

## RESOURCES

### Dedication of Merit:

By this merit may all attain perfect awakening \* Rising above all forces of negativity \* Going beyond the turbulence of birth, old age, sickness and death \* May all beings be free from the ocean of samsara.

The Buddhist magazine, Shambhala Sun, offers free subscriptions to people who are incarcerated. Write to them at: Shambhala Sun \* PO Box 469095 \* Escondido, CA 92046-9747

### Books that you might find helpful for meditation or Buddhist study:

- We're All Doing Time - by Bo Lozoff - Spiritual help for doing your time with a Buddhist slant. Get yourself a free copy by writing the Human Kindness Foundation (below) and telling them you are incarcerated.
- When Things Fall Apart - Pema Chodron - Buddhist help for handling tough times. Introduces many Buddhist concepts and meditation principles not by describing them but by showing how they can help.
- The Accidental Buddhist - Dinty Moore - humorous and honest account of one Westerner trying to figure out Buddhism and meditation.
- Old Path White Clouds - Thich Nhat Hanh. Story of the Buddha told as a novel. Long but easy to read.
- The Essence of Buddhism by Traleg Kyabgon and The Heart of the Buddha's Teaching by Thich Nhat Hanh. Thorough presentations of Buddhist principles and philosophy. Not easy reading.

The Buddhist service at Crain Unit is supported by the Austin Shambhala Meditation Center. There are four centers in Texas. Contact them for free meditation instruction, to attend free public "sits," and to learn about classes offered in meditation, Buddhism, and other topics.

Austin Shambhala Meditation Center \* 1702 South 5th St. \* Austin, TX 78704 \* 512-443-3263 \* austinshambhala@gmail.com  
Shambhala Meditation Center of San Antonio \* 1114 S. St. Marys \* San Antonio, TX 78210 \* 201-222-9303 \* sashambhala@gmail.com

Dallas Shambhala Meditation Center \* 13720 Midway Rd, Suite 108 \* Farmers Branch, TX 75244 \* 972-432-4971 \* Dallas\_Shambhala@yahoo.com

Houston Shambhala Center \* 7915 Westglen Dr. \* Houston, TX 77063 \* 281-686-5176 \* ShambhalaHouston@gmail.com

Project Clear Light is dedicated to working with TDCJ to bring peace and healing through the Dharma. Contact: Terry Conrad \* Project Clear Light \* 2220 Postoffice Street \* Galveston, TX 77550

Compassion Works for All "offers healing and hope by living and teaching compassion, especially to the disenfranchised and those in prison." The group teaches meditation in Arkansas prisons and publishes a monthly newsletter called "Dharma Friends." Write to them to request the newsletter at

Compassion Works for All \* P.O. Box 7708 \* Little Rock, AR. 72217-7708

Send them your name, inmate number, facility name, and facility address so that they can mail you the newsletter. Please notify them when you are discharged so they don't waste postage.

Dharma Companions "offers ways for inmates to find peace with themselves and others" through correspondence, books and articles, and secular education programs. Write them at:

Dharma Companions \* P.O. Box 762 \* Cotati, CA 94931-0762.

Give Back Yoga has published a yoga guide for women in prison, which they will send for free. Write them at: The Give Back Yoga Foundation \* 900 Baseline Road \* Cottage 13B \* Boudler, CO 80302-7547

The Human Kindness Foundation was founded by Bo and Sita Lozoff, who are well-known for bringing meditation and spiritual guidance to inmates. Their newsletter, "A Little Good News" is published three times a year. [www.humankindness.org](http://www.humankindness.org). Write to them at: Human Kindness Foundation \* P.O. Box 61619 \* Durham, NC 27715 or email them at [humankindness@humankindness.org](mailto:humankindness@humankindness.org).

The Prison Dharma Network can help you to locate resources and may be especially helpful after release. See their website at [prisonmindfulness.org/projects/network-directory](http://prisonmindfulness.org/projects/network-directory). Not all organizations in this network are Buddhist.

The Prison Mindfulness Institute offers a program called Books Behind Bars which sends books to inmates upon request. Write them at: Prison Mindfulness Institute \* 11 S. Angell St. #303 \* Providence, RI 02906

Ratna Peace Initiative is a non-profit that provides "mindfulness meditation instruction through correspondence relationships and in person to incarcerated individuals throughout the United States." I couldn't find a snail mail address for them. Their web site is [www.ratnapeaceinitiative.org](http://www.ratnapeaceinitiative.org). the email is [info@ratnapeaceinitiative.org](mailto:info@ratnapeaceinitiative.org), and the phone is 1-800-75-ratna. This might be a good resource for after release, particularly if there is no meditation support network near where you live.

Thanks to inmates, past and present, who help to keep this list accurate. If you have more information about any of these organizations, or other things you'd like to suggest be included, please tell Nell or any of the Buddhist/meditation volunteers.