



# Dharma Friends

**Dedicated to Sharing the Dharma, Healing Each Other,  
All Sentient Beings, and Ourselves**

February/March 2014 issue # 199 copyright 2014, a project of Compassion Works for All

**The Dhammapada**  
**The teachings of the Buddha**



**Verse XIII: THE WORLD**

167 By renouncing unworthy ways and by not living carelessly, by not holding to false views we no longer perpetrate delusion.

168 Do not show false humility. Stand firmly in relation to your goal. Practice, well-observed, leads to contentment both now and in the future.

169 Live your life well in accord with the Way –avoid a life of distraction. A life well-lived leads to contentment, both now and in the future.

170 The King of Death cannot find those who look upon the world as insubstantial, as transient, a bubble –illusive, only a mirage.

171 Come, view this world. See it as an ornate, festive carriage. See how fools are entranced by their visions, yet, for the wise there is no attachment.

172 There are those who awaken from heedlessness. They bring light into the world like the moon emerging from clouds.

173 One who transforms old and heedless ways into fresh and wholesome acts brings light into the world like the moon freed from clouds.

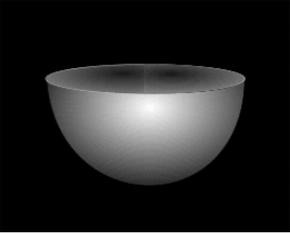
174/If birds are trapped in a net only a few will ever escape. In this world of illusion only a few see their way to liberation.

175 White swans rise into the air. Adept yogis transport themselves through space. Wise beings transcend worldly delusion by outwitting the hordes of Mara.

176, For one who transgresses the law of truthfulness, one who has no regard for a future existence, there is no manner of evil that is impossible.

177, Those who fail to value generosity do not reach the celestial realms. But the wise rejoice in giving and forever abide in bliss.

178, Better than ruling the whole world, better than going to heaven, better than lordship over the universe, is an irreversible commitment to the Way.



### **Some thoughts about this *Dhammapada* Verse: The World**

*For one who transgresses the law of truthfulness, one who has no regard for a future existence, there is no manner of evil that is impossible.*

*Come, view this world. See it as an ornate, festive carriage. See how fools are entranced by their visions, yet, for the wise there is no attachment.*

#### **We each create our own world.**

For some, their world is one where all that unfolds arises out of wisdom and offers great gifts of healing to all beings.

For some, their world is created from that convincing mirage that fools are entranced by! Those fools are all of us to some degree. Until we are the wisdom beings that know the truth of these highest teachings from the world's great traditions, we are like children with only a limited view of reality. We are convinced that what we see is the way that *IT* is.

Have you ever played peek-a-boo with your child as he hides behind his hands? The child truly believes that you cannot see him because he cannot see you. They cannot yet identify with the experience of another. And when you ask your child, "Who ate all the cookies?", even when they are covered with cookie crumbs, they say, "Not me." They are not manipulative little monsters at age 2. They just want to escape a consequence that they know is coming but have not yet grown to a place of taking responsibility for their actions. They know only what they know at the developmental stage of their brain. This limited brain development will evolve when they are older and as their brain grows, their worlds will keep changing and changing.

We also need to grow our capacity to hold a *view* of the world and all reality. We begin with a limited view that can be a result of our brain development, our environment, family teachings, and many other factors. Then, we keep growing this vision of *what is* for the rest of our lives. We may not notice our view transforming our view of reality until we take a determined consciousness journey of seeking an ever vaster view. This journey often begins when we meet someone who has been a meditator or a wisdom practitioner and we see that they live a view of reality that is far beyond our own. Until then, we think that everyone has the same view. Those who truly know a wisdom view of reality, a subtle and vast view, experience a view that is very different than most of us. They experience life as subtle sacred energy, light, the flow of cause and effect, and impermanence. They are not deluded fools like we are.

Some of us deluded fools meet these wise people and we think that they are crazy. Because our understanding is so limited, we don't believe the things that these very evolved beings are saying. That is because our ego is so intractable and stuck in our being 'right'. It may also be that we are so fragile that we cannot see beyond our own beliefs of reality without our ego crumbling. When our world view is so limited, we have not even had peeks beyond what we know and such new ideas are scary. However, most of the very wise ones that I know are loving and compassionate in spite of our judgments of them. For me, even a short conversation with some of them has left my ego baffled and dizzily swimming. But they have awakened me a little bit more. I know then that the world is not like I thought it was.

These two quotations from our verse, *The World*, are mind benders and maybe myth breakers. If we just take these two glimpses of a world that might be other than we have imagined it to be and work with them to slightly lift the veil to peek at a vaster view, we have enough to meditate on for the rest of our lives. Through such meditation and pondering, we will change our lives, see with greater wisdom, and live better lives of compassion. When we can integrate these two verses

into our experience of reality, we will see a different view of what IS. We will never go back to thinking and acting in the ways that we did before.

Our first quote, ***For one who transgresses the law of truthfulness, one who has no regard for a future existence, there is no manner of evil that is impossible.***

This verse helps us to tackle the law of karma. When we do not have a deeply felt connection to truth and do not recognize the consequences of not honoring and living the highest truths, we serve our own needs no matter how much harm or suffering our actions might cause. We don't yet live in that world of experiencing energy. When we know the world of karma, we know that the energetic intention that we put out will always be the energy that will come back to us. We realize that we are creating our future with the thoughts, words and actions that we are creating right now. We might choose to act differently if those karmic consequences were immediate and undeniable. If we pop someone in the nose, he will likely pop us right back. It would be stupid to do a negative act where we immediately get a negative reaction. But if we deny that there will be consequences, and we pop one guy and that returning karmic pop on the nose happens two years later by someone else other than the guy we hit, we might feel undeserving of this recent attack. We don't connect it to all the times that we caused harm to others. When karmic responses are constantly unfolding as our daily life's events, we might not see that each and every one is something that we set into motion at another time. Each and every event that happens to us, is the karma set off by us and returning to us. Karma is connected to every thought, word and deed. If we do not take responsibility for each event as initiated by us at some time, and if we do not take karma seriously, we may feel victimized by all that happens to us. It is best if we practice mindful awareness and plant those seeds of karma with deliberation in order to create the future that we want to unfold. When we know that to practice in accordance with the highest truths means to create a life of optimum opportunities for our peace and ability to benefit all, we will do that. If we live our life ignoring those highest truths, we will bring US pain and suffering back to us. We then diligently try to bring benefit with our every thought, word and deed.

Here is our next quote: ***Come, view this world. See it as an ornate, festive carriage. See how fools are entranced by their visions, yet, for the wise there is no attachment.***

What if we knew that life and all that arises in each moment of our life is a bubble, a vision, a mirage, that appears but it is only an appearance in our mind. It is our own creation. Every bit of it will dissolve away no matter how attached we are to it. All money, things, the people we love, all that we value, will disappear at some point. We have no control whatsoever over when it will go and how it will go. It is a bubble that will burst whenever it does. It is our bubble that we created and even though we love it so much ... oops ... it is gone. If we knew this deeply and truly, how would we live our life differently? How can we possibly cling and grasp at anything ... even our most beloveds... when we know they are bubbles about to burst? Instead, we would cherish each moment as a sacred gift, knowing it is already gone.

So now, put these two verses together and ponder them both. We create our own reality and live it through the karma of our choices. And we can remember to see that all that appears in our life is created through our own vision, our mind. We create a world of attachments and needs. But, all is temporary, impermanent, and only a bubble that will pop at any time.

What is left? Only our mind. Meditate on that.



## **A MEDITATION – The World**

***Here is a meditation to explore as you watch yourself create your world.***

Begin with a dedication to your own awakening and the wish to benefit others. Sit for a little while and calm your mind. You might focus on your breath, or count your breaths, or just sit gently, watching all that arises.

Imagine your mind as a blank screen. Know that there are millions and billions of possibilities that might arise in your awareness. Whatever might gently appear, first floats by as a very subtle appearance before it becomes a thought. You screen all that stirs and then energize what you will attend to. That 'something' becomes a focus. As you energize it more aggressively, it captivates your attention. You have brought it into your world view. It stirs up emotions, thoughts,

pictures, and maybe, then, it evolves into a dialogue or a drama. It is your “present”. It is your world for the moment. More and more, out of those myriads of possibilities, it became what your world is NOW all about. Your choices made *now* manifest into your conscious awareness of your reality. You see how you pay attention to this arising. You see how you cling or grasp or push it away. You watch your emotional response. You notice how you think, talk or act in relationship to this stimuli.

You are now creating karmic energy that sets off a cascade of events following this one moment. It will manifest as your future. Moment by moment, you see how you create your future. The more we are stuck on the focus of the thought and the more intensely we believe in the power of the event, the more we lose our mindfulness of being present in the subtle energetic appearance and instead we become fixated on a ‘bubble’ as something permanent. We have an agenda. We grasp at it. We want it to stay solid or we may want it to go away because we fear it.

Now, given this frame of reference, watch your own process in meditation. Be an observer and gently sit and observe. Watch the unfolding of subtle awareness as it occurs for you. See how you make your choices in barely a split second of time. See how each choice leads to others that gradually build a world around you. Watch and know that you can also let go of the world you are creating by recognizing it is a bubble of time that you merely pulled into your awareness. If you are not attached to it, you can also let it go. As you meditate and see the power of this very, very subtle process, know that this is the constant creating and dissolving away your world. When it is clear that the world is your own personal and unique creation, then you can hold it more gently.

Rest there in that knowing for as long as you can. Once you have seen this process as your own, your life is clearly yours to watch arise and fall away. Rest in the beauty of your sacred wisdom unfolding moment to moment. Know it is all happening in your own mind.



## From Your Letters

Dear readers,

**1. Please let us know your address changes as that costs us big \$\$\$ to send newsletters to those long gone..**

**2. If you are a new subscriber**, please put that on an envelope. Also put on the envelope the person you are writing to, if you know, or what you are writing for. For example: NEW SUBSCRIBER. That saves us from reading every letter before passing it on.

**3. ART DONATIONS** - if you would like to make art for us as a donation that *Dharma Friends* can use with your permission for cards, calendars or art exhibits, we would be thrilled. This will help with our finances and it also sends a positive message to those who think of prisoners in negative ways. Your talents will open eyes and hearts and keep those in prisons from being invisible to the world. Please write on the back of your art piece: your name, your institution, and maybe a little about yourself. If you can mail it in a way that it is not folded, that preserves the beauty of your work. Thank you so much.

**4. Be our Quote Master** and put our Bulletin Board Quotes up in your day room or other available bulletin boards in your prison. Thanks for your help!

### **Bulletin Board Quote for February and March:**

Your tomorrow is being created today.

Plant the seeds with care.

Let your intention arise from Compassion.

Water the sprouts with Mindfulness.

Dedicate the fruits to bless your great grandchildren.

To YOU from Compassion Works for All and Dharma Friends, PO Box 7708, Little Rock, Ar. 72217-7708

## From your letters:

By Robert Agnew, Huntsville, Texas

I live by the moment, by the moment I live  
All my material possessions to the World I give  
I have no more interest in Money nor Gold  
I just want to sit from this time till I'm old  
To bask in the Dharma, and soak in its teaching  
So wonderfully enlightening, it's the Buddha Preaching.  
He taught us a Path, a Path of Eight Fold  
And Four Truths, so Noble to behold.  
Upon hearing them the first time, I knew I was sold.  
Within this Illusion, we must realize we suffer  
And with our defilements we have the tools to buffer.  
We are born with the ability to achieve our goal

And if given the chance, I would take up the Alms Bowl.  
I thought nothing good could ever come out of Prison  
But since being inside, my Buddha nature has risen.  
I get lost sometimes, within my mind,  
I used to fear what I would find  
But now I acknowledge the defilements in there  
It makes life much easier for me to bear.  
So let's all get together, and go sit beneath a tree  
To become one with the Universe, with mankind, and with  
me...

*"When you eventually see through the veils to how things really are, you will keep saying again and again,  
This is certainly not like we thought it was!"  
--- Mevlana Jalaluddin Rumi*



**Subscription information: We have gladly been offering this newsletter free of charge to those in prisons.** We are happy to have a vehicle for those who have little dharma support to feel united with others who identify with their life situation. It is truly important to remember that we are all mirrors of each other. We are all one with each other. And we can recognize that samsara is suffering for us all whether behind the bars of a prison or behind the bars of our own ego structure. For anyone who is not in prison and who would like to subscribe to *Dharma Friends*, please email [annacoxar@gmail.com](mailto:annacoxar@gmail.com) and we will put your name on our email list. If you need a paper copy, and if you are a family member of someone in prison, we will put you on our paper copy list. Send your information to **Compassion Works for All, Dharma Friends subscriptions, PO Box 7708, Little Rock, AR. 72217-7708.**

**If anyone would like to make a donation that supports the almost 5,000 thousand paper copies that go out to those in prisons around the country, we are most appreciative of your help.**

We also want to acknowledge the enormous generosity of many of those in prisons who have sent stamps and letters of support and appreciation. Far more important than anything material are the letters and notes that say that you are benefiting from being part of this sangha of **Dharma Friends**. I think that many feel less alone on their journey because we are connected beyond all time and space to each other.

***PLEASE LET US KNOW IF YOUR ADDRESS CHANGES.***

### **Compassion Works for All by Jeighmichael Davis:**

Compassion keeps us grounded in Faith, hope and love; compassion is a perfect gift from the realm above.

You can't resist it when you feel it so don't be shocked and so appalled; it should never be in question that compassion works for all.

Be still and listen close, because compassion is so immense and it speaks a convincing dialogue from the beginning until the end.

So rise to the occasion and please embrace this call remaining forever mindful that compassion works for all.

Peter 3:8 Finally, be ye all of one mind, having compassion for one another. ...

*"The breezes at dawn have secrets to tell,  
don't go back to sleep!  
You have to ask for what you really want,  
don't go back to sleep!  
You know, there are those who go back and forth  
over the threshold where the two worlds meet,  
and the door, it's always open, and it's round,  
don't go back to sleep!"  
--Jalal al-Din Rumi*

**From Gary Hallford:** Greetings! Received the Macaroni and Cheese Card, (*note: a favorite thing of Kristopher who used to write for us was to cut up cardboard boxes to use for postcards!*) and it certainly helps alleviate the ongoing “stress and strain” of the worst dungeon system in the hemisphere. I've had innumerable cell mates who've been amazed at the “creativity” behind your workmanship. There's very little which surprises folks in here, but when I can manage to obtain their “Legitimate Humor”, over your artwork, then we've (in unison) alleviated some suffering, or allowed others a chance to live in a better “mind-set” for a while. Regardless of what the methodology is, “we've” done a good thing for others. The following story was given to me by my celly, and I couldn't think of anyone more appropriate to send it to. ☺

*Yesterday, I was buying 2 large bags of Purina dog chow at Wal-Mart, for my dogs Winston, Chief, Gus, and Maximus. I was about to check out when a woman behind me asked if I had a dog. What did she think, that I had an elephant? Since I had little else to do, on impulse, I told her that no, I didn't have a dog, and that I was starting the Purina Diet again, although I probably shouldn't because I ended up in the hospital last time. On the bright side though, I'd lost 50 lbs before I awakened in the intensive care ward with tubes coming out of every hole in my body and IV's in both arms. I told her that it was essentially a perfect diet and that the way that it works is to load your pockets with Purina nuggets and simply eat one or two every time you feel hungry and that the food is nutritionally complete so I was going to try it again. (I have to mention here that practically everyone in the line was enthralled with my story by now.) Horrified, she asked if I ended up in intensive care because the dog food had poisoned me. I told her no, that I had stopped in the middle of the parking lot to lick my butt and a car hit me. I thought the guy behind her was going to have a heart attack, he was laughing so hard! WAL-MART won't let me shop there anymore.*

*"Plant  
So that your Heart  
Will grow  
Love  
So God will think,  
Ahhhh,  
I got kin in that body!"*

*I should start inviting that soul over for coffee and rolls.  
Sing  
Because that is the food  
Our starving world needs  
Laugh  
Because that is the purest  
Sound." --Hafiz*

**From John Lee Franklin:** Dear Friends, Last week, I had trash detail . . . again. My trash route took me from dorm to dorm here at MCI, M., OH. My duties include sorting various classes of trash for recycling. I was doing just that when I noticed a paper pamphlet type material . . . with the heading *Dharma Friends.* I will always read that which catches my eye. I enjoy reading and am always hungry for knowledge. I sort of wish to make a better life for myself. I am 64 years old and am in prison having my first number, holding/carrying a three year sentence with two more to do. Now the first thing I see on this paper is “When do we become a fool?” After reading what a fool is . . . I then became word thirsty and hungry for more. Come to find out, I only had pages 3, 4, 9 and 10 of the issue. I spoke with the MCI library telling them about my newly found fortune and my craving for more of these precious teachings and they gave me your address. Please help me with my desires,



**From K.E.:** . I've spent a year and a half so very busy with the Inmate Club. Now that I'm not involved with it anymore and have this time at my disposal, I'm uncomfortable with it. I've told myself I now have the time to do all the things I need to catch up on or put more commitment into. I recognize now that I was only using the club as an excuse, because I'm still not getting these things done. I'll tell myself I'm on a vacation for a little while. Procrastination is a hard habit to break. But, I've noticed I don't procrastinate about things that concern others. In other words, if I perceive it as a duty to others, that others are relying on me, I'm gung-ho about getting it done. However, if the event that needs done concerns only me, I'll put it off. How awful that I can do everything for others, but can't rely on myself. Yet, it is an insight, for I can look back and see how I did the very same thing on the streets. Even some of the arguments my ex put forth seem to make a little more sense. I never understood how she could think that I needed her to enable me. It's because she always took care of the things I wouldn't do for myself, things that concerned me on a personal level. It's like this – I'd drive all the way across town at 3 am to get cold medicine for her when she was sick in bed, while I had to be up at 5 am to go to work. I'd never complain about that; do it lovingly. But, if I had to go to the court house to pay a ticket, I'd put it off until she'd go do it for me. She'd do it, though I never saw her frustration with me. You see what I mean? Doing for others when their welfare is concerned, but ignoring my own welfare. Man, I was so self-destructive!

**Response from Kristopher:** Wow, I was just going through some letters that got lost in the shuffle and found this one that Karl wrote in '09. It clearly states a lot of the same things that I'm feeling (going through) since I've left CWFA. It's true, I've been over-extended for years, but always was able to put myself on the back burner and still make headway with my obligations. This letter has reinforced in me that the workload that I was doing for our *Dharma Friends* family has been costly to all areas of my life as I've subsisted much with it. I don't know how to do life just for me as you all have been such an important part of me for over 14 years.

**Book of Knowledge - Omar's dream - our friend Omar dreamed of educating ourselves as much as we can so that we all can become all that we can be.. (Remember, CWFA is not able to offer these books)**



**Elements of Style by E.B.White.** This book is an English writing style guide with 8 elementary rules of writing usage. It is the gold standard guide to writing. E. B. White wrote many of the great works in English literature. If you want to know how to write well, let this book be your guide.

**We continue to share the Path to Peace teachings of Shin Wuling written down by our dharma friend, Mr. Tron.**

*6. Do not resent the heavens for one's fate. Do not blame our problems on others. Realize the negative cause lies within us, was created by us, can only be changed by us, resolved by us with understanding, diligence, love.*

*7. Lying is a hindrance to faith; laziness to progress, animosity to mindfulness, hatred to deep concentration and resentment to wisdom.*

*8. If in our anger, we realize the other person is suffering, we can free ourselves from anger and from suffering, which also helps free the other.*

*9. Desires that are excessive preoccupy and distract us. needs that are reasonable nurture and sustain us.*

*10. When others hurt us, we usually react with anger, resentment, and may even wish for retaliation. But these actions will only prolong our pain, for to hold resentment in our hearts only serves to make us feel worse.*



**Here is a letter that you can send to your loved ones if you wish.** Hopefully, this invitation will benefit your important relationships and your families. It might be a drop starting off ripples and changing your family and maybe even dysfunctional communities.

*Dear*

*Here in prison, I receive a monthly newsletter from Compassion Works for All called Dharma Friends. It offers support from ancient wisdom with which we explore our spiritual path, no matter what tradition someone follows. We learn meditation teachings, psychological and emotional healing, and we build a community between those in prison and those out in the world through letters.*

*Compassion Works for All encourages communication and healing of old family patterns and relationship issues with those I have left behind - like you. If we are both reading Dharma Friends issues, one way to support such discussions between us is to use the issues as a basis for our discussions. I welcome this opportunity to share such healing and growth talks and letters with you and would like to ask you to go to [www.CompassionWorksForAll.org](http://www.CompassionWorksForAll.org) and sign up for the twice monthly emails that will bring you Dharma Friends newsletter and also the Compassion Works for All web site updates. There are lots of healing videos on the web site as well, some especially for those with family members and friends who are in prison.*

*I greatly regret that we are spending this time apart and the challenges that it imposes on our relationship. I also look forward to being able to use all of these traumatic events as a way to grow beyond the issues of our past and find a stronger healing that will benefit not only me and you but all those that we love.*

*Thank you for considering sharing Dharma Friends and this part of my life with me. I hope it helps you as much as it has helped me. Love,*

Compassion Works for All/ Dharma Friends  
PO Box 7708  
Little Rock, Arkansas 72217-7708  
Webpage: [www.CompassionWorksForAll.org](http://www.CompassionWorksForAll.org)

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Happy New Year in 2014.  
May All Your Dreams Come  
True!!

*Prison mailroom: Please return issues if inmate is no longer in your institution*

# Dharma Friends

February/March 2014 #199 copyright 2014,  
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**Additional Pages for EMAIL VERSION of Dharma Friends**



## COMPASSION WORKS

Join us for our monthly **Compassion Works** sessions if you are in Arkansas.

The sessions are the 3rd Tuesday of each month at 1 PM and the first Thursday at 6 PM at Fletcher Library.

The next sessions are January 21 at 1 PM, February 6 at 6, and February 18 at 1.

Sessions are free, non-denominational and open to everyone.

We will add you to our email reminder list if you want information on times, dates and place, or you can go to [www.CompassionWorksForAll.org/](http://www.CompassionWorksForAll.org/) and print out the schedule.

**Compassion Works** sessions offer a quiet experience of compassion. With a few gentle and guiding prompts, we will let go of the struggle, renew, heal, and send compassion into the world.

Then we head out again to live our question - How can I live compassion for myself and for all beings today?

(We also offer portions on videos and have a Compassion Works printout so that you can have an individual practice or you could start Compassion Works sessions in your locality. You can find these on our [www.CompassionWorksForAll.org](http://www.CompassionWorksForAll.org) web site)

### ***Library Meditation sessions***

We also offer introduction to Meditation sessions at the public libraries in Little Rock. These classes are not just for beginners however. We invite everyone to come and explore many meditation techniques applicable to all.

Some of these sessions are at the downtown library on Rock Street on the 5<sup>th</sup> floor in the Lee Room on the 2<sup>nd</sup> Monday of each month at noon. The next downtown library session will be on Monday, January 13 and the February session will be on the 10<sup>th</sup>.

Other Introduction to Meditation sessions are at the Fletcher Library on the 4<sup>th</sup> Tuesday of each month at 6 PM. The next sessions at Fletcher will be on January 28<sup>th</sup> and on February 25<sup>th</sup>.

## **A wonderful event that you might like to attend: The 2<sup>nd</sup> annual “Let’s Pray” workshop**

On January 25, 2014 from 1 pm – 5:30 pm the House of Prayer and the Interfaith Center are co-sponsoring an interfaith meditation workshop called “Let’s Pray.” Presenters from several of the world’s major religions will teach techniques about how to meditate in that faith tradition. There will be an opportunity to practice those processes as well as sit in silence in the beautiful House of Prayer. Come for food, fellowship and new learning.

Location: Welcome Center of St. Margaret’s Episcopal Church at 20900 Chenal Parkway, Little Rock, AR 72223. \$35 per person. Registration forms are available at [www.interfaith.itssm.org](http://www.interfaith.itssm.org) or by emailing Cindy Fribourg at [cf.itssm@gmail.com](mailto:cf.itssm@gmail.com).

### ***At Compassion Works for All - We have BOOKS FOR SALE:***

*We now have more of Linda Bessette’s Mindful Money book – order here by emailing Linda. See address below...*

*and Mara Leveritt’s books!*

*The Boys on the Tracks: Death, Denial, and a Mother’s Crusade to Bring Her Son’s Killers to Justice  
and  
Devil’s Knot: The True Story of the West Memphis Three. The movie, West of Memphis is now showing.*

*Email Linda ([lbessette33@comcast.net](mailto:lbessette33@comcast.net)) and she can give you more information about prices, mailing, etc. for all books.*

*And anna's books – Just As the Breeze Blows Through Moonlight, and Dharma Friends and the Healthy Living pamphlet are available for a free download – but donations are always appreciated! Or you can order a hardcopy book for \$15 plus shipping (\$5) at my email address: [anna@aristotle.net](mailto:anna@aristotle.net)*

***Join us at our website - [www.CompassionWorksForAll.com](http://www.CompassionWorksForAll.com)***

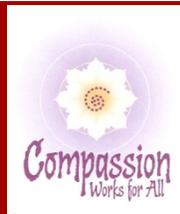
***Check us out and help spread the news by emailing the site to your friends!***

***Along with informative and inspirational articles –***

***there are many videos in our video archive to lend a little support in difficult life issues.***

**Compassion Works for All** (formerly Dharma Friends Prison Outreach Project) is a non-profit interfaith organization that supports personal and spiritual healing for those who have experienced trauma and isolation, including outreach to those in prison. For more information, visit [www.CompassionWorksforAll.org](http://www.CompassionWorksforAll.org).

**We teach compassion to change the world.**



Mail your gift or pledge to COMPASSION WORKS FOR ALL

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Works

For All

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7708

Little Rock  
AR

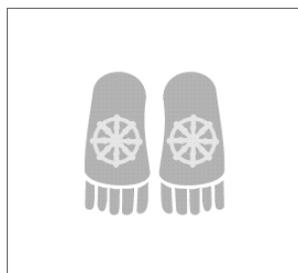
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Email: \_\_\_\_\_

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