



THE UNCLASSIFIED

MARCH 2023

INTAKE MANAGERS: AMBER SUNDQUIST & MICHELLE AXTELL

WELCOME TO CCIC.

For first timers, please know that we are working hard at making your stay with us as short and safe as possible. There are 10 counselors to help you. There are many moving parts to your intake process, and it might take a while to get if fully done but we want to make sure to get a clear picture of who you are and what your needs are to start you on the right path, thank you for your patience!

For the others, you know the process and we encourage you to be positive role models to the newbies in your community!

If you are still at CCIC 10 days after meeting with your intake counselor, please kyte C.Andretti to make sure your transport request was entered. Thanks!

Thank you!

Newsletter content:

- Chaplain's corner
- Prison poetry
- ODOC blog story
- March fun facts
- Financial services info
- What is a 1206? EOCI explains
- TRCI mentor program
- Health services PA
- Phone info
- Teach yourself yoga
- Fun stuff & Stationary.

if you need more **brain teasers** during your stay please:

Kyte Ms. April if you are housed in A & B Units and **Ms. Wheeler** if you are in O & Q Units.

You can also submit your own poems, short essays, or drawings to be included in our next newsletter, we welcome your submissions and suggestions!

THANKS ☺



All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience!

Until we meet enjoy this reading material and start thinking about what purpose you would like this time in custody to serve in your lifeline. We wish you the best.

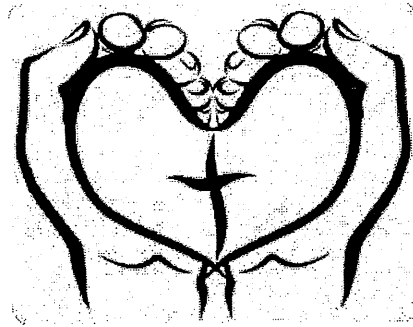
YOUR INTAKE TEAM

Join our Friends & Family email list for the inside scoop!

Get emails about institution news and events

**TO SIGN UP:
TEXT CORRECTIONS
TO 22828 TODAY!**





Intake has a new chaplain! Please welcome **Chaplain Melendez** who transferred from TRCI to our facility. We are so glad to have him as part of our team!

Faith-Based Services and Support

The Oregon Department of Corrections (DOC) provides AICs the opportunity to explore and practice their faith or spirituality, either individually or in a group setting. The department's Religious Services unit actively strives to present itself as open and welcoming to community faith-based groups, to establish a streamlined and consistent system, and to provide AICs with many accessible programs both inside and outside of prison.

GENERAL INFORMATION

WEDDING RINGS: Wedding bands are authorized through a facility's chaplain office. The ring should be mailed directly to the chaplain along with a copy of the marriage certificate or domestic partnership paperwork. Please be sure to include the name and SID of the AIC inside the package. Rings must be plain (no stones, special cuts or engravings). If the ring meets department standards, the chaplain will authorize the ring to the AIC. A record of receipt will be forwarded to the AIC's property list

WEDDINGS: The Oregon Department of Corrections permits individuals to be married or have a domestic partnership ceremony within its correctional facilities, and AICs may request information about the ceremony from the chaplain at their facility. Officiators and witnesses cannot be Oregon Department of Corrections' chaplains or staff. All guests must be approved for privileged visiting. No food, cameras or special clothing may be brought into the facility for the ceremony.

Book Requests at CCIC

Holy scriptures and other spiritual books are available by request. Once you get to your next institution, you can ask the chaplains there to authorize holy scriptures and/or other religious books for your personal property. If you need something other than books or have general questions about Religious Services in the ODOC while you are here, you can send a kyte to **CCIC Chaplain Melendez**.

Chapel Services

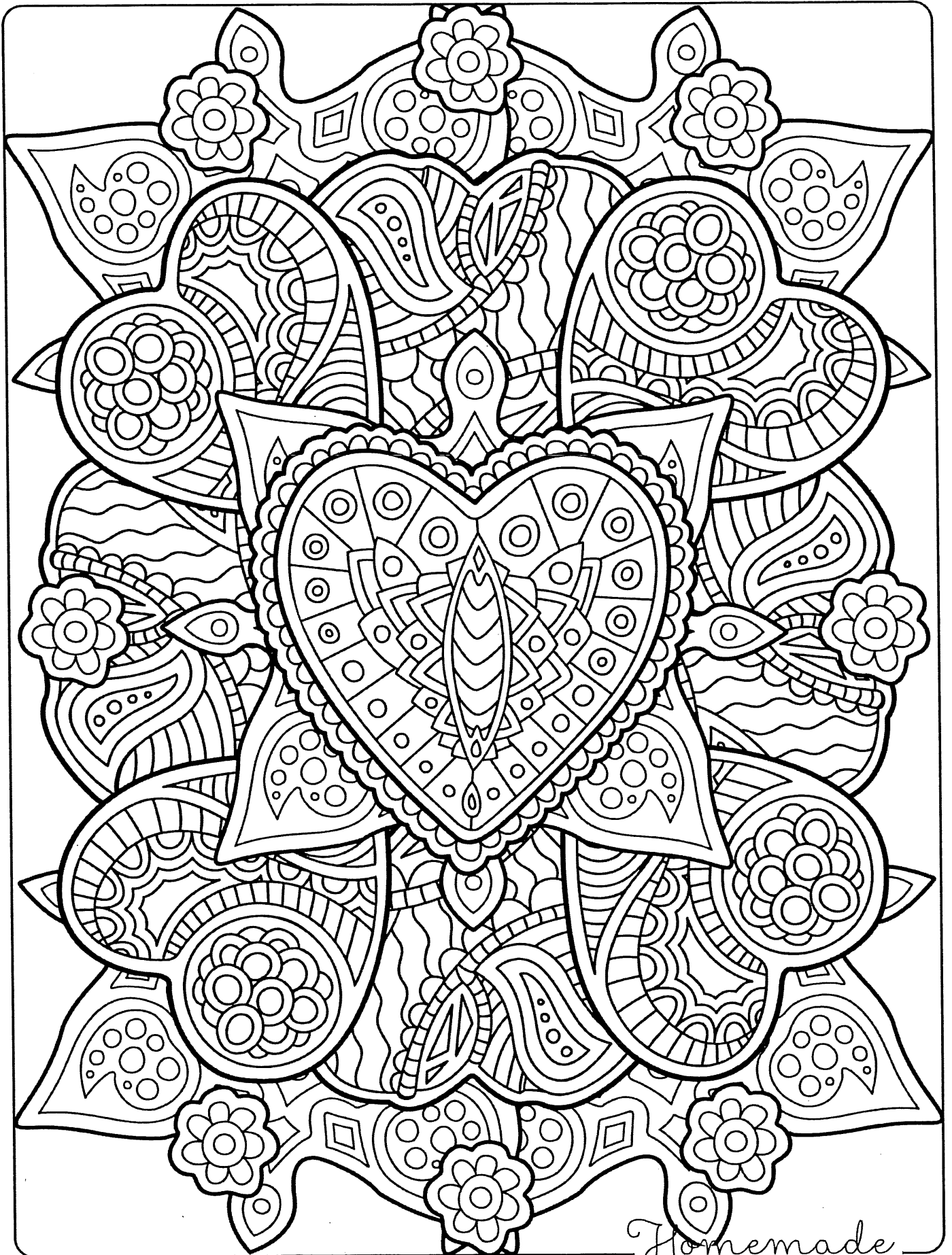
Depending on which institution you transfer to, there may or may not be religious services and activities happening based on current COVID restrictions. If you are interested in attending services, please send a kyte to the chaplains once you arrive and ask what is currently available. No services are held at Intake.

PRISON POETRY FROM YOUR CCIC PEERS TO YOU



Time by J. Gawith, CCIC guest January of 2023

*Time can be like an angel
Weighs so heavy you can't breathe
Time can be a candle
So bright it flickers shimmering
Time can often haunt you
The ghost of past keeps you down
Time can often count you out
The more you watch the hand go around
Time can bring a smile to your face
Watching your children grow
Time can often catch you
Father time can feel so old
But you must remember
When you are counting down the days
The end of the year December
Comes fast in many ways
Please don't let it break you
Take this time and realize
The life we live is a gift....A present in disguise.*



March Fun Facts and Tidbits

Ah, March, in like a lion, out like a lamb, or so the saying goes.

That's not the only saying attributed to the moody month. For the Northern Hemisphere, March ushers in spring. That was even true back in the days of the Julian calendar when there were only 10 months and March started off the year. Sayings such as "A bushel of March dust is worth a King's ransom," and "March many weathers," remind us of the swiftly changing and windy weather March brings.

The first three days in March were once considered bad luck. They called them the blind days. No one would plant, enter into an agreement or a journey during these days. March is also known for its borrowing days. Though the story has changed through the ages, the month is no stranger to tumultuous weather. Hundreds of years ago the borrowing days were known to be any wild weather day in March. In later years, the days came to be assigned to the last three days in March.

Historically, planting and war go hand in hand in March. Named for the Roman god of War, Mars, March became a time when armies began to march again, and farmers tilled their soil. While farming and the military have both dramatically changed since Roman times, March and spring still holds a power over both.

March is the month of spring and with it come a lot of activity in nature. Birds migrate. Animals begin to mate. (They give us the phrase, "Mad as a March hare," too.) Plants begin to grow. Even the full moon gets involved. The full moon in March is called the Worm Moon. It earns this name because of all the insects beginning to hatch.

Birth Flowers – Daffodil and jonquil

Birth Stone – Aquamarine

Zodiac Signs – Pisces and Aries

March Madness kicks into high gear as basketball enthusiasts cheer on their favorite teams. Whether cheering on a local high school team or their college and professional players, fans wear their colors and watch every nail-biting game.

Day light saving time also adds an element of tradition and rancor to the season as many (though not all) spring forward and change their clocks one hour on Sun, Mar 12, 2023 2:00 AM.

People Born in March

- ♥ are moody
- ♥ are secretive
- ♥ love to travel
- ♥ are trustworthy
- ♥ enjoy all kind of music
- ♥ are observant
- ♥ have an attractive personality
- ♥ are very sensitive
- ♥ seek love attention
- ♥ are naughty but genius

Happy Birthday

Expression of Gratitude

Nickie Basinger - DOC Office of Communications



AIC Galvin Lomboy

The Snake River Correctional Institution's (SRCI) Resource Team recently participated in a very special dinner with Peer Mentor and Resource Team member, Galvin Lomboy who expressed how the Peer Mentorship has changed his life as an adult in custody (AIC). The dinner was made possible by the SRCI Correctional Rehabilitation team.

During the special event, AIC Lomboy articulated how he could not stop thinking about all the opportunities to better himself, and how he would dial in on the focus of his goals after incarceration and his desire to help others. In short, he expressed his goals to continue the humanitarian path after he has finished his sentence. He talked about his gratitude for all the support, advice, and guidance of the Resource Team. He continued to name each member and how much he has learned from each person in different ways.

Lomboy took the opportunity to speak specifically to an AIC he mentors about how amazing it is to have a holiday dinner with the team. He mentioned that it was un-real to be given this opportunity while confined, and that they were most likely experiencing something that no other AICs in the country and most likely the entire world had been given the opportunity to experience.

Several days later, an SRCI Resource Team staff member was approached by AIC Lomboy who wanted to express his appreciation to the Resource Team. AIC Lomboy explained his desire to give back and explained that he felt compelled to give a gift to the Resource Team as a thank you for all the positive influence and direction they have added to his life.

Using his own funds, AIC Lomboy bought and paid for the delivery of 150 doughnuts and six boxes of hot chocolate packets to the Boys & Girls Clubs of the Western Treasure Valley on behalf of the Snake River Resource Team. He wanted to give this gift to the Resource Team and thought this was the best way he could show his appreciation.

*Way
to go!*



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

<p>General Spending Account</p>	<ul style="list-style-type: none"> • Primary spending account for AICs • Eligible deposits are received into this account o <i>Examples:</i> • <i>Deposits received from friends/family, and PRAS</i> • AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account
	<ul style="list-style-type: none"> • Funds in this account are not protected from debt/obligation collection or garnishment
<p>Protected Spending Reserve Account</p>	<ul style="list-style-type: none"> • This is a spending account established for AICs who receive protected money o <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i> • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account
	<ul style="list-style-type: none"> • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
<p>Transitional Savings Account</p>	<ul style="list-style-type: none"> • Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500 • AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied
	<ul style="list-style-type: none"> • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
<p>General Savings Account</p>	<ul style="list-style-type: none"> • Established as a means for AICs to save funds outside of the Transitional Savings Trust Account AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>) • Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158
	<ul style="list-style-type: none"> • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
<p>Obligated Reserve Accounts</p>	<ul style="list-style-type: none"> • Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account
	<ul style="list-style-type: none"> • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Number of Points Earned	Monetary Award	Total After 5% Reduction
16 thru 45	\$12.50	\$11.88
46 thru 65	\$22.50	\$21.38
66 thru 85	\$32.50	\$30.88
86 thru 106	\$37.50	\$35.63
107 thru 127	\$42.50	\$40.38
128 thru 148	\$47.50	\$45.13
149 thru 169	\$52.50	\$49.88
170 thru 190	\$57.50	\$54.63
191 thru 211	\$62.50	\$59.38
212 thru 232	\$67.50	\$64.13
233 thru 253	\$72.50	\$68.88
254 thru 274	\$77.50	\$73.63
275 thru 295	\$82.50	\$78.38
296 thru 316	\$87.50	\$83.13
317 thru 337	\$92.50	\$87.88
338 thru 358	\$97.50	\$92.63
359 thru 379	\$102.50	\$97.38
380 thru 400	\$107.50	\$102.13
401 thru 999	\$112.50	\$106.88

NEWS IN BRIEF

PRAS Awards

PRAS Increases - Started in January for the February Award

Status of PRAS revisions: In 2014, the Department of Corrections (DOC) received a petition from an AIC to amend the PRAS Rule (OAR 291-077) so monetary awards align with costs of living. While the petition was denied as it was too complex, DOC formed a PRAS Audit Workgroup to address the petition and other concerns. These included points assigned for work and programming, and improving the work and training history letter AICs receive at release.

The good news: The DOC Executive Team approved Workgroup recommendations to satisfy the petition as well as eliminate several discrepancies in the PRAS rule. These changes create PRAS consistency throughout the department.

The bad news: Change takes time. Making the improvements required new PRAS system technologies, databases, and tracking systems to replace outdated originals. Due to several high-priority challenges (COVID-19, staffing issues, etc.), the necessary changes were nearly impossible. In addition, the consumer price index (CPI) caught up with the routine increases of average PRAS points, and canteen prices increased due to supply chain issues.

The best news: The Workgroup has been steadily making progress. In 2019, DOC eliminated the 120-day wait period to earn PRAS. The Workgroup is now ready to implement more changes.

What does this mean to you? Over the next few months, you will see the following changes:

The PRAS matrix will be adjusted to create a more even point spread in the first three levels. Also, two more levels will be added to reduce the chance of “maxing out.” In addition, there will be an overall

25% increase in the dollar value of each level of the PRAS matrix to counteract the effects of the CPI and canteen increases. This will be accomplished through temporary rule adoption, effective 01/01/2023.

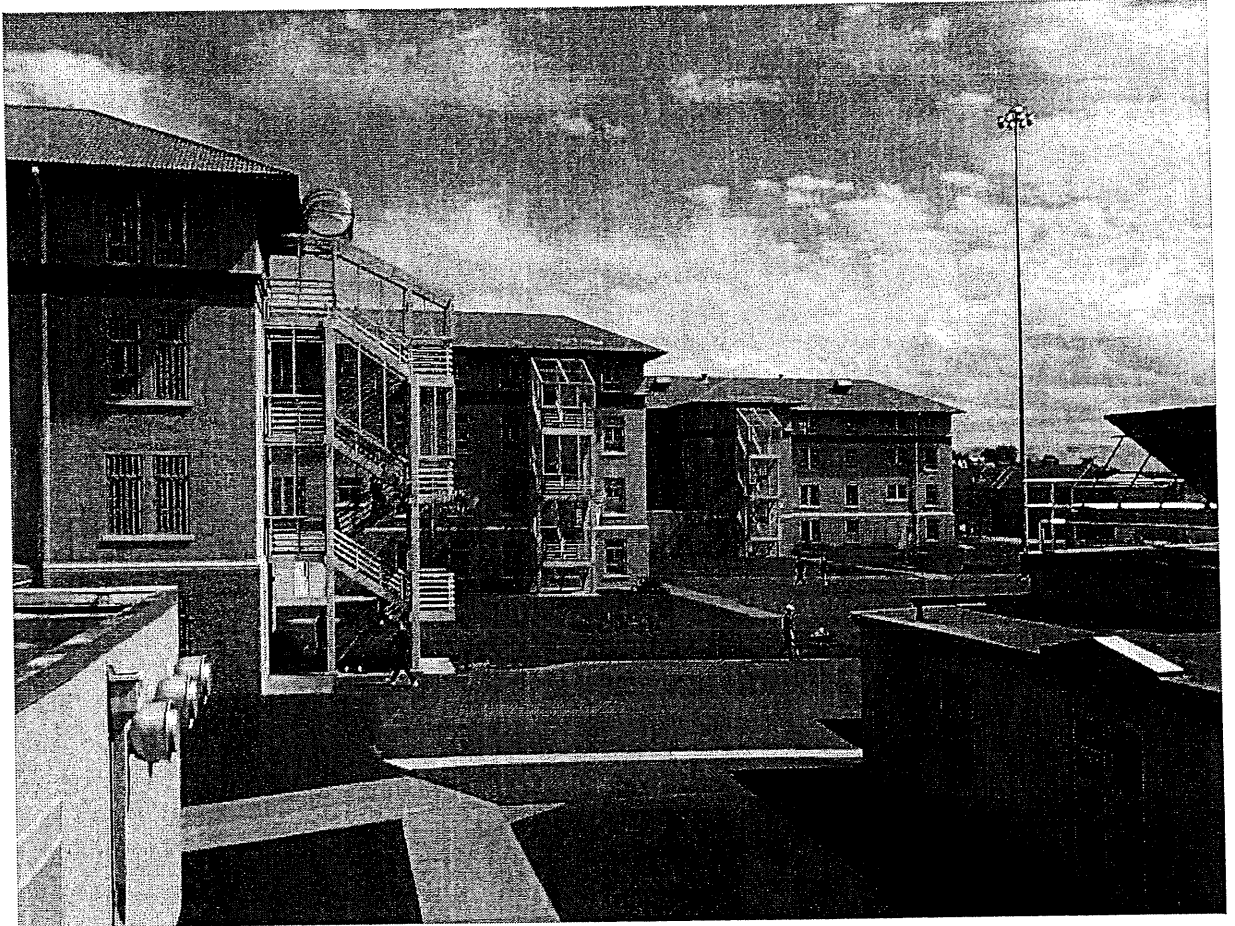
The number of PRAS points awarded per position will be consistent at all DOC institutions. AICs will earn the same number of PRAS points for the same work, regardless of location. This will not happen all at once, as there are over 15,000 assignment possibilities.

Start date: 12/01/2022. Estimated completion date: 06/30/2023.

Improvements to the Work and Training History document you receive upon release will be implemented when the position realignment is completed.

Estimated start date: 06/30/2023. Estimated completion date: 07/31/2023.

Q & A



INTERVIEWS

Explaining The 1206

Transfers, Counselors, and a
New Classification Tool

Written by Phillip Luna

Mr. Clark is responsible to overseeing the Correctional Rehabilitation Department which includes nine counselors and visiting. He is also the chair of the Multi-Disciplinary Team (MDT) which is a team of individuals from all the different departments within the Institution that come together to coordinate services to support the needs of the individuals referred. He is a member of the Non-Cash Incentive Committee, the Oregon Way Committee, and supervises both the Enrichment Club and GOGI. But this month Mr. Clark agreed to interview with *The Echo* primarily regarding the topic of AIC transfers.

Often I hear about AICs working with their counselor to put a 1206 in. Can you explain what that means?

AICs do not request their own transfers (also known as a 1206). Per ORS 291 Division 34, "Every effort will be made to house an AIC near his releasing county 6-12 months prior to release." Any transfer is subject to change by Office of Population Management (OPM). For instance, you may want to be at SCI but end up at WCCF. "AICs must work with their counselors regarding transfers outside of those that meet the basic operational needs of the department, e.g., work assignments, educational, and/or program needs."

When an AIC reaches minimum custody level does their counselor automatically put a 1206 in?

Minimum facilities in Oregon are **normally** full. Counselors have been given a directive by the OPM- the department that approves, denies, or changes transfer requests - not to place individuals who are only approved for inside work assignments on transfer lists until they are 6-12 months to release.

Are 1206s confidential? Can't a staff to look it up for me?

Yes, transfer requests are considered confidential in order to maintain the safety and security of AICs and ODOC staff. No, you should not be asking other staff to give you information regarding a transfer request. While many staff may be able to see the status of the 1206 process, they are not to provide information related to transfers and the transfer process.

What about for AICs who have family in certain areas, in the valley for example Are accommodations made?

Per OAR 291-034-0030, "While the department recognizes the importance of family and friends in their rehabilitation of AICs, the department is unable to grant transfer requests for the purpose of hardship or convenience." In short, there simply is not enough bed space in valley institutions to house everyone who wants to be near their family.

Once an AIC is on the transfer list when will they leave? Is there a way to find out when you are transferring ahead of time?

Again, transfer requests are confidential. The Office of Population Management (OPM) schedules transfers. No one at the local institution level can schedule an AIC for a transport bus. For those reasons we cannot tell someone when they will transfer.

Can I change counselors if I am unhappy with my counselor?

Counselor changes can happen and are rare. If there are reasons for a change of counselor, the Correctional Rehabilitation Manager (CRM) is the one that would gather and review the information for a counselor change. These concerns can be brought up

from an AIC or the counselor. If you feel a change is warranted, you will need to provide the CRM with valid reasons for the change.

What is the difference between a BHS counselor and my assigned counselor?

A BHS counselor focuses specifically on mental health and is part of the Health Services Department. Services from BHS are available to all AICs depending on their mental health needs. Those AICs who are assigned a BHS counselor or QMHP, have a been assessed and given a mental health diagnosis. BHS has their classification guidelines they follow as to what levels of treatment you are eligible to receive based on your diagnosis.

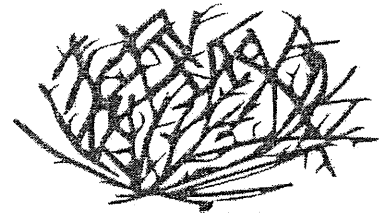
A Correctional Counselor works with AICs to develop skills based on individual risk factors to reduce the risk of recidivism. All AICs are assigned a Correctional Counselor when they arrive at an Institution. Not all AICs have regular contact with a Counselor. Correctional Case Management (CCM) has set a level based on your ACRS score on who meets with a Counselor and how often. If you are classified as a Low ACRS caseload you will have minimal contact with a Counselor. Often times it is all through the paper communication (kyte) system.

There was a notice about a new Classification Tool for AICs and risk assessments. Can you explain in simple terms what it means for AICs?

The DOC is in the process of implementing a new AIC custody classification tool as it is typically reviewed and updated every 10 years. This takes time in working with the IT department to program the computer side of this tool. The current plan is that the tool will go live in the next 12-14 months. Information will be pulled from the last DOC risk assessment on file (not from Community Corrections). Information from LS/CMI assessments will feed into the AIC's overall custody classification score.

Thank you Mr. Clark!

T.R.C.I. TUMBLEWEED



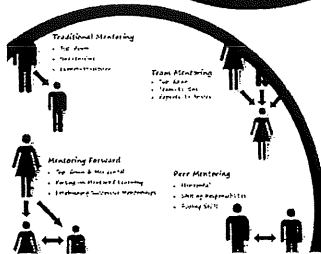
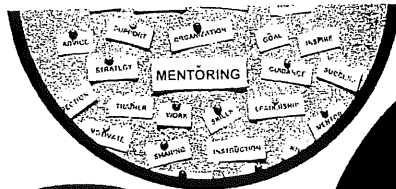
February 2023

VOL 23

ISSUE 2

Pay Dates: 2/9, 3/9, 4/6, 5/4, 6/8, 7/6, 8/10, 9/7, 10/5, 11/9, 12/7

TRCI STRIVE MENTOR PROGRAM



STRIVE

- S- Stay Focused
- T- Take Responsibility
- R- Respect Everyone
- I- Inspire Others
- V- Value Education
- E- Expect Success



Pictured from left to right:
Mr. Stone, Ms. McDaniel, Ms. Abbott, Ms. Gibbs, Mr. Gill

The STRIVE mentor program was founded in 2017 at TRCI. The program's initial purpose and mission was to mentor younger AIC's who were a higher risk to return to prison. The mentors included a group of AIC's who had previously experienced their fair share of turmoil over the years, but had reformed and were ready to guide fellow AIC's down a different path, "take a left instead of running into a brick wall." These are words from mentor Bill Stone who has transformed his life while incarcerated for nearly 30 years. Bill and Michael Gill are the mentors in residence for the program and spend each day working to mentor other AIC's through one on one meetings and teaching in a classroom setting. This sometimes involves callouts in the middle of the night to talk to guys about life or how to navigate certain situations. Mr. Gill has been incarcerated for nearly 25 years and appreciates the opportunity to be vulnerable with his mentees. "It's ok to be you and take the mask off." The goal for both Bill and Michael is to offer a new perspective by helping individuals realize their choices are the focal point. Michael reinforced that "we were once them" and "we understand their mentality, what they're going through."

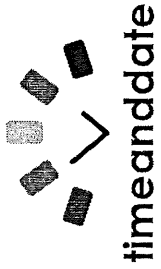
The entire group consists of 6 AIC's (1 from TRCM) that have experienced all walks of life who meet every Tuesday with Ms. Gibbs, Ms. Abbott, and Ms. McDaniel (the staff leaders). They meet with fellow mentees and work on programming strategies to further grow their community. Any AIC can join the STRIVE mentee program, either through SEG or counselor approval. Recently, the mentor program has expanded into SEG. Once an AIC joins STRIVE, they then qualify for the Hustle book series, which requires acceptance approval by the mentor committee. Bill and Michael help facilitate a weekly class in SEG that covers the Hustle programming, which offers mentees the tools to positively grow and perceive life through a different lens. The book series, written by AIC's for AIC's, speaks to the incarcerated on a deeper level by offering testimonies, education, and life skills content.

As the first institution in Oregon to offer this program, the group hopes to see it expand to other facilities in the future. More than anything, the mentor program is giving all those involved a greater sense of humanity and compassion for others. "Punishment isn't working, let's find out what works?" The mentor team is planting seeds and nurturing AIC's all the way through to release. The ultimate goal is to build a community that's causing less destruction for all. Inside and outside of our walls.

Quote of The Month

"Let's not talk about LOVE in February only,
Let's give the other months some LOVE too,
Let's spread LOVE every day of the year,
And show the world,
We really care"

— Charmaine J. Forde



March 2023 (United States)

April 2023
 S M T W T F S
 1
 2 3 4 5 6 7 8
 9 10 11 12 13 14 15
 16 17 18 19 20 21 22
 23 24 25 26 27 28 29
 30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 St. Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called "hazardous medicines."

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

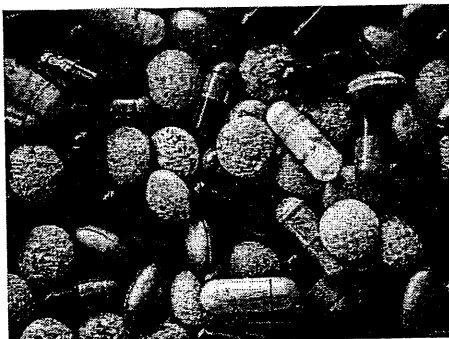


Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.

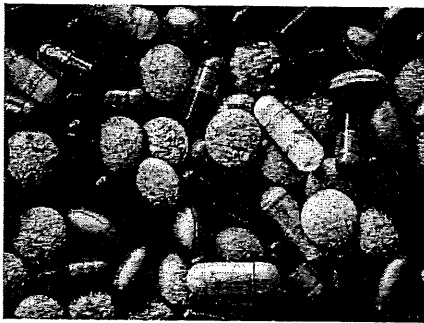


Foto por Raimond Klavins, Unsplash

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.

How to Register a Phone Number for Validation

- Lift Handset
- Make Language Selection
- Enter your PIN followed by #
- Press 1 to make a call
- Press 5 to register a phone number
 - Once you have registered the number, your friend or family member will receive up to 3 automated messages telling them to go to ICSolutions.com to set up an account and validate their number



How to Validate a Phone Number Online

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

To validate their phone number at ICSolutions.com, they will need:

- A credit/debit card number (for authorization purposes only)
- To be in possession of the phone they wish to validate
- The phone must be capable of receiving a call or a text message so they can receive the code to complete the validation

How to Register a Phone Number via Email

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

If a credit/debit card or cell phone are not available, friends and family members may validate their number by email to customer@icsolutions.com.

They will need to send the following:

- A copy of their telephone bill (for the number they wish to receive calls)
- A copy of their government issued ID

** The address on the telephone bill and ID must match*

How to Register a Phone Number via Mail

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

If your friends and family members don't have access to the internet, they may validate their number by mailing the below information to:

**ICSolutions
Customer Service
2200 Danbury Street
San Antonio, TX 78217**

They will need to send the following:

- A copy of their telephone bill (for the number they wish to receive calls)
- A copy of their government issued ID

** The address on the telephone bill and ID must match*



If Friends & Family that already have an existing prepaid account – Click on the validate option.

Prepaid Collected Accounts		Add
Phone	Agency	Balance
(630) 630-1854	Oregon Department of Corrections - OR	\$10.01

[Validate Fund](#)

IC Solutions Support – (888)-506-8407
International Call Support Line. (Country Code) (210)-501-0115
American Calls - Support Line. (866) 228-4031

Cómo registrar un número de teléfono para la validación

- Levantar auricular
- Hacer selección de idioma
- Ingrese su PIN seguido de #
- Presione 1 para hacer una llamada
- Presione 5 para registrar un número de teléfono
 - Una vez que haya registrado el número, su amigo o familiar recibirá hasta 3 mensajes automáticos diciéndoles que vayan a ICSolutions.com para configurar una cuenta y validar su número



Cómo validar un número de teléfono en línea

Su amigo o familiar tendrá que tomar medidas para registrar su número.

No podrá llamarlos hasta que se valide su número.

Para validar su número de teléfono en ICSolutions.com, necesitarán:

- Un número de tarjeta de crédito/débito (solo para fines de autorización)
- Estar en posesión del teléfono que desean validar
- El teléfono debe ser capaz de recibir una llamada o un mensaje de texto para que puedan recibir el código para completar la validación.

Cómo registrar un número de teléfono por correo electrónico

Su amigo o familiar tendrá que tomar medidas para registrar su número.

No podrá llamarlos hasta que se valide su número.

Si una tarjeta de crédito/débito o un teléfono celular no están disponibles, los amigos y familiares pueden validar su número por correo electrónico a customer@icsolutions.com.

Deberán enviar lo siguiente:

- Una copia de su factura telefónica (del número al que desea recibir llamadas)
- Una copia de su identificación emitida por el gobierno
 - * La dirección en la factura telefónica y la identificación deben coincidir

Cómo registrar un número de teléfono por correo

Su amigo o familiar tendrá que tomar medidas para registrar su número.

No podrá llamarlos hasta que se valide su número.

Si sus amigos y familiares no tienen acceso a Internet, pueden validar su número enviando por correo la siguiente información a:

ICSolutions
Customer Service
2200 Danbury Street
San Antonio, TX 78217

Deberán enviar lo siguiente:

- Una copia de su factura telefónica (del número al que desea recibir llamadas)
- Una copia de su identificación emitida por el gobierno
 - * La dirección en la factura telefónica y la identificación deben coincidir



Si son amigos y familiares que ya tienen una cuenta prepaga existente, haga clic en la opción de validación.

Cuentas Prepagadas		Añadir
Teléfono	Agencia	Saldo
(571) 319-1129	Oregon Department of Corrections - OR	
Financie su cuenta		Validar Financiar

Soporte de soluciones IC: (888)-506-8407

Línea de soporte de llamadas internacionales. (Código de país) (210)-501-0115

Llamadas Americanas – Línea de Soporte. (866)-228-4031

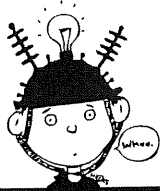


**PRISON
FREEDOM
PROJECT**

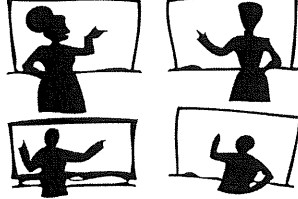
TEACH YOURSELF YOGA



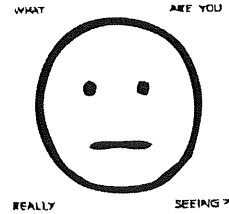
You are much more than you think...



You are much more than you have been taught...

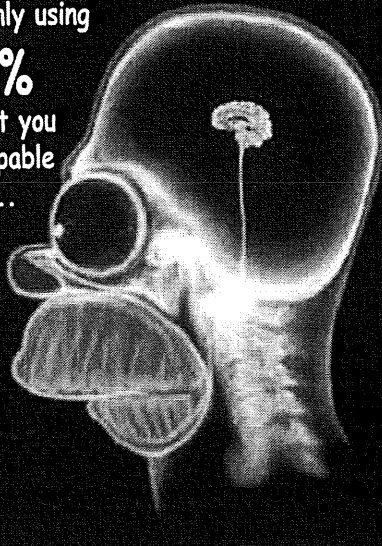


You are much more than you can see...



You are only using

10%
of what you are capable of...



Discover the other

90%

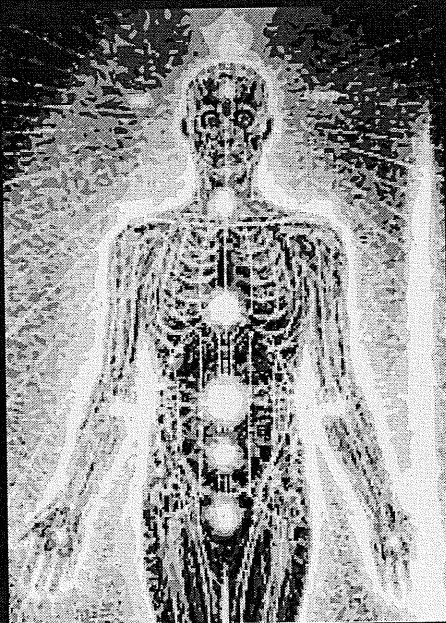
with
Yoga
Practices...



Then you will see that...



You are not only this body,
You are not only this mind,
You are not only this personality...



Who am I?



**Find out!
Practice Yoga.**

Introduction to Yoga

The Nature of Yoga



Universal

The practice of yoga is not opposed to any religion. It is purely spiritual and universal and does not contradict anyone's sincere faith. Yoga is an aid to the practice of the basic spiritual truths in all religions. A Christian, Buddhist, Muslim, Jew, Rastafarian, Hindu, Sufi, an Atheist or a person following any other belief system can practise yoga.

A way of life

Yoga does not require turning away from life. It is a lifestyle that encourages transformation and the cultivation of spirituality. A yogic lifestyle is an integration of all aspects of the personality, that is, mind, body, emotion and spirit.

A system of integral education

Yoga is an education that begins with the body and mind and gradually unfolds the inner spirit.

Yoga is a system of integral education, education not only of the body and the mind or the intellect, but also of the inner spirit. Yoga leads from ignorance to wisdom, from weakness to strength, from disharmony to harmony, from hatred to love, from want to fullness, from limitation to infinitude, from diversity to unity and from imperfection to perfection. Equanimity is yoga. Serenity is yoga. Skill in action is yoga. Control of the senses and the mind is yoga. Anything by which the best and the highest can be attained is also yoga. Yoga is thus all-embracing, all-inclusive and universal in its application, leading to all-round development of body, mind and soul.

Swami Sivananda Saraswati

Under every lamp there is darkness. The bigger the source of light, the bigger the area of darkness. You create your own darkness.

Whatever experience occurs which is not to the liking of the ego, that experience is pushed away.

The ego eats the banana of pleasure and throws away the skin of pain.

When at a later time you trip over that banana peel, you forget that you, yourself, left it there.

You think it was placed there by the world.

Darkness comes from within. Light also comes from within.

What you see when you look into the world is nothing but a projection of your own consciousness.

You are the world and the world is you.

In the recesses of deep unconsciousness live the things you have hidden from yourself.

In the recesses of your body's connective tissues live the experiences you would rather forget.

Though they are not in your conscious awareness, they are there in your shadow.

There is heaven in you and there is also hell within you. Heaven and hell are not geographical locations.

Heaven and hell exist inside you.

When your mind starts to project outwards what it has denied within itself, that is hell.

And when you have the guts to be with what is, when your conscious awareness has shone on the dark corners of your mind, when your mind is clear and not resistant, you open the door to heaven.

Darkness is what you are not conscious of. You cannot do anything about your darkness.

You can only approach darkness through the light of consciousness.

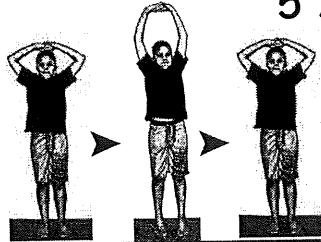
Pay attention to inattention. And become conscious of your unconscious. There your shadow will transform into light.

Dr. Vasant Lad.

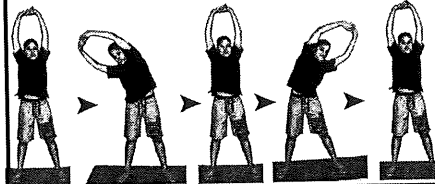
Daily Practice

POSTURES

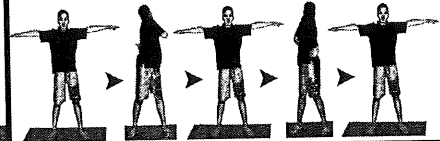
1. Palm Tree Pose
5 x



2. Swaying Palm Tree
5 x

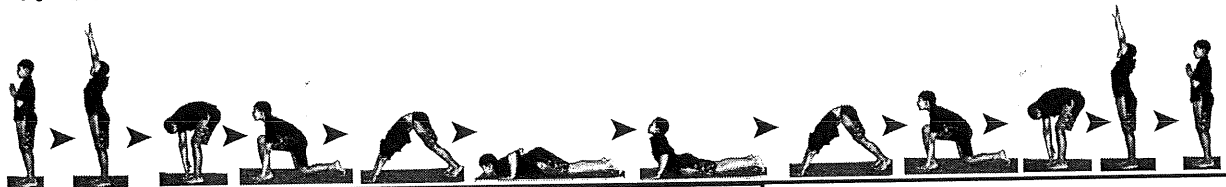


3. Standing Spinal Twist
20 x



4. Greet the Sun

up to 12 x



5. Clown Pose



a few mins

BREATHING PRACTICES

6. Bellows Breath



3 x
20-50 breaths

7. Humming Bee Breath



10x

8. Alternate Nostril Breath

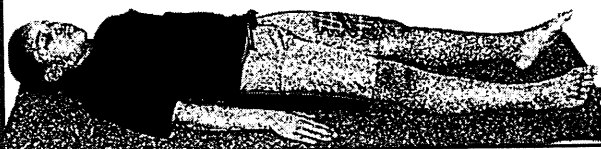


1:2:2
5 x

RELAXATION AND MEDITATION

9. Relaxation

10 mins



10. Returning Meditation



4 Stages

SELFLESS SERVICE

11. Help Someone have a better Day

Palm Tree Pose

Technique

1. Stand with your feet together. Interlock your fingers and place hands on top of the head with your palms facing upwards.
2. Inhale and stretch the hands up to the sky. At the same time come up onto your toes. Stretch the whole body, from toes to fingers.
3. Exhale and lower the hands to the head and the feet to the floor.

This is one round. Rest for a few moments then repeat.

Awareness

Focus on the stretch of the spine and abdomen and the feelings it creates within you.

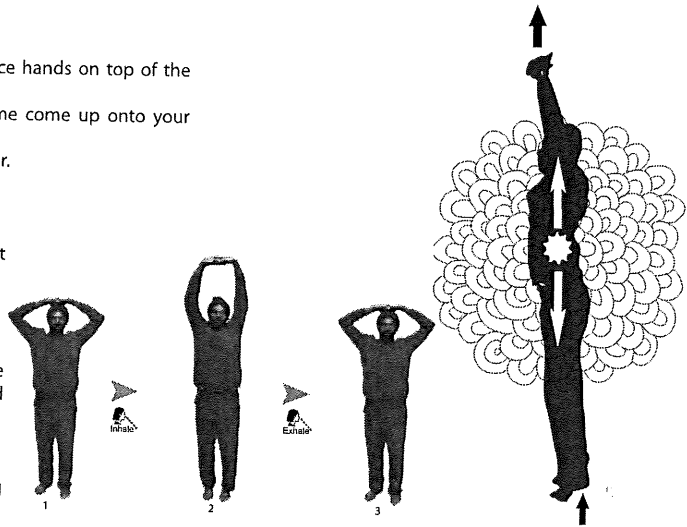
Benefits

Good for physical and mental balance.

Wakes the body up and reenergises a tired body. Stretches the whole spine and tones the nervous system. Tones the abdominal muscles and helps improve posture and digestion.

Note

You can also practise this posture holding the breath in or breathing freely for a few moments in position 2.



Swaying Palm Tree Pose

Technique

1. Stand with your feet a little wider than hip distance apart. Interlock your fingers, turn your palms up and stretch arms above the head.
2. Exhale as you bend over to the right side.
3. Inhale as you stretch back up to the centre.
4. Exhale as you bend over to the left side.
5. Inhale as you come back to the centre.

This is one round.

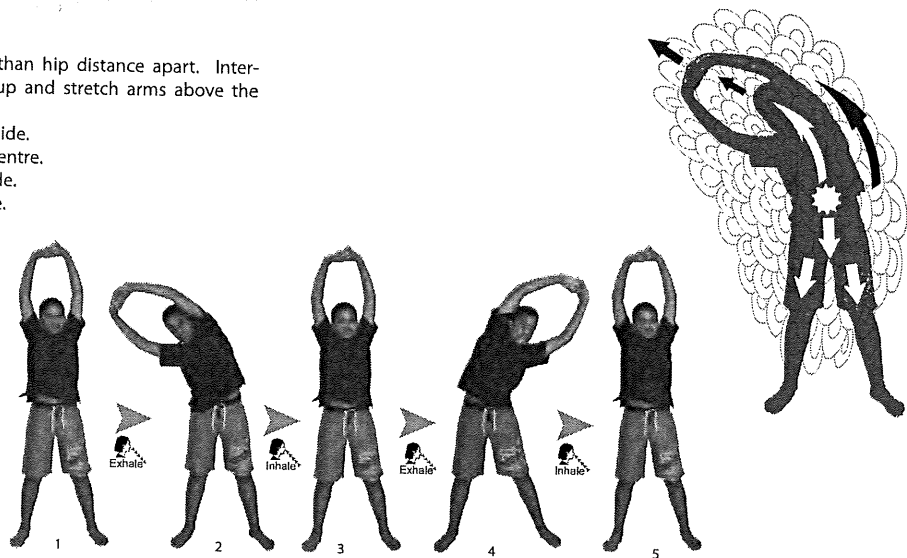
Keep your feet firmly planted on the floor.

Awareness

Feel the stretch to the sides of the body and spine and the massaging of your organs.

Benefits

This pose helps to release tension from the sides of the body. It helps to re-align postural defects of the spine and massages the abdominal organs.



Standing Spinal Twist

Technique

1. Stand with feet a little wider than hip-width apart. Inhale and raise the arms up to shoulder height.
2. Exhale and turn the arms and body to the right bringing the left hand to the right shoulder and wrapping the right arm around the back. Hold for a moment feeling the twist.
3. Then inhale and come back to the centre.
4. Exhale and repeat the movement twisting to the left.
5. Breathe in and come back to the centre.

This is one round.

Awareness

Be aware of your breath and the twisting and massaging action of the movement on the spine from tailbone to the head, abdomen and chest.

Benefits

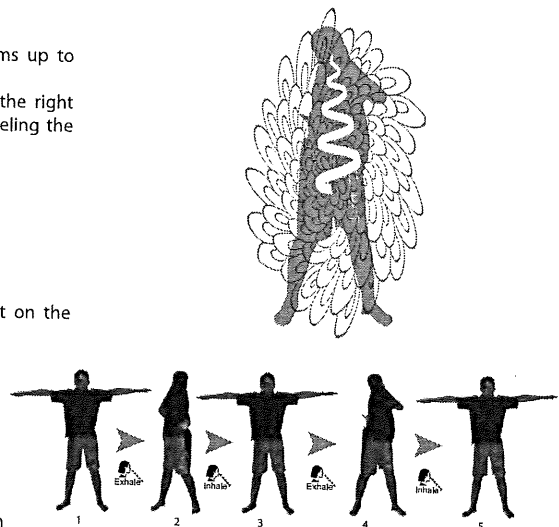
Helps tone the waist, hips and spine and helps relieve stiffness and poor posture.

Can be used to alleviate mental and physical tension any time of the day.

Good to ensure proper circulation of blood to organs, muscles and joints.

Note

You can also practise this posture more dynamically breathing freely and swinging from side to side faster, keeping the whole body loose and relaxed and letting the swinging motion twist the body.



Salute to the Sun (Sun Salutations)

Sun Salutations is a sequence of 12 postures done twice to make up 24 postures in one round. It is an ancient practice that is designed to bring about health, balance, strength and vitality. It is a complete practice in itself and when you combine body posture, breath and awareness in each pose, it has a very powerful effect on the body and mind.

Standing and preparing to begin

Stand upright with your arms alongside the body and your spine straight. Connect to the feeling in your body and mind and connect with your breathing. Take a few deep breaths and prepare to begin the sequence of postures.



1. Prayer Pose

Exhale and raise your arms and bring your hands together in a gesture of prayer in front of the chest. Feel the connection of your thumbs against your breast bone and connect with your heart space.



2. Arms Raised Pose

Inhale and stretch your hands up above your head. Make your body long, feel the stretch from your feet to your fingers.



3. Hand to Feet Pose

Exhale and bend forward from your hips. Bring your fingers down to the floor in line with your toes. If you cannot touch the floor with your fingers, bend your knees until you can bring your hands down next to your feet.



4. Equestrian Pose

Inhale and step your right foot back as far as comfortable, bringing your right knee to the floor and lunging over the left leg. Feel your tailbone sinking down as you lift your torso up and back. Open the chest and shoulders. Keep your fingers in line with your toes.



5. Mountain

Exhale and step the left leg back in line with the right leg and raise the hips and buttocks up into the air. Bring your head in-between your shoulders. Bring your heels to the floor.



6. Eight Pointed Salute

Keeping the breath held out bring your chin, shoulders, chest and knees to the floor, with your buttocks lifting up.



7. Cobra Pose

Inhale and slide the body forwards and push up with the hand bringing the body into the cobra pose.



8. Mountain Pose

Exhale and raise the hips and buttocks up into the air. Bring your head in-between your shoulders and your heels to the floor.



9. Equestrian Pose

Step the left foot forwards again, coming back into the equestrian pose. Try to step the foot forward to be in line with the fingertips.



10. Feet to Hands Pose

Step the right foot back to join the fingertips and the left toes, coming into the forward folded position.



11. Arms Raised Pose

Unfold the torso and lift the arms back up above the head.



12. Prayer Pose

Exhale and lower the arms bringing the hands together in a gesture of prayer in front of the chest.



This is half a round.

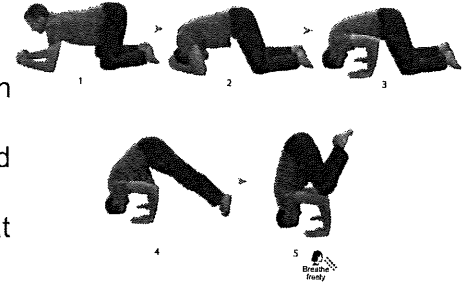
Repeat the second half of the round, stepping the left leg back first in position 5 and step the right foot forwards in position 10. This is then one round of Sun Salutations.

Practise up to 12 rounds of Sun Salutations. You can do slow rounds working with the breath and gradually speed up the breath and movement as you warm up. You can also practise Sun Salutations slowly and hold each pose breathing normally.

Clown Pose

Technique

1. Lean forwards and place interlocked fingers on floor with arms making a triangle.
2. Place the crown of your head behind the interlocked fingers.
3. Check where your elbows are and place your hands at that position.
4. Straighten your legs. Slowly walk your legs in towards the body, bringing the weight of the body onto the head and hands.
5. Place the knees onto the elbows and lift your feet off the floor. Hold this position breathing slowly and deeply for as long as possible.
6. Step the feet off the elbow and back onto the floor and come out the pose in the reverse to going back in.
7. Rest in the Child's Pose for a few moments afterwards, feeling the effect on your body.



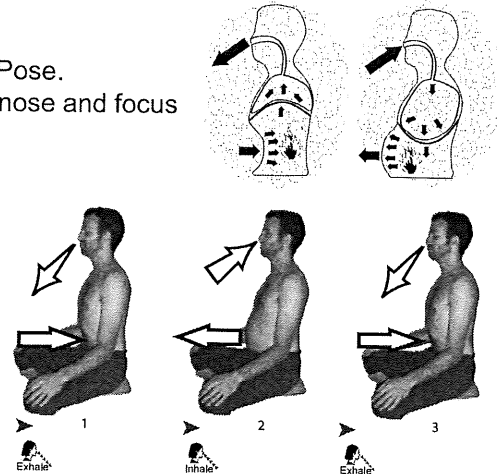
Bellows Breath

Technique

Sit comfortably with the spine straight or lie down in the Corpse Pose. Become aware of your natural breath moving up and down your nose and focus on the breath for a few moments. Then begin to deepen your breath and practise abdominal breath for a few moments, then practise the stage of Bellows Breath you are working on.

Stage 1: Light, slow Bellows Breath

1. When you exhale, pump the stomach in towards your spine, forcing the air out your lungs through your nose.
2. Then push the belly out, sucking air into the body.
3. Then pull the stomach in towards the spine, forcing the air out again.



Keep going like this at a speed of about one breath per second.

Practise up to 20 bellows breaths, then rest and breathe normally for a few breaths.

Repeat 2 more rounds of 20 bellows breaths.

Slowly increase the number of bellows breaths in each round from 5 to 50 breaths over a few weeks.

When you can comfortably do 3 rounds of 20 bellows breaths in each round, then proceed to stage two.

Stage 2

The breath is the same using the belly to create the breath but you now begin to speed up the practice over a few weeks, until you can breathe at a speed of two bellows breaths per second. Slowly build up to 50 breaths in each round. Hold your breath in after each round and experience the stillness in the body.

Note: Remember to build up through each stage slowly so that you do not feel strain or breathlessness. You may initially experience sensations of light headedness or dizziness with this practice. If you go slowly and not overdo the practice, these feelings will soon pass, as the body gets used to increased oxygen.

Awareness: Focus on the belly and the heat and sensations that are generated during the practice.

Benefits: This practice gives the whole body and mind a boost of energy. It will help with digestion and improve the feeling of vitality in the body. Increased oxygen is very important for overall health and vitality.

Humming Bee Breath

Technique

1. Sit comfortably with your back straight and your eyes closed. Spend a few moments connecting with your natural breath in the nose.
2. When you feel ready place your index fingers into your ears or press the ear flap down into the ear canal, so that you cannot hear sounds outside. Keep your ears blocked throughout the practice.
3. Inhale through your nose, slowly and deeply.
4. Exhale slowly through your nose making a deep humming 'hmmmmmmmmmm' sound for the whole exhalation. Listen to the sound inside your head as you make the humming sound.
5. Then inhale again and start the next humming out breath.

Practise this for three to ten minutes.

After you finish breathing like this, rest for a few moments and feel the effects of the practice.

Note

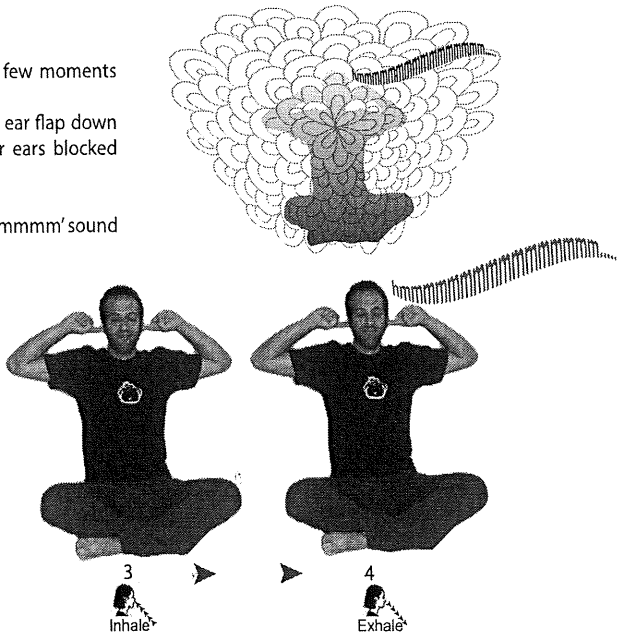
The humming sound is low and deep and should stay the same tone throughout the breath. It should not go high then low then high.

Awareness

Listen and feel the vibration inside your head during and after the practice. Be aware of the effects of the practice on your body and mind.

Benefits

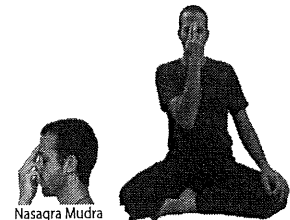
Relaxes and focuses the mind and body.



Alternating Nostril Breath

Technique

1. Sit comfortably with your back straight and your eyes closed. Spend a few moments connecting with your natural breath in the nose.
2. When you feel ready place your hand in Nasagra Mudra. Place your right hand up to your head, with the index and middle finger resting on the eyebrow centre, the thumb rests on the right side of the nose and the ring finger on the left. With your hands placed in this position, you can control the flow of air through your nose by blocking either the left with the ring finger or the right nostril with your thumb.
3. Proceed to the stage you are working on.



Stage 1 : Alternate Nostril Breathing, Ratio 1:1

4. Block the right nostril with the thumb and breathe in through your left nostril. Then block the left nostril and open the right, and breathe out through the right nostril.
5. Breathe back in through the right nostril and then block the right nostril and open the left nostril and breathe out through the left.

This is one round.

When you can manage this then keep the timing the same. You can count as you breathe in, 1 ... 2 ... 3 ... etc. When you breathe out, breathe out for the same count. Keep the ratio the same for all other breaths.

Over time as your lung capacity increases, your count will become longer.

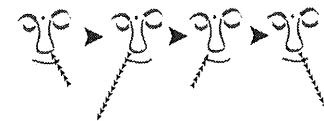
1 Round =



Stage 2: Ratio 1:2

When you have been working with Stage 1 for some time and you are comfortable with your count, you can begin to lengthen the exhalation slowly over time, until your count for exhalation is double that of your inhalation. Once you have comfortably mastered this stage, work a little with increasing your inhalation count by 1 and exhalation by 2.

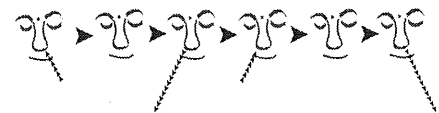
1 round =



Stage 3: Ratio 1:2:2

Once you are very comfortable with stage 2, you can begin to introduce a pause in your breath between the inhalation and the exhalation. Hold the breath in with both nostrils blocked for double the count as your breath in, then breathe out for double the count of your in breath. This stage will take some time to master so work with it slowly.

1 round =



Note

It is important not to strain your breath or become breathless. Do not force your breath; keep it slow and deep. Do not proceed to the next ratio until you are comfortable with the stage you are working on.

Awareness

Focus on the relaxed, effortless breath moving in your nostrils and on your count. All your awareness is focused in the area of the nasal passages.

Benefits

This practice will increase concentration and bring about a feeling of balance and calm.

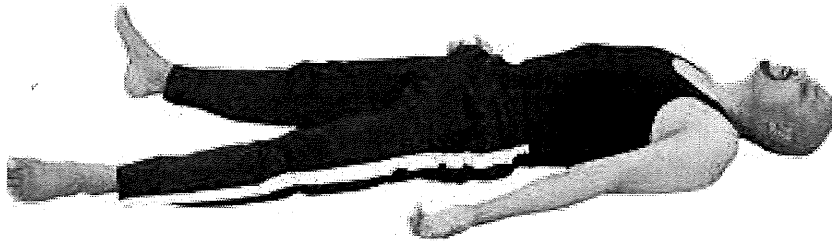
Relaxation

THE MOST IMPORTANT PRACTICE - YOU CAN DO IT ON YOUR BED!

- 1) Lie down in the corpse pose. Your head, neck and spine in a straight line, your legs a little apart, toes dropping out to the sides. Arms alongside the body with the palms facing upwards. Let go all effort of holding the body. Let the body become soft and heavy. Stop all movement in the body.
- 2) Focus on the sensations in the body and the breath and keep the body totally still.
- 3) Scan Your Body with your Attention: Feel your body part by part from your toes to the top of your head.
- 4) Breath Awareness: Focus on your breath coming in and out of your nose or body. Keep your attention on each breath as it comes and goes. If you start to think or get distracted come back to the breath whenever you see you are distracted. Keep coming back to the breath.

Do this for 10 minutes or more each day as often as you like.

Another thing to focus on is to imagine a stream of energy flowing through your soles and fingertips, up the legs and arms, up the body and out the top of the head. Let this stream wash away any tension and waste from the body. It just picks it up and carries it out the top of the head.



Returning Meditation

Sit comfortably with the spine upright. Spend a few moments settling your body and close your eyes.

Stage One:

Awareness of all the sounds around you. Listen to all the sounds you can at the same time. No effort is required, the sounds are coming and going and you are just aware of them. When you find you have become distracted, observe what distracted you for some time then **return** to awareness of the sounds.

Stage Two:

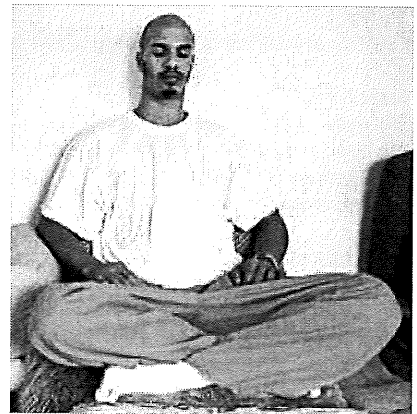
Awareness of the natural breath. Again no effort, you are not controlling the breath. Simply observe the breath as it comes in and out. When you find you have become distracted from observing the breath, observe what distracted you for some time then **return** to awareness of natural breath.

Stage Three:

Same as stage two, only now once you notice you have been distracted **return immediately** to the natural breath.

Stage Four:

Awareness of your own Self. Experiencing rather than answering with your mind the question, "Who am I?" When you find you become distracted then return immediately to awareness of your own Self. Experience whatever your experience is of your own self in this moment. No effort, you not trying to create anything. You are the experience. Simply be with it.



Help Someone have a Better Day

Each day do something for one person that makes their day a little easier or a little better. Don't tell them that this is what you are doing. Keep it a secret! Find imaginative ways of making somebody else's day better.

What do you first do when you learn to swim? You make mistakes, do you not? And what happens? You make other mistakes, and when you have made all the mistakes you possibly can without drowning - and some of them many times over - what do you find? That you can swim? Well - life is just the same as learning to swim! Do not be afraid of making mistakes, for there is no other way of learning how to live!

Alfred Adler

Daily Yoga Practice

A yogi is someone who practices yoga. There are many kinds of yoga practices. All of them help you to explore yourself. Postures are for exploring your physical body. Breathing practices help you discover your energy body. Relaxation and meditation help you master your mind.

AWARENESS, AWARENESS, AWARENESS! Use all practice to develop the witness. Stay focused on the practices and when the mind wanders away, bring it back to breath and body.

1. Try practice the yoga sequence everyday, ideally when you wake up in the morning.
2. It is best not to have a full stomach when doing the yoga postures and breathing.
3. The relaxation and meditation can be practiced at any time.
4. If you practice regularly you will experience the great benefits of practice.
5. Keep your practice a secret and share it only with those who are really interested and who you think might want to learn yoga.

We are Really Free!

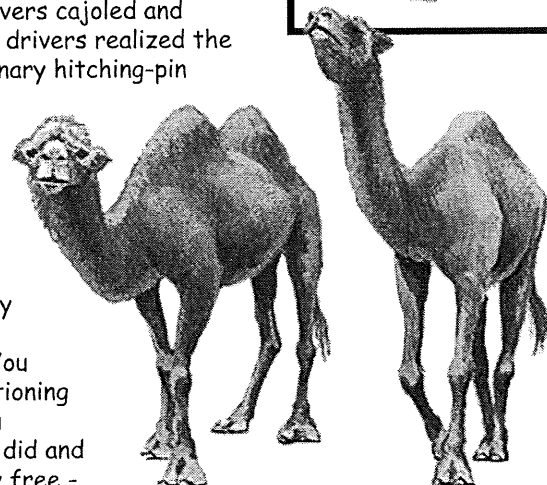
A large camel train passed through the desert and arrived at an oasis, where it was decided to take rest for the night. Drivers and beasts were all anxious to sleep, but when it was time to secure the camels, they found that they were short of one hitching-pin. All the camels were duly tied up, except one. The drivers searched for some means to tether the animal, but none could be found. No one wanted to stand watch all night and lose the night's sleep. Yet at the same time the drivers did not want to lose the camel.

After some thought, one of the drivers had a good idea. He went to the camel, took the rope and carefully went through all the motions of tethering the animal to a pin - an imaginary pin. Afterwards the camel was bedded down, convinced that it was securely bound, and a good night's rest was had by all.




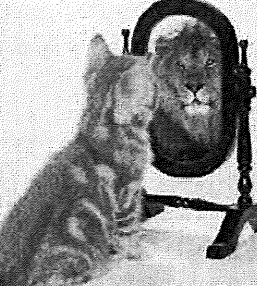
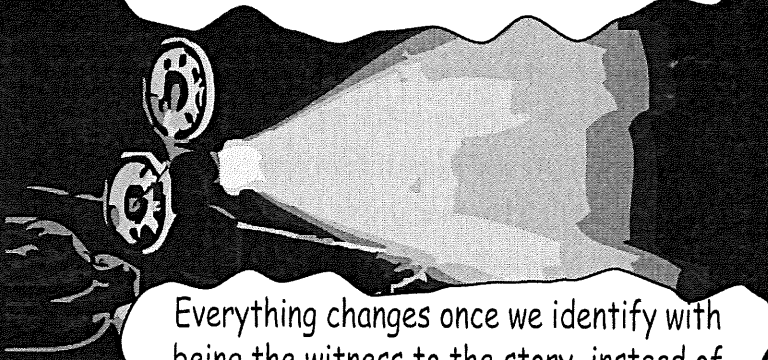
The following morning the camels were released. Everyone made ready to continue the journey, except one camel. It refused to get up. The drivers cajoled and coaxed, but the beast would not move. Eventually one of the drivers realized the reason for the camel's obstinacy. He stood before the imaginary hitching-pin and went through all the usual motions of untying the rope and releasing the animal. Immediately afterwards, the camel stood up without the slightest hesitation, believing that it was now free.

Of course the camel had been free all the time, but it had allowed itself to be convinced that it was bound. It is the same with each human being - he too is always potentially free, but most people allow themselves to be bound by their mental problems and seemingly oppressive responsibilities. You are really as free as the unpegged camel, yet through conditioning and misconceptions, you think that you are firmly bound. You compare yourself with others, in the same way as the camel did and automatically believe that you are limited. But you are really free - understand this.

Things are not always what they seem!



What is Yoga

<p>Yoga in an ancient science.</p> 	<p>It was once practiced all over the world.</p> 	<p>It's a science where you are the scientist and you are experimenting on yourself.</p> 	<p>The word Yoga means 'union'. It is when you discover and join all the parts of yourself into one whole.</p> <p>This is called 'self realisation'</p> <p>It is a bit like thinking you were a house cat and then realising that all this time you were a great wild Lion!</p>	
<p>When we discover who we are, we also see that all life is One. Then we understand another part of yoga..... by helping others we are helping ourselves!</p> <p>So in yoga we do poses, breathing practices and meditation to help ourselves feel better, AND we</p> <p>SERVE, LOVE, & GIVE</p> <p>To make our world a better place for all life!</p>	<p>We are trying to discover our true self. The true self is also called the witness. It is the part of you that watches your whole life like a movie on a screen.</p>  <p>Everything changes once we identify with being the witness to the story, instead of the character in it.</p>			

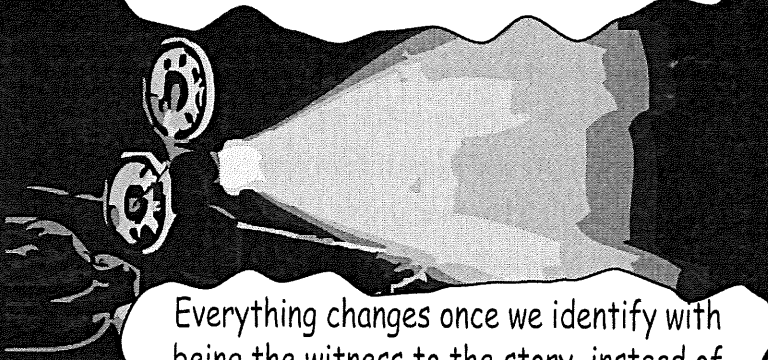
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SERVE, LOVE, & GIVE


To make our world a better place for all life!

We are trying to discover our true self. The true self is also called the witness. It is the part of you that watches your whole life like a movie on a screen.




Everything changes once we identify with being the witness to the story, instead of the character in it.

Yoga teaches us to use everything that we have in life, good or bad, as a way to discover ourselves.



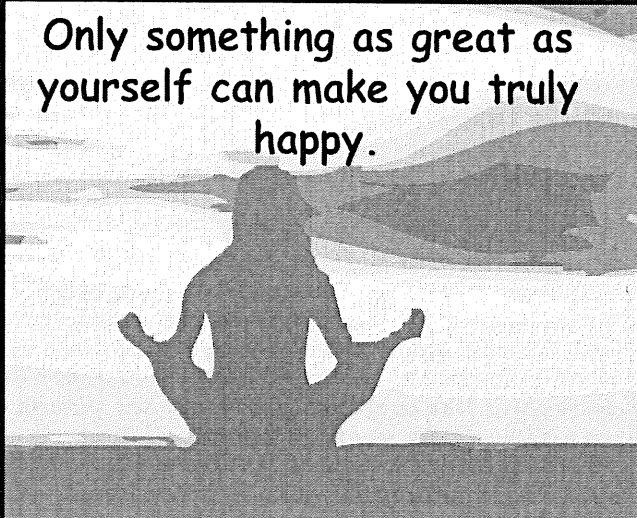
Everything you need to make this discovery is inside you already.



Having lots of money, fancy clothes, the best cell phone won't make you happy.



Only something as great as yourself can make you truly happy.



If our life is like the sky...



We think we are the clouds

The clouds are our thoughts, moods, personality. Like happy clouds, sad clouds, angry clouds ... etc



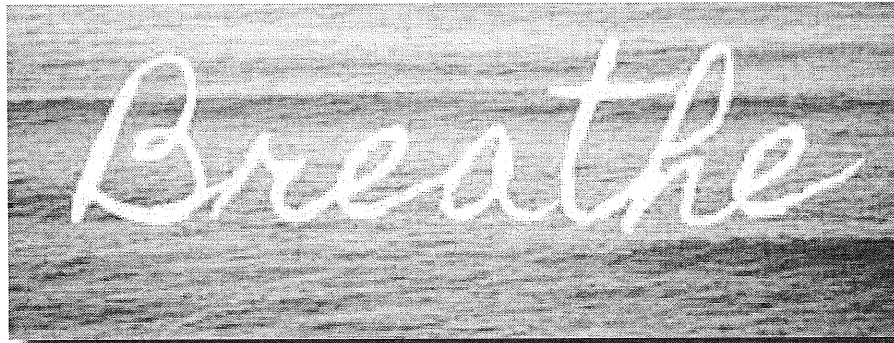
Sometimes all we can see is cloud.... like when we get so angry we forget everything else



big storm clouds!

But in fact we are really the sky

The clouds come and go, but the sky is always there. The witness is the sky. Learn to be the witness.



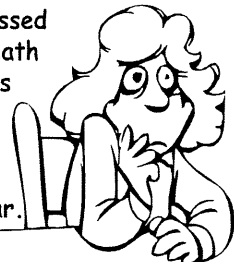


Problems themselves are the highest opportunity we can ever have. If things go well all the time it's the worst thing that can happen. This is because we never question why things are really happening to us as long as things are good. It takes trouble for us to think about where things are really coming from. Problem or prison pushes us to find out what really drives the world around us. If it leads somebody like me to experience yoga (which is creating of awareness and balance in life), discover more about myself and life, wow! It is the best thing that ever could have happened to me.

- John, Brandvlei Max



I am becoming the witness and I am clearer and things are more obvious. Yoga helped me too much on those parts of my inner, because now I am balanced, I am the observer, i don't react anymore, I am smart! I do not get attached to any negative thoughts or unhappy emotions, because now I'm out the box and I am an observer. I don't expect anything from anyone in life. I'm just enjoying the present life, not the trials and tribulations of yesterday. - Vuyisani, Brandvlei Max.

Breath is Life

<p>We breathe 24000 times per day!</p>	<p>When we are nervous, scared, anxious or stressed our breath becomes short, shallow and irregular.</p> 	<p>This starves our body of oxygen and energy, and over time causes disease.</p> 	<p>Yoga helps us to breathe slowly, deeply and regularly. Breathing like this makes us calm, relaxed and peaceful.</p> 
---	--	---	--

Breath is Life!

The Five Blind Men and the Elephant

A long time ago, there was a city where everyone was blind. A king and his army was marching by the city. The king rode on top of an elephant. He used the elephant to do heavy work, and to fight his enemies. The people in the city had heard of elephants, but had never been close to one. Five young men ran to the army to find out what an elephant was like.



The first young man accidentally ran into the side of the elephant. He spread out his arms and felt its big, smooth side. Its skin was warm, so he knew it was alive. He said, "An elephant is like a wall!" Then he ran back to the city to tell everyone what an elephant was like.

The second young man, feeling through the air, touched the elephant's trunk. The elephant was surprised and snorted loudly. "An elephant is like a big snake! It makes a big snorting noise!" Then he went back to the city and told everyone about the elephant.

The third young man walked into the elephant's tusk. He felt how hard and smooth the tusk was. When the elephant lifted its tusk, he felt its pointed tip. "Amazing! The elephant is hard and sharp like a knife, but sounds and smells like an animal!"

The fourth young man was very careful. He walked on his hands and knees, and touched one of the elephant's legs. He reached out and hugged it, and felt the elephant's rough skin. The elephant lifted its foot and walked forward, and the man moved with its leg. "I understand why people are afraid of the elephant! It's like a tree, but can bend and move and hit the ground."

The fifth man walked into the elephant's tail. "I don't know why everyone's excited. An elephant is just an old piece of rope." Then he walked away.

Finally, an old woman came. She walked slowly and touched every part of the elephant. She listened to the sounds the animal made. She found the elephant's mouth and gave it a treat, and petted its trunk. When she returned to the city, everyone was shouting and arguing. Each of the five young men found people who believed what they said about the elephant. "It's like a wall!" "It's like a snake!" "It's like a knife!" "It's like a tree!" "It's like a rope!"

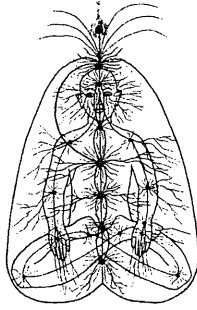
The old woman walked home. She laughed and remembered when she was a young woman, and thought she could learn the truth from other people.

The Energy Body

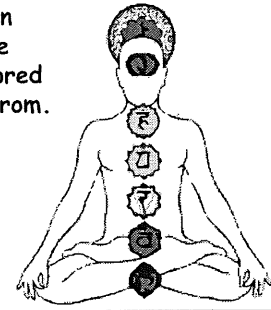
In yoga you will discover something called the energy body.



It is made up of many channels of flowing energy called nadi.



There are a seven main places where this energy is stored and distributed from. These are called chakra's.

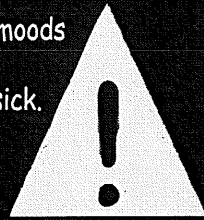


Each chakra is responsible for a different function of your personality

When energy is flowing freely we feel light, energetic and healthy.



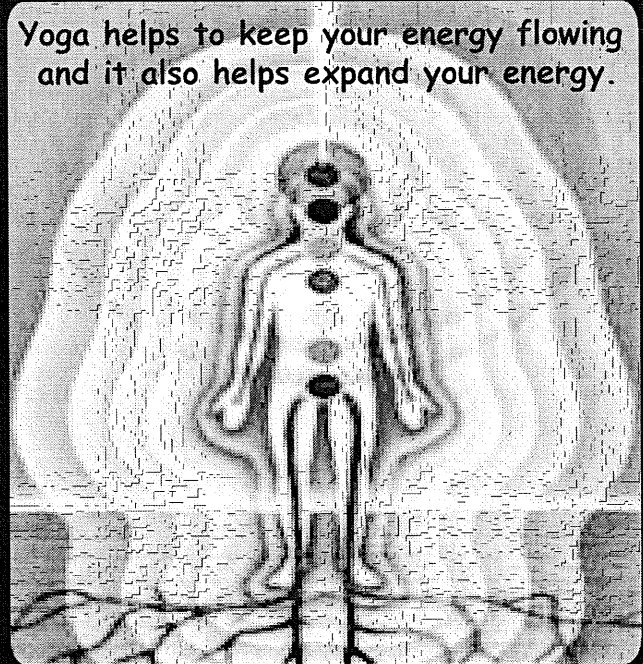
When energy is blocked we feel bad, have bad moods and get sick.



DANGER

BAD MOOD

Yoga helps to keep your energy flowing and it also helps expand your energy.



When we expand our energy we awaken our potential.



This allows us to explore and experience new things and other realities we did not know existed. We can become very dynamic active, creative, powerful and peaceful.

We can become super humans!

Master the Mind with Meditation

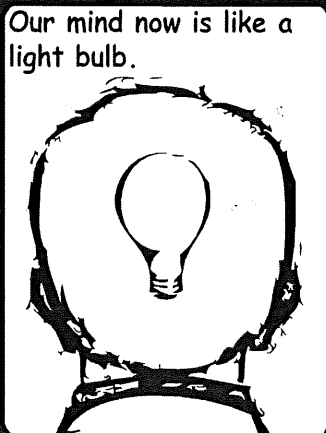


Our minds are very powerful

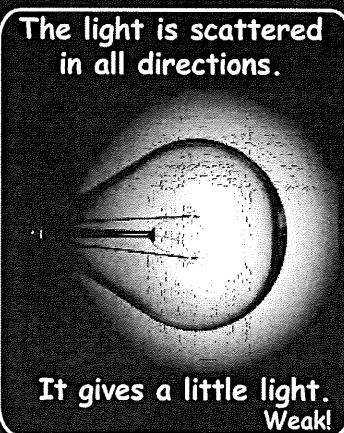
But at the moment our minds energy is wasted because it is very scattered and unfocused.



We have no control over our mind. Instead of being our loyal servant, the mind thinks it's king.



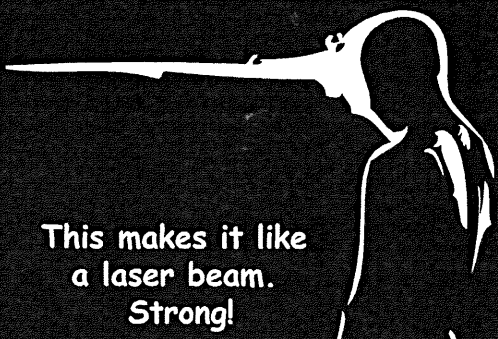
Our mind now is like a light bulb.



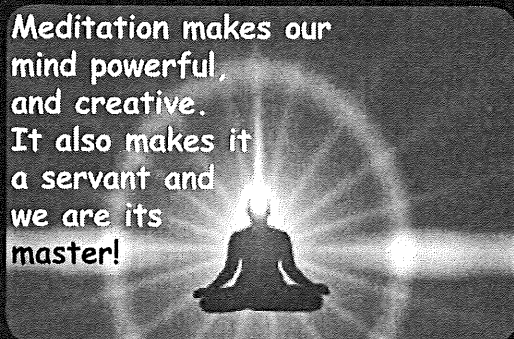
The light is scattered in all directions.

It gives a little light. Weak!

Meditation teaches us how to focus the mind in one direction.

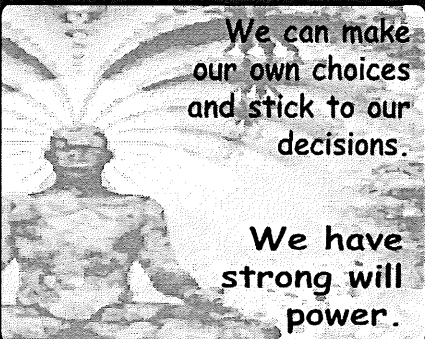


This makes it like a laser beam. Strong!



Meditation makes our mind powerful, and creative. It also makes it a servant and we are its master!

When our mind is focused we become
**calm,
creative
and
peaceful.**



We can make our own choices and stick to our decisions.

We have strong will power.

That's the way it is.

A man named Sei Weng owned a beautiful mare which was praised far and wide. One day this beautiful horse disappeared. The people of his village offered sympathy to Sei Weng for his great misfortune. Sei Weng said simply, "That's the way it is."

A few days later the lost mare returned, followed by a beautiful wild stallion. The village congratulated Sei Weng for his good fortune. He said, "That's the way it is."

Some time later, Sei Weng's only son, while riding the stallion, fell off and broke his leg. The village people once again expressed their sympathy at Sei Weng's misfortune. Sei Weng again said, "That's the way it is."

Soon thereafter, war broke out and all the young men of the village except Sei Weng's lame son were drafted and were killed in battle. The village people were amazed as Sei Weng's good luck. His son was the only young man left alive in the village. But Sei Weng kept his same attitude: despite all the turmoil, gains and losses, he gave the same reply, "That's the way it is."

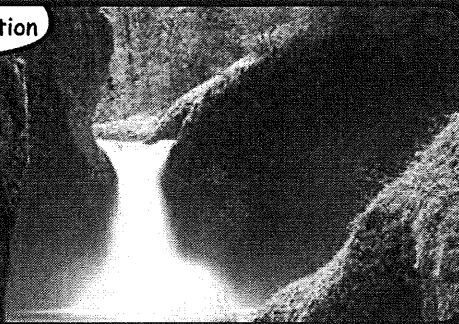


Things are not what they seem!

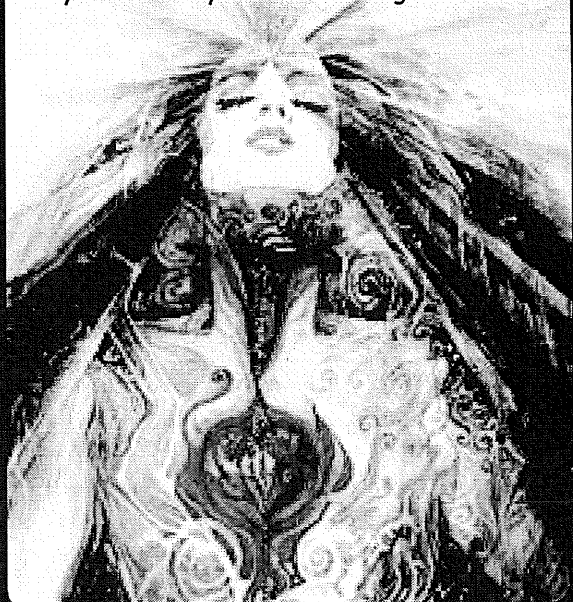


The Path

In the confrontation between the stream and the rock, the stream always wins: not through strength, but through persistence.



You cannot always control what goes on outside. But you can always control what goes on inside.



Everything in your life is there as a vehicle for your transformation. Use it!



Regular practice is the key to success.

"The spiritual journey is individual, highly personal. It can't be organized or regulated. It isn't true that everyone should follow one path. Listen to your own truth." - Ram Dass

Crossing Rivers



Two Buddhist Monks were on a journey, one was a senior monk, the other a junior monk. During their journey they approached a raging river and on the river bank stood a young lady. She was clearly concerned about how she would get to the other side of the river without drowning.

The junior monk walked straight past her without giving it a thought and he crossed the river. The senior monk picked up the woman and carried her across the river. He placed her down, they parted ways with woman and on they went with the journey.

As the journey went on, the senior monk could see some concern on the junior monk's mind, he asked what was wrong. The junior monk replied, "How could you carry her like that? You know we can't touch women, it's against our way of life". The senior monk answered, "I left the woman at the river's edge a long way back, why are you still carrying her?"

The moral of the story: The senior monk had broken rules but for good reason. Once the purpose was fulfilled he put her down and continued on. He never gave it a further thought. The junior monk however did not touch the woman but he had brought up the actions of the senior monk when it was an action of the past. Therefore the junior monk was carrying the burden of what the senior monk had done as emotional baggage.

We have little use for the past except for the purpose of learning from our experiences, good and bad. Just like in the Buddhist monk story, we need to let go of any burden the past may place on us. It's happened, it's over, it cannot be changed, we can only move forward and create a compelling future.



INSIDE WISDOM

RELEASE
STRESS

CURE
PAIN &
SICKNESS

FIX
HEADACHES

WORRY
LESS

SLEEP
BETTER

FEEL
STRONG

FEEL
PEACEFUL

RELAX
CONCENTRATE

FIND
YOURSELF

DISCOVER
FREEDOM

Some of the people that I have come into contact with have told me how wonderful yoga exercise is and how it has been contributing to their health. Jackson told me that since he integrated yoga exercise in his life, he started feeling less stress, he began to think positive about his life, his sentence was reduced from 28 years to 18 years.

Joe (HIV Positive), told me that since he initiated yoga exercise in his life he started feeling strong and flexible, and he used to take pills for body stiffness before but now he doesn't use the pills anymore, he realized that the cause of the body stiffness was due to insufficient blood circulation, by continuous practicing yoga he realized that his body is no longer encountering stiffness so he stopped taking pills. He went further and to his roommate that was snoring heavily and he taught him how to relax the body during sleeping, and since that inmate did what he told him to do, the inmate is not snoring anymore.

Lucky was experiencing headache, when I told him to do a breathing exercise after a few minutes, he came to me and told me that the yoga exercise is working. Teyin was experiencing body pains and sleepless nights, I gave him some yoga practices; breathing and postures, when I saw him the other day, he told me that yoga exercise is wonderful and that he can sleep nice and his body is feeling great. Brother Ibrahim was experiencing constipation so I told him some postures for it, he did that and was relieved. Carlos was stressing too much, but since he integrated yoga exercise, he is no longer overwhelmed, he is feeling great now.

One of my sister in Nigeria also confirmed that yoga exercise is worth it. Since I told her how someone can use it to release stress, headache, body pains and stay focused, when she tried it she told me that it works, she even told my mother and my aunts how wonderful the exercise is.

Akhonna told me that since he started practicing yoga, he can now differentiate his life from his life situation and can feel calm throughout the day. Kayaletu told me that since he integrated yoga practice, he can concentrate more on anything he intends to do.

Edward was stressing a lot, I told him to join his roommate (Jackson) in yoga exercise, a few days after he told me that he is feeling better, There is no body that gave yoga exercise a try for a particular reason that hasn't confirmed that is is wonderful!

- John, Brandvlei Max.

If you are depressed,
you are living in the *past*.

If you are anxious,
you are living in the *future*.

If you are at peace,
you are living in the *present*.

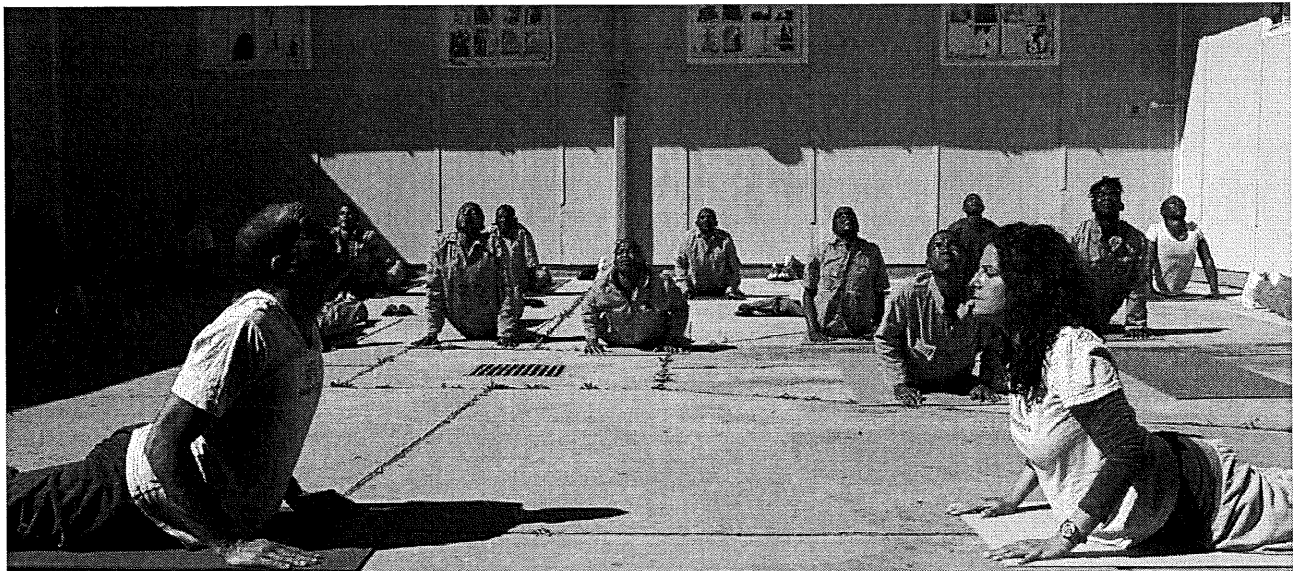
~ Lao Tzu

Bring awareness to each act. Walking on the road, walk fully alert; eating, eat with awareness. Whatsoever you are doing, don't let the past and the future interfere. Be in the present. That's what awareness is all about.

Osho

Do not allow yourself to suppress your thoughts. Instead, let the thoughts come before you and become a sort of observer. Start observing your own mind. Do not try to escape; do not be afraid of your thinking.

Swami Rama



How Yoga Works

The techniques learned from some 5000 years of yoga help us to relieve tension. They also help to balance, purify and restore all of the body's systems - cardiac, respiratory, muscular and endocrine.

Most of us know that feeling of being tense in the neck after a long car drive. This is not pleasant and affects our mental state. Yoga works to help free tension from the body and your mental state feels less tense as a result.

Moving carefully, focussing on and moving with the breath helps us to tune into a natural intelligence – an inner guidance which is always there, but is hard to see when the mind is busy and in pain.

Once you have begun to develop ease in body and mind, seated meditation can then create a deep transformation.

All that is needed is a comfortable, self-supporting, upright position to sit in. Remaining still and breathing naturally as you focus on the breath for a set period of time, the mind gradually becomes less agitated and more alert and focussed. Often problems about “me” and “mine” become less. We no longer need to be centre stage in our own minds. We begin to notice how connected we are to everything and everyone.

The only belief necessary to practice in this way is the belief that you can feel better.

Inmates from all faiths tell us that yoga and meditation strengthen that faith; likewise, people with no religious practice say it helps them discover a deeper part of themselves. Each of us is far more than our thinking minds could ever imagine. Fortunately our true self is always there, waiting to be discovered. And when we see who we truly are, we begin to cherish life – our own life and the life around us.

“With my hand on my heart I can say I’m in a good space. In my cell right now, I’ve got no distractions – no telly and no music playing – and I’m enjoying the peace and quiet for once. Tonight I’m going to enjoy again looking into the real me.”
- An inmate, HMP Lewes



"There is so much crap and problems prison life brings and it can leave me feeling so depressed and helpless, and unfortunately, questioning the point in living. But thanks to yoga and meditation I realise there is still so much I can do with my life. I can still be somebody even if I have been to prison." - An inmate at HMPYOI Lichfield

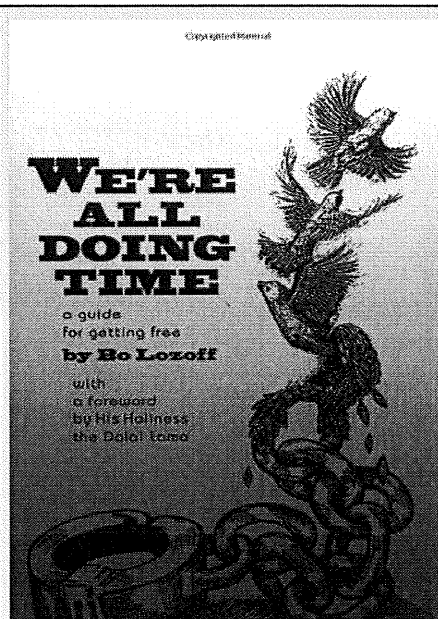


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Write to us and join the 6 month Yoga Correspondence Course. You can learn all about yoga and even become a yoga teacher.

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Wellington, 5034



Free Book for Prisoners **We are all doing time**

A guide to getting free

The cause of all our personal problems and nearly all the problems of the world can be summed up in a single sentence: Human life is very deep, and our modern dominant lifestyle is not.

-Bo Lozoff

Please write to us for a copy of the book. Book is free to prisoners. The book has inspiration and practices that will really help you.



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March Madness Word Search

CHAMPIONSHIP	N V I C T O R Y A X J E D X U C A V A U W J I K
	G A F Q T E D D J O H W U Y Y E W K J J D F P A
UNIVERSITY	J K I T A S U J B B D H C A O C Z Z C Q X F W O
	S T A D I U M D H P X E L B B I R D P R S A C L
TOURNAMENT	U U Z E D F K U Y D I S K L A C K Z V J O Z F M
	Y D T C R A O N T Y T O U R N A M E N T V C W A
BASKETBALL	N A R I R E T E L H T A V R D S F C B N B H W M
	I T M O B B R A C K E T S C K I H Z A L H A C J
ATTENDANCE	Y E S N E F E D U A Q H J M O B O N S V B M Z L
	I S S F V Q W H P T I R I P S P Z O K T W P L Q
GYMNASIUM	J Z B A J Z H W Z V E Z L V L R M N E D E I Y L
	B Y V J V N O T Q K A V T K D A P V T X Y O E K
PRACTICE	E T E H Y C W X E A T X M P V C L Y B A B N Z U
	Z B T K C A Z H Q U T O U Y W T I C A W S S V U
NATIONAL	Q B G J O T W P Y B E B I C U I B Q L N N H O N
	Y Y W I H S X C L W N I S W N C R Z L W Q I H X
STADIUM	X E M L C J I T F R D B A A I E E V X S E P X Z
	B G D A O M A Y H L A N N Q V K F G K U Y S E S
REFEREE	G E P N I I J A O Q N F M K E X E P N E C O Y A
	Y L K O F S Y R X B C D Y O R S R W W Q Q S R K
DEFENSE	S L T I U D V V Y K E J G D S E E T I R Z W M Z
	B O V T F W D E S N E F F O I B E I R M Q P B K
OFFENSE	A C H A P Z E F X H H I G M T O E F D U I S A P
	F K N N X P U E J F L U O F Y N U R P F B F Y J
VICTORY	
DRIBBLE	
COLLEGE	
BRACKET	
ATHLETE	
SPIRIT	
COACH	
FOUL	



Name: _____

St. Patrick's Day Word Search



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

Find the words in the puzzle. Words are hidden →, ↓, and ↘.



DANCE

JIG

POT OF GOLD

FOUR-LEAF CLOVER

LEPRECHAUN

RAINBOW

GOLD COINS

LUCKY

SAINT

GOOD LUCK

MAGIC

SEVENTEENTH

GREEN

MARCH

SHAMROCK

HARP

MUSIC

ST. PATRICK'S DAY

IRELAND

ORANGE

WISH

Easy

Sudoku

Many people like to play Sudoku.
It is a number puzzle.

Start with an easy Sudoku

Here is an easy Sudoku puzzle. It has 16 squares.

Rule

Each column of four squares, each row of four squares, and each box of four squares must have the numbers 1, 2, 3, and 4 in any order.

	column			
row	1	2	4	3
	3	4	2	1
	2	3	1	4
box	4	1	3	2

Try these two Sudoku puzzles

1

3	1		
	2		
		2	
		1	3

2

		2	
1			
			4
	3		

➔ More on page 23

Harder

Sudoku

These three Sudokus are a little more difficult. They each have 36 squares.

Rules

Each column of six squares, each row of six squares, and each box of six squares must have the numbers 1 to 6.

1

	1			3	
6					2
		2	5		
		3	2		
3					4
	4			2	

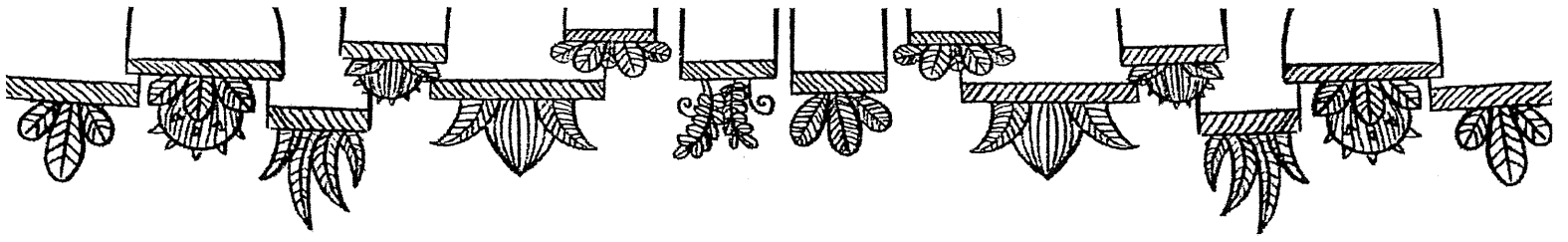
2

1					3
		3	6		
		2	1		
		4	5		
		6	3		
4					5

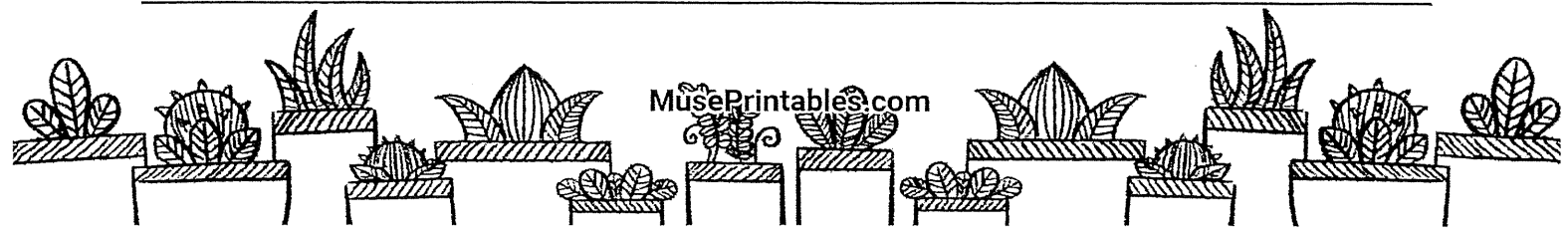
3

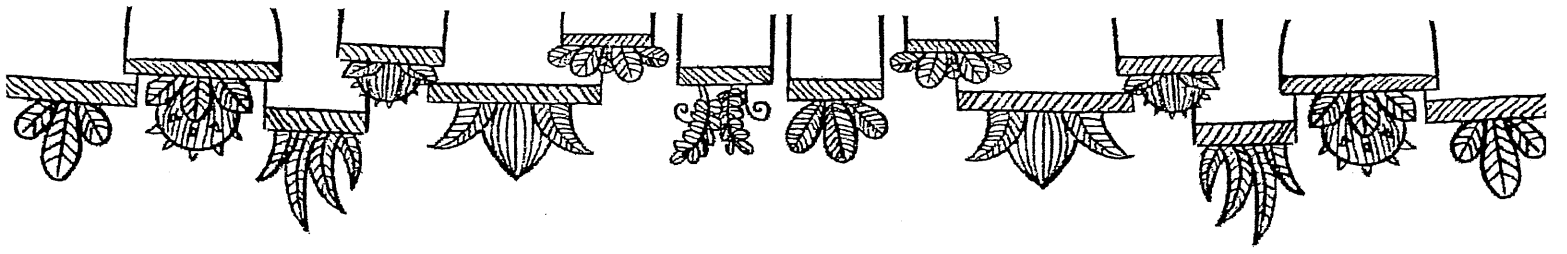
		2	1		
	5			2	
6					4
2					3
	2			4	
		1	5		

➔ More on page 24

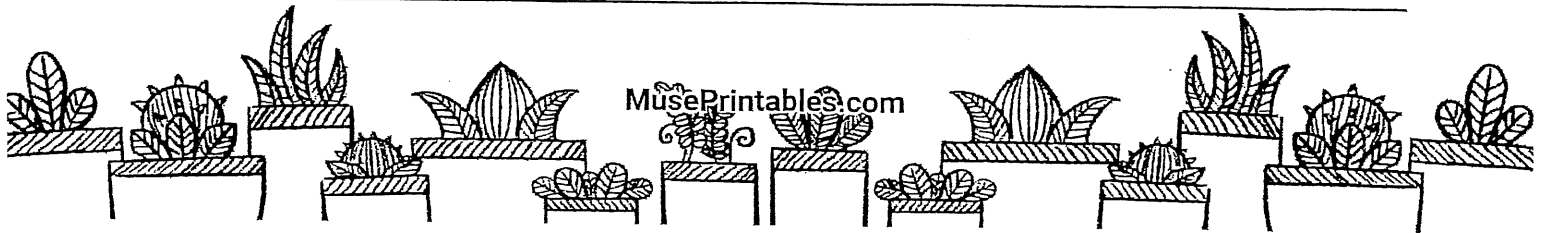


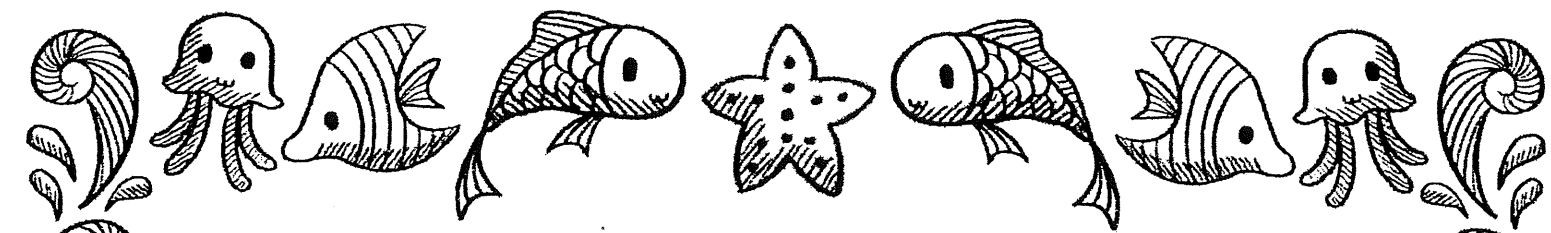
A series of horizontal lines for writing, consisting of 20 evenly spaced lines that span the width of the page.



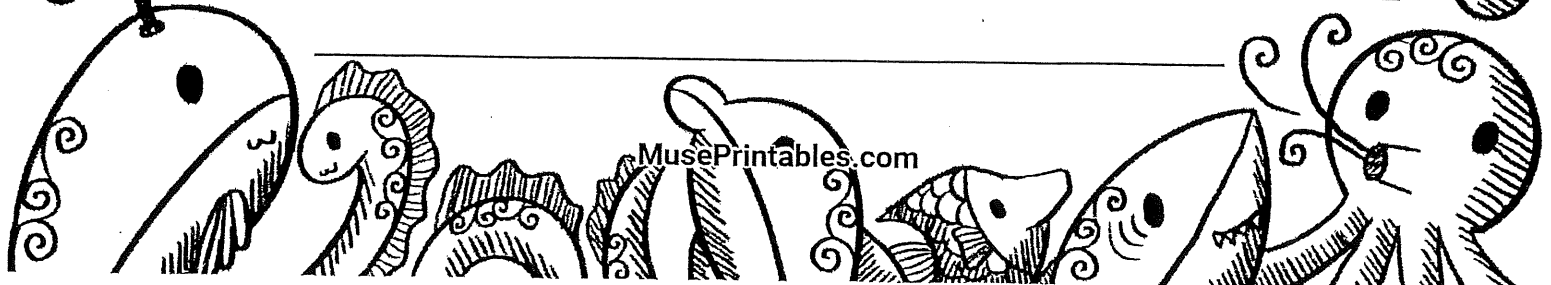


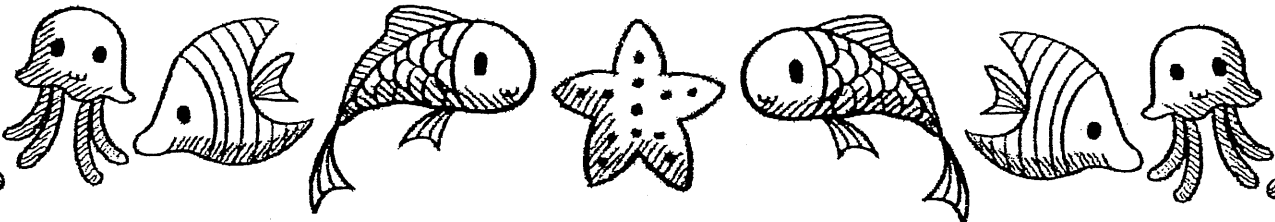
A series of horizontal lines providing a writing area for the page.





A central writing area consisting of 18 horizontal lines, providing space for text or drawing.





A series of horizontal lines for writing, framed by decorative borders on the left and right sides.

