

Beyond Recovery™

A person is standing in a grassy field, looking out over a landscape of rolling hills and trees under a bright, hazy sunset sky. The sun is low on the horizon, creating a warm, golden glow that fills the upper half of the image. The person is seen from behind, wearing a light-colored shirt and dark pants.

Activity
Pack





November 2020

Greetings dear residents and wishes of good will

I'm amazed that we are now on packs 20 and 21, it's been one huge journey for all of us this year and we truly hope that these packs have brought you light relief, entertainment and maybe even food for thought.

This is the penultimate pack, which means that next month will be the final pack of the year. Do let us know if you would like anything different or anything more.

I'm still writing the column for the InsideTime newspaper, I'd love any feedback or requests for ideas on philosophical questions.

If you like these activity packs then please do let us know by telling your safer custody or well-being officers. And please let us know if you would like to be part of our PenPal scheme.

We are talking to a few prisons about our new Distance Learning Packs which come with a certificate and a DVD. We'd love you to be involved if you would like to know more about tapping into your own creative potential.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond imagination.”
Maya Angelou

Insight Inspirations

Messages of Hope

The Power of Forgiveness

One of the most beautiful gifts we can give ourselves is to learn the art of forgiveness – to see that when we hold resentment against anyone, we really hurt ourselves. Forgiveness brings freedom, and lets us live life more fully.

As long as we let thoughts about what someone else did or said churn around in our minds, we feel upset. The same thing happens when we hold unforgiving thoughts against ourselves. In this state of mind we don't see clearly, feel happy, or do our best. On the other hand, when we let go of a grudge, a lightness of spirit takes its place. In this more peaceful state of mind we find understanding and joy.

Sometimes people see forgiveness as a sign of weakness. We may think that by forgiving someone who has hurt us, we're letting that person have some kind of control over us. Actually, the opposite is true. When we are unforgiving, we are the ones who suffer. Unforgiving thoughts hold us prisoner, keeping us in a state of stress and preventing us from feeling comfortable. Forgiveness is powerful. It frees us from the chains of a painful past.

To forgive does not mean to approve; we can forgive someone without approving of the behavior. It all comes down to the feeling we have inside. If someone is dangerous, it's common sense to stay away from that person, but it's possible to do this without carrying hate in our hearts. What forgiveness means is seeing that, deep down, we are all the same. We all make mistakes; we all have a lot to learn. Anyone can change.

This chapter is reproduced with kind permission from books by Jane Tucker. The work of Beyond Recovery and Jane Tuckers books are based on the philosophy of the Three Principles, uncovered by Sydney Banks.

A Page for Reflection






Here's a place where you can write, draw, doodle and be creative. You may wish to jot down how you're feeling, what has happened to you or any realisations or insights you have had on any given day. Perhaps you will feel inspired to write a poem, some lyrics or a short story. Or you may feel moved to sketch something from your imagination, create a mind map or illustrate something you've written.

Wordsearch

Search the grid below to find **28** words taken from a passage in Sydney Banks' book - **The Enlightened Gardener** - that are hidden within it.

The Enlightened Gardener 9

T	F	S	K	N	A	B	E	Q	Q	E	C	N	E	I	R	E	P	X	E	F	H	F
H	S	L	I	N	Y	S	N	P	R	E	S	E	N	T	G	W	U	Y	C	L	P	O
E	R	R	S	H	I	B	Q	N	V	U	R	G	U	C	D	L	U	O	C	A	G	L
R	N	E	L	V	G	A	R	D	E	N	E	R	B	F	B	K	A	P	D	M	E	X
E	B	F	E	S	R	E	H	P	O	S	O	L	I	H	P	R	S	C	O	I	S	Z
J	N	E	N	N	Q	A	Y	R	V	C	P	O	S	E	R	S	T	B	E	R	I	S
Q	M	R	D	U	L	A	G	M	O	S	T	N	H	U	I	F	E	F	S	P	L	Y
J	X	E	P	S	W	I	P	A	S	T	G	Q	D	Y	W	Q	N	B	N	H	A	D
G	U	X	N	X	E	L	G	I	Z	I	Z	X	Y	Z	K	M	H	M	T	U	E	N
J	Z	G	N	T	A	C	I	H	H	L	J	Q	H	P	Y	G	O	S	P	M	R	E
P	O	E	U	N	A	S	R	E	T	K	P	M	W	I	T	H	O	U	T	A	H	Y
Q	Q	J	R	Y	F	L	E	E	S	E	C	X	M	A	N	Y	B	V	D	N	E	I
J	I	Z	E	B	M	Z	V	J	T	E	N	N	S	G	N	I	E	B	V	E	C	T
H	P	K	P	W	F	I	W	E	L	L	B	E	I	N	G	L	D	P	H	F	R	W
Z	J	S	N	O	I	T	C	N	U	F	P	G	D	T	J	O	U	J	Z	I	O	W
H	U	C	B	Q	R	T	H	O	U	G	H	T	L	J	Z	L	B	J	T	L	F	G

Find the following words in the puzzle.
Words are hidden     and .

PHILOSOPHERS
ENLIGHTENED
EXPERIENCE
WELLBEING
FUNCTIONS
GARDENER
PRESENT
WITHOUT

REALISE
THOUGHT
MENTAL
SYDNEY
BEINGS
SECRET
DOESN'T
PRIMAL

FORCE
POSER
HUMAN
REFER
THERE
COULD

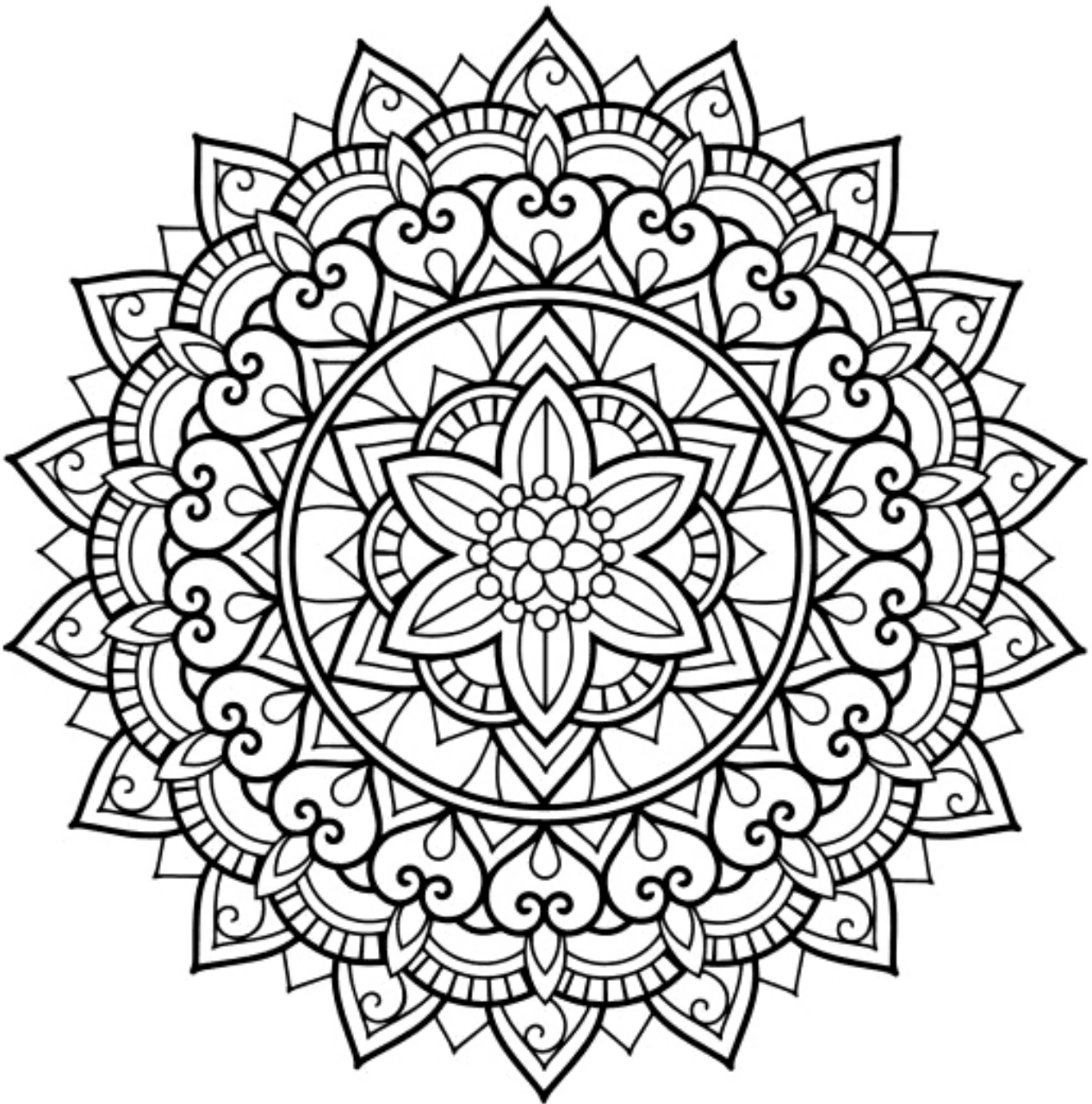
MANY
LIES
LIFE
PAST
BANKS
MOST

'The secret to mental well-being doesn't lie in the past. It lies in the present or what many philosophers refer to as *the now*. What you have to realise is: The poser of thought is one of the most primal force functions of all human beings. Without it, there is no way we could experience life'
- Sydney Banks, *The Enlightened Gardener*.

Colouring

Catching yourself after a situation occurs and realising that you could have done it differently is wonderful progress

Elsie Spittle, Nuggets of Wisdom



Drawing courtesy of www.justcolor.net

Sudoku

Each of the nine blocks in the puzzles below must contain the numbers 1-9 within its squares. Each number can only appear once in a row, column or box. Each vertical nine-square column, or horizontal nine-square line within the larger square must also contain the numbers 1-9, without repetition or omission.

Easy

1			2			3		6
9					7	4	2	
	7							1
					4	5		7
	1			9		6		
2	4	5			8			
	5	8	7	3	2			
	6						3	
			9					4

Medium

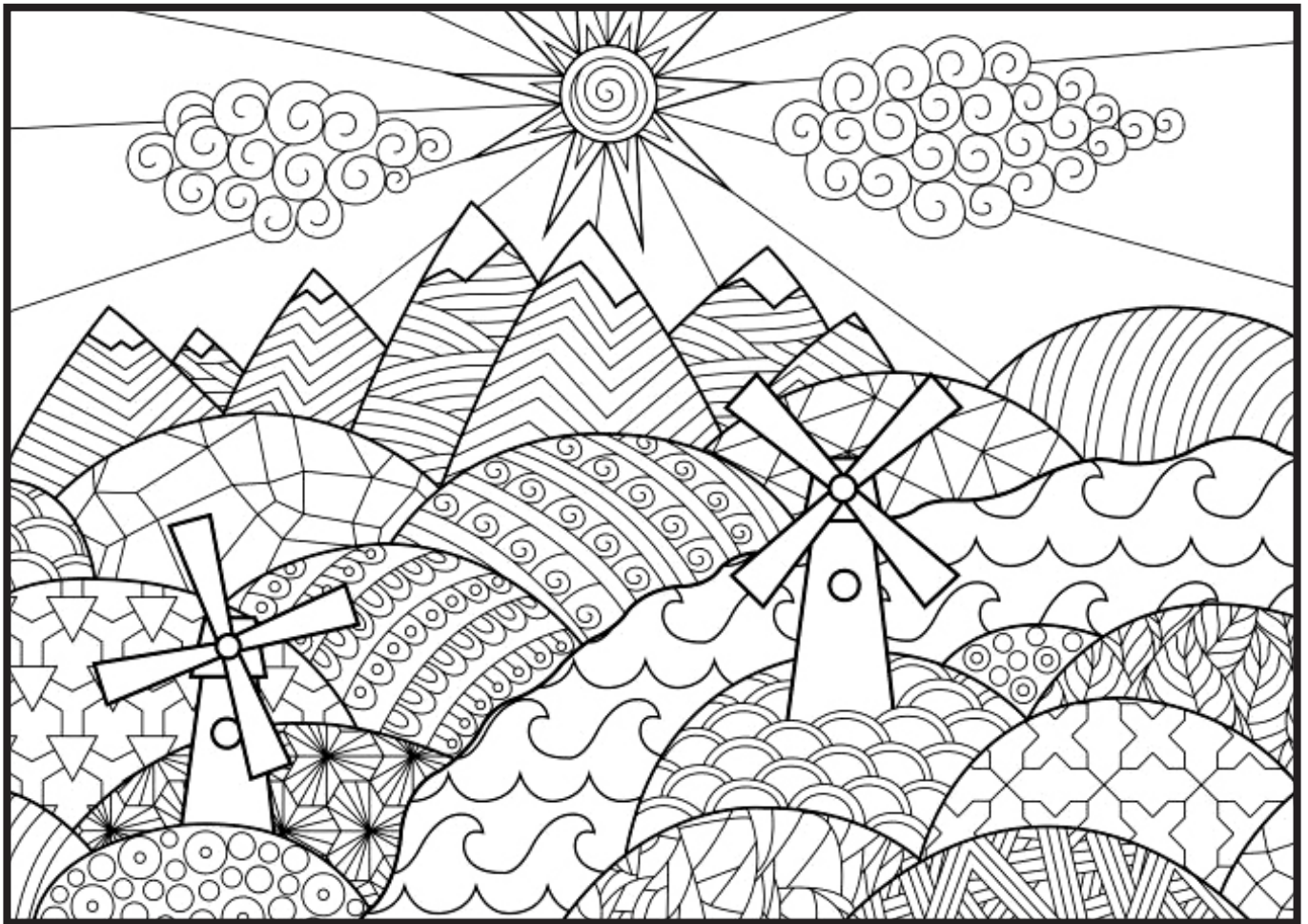
8								
			6			1	2	5
	4					6		
7				4	9	8		1
3	6		7				4	9
					8		5	
	2	1	8		5	3		
5		9				4		
6	3				2			

Puzzles courtesy of www.puzzles.ca

Colouring

Seeing the human spirit in people is what neutralises your attention on their behaviour and provides understanding.

Elsie Spittle, Nuggets of Wisdom



Drawing courtesy of www.justcolor.net

What's really going on? (separate realities)



Imagine that you are in a Group Session with, say, 12 other people. The class begins and three of the participants are acting strangely or differently to what you would expect:

- One is following the facilitator around the room
- One is sitting on the floor instead of on a chair
- One keeps raising their hand when they don't have a question to ask

What would you think? What reasons can you think of for why your three classmates are acting strangely? Jot down some possible explanations below.

Now, supposing the facilitator explains that the three group members had been briefed before the class to do those things and were just playing along with what had been asked of them... how differently do you view the situation in the room now?



Contemplate the following questions and write your thoughts in the spaces provided.

- Have you ever seen something and thought you were 100% sure about what you saw, only to find out later you were completely wrong?
- Have you ever said something to another person, and they took it a completely different way to what you intended?

Just as you might have had different ideas about what was going on in the imaginary group session, it works the same way in real life. Each of us is living in our own separate reality, 100 % of the time. We all see things from our own perspective, creating our experience moment to moment through thought.

Adapted from the CJS curriculum created in collaboration with The Spark Initiative & The Insight Alliance.

Lock 'em Up & Throw Away the Key

Excerpt 7

The following is an excerpt from the book by JB Hollows,
Mind Beyond Bars – Stories of transformation and what they mean for humanity.

The Chicks - Part 1

Let me tell you what my first day in prison was like.

I was petrified, which was a surprise to me. I didn't think I would feel like that. I had done months of preparation. I had my notes. I had done my training. And yet, as I stood there outside the classroom on the drugs wing of the prison, I was petrified. There'd been an incident at the weekend, so the men were 'banged up' for longer than usual on that morning. They'd become agitated, slamming their cups and fists on the cell doors, shouting out. The smell, the metal, the noise – all contributed to my increased feelings of intimidation.

"It's just like the TV" I thought "No, it's not, it's worse than TV!"

In that moment, I wondered what on earth I was doing. I mean there were other things I could do to make a difference in the world, why this?

I tried to calm myself down as I waited for the selected participants for the group I was starting, to turn up. A list of names on a piece of prison paper attached to my clipboard. I looked at the names and wondered what they looked like. I knew that they have to come and get their names ticked off my list before being allowed into the classroom.

"I wanna see the chicks, Miss" said a gruff voice. A big badass guy stood in front of me, his beady eye on the group room. Shaved head, scarred face, tattoos everywhere and very pale skin. I asked his name and looked at my list. He wasn't on it. I knew he wasn't allowed in if he wasn't on the list. The training I'd been given was very strict about that. I knew I was supposed to say "no". I knew I had to be firm. I just didn't think I would have to face this on my first day running group.

The heavy prison belt with its keys and radio rubbed at my hips through my black leggings. The shouts and bangs and loud music were relentless in their assault on my ears. My fear froze me to the spot. The inmate stood firm in front of me. The sweat ran down my back under my blue polo shirt, as my eyes tried to find his name. His huge frame looked even bigger in his tight clothes. His bright red T-shirt strained over his belly and his arms. His grey track pants stained and snug. He looked like a prisoner. To me. His voice seemed forceful and demanding. I stared at the bright red button lying on the floor next to his feet encased in big brown boots and I wondered what to say, would my voice work, what does he mean by 'the chicks'? My fear was palpable as I knew I was about to break the rules.

"OK" I said.

Reproduced with kind permission of JB Hollows from the book,
Mind Beyond Bars – Stories of transformation and what they mean for humanity



Programme Intention : To **REALISE** for yourself

1. The true power of mind
2. The nature of our experience
3. The path to peace of mind

The deeper you realise these facts, the greater your connection to capacity, creativity, capability and peace of mind, regardless to your circumstances.

Discover more...

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-  /WILLBeyondRecovery

If the only thing people learned was not to be afraid of their experience, that alone would change the world

Sydney Banks