

# Human Kindness Foundation

a little good news

Fall 2008

## MAYBE IT'S OKAY TO FEEL BLUE....

**D**ear Family,  
A friend wrote recently that she was in a deep funk and feeling low. I was about to reply with an encouragement for her to realize that these are hard times for most of us on Planet Earth, and it is understandable that she will feel her own share of these hard times, and for her to try not to take those feelings as a personal crisis, but rather as her “portion of the cross” that we are all bearing. I was going to point out that instead of making her feel tight or further separating her from others, her blues can actually soften her heart and expand her compassion and sense of unity.

But just as I was about to reply, I received another note from her saying never mind, she heard a talk on Satellite radio by a popular “nondual” spiritual teacher, and she realized it was all just her ego-mind, so she’s fine now.

Wow! That was easy! Maybe too easy. Is feeling blue always just a mistake of the ego? A lot of books and teachers use terms like non-attachment, non-dualism, and letting go of ego-mind, but seem to mainly offer clever mental gymnastics to produce a

state where we don’t allow anything to *bother* us. One of those “masters” was asked how his mind dealt with children starving on the other side of the world. His response: “Don’t know, don’t care!” Yikes! Let’s be cautious about the difference between non-attachment and selfish non-engagement.

Another popular teacher claims to be in a state of “uninterrupted bliss.” Well, I *want* my bliss interrupted when 80,000 Chinese die in an earthquake, or 100,000 Burmese in a cyclone, or when my neighbor’s dog gets hit by a jeep. That doesn’t mean I am overwhelmed or incapacitated by these things. But affected? You bet! The great saint Neem Karoli Baba once said “A saint’s heart is even softer than butter. Butter only melts when it gets near the fire, but a saint’s heart melts when *anyone’s* heart gets near the fire.” Compare that to the teacher

above who says “don’t know, don’t care” about starving children. Which attitude sounds more like a saint to you?

### *The Heart of the Matter*

This, to me, is the heart of the matter: What is our most basic view of the spiritual path? Is it about a personal self-centered escape from suffering, or an enormous upliftment for *every* living creature whenever one of us breaks through? Is the goal just to feel good as an individual, safe & sound in our separateness from others, or to *connect* to the underlying One Great Mystery behind it all?

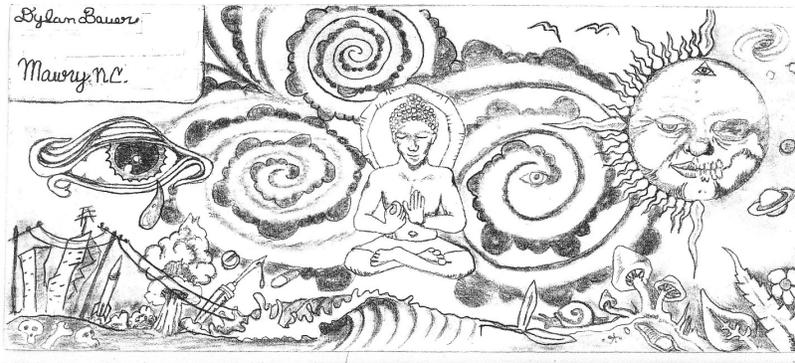
Whether we call it enlightenment, realization, salvation or liberation, this goal at the core of all religions promises us something magnificent and wonderful – harmony, oneness with others, oneness with all creation, and even oneness with God. The enlightened ones are no longer small or afraid, no longer self-protective nor proud. They are

humble as dust, yet Power and Grace seem to flow through them like a river, and miracles may abound around them.

This enlightened state is not psychological, it is not about “taking charge of our lives” or “creating our own reality” or any other buzzwords. The

enlightened me is not just a *slightly* new me that has retained the parts of my ego I like, but gotten rid of the parts that used to bother me. It is a radical spiritual shift that changes us down to our atoms, changes our entire way of being in the world. “See, I shall make all things new!” And the “new” part always has something to do with extraordinary compassion for others.

On the other hand, the primary message in a consumer culture is to appeal to the individual, and separate us from others by feeling better, looking better, having higher status, faster electronics than the next guy. That’s just the way it works: “Buy this product and you’ll feel better.” Does it matter whether the product is a toothbrush or car or spiritual book, or a clever mind-control method to let go of our sorrows? It is a product all the same, and its goal is to feel better by consuming it. There’s nothing wrong with that at all, except to call it profoundly spiritual.



Consumerism has two primary lures that are at odds with the spiritual journey: 1) Feel better now, and 2) Our product will make it easy for you. Ending personal suffering without much effort has become a major consumer product. “Ask yourself four questions, and you will see your suffering disappear.” “Let go of your story and you’ll discover the unconditioned awareness that eradicates your suffering.” These are very enticing ideas. These teachers make a good living selling their products. And they are mostly *good* products, people’s lives do change for the better. But they are still consumer products appealing to the small self to feel better now, and to do it easily, without much effort or sacrifice. That’s how you get customers to choose your product over others.

In a public appearance in L.A. a few years ago, his Holiness the Dalai Lama was asked, “What’s the easiest way to enlightenment?” The Dalai Lama put his head in his hands for a solid minute or two, totally silent. When he looked up, there were tears running down his face, and he said, “There is no easy way.” That’s the real deal.

The goal of spiritual life has always been about giving up the small self, connecting with *others*, helping *others*. “Love thy neighbor as thyself.” “Man hath no greater Love than to give his *life* to his fellow man.” Giving our lives *away*. The personal self *dying* into a mysterious and incomprehensibly deep, compassionate Divine Self.

Those of us who have been fortunate enough to meet true spiritual masters, to look into the eyes of men and women who have taken that enormous step of surrender to God that has incinerated their small selves, know that their state of freedom is not merely sidestepping the struggles and misery of human life, nor dismissing those miseries as trivial. No, the true state of spiritual freedom is one that *includes* all pain and suffering, a state that *bears* all pain and suffering, that even willingly takes it on for others.

### **The Smile**

There are many photographs of saints and masters, and they often have huge smiles. Ananda-



mayee Ma, Ramana Maharshi, Ammachi, Neem Karoli Baba, the various Sufi masters of Islam, the Dalai Lama, the “Laughing Jesus” poster found in many churches. Yes, there is something joyful and exciting about that state of spiritual freedom, it isn’t just sorrowful suffering. But aren’t those

smiles very different from the self-satisfied smirks we see on the book covers of these popular “nondual” or “new-age” teachers? A smirk is not an enlightened smile.

A real spiritual master hasn’t escaped suffering, he has devoured and digested it. Elie Wiesel, an Israeli elder who survived the Holocaust, said “Anything you say to me about God, you’d better be able to say while standing over a pit full of burning babies.” Is that pit of burning babies just the ego-mind? Is it being “caught in your story?” Will asking yourself four questions make the grief go away if one of those babies is your own?

And yet the saints do have those smiles – not smirks, but deep and compassionate smiles that include the pits full of burning babies, the Chinese schoolchildren crushed under their school after the earthquake, as well as the beauty of nature and the joys, wonders and mysteries of being alive.

Their smiles know the pain we are in and they willingly bear that pain along with us because of their love for us. They know that God is good, life is good, even while creation seems to be creaking and groaning in misery. They smile because they know all of this is a mystery, not a tragedy, and it is the training ground for our liberation. They smile a smile of *total engagement*, not of personal escape from negativity. They have not turned away from the rest of us, they have given themselves fully to us. And they cry as freely as they smile.

When Sita and I returned from our first meeting with the Dalai Lama in India, I said to my dear elder, Father Murray Rogers, that even though the Dalai Lama is heartbroken over the Tibetan situation and fully involved with the suffering of his people, he was by far the happiest person I had ever met. Father Murray said, “Yes, Bo, and can you imagine how much pain that man has been willing to endure in order to become this happy?”

Endure, not avoid. Let his heart break further and further, not ask his mind four questions. Most of us know the old saying, “The only way out is through.” It’s still true.

### **Trusting Our Lives**

My son, Josh, holds a black belt in Aikido. He once wrote an article titled “Hard on the Outside, Soft on the Inside” for an Aikido magazine. His point was that the true martial artist, like the true spiritual seeker, must be hard enough, tough enough, on the outside to move through this difficult world without falling apart or caving in every time something bad happens, or when someone is cruel; yet his heart must always be soft on the inside, sympathetic and compassionate, not bitter or cynical or numb to his own pain or the suffering of others.

We can move through prison life, corporate life, family life, community life, tough as nails to deal with reality but with hearts of butter underneath that toughness. We can move through happy days and blue days with soft hearts and a feeling of connection to the ups and downs of others

across the world. On our happiest days we can humbly remember that not everyone is happy, and on our most depressed days we can softly remind ourselves that not everyone is blue. We don't need gimmicks to cheerlead ourselves into a positive state. We don't need to be afraid of our low times. The Psalms say "To everything there is a season, and a time to every purpose under the heavens."

Do we believe it? Do we believe that happy times and sad times all have their purpose, their season? Can we snap ourselves out of the consumer mentality that leads us to believe the highest goal in life is to look and feel great right now, and to be better off than our neighbor?

There are countless fad diets, but the safest way to lose weight is: Eat less, exercise more, and do it forever. Same thing with living deeply. If we want to discover the Heaven that Jesus tells us is within us, we have to be unselfish and compassionate, and do it forever. No gimmicks, no excuses. Just be a little less selfish and a little more loving every day, working with every reality Life brings us, including hard times and blues. St. Paul tells us, *For The believer, all things work toward the good....*



## **Practice: TAKING MINDFULNESS TO A NEW LEVEL**

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"Mindfulness" is a word that is seen and heard more and more often these days, and the simplest definition is usually that mindfulness means to pay attention to what you are doing at the moment; do one thing at a time, and do it well. This is true, but our practice of mindfulness often stays at a pretty superficial level, and we may fail to grasp how powerful and life-saving the practice can really be. The primary purpose of mindfulness practice is to prevent the mind from running wild and always keeping us at a distance from where we are right now. Every spiritual tradition reminds us that "right now" is all that exists. If we allow ourselves to be lost in thoughts about the past or future, we are letting the present moment slip away, and then the next moment slips away and the next and the next, and our lives are over before we know it, and we feel somehow cheated from ever having "landed" square in the middle of our journey. It was always about what happened before or what comes next.

So the basic practice of mindfulness is to bring your attention to what is happening now. For example, at this moment, you are reading this article. Take a second to feel yourself sitting and breathing. Breathe consciously, smoothly. Relax your body, let go of any sense that you should be somewhere else or should be doing something else. You are here. Be here fully. Feel your hands holding this newsletter. Become aware of the sounds around you. Pay attention to detail. If someone had asked you a minute ago to shut your eyes and tell them what color paper this newsletter is printed on, would you have known? Are you paying attention?

All the martial arts are about one-pointed attention. That's all mindfulness basically is – one-pointed attention from the time you wake up 'til the time you fall asleep. Paying full attention to everything you do. When you are in severe crisis, it will be tempting to forget about mindfulness entirely, or even angrily reject it – "Screw that crap, *this is real!*" But those are the times mindfulness is actually the most important. In your most depressed moments, your most anguished or panicked moments, your angriest moments, your most frightened moments, mindfulness practice can bring your attention to the simplest basic reality – being right here where you are, breathing, heart beating, blood flowing, just being here. It can free you instantly from the tyranny of a mind that is freaked out and should not be in charge. Take your energy out of the mind and into the body, the physical world, plant your feet on the solid ground of *experience* instead of *thought*. Breathing is not a thought, it is an experience. Sounds, touch, sights, tastes, smells are not thoughts. Mindfulness is to ground yourself in the experiential even if just for a moment, and then approach your difficulty from that center. Use the mind, for sure, but don't be used by it. Your center is not the mind. The mind is one of your tools, like the arms and legs. A great saint once said "The mind is a wonderful servant, but a terrible master." Mindfulness practice –especially during our hardest times – helps us to make sure mind is the servant, not the master. In all things, big & small, bring full awareness to what you're doing.

# LETTERS

Bo & Sita,

*I recently read Just Another Spiritual Book and was amazed at how much light it shed. I lost my faith many years ago from being molested as a child and years later I took the life of my mother for it. I spent 18 years at Walpole and the last 10 years in the Control unit. I spent so much time there I became institutionalized and couldn't function properly once I got my freedom in July of 2007. I met my first wife from a pen-pal website. When I was released from prison I flew to the Pacific Northwest to marry her. Well I lasted 120 days on the streets and picked up a double murder because I was disrespected.*

*I ended up getting 2 life without parole sentences plus 10 years for the gun charges. My wife got 1 year in County for rendering criminal assistance and she had nothing to do with my crime. I'm totally devastated and heartbroken over hurting her. I moved out west here but now it looks like I'm going to lose her also. I don't know where to turn. I have no belief in God, I have no faith at all. My case was more political than anything else so it was rushed to a conclusion in only 4 months.*

*I would be grateful if you could send me reading material on how to meditate, also "We're all doing Time" and "Lineage and other Stories." If you could answer my letter with some advice that would be fantastic!*

*Thank you much! Respectfully, D*

Hi D,

It's good to meet you, though I have a hunch you may not be glad to meet me until you've opened your heart more to the truth of your situation. You said in your letter you were institutionalized from your years in Walpole, and I agree. I have been to Walpole and other prisons that are tough places and I know what being "disrespected" calls for in that convict culture. But it's bullshit, man. It's terrible bullshit.

You are an ex-con from Walpole, but you are also a human being, and being institutionalized doesn't free you from responsibility for living with compassion for others and a greater respect for life. It's clear from your letter that the only thing you feel bad about is the charge

your wife caught. Hey man, you murdered two people in cold blood. And you did it over nothing. Nothing. You say they "disrespected" you?? What respect did you show for life itself? What respect do you show for it right now, when you say "my case was more political than anything else and so it was rushed to a conclusion in only 4 months?"

Is it political that you killed them over a tattoo argument? Is it political that you had a gun even though you had just gotten out of prison? Is it political for the public to put you away for life so you can't snuff out any more lives out here on the street? What is political is that now your victims' families and many others will join a growing movement against parole for murderers, which means your crime will hurt many good men and women across the country who would NOT kill again if they were released. You have caused serious harm to convicts who have really changed their hearts and lives. It will get tougher and tougher for a man with a violent crime to ever be accepted back into society.

Stop lying to yourself, D. Take the armor off your heart. Allow yourself to feel the pain you have caused, the total disrespect you have shown for life, humanity, society, and your spiritual self. I don't know what good *We're All Doing Time* will do for you until you hit bottom and feel the violent and harmful failure your convict values have made of your life. The only way to be successful is to start from the truth: You're a selfish and violent man with a closed heart, and you need to change. That's the truth.

But you *can* change. There's a good guy inside you. Or you can do your time now like you did in Walpole, just one more angry, selfish, violent convict who doesn't give a shit about anything other than his own ass. Is that what you want for the next thirty or forty years of this life sentence?

I have many friends who murdered someone and spent at least as much time behind bars as you did. They became some of the most wonderful people anyone could find. Some are out, working as substance abuse counselors and other such helpful occupations. Some will never get out, but they do their time with dignity and compassion and

function as peacemakers and elders in their prisons. You're never going to get out, D. My greatest prayer for you is that you decide not to settle for a life as a stupid convict with the bullshit pride that hinges on "respect and disrespect." Come on, what are you, a five-year-old? This isn't a convict movie, D. This is what is left of your love-starved life. It is up to you what to do with it. If you are attracted to my books at all, it means you are not satisfied with being like you are. That's good news for you and for the inmate population of Washington state. Change. Change big. You can do this, and you need to. You say you have no faith, but whether you like it or not, there are forces in life way bigger than you, and there is power way bigger than a gun, and in your deepest heart you are aching to feel a glimpse of all that. The good news is, you can. I hope you choose to do the spiritual work required to touch your goodness and the goodness of life itself. Otherwise, you're just a pathetic little number in a cage, proving the angry public right about the "monsters" we keep behind bars. You're better than that. Prove it.

Love, Bo

Bo,

*I received your letter a little while ago and to tell you the truth it pissed me off at first, but I realize you are 110% right. In my first letter I didn't explain everything that took place the morning of my crime. See, I was doing a large tattoo on the guy and I couldn't finish it because he was too drunk so I just put it off for another day. The next morning I left my trailer to use the bathroom. He was outside getting something out of his truck and saw me and waved me down to his house. When I got there all I could smell was booze—he and his wife were drunk at 7am for they were both heavy drinkers. He wanted me to finish the tattoo right then and I told him no it was too early and he was drunk. It turned into an argument and punches were thrown by both of us. When I started to get the best of him, he yelled to his wife for her to bring a gun from the bedroom. When I heard that, I pulled a gun and shot them each two times even though the first shots killed them. When I wrote I was disrespected I meant when he tried to get a gun.*

*I was wrong Bo. I'm a jackass of the first class order! I had a gun in my jacket pocket because the night before I went and sold a rifle to people I didn't know. You're right, I shouldn't have ever had a gun in the first place. My heart is heavy over what I've done, Bo. At times I just want to tie a sheet around my neck just to take away the heartache I have within me, but I know that's not the answer at all. I've hurt a lot of people over what I did and not only the families of the people I killed, but my family also. I never went to their house with the intention of hurting anyone at all!*

*I give a shit about a lot of things, Bo. I don't want to live the rest of my life in a cage as a bitter hateful person at all! I'm a total fuck-up and need help. Whatever advice or help you have to offer, I'm all ears. Even though your letter was harsh, I thank you for writing.*

*Take Care, D*

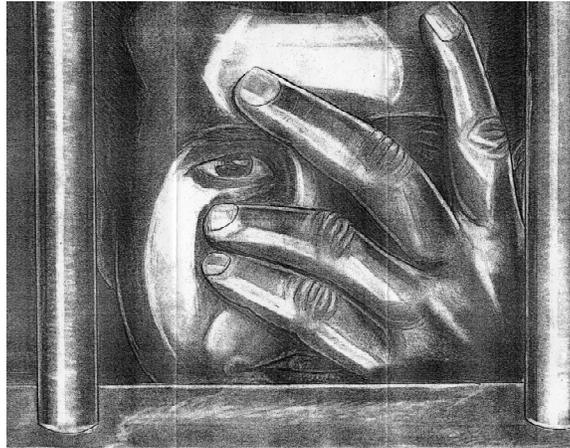
Hi D,

I'm proud of you that you got past your first reaction to my letter and copped to the truth in it. That's the first important bit of spiritual work and you did it! As I said in that letter, you can definitely change and become the person you want to become. No doubt about it. But you must understand it takes spiritual work like that on a daily basis, hell, on an hourly basis sometimes. It takes forcing yourself to keep seeing the truth instead of the bullshit your mind wants to pacify you with. It takes swallowing your pride again and again and examining your values and making sure you are being the person you would most respect.

Meditation is a very useful tool. Don't use it to "escape" the work as many people do. Use it to develop a calm and disciplined mind in order to *do* the work even when it's tough. Use my books, and keep your view simple: Unselfishness and compassion are the two great keys in every religion. We can all understand what it means to be a little more selfish or a little less selfish; a little more compassionate toward others or a little less. Each day that you're less selfish and more compassionate, you become more the person who can make good use of the rest of your life. Each day that you are more selfish and less compassionate, you set yourself back in a cage as a stupid convict. It's wonderful to see how much power and responsibility you can have over your life, even in prison.

Take the leap, brother. You got nothing else now. Trust me for awhile until your own experience can take over as your motivation. Work with the books and practices. Quiet your mind and open your heart and see what happens. I'm pulling for you. We all are. The world needs one more humbled strong man who sheds a little light in the dark places. Your life counts.

Love, Bo



[*editor's note: the following letters were sent in response to Bo's correspondence in the last newsletter with S, a young woman in prison for murdering her twin 6-yr-old sons, who has been struggling with the idea of suicide.*]

*Dear S,*

*I received the newsletter from HKF and after reading your letter felt inspired to write you. Though things are different, I know exactly what you're feeling and what you're going through. I'm sure Bo's response isn't what you wanted or hoped to hear, the truth never is, but it is what his whole life and HKF are about, and it works. It's the ONLY thing that works. I hope you are able to let his words help to start changing your life and not let your mind dismiss them as one more excuse.*

*Seventeen years ago I sat in a jail cell thinking, feeling, and going through the very things you are at this moment. They took my shoes so I couldn't hang myself, and I spent many months (or is it years?) thinking of ways to kill myself. I knew there was no way I could live having murdered my sweet old grandmother. But I threw up all the pills I took and somehow had put the knives down that I was waiting on the police with to make them shoot me.*

*Thankfully, nothing ever goes as planned, and now I wake up and give*

*thanks for being alive before I even open my eyes. I'm even more thankful for the last seventeen years I've spent in prison and for the hope I feel for whatever else is to come. What I once saw as the end, now seems like it's only the beginning.*

*There is so much I want to express to you so you can know you don't have to let this terrible thing you've done hurt you or the rest of the world more than it already has. Had I died, any hope of righting my wrongs would have died with me, and I would be just the monster they said I was. I owe my grandmother more than that. I owe my family more than that. I hope you won't make it even worse by taking the easy way out, because for everyone you leave behind, it'll always be there.*

*I strongly urge you to let Bo's teachings help mold your life into something deeper. Don't just read the books—anyone can do that. Study them, read and reread them, and put the practices to work. Find yourself in every page. I'm living it, and Bo has spent his whole life showing it, and I believe there's more to it than just my grandmother being dead.*

*I am responsible for an unknown amount of pain, and I am a murderer, but I'm also not helpless for that to be all I am. You owe it to the lives you took and the world you let down, as well as yourself, to find the hope and love to keep going. Let this awful thing give you a reason to live--a reason to help change the world.*

*You can get through this and there can be something good to come about from this. I hope you will have the courage to look for it. To become it. As bad as it hurts, there are people everywhere who are hurting even more than us, and their hurt isn't self-inflicted. I say that because a big thing that helped me was to realize I wasn't the only one, and I wasn't as different as I thought.*

*What's done is done and now you can either sit around playing victim and wonder why God did this or didn't do that, or how you could and all that, or you can use this opportunity to find the compassion and unselfishness Bo says will bring you peace. What do you think your twins would want you to do?*

*From me killing my grandmother to the violence and crap I've had to deal with in prison, to the suicide of the girl of my dreams, it can all be used to make or break you. I vowed to change my life and part of that was accepting everything*

that comes with it. I'm still not really sure of what I put my faith in—doesn't matter. I just be still and the rest falls into place. I see that I make the choices and life gives me what I need to help set me free. Right now I'm dealing with what has been placed in front of me, and you've got to do the same.

All I really wanted to say out of this mess is that **YOU CAN DO THIS!!!!** From the bottom of my heart I pray you do. If I can, anyone can. You're not alone.

So much love, J S, Mountain City, TN



To Bo & HKF from S's cellmate:

The reason for my letter today is that I've just received your newsletter. The first letter in your letters section is from my best friend, S., who is also my bunkie.

A lot of the women hate S., but I could not, she has helped heal my heart. I've been sexually abused all my life starting at age six. I had a daughter when I was 21—I'm now 36. When my daughter was 3 ½, I had a breakdown because the guy I lived with beat me. I tried to hang myself but my neck didn't break. I took the rope off and sobbed. I watched over my daughter all night and made the decision to give her up to my cousins for adoption. She was eventually taken from them and put into another home—I've had no contact since she was six. Ever since I gave her up I've been on a path of self mutilation and destruction until finally I wound up in jail. S's story touched me and set me free from my self hatred. I saw that the choice I made was one of love for my daughter, so she'd have a better life than what I could

provide. I am sad S made such a poor choice and sacrificed her precious boys. She has to live with her choice for the rest of her life, and she told me she wished she was as strong as I was. I was lucky I was unsuccessful at suicide, and thanks to knowing S., I won't ever try it again. I have forgiven myself for giving up my daughter knowing I did the best I could for her. I'm going to work hard to achieve my dreams so when we are reunited I'll be able to show her how well I've done in my life too. I'd like to thank you all for listening to me and the S's of the world—I've been able to find the start of my inner peace through your works. I'll keep in touch and send a picture when I'm reunited with my daughter.

Love, G



## GOOD WORKS – AMANDA SHAUGER

I'm a graduate of both Penn State and the state pen – in that order. I knew the moment that I got arrested it would be the end of the world as I knew it, and I felt strangely relieved. I was in the Arizona State Prison for about 18 months from '96-'98 for transporting a couple hundred pounds of pot, and I still remember the day when a fellow inmate said, "Hey, I think you really might like this book." I devoured Bo Lozoff's *We're All Doing Time* and immediately wrote for my own copy which I received along with *Lineage*. The books were welcome nuggets of truth, inspiration, and clarity for me.



The summer I got out of prison I took a DJ training course at our local Community Radio station, 91.3 KXCI Tucson and began to volunteer. Before I went to prison, I would never commit to taking a 3 week course and I never really wanted to call attention to myself by being on the radio. But once I didn't have to worry about being busted anymore, why not?

I learned how to record and edit news and features, and I was offered a half hour public affairs program. I've gotten a chance to ask a question of the Dalai Lama and I've been able to confront Sheriff Joe Arpaio about his policies. I've featured many prison-related interviews. Some of my stories on immigration have gone national and international. They say that the

pen is mightier than the sword, but the microphone is pretty powerful, too.

Prior to Bo's most recent tour, I wasn't connected with any of the prison groups in Tucson or any of the social services available to folks getting out of prisons. After hearing Bo's talk, I decided it was time to start putting some of the things I learned from him into practice. I became a part of the Women's Re-Entry Network. These women have all done time and have developed a course that is taught at the Pima County Jail on topics such as civil rights, health, parenting, sexual abuse, addiction and prison survival. Sometimes I go in to help out. I also just pitched in with a local group called Read Between the Bars – they collect books in the Tucson community and send them to inmates throughout Arizona.

I also signed up to be a mentor for the Prisoner Re-Entry Project (PREP) which is comprised of a number of local organizations who provide services such as housing, counseling, and training for recently released inmates with non violent, non sex offenses. I've been really touched by their events because there were folks who just got out of prison, graduates of the program, cops, service providers, faith based folks, probation officers, and educators all talking about ways to help people in prison and people getting out of prison. I was really impressed by the recently released folks who are already mentors.

My heroes are people in my community who are working on the issues of human rights, prison, immigration, social justice, etc. Because I have a background in community radio, I get to meet people on a regular basis who are working to help make things better for the people around them. Even when political and social will seems to be opposed to these good works, it constantly fills my heart with love to join in the work and I hope you will consider helping out in your area too.

# UPDATING OUR PRISONER MAILING LIST!!!

Our postage costs have risen so much, we need to cut down on as much waste as possible. If we have not heard from you over the past 4-5 years, you will see a % sign next to your name on the address label, and we are asking you to let us know if you want to keep receiving this newsletter. If you do **not** have a % sign next to your name, you will continue to receive our newsletter – there is no need to reply.

**Please check the label on this newsletter. If you have a % sign next to your name, you need to send back this half-page (your label is on the other side) to continue to receive our newsletters. If your id# or address is different from what is on this newsletter, please print your correct address above the label very clearly but do not scratch out the label.**

We may receive thousands of responses, so please do not include letters with this reply. We love you and are always sending you our blessings and prayers. Our next newsletter should arrive around Christmas.



Russell Lindsay, White Deer PA

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## NEWS, NOTES & OFFERINGS

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### GOODSEARCH HELPS HKF

Goodsearch.com is a new search engine powered by Yahoo that donates 1.3 cents to your designated nonprofit every time you use it. All you have to do is go to goodsearch.com and write “Human Kindness Foundation” where it says “Who do you Goodsearch for” (you should only have to do this once if your computer saves this info), and then use Goodsearch just like you would use Google or any other search engine. If just 500 people search four times a day, HKF will receive over \$7300 in a year’s time. We hope you’ll support us in this effortless way.

### BO IS OUT OF THE OFFICE

Bo Lozoff will be taking a sabbatical from office work for awhile to focus on other projects and responsibilities. We wanted to let you know that he will not be able to answer mail for awhile. The letters you see in our newsletters are those he has already responded to.

### AUTOMATIC DONATIONS

If you’d like details on how to make automatic donations to HKF using your credit card, please contact Catherine at [office@humankindness.org](mailto:office@humankindness.org). Use “automatic donation” as your subject line.

### *a little good news*

is a publication of Human Kindness Foundation, which is non-profit and tax-exempt under section 501(c)(3) of the IRS code. Donations and bequests are welcomed and are tax-deductible to the full extent of the law. All money goes directly to support HKF’s work, helping us to continue producing and distributing free materials to prisoners and others, and sponsoring Bo Lozoff’s free lectures and workshops and the other projects of the Foundation.

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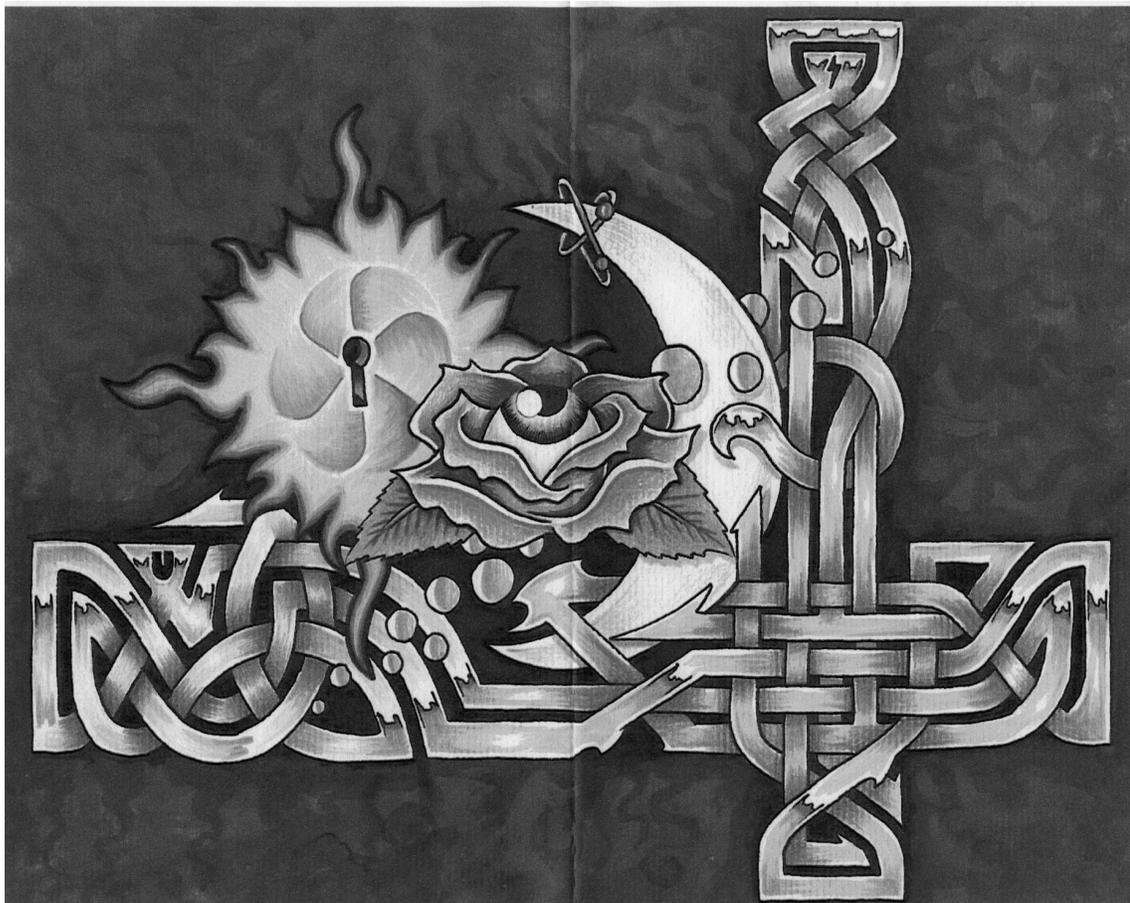
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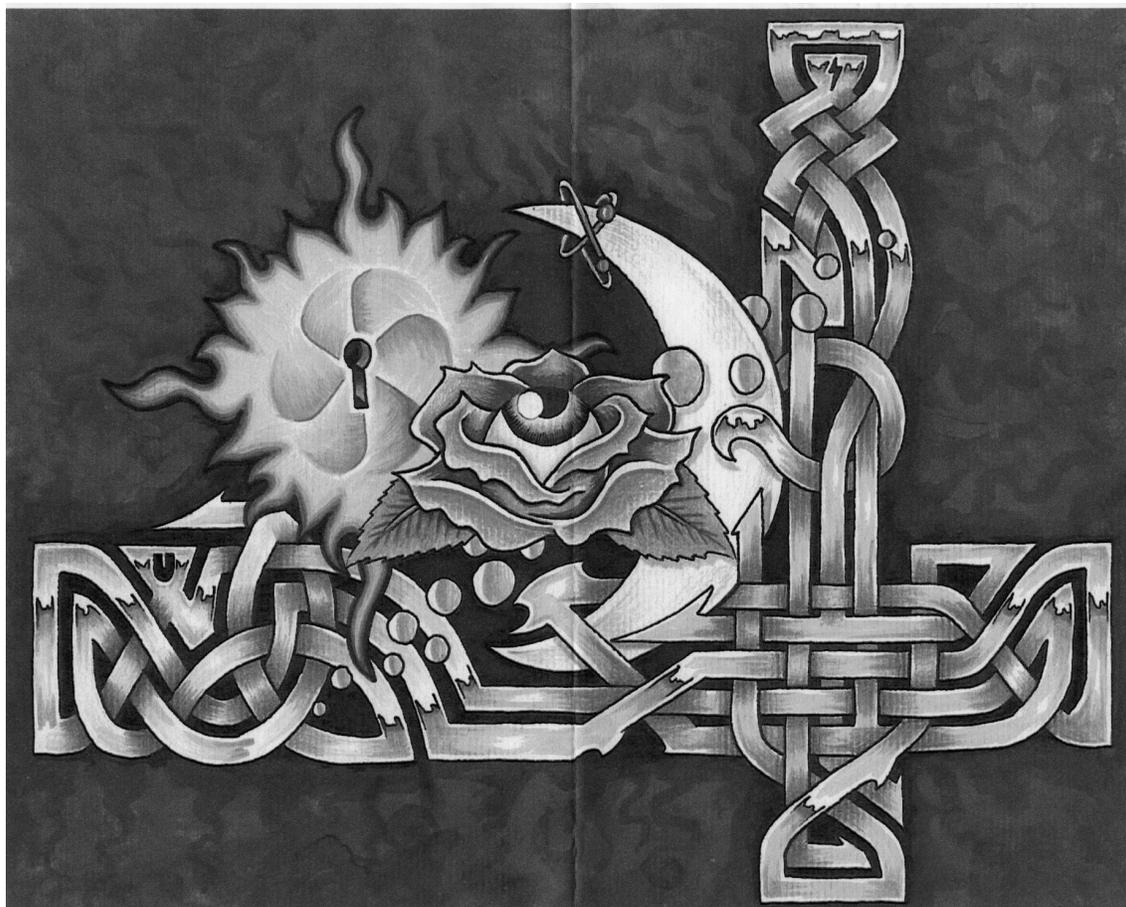
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