



Newsletter, Autumn 2010



THE REAL ADVENTURE

Movies and TV often show heroes having incredible adventures: exploring deep space, re-discovering a lost love, finding a way out of some impossible situation, saving the world from certain destruction. The most effective dramas show an awakening in those characters, when they switch on to something that rekindles their interest in life and kicks them into action.

Films can make our lives look dull – most of us aren't involved in heading off nuclear Armageddon, or travelling back in time – but the letters you write about your yoga and meditation reflect an immediate and real excitement that comes as something in you is awakened. That excitement as life's richness unfolds is tangible and is far, far more interesting than any film plot.

Along with the strong feelings of wonder or joy, some of you say you feel a little overwhelmed by this waking up process. On page 2 for example, one person says that since he has started meditating, he has never felt peace like it, and that it has awakened a thirst for knowledge which he doesn't quite know how to cope with. Another says on the next page that beginning to find himself again has been great, but a bit scary.

When our old understanding of who we are and what life is about changes, it is natural to feel a little unsure. Since becoming Director of the PPT in August, I've had to let go of a lot of old ideas I had about myself – not always easy! For so long we may have assumed things were one way, and then suddenly we have an experience (some of you might even call it an *unshakable* experience) that proves this isn't so. Even if your realisation is a good one – you find that you can do well on educational courses or that you care more about other people on your wing – the absence of the old way of thinking

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, workshops and weekly classes.

may feel uncomfortable.

Fortunately, we have everything needed to integrate these new experiences in our lives. For one thing, there are people around us who are also interested in this process of waking up. Finding them happens quite naturally. Closer to home, we each have a fantastic ally - our breath. Making time each day to sit still, upright and comfortably while focusing single-mindedly on the breath, and keeping the breath fully in mind

while practising postures and movements will help us process the changes we go through. This happens because your own natural intelligence is always here,

and is easier to tune in to when you allow the mind to be still.

Just as joy and wonder for what you find inside are tangible in your letters, it is also clear that this discovery must widen out to include others. On page 3, one man says that he took three days to release a moth from his cell, while another used his love of running to help others through a charity run he did in prison.

The awe and happiness of self-discovery, complete with uncertainties, make for the most amazing stories... and amazing heroes.



Love Sam - and Luisa, Jason, Elaine, Lucy, Kaye, Clive & David

“A person is neither a thing nor a process, but an opening or a clearing, through which the Absolute can manifest.”

- Ken Wilber, author

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Stripping it down



By Jason



The other day I nearly ploughed over a cyclist while driving. Pulling out of a junction, our car leapt forward and just missed him. He shook his fist and shouted in full voice “THANK YOU VERY MUCH!!!” I thought it best to keep out of his way and just kept driving. This was distressing as I don’t think

of myself as someone who annoys other road users; most days I go to work on a bicycle myself.

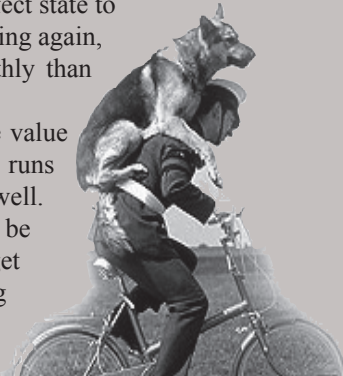
The last few weeks our car had been playing up, with the engine revving uncontrollably high. Pulling away was particularly dangerous, but my wife needed the car every day for work, so we kept putting off getting it repaired. Each morning it sounded like a noisy vacuum cleaner, kangarooing up the road.

Almost flattening that cyclist meant my mind couldn’t rest until the car was fixed – even if that meant scrapping it. It has done 105,000 miles and isn’t worth a great deal, so there was no harm in pulling it apart myself. I had some idea that the throttle valve had an air leak, so I started pulling pipes off the fuel injector. Eventually the throttle valve came into view: it was jammed open. The idle sensor had moved, causing the valve to jam. With a few extra washers, a dab of super glue and some grazed knuckles, it started behaving itself. In fact it ran better than it had for ages!

What has this got to do with meditation? Well, I didn’t sit cross-legged and focus upon my breath in front of the car (although I had sat in meditation that morning as I do every morning) and my mind wasn’t still or silent. But I had let go of something important: the fear of making a mistake. As soon as I was prepared to write the car off, all the necessary components were stripped away and the problem became apparent. This is exactly what happens during meditation. With every out-breath our thoughts are stripped away – we are stripped away – and with every in-breath we are rebuilt into something beautiful, something able to respond better. I sometimes do meditation retreats for three to five days and I often feel like I’m ‘firing on all cylinders’ afterwards, and feel like that when my daily meditation practice is regular.

I felt liberated by fixing the engine. In my mind the car was worthless, so there was nothing to hinder its repair. Many of you say that you are at rock bottom and unsalvageable. Oddly enough, this is the perfect state to make repairs and get functioning again, or even running more smoothly than ever before.

Our old car may have little value in pounds and pence, but it runs perfectly and serves us well. People are just the same – to be useful we first have to forget about our value. With nothing to lose and everything to gain, life can really begin.



From HMP Armley

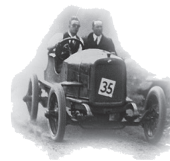
Thank you for *Freeing the Spirit* and the CD *Clearing the Head*. I found them most helpful. The meditation is amazing. I suffer from asthma and deep vein thrombosis. I’ve stuck with yoga and meditation every day for about four and a half months. I really believe it is helping me to heal my self and my soul which I must admit I didn’t think was possible.



I have to let you know about the breakthrough I am experiencing. It’s the only way to explain. I have been concentrating particularly on the breath. I’ve also been to a Buddhist group in the chapel to learn more about meditation. I’ve never felt peace like it. It’s so exciting – it’s like I’ve been able all along, but now I’ve found the key.

I’m now reading a mountain of books about prayer and religion. A brand new thirst for knowledge has been woken in me and I’m still not quite sure about how best to cope. I’ve even noticed that my mind is more focused in meditation instead of thoughts wandering or disturbing me. I’m on trial on 26 July and I feel ever so calm – like I already know I’ll be okay. It’s such a strange but great feeling.

From HMP Brixton



Thank you for the tremendous relief the second pack of books gave me. I felt like a free man for a split second. That was priceless.

From HMYOI Lichfield

Yoga and meditation are new to me, but I can already notice the difference in myself. I actually really enjoy doing the yoga and the meditation. It makes me feel happier and more patient. When things go wrong for me and something bad happens, I just do my yoga and meditation and find some calm and safety and comfort, and it feels truly amazing. There is so much crap and problems that prison life brings and it can leave me feeling so depressed and helpless, and unfortunately, questioning the point in living. But thanks to yoga and meditation I realise there is still so much I can do with my life. I can still be somebody even if I have been to prison. I’m in a much better place in life.



From HMP Wakefield



I don’t meditate to be free of anything. In my earlier years maybe. But in that state of Oneness (I don’t even like the term oneness – it implies a twoness) there is no concept of anything. It’s only afterwards when you’ve come out of that state that you realise you have been in a state other than your everyday mind awareness.

In Oneness there is none of that. There’s just a still pool of consciousness without a ripple on its surface. It could last five minutes or an hour or more. It all depends on how deep I go. Sometimes I just stick my feet in the water. Other times I dive deep. It’s not a conscious decision. I don’t sit down for meditation and decide “right, today I’m going to have a real deep long session.” If I tried that the effort would become a hindrance.

Letters



I just sit.

And some time later I get up and that's meditation over in a formal sense. But that meditative mind is then carried over into my everyday life. I still feel that stillness of mind hours later. Not two, one... None!

From HMP Frankland



Both the book, *Becoming Free through Meditation and Yoga* and the CD were useful as last month I did a charity run within the prison. My challenge was to run 150 miles in under 30 days. I also had to get the wing to sponsor me.

I did all 150 miles over a 24-day period – I ran for 20 days with four days off in between. I also used the book and CD to help me between sessions to help me relax physically and mentally.



From HMP Littlehey

We have Cherie as a yoga teacher and I've been attending her class. She is helpful, understanding and supportive. Around 10 or 12 attend every Wednesday morning. I've lost four stone!! I'm staying positive. With work I'm on the Drugs Unit H wing supporting others on the unit around drugs and alcohol. You may remember I've been clean completely from drugs for eight years and around 18 months with beer! I feel wonderful. I'm working in a workshop making and repairing parts for blind people: talking clocks, talking fans, talking watches etc. It's rewarding for me to help others - you already know this part of me! I pray for you all every day.

From HMP Birmingham



The book *Freeing the Spirit*, CD and newsletter were great as I have mental illness and I get stress bad sometimes when I'm ill. I spent a lot of time doing meditation and still do. I go to a Buddhist class now but I now split the meditation with the yoga from your book.

I also go to a group called Rethink, for inmates with mental health problems. One of the teachers asked me what I do to cope in prison. I said meditate in my cell and I told her that I have stopped self-harming now. I'm a big fan of meditation – it's helped me to stay calm.



Envelope drawn from Carstairs Hospital

From HMP Frankland



The last few weeks have been an unsettled time, although not as stressful as it would have been if I never had had your books. I must have read and re-read them 100 times at least. You also sent me an A4 sheet called 'Cell Bed Yoga' which I found helpful.

I feel I must also let you know the effect the books had on me. For a start, I don't think I would have made it this far without them. They have opened a door that has led me to Buddhism which has, if not set me free, at the very least has put me on the path. I have no fear of death which is something that really sets you free. I don't mean it in an egotistical way, just simply that it doesn't really matter. There are worse things than death – for instance taking another life – any other life. It took me three days while in the seg to release a moth because my cell window didn't open. That gave me much more satisfaction than killing it ever would have. I suppose you just know when you are moving in the right direction. At least you do when you're taking the time to listen to yourself. It's that book that got me to start listening and being honest with myself.

I gave my TV back in yesterday to get rid of the distraction. Once I got over the shock of doing it, it has really helped.



From HMP Glenochil

I've just finished reading the book that you sent and it's had me thinking a lot!

I feel it's helped me find myself again which has been great. It's brought me to realise over the past years I've been a lost soul. And it's got me scared – exactly why, I'm not sure.

Since reading the book I've taken time to meditate and it blows my mind. I feel so much more aware of my own feelings and of everyone and everything around me. It relaxes me so much. And I believe it could be the beginning of something very special.

Going by all the people in the book, the book is not only great guidance, but is a great friend.

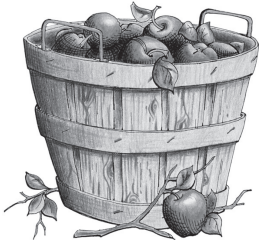
From HMP Gloucester



The yoga is going okay, although it's hard doing it in my cell cos it's so damn small in here! Since starting the yoga I have given up smoking as I found the breathing techniques integral and it has helped me to stay calm and not get too stressed out. I would love anything more you have on yoga and meditation. I love reading. Being on medical hold means I'm staying here until I get sorted.

I'm a follower/devotee of the Hare Krishna Movement and I use meditation to spiritually 'connect' every day and have done so now for five to six years. If I had known ten years ago what I know, and whole-heartedly believe now, there's no way I would be here now!!! I believe that learning about all forms of yoga has and is continuing to change me... for the better.

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



You Were My Best Teachers



Sandy reflects on 21 years with the PPT

Many of you will know our Director Sandy who retires from The Prison Phoenix Trust after 21 years of teaching yoga and meditation to prisoners in HMPs, HMYOIs and special hospitals all over the UK and Ireland. She has met or written to thousands of men and women in custody, and, with other PPT staff, produced three books and a CD especially for inmates which are sent out free on request. -This is her story of how it all began...*

Is it really 21 years since I first set foot in HMYOI Aylesbury, the Cat A jail for young men between 18 and 21 years of age? My job was to teach yoga and meditation to the most amazing students, although on that first day I had no idea how brilliant they were. Instead I fumbled with the register and was terrified when each person insisted one after another that he was the person whose name I was reading out - and no one else!

As the months went by, I forgot myself as gradually the healing practice of stretching, breathing and silent meditation took over. Morning and afternoon classes lasted three hours - a long time for people to concentrate. Students agreed to practise regularly in their single cells and the difference started to show. Richard and Darren, the worst students in the class became the best ones. Richard couldn't read but listened to Radio 3 and 4 programmes when he wasn't trashing his cell. He was a brilliant artist and a kind-hearted person. As he gained confidence

and more control over himself he decided to learn to read and years later he sent me a children's book he had written and was donating the money from sales of to children in Bosnia.

Darren who said he'd been screwed up by his childhood started to find something in himself he could like. He decided to take a psychology GCSE along with several other exams which he passed really well. He kept in touch for many years from different prisons until his tariff ran out and he was released.

A deeper level

I learnt so much in those two years about courage, ideals, intelligence (even with no education it shines out) and people's ability to concentrate. I could also see that underneath their larky and brave front most of my students regarded themselves as rubbish. That was heart-breaking. Almost literally, so that in the first year when I would go home at the end of the day, I would lie on a sofa and not know how to stop the physical pain in

my chest.

The gratitude for what I was taught is limitless for without that pain I would not have been forced to take my own practice of silent meditation more seriously. In case I burnt out and became useless I had to reach for a deeper place, beyond the emotional level. So my students and myself took a journey together.

Gradually the more I put time aside for meditation each day, the more I was able to receive silence and access this essential nature which lies deep in us all. Just this simple habit of sitting for a while and letting the mind quieten as the attention plunges into the silence within each breath, dissolves pain. Perhaps that is why so many people in custody take to meditation - at the very least, it helps them feel better, more refreshed.

A closer intimacy with the eternal power which unites us all, helped me see clearly that we are all completely unseparated! What freedom! As my own meditation - helped by some fine teachers - has deepened so has my joy in this

miraculous world and everyone and everything in it. It has been the most fantastic delight to share this opportunity with men and women behind bars and watch them free themselves of their problems and conditioning too.

At Aylesbury, just like anywhere else, it was fertile ground. The first 90 minutes of the class focused



Sandy leading a class on the prison ship HMP The Weare



Sitting with friends at HMP Everthorpe

on the practice of stretching, relaxation and silent meditation. Afterwards students talked about non-harming, being black or white, Muslim, Hindi, Buddhist or Christian and other human aspects and dilemmas. As they were young they were honing their sense of humour to a peak and they were hilariously funny at times. We usually finished classes with another hour of breathing exercises, relaxation and meditation. They loved the peace and quiet after the endless rap, telly, jangling keys, doors banging and people shouting.

Little red felt stockings

One Christmas morning I went in for a class with my 18-year-old son Alf - no difference between him and the students except that he could walk out. After the yoga and meditation we sat around and shared the contents of some little red felt stockings I'd been allowed to take in which held a chocolate coin, some halva (a sesame sweet), a box of raisins, a satsuma, and a packet of salted peanuts wrapped in a serviette. (These days they'd probably put you up before a bench for taking in nuts in case anyone choked).

At first, some of the Brits thought the food - apart from the chocolate - was horrible but when the Muslim Brits laid their food out on the serviette and started to hand it around the circle, all of the others did too. I'll never forget the way they vied with each other: "take some of mine... here have a bit of this".

Although nearly everyone at Aylesbury had been dealt a rough hand in their young lives, they taught me about the incredible potential of each human being. As a teacher I learnt to set the bar high and be confident that people could remember and repeat sequences during classes so they could practise independently later. People's skill, potential and concentration is humbling. As their own ability dawned on them, the lads stood up straighter.

It still tickles me though when I hear inmates say - after silently focusing on their breath for a couple of hours in yoga

- "I can't do yoga Miss though can I, 'cos I've got ADHD?" (Can't! No such thing, as my old Mum used to say.) All those labels which may help in some ways, can also limit and trap people into feeling victims when instead they could be testing out so many of the outstanding things they can do which they have already given up on, (don't get me started...).

Two years after teaching in Aylesbury another yoga teacher took over when I was asked to work in The Prison Phoenix Trust office to answer prisoners' letters. That is what I have been doing ever since, along with travelling to prisons to give taster workshops to set up weekly classes (once on an invitation to teach in a prison in The Cayman Islands which is situated in a mangrove swamp!) and training qualified yoga teachers for prison work. Sam has also let me help with this newsletter he edited until recently.

The PPT has always offered its work to the whole prison community and in the last five years has worked more intensively with prison staff too. Prison officers do a tough and dangerous job. I've been blown away endlessly by witnessing the humanity and dedication of care of so many men and women officers. We now have 161 weekly classes in 83 prisons and I'm proud to say 25 are for prison staff and the numbers are rising.

Lanky yankee

Sam, who is a yoga and meditation teacher too, and I have worked together for the last seven years, travelling up and down motorways to prisons as far apart as Peterhead and Parkhurst, Magilligan and Limerick (and this year prisons in Sweden). He is now The Prison Phoenix Trust Director and one of my best friends. If you tease him about his American accent and being 6' 7" tall he'll just laugh and give you back as good as he gets. I am so happy you can get to know him in the years ahead.

We both sit in meditation silencing the mind with our colleagues before work each morning along with so many of you in your cells. At that point there is no time, no date, no place, no person, no prison and no separation - and certainly no retirement. So I'm off then. I'll be thinking of you with such love and thanks for 21 years of glorious fun and freedom. Every single one of you is a diamond... let yourself shine!



* The books and CD are:

- *Becoming Free Through Meditation and Yoga - a simple guide to stretching exercises and meditation in the cell.*
- *Freeing the Spirit Through Meditation and Yoga - a full-colour easy-to-read illustrated book for daily cell practice.*
- *Yoga Without Words - an illustrated guide to yoga and meditation without words for those who do not read.*
- *Clearing the Head, Relaxing the Body - a CD which talks you through an asana (posture work), breathing, relaxation and meditation practice. You can follow along even in a small space.*

All are free to people living and working in prisons, secure hospitals and probation hostels. Just drop us a line to the address on the front cover.



Sam and Sandy outside Norrtälje prison earlier this year



Life-saving tools? Take your pick!

Prison yoga teacher Pragyamurti introduces
a new yoga manual for prisoners.



Pragyamurti

Greetings to all of you, in whichever prison you find yourself. And special greetings to all those who have spent time in HMP Wandsworth and who came to our yoga classes there - you will never know how much you gave me, how much you taught me about being a better teacher and a better human being.

It all started in the 70s, when I began corresponding with a young man in HMP Peterhead. He taught himself to breathe and control energy, the yoga poses, and meditative practices, which helped through months of solitary confinement, and years later led him to teach his fellow inmates in more open institutions.

When HMP Wandsworth asked me to start classes there in 1993 I was overjoyed. I knew that yoga can and does help all sorts of people to make big changes in their lives - to improve their physical health, deal with addictions, learn to relax and control their mind and emotions.

I am always bumping into old Wanno students who are eager to tell me how the

practices they learned in those classes have helped them since their release - the most popular being slow abdominal breathing when anger and fear raise their ugly heads, and deep yoga relaxation.

Unity is essential

It is absolutely crucial to have these yoga techniques taught in as many prisons as possible - I don't mean just vigorous bends and stretches, because we are much more than bodies. If we want to leave prison and live good, law-abiding lives we must have easy-to-learn, effective tools to do this - tools that don't cost money, that don't need expensive equipment, that you can learn on your own if needs be, with no teacher, social-worker or policeman. The word 'yoga' means unity, oneness - with yourself, with others and with the divine. In this fragmented society we have created, it is essential.

To help realise this dream I have put together *A Yoga Manual for Prisoners and Other Castaways*, inspired by my students at Wandsworth, in Goodwood and

Pollsmoor Prisons in Cape Town, and the Women's

Maximum Security facility in Worcester, South Africa. The book is user-friendly, with simple instructions and diagrams. It includes a CD with a selection of relaxation and meditative practices. One South African prison intends to play the shorter practices on the tannoy once a day, so that everyone stops what they're doing, becomes mindful and centred.

The manual is free for prisoners and costs £15 for friends on the outside. (For every copy we sell for £15, two more can be given away.) Please write to me at the address below explaining your interest and I will happily put your copy in the post.

Swami Pragyamurti, 70 Thurleigh Road, Balham, London, SW12 8UD



Want to open the chest and boost your immunity? Try this movement from Pragyamurti's manual.

Technique

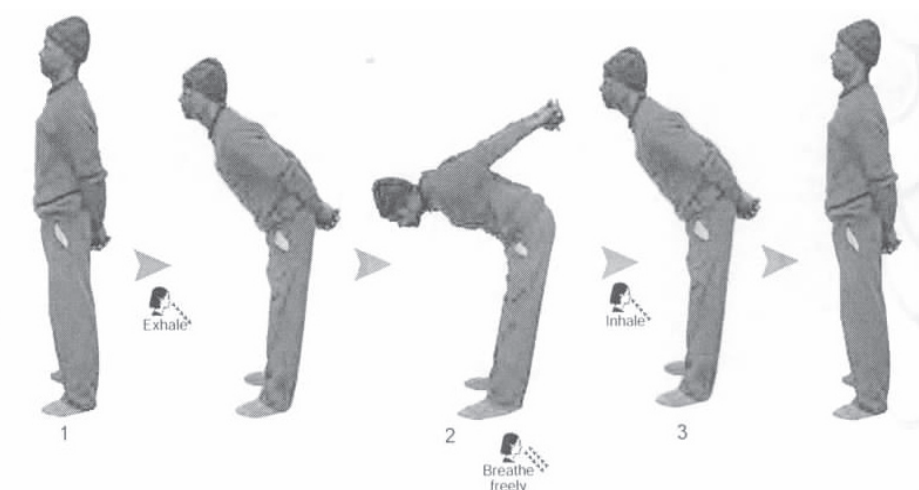
1. Stand with your feet a little apart and interlock your fingers behind your back.
2. Exhale and fold your spine forwards and lift your arms up above your head. Feel the stretch in the shoulders. Keep your legs strong and even. Breathe freely in the pose for a few breaths.
3. Inhale and come back out of the pose.

Awareness

Feel the stretch to your shoulders, chest and the back of your legs. While holding the final position, focus on relaxing and deepening the pose with your breath.

Benefits

This pose will open the chest and shoulders and boost the immunity.



Yoga on the Telly at Bure



The internal TV station at HMP Bure has begun playing the PPT's audio CD *Clearing*

the Head, Relaxing the Body every Thursday lunchtime. Because the men are banged up at this time anyway, it made sense to the chaplaincy to broadcast the yoga at this point in the day. Those who tune in find this an excellent way to get their heads together and find energy in the middle of a busy day. Requests from Bure for our free books have shot up as a result and we are planning to run taster yoga workshops for the men and staff soon. We hope to establish a weekly class for all of you at Bure soon.

SPOTLIGHT ON THE SPIRIT

Bringing It All Back Home

From a friend on the outside

Flower design from
HMP Peterhead

Photo credit: Marie Clare



For 11 years I supported a life sentence prisoner as his partner and made a supportive network for him on release, but this proved to be a mistake and I was used and treated unkindly.

He was an alcoholic and a heroin user and upon release was very naïve about the consequences of his actions. I am myself now today in my forth year of recovery from drink and smoking weed. I am a recovering alcoholic and learned only

later that I was co-dependent with him. Sadly to say I disrupted my family, made their lives miserable and caused a lot of damage.

But for me today is very different. I am taking each day at a time. I had treatment for my addiction in 2007 with nine months aftercare. I have just completed two years at Lambeth College in London studying counselling – I passed two exams and am about to take a third. Life is very different indeed.

My life's teaching has really served me well: I turned the negative into positive. I've had to cross bridges like funding the expensive training which I can barely afford. But my course has been enlightening and worth every penny. With our tutor each morning we do a breathing and grounding exercise. I always think that my mental therapy began with the PPT.

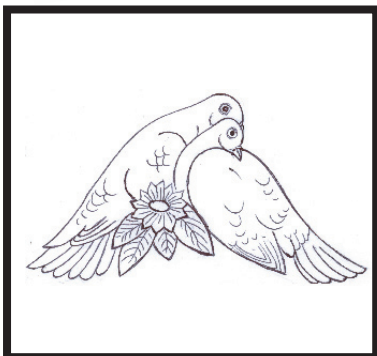
Not long ago, I was threatened by my partner and had to move. He's still in custody but I no longer have anything to do with him. The past four years have given me my life back. There is so much spiritual help for us all. Belief in ourselves is a very wise rule and will take us far.

I've loved reading that the PPT are now in bail hostels. My own passion is to work in addiction where I can give back what I was given.

I've now done lots of voluntary work with London Street rescue for two years and an organisation that supports prisoners. I am about to do some training with victim support as a case worker. So my counselling has really opened doors. I'd never have believed that I would be where I am today. I still have further to go but life is a journey. I've been travelling on a spiritual path in my recovery and it just keeps getting better.



Winning Christmas Card from HMP Wakefield



This beautiful black and white line drawing from HMP Wakefield is this year's PPT Christmas card competition winner. The cards are for sale at £5 for a pack of 10 and can be seen on our website. To order, send the form on the right 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.

Congratulations also go to our runners up from HMP Littlehey, HMP Bullingdon and Sweden for their wonderful entries. All four will be sent a pack of cards.

Christmas Card Order Form

Please send me ____ packs of 10 cards at £5.00 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 to send you payment. ☐

What a Relief!



By Elaine

Have you ever noticed yourself sighing? How does it make you feel when you do it? Ever thought about sighing on purpose?

Why sigh?

We sigh when we are tired, sad or relieved. This relaxing sound is our body's natural way of letting go of unwanted or excessive emotions.

- * It happens naturally.
- * We don't control how many we make.
- * We don't control how deep they are.
- * We don't even plan when to make a sigh.

Actually, you can sigh on purpose, using this natural trick of the body to quickly release physical tension. One area that is easily freed up by sighing is the jaw where we can hold a lot of tension as any teeth clenchers or night-time tooth grinders will know! Sighing creates breathing room, not just physically but in your mind and heart. Having breathing space means being better able to cope with whatever emotions are here.

Cooling down

The sigh is an ideal way to help you move between an energised state, like when you've been on the football pitch,

doing physical yoga practice or at the gym, to a calmer state. Give this a try after any type of physical exercise:



Freeing the jaw feels fab!

1. Sit quietly and still.
2. Take a slow and easy breath in through the nose, followed by a strong, deep breath out through your mouth.
3. Take a few normal breaths and repeat step two.
4. Observe your natural breath. The sigh will have encouraged the breath to be deeper and slower. As the out breaths continue, it is easier to relax and focus.

You can move straight into a few minutes of meditation now with these steps:

5. Once the breath has begun to slow and deepen, begin to count the next breath in, saying to yourself "one" and the breath out, "two" – next breath in, "three", next breath out, "four" and so on up to ten. Then start again at one. As best you can, breathe in and out through the nose. Do this for five minutes.
6. If the mind wanders, just start at "one" again. The busy mind will soon begin to quieten down with time, patience and regular practice.

Drop me a line to let me know how this works for you!



Flower from HMP Kennet

“ I saw old autumn in the misty morn
stand shadowless like silence, listening
to silence. ”

- Thomas Hood, poet (1798-1845)

Photo credit: Malene Thyssen



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

