

# Beyond Recovery™

A person is standing in a grassy field, looking towards a bright sunset over rolling hills. The sun is low on the horizon, creating a warm, golden glow across the sky and landscape. The person is silhouetted against the bright light.

Activity  
Pack



## December 2020

### Be present and cherish peace

Dear Residents, this is Activity Pack 21 – we also have a Safety Pack and have now developed our Distance Learning Programme. As we move into more stable times it seems that less people need these packs so this will be the last one.

We've loved producing these for you and hope that you've enjoyed them. We've also provided an Advent Calendar which you can ask your safer custody team for.

Next year we are thinking of doing a newsletter with a column called Dear Derrick where you can ask any of the guys that now work with us but used to be in prison, anything you like! Let us know the sorts of questions you might have by sending a note to your safer custody team.

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.

Have a peaceful Christmas and do let us know if we can help in any way.

With Love  
The Beyond Team

“Christmas is not a time nor a season, but a state of mind.  
To cherish peace and goodwill, to be plenteous in mercy,  
is to have the real spirit of Christmas.”

Calvin Coolidge, 30th President of the USA

# Insight Inspirations

## Messages of Hope

### Appreciation

Appreciation for the simple things of life - how rich we are when we find this feeling! Again, it's all a matter of remembering, being aware, being grateful. Everyday chores can be meditations, family members can be sources of joy, hard work can be satisfying and fulfilling, difficult tasks can be exciting challenges. Life is transformed when we live in the present moment.

What stops us from living this way more of the time? We may think its stress - pressures from outside of ourselves - but it really comes down to what's going on in our own minds at any moment.

For example, we all know "money can't buy happiness," but how often do we let concerns about money fill our thoughts? We all know "worrying doesn't solve anything," so why do we still do it?

Innocently, we let ourselves be fooled by our own misguided thoughts, instead of listening to the true guidance we have within, at a deeper level.

A valuable tool is to see our feelings as guide-posts. If we're feeling negative (sad, mad, fearful, etc.) it is a sign we're taking negative thoughts too seriously. If we can step back and even laugh (gently) at ourselves, we're way ahead of the game. Our natural good feelings will come back as soon as we let go of our hold on those unhappy thoughts. When we get back into the flow of life, appreciating our blessings and seeing the beauty around us and within us, our circumstances improve. It's a spiritual law - our inner wisdom will guide us in the right path, every time we let go of the thoughts that cover it up.

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 **27** words taken from a passage in Sydney Banks' book - **The Enlightened Gardener** - that are hidden within it.

### The Enlightened Gardener 10

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

ENLIGHTENED  
BAROMETER  
THOUGHTS  
POSITIVE  
NEGATIVE  
GARDENER  
OTHER

STORMY  
SYDNEY  
ACTION  
CALMER  
HEART  
BANKS  
GOING

HAVE  
WHAT  
SOUL  
HOST  
HAND  
YOUR  
REALISE

FULL  
MIND  
SIGN  
LIFE  
SURE  
SUNNIER

'The way I see it, *feelings* are thoughts in action. What you have to realise is that feelings are a barometer of the soul and if your heart and mind are full of anger and negative feelings, it is sure to be a sign that life is going to be stormy. On the other hand, if you host *positive feelings*, it's a sure sign that life will be calmer and sunnier' - Sydney Banks, *The Enlightened Gardener*.



# Colouring

“Change your view of the world and the world will change; maybe not in the way you anticipate but in the way the Universe is meant to be.”

Elsie Spittle, Nuggets of Wisdom



Drawing courtesy of [www.justcolor.net](http://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

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

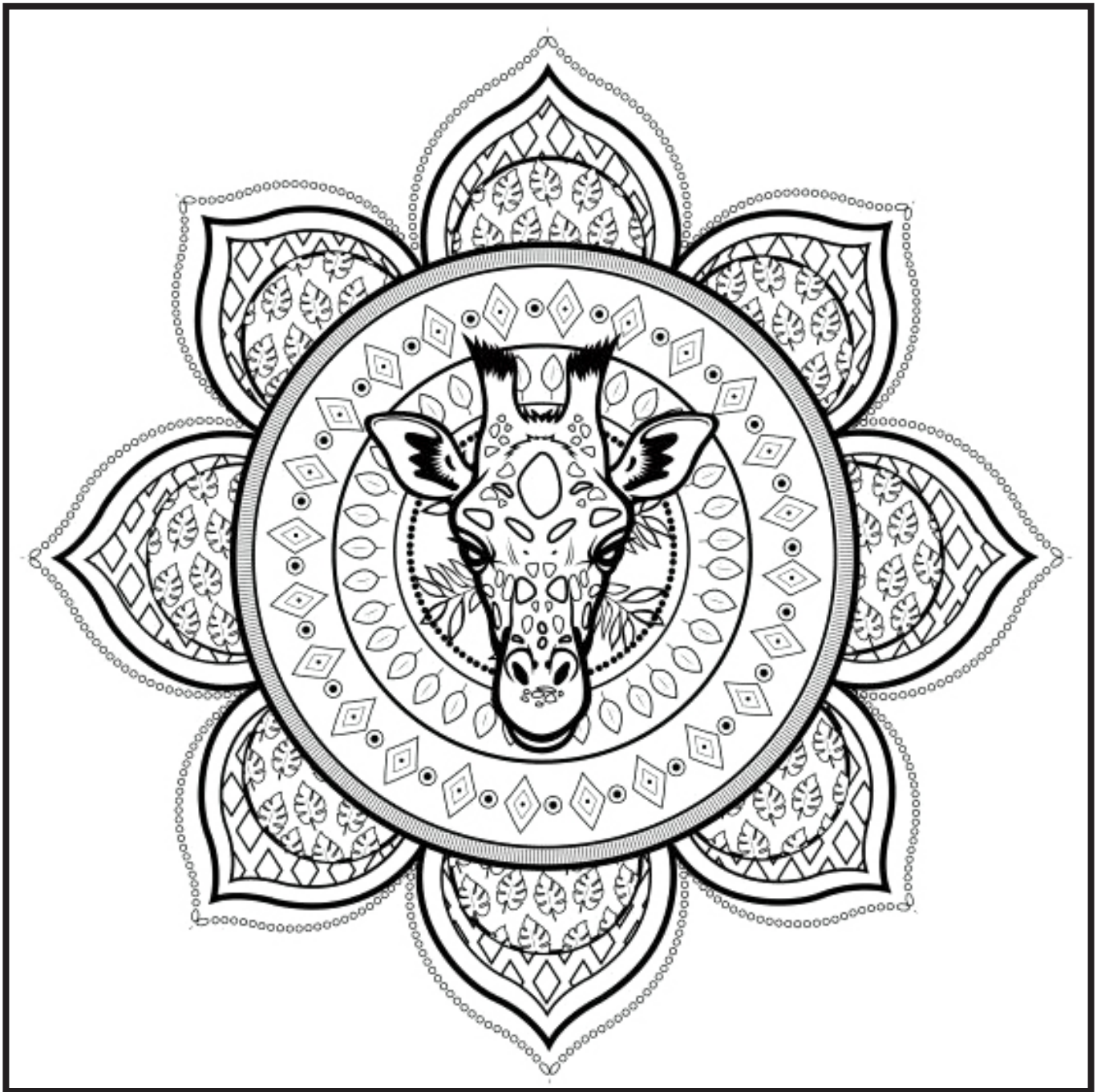
## Medium

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

Puzzles courtesy of [www.puzzles.ca](http://www.puzzles.ca)

# Colouring

“The world of insight is more readily available, more subtle,  
more every day; not always big, dramatic insights.”  
Elsie Spittle, *Nuggets of Wisdom*



Drawing courtesy of [www.justcolor.net](http://www.justcolor.net)



# The relationship between thought and addiction



## Sally's Story:

Sally was a lady with an alcohol dependency for 30-something years. She had been to eight rehabs and spent a lot of money trying to overcome her addiction. From the age of five she was told she was an 'anxious child' and that was the first time she got drunk. Sally came to believe that the only way she could cope with the ups and downs of life was to drink. Even when it made her ill; even when she lost everything - her job, her partner, her friends, her family. As soon as she felt something uncomfortable, it was so horribly excruciating for her that she would drink to help forget or to take her mind off things.

After we started working together Sally had an insight. She remembered a story where one day she woke up and had no booze in the house. She was devastated and worried because she didn't know what would happen if she couldn't take a drink. She started to shake and sweat, and anxiety built up in her body. She managed to find coins around the house and walked to the shop to buy a bottle of wine. She was shaking and sweating so badly that she kept dropping the money. She was embarrassed, it was early morning and she knew the shop keeper would be judging her, but she needed that bottle too much to care.

Having spilled her coins all over the counter, Sally handed them to the shop keeper and picked up her bottle of wine. She walked out of the shop as quickly as possible, her embarrassment mounting. However, she noticed the shaking had stopped, the sweats had stopped and the craving had subsided. Now that she had the bottle in her hand, she felt better. She hadn't even opened it yet, but she still felt better. When she got home, she put the bottle on the shelf and didn't even open it until much later that evening. But she felt better just knowing she had it...



- Have you or anyone close to you ever had a similar experience? Write about it here:
  
- Sally felt better and even her physical symptoms disappeared, yet she hadn't opened the bottle. How or why do you think this happened?

What happened to Sally is that her thought of needing a drink changed, a new thought came along, and that created a new feeling.

For example:

When we hold a bottle, a bag of drugs or even a box of chocolates and think 'I'm going to be OK now' our feeling changes and becomes OK, and the physical symptoms disappear. But because we don't recognise the connection between thought and feeling, we keep going back to the action to help change the feeling that we don't want. In other words, the hook of addiction is reinforced in our lizard brain.

Have you ever considered that relief is a feeling?

Although relief looks like the result we're looking for, it is actually just another feeling that we experience when we have thoughts of relief. However, when we realise that feeling isn't coming from the action, but from the thought, it makes less sense to continue to do the behavior, so the hook disappears on its own.

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

# Lock 'em Up & Throw Away the Key

## Excerpt 8

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 2

Remember the man who wanted to see the chicks? This is part two of that story.

I let him in. I thought "if he wants to stare at the female officers through the window, what am I supposed to do about that, they never mentioned that in the training". What happened next humbled me. I never knew that I had an invisible layer of thinking about the very people I wanted to work with. I never noticed how much the media and perception of people in prison had affected my own beliefs. I never thought people in prison were kind.

The gruff looking man went straight to the window behind my flip-chart stand. I followed him, and there, on the window ledge was a nest and some pigeon chicks. My heart melted; I hadn't even noticed them. The big guy was thrilled to see them and told me how they had grown, how he saw them when they were still in their eggs, and how he will miss them.

I don't know the name of that man or where he went. But I do know this. He's the reason I'm still working in prisons several years on. I had a passion and a desire to 'help' people, in prison and yet until that moment I hadn't seen just how much judgmental thinking I had about so many things. It'd been invisible to me. But in that moment, it dropped away like snow melting in sunshine. I could no longer hear the noise and the chaos and all I could see were people. People living in a mixed-up world, just like me. People with hopes and dreams, just like me. People with doubts and insecurities, just like me. People who may have done bad things, but who are not bad people, just like me.

And so, it began. A girl with an IT background and no training or experience in the Criminal Justice System or the mental health field. A girl with a vision and a passion for eliminating the stigma that goes with mental health issues and behaviour. A girl determined to uncover the potential of the people society had given up on. Somehow, I'd found my way to share an understanding of how the Mind works, with prison residents in a group room on 'K' wing of a Category C prison in Rugby.

**“Prison shouldn't be about society's revenge but rather  
a chance to change the direction of a life”**  
**Lord Robin Corbett**

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...

-  01788 315694
-  [www.beyond-recovery.co.uk](http://www.beyond-recovery.co.uk)
-  [info@beyond-recovery.co.uk](mailto:info@beyond-recovery.co.uk)
-  @beyond\_recovery
-  /WILLBeyondRecovery

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

**Sydney Banks**