

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
World Ending in 2012? by Dennis Kearns	pg. 2
Shut-Down by Cristobal Garcia	pg. 2
Wandering Thoughts by Bill Ackerman	pg. 3
Comment by A student of the Law of One	pg.4

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Season's Greeting, my friends,

The leaves are gold and red and the air is crisp, but the great radiant sun still shines on us from heaven. May we match this eternal light from within during our personal, seasonal changes.

I would like to welcome two new contributors to *The LOOP Newsletter*. Cristobal Garcia has gifted us an article about taking the Sacred Path of the warrior while serving in prison. And a fellow student of the Law of One wished to contribute a thought about harnessing the opportunity of prison. Thank you to them both along with our regular contributors.

For those of you interested in pursuing the teachings Garcia addresses in his article, they can be found in the book Shambhala: The Sacred Path of The Warrior. The Shambhala website says, "The sacred warrior conquers the world not through violence or aggression, but through gentleness, courage, and self-knowledge. The warrior discovers the basic goodness of human life and radiates that goodness out into the world for the peace and sanity of others."

For a catalog or the Shambhala newsletter write to:
Shambhala Publications
P.O. Box 170358
Boston, MA 02117

In Love and Light,

Lorena Lucille, Editor

WORLD ENDING IN 2012?

By Dennis Kearns

According to the Mayan calendar, all things end in 2012. Modern man has determined the possibility may come in the following ways:

- 1) By pandemic—Humankind is now more vulnerable to a devastating pandemic on a global scale. If so, it may be from a pox or virus. Either new to man, or a current one that adapts itself to the medications now fighting it.
- 2) A super volcano explosion—It could shoot ash and lava 1,000 times greater than the 1980 eruption of Mount St. Helens. This would alter global patterns for 20 to 60 years or more and would cause drought, then famine.
- 3) Global warming---the ice sheets in Greenland and west Antarctica combined have enough water to raise sea levels by 12 meters submerging coastal lands and the structures on them.
- 4) Solar superstorm—a solar eruption large enough could knock out power grids and communication systems all over the globe. Without a highly advanced electronic society, it would be devastating for most of the world.
- 5) Nuclear war—Either by accident or response to a cyberattack could cause a nuclear exchange between two super powers. Even a terrorist attack on populated areas with smaller war heads could bring the desired effect.
- 6) Earth hit by an asteroid—Even a three-kilometer asteroid could kill one fourth of the population of the world.

Let us consider for a moment that the Mayan civilization was, at the time they began using their calendar, a semi-civilized society. Their calendar was a high-tech sophisticated cylindrical system. It was based

upon geographical knowledge and astronomy. The Maya held such knowledge yet could not grasp the concept of the wheel? They could count in millions yet could not learn to weigh a sack of corn? This seems to place “their knowledge” being handed down to them from another source. Did not the social consciousness of RA say that knowledge was imported to the Egyptians and those of the Aztec and Maya? The people receiving the knowledge misunderstood it which caused wrong actions as in human sacrifice, etc. To base an ending to the world on “evidence” from a semi-civilized society we may as well ask a new born to give us information on the stock market.

Why not go to the source of knowledge and in this case where the information originated? The RA Material—The Law of One explains this end of the world very clearly. The earth is moving into a new dimension. For a time our present dimension will exist along with the coming new one. The hearts and minds of the new humans will be changed. Those of the old will also be able to live with this new world only after shedding their old body form, then returning with a new and improved body to have near the powers of Jesus to speak to one another without use of the mouth, to move objects by mind control, to heal by their touch. Plus many more powers most of us do not now possess. Death has come to the body we have used many times in past lives. There is no need to fear the death of the body as the spirit goes on. If you do not get it right this time around you do it all over again.∞

SHUT-DOWN

By Cristobal Garcia

In prison, after a time, you conscientiously build up an immunity of the senses. You evidently learn to SHUT-DOWN feelings, thoughts, desires and needs. Somewhat similar to stuffing these emotions deep inside the darkest and most forgetful place within yourself. It is overwhelming to care, worry, or sympathize. Feelings are torture. The connection of looking back and forming a continuous embracement with loved ones, friends and everyday people wears the heart and mind out. At times you can smile and reminisce, to only have the loneliness hit you. You praise some thoughts and condemn others. Avoiding the pain is altogether easier. You SHUT-DOWN.

I went into complete SHUT-DOWN inside the dwellings of solitary detention. The isolation cells of administrative segregation and super-max/high security. To escape, I forced sensory deprivation upon myself. When I had feelings and thoughts of home I buried them. Why should I bother? I am no longer in the world. I am not participating with the matrix of society. I have become irrelevant, non-existent, unimportant, trivial...

My father held a degree in the SHUT-DOWN profession. I was never able to approach him. He invoked how I needed to adhere to toughness and masculinity: where men do not cry, men wear the pants in the relationship, and emotions are a sign of weakness. The modus operandi when confronted or tested is never to show weakness, never give up and get even with those who cross that line with him. This dogma was drilled by my father.

It didn't take long for the effects of the SHUT-DOWN to wreck portions of my life. While in solitary detention it brought me to the limits of my mental stability. It was in this dire strait that I was introduced to *The Sacred Path of the Warrior*. It is a guide from the ancient Eastern tradition of Shambhala. Somewhat ideal to the traditions of wisdom, principles and enlightenment of the shaman. The essence of the warrior is to master the changes of life, both on and off the battlefield, rediscovering, going beyond that and being genuine with yourself. The American Indians have such a tradition.

To SHUT-DOWN is the essence of cowardice. An escape from reality. It is fear on so many levels. To be afraid of not dealing with your life. The very word immaturity sums it up.

Long-term relationships are brutal. In prison, the harsh reality is to have your children grow up without you, and to have siblings, parents and family live their lives without you. Quickly, your friends and loved ones' life, work, stories, and ordinary life become depressing. With the hardships of prison inflicting punishment every day in its simplicity, to SHUT-DOWN can feel like an easy fix. Unfortunately, it does more harm.

To SHUT-DOWN is to be selfish and it opens the door to dangerous emotions. Having now a negative pattern of thought and behavior it infects your nucleus—your innermost essence—with vulnerability, resentment, rejection, denial, anger, hate, arrogance, and unhappiness. Pretending all is well is the habitual pattern of a coward living a lie.

The Sacred Path does not have a warrior battling at every confrontation. Life is not black or white. Good or evil. There are instances where we perceive it to be. We work our minds, feelings and thoughts to subconsciously be biased (good vs. evil). At times we can be harder upon ourselves. We feel overwhelmed. Although we possess the ability to seem controlled and brave, we are actually scared, tired, and depressed.

The art of Shambala is the practice of meditation. Just as God breathed a breath to give life to mankind, it is the awareness of breath. This magical substance, which is the essence of life, can help you learn to be without deception, to be fully genuine and alive. Meditation practice consists of sitting down with

your legs crossed (Indian style) on the floor. As you sit, take a deep breath. Exhale and align your body to sit erect, with your back straight, shoulders naturally relaxed and the palms of your hands on your thighs. Take another deep breath and close your eyes, and align your head facing straight-forward, then focus on the area six feet in front of you. Begin to meditate, naturally breathing.

Meditate for only five minutes. Clear your mind. Focus only on your breath and breathing. Of course, your mind is going to reject this. Yet, control yourself for five minutes.

The first time I meditated it surprised me to find out that I was a very poor boss of my mind. The five minutes felt more like half an hour. Sitting there, breathing, I fought with my mind. As if it were the creature from the movie *Lord of the Rings*, Gollum. "My Precious, I feel itchy. I'm hungry. I'm hot. This is stupid. Meditation stupid. Yes, we think this is stupid."

My mind annoyed me. And this is a battle. There will be all kinds of thoughts while meditating—normal thoughts and some disturbing ones. The deal is, do not let it bother you. The idea is letting these thoughts happen, then to breathe and release the focus of these thoughts out of your mind, focusing on your breath. Eventually you will be able to have your breath as the only focus of your mind. I found this to be the first step on the Sacred Path, to control your thoughts, to be able to focus without being distracted. The most powerful muscle in the human body is the mind. This is the warrior's first mastering.

Telling it like it is- Cristobal Garcia∞

Wandering Thoughts

WE ARE NOT STRANGERS!

by Bill Ackerman

Your path of resonance is unique. No matter how wise your teacher or how inspired the writing, there is almost no chance that everything a given teacher or writer offers to you as food for thought will resonate to you. Ideally, those concepts which you follow will be those concepts which, when first read or heard, awaken within a seeker a kind of recollection as though he already knew that but was happy to be reminded of it once again.

-Quo, Light/Lines, Spring 2008, Number 105

Back in 2007, Lorena wrote to me expressing an idea about finding a way to have all of us, who are in prison, studying the Law of One, to be able to communicate amongst each other. I suggested to her the possibility of a newsletter and so The LOOP Newsletter was born.

Although I am happy with the success of The LOOP Newsletter, I am disappointed with the lack of contribution.

As a seeker, I enjoy reading anything that is written concerning Service to Others and also pass on my own thoughts. I have been part of the L/L Research family since 1986 (on this planet) and the love that has been sent my way via letters and books has contributed

to my understanding of who I am and what path of service to choose.

We are not strangers. All of us are One. We need each other. There are so many others out there who do not understand our thinking and concepts. They dwell in the comfort of the 3rd Density illusion. As seekers we thirst for knowledge or any kind of symbol that speaks truth. Take away the flesh and bones and we are all the same intelligent energy. We are on a glorious journey that should be shared with abundant joy!

Yes, some of us are in prison—but why? We are in prison because that is where we planned to be to do our service. In our minds we may feel lonely and depressed but in our hearts is the love that always shines

and the need to reach out and discover our relationship with the One Infinite Creator.

I know many of you are going through a lot of changes. Change is good. Especially when it is positive and you feel good about yourself and you want to help others. Remember how selfish we used to be, and oh-so-egotistical? We were so smart and so into the illusion we had ourselves locked in a building for years!

The LOOP Newsletter is a vehicle for expressing yourself to all of us on this journey. How have you changed? How difficult is it? What are some of your favorite Ra quotes? Questions, artwork, poetry, thoughts, etc., all of these things should be coming from all of you on this journey. The LOOP Newsletter is now an international newsletter so your words are being brought to many.

We are on a journey that lasts millions of years. It just so happens that we have taken 10, 20, or 30 of

those years to do service in a prison environment. When your service is over in here, we will move on to the next lesson. We are not different from any other seeker.

I proposed to Lorena that seekers who are not incarcerated be able to write their thoughts about seeking behind bars. She has always expressed her desire that The LOOP Newsletter be only for prisoners, but the way I see it I am not a prisoner if I am doing service for the One Infinite Creator. I chose this setting as a learning experience. It is an honor to be given this opportunity to be of service. I welcome any seeker to share with me and everyone else their thoughts and feelings. We are all One. The more we all communicate with each other, the greater The LOOP Newsletter will expand and who knows where this can go.

Lorena's service to us all has been such a blessing. It always amazes me how the Creator works. Adonai. Vasu. Barragus.∞

A STUDENT OF THE LAW OF ONE WRITES...

“Those incarcerated may enjoy more freedom than the rest of us because true freedom comes from going within in meditation and appreciation of life, and those in prison have more time to do so.”∞

The LOOP Newsletter
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FREE SPIRITUAL MATERIAL

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