization that fearing that which is outside yourself is fearing what's inside yourself; therefore, there's nothing to fear but fear itself. Fear is an erroneous thought because when you fear, you are fearing existence itself in which you are a part of and is you. —JCB

Is an inner call for the deepest truth alive inside you now? How are you answering that call?

I now understand my existence to be Consciousness wanting to know itself. The full heart of Self created this universe and us beings so that it could experience itself and love itself. The deepest truth that a human can experience is to know Self. To be Self. That call from Self is my individuality answering to All That I Am. I simply stop. Listen. Breathe. And Be. Along with the formal but not so formal studying, meditating, loving kindness, compassion practice; along with being open-hearted and honest and respectful; along with the thoughts, beliefs, feelings, emotions, of being human, I let this human play the role of itself and I watch this epic, samsaric cycle from the seat of Consciousness.

What does it mean to be free, at peace, at Home in myself? It means letting go. Then letting go of letting go. Empty of emptiness. I want nothing. —ATC