



Newsletter, Autumn 2012

LEAVING THE NEST

Before Ann Wetherall set up the Prison Phoenix Trust 24 years ago, she had not only seen that prisons were tough places to live. She also got an unshakeable sense that a cell could be a place of great change for someone doing time. Ann had been involved in research

that looked at the mystical experiences of ordinary people, including people in prison, who wrote to her about things that had happened to them – startling but positive experiences that changed their hearts and minds and led to a new sense of how they saw themselves and the world.

Ann was especially moved by the prisoners' experiences. She kept writing to them, and began learning from them so that she could help other prisoners help themselves, using meditation and yoga. To start with Ann called her work the Prison Ashram Project. Ashram, as you may know, is an Indian word, meaning a place where people live to devote themselves to spiritual development. Ashrams are sometimes far from towns, to make it easier to meditate and study. You can see why she might have chosen the name.

It wasn't long before the name changed to the Prison Phoenix Trust. The phoenix is a mythical bird found in lots of cultures across the world. The Arabians, Persians, Greeks, Romans, Egyptians, Chinese and Indians all have such a bird. Amazing really, that this myth is found in such different places! The key things about the phoenix are its beauty and that it has risen from a place of destruction. Before it rises up with its glorious,

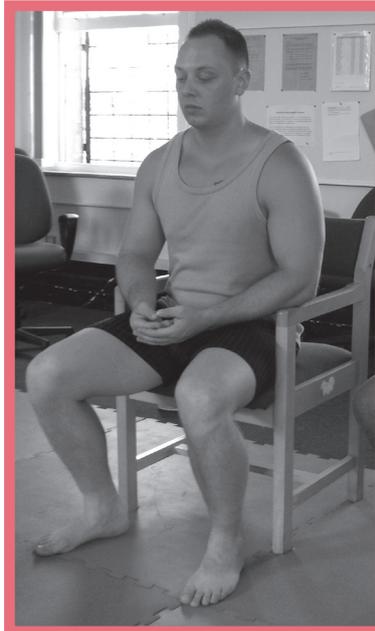
colourful feathers, it builds a nest of twigs that then catches fire. It is from the ashes of the nest and the old bird that the phoenix rises. To Ann, the phoenix and what it goes through symbolised perfectly the experiences that her prisoner friends were telling her about.

Recently a friend who had struggled with heroin addiction and many long years of criminal lifestyle helped me appreciate this myth a little bit more as he told his own story of transformation. He said that he sees the twigs in the nest as our old habits – ways of thinking and acting, maybe even of speaking – that are no longer useful. He also sees the phoenix which rises up from the ashes as a new sense of self.

This friend, who did a lot of time in prison, reminded me that everyone has as part of themselves something which pulls them towards this new sense of self and towards the kinds of changes that Steve on page 2 talks about. He suggested that people in prison may feel this pull even more strongly. I think he may be right.

This autumn, as you notice the temperature changing, and the shifting colours and textures of the natural world, even if you can only see a single tree branch from your window, keep

in mind the change that you yourself are in the middle of. And hold fast to whatever you do that puts you in touch with the pull towards positive change. You've got amazing feathers.



Sitting in silence after a class at HMP Erlestoke



Love Sam – and Lucy, Sally, Jason, Elaine, Clive, David & Kaye



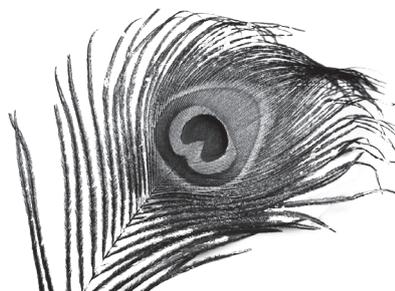
“ They must often change, who would be constant in happiness or wisdom. ”

*~ Confucius, philosopher
551-479 BC*



ABOUT THE PRISON PHOENIX TRUST

The Prison Phoenix Trust supports prisoners in their spiritual lives through meditation, yoga, silence and the breath. It recommends breath-focused stretches and meditation sensitively tailored to students' needs. This safe practice offers students ultimate peace of mind. The PPT encourages prisoners and prison staff through correspondence, books, newsletters, free taster workshops and weekly classes.



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Feel like writing? We are happy to help in any way we can with your yoga and meditation.

Prisoners'

From HMP Perth



Some of the guys that are on the yoga class were telling us other guys that go to the gym how good yoga is at relaxing you after a workout, and that it can get you ready for a workout. My perception of yoga before this was that it was for girls. How wrong was I; it was nothing like I thought it was going to be.

I found it liberating, relaxing, physically stimulating and above all thoroughly enjoyable. Yoga is definitely something I want to incorporate into my lifestyle and it is something that I will do for the rest of my life. I can't believe that I was so naïve not to have tried it before, instead I judged it first.

I have now been to three classes already and I find that I feel a lot more relaxed afterwards and I also feel that it helps me get a better sleep. I can only imagine what other benefits it will bring. I am looking forward to a brighter future with yoga.

From HMP Rye Hill



After doing the yoga and meditation practices on a regular basis, I feel physically, mentally, emotionally and spiritually more in tune with myself. I am doing a life sentence and I have been inside for 5 ½ years now and this is the best I have felt ever basically. I have also been behaving differently.

I am starting to like and understand

myself and others more. It sounds great I know and it feels great, but I am worried that this is just another fad – no disrespect intended – or just another fix, or that I will lose interest, or get depressed again and all the gains I've made will disappear.

I gave up smoking nine days ago and that's the longest ever. I want to get deeper and deeper into both yoga and meditation and being aware of each moment. I want to help out other people who are struggling, which I have been doing and enjoying before I was self aware. I also started attending Alcoholics Anonymous and also NA around the same time as I started doing yoga and meditation.



From HMP Featherstone

The ten week yoga and meditation course running as part of the research is finished but with any luck our prison will start up regular group sessions. I for one hope so. I also got my certificate. I'm quite proud that I completed the group and I feel deep down life on the inside could never be this good as I'm so relaxed and have been given new hope.

Remember when I said me and my partner were going to do yoga and meditation on my release? Well I plan to do videos and upload them to my facebook page as I want to introduce as many people as I can to this wonderful way of life.

From HMP/YOI Holloway



Thank you so much for your letter and illustrated book and CD.

Since I received it all, I

have been practising meditation and yoga every morning in my cell (around 6 a.m.) as I'm in a four bed dorm and there is not much time during the day for me to find peace and quiet. I am even going to bed early

now looking forward to getting up early to practise my yoga. I have been attending Buddhist meditation on Tuesday mornings which I find totally in sync with my way of life already – it just totally fits 'me' and I'm looking forward to finding out more on both Buddhism and meditation. I am still waiting to check out the yoga class here that you recommended. Life has changed for the better just since receiving your letter and enclosures. I'm now on 'the path' which I'm hoping will lead me to a better place. I will update you on any progress I make with both meditation and yoga. And as it says in your book I really do believe that 'every time I practise yoga or meditation I am not alone.'

From HMP Glenochil



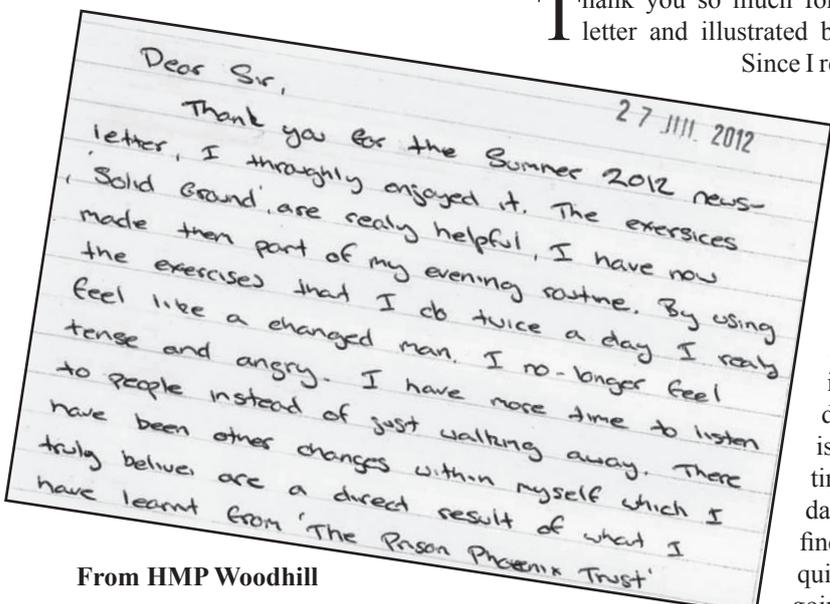
Before beginning the exercises in the book *Freeing the Spirit through Yoga and Meditation* and the CD *Clearing the Head, Relaxing the Body*, I was angry, irritable, tired, not coping with my sentence or interventions. I was withdrawn, unhappy and lacking confidence and self esteem. It's been over a month and now I'm calmer not only on the outside, but inside. I'm comfortable being me and more relaxed. If the angry, irritable young man rears his head then I retreat to my room and prepare to meditate until the relaxed, calm being returns.

I've even been trying to encourage the lads on the wing to try it. They look at me like I'm a nutter. But I know what works for me.

Colin, Glasgow



I find it amazing how many people's lives are being changed through meditation and yoga. I took up the meditation aspect of it again about three weeks ago and have found it is great way to de-stress and slow down. I must admit I feel better now that I'm practising again. Though I was quite meditative in my walking and conscious of others and my environment I feel the actual sitting needs to be done. It's been very enjoyable but also helped me through some difficult memories. I remember that meditation is not about feeling happy all the time. It is



From HMP Woodhill

Letters

about living in the moment.

Today, I think, is where we have to live. We can't dwell on the past or dream of a future which does not exist. I feel it is enough to know that the decisions and choices that we make today will enhance all our tomorrows.

I stopped smoking on Monday, so I've been off them 2½ days, which is good. I was well prepared and really don't want to ever smoke again. I do not miss them as much as I did in previous attempts and though I've had one or two cravings I was able to overcome them. I'm using the four P's technique, which I made up – Positivity, Prayer, Peace and Patches.

Andy, Peterborough

As an ex-prisoner and an avid reader of your newsletter, I thought I would share some of my experiences with you. My last jail sentence



was for two years, starting in June 2003. I was ill prepared for jail and had suffered a long time from depression/anxiety. It was whilst inside that I discovered the benefits of yoga. I'd previously considered that yoga was done by trendy, wealthy young vegetarians with stick thin bodies and too much time on their hands. How wrong that thought was! My weekly two hours of yoga soon challenged my body, relaxed my mind and helped me sleep better.



From HMP Kirklevington Grange

There were so many fantastic stories of hope and peace in the last newsletter and I have to admit that, after reading from cover to cover, I sat there feeling every word I had just read, with salt water streaming down my face.

Am I becoming soft? I don't think so; I am coming back to life, and I love it. I feel so sorry for those who are just starting this journey, yet in a funny kind of way I am envious too. I can never

start the journey again but I can keep going and continue to feel the benefits of perseverance. The rewards are not always instant nor are they visible but when they come, you will know about it.

From Leverdale Hospital

I constantly find great inspiration from *We're All Doing Time*. I am a born again Christian and I have found that Bo's book reinforces my beliefs. I have found a new outlook on meditation. I know that it takes a bit of self discipline to actually sit down and do it, but it is an important part of my life. Rome wasn't built in a day so I must be patient and let the meditation work. I know it will be a long process with me, but I'm willing to persevere. Another thing I've found out is how important it is to sit properly. I can't do the full lotus because it hurts and distracts me from meditation. I just sit cross legged and that seems to suit me fine.



Meditation Corner

A Marathon for the Mind

A friend has just returned from a three month meditation retreat. Each day she would rise at 5 a.m. and over the course of the day sit in meditation for eight hours. It sounded like a huge undertaking and my friend felt it took around two weeks for her mind to be noticeably clear of everyday thoughts. What a marathon!

But the mind can also clear remarkably quickly. Sometimes it is exercise that does the trick - perhaps you have noticed how much clearer the mind is after a long run or good weights session. I notice this on my motorbike. If the road is twisty and the scene is rapidly changing, the mind has to work quickly calculating how to tackle the next bend, and is forced to become focussed. During these moments I'm not thinking about who I am or what I'm doing, getting somewhere or doing it better. It's just the bike and road and rider all responding to each other without anything extra. Any pause for reflection could cause a crash!

During meditation, pausing for thought and reflection can also cause a crash – but thankfully nothing fatal. It just means



By Jason

we are dwelling on thoughts instead of responding to each moment, and so for a short space of time the world has passed us by. Being fully alive in each moment, with no thoughts of ourselves, where we have been, or where we are going is not always easy, especially when sitting alone in a cell. The real trick is to abandon any notion of yourself doing anything, and allow things to occur in an immediate, real way. Even a simple thought such as 'Me, sitting here breathing' can cause a wobble. When we cease to engage with these thoughts they gradually - or perhaps quickly - lose their force. It is then that the immediate, real activity takes over

and the feeling of being alive becomes strong.

Each day we receive letters from those in prison on how meditation has uncovered this vibrant feeling. Sometimes this can be when sitting quietly, focussed upon the breath... but really this can happen at any time when there isn't a big sense of you.

Do keep writing and sharing these moments – we love to hear about them.



Clearing your Head: A Si

More and more people are getting interested in meditation, both inside prison and out, inmates as well as officers and prison staff. Many have read or seen something about it on the TV, or know someone who meditate, and have a sense that it's probably good for you. Often people say they don't know how to meditate. They think it's complicated or "advanced." In fact, if you do it right, it's incredibly simple, and your prison cell can be the perfect place.

This two-page spread walks you through some easy but important steps for meditation and looks into some of the

reasons why people meditate. It doesn't cover yoga, but keep it in mind that yoga postures and movements can really help tone, stretch, strengthen and relax the body, so that you can sit still more easily for meditation. Meditation and yoga work beautifully together! We've got books and a CD that we send out to prisoners and prison staff for free to keep you going with a yoga and meditation practice. Drop us a line if you're interested.



Finding the right posture is not always easy

gently without any thought, back to the breath. You might have to do a lot of this returning of attention to the breath. That too is normal. Keep with it, without judging yourself.

How To Do It

Arranging Your Body

If you can find the right sitting position – comfortable, stable and upright – you are 95% of the way to getting the hang of meditation. Take some time to experiment with the positions along the bottom of these pages.

Once you've found a position, make sure your back is upright and truly relaxed. You see those identical twin women and the man on this page? They are sitting on at least four inches of support, to help keep their spines upright and relaxed. If you try to sit directly on the floor with nothing under you, some of your back muscles will have to work to keep you from falling backwards. They will only work a little bit, but over time, you will start to ache. So sit on a couple of thick books, a folded pillow or anything you can find. That way, the backbones can stack up correctly, allowing the back muscles to be relaxed.

- Keep your neck long, with the chin not pointing up or down.
- Keep your eyes open, gazing down

past your nose, to a spot on the floor in front of you.

Attention With the Breath

Take three deep long breaths then start to breathe normally in and out through the nose. Count the breaths silently to yourself, in 1, out 2, in 3, out 4 and so on, up to 10, and then start from 1 again. If you lose count, it doesn't matter. Just come back to 1 and keep going.

Keep going like this for five minutes to begin with. That's all there is to the practice. It is as simple as that!

As you are counting your breaths, some thinking may be going on in your mind, and it is tempting to follow your thoughts. This happens to us all. It is what minds do. They wander and think and worry and plan. That's fine. It is also possible for the mind to be still and focussed. This is also what minds do. And actually, you'll find that your mind really enjoys being a bit stiller. So when your mind wanders off from paying attention to the breath, don't worry. Just let your attention return, very

How Much and When?

Meditation is effective when it's practised every day. Some prisoners tell us that they meditate for several hours each day. Others either don't want to do it that long or don't have the time, so they might do 5 minutes in the morning when they wake up, and 5 before they go to sleep. If you can manage to work up to 25 minutes, that is good. There are physiological changes that happen in the body and brain when the mind is focussed on the breathing for 25 minutes, including a reduction in cortisol, a hormone related to stress.



Full Lotus might be difficult at first, but it is a good, stable position to sit in. Put your right foot on your left thigh, then your left foot on your right thigh.



Half Lotus is an easier way to do full lotus. Pull your right foot in close to your body and then place your left foot on your right thigh.



Burmese is a way of sitting with both legs bent and parallel in front of you.

Simple Guide to Meditation



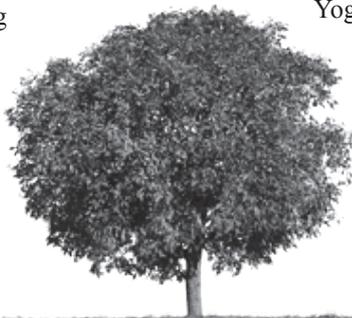
Why Do We Meditate?

Prisoners who delve into silent meditation each day are part of a long line of humanity who understand that going inside yourself can help you live in a way that feels more free, more true, and more in harmony with the world. For thousands of years people from all cultures have understood the benefits of becoming still and focussed. Meditation is a way of doing this, and is one of the simplest and most powerful activities we can undertake.

Most of our lives are spent thinking, and only a fraction of this activity is usually needed. Much of this thinking is based on what we are told or conditioned to think. Puzzling over a crossword is a good use of our mind, but dwelling on past failures or worrying about the future is something we can happily live without. This is where meditation is useful – it allows the mind to start thinking afresh without being influenced by opinions, worries or disturbances. It is like starting the day with a fresh sheet of paper, allowing our everyday experiences to become visible with clarity and accuracy.

Is There a Difference Between Yoga and Meditation?

Our well-being is helped by our body and mind being in good condition, and our mind and body cannot be separated from each other. For many practitioners the distinction between yoga and meditation



disappears as their practice develops. Traditionally, yoga postures were used to prepare the body for long periods of sitting in silence, helping the mind to settle before breathing exercises and finally meditation. The breath is a vital link between body and mind, and is an important focus during the practice.

Is Meditation a Spiritual Practice?

Some people say meditation helps them develop a personal understanding of God, or enables them to trust in something universal they cannot put in words. This type of personal trust is different to believing information from a book or teacher. It requires us to let go of our own needs and thoughts. This is the basis of yoga and meditation.

Yoga postures help us to let go of stress in the body, whilst meditation helps us to let go of thoughts and desires. As we become more accustomed to the fluidity of thinking, we understand this is something other people

feel when their mind is calm. It is universal. This common experience grows into an awareness that life cannot fail to unfold as it should. You can call this spirituality or not - it doesn't matter. It is simply allowing life to be unhindered by our own desires.

How Do We Live With Our Thoughts?

When the body is settled and our attention is focussed upon the breath, the activity of thoughts will start to become apparent. This can seem like layers of cloud on an overcast day, with no sense of what lies behind the clouds and no feeling of movement. At other times a whole mass of different views and opinions may be tumbling past, each vying for our attention. There may also be a sense of space and clarity. All these different experiences can happen during meditation, and sitting for even a few minutes will reveal how active the mind can be. Meditation does not involve analysing thoughts and trying to make sense of them – this would be dwelling on thoughts which is the opposite of letting them go. Simply observing and allowing them to come and go is all that is needed. This is not always easy, as most of our life we are encouraged to think and analyse. This is where the breath is so useful as a point of reference, enabling our attention to remain focussed amongst the mind's activity.

**The silent old pond,
a mirror of ancient calm.
A frog leaps in - splash.**

- Basho, poet, 1644-1694



To do **Seiza**, sit in a kneeling position with two cushions or a thick rolled up blanket between your bum and your feet.



A Meditation Bench can be comfortable to sit on if you have one (or could make one). Tuck the bench under your thighs and bum, with your feet going underneath it on the floor.



A Chair is absolutely fine to use for meditation. Sit up straight towards the front of the seat; don't lean on the back. Have your feet firmly planted on the floor (prop them up if they don't reach).

Freedom Letter

By Ross

This is my freedom letter from sunny Kent! I'm now getting properly started on my yoga teacher training course. My probation officer said I can go back to HMP Erlestoke to give free monthly classes when I get my qualification.

My practice every day is my communion with the universal. Without it I'm lost; with it, I'm complete. It's a relief to discover I still have no interest in drugs or alcohol, even after being released. Thank God. I feel increasingly empowered by this.

At HMP High Down in 2007 I took part in a Forgiveness Project course which opened my eyes to human suffering. I realised people had suffered much more than me, complained less and processed it better. I wanted to be like that. Yoga was also fundamental at that time. Like meditation, it puts me immediately into a point of 'being' the best I can be in that moment; it lets me experience that I can reach my peak as a human being.

At High Down I worked as a facilitator with the Forgiveness Project. Later, at Guys Marsh, I campaigned to get funding for courses. At a Guys Marsh focus group, the prisoners stood on chairs shouting passionately in favour of the Forgiveness Project. There is a lot of good stuff going on in prison that the public doesn't know about. Not just civilian staff running

courses who help prisoners regain their humanity, but officers too, who are making a difference to people's lives with humour, compassion and guidance. The only obstacle in the micro society



of prison and the macro society of national and global community is cynicism.

This morning before I went to the shop I stepped up onto the beach head to look at the weather: it had been showering and my laundry was on the line. There was a perfect rainbow and I was exactly in the middle of it. It looked like the end of the rainbow was just touching the sea near where I stood, yet when I looked up it seemed so much bigger. Suddenly it turned into a tunnel of four concentric rainbows, then a fifth one formed even bigger in front of them. The group got really bright and the green band seemed to glow neon style. I was, well... I got a cold shiver, goose pimples and a few tears. I stared at it for ages and realised this was a once in a lifetime gift as precious as anything could ever be. Before I turned away, I noticed something else: three yachts, probably several miles apart and two or three miles out to sea. They were perfect white and ghostly, identical triangular shapes on the same course.

Farewell from Amarajyoti

"After five years of coming in each week to HMP Lowdham Grange to teach yoga and meditation, I had to stop when the prison began redeveloping the education department. I was particularly sad because I did not have the chance to say goodbye to the guys in the class and to thank them for all they taught me. I hope they will continue with their practice and use what they have learned in the class. I know they will be passing on to others what they know works for them."



Yoga: What Science Says

Earlier this year, Oxford University and the Prison Phoenix Trust cooperated in research into the effects of yoga and meditation. Many thanks to all the prisoners, prison and NOMS staff, yoga teachers and the researchers who made it happen.

The researchers were looking at how a 10-week programme of yoga and meditation affect people's impulsiveness, stress, aggression, sense of well-being and getting along with others. They will have finished analysing the data just after this newsletter reaches you.

We're having a public event at 7 pm on 1st of November in Oxford when the researchers will explain their findings. We're delighted that journalist and former prisoner Erwin James will be introducing the evening. If you would like to reserve a ticket, write or get in touch with us through our website (see front page). Many of you will not be able to attend, so we will be sharing the findings in the next newsletter.

Christmas Card Order Form

- Please send me 1 pack of 10 cards at £5.
- Please send me ___ additional packs of 10 cards at £4 per pack.
- I enclose a cheque payable to The Prison Phoenix Trust for £ _____.

Name _____

Prison number (if in custody) _____

Address _____

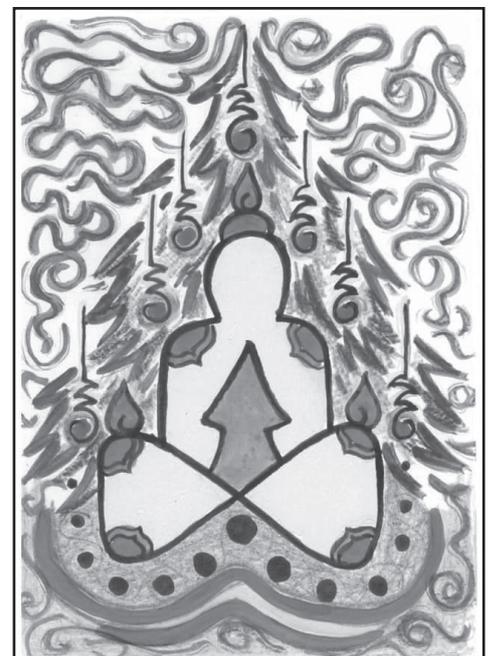
Post code _____

I've ticked this box because I've requested my prison send you payment.



Christmas Cards for Sale!

This beautiful full colour drawing from a prisoner friend is this year's PPT Christmas card competition winner. The cards are for sale to friends inside and outside of prison at £5 for a pack of 10 and can be seen in colour on our website. To order, send the form on the left with payment to: The PPT, PO Box 328, Oxford, OX2 7HF. If your prison is sending payment for you, you still need to send us the form.





Finding the Path

Mark Tully

Wherever I go in Britain or in India I find a growing interest in what is called spirituality. But what does that word mean and how do we become spiritual?

To me spirituality means a path leading to a well-being which goes deeper than the normal pleasures we believe will bring us happiness, even the pleasure of being in love. This well-being comes from being connected to a reality which can't be reached merely by reasoning. As a Christian I often think of 'the peace of God' which we are offered in the blessing at the end of services as the goal of spirituality. Of course there are many people who sincerely believe that you can be spiritual without being religious. It's often said, and I am sure it's true that we live in a particularly materialistic world, where welfare is equated with economic prosperity. Dissatisfaction with the limited ambitions of this materialistic world is probably the reason for the growing interest in spirituality.

Indian Wisdom

The reality to which spirituality connects those who follow its path is often known as the transcendent because it transcends what we normally see or sense of the universe. At the same time spirituality connects us to our own innermost being. So there is an outward and an inward spiritual goal. With the outward goal comes a sense of our unity with nature, a realization that we are very much part of nature. This is an essential element of Indian wisdom, the wisdom which gave us yoga. Rabindranath Tagore, a great Indian thinker, much admired by Mahatma Gandhi once wrote, "The West seems to take pride in subduing nature, as if we were living in a hostile world where we have to wrest everything we want from an unwilling and alien arrangement of things. India includes the world with man as one great truth."

The fact that we are part of nature overcomes me sometimes when I am awe-struck by natural beauty. For me this is a religious experience, it's an experience of God, as it is for many others. The eighteenth century poet William Cowper learnt from what he called "nature's

progress" that "there lives and works a soul in all things, and that soul is God."

Part of Something Infinite

For me, being at one with nature is accompanied by a feeling of being a very small part of something infinitely great, yet a part that matters. The sense of purpose answers the question that so often baffles us – 'what am I here for?' It is an assurance that each one of us has a purpose. This brings me to the inward spiritual goal, the journey to our innermost being.

Great spiritual writers of different faiths have said that we need to know ourselves. That doesn't mean -- as religion sometimes seems to teach -- we should become obsessed with all that we have done wrong. It does mean we should find our way to our innermost being. Meditation is a tried and tested way to that destination. In his book, *The Mindful Way Through Depression*, Mark Williams has found that meditation, looking inwards and paying attention to what you are doing is a more effective long-term cure for depression than the chemical pills usually prescribed.

Inner Sanctuary

This mindfulness is, he says, "a particular form of awareness which originated in the wisdom traditions of India." According to Mark, like those traditions, it enables us to "get in touch with the full range of our inner and outer resources for learning, growing, and healing, resources we may not even believe we have." That seems to me a crucial element in spirituality. It gets to the deepest level in us, a level we can all too easily go through life without realizing it exists.

I was fascinated by an article in the summer Prison Phoenix Trust Newsletter written by Paul, a recently released



Taking in the beauty of nature

prisoner. He wrote 'These days I find that sitting on a park bench, taking in all the beauty of nature is a wonderful way to be aware and awake.' This is the outward spiritual path. When it comes to the inward path he has found that from being forced by his troubles to look within himself and examine his resources he has discovered, 'Inside there is peace, there is calm, a sense of well-being, of knowing that all is well. It is the eye of the needle, the bird in the cleft of the rock, the baby in the mother's arms. When you find that inner sanctuary of peace then nothing on the outside can truly disturb it.' That is a beautiful description of the inner goal of spirituality, reached by meditation and self-examination.

Sir Mark Tully is a leading British broadcaster and writer who has been recognized by the major British award for journalism, the BAFTA Richard Dimbleby Award. He has also, quite exceptionally, been recognized by the Indian government for his writing and reporting on India. Mark is a Patron of the Prison Phoenix Trust.

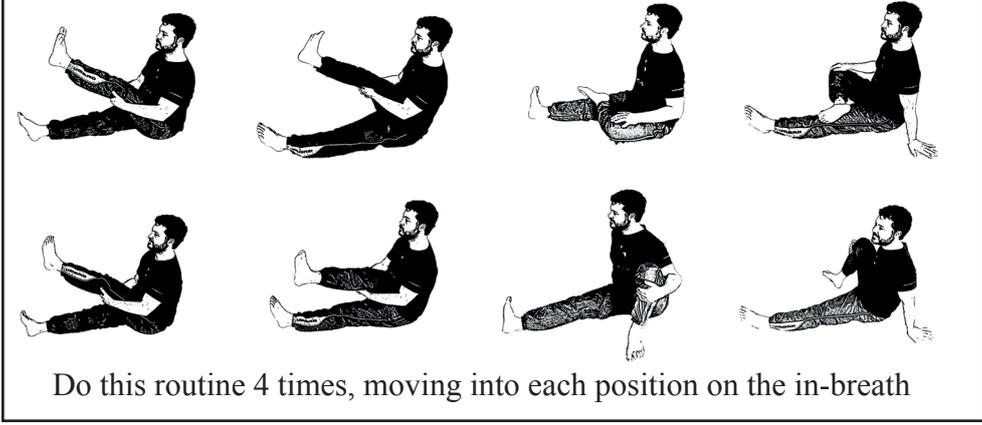




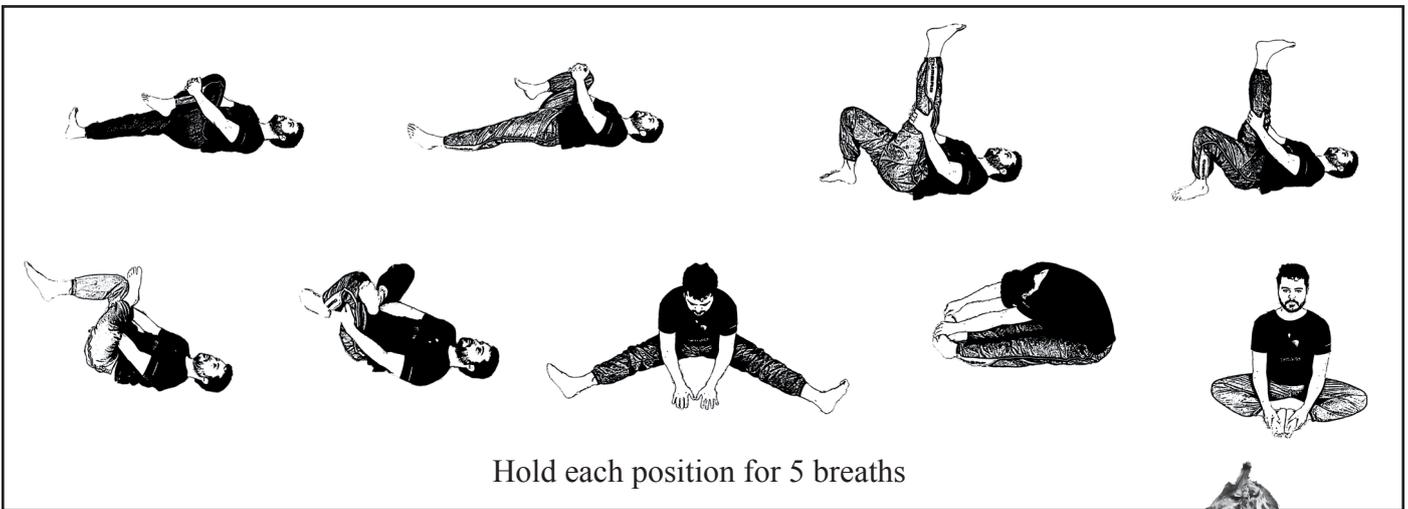
Leg It!

 **By Elaine**

You can strengthen your legs using these postures. They will elongate tight and constricted muscles, improving your range of motion, which may help your balance. Your hamstrings, on the back of your thighs, help you extend your knees. Tight hamstrings may cause lower back pain, affect your posture and decrease your athletic performance. Lengthening your hamstrings may get rid of your back pain. Also, stretching increases your blood and oxygen circulation, two factors that can help the muscle recover more quickly after exercise or an injury. Stretching after a workout reduces muscular soreness and promotes flexibility. So give these a go to see if they help you feel better!



Do this routine 4 times, moving into each position on the in-breath



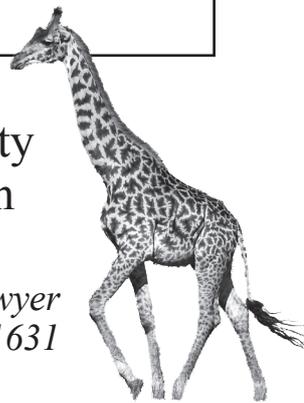
Hold each position for 5 breaths

Now sit in meditation for a few minutes. Focus on the feeling of the breath entering and leaving your body. Let your mind become still.



“ No spring nor summer beauty hath such grace, as I have seen in one autumnal face. ”

~ John Donne, poet, lawyer and priest 1572 - 1631



This newsletter goes to members of the prison community and to our many friends on the outside who continue to offer us their encouragement. The Prison Phoenix Trust is a small charity depending totally on supporters' kindness and financial generosity to continue in our work to help our friends inside. One way you can help is to consider remembering us in your will. Any sum, however small, is much appreciated.

Prison Phoenix Trust Newsletter
PO Box 328, Oxford, OX2 7HF
registered charity no. 327907

