

# PRISON-ASHRAM PROJECT

---

A LITTLE NEWS

SUMMER 1988

## NEGATIVE & POSITIVE PROFUNDITY

*Since I've been in this place, Bo, I've seen nice young kids get gang-raped, I've seen human beings be bought and sold and traded for packs of smokes, I've seen guards pull shit that was worse than most of the crimes us convicts ever committed, I've seen a system that makes a joke of fairness and rehabilitation. Now I'm supposed to get out, get a steady job and an apartment, and pretend everything's okay, right? Well, it ain't okay. It's just like getting back from Vietnam. This daily bullshit don't make enough sense anymore. There's gotta be something bigger than a paycheck and going bowling with the guys, you know? But I don't know what it is.*

Life gets lived on a lot of different levels. The modern American consumer lifestyle which gets pitched to us day and night through tv, movies, newspapers, and magazines is not very deep. It's a world of wanting and getting, buying and selling -- because that's what makes consumerism work. But have you ever noticed that after somebody has a heart attack, or loses a child, or goes through anything really heavy, their outlook can change overnight? They tend to see life on a deeper level than before. They tend to think about the bigger things and not care so much about what color their cars are or whether last year's bathing suit is still in style.

Well, prison life, too, is lived on a deeper level than that American consumer lifestyle that comes across on the sitcoms. Seeing the very worst of human nature, having to live in the midst of constant fear, despair, cruelty, violence and terrible waste of human talents, is a profound experience. It may be horribly negative, but it's still profound. I have a hunch that one of the most common reasons for recidivism is simply that life on the streets is too blatantly superficial for many people who have experienced such darkness. Ex-cons are expected to fall into line as normal conformists and consumers much like Vietnam vets were expected to do, but in both cases, that lifestyle may not make sense deeply enough to heal their wounds. In other words, negativity has opened up a very deep place in these people, and suddenly the negative forces may be gone, yet they can't find any encouragement or assistance to fill that space in positive ways.

This is one of the reasons I'm very strong on human service work. Whether it's a fulltime job or just a few hours a week as a volunteer, the act of feeding the poorest of the poor, housing the homeless, rescuing the trapped, working in some way to lighten the load of others, is perhaps the greatest healing force in the world. There's magic in it. It fills that deep, negative place with experiences of real human dignity, hopefulness, compassion, and gratitude. I know it may sound strange that picking up diseased, dying beggars off the street can somehow remind us of human dignity, but just ask anyone who has done it. Helping others fills up a lot of empty spaces in our hearts.

Applied to prisoners and ex-cons, service makes even more sense. Besides healing those personal wounds, they get a chance to make a payback for some of the negativity they may have brought into this world through their crimes (yes, even the ones you weren't busted for; we're talking cosmic here, not legal). In every community in the world, there are needs which don't seem to be met for some people. Ex-cons can live a very enjoyable life, and still be part of the forces which try to meet some of those needs.

The bulk of prison rehabilitation programs focus on skills and education. There's very little focus on human values. Skills and education are wonderful, they're important, but they're not the biggest issue. There are a tremendous number of skilled and educated people who commit crimes (like over 100 members of Reagan's staff), and an even greater number of people who, although they may not break the law, are generally unhappy and can't figure out how to make their lives work. The idea isn't just to get out and stay out. The best idea is to take a different look at how life works and doesn't work. That way, when things go wrong in ways that skills or education can't fix -- as they surely will every now and then -- the first impulse isn't to knock off a convenience store or blow somebody's brains out. People with deeper values already see the world very differently than that.

As a society, the overall image we tend to project is pretty lightweight in terms of human values. For example, read any article on lottery winners, or watch any game show on tv. When winners are interviewed about what they intend to do with their winnings -- even when it's millions of dollars -- almost never will you hear a mention of giving to worthy causes or creating their own charities, or doing anything at all that could really make a difference in their communities or in the world at large. That's not what the interviewers or the audience want to hear. Our



cultural values don't wave those ideas around. Look carefully at the Publisher's Clearinghouse Sweepstakes prizes next time you get one in the mail. Ed McMahon is happy to give examples of ways you can improve your life if you win the jackpot: Luxurious yachts, vacation homes, world cruises, fancy sportscars. But not even one line on one page comes close to the idea of spending part of it to help the world. Yet most of us know that would bring us more lasting joy than ten Ferrari convertibles.

So I guess part of what I'm saying is that prisoners and ex-cons need to live with deeper values than many "free" people in our society. Don't get me wrong -- a superficial consumer lifestyle isn't really enough for anyone, and people find that out in many different ways. But because of what they've been exposed to, prisoners and ex-cons may feel the emptiness of it sooner and more deeply than people who haven't experienced prison life. And although people on the street may come into contact with many opportunities to consider some sort of human service work, such opportunities aren't usually presented in rehabilitation or re-entry programs.

If you're in prison or getting out of prison, the simple message is that you may need to be a wiser, more caring human being than may be "required" of you. You don't need to be some kind of goody-goody or self-righteous dude who stacks the chairs after church every Sunday. You don't need to lose your sense of humor or playfulness. But you may need to be more philosophical about your life than your old friends or family members are about theirs. For your life on the streets to make sense, you may need to think about payback as well as paycheck, about values as well as valuables. Take a while to think about the quote from George Bernard Shaw on the back of this newsletter. I think we've all been "a feverish, selfish little clod of ailments and grievances" at various times in our lives, so we should be able to remember that it doesn't get us anywhere.

If you've been reading my stuff for awhile, you probably already know my handy list of five essential human values for a happy life: Self-honesty, courage, kindness, sense of humor, and sense of wonder. These are every bit as important a checklist as the more "practical" things like job, apartment, transportation, and lover. Millions of miserable people have jobs, apartments, cars and lovers. But I challenge you to find me one miserable person whose life expresses self-honesty, courage, kindness, sense of humor and sense of wonder.

And of course, all these things apply even to someone who's never going to get out of prison. As we mentioned in our last newsletter about our upcoming book, *THE FREEDOM OF KINDNESS*, there are a lot of things prisoners can do to express kindness in the world while they're still locked up. Don't wait for the system to hand you ideas, because that could be a long wait. Quiet your mind a little, look into your own heart, and get some feeling about giving help rather than asking for it. I swear to you, there *is* magic in this world, and service is one key to unlock it in our own lives.

**Inmate Fire Fighters Battle Blazes**

*Fire fighting work is hot, dirty and dangerous; but it's really fulfilling to these inmates*

**Prisoners strive to free poor from hunger**

**HOW 1000 CONVICTS  
CHANGED  
A LITTLE GIRL'S  
LIFE...**

**And How She Changed Theirs**

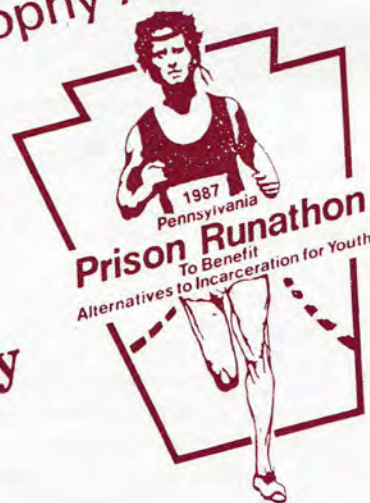
**Inmates walk to help Muscular Dystrophy Association**

**Inmates Build Salmon Stream**

**students get inside picture of prison**

*Inmates tell their sordid tales of prison, how they got there*

**Prisoners make toys for needy**





## LETTERS

Dear Bo,

I'm not trying to be a pest or anything, I just wanted to thank you for your book and newsletters, and the picture. You have a beautiful family. Thank you for sending it all; it's appreciated.

I've read part of the book, but I have one problem. I don't believe in God. So if "God" is the way to find peace, what does an atheist do?

I have no problem dealing with how my life unfolds, 'cause I don't worry about tomorrow 'til I've made it through today. I guess I just don't give a shit, to be honest. But I do hurt for someone else. I'm in love with a girl on death row. And the tears I shed, I shed for her. It rips me apart inside. She's the only person in this world I can talk to, the only person I care for, and they want to kill her.

How do I deal with that? If you can tell me how to handle that, then I can handle anything. Life is a joke, but that's one punch line I can't laugh at, only cry.

Take care, y'all, Bobby

Dear Bobby,

Got your letter, which was very touching. I can feel your pain, and I can also feel your love behind it.

You say you "don't believe in God, so what's an atheist to do?" Well, I don't know --- in a way, "God" and "atheist" are just two words, and I don't care too much either way about words. What I do know is that there is much more to reality than what we see and hear. There's a profound mystery at work in all of our lives. I know that much beyond any doubt, because many times I've touched that mystery and had my mind blown. So whether you want to call that "God" or just "far out," I don't care; it's real either way. And either way, life never quite makes sense until we open ourselves up to that mystery.

It doesn't make sense that your beloved is on death row. It doesn't make sense that you can't touch each other to express the beauty and purity of your love. It doesn't make sense that we're destroying this beautiful planet which we need to survive. None of it makes sense unless somewhere along the way you tap into the Big Mystery, and suddenly it not only all makes sense, but it's perfect and beautiful -- even the ugliest parts.

But this enlightened attitude isn't something I can convince you of. If you get tired enough of feeling the way you feel, then you can pick up my book and realize that it's a roadmap into the mystery -- it's not just a do-gooder book to help convicts "cope". Few will go all the way with it, but it's up to you. It's all right there. And it's not about believing in God or anything else. It's about working with yourself in some very powerful ways to open up your deepest power and wisdom and enlightenment. That's all I can offer you. I can't wave a magic wand and get your girl off death row or change your life story. But I swear to you, there's a lot more going on than you understand. And some little part of you already knows what I'm saying is true. Go for it, bro.

Love, Bo

Dear Bo,

Hello! I hope this letter finds you in the very best of health and well-being. Like a lot of people, I've done a lot of studying in your book, but haven't put what I've learned into action.

I started meditation practice a month ago. I have a meditation period around 4 AM, 8:30 AM, 1PM, and bedtime. What I'm wondering is, if I'm meditating too much? I only spend 10-15 minutes each period, and was wondering if you think it would be wise to stop two or three of these periods and put more time into the other two?

I also have a problem that I would like some information on. I masturbate 2-3 times a week, which in my mind is a bad habit. It's also a habit I would like to break! If I'm not mistaken, in your book you mention of transferring energy from one chakra to another, right? I would like to have more information on this, or any advice you have.

It probably doesn't make a big difference to you why I'm in prison, but there's a reason for me to tell you. I understand well the mystery behind the act of forgiveness -- which is to repent. To write it down on paper and send it to someone really impresses the subconscious mind -- if you honestly have regret, which I do. So my friend, here goes:

My father was a drunk. Used to come home and beat on me and my mom for no reason at all. This went on for years before me and my mom finally moved across town to a place of our own.

Because my parents were separated, the army stopped my father's check, so he had no money coming in with which to live on -- so I moved back in with him to pay some of the bills. I was living with him for about two months, and one day I got to thinking about what he had done to me and my mom and I just lost control of things, picked up a high-power rifle, went into the bedroom (he was sleeping) and shot him twice while he slept -- killing him. I refused to take the stand when I went to court. The judge sentenced me to 30 years, so here I am. I've been in since 1981.

Well, there you have it -- my written confession. This is the first time I've told anyone the truth about why I'm in prison -- but it feels great to be open with someone for a change. This is step one in another of my problems -- dishonesty. I'll record that in my journal for today!

May God richly bless you, James

Dear James,

About your meditation question -- there's no such thing as meditating too much, so don't worry about that. But at some point, you should start sitting for longer than 15 minutes at a time. At least try a half-hour or longer during one of those four times. Even if you feel like your mind is wandering around like crazy, it's still doing you a lot of good just to sit perfectly still, so trust it.

As for masturbation, my opinion is that the masturbation itself isn't the issue; it's how you feel about it. Experts can argue all day long that masturbation is good for you or bad for you, but I think that's all a crock. What's good for you is to be doing something you believe in. What's bad for you is to be doing something you don't believe in. So for your situation, you have one of two equal options: Either change the way you feel about it, or stop doing it.



To me, it's very important to choose one instead of allowing yourself to build up the self-hatred which comes from feeling bad about what you do.

I always had a strange relationship with masturbation, namely that I used to do it when I felt rotten, and then I would feel more rotten afterward. Years ago, when I finally saw that masturbation had become a solid part of my self-hatred system, I took a vow never to masturbate again. Almost immediately afterward, I could really feel more self-respect and control of my life. It helped me a great deal to give up masturbation.

But I'm not in prison right now, and you are. I don't see anything physically or spiritually wrong with masturbation; and a lot of people would say it's a good release for you. So as I said, the only important thing is for you to bring your actions and your feelings in better harmony with each other. One thing none of us needs any more of is self-hatred. If you do decide to stop masturbating, yes, the breathing and chakra methods in the book will help to move that same energy around. You can do some of those techniques every day before or after meditation.

I'm glad you're feeling better about being able to talk and write about killing your father. Stay open to your feelings during meditation; you may be able to pass through a lot of stuff without moving an inch. I don't think it's up to you or me to "forgive"; that's God's department. Our business is to get completely honest with ourselves and to have the courage to move in the directions our honesty reveals to us as being right. It sounds to me like you're moving along really beautifully. Just take it one step at a time, slow and gentle. It's a long and mysterious journey.

all the best, Bo

Dear Bo & Sita,

Howdy do! I was just sitting here thinking of you and so I thought I'd say hello.

I see that you were presented with the Quetzalcoat Award by XAT Medicine Society. This makes me glad -- you are certainly worthy of it. I know that your letter to me early last year has brought Light, Love, and Wisdom not only to me, but to the hearts and minds of many of my brothers and sisters. I re-read it often and learn more about myself each time.

There is something I would like to share with you now. When I got out of the hospital last year, and then finished solitary confinement for my protests to have access to the sacred pipe and other sacred traditions, I saw that a couple of my native brothers had come to this prison. We got together and sought for prisoners with Indian blood and began teaching them of their Indian heritage, and we started a Native American Brotherhood.

One day, a non-Indian sent a kite to the chaplain asking for a pass to our next meeting. A few of the brothers were uncomfortable with his presence because he was not Indian. They felt he did not belong there because of the color of his skin.

In the world today we find a lot of racism and prejudice, especially in prisons it seems.

But there can be no prejudice in our Indian way of life. When we place the tobacco in the sacred pipe, each tiny grain represents some aspect of Creation. There is a grain in there for our Mother, the Earth, and for all that grows upon our Mother. There is a grain for the rocks, the waters, the air and clouds and trees. There are grains that represent all the four-legged brothers, and six-leggeds, and the fish and others who live in the waters, and the winged ones. There are grains that represent the red race, the white race, the black race and the yellow race -- these are also the colors of the four directions.

All of the tobacco that is placed in the pipe represents everything that was created by the Creator. Through the Creator we are all connected. If a brother comes to us with a true heart, we cannot turn him away based on the color of his skin, for in doing so we would be telling our Creator that He has made a mistake. And if our Creator has made a mistake, who's to say we're not the mistake He made?

At any rate, it's a point to ponder! And it is a principle that has opened the eyes of the administration here as well as the brothers who were uncomfortable when the Non-Indian first came to our brotherhood. Ho!

We have a prayer. It is, "Mitakuye Oyasin." It means "all my relations." When we say this, it is a prayer for the well-being and peace and harmony of all that is placed in the pipe. So with this, I will close. Stay well, and may peace be with you, kolas.

Mitakuye Oyasin, Little Rock

Dear Bo,

If you would please take time out to listen to my problem I would like that. But first a little about myself. I am 19 years old and serving 7 years in prison and at times I want to agree with Maury about his feeling towards society and let everything else go to hell (excuse my rudeness). And if you could please give me a better way to deal with, I really would appreciate it a lot. And one more thing, how to get over being gang-raped and then being harassed about it all the time.

Please write back, Bill

Dear Bill,

I know you've been hurt very deeply and nothing I can say will change what's already happened. But the main thing is, we can look at life as a never-ending source of hassles, or we can look at life as a series of lessons that are all bringing us things we need in order to become enlightened someday. I'm talking about copping an attitude that looks at your life like you're always trying to figure out a clue from God about what you need to do next.

For example, maybe being hassled is a lesson in humility: You learn more and more how not to let it bother you. Or maybe being hassled is a lesson in courage: You need to get up the nerve to lay it all out honestly to the chaplain or the shrink, and insist that you get transferred someplace where you won't be hassled so much. Or maybe it's a lesson in self-discipline: You insist on protective custody, and learn how to do your time alone, using your whole bit for meditation and spiritual study. Or maybe it's a lesson in turning the other cheek: You keep your forgiveness and love so strong that eventually it overcomes the guys who hassle you and changes them spiritually.



I really don't know what the lesson is for you; I'm just laying out some examples so you can understand the kind of basic *attitude* of being a spiritual seeker. A spiritual seeker tries to *know* at all times that whatever is going on, no matter how horrible or painful, is some kind of teaching for him, and so he's always looking into it to learn something good. It's like turning horseshit into fertilizer.

If you can spend as much time as possible studying books like *WE'RE ALL DOING TIME* and practicing meditation, breathing, etc., and also find some way to serve humanity, like the "FREEDOM OF KINDNESS" ideas I wrote about in our last newsletter -- I promise you you'll gradually heal all of these wounds inside your heart and you'll feel strong and great. It takes a lot of effort and a long time, but do you have anything more important to do?

I love you, Bo

Dear Bo,

*As I mentioned to you a few months ago, I am teaching a philosophy course; just completed my first semester.*

*As you have stated, teaching is a wonderful way to learn. I walked into that class with so many pre-conceived ideas of how it was going to be. Thank God there were not too many students in the class, because my bloated arrogance put me on display as a fool more than once. With my huge bag of conceptual luggage, I was too weighed down to convey a gentle persuasion of Light.*

*You know this subject of the inner path wears a tricky mask as camouflage, the mask of matter (desire for and attachment to). When really stuck in that illusion, the suggestion that there is more tends to sound absurd. It's so funny. Several times I stood up and presented what I thought was sheer eloquent genius, and at the end of a class when I received a little honest feedback I realized nobody had gotten it. I tell you, that was a depressing awakening! I would be saying, 'can't you see, it's all an open book; can't you see?', and the students' eyes would reveal something like 'poor fella.' Not to say we didn't have some great discussion!*

*Actually, when I finally realized I wasn't going to dazzle anyone with my brilliance, communication started to open up, and I started to open & listen. One of the most potent things I learned was how desperately people cling to their view, their constructed image of the way things are -- and how painfully slow we all learn in life.*

*The bottom line is it's all grist for the mill for my journey as I wade through the wilderness. The beauty of prison life is, there really isn't any place to hide, and the intensity of darkness spurs me on to greater effort. When I get stuck in my clings and cravings, it's too painful to wallow there for long. So it's all about getting on with it.*

*Each day here is rich with fruitful lessons and I am genuinely touched with the heavy blessing behind it all.*

*How can I be an effective and capable teacher? The enigma of this challenge has me perplexed, fascinated, and laboring with a purposefulness I have never before felt. I demand an awful lot of myself and I'm still very intolerant and judgemental, but I am inching in the right direction. My goal is to be a teacher, and I am accepting that challenge as a student.*

*I send my deepest love, Craig*

Dear Craig,

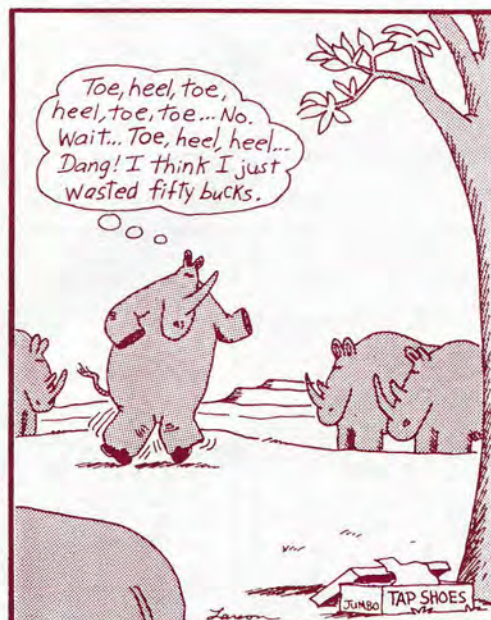
Thanks for a great letter. I can't really think of any way to answer you except to say just have patience and let this self-honesty keep growing. Being a teacher isn't so much a choice as it is an acceptance. The less you try, the more you may find yourself teaching. I guess the one tip I could share is that you can be a powerful teacher as long as you never, *never* imply that you're "higher" than you are. If you teach through honesty and intimacy about the truths you yourself are seeking, how could you look foolish? It's only when we try to seem "advanced" that we fall flat on our faces. I think you're doing great. Keep your sense of humor strong.

Love, Bo

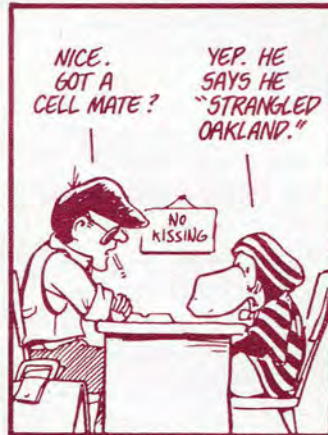
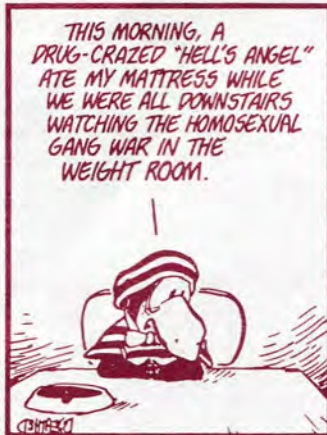
"Stuck Out"

by Eloy Barron,  
Rosharon, Texas

*I woke up today to a stuckout mornin'  
When the boss gave me a stuckout warnin';  
Lost my meal card, had stuckout chow,  
Wonderin' where I'll get stuckout now.  
Got my answer from the parole board today,  
This is what they had to say:  
"Here's a 12-month set-off for you, friend,"  
Got me stuck out, yeah, stuck out again.  
Went to work saying I'm alright now,  
Got on my tractor and got a stuckout plow.  
Worked all day, came in for a shower,  
Boss said, "Stuck out; come back in an hour."  
Went to the commissary second in line,  
Along comes a boss yelling, "COUNT TIME."  
Stuckout here, stuckout there,  
Think I've had my stuckout share.  
If I hear stuckout one more time  
I believe I'll lose my stuckout mind.*









## RESOURCES

*In response to a growing number of prisoners with AIDS who feel isolated and alone, we'd like to offer a penpal connection through a large AIDS support group on the West Coast. If you're a prisoner with AIDS and would like to correspond with other AIDS patients who are working on themselves and living fulfilling lives, please write:*

HAY HOUSE  
BOX 2212  
SANTA MONICA, CA 90406

*We are seeking articles relating to American prisons, written by prisoners and criminal justice professionals. Articles should deal with one specific aspect of the prison environment, e.g., programs, medical, crowding, food, parole, etc. Articles should be 3,000 words or less, typed if possible. We can return them if you enclose a stamped envelope.*

*Payment will be a free copy of the final book, plus a copy for your prison library. Any profits will be donated to CURE, a national criminal justice and prison reform organization. Please enclose a signed release such as:*

I (your name), am the original author of (title). I hereby grant full permission to Joan Gauker and/or Paul Kruger to publish this article in their book and to donate any proceeds earned therefrom to CURE.  
-- signed, dated.

*Mail your articles to Joan if you're east of Mississippi, or to Paul if you're west of Mississippi or foreign.*

JOAN GAUKER PRINCE OF PEACE CHURCH 2907 JOLLY ROAD NORRISTOWN, PA 19401	PAUL KRUGER CURE OHIO CHAPTER BOX 5022 CLEVELAND, OH 44101
--	---

*Looking for answers to questions about the criminal justice system? OPEN, INC. (Offender Preparation and Education Network) is a non-profit, self-help organization that offers information to offenders and their families and loved ones. OPEN is developing a collection of handbooks, newsletters, and audiotapes which provide information on how the system works and how to cope with it. For more information, write:*

OPEN, INC.  
BOX 566025  
DALLAS, TX 75356-6025

### CORRECTION

*In our last newsletter, we mentioned the Eastern Studies Program in Washington state. Lynn Landin, the co-editor, now asks us to mention two important changes from that listing: First, donations of money cannot be sent to John Landin, editor, as listed last time, because prisoners cannot receive such donations. Second, the newsletter's main address has changed, to make things easier all the way around. The new address is:*

EASTERN STUDIES PROGRAM, INC.  
BOX 176  
COLLEGE PLACE, WA. 99324

## OTHER NEWS

### Prison-Ashram Project in England

Ms. Ann Wetherall and friends in London have been working many months now establishing their own Prison-Ashram Project to distribute materials, create audio and video tapes, and develop classes in English prisons. Ann has done an enormous amount of work and has had successful meetings with various government officials who may be cooperative with the project (in fact, we hear that Prince Charles himself now has a copy of any of WE'RE ALL DOING TIME!). Sita and I will probably be going to London in the fall to help our friends there with any advice or organizational tips we can offer.

### Spanish-Language Edition of WE'RE ALL DOING TIME

Ricardo Beas, one of our long-time prison friends from California, is nearly finished translating WE'RE ALL DOING TIME into Spanish. An independent translation firm has evaluated a few chapters and described them as "excellently done...preserving the folksy flavor of the original." We have applied for a grant to publish this new edition late this year or early '89. We'll keep you posted.

### THE FREEDOM OF KINDNESS -- an update

This upcoming book, which we described in our last newsletter, is still in the information-gathering stage. If you know of humanitarian projects done by prisoners, we'd still like to hear about them in as much detail as possible (please include any articles written about them too). This book will hopefully be available around spring of '89.

### Sorry About Tapes: We'll Try Harder

Many people and organizations ask us for audiotapes or videotapes of my talks and workshops. Please accept our apologies for being so behind the times about tapes. We just don't have that area very together. For one thing, it's terribly complicated to get permission to record anything in prisons.

However, audiotapes and videotapes are now high on our list of priorities. In fact, by the time of our next newsletter we hope to offer WE'RE ALL DOING TIME on audiotape -- at least parts of it. And we're trying to set up a videotaped federal prison workshop as well. Please hold on to your requests. We'll let you know as soon as we have anything available.

### See You in the Fall

Sita and I will be travelling all of June and July, so we'll be unable to answer personal letters until at least August. Alison will continue receiving donations and sending out WE'RE ALL DOING TIME to anyone who asks. That alone will keep her busy with over a hundred letters a week, so it will help us a lot if you could hold off on other mail until we get back. Our next newsletter will be in your hands by the end of September.

The Human Kindness Foundation is non-profit & tax-exempt under section 501(c)(3) of the IRS code. All donations, bequests, and gifts are tax-deductible to the full extent of the law. Besides the Prison-Ashram Project, the Foundation also sponsors various other events, including lectures and workshops given by Bo Lozoff on a variety of subjects. Bo's book, WE'RE ALL DOING TIME, and album, STUMBLING TOWARD THE LIGHT, are free to prisoners and available to others for \$10 and \$8 respectively, plus \$2 postage. All proceeds go directly to the foundation.



Non-Profit Org.  
U.S. Postage  
**PAID**  
Durham, N.C.  
Permit No. 205

**PRISON - ASHRAM PROJECT**  
ROUTE 1, BOX 201-N • DURHAM, N.C. 27705  
A Project of the Human Kindness Foundation



"This is the true joy of life, the being used up for a purpose recognized by yourself as a mighty one; being a force of nature instead of a feverish, selfish, little clod of ailments and grievances, complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. Life is no 'brief candle' to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations."

-- George Bernard Shaw