

Mindfully Incarcerated

By Daniel Labbe

Greetings everyone. Regrettably, I would like you all to know that this will be my last post. I'm very grateful to have had the opportunity to share my journey with you all. The process of sharing what I'm learning and receiving your feedback has been an extremely helpful and rewarding experience. Thank you! 😊

When I first began this blog my intention was to share my experience with committing to a path of healing and growth in hopes that what ~~was~~ I share could help others. Along the way I experimented with different writing styles to ~~see~~ help me find a more effective and authentic writing voice, and your responses proved quite helpful. The process was at times messy and very often reflected my own struggles more than the topic at hand. Your support and understanding helped me recognize this.

The reason this is my last post is because I am currently in an intensive treatment program and I only have 17 months before I'll be released in September, 2016. I still have a lot of work to do if I want to lead a healthy, responsible life and achieve my goals, and I want to make the most of my time in this program. Although I've been able to make a lot of progress, most of the work I did before coming here (to this program) was on my own-self-help books, mindfulness practices, and applying what I was learning to see what was helpful and what wasn't. The problem with ^{this} process, though, was

(2)

that I had very little direct feedback, so I couldn't see what I didn't see. I could only work on the issues I was aware of. For a while this process was very helpful. ~~My~~ My life today is worlds away from what it once was. I came to prison a violent, emotional wreck. Now that I've addressed some of the most problematic issues it's time to work on the things I've missed, and the program I'm in is the perfect place to do that.

I would also like to thank the between the bars staff for providing this opportunity and all the work they do to maintain it. Thank you! 😊

Although I'll no longer be responding to comments left on the blog I welcome any additional feedback or questions. You can write me at the address provided. I'm also open to new pen-pals. A friendly letter is always welcome in prison. 😊

Take care on your own journeys, and remember - Change is possible for anyone with a sincere desire to lead a healthier, happier life. This being human is tough for everyone, never write anyone off.

Peace

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