

TRULINCS 23038076 - LUMMUS, ALLAN CRAIG - Unit: BAS-H-A

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TO: Lummus, FL
SUBJECT: Mindful
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DOB: 2.17.1961
Release D: 12.15.2019
Entered system: 7.2.2009
Hometown: Memphis, TN
Employed: Data Manager/Researcher: Teacher
Relationships: Separated; Married 1991.
Children: Son (DOB: 8.16.93)
Religion: Unitarian Universalist (Religious Humanism - Raised Southern Baptist)
Interests: Tai Chi, Choral/Vocal Music, Reading, Social Justice, Marxism, Humanism, Meditation, Mindfulness

Title: Mindful Prisoner

Welcome to the Mindful Prisoner. I were mindful before I can to prison, I would not be writing this blog post write now. In addition my lack of awareness was a mental prison for me in the free world. These will be the primary issues I hops to explore. The various ways we all imprison ourselves and the role mindfulness could play in freeing ourselves from our various forms of incarceration.

I am sure my other various interests, some of which are mentioned on my face page will slip into the posts as well. Feel free to either leave your comments on the page or if you don't want to be so public, please send your thoughts to me through the mail (or email using Trulinks - Corrlinks.com).