

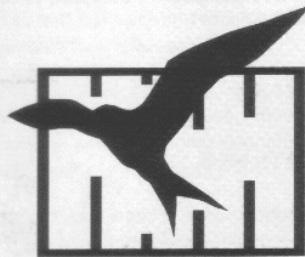
I've always known there was more ...

By Danielle Downall, HMP Buckley Hall

Just read a caption by Albert Einstein: "A human being is part of the whole world called by us as 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest - a kind of optical delusion of his consciousness". It made me gasp! Seriously!

This may seem minor to you, but to me a major realisation has just occurred. I've been trying to figure out what I mean when I say, "I've not been able to put it into words, just like, I've always known there was more. I don't know what it is I've always felt or what that 'more' is, but I feel it. Only now I know what I feel is right. What I've just written may not make the slightest bit of sense to you. I just feel really excited so I'm finding it hard to explain myself.

'Real' is what I've been searching for since I was 5 or 6 years old ... I've just done a little Yoga and meditation. It was quite nice this morning. I feel a lot less scatty than I did when I wrote last ...



The Prison Phoenix Trust encourages prisoners in their spiritual lives through the practices of Yoga and meditation, working with silence and the breath. We offer support to prisoners through teachings, workshops, correspondence, books and newsletters. We also support prison staff and train and support well qualified Yoga teachers for the challenging, rewarding and wonderful work they do in institutions all over the UK and Ireland. For further details, you may contact The Prison Phoenix Trust, PO Box 238, Oxford, OX2 7HF or visit www.prisonphoenixtrust.org.uk.