

# Human Kindness Foundation

a little good news

Spring/Summer 1996

## SIMPLE LIVING, SIMPLE JOY

Dear Family,

A friend of ours here in North Carolina recently lost her beautiful 19-year-old son to suicide. She told us he was the sixth among a small group of friends who have committed suicide in the past two-and-a-half years. Suicide is now the third leading cause of death among teenagers (murder is #2, car accidents #1).

We need to start asking ourselves some searching questions about why life seems to be of so little value to our kids. From a spiritual perspective, one sentence can sum up the whole thing — not only our own and our kids' problems, but our planetary problems too, from pollution to wars:

**Human life is very deep,  
and our dominant modern lifestyle is not.**

It is as if a king had sent you to a country to carry out one special, specific task. You go to the country and you perform a hundred other tasks, but if you have not performed the task you were sent for, it is as if you have performed nothing at all. So man has come into the world for a particular task, and that is his purpose. If he doesn't perform it, he will have done nothing.

— "Table Talk," by Rumi

Our "task" is the Spiritual Journey. Life is deep, we are deep, and we're not acting like it. Life is inherently joyful, yet we're not enjoying it. We're caught in the details, in the "hundred other tasks" which will count for nothing if we don't wake up to our spiritual depth.

Right now, while you are reading this, take a moment to center yourself in your body, in this place you sit, and feel yourself breathing, and smile. Don't just speed-read on to the next paragraph, please. Let go of past and future. Appreciate that you're alive; appreciate knowing how to read. Appreciate knowing about spiritual wisdom. Bring a soft smile of gratitude into your heart and onto your face.

This is what we rarely pass on to our kids. Our kids don't get the message from us that being alive feels good. We may say it to them occasionally, but how do we *show* it in our everyday activities? Even the best, most loving people often seem to be working themselves into the ground, keeping up a frantic pace just to pay the bills and to keep resolving each day's repairs, breakdowns, details and little crises.

### Would YOU Want to Grow Up?

You must admit, from a kid's point of view, growing up doesn't look very appealing. Besides seeing so many joyless or downright angry adults in schools, businesses and government, it also must appear that adults have no control over their lives. "Honey, I'd like to hang out with you, but I'm sorry, I really can't help it, I have to do such-and-such, I wish I didn't have to, but I do...." How many times do our kids hear such stuff? What's the message they receive — that adult life, everyday life, is mostly a drag and out of control?

**Everyday life is all we've got.** The deep, wonderful secrets of life, the mysterious presence of the Divine, the joy of cherishing each other, the beauty of nature, the satisfaction of helping out, our journey into the ageless Wisdom — all exist *only* in our everyday life. There is no bigger ballfield on which to find Meaning. It's either right here, today, or it's nowhere.

This is exactly what Jesus was trying to point out about the Kingdom of Heaven. His followers kept thinking it was far away or far off in the future. But he repeatedly exhorted them, *The Kingdom of Heaven is within you. I tell you, the Kingdom of Heaven is at hand.*

At hand. Not after the revolution, not when the next "Golden Age" brings worldwide peace and harmony. Here. Now. You. Me. Our kids. In the middle of the ghetto. In the middle of prison. In the middle of our endless details, our ceaseless worries about the future.

How many simple, peaceful, truly *happy* adults do our kids get to see? How many adults are deeply content with their lives and enjoy what they do? How many are happy about getting older, and unafraid of dying? How many are relaxed and calm, with time to play hooky from work every now and then in order to mentor a young person?

We seem to be knocking ourselves out in pursuit of a vague image of success and meaning, while the real quality of our everyday life with our families and communities steadily declines. We're asleep at the wheel, swept up in a fitful, agitated dream, and we're missing some gorgeous scenery which only passes by once.

When the Buddha experienced His great enlightenment, He got up from where He had been sitting and walked toward the village. The first person who saw Him was awestruck by His radiance and power. The man



approached Him and said, "Sir, what *are* you? Are you a God?" The Buddha said, "No." The man said, "Well, are you a Spirit or a Demigod?" Again, the Buddha said, "No." "Are you a human being?" Once more, the Buddha said, "No." The man said, "Well what ARE you, then?" The Buddha replied, "I am awake." And then He spent the rest of his life making it clear to us that we can awaken too. The joy is right here; we just need to wake up to it.

The basics of life are no different today than they were thousands of years ago: Get up in the morning, take reasonable care of our bodies, minds and souls; do some kind of work which benefits the world instead of harms it; respect and cherish each other, and then get some sleep. It's important to keep our big view simple, and to pass such a simple view on to our kids. They need a Big View.

Around 2,500 years ago, the Chinese sage Lao Tzu talked about this very subject. He said ,

**Those who wish to know the whole truth take joy  
in doing the work and service that comes to them.  
Having completed it, they take joy in cleansing and  
feeding themselves. Having cared for others and themselves,  
they then turn to the masters for instruction.**

Notice that he mentioned joy twice. With joy, do your worldly duty, with joy take care of yourself and your family. And then study the timeless wisdom. How civi-

***Koyaanisqatsi* — (the Hopi word for *Life Out of Balance*)**

So what has gotten so out of whack in modern times? Why does it seem so complex and draining merely to pay the bills and just get by? Why does it seem so difficult for us to take Lao Tzu's advice?

For one thing, our consumer culture encourages us from the time we're born to have *ceaseless* desires. To put it simply, we want so much, all the time, that we have not even noticed how much quality of life we have given up, how much peace of mind we have sacrificed, how much fun with our family we have forfeited, in order to have the right shoes, cellular phones, TV's in every room, sexy cars — all the stuff that counts for ZERO in the deeper part of ourselves, in our Kingdom of Heaven.

American life especially has been about "keeping up with the Joneses," but it is time we noticed that the Joneses are not happy. One of their kids is on drugs, the parents are in divorce court, Mr. Jones is on anti-depressants and Mrs. Jones is taking anti-anxiety medication. This is no joke; this is the reality of the American Dream for most people in the 1990's. Time to wake up from such a bad dream.

A simple life is possible. A joyful life is our true nature. Life can be rich and rewarding; but we have to give up our constant demand for new, bigger, better, more... It's literally killing us.

***"What do you do?" — "Who cares?"***

A second, related, culprit of our imbalance is the role of "career" in our lives. Career seems to have become the accepted hub around which everything else revolves. We choose career over our own health. We choose career over our mates and children. We choose career over our time to study, pray, walk, hike, meditate, participate in community life. We fuss over our children's potential careers like it's the most important thing in the world. If our child wants to take a year or two off between high school and college, we freak out. We worry they'll "get behind." What does that mean? What's the message?

Career is not deep enough to be the center of life. Career is not who you are. It's something you do for twenty or thirty years and then you stop. If you sink all your identity into it, then your life hasn't started until your career begins, and it's basically over when your career ends. An astounding percentage of American men die within three years of retirement. That's sad, foolish and unnecessary. Career hardly scratches the surface of who you are.

Sixty years ago, if you were to say to my grandfather, "So Ben, tell me, what do you do?," he would have looked at you quizzically and said, "I do a lot of things." If you persisted and said, "No, I mean, what do you do for a living?," he would have probably said "Why do you care?" It wasn't considered very important.

It's only *very* recently that people began associating their self-worth, self-esteem, status in the community, their very *identity*, with their career. It's just a passing fad in human history; don't get caught up in it. Men like my grandfather may have been considered the pillar of their church or community — and what he did for a living was paint houses. My grand-uncle collected rags. Both honorable, esteemed men.

To them, what they did for money was the pettiest part of life. No blue-collar / white-collar nonsense. So long as it was honest, who cared? And further, they worked as little as possible, not as much. They fed their fami-

lies, paid the rent; they weren't trying to "get ahead." (Another interesting expression. *Get ahead* of what?)





In other words, it was not always taken for granted that everyone was trying to become wealthy or move into a bigger house or buy their kids every little expensive doodad that came along.

Character and virtue and wisdom and joy are the mark of a person, not one's choice of career. Contentment is a virtue. A lack of materialistic ambition is not such a bad thing. Remember, *man does not live by bread alone*.

### The Most Timely Activism

The most valuable form of activism in this day and age may be to explore a lifestyle based around simple living and simple joy. It may take toning down our materialistic demands and figuring out how to live on less income, but that process itself will begin to save some of the world's resources and thereby address many of the world's pressing problems, as well as giving us more time with our families and communities.

Most people think they can't get by on less. But I looked around a typical suburban neighborhood of about twenty houses, and realized that there were twenty lawnmowers, twenty chainsaws, fifteen rototillers, ten table saws and a lot of other expensive contraptions which each family may only use a few days a year. Among those twenty families there were about *forty-five* cars, costing a fortune in insurance, repair, registration, gas and so forth. Those twenty families owned probably sixty or more TV's.

That's not food and shelter; that's a wasteful modern lifestyle which we can change. We must think for ourselves and talk with friends and have the guts to try some things differently to take the pressure off. This is a fitting time to explore various old & new ways of living with others in intentional communities, co-housing, collective ownership of vehicles and tools, and other ways to cut down on the wasteful expense of modern living.

When I was growing up in the 1950's, few families had a television. So a bunch of us would gather at a neighbor's house to watch something — which of course, provided natural opportunities to socialize with the neighbors. This still goes on in many other countries. But in our society, TV has become the *opposite* force: Even poor families may have little TV's in several rooms, so we hardly even socialize with our own families, let alone our neighbors.

This is a strong example that more is not always better. In cultures where people must share limited resources — TV's, power tools, vehicles — their sense of community is much stronger. We have bought in to a model of progress and personal choice which has isolated us as individuals and actually damaged our family and community life a great deal. Is it really progress?

So these days, it is political activism to go against that tide. Share tools with our neighbors, cut down to one TV in our home (and cut down our use of it greatly), eat meals with our families, go for walks, do daily readings of spiritual stories, occasionally play hooky together and go skip stones across a pond. It is activism to slow down and move through the day more gracefully; activism to

explain to our kids the hype and deceit involved with the endless ads which incite them to buy something new or get in on the latest craze. Our kids may be deeper if we treat them with depth. Our kids may be deeper if we are. No guarantees, but they'll certainly have a better chance.

### The Big, Eternal Activism

And of course, providing a **spiritual** perspective to our kids is always the Big Activism. It horrifies me how many people proudly say, "I tell my kids they have to figure out whatever they want to believe in. That's their business."

My God, why would we put such a burden on our children? We help them to walk, talk, ride a bike, drive a car. But not to teach them about their connection to the Great Wisdom handed down by so many elders and traditions? Not to teach them about the common threads of all religions? Not to acquaint them with the "One Task" in life which Rumi described — to be deep people?

If family life doesn't provide a deep view about our purpose for being alive and the importance of respecting all beings, then our children may grow up like *Lord of the Flies* — which seems to be exactly what's happening for a great number of modern children: Lost, selfish, close-minded, angry, violent. Without lots of *joyful* guidance from us, they meet a confusing and frightening world.

I find it sweetly ironic that the Great Activism of our day — inspiring our children to stay alive, and to live and behave in civilized ways — requires us to rediscover the simple joy of life for ourselves as well. We gotta do it. Nothing less will do.

### Small Steps are Still Steps

If you don't feel ready for huge steps like co-ownership or slashing your salary in half, take small steps. Make one practical change this week which will allow you to live on a little bit less and be less burdened with possessions. Turn off the TV and spend a little more time in nature, even ten minutes. For each article of clothing or CD or tape you buy, give away two old ones. Look for clothes at your local thrift shop before you go to the mall. See movies at matinee prices instead of night-time prices.

If you're in prison, ease up on the financial requests you make of your family. Stop smoking, which is extremely expensive as well as unhealthy. Become an example to your family of someone who knows that he/she doesn't need a bunch of "stuff" to be happy. Get involved in a service project like teaching illiterate inmates to read. Ask more questions about your family's daily lifestyle and see if you might provide some practical suggestions for taking the pressure off.

Jesus said, *Can't you see the signs of the times?* We need to see the signs and we do need to act, however modestly. We can turn ourselves and our kids around from this hectic joyless chaos toward a more civilized way of life, but it will take some conscious effort. Let's do our part.

with Love,  
Bo Lopez



# LETTERS

Dear Bo,

*If a loved one or a family member were murdered, what would the murderer have to do to receive your forgiveness? Guilt has led me to take charge of my life and make changes that are improving my standards, beliefs and values while simultaneously helping others do the same.*

*I am withdrawing the appeals from my homicide conviction and pleading guilty. The changes in my life have guided me in positive directions and I accept responsibility for my actions.*

*I want to share the truth with the victim's family. I want to apologize, ask for forgiveness and give them the opportunity to express their feelings. I think and hope that this will help the victim's family to relieve some of the pain and suffering that I have caused.*

*The victim and his family were friends of mine before the incident occurred. We both had a bad reputation for shooting anybody who would get in our way. I did not intend to take his life.*

*I admit that it was my actions that caused his death. I know that I can't bring the victim back to life, but I will continue to work hard on improving my standards, beliefs and values so that I can be the son his mother would have wanted her son to be. I will also share these experiences with others so that they don't do the things I did. Forgiveness is a healing process. How can we ask God for forgiveness if we can't forgive each other?*

*I would also appreciate all and any information you might have that will help with my project. Thank you very much. Your answer will be of great value to me and to others.*

*Respectfully Yours, H.*

Dear H,

There is no way to guarantee that a victim's family will ever forgive you for the pain you have caused them. That is up to them, and it would in fact be selfish on your part to keep struggling to gain their forgiveness. The last thing you want to do is upset them more, so after an initial contact — letter of deep apology, remorse, etc. — I think it's proper to back off and let the next step be up to them.

One very practical way you can help them is to pray for them every day — not just for their forgiveness, which is still about you; but rather praying for their peace and their healing even if they need to hate you forever. You have to make this be about them, not about yourself. That's the key.

And of course, the lifelong payback on your part is the same whether they respond to you or not: To become a deep, caring, unselfish person who tries to help instead of harm. You owe that debt to the whole world, not just your victim's family.

Having committed murder can humble you forever; the world needs humble people. Having been so selfish can inspire you to be unselfish from now on. The world needs unselfish people. Give yourself to the world. Care for whomever life places in front of you at every moment. Let this whole experience quiet you and deepen you so that you are not a loud, pushy, petty or greedy person.

That's as much as you can do. And it's enough. Your heart will heal, and as it does you will find it easier to allow your victim's family to heal in their own way, in their own time, without wanting to push them to do it for your needs. Hope this has helped give you some things to think about.

*You're off to a good start,  
Bo*

Dear Bo & Sita,

*The guys in that meditation group I participated in who were ambitious enough to send off for your book were most pleased to get it. One of them recently was standing outside of the office where I work, with a paper bag in hand, ready to go out on parole. He saw me, pulled your book out of the paper bag and said, "I'm taking this with me. I'm gonna make it this time."*

*I came back in my office and cried a bit, thinking that perhaps, just maybe, I had helped this guy out a bit by turning him on to your wisdom and Love.*

*Love, B.*

Dear Bo & Sita,

*I just wanted to drop you a note to say that my prison experience is finally over. I should be home in a few weeks. Ten years has passed and with you both those years have been easier. My path has been found!! My work will soon begin. There are others who need to find their path and I hope to guide some to their true nature.*

*Love Always, B*



Dear Bo,

*I give my gratitude for your constant reminder to stay focused on the Power of the Great Spirit of the Creator.*

*I am nearly forty. This might not make much sense but thirty years ago I was raped by and involved sexually with my sister. It ended when I puked across the dining room table. I had anger for the feeling on my penis. The feeling worsened when I partially castrated myself as well as spending years in self-penance by inserting anything that barely fit into my penis until it bled.*

*I could not tell anyone of these things I have done. I even hid this from my mother who had asked me constantly if things were all OK. She even asked me on the 24<sup>th</sup> of December, 1980, the day before she suddenly died. I ran to "help others" that Christmas eve to not answer my mother's questions.*

*I since lashed out sexually by masturbating myself and others. I am in jail because the age range was from 5-50 years of age. This is my third charge of aggravated sexual battery in 10 years.*

*I am involved in prayer, meditation, breathing, and facing myself. I know time must be allowed for healing. The struggle is in the hurting; physically and emotionally. I have stopped masturbating since December 1994.*

*My true Shalom encompass our lives.*

*Love, N.*



Dear N,

If you stopped masturbating as of 12/15/94, and you're involved with prayer, meditation, breathing, and facing yourself (as you said), then it sounds to me like you've already begun the healing that you're looking for. These aren't the steps which precede the healing, these are actually the first stages of the healing itself.

So try to remind yourself that the healing is taking place. Put all your effort into it, and also be patient, realizing that every stage of the process teaches and humbles you in some way. It's not supposed to happen quickly, because then you wouldn't get as much out of it.

If there is any trustworthy counselor or psychologist there, I would recommend you make him or her part of your healing process. If not, just pray a little harder and know that between our books and newsletters and your own effort, you will definitely be given all the support you need to continue healing all the way to the end.

And what is the end? Is it to forget what happened to you? Not at all. Is it to figure out exactly why your sister did what she did or why it affected you the way it did for so many years? Nope. The end is to fully accept the whole sequence of events as your spiritual journey, and to allow all the hurt and confusion to deepen your compassion for the suffering of others. Let your past pain, self-hatred, fear, etc., turn you into a compassionate wise man. Anything else misses the whole point. This is just your particular route in to the same place Sita and I and everyone else are headed.



Pierre Moosebroker, Angola Prison

Dear Sita & Bo,

I thank you very much for "Just Another Spiritual Book." It's terrific! We are locked in our cells 23, sometimes 24 hours every day—no visits allowed—no library, newspaper, TV or radio. When there is enough food to feed everyone then I get fed. But some nights are rough.

I seem to have found a new "food." I get so much joy out of doing it that even when I'm not fed physically, my body is just as full of joy as it can be. Ya see, down here in Mississippi I would guess 1/4 of the inmates can't read. I always write letters for them—then read their mail to them. That was OK, but not as fulfilling as when I read stories to them from your books.

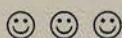
Your one book "Lineage," brought so many questions I hardly had time to finish the story. There we are out sitting on a slab of concrete—eyes glazing like a child being read a bedtime story. Grown men that have never read a book in their lives. They learned quickly to just listen—then ask questions later.

I can't even put words to it. Oh sure there are small time gangs here—but even they listen. Many have read the books you sent me, and now I've found a way to reach even those that can't read.

I'm a Quaker, and I too am active in prison work. Right now I'm on the inside looking out. I would visit men in prison and pretty much say the same things Bo does in his books... "It's all right here—you know." Quakers have no preachers—we're all ministers, peace activists, etc. A long time ago a man named George Fox found out that "it's all right here, you know," thus the beginning of the Quaker movement.

I'm not preaching Quakerism or any other denomination. I'm only stating a simple truth—It's all right here! WOW!! I like how you said that. Even the chaplain told me we need less bibles and more teachers. But—I wonder who is teaching whom? I am that child too when I can share your books. WE really appreciate it.

Thanks a bunch, E



Dear Bo & Sita,

The love you've put out for me is so strong. I finally found out that I can share myself with someone.

There's a man here with AIDS. He recently moved into my building and so many people kept coming up to me and saying things like "stay away from him—he has AIDS," and that sort of thing. As a gay man, I realize that AIDS is a very big factor in my life. Yes, I am petrified of the disease. Now I realize that even though these other people may have been scared or ignorant—they had enough compassion to "warn" me about this guy.

Everyone here knows I'm gay, even this guy. We have a mutual friend. As I was talking to my friend this other guy comes up. After a small joking around and chatting session, I left the area. He stopped me later and asked where I was from—that started a long conversation between us. The conversation led from one subject to another and ended up to the AIDS subject. A mutual factor in both of our lives.

Since then, we've been good friends. I'm no longer wary of the things people say—because I just happen to have found a friend who needs a friend. Thanks to you and your love as an example and a wonderful gift, I have this friend. I showed this guy a love that he needed. No one else would. Six months ago—I'd have just walked past him as if to let him die inside himself. But I couldn't see that. Because of that, we're good friends.

Thanks you for your love! Without you showing it to me and your loving me, I wouldn't have been able to love this guy as my brother. I don't know how to say thank you except that: thank you for everything. By making him happy and giving him love I feel like I never did before. Thank you & I love you.

Love Always, R.



Faith.

I hold it.

It falls.

I pick it up and  
Hold it again.

A.  
Oct 1994



# Practice: MANTRAS FOR EVERYDAY LIFE

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The Sanskrit word *mantra* is a combination of the words which mean “mind,” “sound,” and “protector.” Mantra can be practiced on a couple of different levels: A person may take one of the names of God as a mantra, and try to repeat it silently throughout the day. Mantra steadies the mind. Over a long period of time, mantra can strengthen one’s focus to an extraordinary degree. Mahatma Gandhi did the mantra “Ram” (God) for many years. When he was fatally shot point-blank by an assassin, the only thing he uttered as he crumpled to the ground was “Jai Ram” (hail God). No fear, anger, regret, just *Jai Ram*. Imagine such unshakable presence of mind.

We can also use mantras as a practical tool for reminding ourselves of changes we’re trying to make in our lives. They can help us to break through old habit patterns and old, limited ways of seeing things. You may practice the following mantras in two parts: First, sit quietly with one of these in the morning and repeat it to yourself for at least fifteen minutes, letting the shades of meaning sink in deeper and deeper until you feel connected to what the mantra is saying to you personally. This is called “investing a mantra.”

Step two, after having invested the mantra, bring it to mind as often as you can throughout the day, especially as you get caught up in the conflicts or busy-ness of what’s going on around you. Let the mantra remind you of your deeper view, of your calmer core, of the depth you may have felt during the investment period. Let it help to change your view right in the middle of all the action. It will if you stick with it. Here are a few you can try:

## **Mantra: “It’s Good To Be Alive.”**

To be alive, to be breathing, is good. *Before* anything is added that causes pleasure or pain, harmony or conflicts, comfort or fear, success or failure; *before* we are old or young, black or white, rich or poor, man or woman, imprisoned or free, **It’s Good To Be Alive**. In and of itself. For itself. Don’t overlook it. Be grateful. If you let that most basic appreciation slide from your awareness, you will be endlessly batted back and forth like a Ping-Pong ball between happiness and sadness, loss and gain, pleasure and pain, constant change. The most effective way to deal with the world is to be firmly centered in life’s free, basic, unchanging goodness.

In the investment period, repeat “**It’s Good To Be Alive,**” and gradually deepen your direct, gentle experience of being alive. Feel grateful. Bring a soft smile of wisdom into your heart to start the day, knowing that today will bring ups and downs like every other day, but you will try to not be a Ping-Pong ball.

## **Mantra: “No Hard Feelings”**

This mantra has been powerful for a lot of people. During the investment period, as you repeat it to yourself, see how many different types of “hard feelings” come to mind. Let them all go. Even let your enemies off the hook. Soften and de-personalize such emotional states which have caused you nothing but pain for so many years. A related mantra is “**Nothing Personal.**” When people try to exploit or harm you, scam you or humiliate you, it’s not personal. It’s their pain, their fear. Everyone is caught up in their own struggles; you just happen to be there, that’s all. So if you use this mantra to remind yourself, at least all those encounters will be one-sided instead of your becoming an equal part of the mess. **Nothing personal. No hard feelings.** The more you see the truth of things, the easier is it to do whatever you need to do, but without self-righteousness, anger, bitterness. Every time you *feel* a harsh feeling, a hard edge, bring the mantra to mind. **No Hard Feelings.** It’s tough sometimes, but it works.

## **Mantra: “Untouched”**

During the investment period, while silently repeating “**Untouched,**” try to feel that part of you which has always been the same, through every experience of your life — that inner, unchanging witness of every moment. That is what is untouched. That is the One true, immortal Self. Take a few moments to realize that this Pure Awareness has been exactly the same during the best and worst events of your life. **Untouched.** Once you feel what I’m describing, even slightly, then the mantra will slowly strengthen your ability to rest in that Awareness as you watch yourself act and react in everyday life. It’s quite a relief. And especially when you feel extremely caught, negative or frightened, the mantra “**Untouched**” can help you remember that it is only the character you are playing who is caught or frightened, not the Actor. The Actor, the Ancient One, Pure Awareness, remains **untouched**. This is a very good mantra for people who wish to be less touchy and temperamental. Your Real Self is beyond attack. ☯



# NEWS, NOTES, OFFERINGS & GOOD WORKS

## BO'S UPCOMING TALKS

Bo Lozoff will be giving three 1½-hour workshops on May 4<sup>th</sup> and 5<sup>th</sup> at the *Yoga, Mind & Spirit* Conference at the Hyatt Regency Embarcadero in San Francisco. There are many other presenters and the conference is not free, but Bo has arranged for his talks to be open to the public and free of charge. Call 1-800-587-9065 for details about the conference and his topics and times. If you go, please introduce yourself to Bo & Sita; they'd love to meet you.

On Monday, May 6<sup>th</sup>, Bo will lead the Monday Night Class at Spirit Rock Meditation Center in Woodacre, CA. For information & directions, call (415) 488-0164.

## SATSANG WITH GANGAJI

This 16- page newsletter is published quarterly. Gangaji's message of truth and peace is clear; regardless of one's culture, religion, or physical circumstance, the essence of who we are is completely whole and totally free. Excerpts from satsang with Gangaji are presented in a question and answer format.

*"Your body cannot be liberated. Your body is doomed to disappearance. Your body is bound by birth, hunger, disease, death, genetics, and environment. However, if you turn your face to That which permeates your body, That which surrounds your body, That which your body arises in, exists because of, and returns to, you meet freedom itself. This meeting is liberation."* —Gangaji

To receive a free copy of *Satsang with Gangaji* write:

DY ROBBINS c/o  
The Gangaji Foundation  
4855 Riverbend Road  
Boulder, Colorado 80301

## COMMON SENSE NEWSLETTER

The Goals of Common Sense are prison reform, prisoner reform, less crime. We are looking for representatives, contacts, writers, artists, poets, men and women, in every prison, every state. We are looking for men and women in every big city, every small town who will get involved. We are looking today, tomorrow, forever. Write:

COMMON SENSE  
Suite N-220  
861 Gray Ave.  
Yuba City, CA 95991

## VISIONS FOR PRISONS

"Letters From The Inside" (To Kids On The Outside): is an attempt to share our wisdom with 'at risk' youth. If you wish to be a part of this new book—write a personal letter (from your heart) to a kid, your sister, your homey. Tell them what you have learned about life, your mind, your body, your spirit, your emotions,. Letters will be published and you will receive a free copy. Send your letter or a request for more information to:

VISIONS FOR PRISONS  
POB 1631  
Costa Mesa, Ca. 92628

## NATURAL HEALTH PRISON PROJECT

The Natural Health Prison Project provides knowledge to help you create a healthful and peaceful body and mind. Information on diet, longevity, exercise, and self-transformation. Will answer personal questions. Please write:

NATURAL HEALTH PRISON PROJECT  
32 Greenwood Ave. #4  
Quincy, MA 02170-2620

## New Tape, Book Available From Us

### "Signs of the Times" — Bo & Josh Lozoff on Marriage & Family Life (90 min)

On Feb. 18<sup>th</sup>, 1996 Frank Sontag interviewed Bo & Josh on KLOS Radio in Los Angeles, CA (sorry Sita wasn't there!), for a lively and powerful discussion about Bo's views on marriage & family, and Josh's experience growing up in a strongly spiritual home, and the effects on his life as a young adult. A strong message for modern times. Like our other tapes, \$8 for those who can afford it and free to prisoners and others who are broke.

### "Open Secrets" — (book) by Rabbi Rami Shapiro

A tiny little book of great wisdom from the Jewish tradition, these letters from a 19<sup>th</sup>-Century Rabbi to Rabbi Shapiro's great-grandfather reveal the classic teachings of meditation and transcendence which unite all Great Traditions. Rabbi Shapiro has graciously allowed us to publish our own edition of this little book so that we may offer it at the low cost of only \$2 to those who can afford to pay (free to others). A real gem!

*a little good news*

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**The cause of all our personal problems and nearly all the  
problems of the world can be summed up in a single sentence:**

**Human Life is very deep, and our  
dominant modern lifestyle is not.**

**— Bo Lozoff**