

Reply ID:  
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1-25-13

Dear Susan,

Thank you so much for your encouraging comment on my last blog post. It means a lot to learn that my words are not going unnoticed and are able to help others. As you can tell, I'm excited about the skills I blog about. They have helped me so much when all other methods failed. I can't tell you how much my life has changed, even here in prison, due to the use of these skills. Because I personally know how effective they are I'm excited about sharing them with others in ~~our~~ hopes of helping anyone seeking personal transformation.

I no longer run the Mindful Living group as I am focused on new projects, but it ran successfully for 18 months and I was able to prove to myself that I could facilitate a group that others found helpful. When released I plan on creating a similar group for those seeking positive change. I'll be able to make use of the internet to add additional support to the group.

My next blog (after the one I just submitted on the warrior and victim mentality) will be on how the public can support positive reform in the prison system. I believe that the current "tough on crime" and punishment focused mentality has greatly decreased public safety and is an embarrassment to a country that boasts human rights advocacy. It's hard to know what bills are currently up for consideration without internet access. I suggest supporting anything based on rehabilitation, ~~and~~ reintegration support, and education. So many studies show that

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Such Programs are effective, It's mind-boggling why we still embrace a Punishment based model even when we know it actually increases the risk of recidivism. Obviously, Public Safety isn't what's driving the Policy makers.

If you have any suggestions for future blog posts or questions for me I would love to hear them.

Thanks again for your support, It is hard to stay motivated in such a negative environment. Just knowing that you have enjoyed and share my posts is inspiring.

Take care, and always remember what the Buddha said; It is your mind that creates this world.

Peace,  
Daniel

Feel free to leave a comment or write to:

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P.S. In support of my next post on Prison reform, it may be helpful to forward it to media sources such as WCVB Boston and The Boston Globe with a comment of support - or anyone else including local <sup>Congress Reps</sup> ~~representatives~~ and the governor's office of Massachusetts.