

Human Kindness Foundation

a little good news

christmas 1993

I'M BACK !!

Dear Family,

Where to begin? After three years, I am officially out of retreat -- though I hope I'll feel partly in retreat for the rest of my life. But you can expect to receive these newsletters quarterly again (mailed around the 15th of March, June, September, and early December). Besides marking the end of my retreat, this issue also marks the twentieth year of the Prison-Ashram Project and the beginning of a new, expanded vision of Human Kindness Foundation.

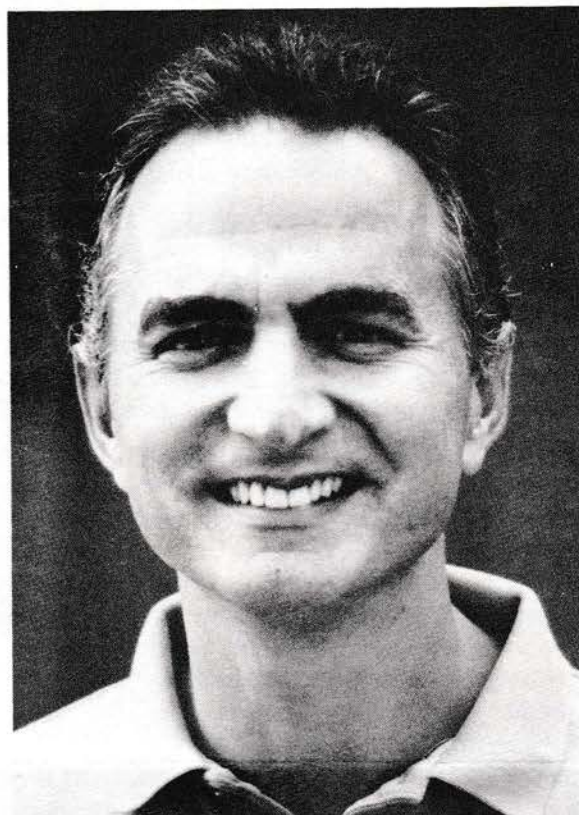
This newsletter will only make the briefest mention of those changes, because we're in the middle of restructuring the whole Human Kindness Foundation. As of mid-'94, there will be new projects and new ways for you to be involved, new features in our newsletters and more opportunities for us to visit you and for you to work more directly with us. For now, the main news is, Sita and I will soon be joined by other dedicated people instead of being the "mom & pop" operation we've enjoyed all these years.

We recently held a meeting, attended by 75 people from around the world, to help us enter this period of expansion without losing sight of what we might call the Soul of our work. The meeting gave us a lot to reflect on, but one thing that is clear as a bell is what we are about: We are first and always a reminder of The Sacred, The One, and will continue to encourage you to seek Its presence, within yourself, in your daily life. That focus won't change so long as Sita & I are sane.

In this lead article, I'm just going to talk freely about some of what I've learned and wrestled with during retreat -- issues that seem common to us all. After that, you'll find a practical method for looking at anger and other emotions, and finally a page of news, ideas and offerings.

Before Knowledge, There's Simple Faith

Perhaps more than anything else, I've experienced a reminder of what basic faith is all about, and a deeper appreciation for this sacred journey we all share. Past all complicated theologies and arguments, spiritual faith turns out to be a very simple choice on our parts: To believe, to trust, that there is an **Ultimate, Sacred Goodness** at the core of everything -- even the worst, saddest, craziest, most disgusting realities imaginable. Starvation, war, imprisonment, addiction, crime, pollution are not accidental, random, or chaotic. They are painful, difficult passages along our journey from ignorance to Divine Love. At Christmas time, especially, we need to understand that



without the persecution, betrayal and crucifixion, there would be no resurrection and redemption. No matter what is done to us or what we are given, we have the choice to turn it toward the Good by letting it bring out the best in us rather than the worst. Faith means nothing if it isn't expressed in our most trying times.

There is indeed a transcendent force which is incomprehensibly loving, merciful and intelligent, and every one of us can (and *must*) someday experience that force directly. In that experience, we no longer have any questions like, "But how could a loving God allow such-and-such to happen!?" When everything becomes clear and undisguised, there is *only* Love, which encompasses even Bosnia and Somalia, even terminal cancer or being locked up for a crime we didn't commit. If our minds could make sense of it, we wouldn't need faith, would we?

I see many people, even some of the most religious among us, abandoning true faith and replacing it with a qualified faith which rationalizes their hopelessness. They seem to be losing hope in perfection, in complete spiritual transformation. Many clergymen -- themselves having lost hope -- have become essentially therapists instead of a gateway for their parishioners to reach the transcendent, Sacred Reality. It breaks my heart to see so many beautiful people redefining the Divine in order to settle for less.

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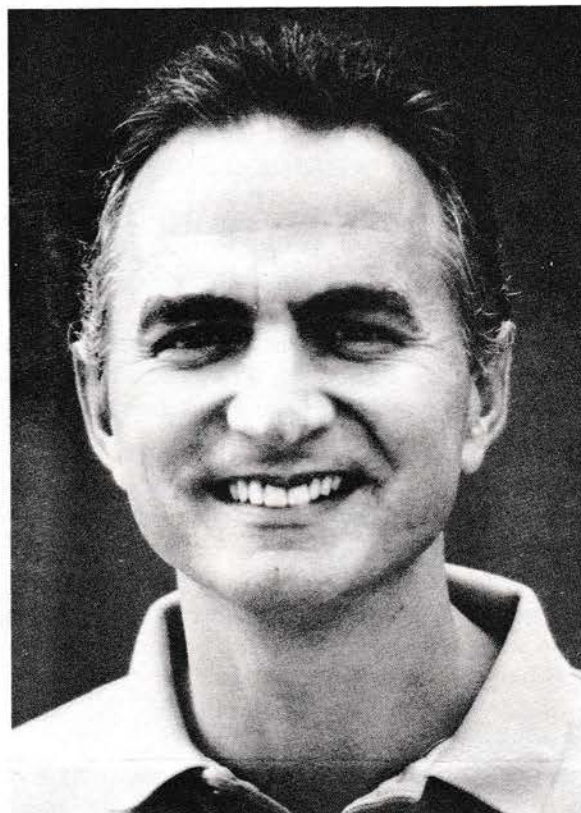
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God hasn't changed. Allah hasn't lost power. Buddha's Third Noble Truth (that there is a perfect state of being) hasn't become untrue. Christ hasn't died. Many of us are simply afraid to continue hoping for and having faith in what they promised us -- a direct, perfect, totally fulfilling meeting with God. Please don't lose hope. Choose to have faith that there is indeed One Great Reality which hasn't the slightest imperfection or disappointment or confusion. And if you really want to experience it for yourself, then do more spiritual practices and include every moment and every event of your life in your spiritual journey. No time out. "Seek Ye first the Kingdom of Heaven."

Just to *know* about life as a spiritual journey, just to *know* about the options we have of looking inward through solitude, silence, contemplation, meditation, prayer -- is such a great blessing! Look around at how many millions of people live, struggle and die without ever considering the *existence* of the Sacred, let alone knowing the possibility of experiencing it first-hand themselves.

You and I are greatly blessed indeed. I hope you'll take a moment and give yourself an opportunity to *feel* it, instead of merely reading these words. **You are blessed; you are privileged.** Even if your life is a mess, even if you're in a frightening place away from all your loved ones, even if you're reading this after finding out you're HIV+ -- you are blessed; you are privileged. We're *all* going to have problems, illnesses, and struggles; we're all going to die. But you have found out about the existence of the Spiritual, about the path of *Dharma*, which changes everything as it leads us into the great, mysterious truth of our eternal nature. How much or how little you follow a spiritual path is entirely up to you now. There is no place, no situation, no outside force which can prevent us from using every moment of our lives for spiritual unfoldment.

One should take refuge at the end in these three sayings: You are still the Indestructible; You are the Unshaken; You are the very Essence of Life.

-- Krishna (Chandogyanishad)

The Fortress of Anger

One of the most painful, terrifying and wonderful revelations to come from my retreat had to do with anger and where its power comes from -- and it has changed my life a great deal. I share it here because anger is a major problem for many of us, and I hope my experience encourages you to look at your own relationship to anger and free yourself from its hold. There are many popular views about anger being "healthy," but spiritual teachings hold repression and expression as being very little different from each other. In both cases, we're caught in a dangerous, self-destructive illusion.

Something I had noticed in the past many years of spiritual work was that I would lose my temper less often, and at fewer people. That makes sense, right? However,

the confusing part was that when I *did* lose my temper, the anger was just as intense or even more intense than ever! Also, the only people I would blow up at were the people I loved the most -- Sita, Josh; I even screamed at my mother once, just a half hour before giving a church service on inner peace! I was so ashamed and humbled.

Isn't that strange? If meditation and prayer and clean living were whittling away the fury and rage inside of me, why wouldn't the *intensity* of anger decline along with the frequency? And why wouldn't my sweet little family be the first ones off the hook, instead of the *last* ones to enjoy my spiritual growth? For the past several years, I may only have lost my temper a few times, but when I did it was at Sita, and it shook her like a leaf in the wind.

One of the blessings of deep retreat is an opportunity to look closely at the best and worst parts of ourselves, and that's what happened to me concerning anger about halfway through two months of silence and partial fasting.

I fell into a period of horrifying anger that shook me to my roots, especially since I couldn't scream, shout, punch the wall, etc. I had to sit with it in silence. Imagine being angrier than you have ever been in your life and having nowhere to go with it except inside yourself. Sitting all day, with no distractions, you can't possibly repress or push away anything; you can't turn on the TV or stuff your face or call a friend or go for a walk. It's just you and anger, right there in the moment of truth. Actually, I did lose control and break silence briefly, and then the anger toward myself *tripled* because I had broken my vow of silence. I fell sobbing on the floor, hating myself, hating my life, hating my confusion at what to do next -- so much "self," so much anger and self-hatred!!

Still feeling adrenaline throughout my body, shame and despair in my heart and confusion in my mind, I prayed, "Please, let me see the truth, let me see where this comes from, even if I don't like what I see. May I see the truth of anger."

An image appeared -- I was being comforted by my mother when I was a small child, apparently after she had lost her temper with me. I was shaking and crying, and she was saying, "Come on now, you know I love you! That's why I *get* so angry, is because I love you so much." And then, as if on a movie marquee, I saw that I was learning, "ANGER PROVES LOVE."

Another image appeared: this time it was my whole family -- all of us with bad tempers -- sitting around making excuses about being "passionate" people, and putting down people who were calm and families who didn't scream at each other. Again, like a neon sign I saw,

**"ANGER = PASSION,
PASSION = ATTRACTIVE / EXCITING,
UNPASSIONATE = DULL / BORING."**

I began to grasp how many layers of innocently false notions, excuses and habit patterns underlie our emotional problems. We live according to how we see the world; we

see the world to a large degree according to how we were taught. There is no one to blame, but there is a great deal to be corrected. Looking honestly at my own heart, at my wounds from a lifetime of justifying anger, I said, "I no longer believe in this philosophy which my father was taught as a child, which my mother was taught as a child, which I was taught as a child. I no longer believe that anger proves love. I no longer believe anger is just passion. I no longer believe it makes me a more interesting person. I believe it's a form of violence for me to rant and rave. I believe anger never helps. Please, dear God, allow me to give up anger, as my contribution toward a more peaceful world."

I sat silently a while, and received various insights, teachings, about anger -- for example, that anger is not a genuine emotion; it's a distraction. Anger is a smokescreen which takes us away from facing an uncomfortable truth. Many of us use anger to cover up embarrassment. Being angry is easier than admitting that our ego feels threatened or humiliated. Anger directs the attention to another person, or to a convenient enemy like the government, or polluters, or cops, or criminals -- anywhere but ourselves.

Much like sexual orgasm, heavy anger is so *totally* absorbing, it's almost impossible to see through the illusion while we are in it. Some of you who are reading this have given up precious years of your life because of anger; some of you are on death row because of anger. That's how tragically captivating it can be.

And probably the *most* difficult type of anger to let go of is what might be called **Self-Righteous Anger** -- when someone else is absolutely, totally **Wrong** and we are absolutely, totally **Right!!!** Or, when someone we care about is hurting themselves, and **WE'VE GOT TO MAKE THEM SEE THE TRUTH!!!** You know what I'm talking about, don't you? Rising up in fury like Jesus turning over the tables in the Temple! We imagine, "This isn't 'my' anger! This is the Wrath of God at such a terrible injustice!"

The problem is, Jesus's anger was indeed "Righteous Anger," which is a world apart from "Self-Righteous Anger" -- the key word there being "Self." A Savior's or saint's anger has no ego in it, no personal fears or desires, no neurotic buttons being pushed; it's not self-protective or self-justifying like our anger, it's more like a hurricane or tornado -- its awesome power isn't "against" us; it's just a mighty force of nature which humbles us and reminds us of our place in God's creation.

Righteous anger humbles us, but *self-righteous* anger seeks to defeat. There's a world of difference. Most of us have a long way to go before we can entertain the idea of

expressing anger as a positive force in the world. As long as there's a "self," as long as there's someone wondering "Is anger okay?" then it's a good idea to consider it a dangerous form of expression.

If we use anger at injustice as the source for our energy, we may do something harmful, something that we will later regret. ...Compassion is the only source of energy that is useful and safe. With compassion, your energy is born from insight; it is not blind energy..

-- Thich Nhat Hanh

Over these many months since the revelation about anger, I've had a chance to feel how big an effect it had on me. (It would be nice if I could say I've never gotten angry again and never will, but that's not usually how these things work. Besides whatever else it is, anger is partly a habit, and habits usually take time to change. This can be a serious problem for people who experience being born-again or the raising

of the kundalini or oneness with God, etc. -- the ego-mind rushes to proclaim sweeping changes like, "I'll never be selfish again," or "I'll never get angry again," or "I'll never desire another cigarette." Then, when the old habit pops up a few weeks later, they get terribly depressed because they think their wonderful experience must have been false. The experience may have been genuine, but when the experience is over,

that's when the daily work begins.)

The few times I've gotten angry during this period, I've sat down and tried to see where I was still holding *any* belief that anger is either real or justified. I found a tiny part of me saying, "Listen man, you'd better hold on to a *little* bit of anger in such a vicious world! Gotta protect yourself, you know!" So I would sit and look honestly at that, and remind myself, "I no longer believe I need anger; I no longer believe anger protects me."

It begins to be clear that the things we pray to be rid of, we're the only ones holding on to in the first place. There's some belief *somewhere* inside of us that still feels safer with it, no matter how much suffering it has caused. It's like an abused wife staying with her violent husband rather than facing life alone. With one hand I prayed to let go of anger, yet with the other, I held on to a *teensy* bit of it for emergencies, for a false sense of security. The way God responded to my prayers was not to remove the problem, but simply to let me see more clearly how I alone continued to be responsible for it -- and how it must be my own choice to give up anger, not a magic-trick on the part

*The blue sky stretches out
farther and farther,
The daily sense of failure goes away
The damage I have done to myself fades
A million Suns come forth with Light
when I sit firmly in that world.*

-- Kabir

of God. We have to change false beliefs to let the new ones sink in. We can reinforce the new beliefs by remembering the saints and sages, like my Guru saying, **Do whatever you must with people, but never shut anyone out of your heart, even for a moment.**

It's amazing how reluctant or even terrified we are of accepting how peaceful life can be -- while seeming to spend all our time seeking for it to be so. Every one of us embodies the Sacred One. That's why the best reason to move beyond anger is simply because it's beneath our dignity. Anger, hatred, revenge, greed, arrogance, all addictions, fears, lusts, are unworthy of us. We are Divine. We are Loved and we are Love. If we act accordingly, we find profound peace and freedom. If we keep fighting it, we never cease to do time.

Creating The World

Another result of my retreat has been a stronger awareness of personal responsibility for my contribution to the state of the world. I'm not a fan of the slick "You Create Your Own Reality" trainings like "est," "Forum" and "Avatar" which mix genuine insights with a lot of slogans in service of the ego's desires for security and confidence. But there is one "you create your world" principle which is quite true and direct: Do you want a world with less fear? Then let go of fear, and also don't cause anyone else to be afraid. Less anger? Then let go of anger, and don't cause anyone else to be angry. More joy and happiness? Then find your own joy and happiness and contribute to the joy and happiness of others. Simple.

*A wrongly directed mind brings
greater harm than any enemy;
A rightly directed mind brings
greater good than any friend.*

-- The Buddha

A Tibetan Buddhist prayer goes, "May all beings find happiness and the cause of happiness, which is Virtue." This is used at the end of meditation, to remind us that our basic motivation in life is what Christians call "Goodwill" -- simply wanting to be a helpful presence on the Earth instead of a further burden. The more often we remember our basic goodwill, the easier it becomes to catch selfish, habitual, or hypocritical behavior and change it. As our daily behavior comes more into harmony with our basic goodwill, the Tibetan prayer becomes true for us -- we begin to find happiness, and we begin to see that the cause of happiness is indeed simple virtue, a sense of goodwill and kindness in thought, word, and deed on every level of consciousness (we can even take this work into our dreams). And when the prayer becomes true for one of us, it has become one person truer for "all beings." That's the most direct way to help create the world we live in.

Instead of trying to find larger-than-life heroes for our children (which gets the pressure off of us), we need to become people they can truly admire and trust. Children

are losing hope that there's any adult lifestyle worth staying alive for; that's why they don't care if they die from drugs, or if they deface their bodies by tattooing themselves from head to foot, or piercing their cheeks and eyelids. Adulthood sucks, so who cares about long-term consequences? They see adults as unhappy, self-righteous, hypocritical, uptight. They know presidents have sexual affairs, politicians lie, priests molest altar-boys.

John the Baptist said, "Before Kingdoms can change, men must change." Each one of us can change the kingdom for all the children by restoring our faith in the sacredness of life, and then ceasing to abide by the slightest bit of hypocrisy or self-destruction in our own lives. All that means is simply that we never do anything in conflict with what we feel is right or true.

It's not easy. For example, if you believe that smoking is bad for your health -- and whether we like it or not, any of us with even a smidgen of faith in modern science believes by now that smoking is harmful -- then every time you light up a cigarette, you're committing an act of violence against yourself and an example of hypocrisy to the children of the world. And what's your reward? Addiction and disease. I know, I know, that if we all quit smoking and got real self-righteous about it, a chain-smoking saint would probably come along just to upset our judgmental minds. And it's true that Native Americans use tobacco in sacred ceremonies. But be honest; that's not why you smoke twenty or thirty times a day. Let's not glorify our weaknesses.

Most of us have sincere desires to help the world; to "cherish others more than ourselves." But if we're not personally free enough from addictions, fears, anger, desires and delusions, how much can we offer? Wanting to help others is the best reason for getting our lives together. First we need to clarify our motivation of Goodwill; then honestly look at our limitations and do whatever makes the most sense to remove them. This form of self-improvement is not selfish at all. Whatever it takes -- addictions counseling, therapy, skills training, education, exercise, weight loss, meditation, prayer, etc., can be a process of removing every obstacle which prevents us from being bright, shining examples of our Divine Nature.

I know there are many examples of people who have become corny, repressed, obnoxious or downright dangerous in a self-righteous quest to be so "good" and "pure." But there's an old Islamic saying, "There would be no counterfeit gold if real gold didn't exist."

The real gold in this case is a good-humored, honest, unpretentious life which is 100% true to our deepest values. Far from making us dull or holier-than-thou, it actually *lightens us up* tremendously because we're no longer burdened by the weight of daily disappointment in ourselves; by the weight of constant new sources of shame, guilt, and regret. We start liking ourselves more, which means we tend to take better care of ourselves because we're no longer subconsciously trying to punish

ourselves all the time. As a result, we sleep better, study better, learn better; we put out higher quality work. People begin to respect and trust us more, which gives us more opportunity to contribute to the world.

Our ideas about what's right and wrong may go through many changes as we gain compassion and wisdom, and that's a good reason to do a lot of spiritual practice. But wherever we are right now, we can pledge our complete commitment not to violate our current sense of right & wrong. That's all we're asked to do to create a better world. And it's not nearly so hard as you may think.

And Finally.....

Several times during retreat, I experienced what you might call "touching the Sacred" -- finding myself in the presence of something Divine, something indescribably precious and more real than anything else. Each time it happened, my spontaneous response was to beg to be made worthy of serving such a heartbreakingly loving, merciful God, and to re-dedicate myself to using every moment of my life toward spreading *Dharma* -- serving the highest good. Day and night, countless times I offered my 100% willingness to gratefully carry out any form of discipline, penance or service God might reveal as my path, as my best way of giving myself to the world.

Those of you who have read the last page of *Just Another Spiritual Book* may recall that I thought I was moving away from prison work, away from teaching and writing, into a life of greater solitude. I know that the world needs silent, hidden monks and yogis immersed in God-consciousness at least as much as it needs the movers and shakers who "get things done." So in my constant offers of total willingness to surrender to God, some of the hundreds of possibilities that occurred to my mind were intense sacrifices like taking a lifelong vow of silence; giving up home, family and possessions entirely; wandering through the streets or forests; going to India and never coming back, and so forth.

As one or another of those images would come to mind, without even hesitating I would silently respond, "Yes, Lord, I would." (And believe me, I'm talking about very serious offers on my part!) Then one morning during that practice, the most *frightening* one of all came, the first one that stopped me cold. It was: **Would you simply be a genuinely happy person? That's what the world most needs!** It may sound stupid and hard to believe, but an honest "yes" to that one was harder than anything else I had said yes to. "I'll be profound! I'll be wise! I'll be pure! I'll be forgiving of my enemies, Lord! But please, please!!! Happy??? I don't know if I can!" No joke.

I took the leap of faith and finally said, "Yes, Lord, I'll....be....(I could hardly utter the word)...HAPPY if you want me to be; if that's how I can best serve." And from that point on, the deeper I went into prayer and meditation, the more affection and gratitude I felt for the privilege of being associated with you all, inside and outside of prisons, through the Prison-Ashram Project and Human Kindness Foundation. This work, without my noticing it (because I might have run like a scared rabbit), laid the groundwork for my becoming a simple, happy person in a world so unbalanced by complexity and unhappiness.

Many thousands of people have written to thank the Prison-Ashram Project for turning their lives around, and though I always appreciated it has done much good for me as well, I see now that I've under-appreciated the magnitude of that by a thousandfold. Without even *seeking* happiness, I've been "delivered" into it, slowly but steadily over twenty years, through the Grace behind this work. The Big Guy sure does have a great sense of humor.

So, I'm back. I'm HAPPY to be back. I love you all, and I look forward to writing again, travelling to see you again, and meeting some of you in closer community in the future. Please try to trust that something holy and powerful is happening in your life, no matter how it looks to the worldly eye. And you can help it along a lot more than you may think. Have a blessed Holyday Season,

Love, Sita

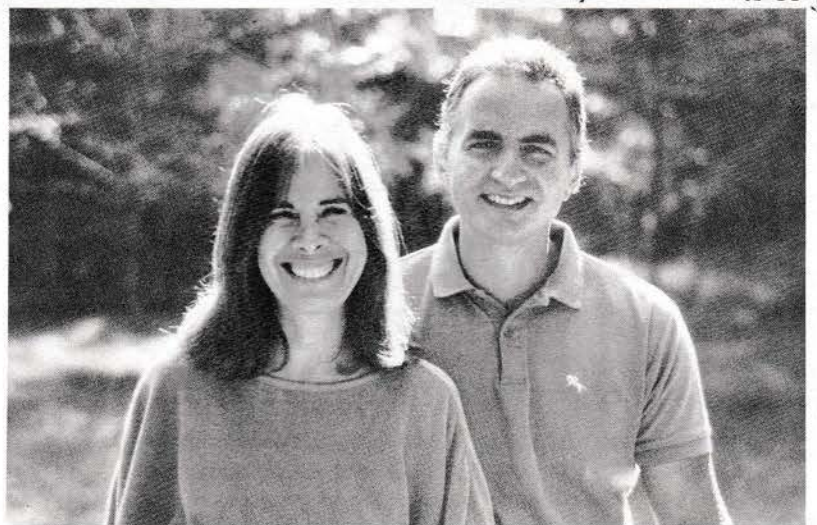
Love, Bohann

Religion consists in doing good to others and in the practice of love, mercy, truthfulness, non-violence and purity in all walks of life.

To pervade the world with friendliness, kindness, love, compassion -- this is the way to union with God.

Live in tune with the Infinite

-- Swami Chidananda



A Practice for Working With Anger

The spiritual journey is basically a process of going from the illusion that we are a "little self" -- which needs to possess, defend, protect -- toward the realization that in some very real and mysterious way, we are connected to the whole universe. This principle can be turned into a very practical method of dealing with anger and other emotions, both good and bad. Around here, we sometimes call it "de-personalizing," or "universalizing." All it means is that you consciously take the focus off "MY" anger and instead feel it on behalf of all human beings, past, present and future.



It's very difficult to exercise self-discipline in the middle of anger (because we usually feel we're RIGHT to be angry!!!), but you can do it. You must move your attention from the **object** of your anger, to the actual feeling of it instead. Forget who did what to whom. You can deal with that later, when you're calmer and less likely to make things worse. For now, focus on the experience itself. And do it as an observer rather than as the hero or the victim. Imagine that you're in training to work with deaf people or some other special population. Part of the training is to experience first-hand whatever the handicap is, and your trainers remind you to pay attention so that you can get a clear understanding of what it actually feels like. If you responded immediately with fear and frustration or started hitting the walls, you would be more involved with your personal responses than with the fullest experience of all the subtleties of that particular condition.

So, as you feel yourself getting angry, sit still, try to breathe more smoothly and a little more deeply (not too deeply, just a little), and then allow yourself to feel the bile, bitterness, adrenalin, the tightness in your stomach, neck and shoulders, the indignant "rightness," the unfairness and injustice huffing and puffing around in your head; feel the terrible separateness which anger creates, not just between you and the object of your anger, but between you and your own body, between you and the whole universe. In other words, study what anger really feels like in all its aspects. And as you allow all these awful feelings to come into awareness, remind yourself, "Anger feels terrible! All people feel this at one time or another. May this help me be more understanding and compassionate. May I use this experience to identify with all anger. May it humble me and help me feel what I have in common with all beings."

In order to understand the suffering which anger produces in countless human beings, we must set aside our personal response to it long enough to feel and understand the whole phenomenon more clearly. When we do this, various truths and insights are revealed which naturally change our view of anger and the relationship we have to it. Then anger no longer controls us as it once did, because we see all the falsehoods involved and all the ways we tricked ourselves into acting blindly or hysterically.

Finally, this practice can be ended with a prayer of Goodwill that might go something like, "May the anger I have felt, serve to relieve someone else of having to feel it. May this experience help to lessen the amount of anger in the world, and lessen the power of anger over all people."

And if you know someone, or several people, who are especially angry much of the time, take a moment to focus on them specifically with a prayer of Goodwill, like "May this experience help me to be more compassionate to (so-and-so). May it remove some of (his or her) anger." And hold the image of that person as clearly as you can, and actually remove their anger by seeing their tightness relax, their faces soften, being helped by your compassion. Then shower and surround them with understanding and peace.

If you do this every day, it is absolutely certain that you will see changes in your own life and in the lives of people around you. This is as practical and down-to-earth as feeding the homeless or saving the environment. And you already have everything you need in order to do it.

NEWS & NOTES & OFFERINGS

♥ Spring Tour for Bo & Sita:

We're happy to kick off our 21st year of the Prison-Ashram Project with a speaking & workshop tour in March of '94. If you're interested in having us (Bo & Sita) come to your town, prison, college or church, please get in touch with us immediately to discuss the possibilities. Planning time is running short!

♥ Any Frequent Flyer Miles Out There?

Now that we're planning to get back out on the road to do more prison workshops and public talks & workshops, it has been suggested that one non-cash way you could help support these tours would be to send frequent flyer bonuses as a tax-deductible donation. The airlines do allow this. If you have a lot of miles, please call or write us for info on how best to arrange it.

♥ GoodWorks Column:

An improvement on this newsletter we'd like to start with the very next issue is a "GoodWorks" column which will briefly describe activities, organizations & projects happening in prisons around the world, like the Human Kindness Organization started by Norman Smith, a prisoner at Marion Adjustment Center in St. Mary, KY. The HKO has sponsored "Special Olympics" events on the prison grounds, and sells t-shirts and popcorn to raise money for other events and for donations to charity.

Please write a brief, factual description of your GoodWorks project or idea (100 words or less) so we can share it with the 20,000 readers of this newsletter, and maybe others can copy your idea in their own prisons or towns.



Human Kindness Organization, St. Mary KY

♥ We're All Doing Time in still more languages:

It looks like 1994 will see our sweet little book published in Greek, French, Dutch and possibly Russian. If you have need for it in any of those languages, please let us know.

♥ "Books To Prisoners"

An all-volunteer project which sends free reading materials to prisoners across the country. Includes dictionaries, legal handbooks, specific religious, ethnic, personal orientations, etc. To donate or request books, write:

BOOKS TO PRISONERS
BOX A
SEATTLE WA 98101

♥ Write Letters-With A Purpose!

A number of people in prison are becoming effective activists through their participation in Global Response. GR is an international letter-writing network which issues monthly bulletins urging members to write letters to specific governments and corporations about environmental emergencies. Right where you are, you can do your part to protect the Earth. Write

GLOBAL RESPONSE
BOX 7490
BOULDER CO 80306-7490

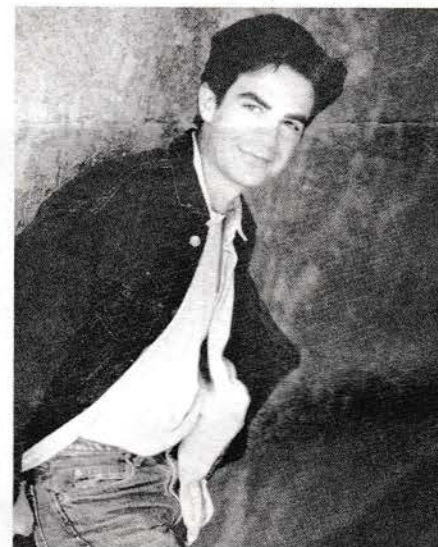
♥ Serving Through Meditation:

Learn meditation as a form of world service with the Meditation Group for the New Age. Bi-monthly booklets in English, Spanish, or Portuguese (no fee). Write:

MGNA
BOX 566-PA
OJAI CA 93024

♥ Last But Never Least:

Our son, Josh, would once again like to convey his love and thanks for the steady stream of blessings many of you send his way. We're all very touched that you think of him and watch for him on TV, etc. Now that *Cheers* has ended, he's been mainly on *Sisters* on Saturday nights, and once on *Brisco County*. He's still working hard -- both on himself and his career -- and looking for that big break which will help him bring some "Dharma Power" to TV & movies. He's 22 now, and

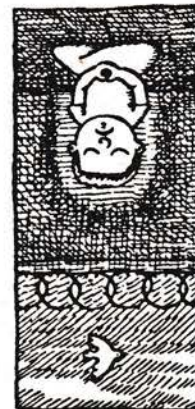


Josh Lozoff, 1993

recently attended his first meditation intensive as an adult. He was two years old when some of you first started writing us. Amazing. We are indeed a big family. Josh sends you his very best holiday wishes and love.

The Human Kindness Foundation is non-profit & tax-exempt under section 501(c)(3) of the IRS code. Donations and bequests are always welcomed and are tax-deductible to the full extent of the law. Materials are offered free to prisoners, prison workers, and others who can't afford to pay for them, and are for sale to the general public. Currently available are Bo's books, *WE'RE ALL DOING TIME* (\$10 U.S., same for the Spanish, *TODOS ESTAMOS ENCARCELADOS*), *JUST ANOTHER SPIRITUAL BOOK* (\$12 U.S.), and *LINEAGE AND OTHER STORIES* (\$7 U.S.); plus his folk/rock album of original songs, *STUMBLING TOWARD THE LIGHT* (tape or LP, \$8 U.S.); the audio tape sets of *WE'RE ALL DOING TIME* (seven tapes, \$30 U.S.) and *LINEAGE AND OTHER STORIES* (two tapes, \$15 U.S.); a 90-minute tape of talks and discussion (\$8 U.S.); a 60-minute radio interview (\$8 U.S.); and a 2-hour VHS video, *AN EVENING WITH BO LOZOFF* (\$30 U.S.). Please add \$2 postage per total order. All proceeds go to the Human Kindness Foundation, helping us to continue producing and distributing free copies for prisoners.

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Starvation, war, imprisonment, addiction, crime, pollution are not accidental, random, or chaotic. They are painful, difficult passages along our journey from ignorance to Divine Love. At Christmas time, especially, we need to understand that without the persecution, betrayal and crucifixion, there would be no resurrection and redemption. No matter what is done to us or what we are given, we have the choice to turn it toward the Good by letting it bring out the best in us rather than the worst. Faith means nothing if it isn't expressed in our most trying times.

-- Bo Lozoff