



Newsletter, Summer 2020

SHINING LIGHT

If you join in with the yoga and meditation programme on National Prison Radio, you'll hear Sally say in some of the sessions, "There is a light that shines above the highest heavens. This is the light that shines in our hearts."

This light is here all the time, whether it feels dark or light in our lives right now, whether we see it or not. It isn't separate from us, or outside of us. It brings alive and moves everything in the world, including our own lives, moment to moment.

When you focus just on what's in front of you with concentration, letting go of the particular details of your life at the moment, you can just BE whatever you're focussing on. At such times, this light has the chance to come into your life a little more.

People find themselves focussing like this in all kinds of activities: on the rowing machine, or running, or doing needlework, matchstick art or painting. Some people describe great peace and a sense of letting go while mopping the floor. It's wonderful to have such activities to enjoy. Why the Prison Phoenix Trust advocates yoga and meditation is because these ancient practices are specifically designed to help you focus and let go.



Guided by the breath at a bail hostel in the West Midlands (before lockdown)

Sense of relief

With yoga and meditation there's no need to get caught up in lots of jargon or a complex system of beliefs. It is the experience that happens that is important, not what you call it, or label it or how you explain it.

Sometimes people get a sense of relief. Or it may be deep joy, or feeling a bit easier in their skin. Or connection with the world and other people. Often, you get a sense that everything is working a little better, things happening just as they should.

Whatever your experience when you really focus over a period of time and let go of your self, you tend not to forget it. And it

can be something that you draw on, moment to moment to help guide your day.

On page 7, Robert says, "If I'm not guided by my Higher Power, then I'm just running on self." He's talking about the choice that we all have in every moment: to let that light (whatever you wish to call it) inform and direct our lives, or to let the self try to call the shots.

"Running on self" can be a hard thing to get your head around. We do it so much of the time that we're not even aware of it.

It's like a fish not really getting the idea of water. If you can't out-and-out see your day running on self, you might catch it out of the corner of your eye: feeling a slight dissatisfaction, never quite at ease, everything seemingly stacked against you, dreaming of some future, better self, not happy with who you are. Running on self means a sense of demanding something from life, or being defensive about it, or feeling a need to distract. You can check at any

given moment: am I demanding, defending or distracting?

It gets a little easier to spot when you consciously, over time, pay attention to your breath and body. When you do that, you become more aware of what's going on in your mind, more aware of the pushing and pulling that happens there, the "selfing" that goes on so much of the time.

If you have something you do each day – like meditation, breathing practices, yoga postures, prayer or relaxation – you may already be including something similar to what Robert does: asking to be guided not by the same old self (which has only ever just led to the same old stuff), but by something else, something higher than you, something impossible to name or put your finger on, but which is as close as the nose on your face.



Love from Sam - and Lucy, Sally, Jason, Clive, David, Laura, Victoria & Selina

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.

"We are graced with a greater capacity for direct contact with our own higher power than most of us are in the habit of using."



~ Marianne Williamson (author and activist, b. 1952)

"I agree that worrying about the future is not going to help. I often worry about my mum because she works for the NHS. However when these feelings arise I use a breathing exercise to ground me."

~ From HMP Swaleside



From
HMP Swaleside
March

You may be wondering why I am writing this letter in pencil? Well, I've been in prison for over eight years and the sheer amount of letters I've written got me thinking, "What happens to my pens when they run out and I throw them away?" They all, most probably, went into landfill. So I thought, "Is there a more eco-friendly way of me writing letters?" My family did some quick internet searches and it turns out that your everyday HB pencil is 100% biodegradable. So I now use a pencil to write letters, fill out apps, etc. It's only a little thing but I can rest easy knowing I'm doing my bit.

My Open University degree is going well. At the moment I'm looking at the amount of land it takes to farm crops or raise meat. The numbers show that the meat that takes the most amount of land is beef. Also some crops are having a detrimental effect on the planet. This is mainly down to how much water they take. I am learning and having fun at the same time.

I agree it is good to do kind things anonymously. When people do things anonymously they are doing it not for personal gain or to be noticed. They do it to spread love and joy. And let's face it, this world needs love and joy at the moment.

April

Now we are on full lockdown to adhere to government instructions. However they allow us to use the exercise yard 14 at a time every day. They also allow us a shower every other day. So at

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.

the moment we're spending 23 and a half hours a day in our cells.

As you know I used to spend a lot of time in the segregation unit so it doesn't bother me. All I used to have in segregation was a few books and a radio. Also this was before I had God in my life. The longest I ever spent in segregation was 18 months, so a few weeks is going to be easy.

I'm using my time wisely. I do at least an hour of Bible reading a day. Then I do between 30 and 40 minutes of meditation and then about an hour of yoga twice a day. I've also started writing poetry. I find it a great way of letting go of emotions, either good or bad.

I agree that worrying about the future is not going to help. I often worry about my mum because she works for the NHS. However when these feelings arise I use a breathing exercise to ground me in the moment. I also say to myself that she's doing an important job which is saving lives. I am extremely proud of her.

From
HMP Stocken

I have been practising meditation for the past ten months and it has caused great changes in my thinking, ability to relax and especially in my attitudes towards maintaining abstinence from substance abuse. Meditation has also given me many insights into my behaviour patterns and added a more spiritual aspect to my way of life.



From
HMP Hewell

I've tried so many times to relax and tonight the penny finally dropped. I have this gym roller – a plastic tube with foam on it. It's about five inches tall, the perfect height for sitting on as a meditation prop. I used it tonight and it's as if it was designed for me. Pure harmony. It's the first time I've meditated sitting on the floor. My breathing was steady and nice and natural, I had a straight spine and I looked straight ahead and settled. I benefitted tremendously from the session. It feels like everything is now fitting into place.

From
HMP Hull

Back inside after being recalled, I'm now locked up for a full two-and-a-half years. I know I've only myself to



Prisoners'

blame but rather than hate myself I'd like to focus on becoming more positive and trying to learn myself to be in control and not let bad circumstances control me.

I've been in touch a few years ago and the breathing exercises on the CD really did help me to focus and relax.

I'm also aware of the benefits that yoga can have on my body, both physically and eventually the emotional stuff falls into place.

Please can I have the *Freeing the Spirit* book and CD so that I can make a start on becoming the man I know I can be and not this constantly hungry rage monster!

From
HMP Hull

As I am preparing to leave prison I am contemplating having to be a partner again, a new home, a new location, therapy, probation, appeal process work, and the aftermath of the court case. It's a lot to deal with.

I like your suggestion of finding a trauma-informed teacher. It's not something I've considered. I do have friends who are yoga teachers but are learning about trauma. I wouldn't know where to start looking, so I've just put it out to the universe and I'll trust someone will come along.

It will be sad saying goodbye to people in here and I think I'm developing "survivor's guilt," horrified at leaving people in this oppressive and harmful environment. I've had to decline requests to keep in touch as it's too much pressure to keep in touch with 40 or 50 people, but I have wished these people well. There have been tears :(I just hope my encouragement continues.

One of the real problems in prison is the lack of places to go to feel peace. There just isn't anywhere. For someone who is alert 24/7, prison is an exhausting experience. I've regularly attended the Buddhist groups on Wednesday mornings, but it's been a trying time, mainly due to not having a teacher.

People have given me an abundance of love and that has contributed to me surviving this traumatic time – sadly I am one of many.

Focussing on the breath doesn't always ground me, though it sometimes does. If the amygdala part of my brain is active,



Letters



detecting danger (often caused by flashbacks) it's just uncontrollable chaos! There's so much to say on this subject and my hope is that I can write something clear and helpful in the future.

I will keep in touch. The PPT has been helpful during my time in prison and I've already passed on my books and CDs. In fact I've already decided who I'm gifting my belongings to when I leave prison. I will be leaving wearing my clothes I have on the day and all my cards, letters and emails. That's it.

From
HMP Risley



At Manchester, I had a very cushy job on the healthcare wing, with a

lot of perks. So when I was brought here I initially sulked and felt hard done by. I was also focussing on what I had lost,

not the opportunity presented to me. To compound things, within a few days of my arrival, the country, including prisons, went into lockdown.

We are currently locked up 23 hours a day, being let out daily for exercise and the all-important phone call. So I have decided to expand my daily routine to make the most of my time and treat the next few months as a retreat. Morning prayer and meditation, breakfast, reading, light exercise, lunch. More reading in the afternoon, watch the daily update from Downing Street, evening meal, a longer evening meditation, a little TV, evening prayers including a gratitude list. This is semi-rigid, but equally flexible. I need to be disciplined but equally need to be able to add or take away other activities including rest, silence and yoga.

An extra bonus of being here is that for the first time during my 34 months, I can listen to National Prison Radio Service. Most of the music isn't to my taste, but I can listen to the Sunday meditation and yoga slot.

I must admit that it is tough being banged up so much after working all

my life. For the last two and a half years at Manchester I did seven days a week. Keeping so busy is a form of self avoidance – all the more reason to use my time here productively.

When I'm released in September it will be a different world and society. Most people will know someone who has died from this virus. But as I watch the daily news, seeing 750,000 volunteers, 20,000 returning to the NHS, neighbours helping neighbours and so many more examples of generosity and altruism, it demonstrates that light always wins over darkness. "Where there is light, darkness cannot exist."

Free Handouts

Many prison staff have been printing meditation and yoga handouts from our website, to give to prisoners. Ask them if you'd like to have the handouts.

Meditation Corner

Locked Up but Free



By Jason

Right now, you are almost certainly in your cell, locked up for most of the day. I am assuming that a combination of the news, prison regulations and conversations with others will have filled you with all sorts of thoughts, inevitably creating uncertainty and anxiety as the mind tries to work it all out.

By the time you get this newsletter, the restrictions may have eased. But whatever is happening, you will have experienced how to live in a small room, locked up for 23 hours or more each day. Before your mind starts creating stories and concepts around the (possibly difficult) last few months, you can use this very moment to discover this is not all that it seems.

The first thing is to be totally accepting of where you are right now. You may wish to turn the telly or radio off – but if you don't want to do this, or your cell-mate is busy watching something, just let it be. Sit upright with a straight back, and very still,

yet relaxed inside; you can sit on a chair or the edge of your bed with your feet flat on the floor, or sit cross-legged on the floor or bed with your buttocks supported quite high on some books or a rolled up blanket. When you are sitting still, ensure you are facing forwards, ears directly above shoulders. Lift the chest slightly... and relax. Just breathe naturally: notice how the breath comes in each nostril, pauses a while in the lungs and goes out until the lungs relax again. Your attention may get attracted to noise or other distractions, perhaps from cells next door or elsewhere on the wing. This is all perfectly okay and acceptable! Don't worry about any noise. Instead return to your breath, and if you wish, silently count ten exhalations, starting over at one when you reach ten, or when you lose count.

You may have thoughts that seem to demand you pay attention to them, perhaps anxieties that urge the mind to reach a satisfactory answer. Just know



that now is not the time to find solutions. Instead, allow everything to remain unanswered. Just return to the breath and keep allowing your mind to be free of latching onto anything.

As you do this, something remarkable is happening quite naturally. Your mind is letting go of fear, uncertainty, and anxiety. You are living peacefully in a small room, with distractions going on around you, in a place you would probably never choose to be. Being here now is vital – and life changing. This may not become apparent until afterwards, perhaps over the coming days and weeks as you try this for a few minutes each day. Just be patient and tolerant, and trust that peace is never far away.

Easing of Restrictions?



By Victoria



These stretches can be done in your cell and will help you loosen up whilst banged up for extra hours every day. They will ease tightness and restrictions in your muscles, keep your joints in good shape, and calm your mind when you can't go to the gym or get your regular exercise.

Try these on their own in the morning or as a cool-down after an In-Cell Workout from *Inside Time*. It doesn't matter what makes you try yoga: boredom, frustration from being behind your door, a sore back. Maybe one of your mates mentioned it helped them detox. Or maybe you sense it will bring peace the way that nothing else can. Whatever brings you to this point, you've got everything you need: your body, breath, and an enquiring mind. Let us know how you get on.

1. Cat



breathe in

Cow

x 10

breathe out



Limbers the spine.

2. Down Dog



Hold for 5-10 breaths.
Stretches back muscles.

3. Forward Bend



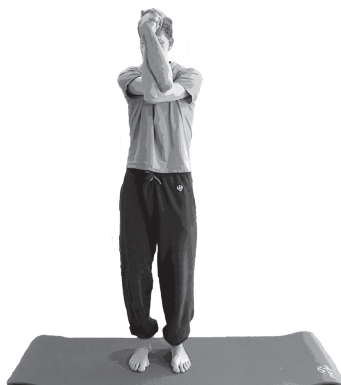
From Down Dog, walk hands back into Forward Bend. Hold for 5-10 breaths.
Eases lower back pain, calms the mind.

4. Shoulder Rolls



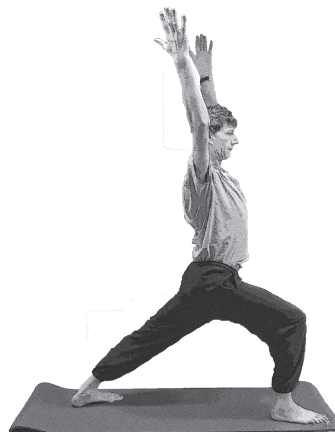
Come up slowly to standing. Circle elbows slowly 5 times forward 5 five times back.
Mobilises the shoulder joints, and limbers upper chest and back muscles.

5. Eagle Arms



Hold for 5 breaths then swap arms.
Upper back stretch.

6. Warrior 1



Hold Warrior 1 for 5 breaths with your right leg forward, then fold forward into Pyramid. Hold your forearms behind your back for 5 breaths, then repeat on the other side. *Strengthening; improves balance and focus. Legs and upper body stretch.*

7. Pyramid

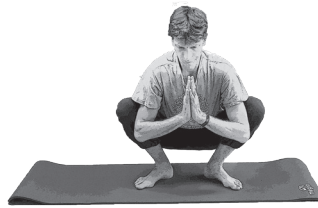


8. Tree in the Wind



Hold for 5 breaths each side. *Lengthens lateral muscles between ribs and pelvis.*

9. Garland Pose



Hold for 5 breaths. *Develops ankle and hip flexibility. stretches lower back muscles.*

10. Head to Knee



Hold for 5 breaths each side. *Relieves tight hamstrings, aids hip mobility, eases back muscles.*

11. Supine Twist



Hold for 5 breaths each side. *Outer hip and lower back stretch, improves digestion, calming, aids sleep.*

12. Relaxation



Stay for 30 breaths, allowing the whole body to relax deeply. *Calms and balances the nervous system.*

13. Meditation



Sit for 3 to 5 minutes, becoming your breath.



Spotlight on the Warrior



By Sally

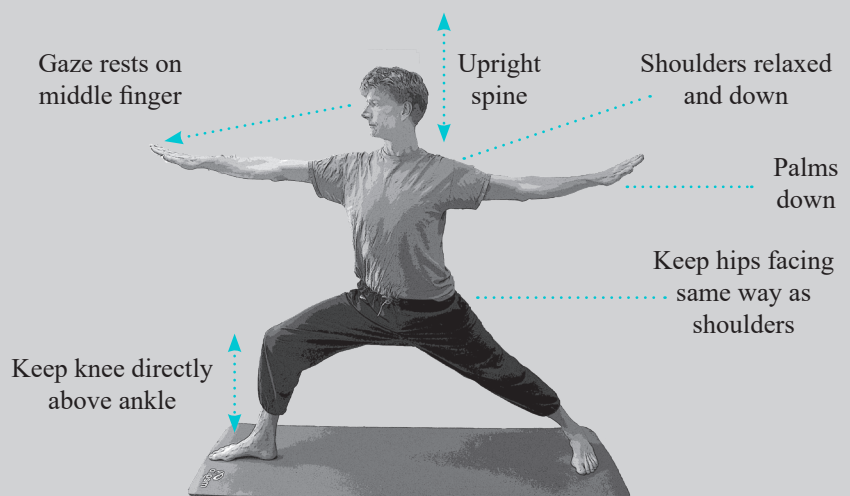
Warrior II not only builds physical strength, it also helps concentration and leads to feeling stronger inside. As you rest your gaze on your fingertips, you direct your mind clearly and with intention. This helps it settle and your energy can become powerful and focused, leaving you calm and peaceful. Practising this on a regular basis, you may find yourself facing the events of the day with more ease and grace.

Step your feet about 3 to 4 feet apart, feet parallel. Put your hands on your hips. Lift the toes of your right foot and turn them out to the right. Come onto the toes of your left foot and move your heel back a little. It's like your left foot is trying to see what your right foot is doing. Bend your right knee towards a 90 degree angle. Make sure your knee doesn't go out further than your ankle, which could damage your knee. Take your feet further apart if needed. If you can't get your knee to a right angle, don't worry.

Stretch out your arms at shoulder level. Turn your head to the right. Let your gaze rest on the right middle finger.

Take slow, deep breaths and feel the strength and poise of the warrior. Hold the position for 2 to 5 breaths, then come out slowly with poise and control.

Bring the feet together and stand upright



for 3 breaths, just feeling how your body is. Repeat on the other side.

Be careful: don't practice Warrior II if

you have a recent hip, knee, or shoulder injury. If you have a bad neck, don't turn your head: just keep facing the front.



Smiling Again

From Alexander Correctional Facility, North Carolina

I just had the most amazing experience. I've had my left knee and hip replaced and the most comfortable position is kneeling while sitting on a few books. I sat down at 8 pm to meditate. I thought I was going to be still for the usual ten minutes while fighting to stay focussed on breathing. A little jolt bought me out of my "trance", and when I looked I had been meditating for 20 minutes. I had gotten lost in my breathing and the experience left me feeling happy or at ease or maybe peaceful. All I know is that right now I'm smiling. For me, that's a big deal. I didn't even realise it until a guard walked by, paused and said, "Holy s#!t, you know how to smile?" I had to go look in the mirror – and I'm smiling. Amazing, wonderful, awesome, I don't know how to pick an adjective.

I am in prison for life without the possibility of parole. I killed two people. See, my entire life, violence was the

answer to any problem. My step father is an abusive alcoholic. From as far as I can remember until the age of twelve it was physical abuse. When I fought back the abuse became emotional and mental. I will spare the details except to tell you that for the next five years I was kept in solitary confinement. Yes, at "home".

In the Marines

I left "home" at 17, and joined the Marine Corps where I could hone my talents of anger, cruelty and hatred. After six years I was honourably discharged – I was wounded in the Middle East in 2002, got married and divorced – did it again... (both times were my fault – anger, hatred and drugs). Went to college, graduated, still angry, still on drugs.

Got married a third time, had a daughter, came home to her mother in a compromised situation with a friend of mine, went and got a gun, killed them because of the anger and hatred. I do not blame anyone else, I take full responsibility. (My daughter is fine by the

way, she lives with her aunt.)

I have been in prison for three years and most of that in segregation because of anger and hatred. An acquaintance (now friend) sent me your book *Peace Inside*, which I read and set to the side. A bit later this guy asked me if I had tried meditation yet and kept at me until I gave it a whirl. Lo and behold, it was amazing (understatement). I've been at it for a month now and I am calmer (less angry) and less mean (less hatred). For someone who was never wanted, never cared about or loved, to feel anything is truly life changing.

I am coming to terms with who I am and what I've been through – very slowly – and changing into a better person. I'm a Messianic Jew and I've started to say the prayers again. My next goal is to learn yoga to help with staying centred. I have six months left in segregation and hopefully I can earn medium custody (your cat C). I'm currently in close custody (cat B). Thank you so much for the work you do.



Listening In!

Prison Phoenix Trust annual event
Online using Zoom, 7.30 pm, Tuesday 30th June 2020, by donation

Join us if you can as we celebrate our latest radio programme for people in prison. Penny Boreham (radio producer and PPT Trustee) will be in conversation with four former prisoners who contributed to the latest version of *Freedom Inside*, a 12-part series now on National Prison Radio. All twelve yoga and meditation sessions start with different dialogues between former prisoners and people currently serving time, about how meditation and yoga help them transform hopelessness into hope, and find strength for everything life presents. We're delighted that people in prison are able to hear these powerful exchanges, and we want to share some of them with friends and supporters. On the evening, we'll hear several short clips from the programme. The panel will respond to these with fresh thoughts and to comments from the audience.

Please register and book at pptprisonradio.eventbrite.com



Staff and letter writers at the Prison Phoenix Trust are sitting in meditation at home each morning from 8.30 to 8.55, along with prison yoga teachers. You are welcome to join us, wherever you are.

Passing On the Wisdom

From Robert, London

I first came across the PPT when I was in Wandsworth. I'd done a street robbery with a knife and I'd been smoking crack and heroin. In prison, I wound up doing the six month RAPt programme. Yoga was part of that programme. A great teacher named Pragyamurti helped me to develop, her breathing and meditation, and mudras. She helped me find where love and courage were in myself. And at some point, I must have gone in someone's cell and seen the PPT books or CD, and they told me about the PPT and how I could write for help.

At first I didn't connect with yoga and meditation. I was restless, couldn't sit still: washing machine head. I'd lived in the squalor of addiction for 30 years, and caused a lot of pain to others.

Having a conscience didn't serve my addiction. So when I was using, I didn't allow myself to feel guilt or shame. I've done some pretty horrendous things. I was quite savage. And any time anyone showed me love, I'd ruin it. I found it hard to receive or express love.

Before, when I was using, fear was the main driver, and I would act out whenever there was a challenge: take drugs, use women, or crime or money to make me not feel the way I was feeling. I was scared of my own thoughts and feelings.

But by putting the work in, things started to change. Now, I know feelings are part of being human. Sometimes I don't like those feelings. I might cry or feel stressed. But I also feel happier now and more joy, more than ever. It's incredible.

The 12-step Programme has been really important to me and still is. When I feel my best, most connected to my Higher Power, which dwells within, what I do is an asana, and then kneel in my bedroom (the same size as a prison cell!). I've got a white wall in front of me, and a clean space. I do the relaxation. I can kneel now for a long time, because I've been practising it for many months. Sometimes in church, when everyone else is on their kneelers, I'll get out into the aisle and kneel.

I say to my sponsees in The Programme that you've got to get on your knees every day. I think that if you kneel long enough, it slows the heart rate and breathing



"I'd say to my younger self, 'Learn to sit still and breathe.'"

down, and this slows your mind down. And when my mind slows down a bit, I can think clearly, and speak to the spirit clearly. I always ask, "What's my Higher Power's vision for today?" If I've got a lot happening for example, then the answer will be something like, "Be patient." I get spiritual principles from that question. I find a connection and a direction. If I don't do that, I'm just running on self.

Huge clarity

The yoga and meditation gave me huge clarity. When I was in prison and doing the yoga, I was awake! My energy levels went through the roof. I couldn't read a book or watch a film before. My memory was really poor. So I'd learn something and it would just go through. So I started to be able to learn again, to pay attention to a film, to be able to concentrate on a book, thanks to yoga.

And it's helped me in work as well. I used to be clumsy and drop things. But now, when I'm working I'm really useful. For example, I've got an apprenticeship in a plastering company. I only need to be shown once, and now I'm putting on ceilings like an old hand. Because I've got the energy and I'm awake!

People noticed my energy and discipline, and have wanted to help me. When they heard my background and story, opportunities opened up. So my

first lot of work out of prison was waste disposal: driving around in a van picking up builders' rubble. Then I had the attitude that I'd do anything and be adaptable. I just started putting it out there. And work came my way: catering, working on film sets... I've just done some work as an extra in some Bollywood films.

But I have to trust my Higher Power, trust that things are going to be okay. When I get fearful, it puts negative energy out there. If I worry about money and try to get it, it goes wrong. But if I trust, then it comes. I haven't been skint or hungry once since I've been out.

To my younger self in prison, I'd say, "Rob, you need to stop being afraid. Learn to sit still and breathe." I'd teach my young self to meditate. Meditation is such a gift. It's a way to connect to your inner spirit. I never knew before that I had such capabilities. Find the spirit, find the power, God, Buddha, Allah, whatever. Search for something other than what you've been doing.

And I'd tell him, "Don't give up." I always knew I could be a better person. But I couldn't stop doing what I was doing because of the addiction. "Keep trying to reach that goodness. Keep reaching for what you know you can be, not what other people think you should be." That's what I'd tell him.



Connected Through Kindness



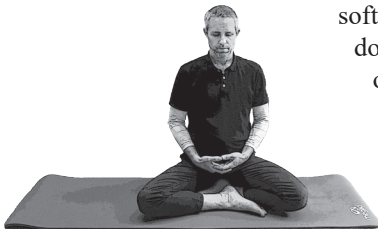
By Selina

You may be feeling alone and separate, missing visits, or your family and friends at this time.

Perhaps you wish you could communicate kind feelings to those that feel lost to you. There is a meditation that can help you share feelings of kindness and good will, even though you're apart from those you care about. It's called *Metta* Meditation. *Metta* means love (in a non-romantic sense), friendliness or kindness. So you can also call it loving kindness meditation. It's something anyone and everyone can do and receive.

Being still as you feel the breath and practise the different stages connects you to something that goes beyond physical boundaries. We don't need to understand this. It's best to just try it out. It takes some practice. Start by setting a time each day to do it.

1. Find a spot to sit comfortably, either on a chair with your feet flat on the floor, or on a cushion or pillow on the floor or bed. With your back straight, let your body relax.
2. With your eyes softly gazing down in front of you, bring



attention to the feeling of your breath. Breathe naturally. You might notice a sense of opening and expanding as you breathe in and releasing as you breathe out. There are no right or wrong feelings.

3. Keep your attention gently focussed on this for a few minutes until you feel more settled. There may be all kinds of things distracting you – noise, thoughts and sensations. Notice if you are distracted and gently return to the feeling of your breath. This gets easier over time.
4. Think of something that makes you happy. It might be a hobby, a memory of a beautiful sunset, or a time you experienced kindness. If a positive feeling seems out of reach, especially when difficult feelings, along with others, have been blocked out, keep trying. In time these blocks dissolve.
5. As you breathe in and out, expand this feeling by silently saying, "May I be well" on an out-breath. Take around 5 breaths before you move to the next phrase
6. "May I be well." (5 breaths)
"May I be happy." (5 breaths)
"May I be safe." (5 breaths)
"May my mind be peaceful and calm, open and accepting." (5 breaths)

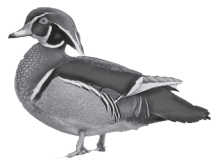
Sometimes we might think we don't deserve these things. If that's the case, try saying the words silently anyway, without worrying too much about whether you think you are deserving.

7. Now think of someone you would like to wish well: a family member, friend, or someone you appreciate. For a couple of minutes on your out-breath, silently say the words, with 5 breaths in between each phrase.
"May they be well."
"May they be happy."
"May they be safe."
"May their mind be peaceful and calm, open and accepting."
8. When you feel ready, extend metta to everyone and everything in the world: all people and all living things. For several minutes, on an out-breath, silently say the phrases, with 5 breaths in between each again.
"May all beings be well."
"May all beings be happy."
"May all beings be safe."
"May all beings be peaceful and calm, open and accepting."

To finish, sit quietly for a few breaths or as long as you wish, simply being.

“Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.”

~ Theodore Isaac Rubin, psychiatrist and author, 1923 - 2019



This newsletter goes to prisoners and prison staff, and to many friends who offer us their encouragement. We receive no statutory funding, but rely wholly on individuals, groups, grant making trusts and faith-based communities 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 their will and setting up a regular donation. Any support you can offer is greatly appreciated.

Prison Phoenix Trust Newsletter
PO Box 328, Oxford, OX2 7HF
registered charity no. 1163558

