



**Newsletter, Winter 2017**

# HEAR YOUR TRUE NAME

**S**ome of you spending time in prison say people only ever call you by your surname. Smith, McMaster, Broomfield, Vickers. This might make you feel like just a number, struggling to be recognised as a person with dreams and something to offer and a right to be on this planet, instead of a cog in a cold machine.

At the same time, many of you say that despite prison, you've found pockets of something different where you feel more like your true self. It might be individual officers, a supportive wing or unit, a friend in prison, or someone you write to at the Prison Phoenix Trust who helps you feel this way. Perhaps there's a weekly meeting you attend, or a course you're on, or your yoga and meditation class where the machine-like feeling drops away a little bit.

What's important is that you are seen for who you really are. Being called by your first name is a good start, no doubt! Craig. Debbie. Fergal. Thomas. But there's something even more basic about how people treat you that puts you at ease and helps you remember your unique self and humanity, isn't there? It's hard to define, but it's unmistakable when it happens, like coming into a warm room on a frosty evening.

If it's true that other people can help you feel more like your true self, then it must also be true that you yourself have it in you to put people at ease and affirm them as fellow human beings.

You might well ask, "This newsletter I'm reading is supposed to be about yoga and meditation. What's this got to do with yoga and sitting still, tuning into what's really happening?" And I'd say,

"Everything!"

Meditation and yoga calm the mind and body down, allowing you to see that some of the false name calling that goes on – anything that makes you feel less than human – comes from within you. Getting a grip on this doesn't require superhuman abilities: simple yoga and meditation helps you be aware of the unhelpful, untrue messages about yourself and the world you've been telling yourself and storing in your body and your mind. With some awareness that you are having such thoughts, rather than believing in them blindly, your true self comes forward. It's there all the time, just a bit covered up by the noisy messages. And at those moments, there are not necessarily more ideas, but an immediate experience with something true and uncapturable, which is there before

any thought, and which you may not even feel the need to give a name. (Of course, the usual stories and name calling can kick in again quickly, and it takes a lifetime of work to keep looking inside.)

When you touch that message-free place of "no-naming", not only do you discover your deeper self, you begin to reflect that capacity in other people. It's difficult to describe exactly how it happens. But people in prison practising yoga and meditation tell us this: put in time with this rewarding work with yourself each day, and you can't avoid helping people around you.

Your true name has been with you all your life. The ability to connect and the sense of safety and belonging each of us longs for – we've all got that with us, all the time, ready to share.



**Experiencing something true, at one of HMP Guernsey's yoga classes**



## **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-focussed 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, CDs, newsletters, free taster workshops and weekly classes.*



**Love and happy holidays! From Sam, Lucy, Sally, Jason, Clive, David, Kaye, Victoria & Brent**

**"Ever since happiness heard your name, it has been running through the streets trying to find you."**

*~ Hafez, Persian poet, 1315 - 1390*



From  
HMP Coldingley

**Thank you  
for sending  
me *Becoming Free through***

***Meditation and Yoga* last month.** I recently started the yoga class here at Coldingley and have been working on meditation for the past few months also. I am starting to feel the benefits. It's all a process I am putting myself through in order to reconnect with my true self again. It's much easier to follow a chosen path when you are properly balanced.

The prison environment seems to make a conscious effort to disrupt the essence of what it means to be a human being. So I made a decision quite some time ago to gather and focus on all the resources - internal and external - that are available to help stay awakened to true self and true life. I am discovering more and more that through physical and mental equilibrium, pathways, answers, light and love become easier to see and understand.



From HMP Highdown

**Thank you very much  
for trying to organise  
yoga and meditation courses  
here at HMP Highdown. My  
general perception is that not many  
people are aware of the PPT here,** so much so that people asked me what your books were, and were so interested that I gave them away within an hour of receiving them! I think with so much time in cell, inmates are searching for answers and ways to cope and are willing to try anything.

I was actually introduced to meditation by a family member but found your materials complemented this perfectly. Naturally I have some trouble sleeping, and sleep less than most inmates. I find the best time to meditate is around 5 a.m. (when I am up) when virtually everyone is asleep. I sit on my bed with back straight against the wall, cross-legged. I am conscious of birds tweeting outside and background noises, but slowly find myself "drifting off". My hands are in the position you recommend (middle knuckles touching) but in a more relaxed way. I guess I use meditation in a spiritual sense.

*Check out the yoga and  
meditation column each month  
in Inside Time and tune into our  
radio programme 3 times a week  
on National Prison Radio.*



After a short time, 5-10 minutes, I lose track of time. Sometimes I feel energised, other times so relaxed that I fall into deep sleep (afterwards), but have no recollection of doing so. Either way I find meditation sets me up for the day. It gives me clarity and focus, and mental strength.

I have talked to people on the outside and many use meditation or mindfulness as a way to cope with the demands of the modern lifestyle. I have my own theory that for those of a religious persuasion it clears the "channels of communication with God", and for others it "reboots" your brain when the hard drive (our brain akin to an old Pentium-type chip) cannot run the "new software" and struggles with it - i.e. dealing with technological advances and non-stop daily demands of life: constant emails, social media, mobile phones etc.

On the inside, although there isn't the 24/7 media culture, there are other demands, politics in prison and prison life, adapting to constant change and no set routine day to day (for many) that creates its own sets of conflicting and bewildering information and problems that our brain is required to process on a daily basis. Our brains have not fundamentally changed in an evolutionary sense in several thousand years and struggle to keep up with the rate of change and lack of stability/routine day to day. Meditation allows you to step away from this in a way to detach yourself from all this, plus allows this "hard reboot" of the brain.

I had also started to do some yoga on the landing, using the railings for stretching and some exercises. I'm using some yoga in conjunction with a basic exercise routine - e.g. press ups, squats and arm pull-ups/tricep dips on the railings etc. It's important to personalise and go with what works for you when doing yoga/meditation and not get too hung up on exactness. We are all unique and know our bodies and minds best.

I have ordered some more books, and this time fully intend to keep some myself! I gave out the forms you sent to colleagues here in HMP Highdown.

I wanted to check if there is a way friends/family could donate to PPT online? I'd rather

# Prisoners'

any money spent for me on birthday/Xmas cards and stamps goes to PPT instead.

*Ed: People can donate through our website - [www.theppt.org.uk](http://www.theppt.org.uk)*

*On there is a link to our justgiving page. This is a kind thought. Thank you so much!*



From  
HMP Hollesley Bay

**The Restorative  
Justice  
Programme I just  
finished was really  
informative, emotional and much fun  
too.**

The first part of the course was a week with the Essex Fire Brigade and consisted of hose work, ladder work, breathing apparatus, first aid and team building skills. The firemen also brought in nice food every day. The fresh fruit, croissants and yoghurt went down particularly well! On the last day we did a pass-out parade which consisted of everything we learned, in front of the prison governors and the hierarchy of this establishment. It was quite nerve-wracking, but enjoyable.

The second part of the course was for five consecutive Friday afternoons and this was about my personal life - what I've been doing with my life, the effects on the community and what I plan on doing in the future. On the very last day, a lady who works for Restorative Justice through the Police and Fire Brigade came in and had a private chat with each of us. After my chat with her we decided that me meeting my victim would be beneficial for us both. I'm now waiting to find out



"A riding school has accepted me..."



# Letters

where and when we can meet. Trepidation is creeping in, but as soon as I come off my yoga mat after practice, I know that it's the correct thing to do.

Being generous is a trait that I aim at being good at, but being in prison with not much to give, I find it sometimes difficult.

However I found out on Friday that my application for outside voluntary work has been successful. A riding school for the disabled and handicapped children a few miles from the prison has accepted me to help out on a full-time basis. So at least now I can give some of my time to others less fortunate.

It is soooo good having these wonderful feelings after yoga then meditation, especially the freedom of the mind. It's quite surreal. I now understand why the best things on this planet are free. But having a free mind is so rich!

From  
HMP Stafford

**T**wo of our officers  
are the trained yoga  
instructors here, but the



**class has been cancelled most weeks.**

I've been four times since I last wrote to you but it's meant to be one a week. Some people have stopped coming because it's always cancelled because of short staff, an ongoing problem in prison because of all the cutbacks and staff reduction.

The yoga lessons I've managed to get to have been a great source of peace, inspiration and just a great, awe-inspiring experience.

Today at 8.30 a.m., our yoga class was on, thanks be to God, which I mean from my heart as a Christian "work in progress"! It was the best ever and taken by Officer Kelly who is so non-judgmental, kind, respectful and so good to talk to, which helps so much and so few and far between in this prison and I'm sure many.

I've offered to take my yoga CD into my next class, which Mr Kelly is grateful for, but I did say I'd ask if you could send a copy to the Gym. This would help our yoga class no end.

I'm having a Dementia Awareness Event in our Chapel soon. It's been an idea for over a year, but I finally grabbed the bull by its horns and got it authorised by a Governor. Our Head Chaplain is my sponsor.

I'm so glad that Alzheimers Society and Age UK Stafford have accepted my invite

for them to come in with a selection of info leaflets and provide a short talk about dementia and its effects to the sufferer and the ripple effect on family and friends. I know too well about this, as my Dad is in a care home with dementia.



From  
HMP Hull

**I**t is good to read  
letters from  
other inmates in  
your newsletter. I have been practising meditation and yoga as a Buddhist for over ten years and it has made an incredible difference to my life.

When I first came to prison over 18 years ago I was very, very angry with everyone. I blamed everyone for my predicament except myself.

Meditation and yoga have allowed me remarkable insight into myself and the reasons I am still in prison. I am no longer angry and I blame the true person responsible for me being in prison: me!!

Some may think that meditation and yoga are not for them or that it does not work. I've found that all you need to succeed is effort, perseverance and time. Mixing these three together, I've found real results.

## Meditation Corner

# Effortless Exchange

**W**hat would you really like this Christmas? Perhaps you wish to be at home with friends or family. Something special for dinner. Presents. Drinks. Pulling a cracker? Sometimes people talk about 'the joy of giving' – this sounds worthy, but let's face it, we all like to have something in return. How on earth can any of this happen in prison?

The key to making Christmas work is in the giving and receiving. You simply cannot have one without the other. If you give, something always comes back – and if you receive, something will leave. This is beyond our control and often gets unnoticed, but it happens all the time.

Right now, start to notice your breathing and the exchange of air through your nostrils. Just breathe normally and silently, straighten your back and raise the chest a little. Whether you are sitting or standing, just be perfectly still and not slouching. Keep your eyes open. Return to the breath and feel the air expanding the



By Jason

lungs, pausing for a short while and then leaving again. You may wish to silently count the exhalations up to ten and start again at one. If your mind wanders, just start at the beginning, being very patient with yourself.

Perhaps you notice that the out-breath is naturally longer than the in-breath, but no matter how it is, when you breath out, this is always followed by air coming in. This giving and receiving is happening all the time, and your breath is just one example. Now gradually become aware of where you are but keep an open mind to the activity around you. Even in your cell there will be evidence of giving and receiving: shadows from the ceiling light; a sound from the wing followed by silence; a stash of canteen goods supported by the table; the floor beneath you. Everything is



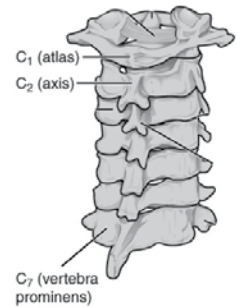
kept  
in  
equilibrium  
by an exchange that is adjusting  
continuously and effortlessly.

If you can practise this each day, over the coming weeks the holiday season may be a little more meaningful. Knowing you are with us is a friendship we never forget at The Prison Phoenix Trust, and we are endlessly grateful of this silent giving and receiving. We wish you much peace for now and the year ahead.



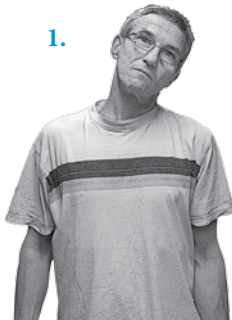
# Pain in the Neck?

 By Brent



**F**or many of us, the neck and shoulders are where we first start tightening up when we're stressed, as this letter points out, to the right. Even as you read this, can you notice how your neck feels? Tense? Relaxed? Somewhere in between?

You can move your neck in many directions, and some parts of it like the throat are sensitive, so go gently when you do these exercises. They're designed to help you find some release and freedom in your neck.



1.



2.

1. Hold this position for 5 long, easy breaths. Repeat, other side.

2. Firmly but gently push fingers against your neck spine. Slowly turn your head from side to side, 5 times each side.

3. These next four movements are a sequence. Repeat the sequence 5 times.



3a.



3b.



3c.



3d.

3a. Breathe in, and turn slowly to look over your left shoulder. Breathe out, return the head to centre.

3b. Breathe in, and turn slowly to look over your right shoulder. Breathe out, return the head to centre.

3c. Breathe in, tuck the chin slowly towards the chest. Breathe out, return the head to centre.

3d. Breathe in, look up. Breathe out, return the head to centre. (Repeat sequence 4 more times.)

4. The Lion. Breathe in deeply, then breath out strongly and forcibly through the mouth, making a loud, drawn out "HHAAAAAAAA!" noise, sticking the tongue way out, opening your mouth to the maximum, and turning the eyes up as much as you can. Repeat 5 times.

4.



from HMP Bronze field

**T**he yoga and meditation has helped me relieve some of the stress that causes my neck and shoulders to be tight. There's a lot of tension there leading to tightness and pain. I know this physical tension comes from stress. It can also come because I work in a gym in the prison and do a lot of training. Since I've tried doing yoga and meditation I count my breaths. It relieves a lot of stress and helps clear the mind.

I did suffer with anger and it's like it's taken it away. I feel so calm since I've been doing this in the morning first thing, and in the evenings I reflect on what sort of day I have had.

## Did You Know?

Your neck is an amazing piece of engineering. It has seven bones called vertebrae; the first supports your head and is called the atlas. The second is called the axis. The seventh sits on your shoulders. Like the rest of the spine, the neck vertebrae provide structure to the body and protect the spinal cord.





# Nothing To Lose

from HMP Isle of Wight

*When this prisoner first wrote he was in segregation and on basic. He turned the situation around, came off basic and improved his health. Here he tells us how yoga and meditation has been helping. He also wrote a poem about his struggle.*

June 2017

Thank you for sending *Freeing the Spirit* and the CD to go with it. My daily meditation has improved. I am finding it easier to bring my focus back to my breathing when my mind wanders. Every day I feel more and more in tune with my inner self. Also for the first time in five and a half years I've been in, despite being in isolation down the block, I'm free. The anger and frustration I've had is going. I've even managed to come off basic, which is proof, if proof were needed, that meditation is helping me. It's also helped me with studying the Bible. I found a verse is Psalms 19:14 which says, "May the words of my mouth and the meditation of my heart be pleasing to you." This reflects the subsidence of anger in my words and behaviour. Being in silent meditation is, I think, a form of worship.

I got the book and CD yesterday and I went through the whole yoga section. Then it came to the part where you lie in the corpse pose, working from bottom to top, relaxing your whole body. At that point, something weird happened: I fell asleep. Is this normal? It felt natural but it was just odd to fall asleep in the middle of the day.

July 2017

Coming off basic whilst in segregation means I'm allowed more of my own money, I can wear my own clothes and am given a bit more trust by staff. I now can afford to phone my family every day which has brought me much closer to them. Also my move has been booked and cancelled on four separate occasions. The reason I tell you this is that not long ago I would be kicking off and even using violence to work out my frustration and anger. But now, I honestly don't want to be associated with these negative emotions. If I am truthful with you, it feels strange to feel this way. This also brings me closer to God. I can feel He is there with me when I meditate. His strengthening presence reassures me that I am on the right path both spiritually and physically.

I have started to feel the difference in my back pain. After a good yoga session my pain subsides for a few hours. I have been living with this pain since I had my accident ten years ago and that feeling of being pain-free, no matter how fleeting, is very welcome. After a few more months I may make an appointment with the doctor with the view to reduce the dosage of my painkillers. If he thinks it can be done without causing discomfort then I have nothing to lose by trying.

## The Inner Battle

The battle within rages on with  
no end in sight.

You can win this battle if you  
put up a fight.

Calm your mind, listen to the  
silence of your heart.

You'll be surprised what it tells  
you as it starts to impart.

No matter how angry the battle  
you can beat it with peace,  
And when you do you'll feel a  
huge release.

Recognise the emotions and  
take them for what they are:  
A part of us all no matter who  
you are.

So as the battle gets quieter and  
you start to win,  
A life of Love, Unity and Hope  
can begin.

# Grateful at Guernsey

from HMP Guernsey

**Y**oga was introduced to Guernsey Prison early in 2015 by our teacher Caroline, and has been a success: there's usually a waiting list. We meet in the gym and our sessions usually last 90 minutes. We're taught that yoga is a personal journey, and definitely not a competition. Therefore, we're encouraged to look for small improvements and to persevere. There's an emphasis on acceptance and calming the mind through control and respect of one's body. For most who persevere, like me, there's a greater ability to manage the sentence and

acquire a more positive outlook for the future.

Not everyone takes to yoga. Some people say, "I can't be bothered," or "People just go to get out of work!" but others have said, "I struggled at first, gave up for six months, then went back and it's now a key part of my life," and "You should go. You'd love it!"

Some people in my class absolutely love it and seem so naturally flexible. Whilst others attend with a sense of humour that lets them enjoy it, whatever shape their bodies are in. We're all ages,



shapes and sizes.

Lately, Caroline has introduced a series of cyclic lessons, over 10 weeks. She often asks, at the start of the class if there is a particular area of our bodies we'd like to focus on. As a runner, this has been tremendously helpful to me because my hamstrings get a thorough weekly stretch. Arthritis in my toe has improved too.

Yoga is good, there's no doubt about it. But the pressures of prison make that hard to see sometimes. But thankfully, yoga is here for us, and for that we are truly blessed.



# Winter Puzzles



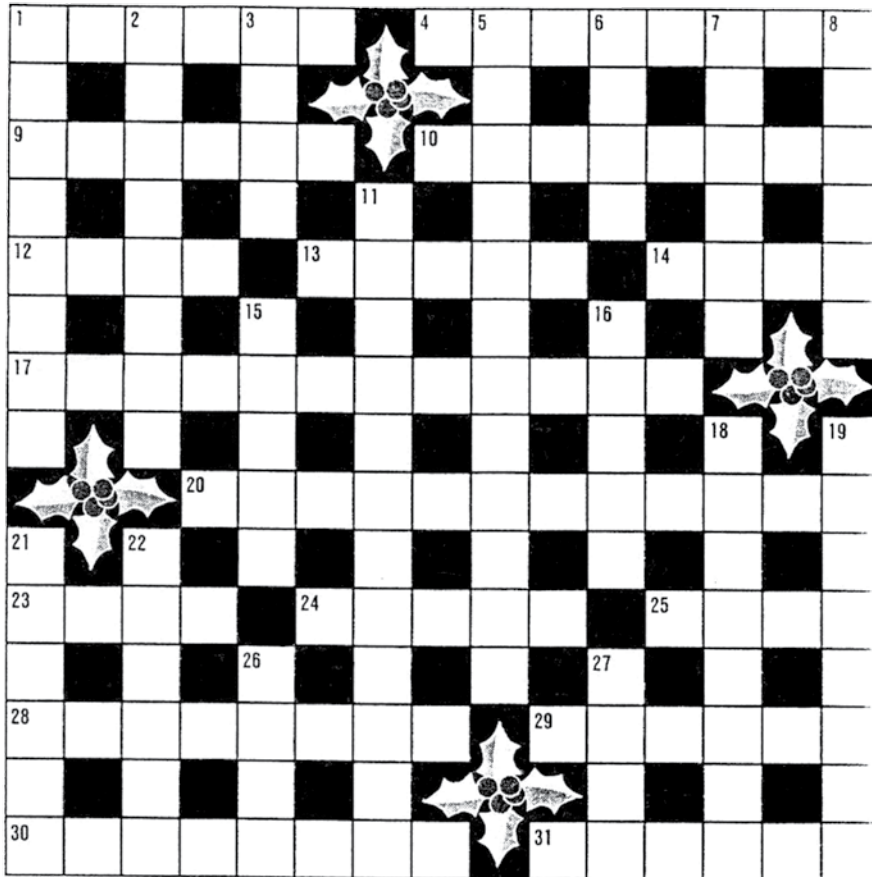
Many thanks to Roger Squires, who provided us with this cryptic crossword. Roger sets crosswords for *The Guardian* and *The Daily Telegraph*. This is a tricky one. Answers are on the back page. Good luck!

## Across

1. So step around for a warming winter drink (6)
4. Scrooge went after this in a Christmas Carol (8)
9. Puts up the tree, perhaps, in a secret way (6)
10. 17 across is this to Jesus (8)
12. Encore in a Yuletide chorus (4)
13. Shelter in the street from snow and rain (5)
14. Fruit for December 25<sup>th</sup>, perhaps (4)
17. Hasty cards I'm sending out for December 25<sup>th</sup> (9,3)
20. One, for example, to streak out on the ice (6,6)
23. It's true Christmas fare always includes it (4)
24. Revises the back-end of Christmastide (5)
25. Deeds following the gospel according to St. John (4)
28. A Christmas tree, for example, could make a suitable present (3,5)
29. Sight witnessed by the shepherds? (6)
30. Swapping presents - the impudence! (8)
31. Habits of well-bred wise men? (6)

## Down

1. Bearing gifts, we hear vaguely (8)
2. Mince-pie man? (8)
3. Takes the fare? (4)
5. Suckers for 11 down? (6,6)
6. Crackers and what they're used for (4)
7. More than one heavenly sign for wise men of the past (6)
8. Comes to a similar conclusion in carols, perhaps (6)
11. Spud and dumpling making up Christmas fare (8,4)
15. Awake to what the Christmas pudding needs (5)
16. Prepares gifts and cards (5)
18. It's suspended just before Christmas (8)
19. Christmas gifts offered by about ten different papers? (8)
21. Pack the presents and finish for the day (4,2)
22. Christian celebration when a tree's set out (6)
26. Left in the cooler it may be jammed in the party (4)
27. A touching greeting under the mistletoe (4)



J F M Y R R H E T M L I R C H N  
 A P O S K W U V E A N P T T L E  
 N A W T S C I F Y W T E L F G H  
 G B I W W A S S A I L A A W H F  
 E A I B E R A H B W T C S A O D  
 L T I S N O W F L A K E A W L W  
 O I C I C L E M I C N F O F I T  
 D A O T G H A L Z N J O D Y D I  
 S T O C K I N G Z I M L T F A O  
 I A H N O I W N A T I V I T Y T  
 O T Y U L E M L R T G N M T I A  
 A I E T R M O G D S O T J O Y V

In this wordsearch, how many festive words can you find? We think there are 15.

To the right is a sudoku - fill it in so that each row, each column and each of the nine boxes all contain the numbers from 1 to 9. See if you can crack the code!

	3		5					
		5		7	6		1	
				2	9	6	5	4
1		9			2		3	6
	5		9		1		4	
3	4		7			1		2
2	6	3	1	4				
	9		6	5		4		
					8		6	

# Part of the Solution

By Mwalimu Johnson

*Mwalimu Johnson served time in the U.S. after pleading guilty to bank robbery. After release, he was shot by FBI agents who claimed he was involved in another bank robbery. As a result of that shooting he is now confined to a wheelchair. He was arrested and sentenced to seven years for assault and 50 years for an unrelated charge of armed robbery. The FBI later withdrew their claim and he was released, having served 22 years. He has written and spoken for the Forgiveness Project. (www.theforgivenessproject.com)*

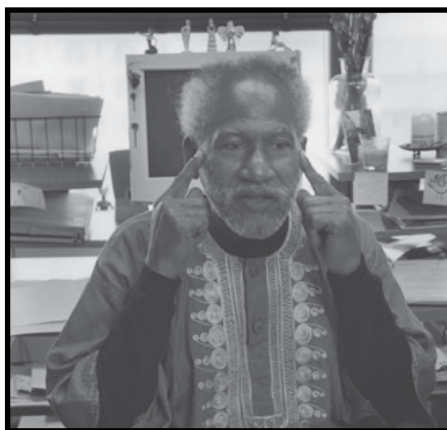


Photo by Alan Pogue

**While I'm not proud of many of the things I've done, I cannot undo the past.** All I can do is use it as a guide for a better future. I don't want to make excuses for my actions, but sometimes poverty forces you into criminal behaviour: the choice is either sit around and starve or step beyond the law.

During my first sentence I learned about yoga. I'm convinced it saved me from dying of pneumonia in a strip cell, where prisoners are placed naked, with nothing except a hole in the floor. I had to lie there completely naked, my cell flooded with water, drawing upon my spiritual, mental and physical faculties in order to survive.

In 1977 I was transferred to Angola, the Louisiana State Penitentiary, where

I remained until 1992. Conditions at Angola were nothing less than barbaric. I kept notes of abuses carried out by prison personnel, eventually doing an exposé in which I cited 62 cases of abuse, some of which resulted in death.

Interestingly, the person who admitted to participating in the robbery for which I got 50 years received just five years in exchange for helping to convict me.

Initially I was unable to entertain any thought of forgiveness, but slowly I came to realize that bitterness only creates bitterness. Negative experiences are a kind of cancer, and my choice as a human being is either to encourage the spread of that cancer or to arrest it and apply a solution.

**Bringing hope and healing...  
and paying the bills.  
Can you help?**



This newsletter is only one part of the Prison Phoenix Trust's work. We also correspond with people inside and outside of prison, send books and CDs, and support prison meditation and yoga classes. The focus is always on offering hope and healing through these practices, and through human connection.

The Trust has no shortage of experience in raising money each year for our work. But as government support to most areas of public life has been severely reduced, the needs of those on the margins grow, while available money seems to shrink. At times it's harder for the Trust to find funding, but we know we'll continue if there is a genuine need. Sometimes we have to stop and ask for help. Two important ways that some friends outside of prison have helped the Trust in its long-term viability is by remembering us in their wills or arranging a regular donation. Perhaps the voices you've heard in these pages will move you to consider these ways of giving.

## Christmas Cards

Our friend at HMP Woodhill has designed this year's Christmas card (144 x 103mm). He said he wanted to show animals who would normally be hunter and prey coming together in peace. The inside is left blank for your own message. You can see it in full colour on our website. To order, send the form to 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.



### Christmas Card Order Form

- Please send me \_\_\_\_\_ packs of cards at £5 per pack of 10
- I enclose a cheque payable to the Prison Phoenix Trust for £ \_\_\_\_\_

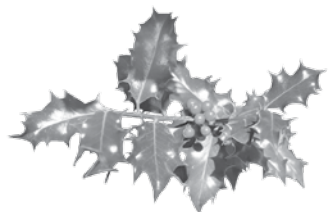
Name \_\_\_\_\_

Prison number (if in custody) \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

☐ I've asked my prison to send you payment.



# Giving and Receiving



By Victoria

**A**t this time of year a lot of energy is spent sending and receiving, whether it's cards and gifts, or phone calls and visits. Being behind bars means there's a limit to how much physical presence (and presents!) you can send or receive. This is difficult in times of adversity or celebration within your family circle. It's a cold, hard fact – there will be times when you can't be there in person to support and encourage those you love. So what can you do? Kick off? Pick a fight? Get depressed? Take drugs?

This simple breathing practice can help focus your energy and best intentions for those times when it's not possible to pick up the phone, write a letter or be with the person.

## Getting Started

- Tidy your space to help you concentrate better and feel more at ease.
- Blow your nose to clear the airways and find a comfortable, upright posture sitting on a chair or on the edge of your bed with feet firmly planted on the floor. Let your hands rest on each leg or cup one inside the other on your lap.
- Take 3 sighing breaths: Breathe in through the nose and sigh out through the mouth with a soft HAA or AHH sound to relax your face, throat and upper body.
- Breathe in slowly and gently through your nose, feeling the abdomen and rib cage expand as the lungs fill.
- Make the out-breath longer by counting to five as you breathe out through the nose. Feel the belly relax, then the chest.
- Don't over exert or exaggerate the breathing. Let it lengthen and deepen in its own time.
- After five breaths, pause and notice how you feel.
- Try this for 10 breaths and then pause.
- To finish, bring your hands together at the heart and acknowledge all the other people around the world experiencing the same situation as yourself.

## Sending and Receiving

- You can do this with your eyes open or closed. It may help to have a letter, photo or object to focus on in front of you that represents the person or situation, though this isn't necessary.
  - Count to four in your head as you
- As you receive the breath and allow it to go out again during the exercise, your positive feelings are renewed and can never be exhausted, so you can choose to offer that strength to others.



**“If you light a lamp for somebody, it will also brighten your path.”**

~ The Buddha

Across: 1. Posset 4. Ebenezzer 9. Erects 10. Birthdays 12. Echo 13. Sleet 14. Date 17. Christmas Day 20. Figure skater 23. Real 24. Edits 25. Acts 28. Pot plant 29. Vision 30. Pertiness 31. Usages **Down:** 1. Presence 2. Shepherd 3. East 5. Boiled sweets 6. Nuts 7. Zodiac 8. Rhymes 11. Plum puddings 15. Astir 16. Packs 18. Stockings 19. Presents 21. Wrap up 22. Easter 26. Plan 27. Kiss

*This newsletter goes to prisoners and prison staff, and to our many friends who continue to offer us their encouragement. We receive no statutory funding, and are completely reliant on supporters who understand the value of meditation and yoga, silence and the breath in empowering individuals and society to heal. Two important ways that friends can help are remembering us in your will and setting up a regular donation. Any support you can offer is greatly appreciated.*

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