

# 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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Dear Spiritual Seekers,

This issue closes the third year of *The LOOP Newsletter*. It is an honor to have given my duty to this newsletter and an honor to have been a student of so many great souls through my correspondence with all of you. Thank you for your letters and thoughts.

In the last issue of *The LOOP Newsletter*, I reported that author Robert Schwartz made a generous donation of copies of the book *Courageous Souls* to LOOP readers in prison. So far one-third of the books have gone out to seekers requesting them. The response has been positive from those who have read it. Many books remain and are still available for request free of charge.

The 2010 Homecoming last month at the L/L Research campus went smoothly. It was the first gathering Ms. Ruckert-McCarty held since her spine surgery earlier this year. However, the event did deplete her energy and seemed to exacerbate already existing physical issues. She has been forced to cancel other classes scheduled for this year. Our prayers are with Carla and her helpmeet, Jim, as they work through this current portion of their lives.

This issue of *The LOOP Newsletter* contains only three articles, but is only because the next issue is expected to be big. It is dedicated to the topic of gangs as it relates to The Law of One. A call to all readers is included at the end of this issue. I look forward to reading all your submissions. Until then, enjoy this short issue of the LOOP.

In Love and Light,

Lorena Lucille  
The LOOP Newsletter, Editor

## Wandering Thoughts

by Bill Ackerman

### THE EXTERNAL COAT

Those of you who follow my Wandering Thoughts may notice that I continually refer to the subtle body. This is the body that goes from one incarnation to another, from one physical body to another. The key is understanding that the physical body or external coat is simply a vehicle being temporarily used by the subtle body so that we may experience the lessons we programmed.

We have inhabited so many bodies. We have experienced being young and old and have “died” so many times. Sometimes we identify with our physical bodies way too much. We think we are too thin or too fat. Maybe we are ugly or scarred or just imperfect. All of this is a product of the illusion we live in. We let our minds and ego believe that we need to look like the person on the magazine cover or we buy creams so our bodies will look young again. So we spend a fortune trying to make the physical body look like what we think it should look like. It’s just a body! The beauty is inside! And it doesn’t cost a dime to enhance it.

The physical body has no thoughts or feelings of its own. It is a physical vehicle that allows us to perceive and experience this world. The “real” us, the subtle body, is what we should be focusing on. The path of meditation exists for us to get over our fears so that we can see the unseen, feel the unknown and live beyond the physical senses. The light that you see inside shows you what you contain within yourself.

I co-facilitate several programs in here where we sit in a circle and share a topic. I listen to the people speaking and wonder who they really are. The body they are in means

nothing to me, nor does the story they tell of some past illusionary trauma. They are caught up in their karma and have allowed their desires to cloud their growth. But inside the external coat is a being who is here among us to experience incarnational lessons. I like speaking with them one-on-one where we can communicate on a deeper level. So many people in here spend more time with their physical bodies than with the subtle body.

We won’t remain in this form forever. To me, this truth is very comforting. I would hate to know that my present manifestation would be eternal. Most of us know in the back of our minds that someday we will leave this body, but few of us live with the awareness that we are only a temporary person. It’s as if we borrowed this body for a while— much like the way we rent a car. Who we appear to be in this life will come and go. It is a temporary role.

As long as we confine ourselves to this body and this “life,” that may seem like all that is happening. But once we become aware of the subtle body our experience of life will expand. The essence of everything is quite simple. Nothing is born, nothing dies, nothing goes anywhere, and nothing happens.

I will leave you with this poem by Kabir:

What is so remarkable about this body?  
What is so remarkable about this mind?  
What is so remarkable about wealth and  
everything else that you have? As you  
are watching these things, they fade into  
dust. Look at your own life. As you are  
watching it, it just withers away.

Adonai ∞

*Kabir: 15<sup>th</sup> cen. mystic poet and saint of India.*

### RELIGION

By Dennis Kearns

I know! This subject has been talked about so much it has become like beating a dead horse! The definition of religion is (1) belief in, and worship of, God or gods, (2) a particular system of faith and worship, (3) a matter of

conscience. What man cannot explain or understand becomes supernatural. Around this act or acts of supernatural experiences conclusions are made and accepted by many, becoming a belief system which finds its way

into a realm of a religion. In order to teach this belief to others and pass it down to children and their children, records are made which are called books. Originally these books were separate writings of ideas and/or events. Somewhere back in men's history, when printing presses were created, the books no longer needed to be hand copied. When picking up one of these books and reading it, to most people it has little connection to anything they feel personally connected to. This could be compared to a monkey with the instruction on dismantling an engine of a 1950s car. The monkey has never seen the engine so he does not understand what the instructions are used for. Of course the monkey would first need to learn to read.

What if there was a way not only to understand but be able to use the instructions to better your life and the life of others? Well, it is not only available but is at your finger tips. The books of L/L Research and those readings of Edgar Cayce are like two overlapping views of the same experience. It is like holding the photo of a loved one: the photo is flat. It has height and width, but no depth. Along comes 3-D and what you now see gives you a more complete view. You see things you never noticed when the photo was flat. Religions were created by man based upon their understanding of the flat photo. L/L Research with Edgar Cayce readings gives you a 3-D look at the reason the religion was created in the first place.

There are many different belief systems of man. I am not adding or subtracting from any one religion. In fact, it would be a disservice to infringe on your free will by making your choice for you on what to believe and accept. However, a clear picture may make it easier to make a choice which best serves you at this point in time.

Religion points a person towards God. Each one of us can have a personal experience with God. Once you understand that the body reading this is not you, but you with the spark of God using that body as a student in a classroom to learn, why, you may ask, do we suffer? Pain and suffering are part of the

learning process. Without pain you would not pull your hand from the fire and the fire would consume the hand and the arm. At the first feeling of pain you remove your hand from the fire and learn not to place your hand in the fire. I know it may seem someone will push you into the fire and destroy the body. Still this can be a learning process in that you may have pushed another into a fire in a different life and now are learning the feelings that that person felt because of your actions.

L/L Research and the Edgar Cayce readings are not a religion any more than a road map can be considered a geography class. A road map only shows you where everything is. *You* decide what road you will take, whether you go direct or round about, or whether you ever open a map and look for your destination on your own. You have free will and will learn at your own speed. Each person learns in different ways. None is wrong, as all ways teach. To open one's thinking to its fullest benefits us most.

An example you will find repeated in the Ra Material: when you see the word teach you think of someone who teaches and a picture of one of your teachers from school may appear to you. However teach is an incomplete idea. When teach is used there has to be someone to be taught. That person learns from the teachings. So teach-learn and learn-teach become one. Now when you think teach-learn you may see the teacher with a group of students in a classroom which is part of a school inside a school district. A more complete thought than teacher alone. This knowledge opens you up to better choices.

Those religions which teach that theirs is the only correct one are failing as messengers from God already. God's truth and man's lies can be found in most, if not all, religions. A religion can be a comfort zone. It provides a set of rules to follow and a belief system you find appealing. These are but stepping stones to guide you on your path to God. The Jews believed so much in what man inserted into religion they lost all insight into the workings of God; instead stood on laws made by man for man.

No one should demand that you believe anything. No one should force you towards or away from any religion. Each one has free will and no two people are at the exact same spot on their spiritual road. When traveling, there are signs to direct your path. There are guides to help you. There are maps to plot your course. You can choose not to use any of those helps and travel in any direction you want. At that space in time that is what is correct for you. The helps are there only for those who are looking for them. Their only purpose is to be of help. This article was written with that in mind. You may take all or none of what is contained here. You may accept some but not all. Whatever you do take, ask God to give you a personal experience so that you will know for

In the Fall 2009 issue of *The LOOP Newsletter*, an experiment was posed to those wishing to work on mental development through practices such as dreams, telepathy, remote viewing, etc. The third portion of the experiment has come to a close. Since July, the following image has been taped to the wall above the printers used to produce *The LOOP Newsletters*. The experiment will continue with a fourth and final image being posted on the office wall right now. Anybody wishing to submit a possible solution to this image may write in. If it is wished, your submission will

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

by William Toward

### THIRD EVENT

In 1977, while doing five-to-life in Soledad for market robberies, California mercifully did away with the indeterminate sentence, and I benefited by being released two months later.

Unlike my previous release, I had no detainers against me and had the financial backing of someone who had profited from my previous market robberies.

I was set up in an apartment, given a transportation car, remnants of my wardrobe, and a baseball-betting fund of \$500 a week. During my years in prison, I discovered that, with charting and study, baseball had predictive value, and I consistently averaged a winning

yourself if it is true or not. Nothing here is meant to hinder you on your path. So anything that seems to hinder you, please disregard it in whole or in part as the spirit leads you.

Peace and Love be upon us all.

**Dennis Kearns welcomes all reader feedback.**

**You may write him directly at**

H80191

CMC West – D10, 26 Low

PO Box 8103

San Luis Obispo CA 93403-8103

**or via The LOOP Newsletter**

Dennis Kearns

c/o The LOOP Newsletter

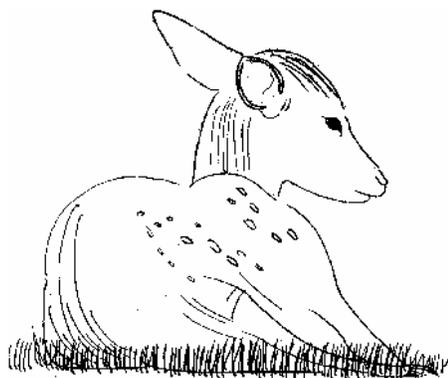
P.O. Box 5195

Louisville KY 40255

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## EXPERIMENT

be published in the next LOOP along with the new image. ∞



percentage. My arrangement consisted of dividing equally all winnings and repaying fully all losses. Since I had no options, I accepted the conditions.

I proceeded to win 13 of the first 15 games I bet with my bookie, who was also a friend. The businessman went to Europe for a month on a planned vacation, and I settled in to a comfortable summer.

A week before his return from Europe, greed caused me to deviate from my betting strategy. Betting parlays, and for amounts that exceeded ten percent of my betting capital, I ended up losing my winnings and an additional \$1500. The backer's brother loaned me \$700 to

pay the bookie, who waited on the remainder until the backer's return.

When I apprised my backer of the situation, he withdrew his support, stating I had violated the terms of our agreement. I had indeed, but I never thought he would refuse to cover me. It wasn't a large sum. Another factor contributing to my presumption was that upon my arrest in 1971, he was the beneficiary of \$15,000-\$20,000 in cash and goods for which I had never asked a settling.

My predicament was grave in that I had given my word to those who trusted me, and I had no way to repay them within the time given. So with heavy heart I reverted to what I knew best. I went to the drawing board where I devised a new MO for a market robbery.

I had picked my market and was mid-way setting up its hit when occurred my third great existential moment, a moment so profound it was a threshold passage.

On that fateful evening, as I came to dwell on the course of my remedial, financial action, I became aware of my subversion. I felt my good will being sapped by the suck of an experiential opening that had swallowed me often. Even though my precipitating motive was payment of a debt, I was being pulled toward a hedonistic life whose narcissistic gratifications become instant with instant money.

Yet, at the same time, I shrunk from the prospect of resuming my outlaw life because it would extinguish the life awakening. In that moment I knew if I pulled one robbery, I would pull others because I would be subverted in the play of my mind. I would lock myself in a view, that envisioning of desire that becomes a seek. And though I could not have articulated it at the time, I did intuit the subversive process ferrying me toward the deeps of self-immersion, where the repressing effect of delusion engenders a flawed consciousness out of which experience is structured—that deceived state, that willed ignoring which procrastinates the experience of truth and blocks one's deepest discovery.

A powerful inclination amalgamed from memory and imagination warred against the

life awakening as I found myself in a great confrontation. But the life prevailed. I chose to remain under the hover of its beckoning invitation, and so I was drawn into that life.

In the instant of my choosing, my choice became irrevocable. There would never be the wavering of a decisional post-mortem. And so there was a release. From the surrender inherent in my choice, I broke through a generalized fixation: the pursuit of an ignis fatuus whose light permeates our culture. The life of narcissistic hedonism had its claim on me ruptured. No longer enticed by the value distortions of its prolific imagery, I came into the freedom of that special detachment reserved for those who have come up out of an inveterate cast of mind. Temptation was dissipated in detachment achieved by breaking out of grooved compulsion into the openness of possibility. And such a breakout implies the courage of a blind, unconditional leap into the existential mystery of responding, come what may, to the oughtness of one's inner truth.

It is the dynamic of salvation, for the leap is a volition that is self-transcending; an intention directed to the Other whose Presence inheres in the impersonalness of moral principle experienced as an invitation to a higher consciousness.

I was to spend the next four months in the solitude of my apartment deepening the life that had fully awakened.

I regretfully explained my situation to my creditors. I told them I didn't know when I could pay them, but I would, for the very integrity by which I would not rob, insured their eventual payment. (Both knew I had been a robber. And both presumed my acquisitional ability with a gun to be sufficient collateral.)

I took a job selling burglar alarms for awhile, but my mind wasn't on it and sales were few. I had no concern for my circumstances and gave no thought to my future. I was otherworldly, caught up in the personalness of a growing intimacy with the source of my being.

I became overdue in my rent. My lights and gas were turned off. My warming refrigerator contained a half-quart of milk and

an open can of tuna. I was aware but unmindful of my economic exigency.

I took work sweeping and cleaning Laundromats—an occupation requiring no preoccupying thought—to be free to ponder the activity within me. And as I deepened toward the center of my understanding, I grasped the essential nature of that movement away from self begun in the moment of my surrender: it was a movement of love. I was being known through that movement by the power of that movement. I was being known by what I was moving into. Agent was effect. Moving out of myself by love to love, I began to simplify through the forgetting aspect of replacement thoughts that extinguish the mind's egoic complexity.

Aiding me in this understanding of simplicity was the woman I soon met and married. She was one of life's innocents. In intimacy with her, experiencing the facets of her soul's beauty, she became a pure model who gave me ultimate insight in realizing that a capacity for childlikeness in joyful love comes from certain discriminations never made, considerations never considered, awarenesses never entered into.

As in any relationship, we had our differences. But we held together, the good times far outweighing the bad. And even when it was bad, it was never ugly. ∞  
*More by William Toward in the Spring 2011 issue of The LOOP Newsletter in April.*

### A CALL TO ALL READERS

The winter issue of *The LOOP Newsletter* published for January/February/March is being dedicated to the topic of gangs as it relates to the Law of One. Several regular contributors are participating in this discussion as well as other readers. *The LOOP Newsletter* is calling all readers to contribute to this discussion in any way that feels right to you: drawings, poems, questions, articles, etc. All views and experiences are welcome. All relevant submissions will be included. Please indicate whether you wish *The LOOP Newsletter* to print your real name, partial name, pen name, or no name with your submission. ∞

**The LOOP Newsletter**  
**L/L Research**  
**P.O. Box 5195**  
**Louisville KY 40255**

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