

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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Happy New Year!

Ra says in Book II, there are two paths: “acceptance and love or separation and control.” Many of you are on your way to entering society at large. We at L/L Research welcome your spiritual company. As Carla expressed it to one of our friends in prison, “We have no gates here, but lots of love and light!”

This issue of *The LOOP Newsletter* is dedicated to the topic of gangs and the Law of One. Included are four submissions from four different perspectives. All of them compare and contrast a way of life through one lens.

I have been asked by LOOP contributors to invite you to share your responses to their articles. You may write in with any reaction you have and I will forward your thoughts to either Bill, Dennis, Victor, or Kingsley. If you wish, I will print your thoughts in the next issue.

I will close with a quote from Ra:

Those who choose separation, that being the quality most indicative of the left-hand path, are protected from other-selves by a strength and sharpness equivalent to the degree of transformation which the mind has experienced in the negative sense. Those upon the right-hand path have no such protection against other-selves, for upon that path the doughty seeker shall find many mirrors for reflection in each other-self it encounters. Book 4, Session 99

In Love and Light,

Lorena Lucille, Editor

Wandering Thoughts

by Bill Ackerman

GANGS: LEARNING THROUGH CATALYST

You are old, old souls and you have given yourself your own choices of those relationships and environments which you feel will give you the most opportunity for learning. This is done by the friction of difficulty and trouble, frustration and other seemingly negative reactions, those things which trip up the attention and move your consciousness off the balance upon which you walk, balancing the various positive and negative catalyst which you receive, so that you may work with this catalyst and at your own pace continue the evolution of spirit. The evolution of third-density physical vehicles is at its end. Further evolution is all spiritual.

Qu'ò, August 16, 1992, A Wanderer's Handbook, pp. 281-282

During my 33 years of incarceration, I have met and have become friends with many gang members. Gang members are like any other human beings—they are working through the karma and catalyst they programmed for spiritual evolution.

Some souls, though, may get caught up in the illusion around them and get so involved in being an actor in a play that they end up deeper in negative catalyst and added karma.

Why would someone choose to be a gang member? I've noticed the common theme is the lack of love in the home environment. Most of the time the father isn't around and the mother is addicted to substances to ease her pain. The child, not feeling loved or wanted, embraces the illusion of love offered by other unloved children and together they create a bond of solidarity. They give themselves a name and a purpose and with it comes strength and trust that each will be there for the other.

Unfortunately, the path of the gang member fits under the service-to-self path. Manipulation, greed, terror, and murder are a common place in gang life. Their motto is "blood in—blood out." Leaving a gang isn't easy.

I have met many gang members who did get out and have turned their lives around.

One is a good friend of mine who speaks to the high school kids with me and works in a hospice located in our hospital. After being an enforcer for the Latin Kings for many years, he had an awakening in 1992 while in segregation for stabbing another inmate. He was given an additional eleven years put on the end of his sentence. Today, he chooses Christ as his Lord and Savior and he is one of the kindest and most respected people in this prison. He has worked through his pre-programmed catalyst and is now in touch with his inner soul. Because of that, our souls are working together to share with others the Creator's love. He knows what I study and it scares him a little, but deep inside he knows we are part of the same consciousness.

In closing, a gang member is just another soul like you and me who is working on the lessons they pre-arranged. When they awaken and find what their purpose is, these are the people you know or read about who have turned their lives around and now are doing service to others. Many do work in the inner cities and many do work here in prison. They are old souls sharing the Creator's love.

Adonai. Vasu. Barragus. ∞

THE GAME OF GANGS: A TUTORIAL

By Dennis Kearns

Prison gangs take on many different faces at different levels of a prison, as well as in different ethnic groups. Where the Law of

One states: "All is One," Gangs could be said to say: "One is all." Basic for all gang-type behavior is the oneness of purpose. Each will

pick something to identify as belonging solely to them: a color, a type of dress code, hair style or shaved head, tattoos, etc.

When a first-timer comes to prison, he is called a fish: someone new to the system or just new to the yard or housing unit. The fish is greeted by someone, either alone or a group, of their own ethnicity. Once that has been established the area from which that person comes is ascertained—this could be called turf or hood. Those in prison from the same location are “Home Boys or Homies.” Next, the question becomes; “What you in for? Got paperwork?” It use to be inmate clerks had access to the prison computers and could bring up a file on any fish and see what charges he come in with. By producing “Paperwork” the fish has a paper from the CDC which states the nature of his case and goes into some detail. Those with “jackets” on them (those that have sex crimes, snitched to the police on others, any negativity as thought by the gang to be) are singled out to be “hit.” A hit could be a beating, a cutting, or even a killing. Whatever it takes to get them off the yard. Those who pass that test start out on the bottom rung of the ladder. They do the bidding of those above them in rank. The controllers may never be known to the fish, as orders are given in a downward fashion. Results and information flow in the other direction. The fish are called upon to make a hit, bring in drugs, anything that benefits the leaders. As each task is completed, he rises in rank. When a leader is released, transferred, or dies, a new leader is found among the top ranks. If a fish refuses to follow through on a “request,” then he becomes the target. Any connection is handled by their homie. To stare at someone in the chow hall or in the yard is taken as an insult for which a fight can break out. Each gang (or race) wears their boots to the shower. If something “jumps off” they need to be ready to fight. When it feels like tension on the yard, or in the dorm or cells, everyone “boots-up.” At some age a person becomes “inactive” and is no longer expected to be subject to fighting. The O.G.s (old guys) are to be protected in case of fights. The same things that got people time, they still

do in prison: drugs, drinking, getting high, dealing in whatever brings a profit.

Because of the number of different types of enterprises available, dealing with other gangs happens all the time. This is where “up-offs” occur, then battles ensue. Those who run up debts and can’t pay are hit. When at all possible, each race will deal with issues in their own race. No one is allowed to receive food off another race’s tray unless it is packaged and sealed. The whites will not play games with blacks, although the Spanish can play games with whites or blacks. Each gang is known as a “car.” “Which car are you with?” is a commonly asked question when people are moved from one prison or yard to another. In the level 4 yards, it is always the “lifers” who run things, as they only get out on a slab. Level 3 also has lifers and is run pretty much the same way. Level 2s, it will depend on where you go, but they are less intense then the higher levels. Level 1 all have gate passes so they can leave the prison to work at the beach or other city owned properties. A soft level 2 yard permits a lot more then the level 3 & 4s—more interaction between the races, less control, etc. Still, small “chicks” stay together. The boot-up is still ongoing on level 2s. The gangs that fight each other on the street carry it to prison. The North and South Mexicans are not supposed to be housed on the same yards. But they almost always are. Those prisons that hold mostly Southerners have an area that the Northerners have to stay in when outside. The Northerners are outside at every yard release and stay together. They do exercises to keep in tip-top shape. Some will roll themselves up off the yard (tell the guards to remove them from the yard). Others will get in trouble to get off the yard. Too many of each side and a fight between the 2 sides breaks out.

This lifestyle is the complete reverse of the teachings of the Law of One. As the Law of One is positive, the gang mentality is negative. People get caught up in the middle for reasons like fear, wanting to be a part of something, or agreeing with the lifestyle, etc. When someone cares enough to try to help them by explaining the positive side of life, it is

taken as weakness. But in this weakness is the strength of the Lord. Some go through pain and suffering, even death, for this cause. However, minds and hearts are changed in some of the gang members who—then knowing that lifestyle in and out—will turn others around also. Those few can help many both in and out of prison. As in any city in America, there are more than just law-keepers and law-breakers—the same in a prison. All sorts of people with different ideas come together. Some you may wonder how anyone could care for them, and think it must have been dumb luck someone hadn't already shot them out on the street. Others seem so nice you wonder how could anyone like that be in prison. Then there are those that fall in between. All types of personalities come together in prison. There is so little room that issues arise all the time. But as the Law of One teaches, we are placed in situations not only where we can be of help to others, but each encounter we make each day is a testing of our reaction to what we encounter there by learning. Each learning experience brings us closer to becoming one with all. We should not be responsible for leading people astray, nor should we force a belief system upon them. Each comes into his own when it is right for him. Living the best we can to be an example

of the love of God within us may not seem like much to those doing it, but others do see that difference in you and it triggers something in them to want to feel that way also. They begin to search for what they never knew existed. To live by example is not a job for sissies! You need to keep yourself in check at times when you really want to lash out. Each moment you fight is within yourself. To remove all negativity from your life will not happen as long as you are in a human body. But you can learn to increase the positive. The words, “The Law of One” may denote the thought of a law freeing you to do as it teaches or pay the penalty for not following it. But when you were little and your loving parents laid down the law to you, it was not for their benefit they did it. It was for your own good—to learn now instead of suffering and having to learn later anyway. So really in this case Law equals Love.

Is the Law of One not really the Love of One? That which benefits us, protects us, and lets us grow as a child in a loving home. We do not obey the law out of fear, but out of Love. Gangs in prison are but another experience that has been provided for our spiritual growth, and theirs. Free-will allows either positive or negative advancement. It always remains your choice. ∞

YIN-YANG ☯

by Victor Franco

I once met this child. This child was ten years old at the time. Everyday after that, I would see him riding his bike with his closest boy whom he grew up with, skateboarding, hangin' out, playin' in the streets enjoyin' life as any child would. The streets were not safe. But come on now, that's a child,. Never would the streets consume him, for the simple fact, he's a child. Although, it's happened. Depending on the lifestyle of the child, he is playin', he is involved in gangs, or he is just doing what he do growing up. In some cases, “it doesn't matter.” My point exactly.

Seven years passed and through those seven, I watched that child grow into a good

kid. Despite all of the trouble he'd been in, he turned out pretty good. He ended up being part of my immediate circle—hangin' out, kickin' back with the Big Boys now. And the worst we had taught him was to hold his ground regardless the situation, or cause, as long as he felt and believed it to be righteous...up until that night of September 2008.

The Universe had it's “Space Time Continuum” looped into a reality any of us could bear. Transfixed for its own purpose. Many don't understand, but I do.

Long story short, two of my ex-boys rolled up to his home and initiated an argument between two of my boys. One being him and

another. After the argument, what was said and done was said and done. The two ex-boys were on their way, till my boys threw a rock and a bottle, hitting their car. That's when the inevitable ran its course. One of the other guys expended a single shot gun blast, fatal enough to send two souls embarking on their universal journey ending their physical lives with us for good. One was my good young friend, whom I spoke of in the beginning and the other his mother. You ask how his mother fell victim to that fatal shot? She heard the arguing and commotion to which she stepped out from the gates of her own home to observe and possibly find a solution. Not even 3 seconds into her observation and she's lyin' on the ground next to her child, cryin' in pain and agony. Her son departed and all the more agony, then, to lie next to your child—shot and gone—layin' in pools of blood gasping for air and yet tryin' to revive your child from his sleep. She passed 30 minutes after arriving in the hospital. Their physical end.

My beginning!

Now you and I know this “Gang Lifestyle” is not about me or you. This isn't about us. You and I are putting our lives on the line for one reason. And that's for “Family.” Putting our lives on the line, so they don't have to. You stepped up and said “I'll go.” Doing it for the five mouths you're forced to feed. Doing it to put bread and milk on the table, by any means necessary. Doing it because it's our lifestyle, its all we know, it's in our blood. Doing it “to protect and serve our families and keep our neighborhoods safe so our children can grow and play” because the law can't be depended on. So now we have to take matters into our own hands. Doing it for all the right reasons. To prevent and slow certain circumstances from taking place. The universe will play life out how it's supposed to. So I'm doing it to keep my family, especially the children and my childhood neighborhood, safe from the inevitable. Got to have Heart regardless. But when we do it for all the right reasons, they say it's bad—Yin.

On another scale, this is an Alliance of Underworlds, killers and Darkness. The Darkness will build you up. You got to have Spirit. This is a Family that accepts all into “The house of Darkness.” even the light. Just bring your Spirits and the family of Darkness welcomes us, and all. So does the light. The light uses and needs the Darkness to build you up, make you strong, spiritually. The Darkness will make you or break you. Therefore, the Darkness is good—Yang. Some were born into this family, raised in it, accepted into this family because our lifestyles have been hated. It's in our blood, genes, and Heart.

Yet, here I am, putting my Spirit (Me) on *The LOOP Newsletter*. Voicing my opinion on “Gangs” as it relates to “The Law of One.” Hmmm, I know Spirits surrounding me from the left and to the right of me on this newsletter have experienced grander situations and I send my utmost condolences, sympathy, and compassion to each and every one of you with respect. Although, the past is the past. It's left a mark. Leave yours!

Earlier I said “Many don't understand, but I do.”

I understand the Universe used that boy for its calling, or taking of them souls, and left a so called lesson behind for others to grasp. I don't blame that boy. He's just doing what he's set out to do. He paid his dues. Now he's on a caliber level. Pour out a little liquor and find some peace. “Right”?

I understand the Universe had a calling for my mom and unborn sister, both at the same time. Pour out a little liquor and find some peace. “Right”?

I understand the Universe had a calling for my four uncles and my aunt, all at different times, but young. Pour out a little liquor and find some peace. “Right”?

I understand my boy, whom I met for the first time “one night,” got shot up on his front door step an hour after I left—19 years old. Pour out a little liquor and find some peace. “Right”?

I understand this Universe is a force to be dealt with. I'm living to enjoy life with these people and they're taking them. That's it.

They're gone. No more, "Man." The memories are diminishing. Don't tell me "that's the way the cookie crumbles." That's not cool! What's going on D.K.?

If that's the cause count me in. I want in on this. We're all part of the Loop now, this Universal Loop of reality. We're the chosen ones. I need to find and send the ones on the wild paths on their way. They'll make a decent sacrifice. I'm a raise my blade and rip their Hearts out. Not for me nor you, but for the elixir. Maybe then, we won't have to give up the souls of our flesh and blood. Got to set this Universe straight—got to keep it spinning. Make the world go round. Grab yourself a wild one and rip his heart out. Trust me. You will save lives. Maybe then I would have proven myself wrong. You can prevent.

It's for our families. No matter what family you're riding for, it's for the family. Whether in light or Darkness, you have to fight and be strong inside. Radiate that flame inside and go out with a Big Bang. We came in with one. Doing it for all the right causes. Yin-Yang. When you run into your boy who's down to earth—smashed and blasted for all the right reasons. Probably even murdered a few, straight living in Darkness. And what do you say when you hear his name or see him? "That's a Good Homie right there." He smashes and blasts for his family. Down to die for everything he represents, believes in. Putting himself on the line. Just like you and I. For family. To keep our neighborhoods safe. Safe from the wild. Safe from the inevitable. Putting ourselves on the line so they don't have to.

The beginning story is my point—why I do what I do. Why, I am in it. Because I know, that if I am in it, I can slow shit down like that from even taking place. Unfortunately I was not there. I was three hours away attending college, into the knowledge—till I got the midnight call. I dropped the pen and before it hit the ground, I was out. So here I am today. And don't tell me "this is some past illusionary trauma and that I am caught up in my own karma." I am karma, so do right. Or I'm going to come get you.

It's my turn now. It's our turn now. No matter what horrible fate awaits us. It's time to be super smart, intelligent, and on point. It's time to alter the space-time continuum of the Universe through the sciences of techno-spirituality, through technology. The technology of our minds as we know it. Then you will begin to see shit fall into your favor on a grand scale. We're all part of this Loop. You're already on file. Get in and get yours. Be smart. And use it for all good causes. Karma is watching.

Then they will realize that their own hearts are the key. The crucial item in the orchestration of my mastery of the time-space continuum. This is a great faith in the science and techno-spirituality of those, them, they, or top, who invented the Heart as Engine of Urban Renewal, the revitalization of reality. Got to do what we got to do. Start ripping them out, a zillion hearts per annum to set the world right. The universe laid the ground work. Now it's up to you to proceed.

Unity: when the strongest, and all spirits, come together as "Survival of The Fittest." That's "The Law of One." When shit hits the fan and you're standing your ground, that's The Law of One." I don't care if you're black, brown, yellow, white, or green, the Creator is one in all and all in one. It's for the Creator and it is the Creator, even if you're holding your own. It's either you got it or you don't. I honestly believe, this is as real as it gets—the Creator itself coming out from in us. The real.

This life is lean and mean. You got to be crazy to live this life sane. Strong. You can't tell me, how to live my life. My people are dyin'. Dropping. I'm like "Hold on here. What's really going on"? They are not going to wait for me. This is straight up cut-throat, get in where you fit in. Reach in and grab yours or the next man will take yours. "Why"? Because of realization. A strong Spirit shall prevail. Whether in light or Darkness.

All in all, the Universe will push you around and fondle your mind if you allow it to. That's what builds you up. Others got it easy, but they will only learn the easy way. Some

got it hard and tough, they will learn the hard and tough way. Some just don't learn at all. Nobody is different. Ride or die, the two choices that they're giving us.

So I am given no choice but to ride it out tough and do what I have to do for all the right reasons. If not, this Universe will chew me up and spit me out. I have to stand firm. We all have to stand firm. Living in Darkness has made my Spirit (Me) stronger and closer to the light. Yin-Yang. We can move and will push forward regardless. Keeping all of this within my Heart and Spirit only builds me up as I go. Gives me the drive. Spiritually be on top of it. Mentally contain it. Got to keep it tamed in your mind and allow it to flutter within you. We are here, now, and in the future. No weakness, no fears. You have to fight.

Remember, this is not about us. It's for our families and the children. So they don't have to live our lifestyles or sacrifice themselves. I will sacrifice myself. Everybody has his modifications as to what drives him and builds him up—why they're running the game. I ain't mad at you. I got nothing but love for you. Do your thing.

Now who is to say the Darkness is not good or bad? Think Yin-Yang ☯. Darkness existed before the light of creation. Darkness is associated with chaos that existed before the light. The chaos in Darkness created the light.

The light suddenly turns on and sets chaos in order, shifting and forming life. The Darkness said "Hey, what are you doing"? The Darkness couldn't comprehend it and that's why people get hurt. People living in Darkness do good deeds. I see the Darkness Love, Care, make peace and live virtuously. That's because of the light that is in them—living in them. Living in Darkness has made Spirits strong, if that, stronger. The light shines bright, exposing the weak and making them weaker. Shining the light on the Spirit's fears, illnesses, and unvirtuous ways. The Darkness says "bring that Spirit here and let's build a fire." It will make the fire or not, then it will determine the fate. For better or worse.

Yin-Yang: Without Darkness the light wouldn't be. The light and darkness adopted one another. The light and Darkness are both good and one. The light is Creator and the Darkness is Creator. When they come together as one ☯, they create "The Law of One." The Creator is both light and Darkness/Darkness and light. The creator is the system beyond that. "The Orchestra." The essence of "power." The Darkness adopts the light and the light creates life. Then the light turns back to Darkness. The Darkness rebuilds its chemical, creating the light again: "The LOOP." And here we go again.

Those born of the light, tend to take the light for granted and don't appreciate it. They are used to it. They also tend to fall astray and do dark things, living in Darkness. Which is good. When they build their Spirits and learn their lessons from the Darkness, it builds them. So when they return to the light, they Love and appreciate it all the more. The light will send you to Darkness so you grow and build your Spirit strong—Yin.

Those born of the Darkness learn to grow into the light, so as you live in Darkness, you grow and learn from the Light. And when you are, living is the guide and life of Darkness—Yang.

It's a blessing to live, be alive in a sense. Family, Friends and Loved ones—it's all we have to look forward to. Moving up in worlds. The light will shine burning bright, you wouldn't want to be there when it burns out. Like they say, "follow the light." The Light burning within you will lead the way. Is it dim, bright, shining, radiant, dull, or flat? Those are the worlds of light you will be off to. Whether you enjoy life or not, you'll be back.

So without the Darkness, we would never learn the lessons and grow to appreciate the light. Without the light we would never grow out of our Darkness. (No Life). The light needs the Darkness and the Darkness needs the light. The light that refuses to learn from the Darkness refuses to grow. The Darkness that refuses to learn from the light refuses to grow.

Learn to Love and accumulate both for your Spiritual growth—Yin-Yang.

Final thought. 17 years old. 42, 33, 56, 64, 23, 34, 19, 28 and didn't even make it out of the womb. All of them have loved and wanted to continue to enjoy their stay with us. Loved and enjoyed life. That's a wrap, never will we share our lives with them good individuals. Never will I. All we can do now is keep our faith and believe, that when we die, we can "Zoom" into the light and lo, blessed with another life as "somebody." There's plenty of other worlds. I pray and speak to the Creator and tell the Creator "What's up." Now I got to build and work my way up. We will see each other, but we will be ignorant to it.

I bang my Spirit all for one reason, family. I have adopted two new reasons,

gaining a new perspective as I wrote this. I bang my Spirit for the Creator in me, for the Creator, and to leave a mark on my Spirit. So when I "Zoom" and am blessed with another incarnated life as somebody, you will know that it's me, because of that mark. Go Big or don't go at all. Be yourself in Spirit, so the Universe can go on like this in its Glory. Yin to the Yang.

"Victorious."

P.S. If you feel it's the right thing to do—"Do it." No matter what it is. If you feel it's not meant to be, then don't. It will work out. Are we done? Yeah. Alright thank you, send it. Peace out. Press enter. ☹

THE RISE AND FALL OF GANGS

A promiscuous society will give rise to gangs.

An unethical society will give rise to gangs.

A controlling society will give rise to gangs.

Each, a different kind of gang to be sure, but a gang nevertheless. The same holds true for a community or neighborhood.

The demise of gangs occurs when societies are able to rectify or modify anyone or any number of the three gang types.

Gang types are indicative of gang membership. That is, the personal needs and desires of a gang member that can be fulfilled by a particular gang type, are regarded by the gang member as the attractive and influential force of the gang.

The personal needs and desires referred to here are those that would be possessed by individuals who lack a sensitive awareness for – Affinity (which is Unity), Conformity (which is Light), and Empathy (which is Love).

Gang members (like the rest of us), experience joy whenever needs and desires are met.

In layman's terms, some gang members (such as pimps and prostitutes), will continue to

experience comfort, fulfillment and joy and will remain dedicated gang members, only when and if the society, founded on an unwelcome sensitive awareness for affinity, allows them to pursue or engage in, a promiscuous existence.

Other gang members (like the Mexican cartels), will be similarly fulfilled, only when, and if, the Society, founded on an unwelcome sensitive awareness for conformity, allows them to lead an existence that has a complete disregard for the laws, rules, and regulations of society.

Yet, other gang members (like those of the Charles Manson gang), will experience similar satisfaction and excitement only when, and if the society, founded on an unwelcome sensitive awareness for empathy, allows them to lead an existence that is absolutely controlling or callous.

There are no gangs or gang members outside the three types delineated herein. However, in all three, there are overlaps. This means, in each type there will be members who fit the mold of one gang but who have found the means to satisfy personal needs and desires while belonging to a gang of one of the other types.

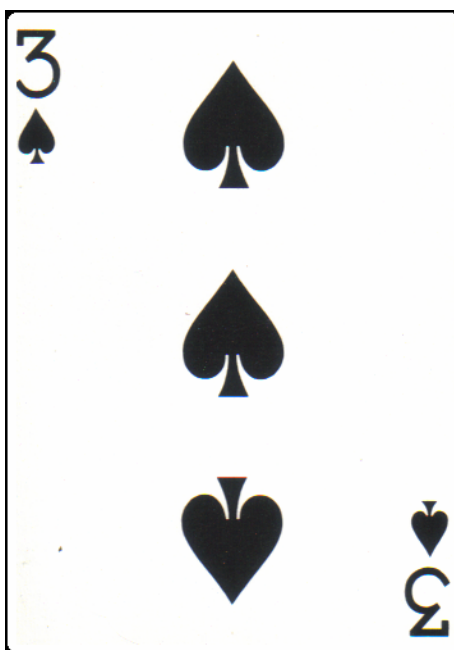
A society may succeed in the elimination of gangs first, by identifying the type of gang it is dealing with and second, by taking away the gangs' ability to satisfy the needs and desires of their members.

This guide is a response to the request by societies, for a solution to the gang problem,

with which they are afflicted. Remember though, while the Guide always remains the same, the success of the solution for a particular society lies in the detail, and is likely to differ from society to society. ∞

EXPERIMENT

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 fourth and final portion of the experiment has come to a close. Since October 2010, the following image of a playing card has been taped to the wall above the printers used to produce *The LOOP Newsletters*.



The experiment has ended. I hope you have enjoyed the practice. ∞

The LOOP Newsletter
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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
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