

## Newsletter, Spring 2016



# UP IN SMOKE

**W**hen it comes to things that we know aren't healthy or good for us, we might decide that it's endurance and perseverance that will burn up

bad habits: willpower can conquer anything, I just need to pull my socks up and crank it up a notch! But anyone who has ever tried to stop smoking, or come off even a mild drug like caffeine, knows that willpower takes you so far, but it's not enough. Other things have to happen: having supportive people around you and reflecting on what really matters to you, for example.

But perhaps the most critical ingredient is knowing that you don't want to smoke (or do whatever) anymore. You move from thinking, "I HAVE to smoke," to "I don't need this, and I don't want it." This is not a mindset that willpower can get you to, although it plays a role. Instead, it's something that you are simply sure of, in your bones. And the freedom that comes with that certainty is more attractive than whatever you are letting go of.

### Opening the door

Often, this shift happens without a great deal of fuss. Once in Bullingdon prison, a man who had just finished his first yoga class – 90 minutes of yoga postures and movements, followed by relaxation, breathing practice and meditation – said in amazement, "You know, I don't want to smoke anymore. It's like my body is saying it doesn't want it anymore." He was pleased and couldn't stop grinning, but was also confused: he hadn't

come to the class with any thought of stopping smoking. Nor had the yoga teacher said anything about giving it up.

Inside each of us is a natural intelligence waiting for us to open the door, like a cat, sitting patiently without fuss. Sometimes just a small crack is enough for it to come through. And in fact, this intelligence is running through us all the time, whether we know it or not, and has our well-being and that of other people as its highest priority. It shows itself in the thoughts, actions and words we speak that help us, and are helpful to other people.

The breath-based yoga and the meditation that so many people in prison do -- sitting very still for a little while each day while focussing with their whole being on the simple, silent, wordless in-breath and out-breath – opens that door a little wider. And one day, after making friends with your breath and inner silence, you realise that your basic stance towards what you had struggled with for so long has changed. There is ease, and there is a freedom. This is not to say that temptation never comes back when you are tired, angry or lonely. But letting go with the breath in yoga and meditation allows that deep part of you, which is bright and clear about what it wants, to play a bigger part in your life.



Strong and clear at Armley Prison



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

**“And when I breathed,  
my breath was lightening.”**

~ Black Elk, Lakota healer and medicine man

1863-1950

### 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.*

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**From  
HMP Liverpool**

**A**t stressful times and over bang up I have been using the book and CD. It has helped me a lot – I'm starting to see a difference in myself and so are the prison staff.

I have only been using it a week and it's made a major difference in my life. The floor is slippery so I've got to do it on the bed and there's not enough room, but I still feel great afterwards.

The yoga and meditation have made me see life from a different perspective. I cannot believe what I've done to my legs, chest, arms and neck. And it has made me take a step back from self-harming. It has probably saved my life.

**From  
HMP Forest Bank**

**Y**oga and meditation have been very helpful especially for getting to sleep at night. I'm suffering less flashbacks and nightmares. When I do wake up from one of these episodes, I put my towel on the floor and meditate for as long as it takes to become calm and regain my composure. Meditation may be simple but it is very effective.



**From  
HMP Highpoint**



**T**oday I received from you, a newsletter, a CD and the book *Becoming Free Through Meditation and Yoga*. They are helping a lot. I'm trying to get other people to send off for the books as well.

I found the CD and book to be so relaxing and I love reading the newsletter. Doing the yoga has helped me in my body function. I feel like I'm 20 again, and my family said on their last visit that I look better and am walking better.

**From  
HMP Foston Hall**

**I**n the November Issue of the prison newspaper *Inside Time* I saw your meditation practice. I am currently doing a rapid reduction detox off methadone and have felt restless, in pain, and not able to sleep. So I thought I would give the yoga in the paper a try. Amazingly



it has helped me to relax, sleep, and the stretching helped ease the aches in my body.

I tune in to National Prison Radio every week for the yoga and meditation class, *Freedom Inside*, my new found hobby. I'm very happy!



**From  
Thailand  
May 2015**

**T**here's a new rule here that we only get three blankets per person: one for the floor, one to cover ourselves, and one to use as a pillow. We are also not allowed to bring soap and toothbrushes into the cell. Today they have taken away all our clothes and are allowing us only two shorts and two shirts. It's amazing what is happening, but I still take it with a smile. There are probably worse places than here and people are suffering more than I am. I pray for all to keep their strength up.

Can't wait to wake up in the morning to do my practice. Now we are 50 in one cell and often it's not easy, but still I get a few moments of absolute peace. It's like a personal treasure.

**August 2015**

**I**'ve discovered pranayama more and more lately. The so called "getting high from it" is so true. I've been doing the first three examples of the book you sent me. I do yoga first then do a long session of pranayama and end with meditation. Since I've been doing long sessions of pranayama I must say that my peace and happiness has increased so much. I still get angry about things but I can definitely see the changes in my personality. I'm loving myself more day by day.

When I started with my yoga and



# Prisoners'

meditation practice two years ago

I had a real problem with the noise surrounding me but now I take it with a smile. There's a Thai guy next to me who sometimes snores. Two years ago I felt like punching him on the nose, and cursed him all the time. But now when he starts and I'm meditating I really laugh or smile! The way I cope with daily life right now is better than last year.

**October 2015**

**T**he yoga asanas, the ways of breathing, doing pranayama and the deepness of my peaceful meditation has improved so much within the last two years. I know that I'm only at the beginning and knowing that there is so much more to reach gives me real joy. If two years can do so much good work, I'm ready for the future to take all it gives to me. Yoga and meditation has opened more doors for me. Before, I used to see everything through one window. Now I feel like I have more choices. I'm open minded, tolerate more and don't get angry like I used to get. Even if I was the only person on earth doing yoga and meditation practice, I could never stop. I don't need more proof, I can feel it daily – IT WORKS.

I read the New Testament years ago and remember questioning many things Jesus said. Now, after taking part in spiritual practices I can understand him so much more. Many things ring a bell now! Of course he was a great human being. I now realise his love and teachings are all true.

**From  
HMP Hewell**

**M**y practice has helped, I suppose, as I'm still sane. The



Decorated envelope from HMP Frankland



# Letters

benefits come from not only regular practice but from having an integrated and established philosophy. Regular practice doesn't "give" you anything, but aligns you. What I've done is to increase my practice and try to take advantage of the extra time and also the new circumstances. What I used to consider "putting myself in bad company" I now see as me being in a situation favourable to growth, as I adapt my philosophy to include people I wouldn't normally seek out.

My Buddhist minister said that the definition of being a prisoner is to be confined against my will in a place of someone else's choosing. "Against my will" is the key phrase. He said once you accept where you are, then by definition you are no longer a prisoner. The small lessons are totally transferable to everyday life. As a Buddhist, the one thing I strive for is momentary awareness



and karmic acceptance in order to stop that wheel turning and free myself. So it doesn't take much to see how this lesson is useful in

here. If we accept karma, then by definition we accept where we are, and none of us can consider ourselves really prisoners. If we don't accept karma and we constantly fight against where we are by being slaves to the senses and living day to day without awareness, then this person becomes a prisoner wherever they find themselves geographically. It's true, I'm living in prison, but that does not define me. In a few years or months or even tomorrow I could be released, my description can change. If I died today would I still be considered a prisoner?



**From  
HMP Bure**

I have had a few people that I tried to get me mad when they have said things to me but I have kept calm. Meditation has

*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.*

helped me a lot with that.

I have done lots of very bad things to put me into prison. I am not happy with myself for it. I am getting the new me stronger by working on how I got into this mess, how others felt and how I could do things differently if I was in the same situation again. Doing meditation has helped me to do that.

I have joined the Bible class and they asked me to take it in a few weeks as they see I've been coming along with my learning. I would not have done it before I did meditation and yoga.

I did a couple of yoga poses before bed and had a very good night's sleep. In the morning I felt so relaxed and happy – like I had a new body. When I make time to do it I feel so good afterwards, as if I could run the London Marathon.

## Meditation Corner

### It Doesn't Add Up

**The other day I was trying to explain the PPT's work to a friend who had never practised meditation or yoga, and only knew about prison from reports in the press and television programmes. It wasn't easy to explain, mainly because he had so many ideas about the subject already: yoga was for women; meditation was something monks did; prison was full of tough and dangerous people who are being punished. I could sympathise that with a mind full of such ideas, it was hard to make sense of it all.**

There are many experiences that baffle us. Each day at the PPT we receive letters from people who are trying to make sense of why they ended up in prison; being released and then recalled for what appears the slightest transgression; indeterminate sentences with no definite release date.

This is where meditation can be so helpful - but it is best to forget about the need to sit in full-lotus, blissful feelings and enlightenment. All these notions come from a mind full of ideas, and can be safely forgotten about. For now, just sit straight and upright, ears in line with the shoulders. When you are perfectly still



**By Jason**

and comfortable, focus upon the breath, breathing normally and silently. The breath operates automatically without thinking, and this makes it the perfect focus to quieten the mind. Counting the inhalations and exhalations may make this easier. When you reach ten just start from one again.

You may be disturbed by noises around you, and feel there is no way you can meditate in prison. Just let the noises continue, and return to counting the breath again. Thoughts may start to disturb you - perhaps you are cross with someone, or anxious and scared about something else. No one knows this but you, and these feelings can be safely forgotten at this time. Just keep returning to the breath.

Meditation is not about making sense of anything. Gradually you will find that every time you return to the breath, it is perfectly okay not to know why something happens. It just does – and all we can do is respond. If we can do this without any thought of ourselves, our life (and all those around us) becomes a little easier

and more fulfilling. But even knowing this can hamper meditation! So just return to the breath and forget it all.

After 10 or 20 minutes, you may want to stop, and just simply sit for a while, aware without words or ideas of how you are and what it is to just be sitting here. Perhaps a sense of peace is here, that wasn't before.

Maybe some of the questions that had bothered you, and the urge to rationalise what is going on, to puzzle it all out, has been replaced by a different kind of understanding that rings truer than the usual churn of concepts.

Some questions, like those of my friend, can be answered easily and clearly: Is yoga just for women? No. Is meditation just for monks? No. Is prison full of no-hopers? No.

And what a relief that many questions resolve themselves as we forget ourselves in the breath.





# Kicking the Habit



By Victoria & Brent

**T**hinking of giving up smoking or worried about a smoking ban in your prison? Yoga can help you let go of the habit. As you work towards giving up, it can help to know what's going on in your body and mind.

Nicotine works by changing your brain chemistry and creating powerful urges to smoke. Your brain also links smoking with routine activities and events, like relaxing after you eat, when ads come on TV, or when you get into the exercise yard.

So when you're in a situation where you'd normally light up, the urge comes without you thinking about it. You might feel the craving is strongest at those times and places when you're used to having a fag. If you're trying to stop smoking – or your prison is banning smoking – there's good news: nicotine craving only lasts for two minutes. That's less time than a TV ad break. The other good news is that the brain has immense potential to change the way it's wired: cravings weaken with time.

*Experts say that each nicotine craving lasts for two minutes. Tackle these cravings one at a time - they'll soon pass.*

## A Change of Mind

**T**hinking about giving up can feel overwhelming, no matter how long you've been smoking. Some of the worry can come from a fear of failing, especially when willpower is mentioned. Using willpower implies that you're fighting to stop doing something you like or are attached to. This feeling of fighting yourself all the time makes quitting smoking feel even more difficult. Part of the habit is the mental activity surrounding when and why you have that fag.

To step out of this mental tussle between *should* and *shouldn't*, try this breathing exercise to help you feel calm and clear.

## Alternate Nostril Breathing

1. Sit upright on a chair or the edge of your bed.
2. Breathe in through the left nostril, closing the right side with your right thumb.
3. Breathe out through the right nostril, keeping the left nostril closed with your ring and little fingers.
4. Breathe in through the right nostril, keeping the left nostril closed.
5. Breathe out through the left nostril, keeping the right nostril closed with your thumb.

This is 1 round.

Try 5 rounds. Although you are controlling your breath, it should be comfortable. Try not to hold, or snatch your breath. Notice how you feel after 5 rounds. You can repeat with 2 more rounds or sit for 5 minutes in meditation, simply aware of your breath and returning attention to the breath whenever it wanders off.



You can also use your left hand for this practice.

**“E**very day I meditate. Since I have got your help I have given up smoking and I had a filling done to my tooth which has been very painful. But I meditated and told my mind that it does not hurt and after I finished meditation it didn't hurt any more. I have been smoking for 10 years. In the past, when I've tried to stop smoking I have failed every time even with help from the doctor i.e. patches and stuff. This time it is different. I don't need any help from the doctor. I have started to find myself. When I am doing my daily practice I tell myself I do not need a cigarette, a cigarette needs me. It is working through meditation. It is like I am free when I meditate. I forget about everything in my life that is bothering me and just concentrate on my body and mind.”

From HMP / YOI Forest Bank

## Why Yoga Breathing Works

**B**ecause you're only breathing through one side of the nose, alternate nostril breathing gradually makes your breathing deeper and slower. This lowers your heart rate which calms the nervous system and switches you from stress response (fight or flight) to a more relaxed state (rest and digest). Breathing practices like this one are great to do before meditation.

“When the breath wanders, the mind is unsteady, but when the breath is still, so is the mind still.”

~ from the Hatha Yoga Pradipika

## When the Urge Hits

**F**or those times when the urge hits and you start getting fidgety, try this routine, just to see you through those two minutes of intense craving. Knowing that you are bigger than the craving can feel great. Having something to do, instead of giving into it, can be helpful too.

Do this sequence three times, linking your movements with a slow, steady breath. Stay aware of each in- and out-breath, including the natural pause before the in-breath starts.

1.



Rest like this for 3 deep breaths.

2.



Breathe out, coming up onto your hands and knees.

3.



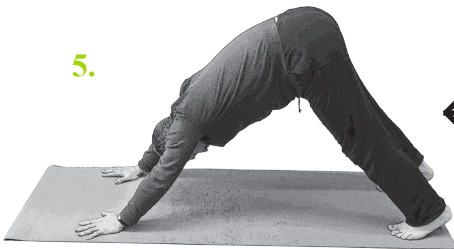
Breathe in, lift head gently, arching the whole spine.

4.



Breathe out, lift up into an upside down V shape with knees bent; relax head and neck.

5.



Breathe in, try to straighten the legs and stretch through the arms and back.



6.



This one is optional! If you're feeling strong today, breathe in and come forward into this pose. Breathe out and return to Pose 5. Flow between these postures 3 times with the breath, ending up in Pose 5.

*Lots of people in prison have found that after starting to do yoga and meditation regularly, they cut back on smoking, or even stop completely. This is because yoga takes you into the here and now, helping you to be okay with exactly what is happening, including unpleasant and difficult things, including feelings like craving.*

7.



Breathe out as you come down onto your knees. Breathe in and lean back. Then lean forward and begin the cycle again, with Pose 1.

“Giving up smoking is the easiest thing in the world. I’ve done it thousands of times.”

~ Mark Twain, author and humourist (1835–1910)





# What to Do With Anger?



**L**ike it or not, anger is part of being human. It's probably wired into us as a way of blotting out pain and the feeling of not being in control. But are there alternatives to anger and rage? And is it possible to let anger go completely? These exchanges between friends on either side of the prison walls explore these questions.

*Hello Phoenix,*

*I am serving a 6 ½ year sentence, for a crime of violence (domestic) brought on by years of drink and drug abuse. I did seek help outside before my crime, but unfortunately my referral to anger management didn't arrive on time, and I ended up in here. I'm not passing the buck: it is entirely my own doing, and I take full responsibility for my awful actions.*

*Recently, I have been reading about meditation, and self-help. You Can Heal Your Life by Louise Hay has been fantastic and of great help in dissolving my temper.*

*A mate from prison was leaving to go home and handed me your yoga CD, Clearing the Head, Relaxing the Body. I love it. I am a very supple person anyway, and find bending and stretching relatively easy, but rewarding. The breathing exercises are also fantastic. I have to admit though, I find the full meditation very hard to achieve. The root of my anger lies inside me somewhere, and I believe that full meditation would locate it and tell it to shut up. Peace lies in full meditation. Please can you help me to discover the peace I seek? I am a man who really wants to change. I am very pleased with the changes I have gone through already, and I'm determined to work hard to keep changing. This is my first time ever in prison, I am 46 years old, and prison frightens the hell out of me.*

*Yours, M*

Dear M,

Thanks very much for your honest letter. It's good that you are able to recognise your need to deal with your anger, and to take responsibility.

You said you find meditation very hard. It's totally normal to find meditation difficult. It's quite different from anything else we are taught to do or come across in daily life. The really important thing to understand is that meditation is not about achieving anything, not even a perfect calm state. Of course it's natural to want that, and I think if you keep practising yoga and meditation you'll sometimes find that lovely calm feeling of peace, but not always. Even for people who've been doing it for years, meditation is

sometimes difficult and boring. But it's worth carrying on – I'll tell you why in a minute.

At the Prison Phoenix Trust, we encourage people to practise a very simple form of meditation each day, based on counting the breath. You just need to sit up straight (on an upright chair is fine – you don't have to sit on the floor), lower but don't fully close your eyes, and start focussing on the breath going in and out of your body, counting 10 out-breaths and then starting again at 1.

Your mind will probably wander all over the place but that doesn't matter, as long as you re-focus and start counting again, instead of following the thoughts and feelings that come up. A 'good' meditation session, when you've 'achieved' meditation, is one in which you've kept bringing your attention back to the breath over and over, even if you haven't ended up feeling especially peaceful. I know it's frustrating when your mind keeps wandering off, and better when you're able to focus (I've got a very wandering mind!) but try not to judge yourself. The real point of meditation is to notice how thoughts and feelings are always coming up in our minds, including anger, worry, fear etc. and to learn to let go of them.

So you'll find that practising yoga and meditation won't make your anger totally shut up. To be honest, you probably wouldn't be a complete human being if you never felt angry. What it will help you to do is to see how anger comes and goes (you probably can already), like clouds travelling across the sky, and how you don't need to let it control you. The "ideal you" won't end up being someone who goes around feeling peaceful all the time – but you'll be a man who can notice when you're starting to get annoyed, stop the anger growing, and choose not to do stupid or hurtful things out of anger – and perhaps then give yourself a pat on the back for dealing with those feelings, instead of giving yourself a hard

time. How does that sound?

It's brave and wise of you to be making this journey of change and growth through yoga and meditation, M. I've added you to our newsletter mailing list so you can keep in touch with others on the same journey. Remember that people who care are only a letter away, and all of us at the PPT wish you the best.

Love and blessings, Rachel

***This letter from Sandy to another friend inside, shows another angle:***

Dear L,

One of the things you said that strikes me is that you said your anger lessened when you had a chance to share what was happening for you. It is good to talk, isn't it?

When there is a storm, or a great tempest, raging winds and lashing seas, it feels as though the weather is angry. But then it passes like a wave, and dissolves into the atmosphere, and everything is washed clean. Is anger itself like this too?

You don't say that your anger disperses outside, but rather, it goes to the back of your mind or to the pit of your stomach. Do you think that in some way it feels important to you to hold onto it, even a little bit? What might happen if you let anger go completely? Is that even possible? You are right when you say it is in all of us. Perhaps that is why it is worth discovering ways to let it go, to release us from its captivity since letting it out inappropriately seems to lead us into trouble. We are all in the process of learning this.

Love, Sandy



**Raging winds and lashing seas...**

# Our True Nature

From HMP Glenochil

**T**oday in education we had a body vision presentation – a 3D journey through the human body. It was really quite fantastic. Seeing 3D properly for the first time was quite an experience! The body was a man called Joseph who was on death row in America. He had been convicted of first degree murder and sentenced to death by lethal injection. As you can imagine we were all quite taken by that. Here was a man about to die and leaving us this gift.

## Still and Pure

It also made me think how lucky I was. Had my circumstances been different then I, too, could have found myself in Joseph's position. I think the death sentence is so wrong. Anyway, we went

through the body and it was simply quite brilliant. I learnt so much about the human body. They told us only 10% of us is human – the rest is micro-organisms. Those are tiny animals living inside us, relying on us to keep them alive as we rely on them to keep us alive. How wonderful.

As we went down the spinal cord it occurred to me that no matter where we went inside of this body, Joseph could not be found. It is difficult to explain, but helpful in terms of my own practice. I could not help but realise that no matter how much we may wish to hold on to this self, no self will ever exist. It is hard to explain but the more I looked inside this man's body (which is no different to my body), the more I was aware of just how much the Buddha loved us to try to get us to understand our True Nature.



Picture from HMP Frankland

## Hope From a Bail Hostel

**“I** used yoga after I got angry in the probation hostel after having a falling out with one of the residents. Instead of getting angry like I used to I went to my room and did two hours of yoga. It saved me from going back to prison.

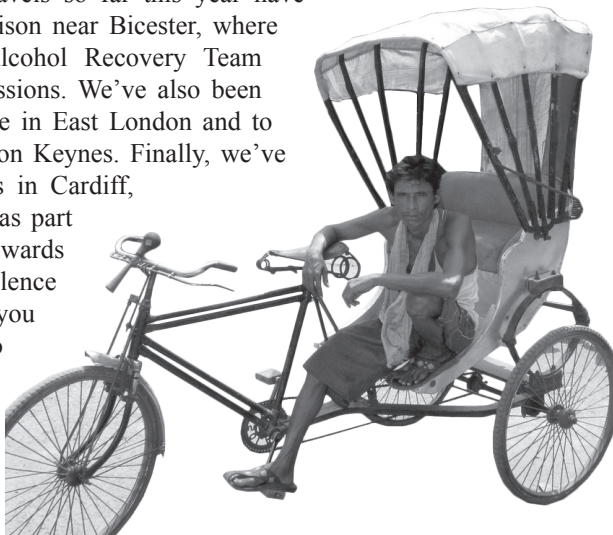
I've used it on several occasions in this way and practice 3-4 times a week, especially when I am having a difficult day. It really helps me to relax and de-stress. I feel my body tightening up and yoga keeps it loose. The practice is paying off.”

*~from a resident at 112 Hostel, Oxford*

## The PPT Hits the Road

**W**e visit prisons all year to practise yoga and meditation with people who live and work there, to try to start up weekly classes. Our travels so far this year have

taken us to Spring Hill prison near Bicester, where we hope the Drug & Alcohol Recovery Team will be starting regular sessions. We've also been to the John Howard Centre in East London and to Rye Hill prison, near Milton Keynes. Finally, we've run a series of workshops in Cardiff, Swansea and Usk prisons as part of those prisons' move towards a smoking ban. Sharing silence and practising yoga with you on these trips means a lot to us. We're thankful to the prisoners and prison staff who request them, and who make them happen. See you soon perhaps!



## Officer Raises Marathon Money for Prison Yoga

**C**hris Herbert, who ran an ultra-marathon for us last year, is taking on the London Marathon this time around, his sixth time in the race. Chris started running over thirty years ago, while in the forces. He has been going to the staff yoga class at Spring Hill Prison for the past three years, and says yoga has been a huge help with his running training.

If you're reading this on the outside and you want to sponsor Chris, have a look at his fundraising page at <http://uk.virginmoneygiving.com/chrisherbert1> - or you can send a donation direct to us.

We are so grateful to Chris for helping us, just as we are to all the prison officers who support our classes in prison. Whether it's running a marathon for us or sorting out attendance lists and rooms for our classes, we couldn't offer yoga and meditation to people inside without the work and kindness of all prison staff.





# Easy, But Hard - Keeping Your Meditation Simple



By Sam

**If you're among the thousands of people in prison who still their thoughts and listen to inner silence through meditation each day, you may have seen our books or listened to our CDs, free for people inside. And you'll know what to do: find a good upright posture and focus on your breath. Easy, right?**

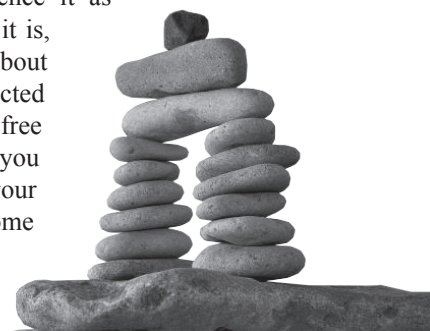
If you've given it a go, you'll know meditation is not so straight forward. Every single one of us makes it hard for ourselves. That's okay! Making things hard for ourselves seems to be what we humans do. It's one reason meditation is called 'meditation practice:' we have to do it again and again. In fact, it's a lifetime practice. Here are three reminders to help ease your meditation back towards simplicity:

**1** Remember the basic instruction: keep your attention on your breath, and patiently return to the breath when attention wanders. Forget yourself, and just be aware of each in-breath and each out-breath. With every part of yourself, from head to toe, become the breath. It doesn't matter whether you're imagining a tropical beach, raging over an injustice you've suffered, or reflecting on how well you're meditating. Let it all go – everything. For the time you've given yourself for meditation, keep coming back to the breath. Nothing's so important it can't be thought about later.

**2** Sit contentedly with no desire for change of any kind. Don't wish anything special to happen, or indeed to feel different. As you focus fully on the breath, the part of you that wants to do, to change, to become will slow down. If you try to make things different, the real peace of meditation will be driven away. So, consider: what if things were absolutely perfect, right in this moment? Even if that sounds ridiculous because life seems impossible or your thoughts are scattered,

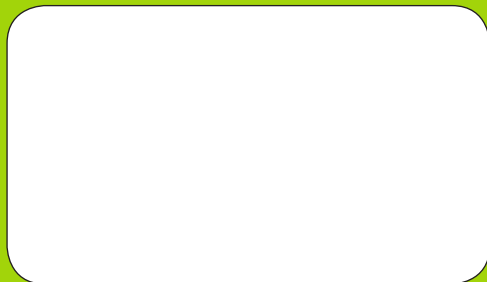
be open to the possibility of it being true, as you focus attention solely on the breath.

**3** Stay alert, looking closely at the experience of breathing. If your thoughts drift pleasantly, or sink into a kind of cloud, you won't develop clarity or focus. The kind of attention you need is like when you are seeing something for the first time. The breath that you are taking is brand new. Experience it as the unique breath that it is, free from thoughts about it or how it's connected to the last breath and free from ideas about who you are. It is well within your mind's reach to become astonishingly clear, focussed and unshakable.



**“Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it toward others. And the more peace there is in us, the more peace there will also be in our troubled world.”**

*~ From Etty Hillesum, 1914-1943, whose diaries from Nazi-occupied Holland inspire seekers world-wide*



*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**

