

Human Kindness Foundation

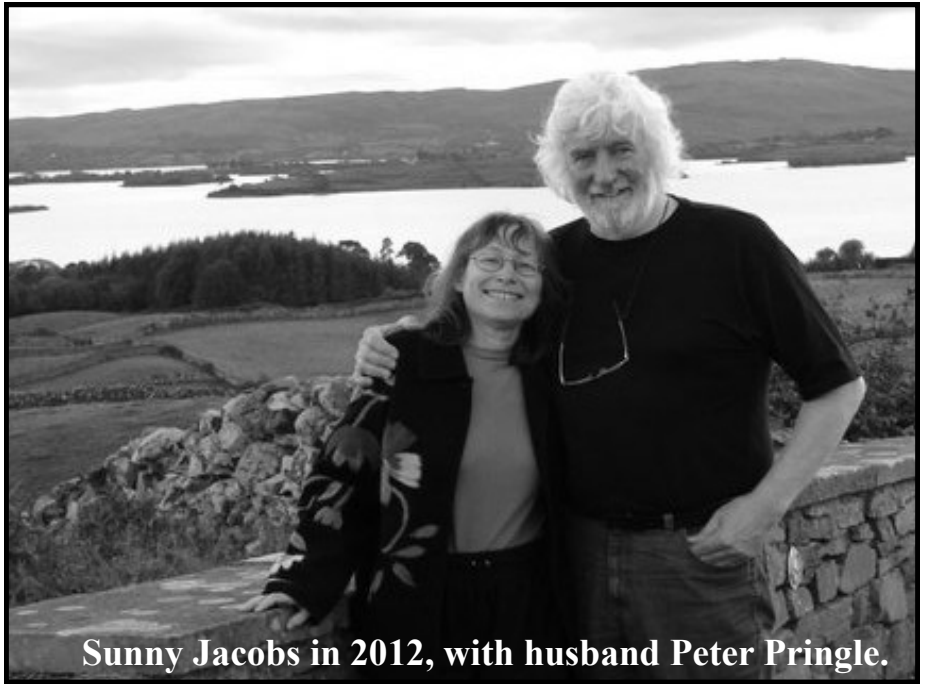
A Little Good News

Fall 2013

“I CHOSE TO BE HAPPY”: SUNNY’S STORY

Sunny Jacobs was convicted and sentenced to death in the 1976 murders of two police officers. In 1992, after the real murderer confessed, she was exonerated and released. By that time, she had been in prison for almost 17 years, including 5 years in solitary confinement because there were no other women on death row in Florida at that time. Her parents had died in a plane crash, her children had gone into foster care, and her first husband/co-defendant Jesse Tafero, who was also proven innocent of this crime, had been executed.

We think anyone would understand if Sunny held feelings of resentment, anger, and bitterness. Read what she has to say about how and why she chose differently.



Sunny Jacobs in 2012, with husband Peter Pringle.

Sita Lozoff: You and I first met after your exoneration and release, when you visited Human Kindness Foundation in North Carolina.

Sunny: I read *We're All Doing Time* while I was locked up, and wanted to meet the people I felt I already knew. We became instant friends!

Sita: Tell me a bit about what kind of person you were when you went inside. What was important to you then? Did you have any religious or spiritual values?

Sunny: I was just an ordinary young woman. I had two children, aged 9 years, and 10 months. I was a hippie—a peace and love person. I was always taking in strays, looking after people, animals and birds. I grew a lot of my own food and loved cooking—always making enough to feed others. I felt that whatever you did was okay as long as you didn't hurt anyone or anything. I was a vegetarian. I had been raised with a belief in God. Judeo-Christian beliefs. But later on I gravitated towards Buddhism and Native American beliefs as a way of life. It was more of a lifestyle choice for me, rather than religious, but I always believed in something out there that was greater than me. My family was not religious but we did celebrate the major holidays—Jewish and Christian, since our extended family was mixed in that way.

Sita: What were your life plans then, if any? Did you think about the future?

Sunny: All I wanted at that point in my life was to have a husband and a father for my children and live happily ever after—like a fairy tale. Jesse seemed to fill that role. And he seemed to share my values—except that he believed in lying and I didn't, and his life had involved violence and mine didn't. I attributed that to the fact that he had been to prison as a young man. I met him shortly after his release having served 7 years. I was 25 and he was 26. I felt he had served his time and deserved a chance.

Sita: You and Jesse and your children were at the scene of a double murder, and were taken hostage by the murderer, who

later accused you of committing the crime. Were you angry at Jesse for anything related to that situation? Did you feel he was to blame in any way, since it was his friend who committed the murder and then accused you?

Sunny: I didn't blame Jesse. I was angry with him for some of his decisions and some of his behavior, but I didn't blame him. I blamed myself more for allowing me and my children to be in this situation. I was trying to rescue him and instead we were all in a mess. There were a lot of maybes and what ifs in my mind.

Sita: What was your reaction when you heard your sentence?

Sunny: When I first heard the judge pronounce the sentence of death, my reaction was disbelief, very quickly followed by anger. I felt overwhelmed.

My lawyer told me that being sentenced to death was a good thing because I would get a better appeal process. I did not find this comforting. In fact it was bizarre. If at any time I had been awakened and told I had been dreaming, it would've been far more believable than what was actually happening to me.

Sita: Once the days, weeks, months went by and you realized that your appeal process wasn't going to get you out any time soon, did you go through a period of anger and bitterness? If so, how did you deal with it?

Sunny: When I was first sentenced to death and put in solitary confinement for a crime I did not commit, I was angry and confused and frightened and disillusioned. For the first few weeks I paced the 6 steps in my cell from the solid metal door to the toilet. But, there came a time when I

decided that I was sick of living with an angry person, and until either they realized they made a mistake and let me out or they killed me, my life still belonged to me. And so I realized that I had a choice, and I decided to make myself into the best person that I could be in the time that I had left to

Instead of holding on to anger and hatred, I can fill those places within myself with joy and healing and peace. I do this for myself, and for my children and my grandchildren. No matter what difficulties life presents you with, you have a choice. You can choose to lead the rest of your life looking back on the worst things that ever happened to you. Or you can choose to pick yourself up and brush yourself off and look forward to a better future. —Sunny Jacobs, 2013

me. I took back my life, and began doing yoga, meditation, push-ups, sit-ups, and running in place. I decided to believe in God—in Hope rather than hopelessness—and I turned my cell into a Sanctuary.

Through yoga, meditation and prayer, I realized that I was a spirit here, in a body, on my journey. So if I am a spirit here on my journey then so must be the guards and the judge and the police and the prosecutor and those who had testified against me. And I began to see them in a different way. I simply saw them as individuals, each on his or her journey.

I never stopped pursuing my case in the courts. I wasn't living in denial about my sentence of death, but while I was still alive I could choose the quality of life. If any day could be my last day, it would be a shame to have spoiled it worrying or being angry.

Sita: Some people would say that your day was already spoiled by being in solitary confinement. Can you tell us what made that untrue?

Sunny: As with many people, I learned more about life when faced with the possibility of my own death. I only really became aware of my spiritual journey in the death cell. I chose to be happy. I chose to be healthy. I chose to live every day fully, focusing on learning from my situation rather than the negative parts.

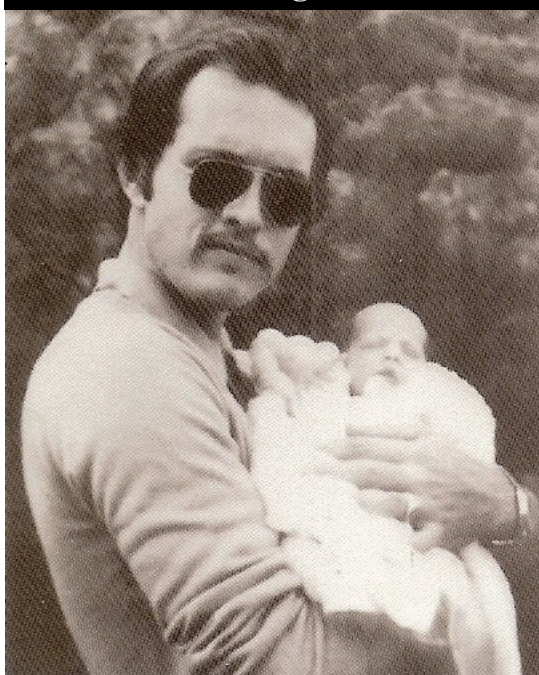
Sita: After you started meditating and doing yoga, did it take long before you actually felt peaceful?

Sunny: I remember an elation coming from within—a great sense of relief and empowerment—after this transformation from helpless, suffering prisoner to powerful, self possessed spiritual Being. It was instant. But it took work to maintain. Gradually, I let go of the negative feelings and replaced them with positive ones. And I thought I had done a pretty good job of it until one day, after I had been released, I saw a picture of myself and what I saw was an angry face. I knew I still had work to do. Some days were harder than others but I had the tools!

Sita: You say you chose to live every day fully. Please describe a typical day in the death cell, and what you did to live that day fully.

Sunny: A typical day in the death cell for me began with a series of yoga postures and meditation until I heard the sound of the breakfast tray coming. I would go to the door to re-

Jesse Tafero & daughter Tina, 1975



Sunny with daughter Tina, 1976



ceive the tray and then wait for the footsteps to retreat down the corridor. I would wash myself, give thanks, and eat what I could, saving a piece of bread when possible. I might go back to sleep, write, do math in my head, exercise, reminisce or sing songs but I resolved never to be bored. I did not have many books in those early days - just a law book and a Bible.

Sita: After you made that shift, did you sometimes have really bad days, when you couldn't find the strength to maintain your spiritual practice? If so, how did you get through those days?

Sunny: There would be days when things would be particularly difficult or I would get a letter from home telling me that my parents or the children were ill or having problems, or a letter saying that Jesse was having a hard time from the guards. I would have to contend with my feelings and my frustration at not being able to be there for them or do something to help. But I had my tools. I would give myself time to be upset and then I would do my yoga, meditation and prayer. And later on I developed the Five Minute Rule. I would give myself five minutes to be as angry as I wanted to be—as I needed to be—and then I would stop because I didn't want to waste what might be the last day of my life! None of us knows when the last day of our life will be. It could be today.

I forgave those whom I felt had wronged me and my family in order to have peace within myself. The hardest one to forgive was me.

Sita: What was there to forgive yourself for?

Sunny: I blamed myself for making stupid choices and as a result my whole family suffered. In the end, I had to accept my own humanity and shortcomings.

Sita: How much contact did you have with your children

while you were incarcerated?

Sunny: First I did not get any visits and there were no phone calls. Eventually my parents were allowed to come with the children. But at best they could only come 3 or 4 times a year, during school holidays. I wrote to the children and when they got old enough they wrote to me too. And my parents sent me drawings and also photographs.

Sita: Do you have close relationships with your children now? Have they been able to forgive the loss of their mother during that time of their lives?

Sunny: I'm very fortunate in that I was able to build new relationships with my children. But I had to learn to treat them as adults and not to think of myself as entitled in any way to tell them what to think or do. We have a good relationship but not as close as we might have wished. All of those possibilities were taken from us by the passage of time.

I don't really think that they have been able to forgive having been cheated of their time with their mother and father. Maybe now that we have had a chance to be together that loss has been eased, but Jesse will never be able to be here again. My son was nine when this happened so he had some idea of what it was like to be with his mother, but my daughter was only 10 months old so she never knew what it was like to be with her own family. I think more emphasis should be put on the effects of incarceration on the children of people who are in prison and especially those who are sentenced to death.

Sita: Do you feel you were born with a natural "sunny" disposition? If so, how do you feel that affected your journey?

Sunny: I was a quiet child, prone to be happy. But as an adult, I chose to be happy. We each have a basic nature, but we can still choose!

From *The New York Times*, 11/18/11

Brooke Shields, who played the role of Sunny Jacobs in an off-Broadway play, *The Exonerated*, attended Sunny and Peter's wedding in 2011. "This was a woman in the wrong place at the wrong time, the same for Peter," Ms. Shields said, her eyes welling with tears. "But despite everything they have been through, they are not bitter or jaded, they never closed their hearts. They are two people who are at peace with themselves and with the world."

Sita: What's your life like these days?

Sunny: When I first got out I couldn't connect with anyone because our experiences were so different. We had nothing in common. I was fortunate in that I had old friends with whom I had grown up that were trying to help me. We shared a common past and an enduring friendship. But our lives were so very different.

After a while I decided I had to find people who had a spiritual practice—whose lives were more spiritual than material. It wasn't religion so much as spirituality that I was looking for. I found a Zen group that met in the basement of a Japanese temple. They all were comfortable in a way that I could relate to and I was just another meditator. I wasn't identified by my past. In the spiritual realm, we are all travelers on our journey. I felt comfortable and at home. It was there that I made my first friends.

These days I tend my garden when the sun shines and write my books when it rains. I found a new and healthy relationship and we married last year. Peter also was wrongly convicted and sentenced to death, but he was in Ireland. We met through my work. I was invited to go to Ireland with Amnesty International, to talk against the death penalty, and that's where I met Peter.

We knew we were meant to be together. Peter takes care of the goats and the heavy chores. It's a happy and healthy life. It is a choice we made, to live simply. Soon after my release, I ran up some credit card debt, but then I decided I'd rather be free, this time from debt. Hadn't I learned that the best things in life are not what money can buy? And now we are living the dream! It does take work and commitment, but we enjoy it and it keeps us fit!

Sita: How do you feel most of service to others? Is that

a conscious and important aspect of your path?

Sunny: Being of service to others is a very important aspect of our life together and individually. We often travel, wherever and whenever we are asked, to do talks and share our experiences. And it's not just about the death penalty. It's not just about the effects of injustice. It's about human nature and human rights and most importantly about the resilience of the human spirit. We encourage people to get involved in a cause they feel strongly about and take charge of their world. We want to help people see their own power to make change by choosing to be part of the solution and not just complaining.

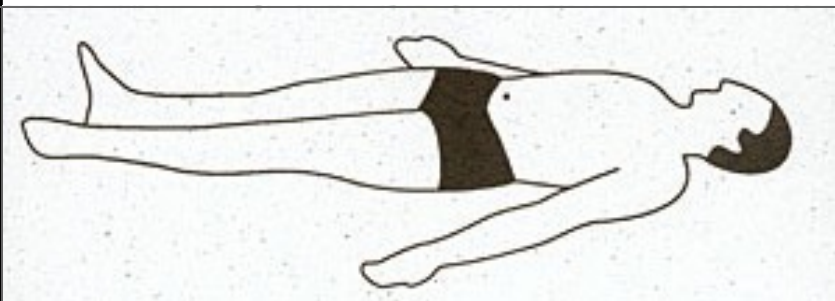
I also still practice and teach yoga. It is my way of sharing the tools that got me through the most difficult challenges of my life.

From *The New York Times*, 11/18/11: In December 2001, Sunny left Los Angeles to live in Ireland with Peter in what he described as "a seaside cottage at the end of the road, by the sea, where we grow our own vegetables."

"Sunny teaches yoga, I live on a pension," Mr. Pringle said. "We have two hens, two ducks and eight goats. We both milk the goats and Sunny makes cheese. It's really a nice, simple life." ... He said, however, that the past could not and would not be forgotten. "We will always feel each other's pain," he said.

Yoga Practice: Relaxation Pose

Yoga can help to release stress from the body and the mind. It is a much better antidote to stress than self-medicating with alcohol, drugs, gambling.... All it takes is a few minutes each day. Try this simple technique:



Before you get out of bed in the morning and before you go to sleep at night, simply lie on your bed, eyes gently closed, legs slightly apart, arms by your side. Take five deep cleansing breaths in through your nose and out through your mouth. Hold your breath for a few counts at the end of each inhalation and exhalation. Then take a few natural breaths and see how you feel. It is likely you are already feeling more relaxed.

Now it's time to do a body scan to see where you hold your tension. Many of us hold tension in our faces — frowning,

clenching our jaws, closing our throats. Think about softening your forehead, softening your cheeks, jaw and back of the throat, and smile! Then move down to your neck and shoulders. Many of us hold tension here. Think about relaxing your shoulders,

drop them away from your ears, lengthen your neck as you draw your chin into your throat and open your chest by spreading your collar bones and drawing your shoulder blades together. Notice all of the muscles in your back and as you breathe in and out, think about softening them and allow your body to sink back and melt, like an ice cube. Notice your hands. Do you clench your fists? Uncurl and wiggle your fingers and soften your palms. Notice your lower back and hips. If

they feel tight and achy, breathe into them and let them soften and relax. Draw your knees into your chest and rock side to side or circle until your hips release and your lower back lengthens. Then relax your legs, let them be heavy, relax your ankles and all the different parts of your feet. To finish, take a few whole deep breaths, beginning in your belly and ending in your shoulders. Observe the effects of this mindful relaxation.

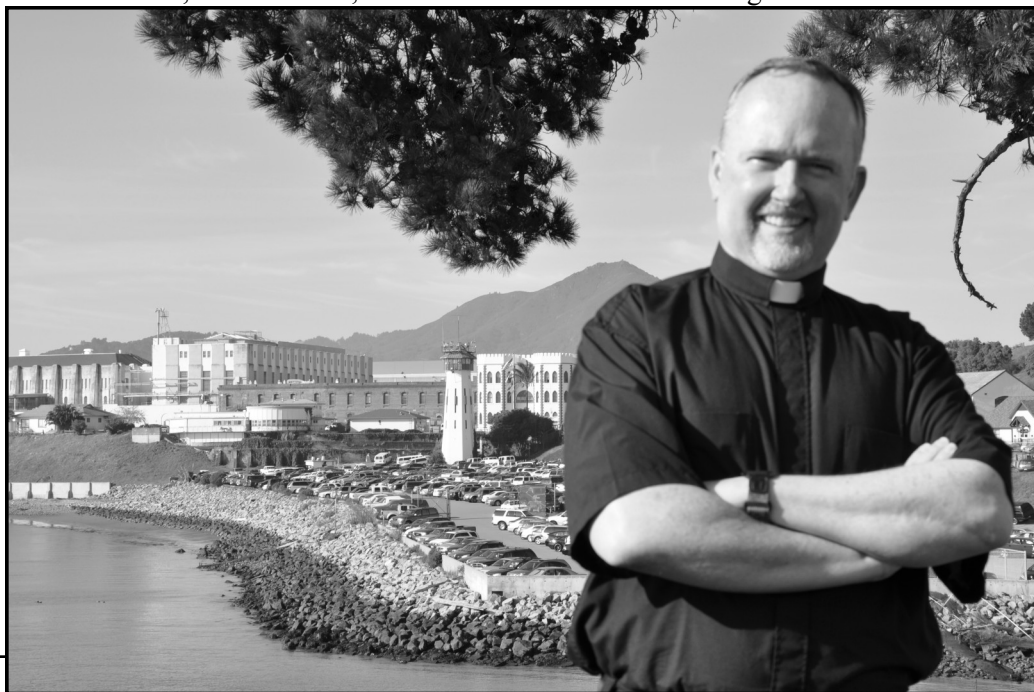
Written by Cheryl, staff member of *Freeing The Human Spirit*, a Canadian non-profit organization.

This is my body...

George Williams, SJ, is the Catholic Chaplain at San Quentin State Prison. The following is an excerpt from an article he wrote about serving Mass in San Quentin's Death Row. Father George visited Human Kindness Foundation in the late 90s and early 2000s, and continues to be an inspiration and a friend.

“This is my body which will be given up for you.”

These words were spoken at the last meal of a man about to be condemned by the state and executed. It's strange how the words of the Gospel take on a different resonance on Death Row. Jesus, the executed prisoner, reflected in the eyes of men also sentenced to die. I know Jesus was innocent, and I know what these men have done to earn their cells and sentences. It took some doing on their part. It often took horrible, brutal crimes; the stuff of horror movies and nightmares. Over 100 of these men tortured their victims before killing them. Nearly 200 molested and killed children. But as I raise the host I don't see heinous murderers standing in front of me, I see human beings. And if His body were not given up for them too, then what difference would our religion make? The fact that His love reaches down into this pit of hell is what gives my life its meaning and purpose. I am often moved to tears at this part of the Mass, the part where it dawns on me again what a gift I have been given to be able to stand there and bear witness to the mercy of Christ embodied in this sacrament in such a dark place.



Letters

Dear Sita & Josh & Family & Friends,
I was heartbroken when I got the news that Bo died. He meant a lot to me, not just for years, but for decades, and his absence will ring in my bones for a very long time.

In 1987 I went to prison. I was going to serve 16 years on a 40 year sentence. I was terrorized, depressed, even suicidal, and I had no idea that my life was just starting to get better than it ever had been before. Someone handed me a copy of *We're All Doing Time*, and I realized that behind the fences and razor wire, I was not as separated from the rest of the world as I first thought.

Bo wrote about being compassionate, not just with everybody around you, but with yourself. He said one's life was a spiritual journey, and the journey did not end when you walked through the gates. He told people to take responsibility for their

lives, to forgive others and themselves, to accept the world as it is, and if something in the world was broken, then fix it, because maybe nobody else would. In the midst of my depression, he was telling me to be optimistic and joyous. I started paying attention, and though I was not optimistic and joyous every day, I got better at it, and the world began to seem better. Since getting out, I sometimes forget the great things I learned inside, but I re-learn them, and I don't chide myself for making little mistakes.

Now Bo is gone, and I am grieving. But even if I never pick up one of his books and read it again, his words took root inside me and will be there until I die.

I don't want to end this letter with all the sorrow and grieving and loss that death brings, because death is so much more than all that. Instead, I will say that all of you are in my thoughts and prayers and

heart. Bo wrote the words I read, but it was his support group—the Human Kindness Foundation family—that made it possible to publish his books, and to get them in prison for free to inmates. For all of you who helped, for all of you who are also grieving, I want to say thank you.

I bow to you all, D



Dear Gabe,

Hi friend. I hope you are still doing well and enjoying your life in N.C. It's been a while and I wanted to write just to say hi. I'm still scared shitless about getting out soon. Almost all of my old friends have died, come to prison, or are walking dead. It's sad. I'm lucky to have some family so I'm thankful for that, but I'm an addict and that scares me. I just want to go home, get a job, and spend more time

helping others than doing for myself. It's crazy, but I don't know where to start when I get out. You stayed inside way longer than 7 years and grew up during that time. What can I do to follow your example? I don't know how to find prison projects and non-profits to volunteer at in my area. I still meditate and keep a journal which helps in here. I'm not at a prison where I can do service very much and there aren't any clubs to join, so my day feels wasted at times. I keep going though. Reading your letter on anger [in the Fall 2012 newsletter] reminded me that it's OK to live without all the answers, but if you have any warnings for someone fresh out without a clue about living a healthy lifestyle, I'd gladly listen. Thank you for being an inspiration to me. Just staying out proves I can do it too. Take care of yourself brother. Maybe I'll see you around in 2013.

With love, L

L,

Just thought I'd send a little HKF love back your way. About your letter — if you can do it inside, you can sure do it out here. Same stuff just different props. And you are doing it, so keep at it. If you thought you had all the answers, I'd be worried about you. A lot of this is just your mind wanting to give you something to worry about, and if it wasn't this it would be something else! Have some faith, friend, in life and yourself. I will say, expect a lot of surprises out here, if you have ideas of how you think it's going to be. Get involved with AA or whatever groups you feel connected with. Of course the obvious: don't get high, don't drink—not even one! Don't steal, don't hurt people, don't hang around the bad crowd, don't cheat, don't lie. All that stuff! :-)

The work you've done and are doing will hold you over till you figure out the next step. Besides, if your true thoughts are to help out in the world, you can't lose.

Love, Gabe

P.S. Bo's books have a lot to help with this—use 'em. Especially focus on Ray Neal's story, "The One and Ninety-Nine" in *We're All Doing Time*, pages 169-178.

[ed. note—In February, 2013, Ray Neal died of cancer in Fort Worth, Texas at the age of 75. Sita talked with him a few weeks before his death. He was in a peaceful state of mind.]



Dear HKF,

I have realized how much I hate prison, how much I don't ever want to come back. I feel full of hate and anger lately. Recently a guy threatened to kill my buddies if I didn't give him sex. How can I have compassion for him? The man scared me with threats till I wanted to act out violently which would've ended horribly for me. How can I look at him without feeling hate?

I read *Father Arseny* and I wish I could be like that. The fact is I'm just a 21 year old kid that hopes to make it out at all, let alone as someone who helps others. I read the books, I pray, I try to do the right things, but when it really matters I falter. How do others do it?

Sincerely, B

Dear B,

I'm so sorry you are having such a rough time. We know it is often extremely hard to live in prison. And it is hard to have compassion for people who hurt or bully you, no matter where you live. It may take awhile before you can look at the man who threatened to kill your buddies without feeling hate. The first step toward being like Father Arseny is that even though you feel the hate, you choose

Thank you, Paul! HKF is supported mostly by a small number of donors, many of whom we've known for decades. In 2011, we noticed that there was a name we didn't recognize on the list of people donating frequently. We appreciated the new support, and hoped we would get to know Paul Donahue. When Paul called the HKF office, he was surprised to discover that he was our largest donor for the year 2012. Paul described himself as: "a 4 time loser who has completely changed my life by getting and staying sober." In 2013, he also donated the services of his company to completely redevelop the HKF website and online store. It has been a pleasure and an honor to get to know Paul. If you have access to the internet, we hope you'll visit our updated website. www.humankindness.org

not to act on it. Writing this letter to us is an act of living in peace and love instead of hatred. If you were truly a hateful person, you wouldn't write to us about it. You would simply be satisfied with your hatred of someone who treated you badly. So what stands out to me, from your letter, isn't that you falter. We all falter. What I notice is that you are praying, reading, and doing your best to do the right things. Not everybody does those things, but you do. And if you keep doing those things, your feelings will change. Staying strong, calm, and in control of yourself will become more natural to you. That's what regular practice will do for you, even though it may take a lot of time. Unfortunately, regular practice of hatred will work the same way, so if you give up on your spiritual life and indulge the angry part of yourself, that's the type of response that will become more natural to you over time. It happens to many people who are in prison: being surrounded by violence and anger, they become more like that themselves. That's understandable, but sad for many reasons, including that if you fall into that pattern, it will be harder and harder for you to stay out of prison. You know you don't want to spend the rest of your life in prison. What you can do about that is exactly what you are doing: practice letting go of the hate and anger, practice prayer and doing the right things, read the things that inspire you to keep up your spiritual life. Every day, those may seem like small choices, but in the big picture you are choosing whether to live a life that is likely to lead to peace, or a life that is likely to keep you in prison most of the time.

B, use whatever motivations you can find to work hard on your spiritual life. As you get older (in years and in your spiritual journey) many things will change, and if you continue to do spiritual practices, choosing right actions will get easier. Start where you are, and take one step at a time. It's normal to feel some very negative emotions in the situation you're in. Daily spiritual practice will make a difference in your life. We know many people who are very happy that they chose to stick with a spiritual path while they were locked up. They falter plenty of times, but they keep getting back to their

practices, and their lives are better now. Right now, as I'm typing this, Dan is in the office answering HKF's mail. When he was locked up, Dan made a choice to stick with a spiritual practice, and now that he's been out for around 8 years, he still uses those practices. He went from being an addicted, violent man to being a helpful friend and strong member of his community. I hope you'll stay in touch with us as you deepen your spiritual practice, and I hope someday I'll be thinking of you when I tell another 21-year-old about people I know who have made the big change in their lives.

You can do the hard work it takes to be a strong spiritual man, and you are worth the effort.

Peace & blessings from all of us at HKF, Catherine

Dear Catherine,

It's still hard here. I mean outside things have been going well, job, education, and I even get some letters. But inside of myself there's a nasty storm brewing and I can't stand it.

A year ago I was happy, silly, and I tried to be nice to others. Now I don't trust any one, I don't want to meet new people, and I'm more apt to be violent. I'm a scrawny kid from a family of felons who are known in the system. I'm scared of becoming like them. Day by day I can see the bitterness and anger building. It's so hard to be kind when it's viewed as a weakness. I'm scared I will end up with more time because I'll have to protect myself from getting hurt.

I feel so disconnected from God lately, there's something missing in my life and I'm lost as how to regain the connection. A friend recently wrote me asking how I would do things differently when I get out. What has changed? I would like to say I'll be kinder, more understanding, more patient, etc. I would love to say that, but I don't know if that's possible. How does someone develop those traits when they're surrounded by the opposite? At times I feel as though the best way to do my time is to do it alone, but that's probably not a good idea.

I guess I'm not trying to complain, but ask

for advice. I've read of other people's transformations, how do they do it? How do they go on in the face of daunting, unchanging adversity? How can I come out of here better rather than worse?

Sincerely, B

Dear B,

I'm sorry you're having such a hard time. You are smart to think about how to handle your strong emotions, and how you are going to handle those same emotions when you are released. We've heard way too many stories of people who thought they'd be different when they got out, but then fell right back into negative, harmful patterns and landed themselves back in prison.

Look back at the letter I sent you in January. It really is about practice, B. Whatever you practice, you're going to strengthen. Are you working with Bo's books? They can be a life-line.

You didn't mention how much longer you'll be there. It might make sense to do your time alone. If you are in danger of hurting someone, it could be very smart to ask for P.C. Think about how you would deal with the isolation, and whether there is another way to stay safe. I can't know the answer, I'm just encouraging you to think creatively and make it a BIG priority to stay safe and keep others safe from your boiling anger. Don't let a moment of anger or fear lead you into an action you're going to regret for a long time.

The tools are available to you: meditation, prayer, yoga, and pranayama (breathing practice, see page 65 in *We're All Doing Time*). Do some practices every day.

Since you say you have a nasty storm brewing and you can't stand it, I recommend that you do some practices several times a day. You don't have to do more than a few minutes to get some benefit. If you do 3 minutes of meditation and 5 minutes of pranayama, 3 or 4 times a day, you will certainly feel something different. And you can add prayer to your day with this practice: every time there is a count (or choose another daily event like standing in line for something or getting your food tray), silently say this prayer:

"May God bless everybody in this build-

ing right now. I pray that they all find real peace."

Ok, B, I really hope you'll give this a try. You see, I can type and you can read all day long, but unless you do spiritual practices, there really isn't much we have to offer you. We would love to be able to make it easier for you, to offer some magic wand that would make you feel great without having to change a single thing about yourself. But that is what drugs promise to do for us, and you can take one look around and see what a lie that is. There is no short cut. If you want to feel better and live better, do some practices.

Wishing you many blessings, Catherine

Catherine,

I appreciate the honesty of your letter, you cut to the core of my problems — I need more spiritual practice. I will probably be here 7 more years. As good as the practice may be in isolation, I would prefer not to go there.

After your letter I opened up *We're All Doing Time* and *Deep & Simple*. Scripture study, prayer, meditation and pranayama does make a difference. Granted it has only been a week but I can feel small differences. Slowly my heart is softening into a more compassionate one.

After the last paragraph of your letter I had to sit down and evaluate my intentions. What do I expect change to be? It surely won't be easy. I came to prison because I used drugs. The promise of a quick fix, an easy solution brought me to my knees. Now I have to take a hard and difficult path to real happiness, a Journey that requires me to make one small step at a time. I appreciate the time you take to reply, not to mention the no b.s. way you write.

Sincerely, B



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You are invited to join us in celebration on September 21, 2013

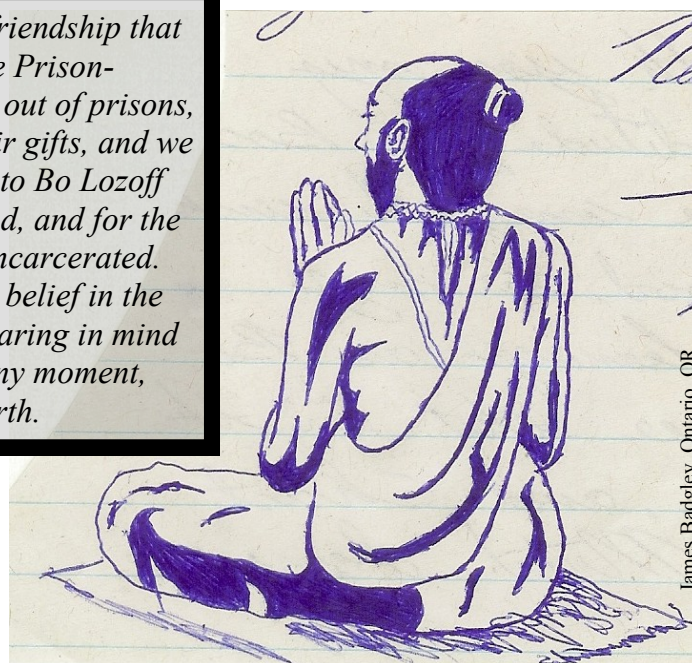
Bo and Sita Lozoff, with spiritual teacher Ram Dass, started the Prison-Ashram Project in 1973. Human Kindness Foundation was formed in 1987 to be the nonprofit structure that operates the project. The Board of Directors and staff of HKF are deeply grateful for your participation in this organization that has blessed our lives.

If you are able to travel, look for details on our website.

If you are NOT able to travel, please join us by spending 30 minutes in prayer and meditation, from 10:00 to

10:30 a.m. Eastern Time on September 21, 2013. The group that gathers in Durham will be holding you in our hearts during that time. The prayer above is how we'll open the group meditation. You are invited to use the same words, and we'll be connecting with you wherever you are.

We gather in gratitude for the love and friendship that has been shared for 40 years through the Prison-Ashram Project. So many people, in and out of prisons, have opened their hearts and shared their gifts, and we are grateful to them all. We are grateful to Bo Lozoff for the wisdom and compassion he shared, and for the special love he had for people who are incarcerated. In loving memory of Bo, we reaffirm our belief in the limitless transformation of all beings, bearing in mind that such transformation is possible at any moment, and is the very purpose of our life on Earth.



James Badgley, Ontario, OR