

Namaste—

I'm writing to share with you some of the news, needs, and new offerings that have cropped up around the Prison-Ashram Project since the last time you heard from us. Before getting into details, I'd just like to say that our workload and our love for it are growing by leaps and bounds. We feel truly blessed to be a part of this project.

As hard as it is to stay free of the anger, desire, fear and power games of prison life, we meet more and more people who manage to do it, and who are really using their time as a crash course in developing compassion, patience, forgiveness, courage and wisdom. We're seeing that it *can* be done; by you as well as by anyone else—no matter how tough your present situation is. No prison, no bars, nor guards, nor fences, can block your path to God.

PRISON YOGA

Cassette Package Is Finally Finished—

After nine months preparation—like other newborns—our long-promised cassette package is now ready for distribution. What started out to be a few helpful tapes grew into nine ninety-minute cassettes which include teachings and practices from Ram Dass, Soma Krishna, Liliias Folan, and my own prison classes. There is also one full tape of music and chanting, by Jai Gopal, Krishna Das and other friends. *PRISON YOGA: Cassettes for the Spiritual Journey* has been designed to help conduct classes in prisons, and also to provide an "instructor" in places where other teachers are not available.

Who can get the *PRISON YOGA* tapes and how?

1) *PRISON YOGA* is free to any groups or classes in prisons or similar institutions. However, it would be a great help to us if your groups made their own copies of the tapes and sent ours back to us eventually. That way, we could share them with many more people. So, wherever that's possible, great. If not, you are welcome to keep the set we send you.

2) If you're in prison, but not in a group or class and you think the tapes would be helpful, we'll *loan* you *PRISON YOGA*, two tapes at a time. When you return the tapes, we'll send the next two. We'll keep on hand between ten and fifteen sets for this purpose, so if people don't return the tapes, we'll soon be unable to loan any more to individuals. If you're able to make copies, you're quite welcome to do so; then you'll wind up with a full set of your own.

3) The inevitable question arises: "What if we're not in prison or any other institution, but we'd really like to have the tapes anyway?" A few thousand people on our mailing list may be in this category, of not being involved with prison work, but truly valuing the

teachings in our publications. It's certainly true of *PRISON YOGA* that there is much of value to all of us, inside or out. So, like *INSIDE-OUT*, the tapes will be available to non-prison people on a donation basis. But unlike the journal, we've got to set a bare minimum donation in order to cover our costs. A minimum donation for the *PRISON YOGA* set would be about \$20, and if you're able to send more, it would help us to produce more sets as the need arises. Since nine *blank* high-quality C-90's would cost \$20 or more, there's really no cheaper way for you to have your own set (Loaners will not be available to non-prison people, as we have only a limited number set aside for that purpose).

So, if you want *PRISON YOGA*, let us know. BE SURE TO HAVE WHATEVER AUTHORIZATION IS NEEDED FOR YOU TO RECEIVE THE TAPES; it would waste a lot of time and money if the package were rejected or lost when it arrived. Be sure to mention whether you're in a group or not, and whether you think you'll be able to copy the tapes and return ours. We hope *PRISON YOGA* serves you well and adds fuel to the fire of your Journey inward.



NEW PAMPHLET AVAILABLE

A small pamphlet is now available entitled "Yoga & Meditation: An Open Statement to Administrators." In it we've tried to cut through some of the weirdness and mystique that is often a problem in getting classes started in prison. If you think the pamphlet might help you break the ice with people who are skeptical about the value of yoga and meditation, just write to us here at the Prison-Ashram Project office and tell us how many copies you'd like.

PLEASE READ

If there's any mix-up or doubling in the address we have for you, please let us know so we can change our files. If you know that you're going to be transferred or paroled soon, try to remember to send us your change of address; it saves a lot of time and postage money.

IF THE ADDRESS LABEL ON THIS NEWSLETTER IS WRITTEN IN RED INK, THEN THIS WILL BE THE LAST MAILING YOU RECEIVE UNLESS WE HEAR FROM YOU. This means that we no longer know whether you're getting your mail, and whether you still want to remain on our mailing list, etc. There are no fees or subscriptions or any requirements; we just want to make sure you're interested.

OTHER GROUPS & ORGANIZATIONS NEW OFFERINGS—

Maui Zendo: Robert Aitken, director of the zendo, has made a short tape called ZEN FOR INSIDERS, which is an introduction to Zen Buddhism. The tape is available free to prisoners. Write to Brian Seymour, Maui Zendo, R.R.2 Box 702, Haiku, Hawaii 96708. Their journal, *BLIND DONKEY*, is also available.

Bread & Roses: Mimi Farina is director of this project which offers free live entertainment to prisons, nursing homes, hospitals and other institutions in California. Both professionals and amateurs donate their time and also do benefits to fund the project. Bread & Roses might be an inspiration to others to develop similar projects in other parts of the country. For information, write Bread & Roses, 78 Throckmorton, Mill Valley, Ca. 94941.

Findhorn: A community, university, and center for light, Findhorn is in Scotland. Mel Kaushansky has recently written to us saying "we praised the work you folks are doing and wondered if somehow we could get involved." He mentioned that Findhorn publishes a newsletter and a magazine, and that there are also a number of books written by or about Findhorn and its residents. People in prison in the U.K., or in other areas of Europe (or anyone else who wants more information about Findhorn), write Findhorn, The Park, Forres, IV36 OTZ, Scotland.

Holy Order of MANS: "The reason and Purpose of the Holy Order of MANS is for the teaching of the Universal Law of Creation, in accordance with the teachings of Jesus the Christ, and the other great avatars." The Order offers (free to prisoners) copies of their books and also a correspondence course in contact with a priest of the Order. Write (for books): Director of Education, Holy Order of MANS, Box 662, Forestville, Ca. 95436. (for correspondence course): Holy Order of MANS, Discipleship Movement, Box 308, Cheyenne, Wyoming 82001.

Anada Marga Resource Center: In Madison, Wis., is an approved women's halfway house for up to eight residents. If you're a female inmate in the federal system and would like to spend your halfway house time in a good environment for spiritual work, you might try writing them to see the chances of transferring to Wisconsin. If you're in some other state system, it's doubtful whether you could swing it, but you might give it a try. Address is ARC House, 202 N. Paterson St., Madison, Wis. 53703.

California Babaji Yoga Sangam: "Yogi Ramaiah, direct disciple of Kriya Babaji Nagaraj, is presently living in the U.S., . . . and is available to lecture to interested prison groups without charge." We're not sure whether this means only in California, or elsewhere; write to Tripurasundari Ammal, 11305 Alondra Blvd., Norwalk Ca. 90650.

One final note about these resources: Please bear in mind that most of these groups have very limited budgets; be as considerate as possible by sharing their materials, instead of many people in the same institution all writing for the same things.

NEWS & CHANGES AROUND THE PRISON-ASHRAM PROJECT

In *INSIDE-OUT # 2*, we mentioned "Projects Looking for a Home." I'm happy to report that these parts of our work have found good homes. The pen-pal project is now *INSIDE-OUT POSTAL SATSANG*, Box 1011, Leominster, Mass. 01453. A very beautiful group of volunteers, under the direction of Jon Seskevich, is handling this now. For more information, write them directly. At present, there are many more "inside" pen-pals than "outside" ones, which has created a waiting list. This is a difficult project, so if you're waiting for a pen-pal please try to have patience while it picks up steam. If you're not in prison, and you feel that a pen-pal relationship with a prisoner could be valuable to you both, then write to Jon and offer your willingness to participate (your name will not be published). The time you spend writing is more than compensated by the Love you enter into, I assure you.

The other of the "Projects Looking for a Home" was the book & magazine project. On the west coast, Sundara, 47 Elm Ave., San Anselmo, Ca. 94960, is handling this now; and on the east coast it's Diane Fink at the *PRISON BOOK PROJECT*, Box 128, Buxton, N.C. 27920. If you have spiritual books & magazines to share with prisoners, write to Sundara or Diane and they'll send you more information as to what their needs are. Please note that the only book we'll be continuing to send out from here (Prison-Ashram Project office) is *INSIDE-OUT: A SPIRITUAL MANUAL FOR PRISON LIFE (#2)*. And we'll be sending the tape package, *PRISON YOGA*, from here also. All other books or other materials should be requested from (or donated to) one of the two book projects. *(please note that *INSIDE-OUT #1* is now out of print and no longer available).

Staff—

A few staff changes are; 1) the addition of Sita (aka Linda Lozoff) to the full-time staff. Sita now handles much of the correspondence and most of the office management, which has enabled me to spend more time in prisons and on long-term projects. 2) Dana Cleverdon, who has done a great deal of prison work in California, is retiring from the scene for awhile to attend to other needs and concerns. There is no longer a California address for the Prison-Ashram Project (disregard the address in *INSIDE-OUT #2*).

The Prison-Ashram Project is an activity of the Hanuman Foundation, a non-profit educational foundation inspired by the spiritual commitment of Baba Ram Dass to serve society. All correspondence about the Prison-Ashram Project should be addressed to Rt. 1, Box 395, Bahama, N.C. 27503. For information on other Hanuman projects, or on Ram Dass' teachings or schedule, write to Box H, Amawalk, N.Y. 10501. All donations to the Prison-Ashram Project (or the Hanuman Foundation) are tax-deductible as charitable gifts.





have to be a great yogi or master to simply share techniques that you've found personally useful in your own spiritual journey. Your love and caring and honesty are really what's being given, and what is most needed. You don't have to pretend to be anything you're not. Our books, pamphlets and tapes are freely available to help lead classes as well.

Inmates—

If you're *in* prison, you can help a great deal by writing to us about your groups or classes, or particular problems in using yoga or meditation, etc. Whereas *INSIDE-OUT #1* was an introduction to the idea of living spiritually in prison, and *#2* was a thorough resource manual of spiritual practices, we intend for *INSIDE-OUT #3* to be mostly a feedback issue from you and staff people and other people associated with institutions. How did *INSIDE-OUT #1* & *#2*

serve you and how did they not? What other kinds of information would be valuable to print? What solutions have you found in your satsangs, or groups? Experiences with various teachers from outside, and their strengths and weaknesses?

We can't promise to write speedy personal replies, because our mail load is very heavy, but please know that we read and truly appreciate every letter. And if you *don't* want your name or letter included in *INSIDE-OUT #3*, please be sure to mention that when writing.

One last thought is this: We hear from hundreds of you that your lives have been changed in the course of these practices & teachings, and of course we stay very high just from knowing that we're all a part of this process together. But it might also be helpful to let prison administrators and correctional agencies know that you feel these kind of programs and materials are important. Most corrections departments and agencies still think of yoga and meditation as recreational activities, and yet we know that it means much more to most of you who use the practices. Perhaps your letter will help to shed a clearer light on what's really going on.

Prison Workers, Psychologists, Chaplains, Administrators—

Along the same line as above, it would often help for me to have supportive letters from prison staff people about the use and effectiveness of yoga/meditation groups, our materials and the like. Various agencies and foundations have asked me for official "testimonial" letters to support this work, but I've never solicited any. The closest I'll come to soliciting now is to say that if *you* feel it's important to help other prison people to know about, then drop me a letter, and indicate whether it's okay to use the letter in *INSIDE-OUT #3* or in various discussions or proposals. It would also help to know your criticisms or negative experiences with these programs so that we could learn from these as well.

And Photo's, Too—

One last note about things you can send us: Photographs, especially of groups and classes, or individuals doing yoga or meditation practices. We'd like to have a lot of friendly faces in *INSIDE-OUT #3*.

Aahhhh. I think that's about it. As you can see, there's a lot of activity in the unfolding of prison Dharma. For me, this is all just my work on myself—and I bow to you and honor you for your part in my spiritual Journey. Working with you is so much a part of my life now, that I can't imagine a time when we didn't know each other. Here we are, as we have always been—just *being*, together in the flow. Together we are Love itself, the only real power in the universe. Meditate often, and let the Heart fly open!

Much Light for your day,

Bo Lozoff
Bo Lozoff



PRISON-ASHRAM PROJECT
Route 1, Box 395
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*A Project of the
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