

PSYCHOLOGICAL & SPIRITUAL TRANSFORMATION
(Ageless Wisdom / Interfaith / Metaphysical / Native American / Psychology)
Revised 03/27/22018

• **Anthroposophical Prison Outreach Project**

1923 Geddes Ave, Ann Arbor MI 48104-1797 / E-mail: prisonoutreach@anthroposophy.org /
Website: www.anthroposophy.org / 734-662-9355

Do you, as a prisoner, feel that there must be some meaning in your prison experience that is still to be discovered? Or that you can give it meaning? If so, you might be interested in Anthroposophy—the path from the spirit in man to the spirit in the universe. Anthroposophy embraces a spiritual view of the human being and cosmos, but its emphasis is on knowing, not faith. It is a path in which the human heart and hand, and especially our capacity for thinking, are essential. You may write to receive an initial package of literature containing a booklet titled Self-Development In The Penitentiary, as well as other articles and meditation exercises.

• **The Art of Living / Prison SMART Program**

PO Box 3642, Boulder CO 80307 / E-mail: tduffy4u@cs.com / Website: www.artofliving.org /
Website: www.prisonsmart.org

The Prison SMART (Stress Management And Rehabilitative Training) Program has gained national recognition and is now offered in prisons and juvenile detention halls across the United States. The breathing techniques and cognitive skills taught by Prison SMART Foundation volunteers help participants to reduce and manage their stress levels in order to help them think more clearly and improve their actions. Thousands who have completed the Prison SMART Foundation's stress management programs are living testaments to its mission. This unique stress management program assists prisoners in their personal rehabilitation, reducing violence and drug dependence, while teaching inmates to accept responsibility for past actions and future conduct. We achieve our goals through a collaborative effort with our sister organization The Art of Living Foundation. This collaborative effort has allowed the program to expand internationally.

• **Association for Research and Enlightenment**

215 67th St, Virginia Beach VA 23451 / Tel: (800) 333-4499 / Website: www.edgarcayce.org

Helping people change their lives for the better through the ideas presented in the Edgar Cayce readings. Inmates may write to receive two books every other month, with the exception that inmates in Washington, California, and Oregon will receive one book a month. Books offered are oriented toward the teachings of Edgar Cayce, self-improvement, spiritual growth, holistic health, intuition, and ancient mysteries.

• **Friends of Peace Pilgrim**

PO Box 2207, Shelton CT 06484 / Website: www.peacepilgrim.com / 203-926-1581

Peace Pilgrim walked more than 25,000 miles. She crossed America for nearly 30 years, bearing the simplest of messages: This is the way of peace—overcome evil with good, and falsehood with truth, and hatred with love. Peace Pilgrim talked about peace among nations, between people, and the most important Inner Peace. Penniless, walking with no organizational backing, Peace Pilgrim touched the lives and hearts of countless thousands of Americans. We offer a free book called Peace Pilgrim, Her Life and Work In Her Own Words, as well the classic Steps Toward Inner Peace, a 32-page booklet giving steps to follow for inner peace and spiritual growth. Both books are available in Spanish. We also offer cassettes and will send videos to prison chaplains.

• **Human Kindness Foundation**

PO Box 61619, Durham NC 27715 / Website: www.humankindness.org / 919-383-5160

The Human Kindness Foundation consists of the following components: 1) The Prison Ashram Project: Offers friendship and support in the form of interfaith books, tapes, newsletters, and workshops. 2) Education and Outreach: Includes the free distribution of our quarterly newsletter, A Little Good News, and a catalog of books and tapes.

• **Larson Publications Dept K**

4936 Route 414 Dept K, Burdett NY 14818 / Website: www.larsonpublications.org / 800-828-2197

Free karma book for prisoners. Upon request, Larson Publications will donate the book, What is Karma by Paul Brunton, to prisoners in the US and Canada. This book offers a positive view of karma, explains what karma is, how it works, its relationship to forgiveness, freedom, and enlightenment, and how to get karma working for you. Paul Brunton is one of the 20th century's most perceptive students of how timeless wisdom enhances daily life. Please include information regarding prison regulations for reading material being sent in.

• **Lionheart Foundation**

PO Box 170115, Back Bay, Boston MA 02117 / Tel: (781) 444-6667 / E-mail: questions@lionheart.org / Website: www.lionheart.org

The Lionheart Foundation is committed to playing an integral part in redefining our nation's prisons as places for healing and rehabilitation. Through its National Emotional Literacy Project for Prisoners, Lionheart provides effective resources for breaking the cycles of addiction and violence that permeate the lives of the majority of prisoners. At the core of the project is the free distribution of the book Houses of Healing: A Prisoner's Guide to Inner Power and Freedom to prison libraries and prison programs nationwide. Houses of Healing combines essential tools for change with a deep awareness of the emotional challenges facing incarcerated men and women. It is a rehabilitative tool that many prisoners are embracing with overwhelming enthusiasm.

• **Science of Mind Foundation**

573 Park Point Drive, Golden, CO 80401 / Website: www.somfoundation.org / 720-279-1623

Our philosophy is one of affirmative thinking and prayer. There is a power for good in the universe and you can use it—change your thinking, change your life. Our thinking and our expectations create our reality. It is by studying and applying spiritual laws that we can change our unconscious beliefs and create improved conditions in our lives. Science of Mind literature is distributed free to all who request it. We offer a free one year subscription to our magazine Science of Mind and free books by Dr. Ernest Holmes. Write for brochure and letter.

• **White Mountain Education Association**

543 Eastwood Drive, Prescott AZ 86303 / E-mail: staff@wmea-world.org / 928-778-0638

Website: www.wmea-world.org

Our organization is rooted in the ageless wisdom teachings, teachings that go to the essence of life. Inmates may write to receive our bimonthly newsletter, Meditation Monthly International, as well as a correspondence course free of charge.