

# 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
Dominoes by Dennis Kearns	pg. 2
The Purpose of Man by Silence Dogood	pg. 2
Fourth Density Vibration by Bill Ackerman	pg. 3

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Greetings from L/L Research!

What a blessed time to be alive! From this servant of the Creator to all of you, servants of the Creator, I welcome you to this issue of *The LOOP Newsletter*.

This issue brings insights into spiritual progress from three different perspectives (four if you count this letter). I am please to present them all to you.

In news at L/L Research, our beloved senior channel, Carla Rueckert-McCarthy, has had more surgery on her spine and is at this time recovering in her home with the help of her husband, Jim, and other loved ones at L/L Research.

Jim wrote: *She and I both would like to thank all of you in her extended spiritual family for your prayers, cards, and healing thoughts. In her meditative states she says that she is aware of this great glow of love and light that comes to her and surrounds her from all over the globe. We send our love and light back to you with gratitude.*

Carla and her junior channeling students have suspended channeling meditations for the summer, but will return in the fall. Samplings of currently channeled material is available in the L/L Research newsletter *Light/Lines*. Please write if you would like to subscribe to this free publication.

In Love and Light,

Lorena Lucille, Editor

## DOMINOES

By Dennis Kearns

When we are young, we can learn numbers and matching by playing Dominoes. We choose seven pieces, and after the 1<sup>st</sup> play, we use those in our hand to match the number that has been played. Much the same as being born, learning as we grow, to use what is available to us. As a child we play the game of life with a limited knowledge. As we learn to play dominoes we see the before unknown possibilities of selecting a play that will allow us to make points, to keep the other player from making points, counting how many of each number has been played, and so on.

The game of dominoes we played as a child is almost unrecognizable from the same game we play as an adult. Most of what we learn of dominoes is self-taught. With practice we gain more skill at the game. As we grow to adulthood no one offers any help in explaining the inner knowledge of the laws of nature (or) God's law of cause and effect. As a child, we learn to touch fire means we get burned. We learn gravity can cause pain if we fall out of a tree. These are compared to the beginning of learning Dominoes. The adult lessons are a little more advanced than the child version, but fall short of a complete understanding. The adult lessons we need to learn about cause and effect are seldom taught to us either. It is a learn-as-you-go situation. Some may never learn past a point where the main lesson exists.

Cause and effect is not limited to what you do or say. Your thoughts also have cause and effect. Your thoughts affect your body and your health. Negative thoughts: hate, jealousy, revenge, dislike, coveting, lust, etc. These can

cause such things as headache, upset stomach, stress, heart attack, even cancers.

Positive thinking helps the body to stay healthy. You may ask how is this even possible? Your thoughts release chemicals in the brain which enter the blood stream going to every part of the body. A good example is the story of an average woman and mother sees her child trapped under a car and is able to lift the car off the child. A thought enters glands (a pair of glands) above the kidneys releasing an adrenaline rush. Fear is a good way to release this chemical. It allows you to fight or flee from danger.

If you eat while you are upset, your body releases chemicals that upset the digestive process. Your thoughts (mood) poison the food enough to cause illness.

As you can see, thoughts are things. When playing dominoes you need to control what you play, not just place anything on the board. In this same way all of us need to tame our thoughts every second. Remember, your thoughts help or hurt you, not the person you are thinking about. It is God's law of cause and effect. Free will lets you make the choice, but you still reap the positive or negative of each thought. Still this is only one aspect of cause and effect as it pertains to our health. With forgiveness and prayer, each of us can live better in joy and thanksgiving. Because of free will, it is all up to you.

Omphalos,  
Dennis Kearns

Note: Omphalos in Greek means navel, which supplies life to the baby in the womb. ∞

**CORRECTION: In the April/May/June 2011 issue of *The LOOP Newsletter*, Dennis Kearns was credited with the article *The Egyptian Sphinx*. It should have been credited to Silence Dogood.**

## PURPOSE OF MAN

by Silence Dogood

So convenient a thing it is to be a reasonable creature, since it enables one to find or make a reason for everything one has a mind to do.

The mind of man only reflects that of the mind of God, which therefore renders it limited in all manner of judgment. In order that the thoughts

of God be more closely understood by man, man must first contend with the limited ability in his possession, thereby submitting to the greater of the two. To travel from limited understanding to unlimitedness may not provide a substantial feeling of contentment until such time as letting go of self and allowing merging into oneness occurs.

There are first causes and secondary effects. While man lives within the confines of secondary effects, the first cause escapes his detection. In keeping with this premise, let us look upon man's reason for his birth, journey through life, and his so called death.

Some may feel life is to take for oneself all that one can by any means possible, stepping on others in the process of indulging of the self. Some may feel the pleasures of the flesh need to be fulfilled to one's own enjoyment. Some may feel to provide a service to others for the world to see, so that they may be lauded with the praise of man, aids the soul.

Men and women alike may use reason to justify any action they take in order to fulfill what is perceived as "God's will."

Each of us have been set upon the face of the earth for the exact same purpose. Each of us has been given the gift of free will to use as our desires direct. We are set upon a world of laws which apply within God's plan. To break a law, or not to break a law, carries cause

and effect as a result. It is a learning process which each may avail himself, thereby advancing spiritual ideals or retarding spiritual progress. The body is given so the soul may learn. Thoughts are indeed the manifestations of the soul. So as you think, so as you are! God's plan thus becomes a very simple principle; Be in constant control of your thoughts ever for the advancement of your spiritual quest and the betterment of others. Aligning your thoughts to the Christ Consciousness advances your spiritual progress. Those thoughts of self above others retards spiritual progress.

Thoughts become action when each of us come in contact with our other selves on a daily basis. Each encounter is a test of what one has learned and an opportunity to put that which has been learned into practice, "What you do for the least of these, you do as unto me." To put it simply; we meet ourselves in all we say and do. We are to become Christ-like in our thoughts and actions. If we fail to learn, or make mistakes, we repeat the learning process as many times as it takes to get it right. Each day is a new beginning. Use it wisely. Do not waste a chance to get right and do good. We are all one in spirit.

Your servant,  
Silence Dogood



## FOURTH DENSITY VIBRATION

by Bill Ackerman

*Health is abundant in the Earth itself. Its labor is ongoing but the birth is going well. Perhaps you have noticed many significant catastrophes occurring upon the Earth plane. This is the labor of the Earth. It is attempting to move into fourth density without having to express, all at once, the incompatibility between third density thought, as it exists upon the Earth at this time, and the fourth density vibration that has been coming. It is attempting to vent the fear and anger and the narrow-mindedness of humankind in little bits, in a volcano erupting but not so as to split the Earth, or a tsunami or a hurricane that destroys a good deal but does not destroy the globe, or an earthquake which expresses the distress of Mother Earth but not in such a way as to destroy the planet as a whole.*

—Quo, Light/Lines - The First 25 Years, Winter 2004, #92, p. 429

As brothers and sisters of sorrow, we feel the pain of others more than the illusionary entity. The images seen on television of the devastation being brought about by our planet's adjustment to fourth density vibration and the

thought forms of the people stimulates the desire in us to be of service as beacons of light.

Many of us who are prisoners are limited to helping those who need aid in

disasters. We can send money but it is not the same as the need to comfort those who feel they have lost everything. They need to understand that life isn't about wood or jewelry or photographs of faces they will never see again when they move on. Life is about learning to love and coming together as a community to heal as long as it takes to make the transformation into fourth density.

As prisoners we can do our part while incarcerated. We can help to ease the fears, anger and mental illness that overcomes those who enter the walls by allowing the love that comes from the Creator to flow through us and into their hearts. Smile at those who pass you during the day. Offer conversation to those who seem lonely or weak. Get involved in programs and share the knowledge the Creator has to offer. It works because I see the fruits of it in the facility I am in. A lot of volunteers come in here to participate in many programs and the love they radiate is so strong it eventually

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penetrates the barriers these men use as defenses.

I want to thank our fellow entities of the Confederation for assisting us in this transition. As we awaken and begin to understand what is happening around us, our job as light bringers becomes clearer and service to others is a no-brainer.

When people around me say that they do not understand why there has been an increase in catastrophes, I try to explain what is happening in simple form. I usually get the "Yeah, okay Bill." look. They do not realize they have heard the truth.

Just remember that when you see the pictures or experience an earthquake, volcano erupting, tornado, flood, etc., Mother Earth is in transition and soon many of us are going to be together in fourth density where we will perfect the knowledge of love and understanding. Adonai. Vasu. Bortagus.



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