

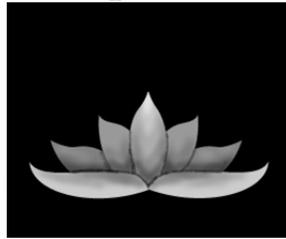


# Dharma Friends

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

June/July issue # 201 copyright 2014, a project of Compassion Works for All

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



**Verse XV: HAPPINESS**

197 While in the midst of those who hate, to dwell free from hating is happiness indeed.

198 While in the midst of those who are troubled, to dwell untroubled is happiness indeed.

199 While in the midst of those who are greedy, to dwell free from greed is happiness indeed.

200 We dwell happily, free from anxiety; like radiant beings in celestial realms we rejoice in delight.

201 Victory leads to hatred, for the defeated suffer. The peaceful live happily, beyond victory and defeat.

202 There is no fire like lust, no distress like hatred, no pain like the burden of attachment, no joy like the peace of liberation.

203 Hunger is the greatest affliction, conditionality the greatest source of despair. The wise, seeing this as it is, realize liberation, the greatest joy.

204 A healthy mind is the greatest gain. Contentment is the greatest wealth. A trustworthy friend is the best of kin. Unconditional freedom is the highest bliss.

205 Tasting the flavor of solitude and the nectar of peace, those who drink the joy that is the essence of reality abide free from fear of evil.

206 It is always a pleasure not to have to encounter fools. It is always good to see noble beings and a delight to live with them.

207 Tedious is the company of fools, always painful, like being surrounded by enemies; but to associate with the wise is like being at home.

208 You should follow the ways of those who are steadfast, discerning, pure and aware, just as the moon follows the path of the stars.



## Some thoughts about this *Dhammapada* Verse: Happiness

One of the most impactful teachings that His Holiness the Dalai Lama gives to many of his audiences is when he says that every living creature wants happiness and none want suffering. Even the ants, he says, flee when they see a shadow approaching for fear of being killed. And those same ants seek happiness in their little unexamined lives as they work tenaciously to lug away a dead bug many times their size so that they may all feast on its carcass.

I heard a remarkable story the other day while I was on hold with an AT&T service lady in South Georgia. We were waiting for the company computers to process information as she was helping me with a phone glitch. We had chatted on and off and we still had a while yet to wait. I said, "Well, do you have any pets?"

She said, "Yes". She had a tiny Chihuahua puppy and she had a large lizard. The lizard was about 10 years old and 6 feet long. She was having trouble finding a new apartment because when she shares with the owner that she has pets, and that particular one, they will not rent to her. She needs a two bedroom apartment because the lizard gets a room all to itself. She puts down puppy pads for it and keeps the room unfurnished. When she comes home, she lets the lizard out of his room and he rushes to sit in her lap to be petted. Then it plays with the puppy before the three go out together for their afternoon walk. A snugly lizard wants happiness too.

We watch all creatures from insects to animals to each and every person everywhere as each seeks happiness. This verse, *Happiness*, relates to all of us as we search for happiness.

Most things that bring us happiness are deeply embedded in our DNA to bring physiological and biochemical delight because those things allow for our survival and quality of life. In our deepest longings, what makes us happy is what enhances our survival. As basic for us as for a lizard, we long for what helps us to survive and that includes all that allows us to feel safe, loved and cared about.

If we miss some of these deep imperatives in our make-up, or we miss getting the bio-chemical capacity to feel happiness even when we receive those things that enable most to feel happy, then the deep and horrible pain of this loss causes many to live in misery. As fearful as we all are to losing those we love to suicide, I hear from far too many that there was never really a chance to help them escape their constant pain because of a bio-chemical disturbance. No matter what they actually had in their lives that would bring happiness to most others, they never appeared to have that capacity to access happiness. Without happiness, most say, life is not worth living. For people and animals everywhere though, happiness is powerfully attached to getting what one wants.

As we grow into adulthood, we can grow beyond those basic needs of what makes us happy and what allows us to survive. Even for those who live in conditions that are very challenging, some with very little that fulfills survival needs, there are those who find happiness in ways that transcends typical survival needs. Whether these folks develop an equanimity from having released many ordinary life needs in favor of something deeper and transcendent, or they are able to find happiness in some things so subtle that everything else is almost cumbersome to their knowing states of joy in love, compassion, beauty, or spiritual awakening, there are those who know extraordinary joy unrealized by most. Eventually, as we grow and evolve, we all find that happiness is so much more than we ever would have thought.

These *Dhammapada* teachings on **Happiness**, suggest that being given this eye-opening information that we can transcend so much of the ordinary world to find greater happiness in living through our heart, we then find the process of opening to a path of happiness that reveals itself to us. But we cannot just drop our ordinary sources of life's happiness and give everything away just because we are told to let go of our attachments. We can't abandon all worldly goals because we think we *should* in order to follow these teachings. We can, little by little, touch, experience and then live these deep joys and more profound states of happiness. With that process of allowing ourselves to find through experience how all of these attachments fall away naturally, happiness grows on our path from ever-deepening states. We can easily let go of all that sustains us and perhaps even change our physiology and brain in order to 'feed' off of much less than we did in those ordinary old ways. We remember all of the saints who survived on communion wafers and other sacred sources and seemed to live long lives on such a 'diet'.

Perhaps our task is to continue to open to all that gives us happiness, while, at the same time, we let go of all the compelling worldly attachments we have had that we grow beyond. We then let ourselves be subtly magnetized and brought into a new and more subtle balance of happiness when we are in new union with things of less dualistic attachment and ownership.

We find how we can be happy in the Oneness of nature. Or the Oneness of music. Or the Oneness of the sky, the wind, the sun, the waters and the waves. We find happiness in Love with people, animals, and even lizards. And we lose interest in *owning* in any proprietary way any of these gifts of sacredness.

All that is truly the unfolding of our sacred path is given to us in a universe of love and freedom. The more we open that tight grip on what we think we must cling to to make us happy, the more we can rest effortlessly in all that comes to us. Happiness will simply wash over and through us without our ever fearing the loss of what is always present for our deepest nurturing.



## A MEDITATION – Happiness

I like to offer this meditation in retreats where people might wander in beautiful woods and by the water. They are told to do a walking meditation where they begin by breathing gently and feeling themselves with their feet on the ground. They image energy going deep into the earth like a tree having roots to connect them to the deepest source energies of the planet. Then they feel themselves tall like a tree with branches reaching up into the sky, soaking in the nurturing energies of sunlight, wind, sky, and rain drops. They feel then that they stretch from deepest earth energy to vast sky, walking forth like a tree walking. As they walk, they simply observe what catches their attention. If it is a flower that draws them over to it, they say aloud, I am happy to see this flower. And they breathe it in - the scent, the colors, the display. When they effortlessly flow away from the flower, they naturally let it go without grasping. They wander aimlessly until something else magnetically tugs them. Maybe it is a color, or a sound, or a smell, or an object. Again, when they feel the connection to that next source of happiness, they say, "This lake brings me happiness." They stand and absorb the lake. They let it fill them with happiness. They take in all the qualities of the lake: its wetness, the motion, the colors, the clarity. They are the happiness of lake in union with themselves. On and on they go on their walk, taking in all that they deeply relate to as a source of happiness. They fill every cell of their body with all that brings happiness. Then they end the meditation with a dedication. We might say, "May all who are alive, find happiness in what gives them pleasure and joy." Then they meditate on sending out happiness to all beings.

Now, some of you cannot go on such a wisdom happiness walk. Your walk is in a cell or a day room or a prison hallway. But that does not mean you cannot still do the meditation, too. Of course, you can start with the tree meditation even though you need to go through concrete floors and perhaps many ceilings and roofs to reach the earth and the sky. But you can do it.

You can perhaps look out windows. You can see colors and forms; birds and animals. You can see people's faces. You can see the food you are served in the chow line. You might have some TV shows or music to note. And even if you have little of all of that, you might have pictures in a magazine or on a card. Or you can make your own drawings.

You can still meditate on what attracts you and brings you joy. You can let the essence of those blue flowers in that magazine picture become energized and float into your heart. You can look at the bird that you drew and that bird, even as only your drawing, has captured the energetic essence of all that is a bird...and you can rest in it, breathe it in, and let it bathe you in happiness. You too can find what deeply and profoundly fills you and brings you happiness.

Happiness isn't the Cheetos that someone else got in commissary that brings happiness but you don't have any money, so you are bereft. But it might be the smell, or the pretty orange on the bag, or the energy of the person who is eating them with great joy that can light up your energetic and caring heart!



Your happiness can be discovered in ways that might not be obvious until you watch and listen. Meditation is learning how to transform attachments from all those things you think you need to be happy, to awaken to a true happiness that is always available to you. This universe gives you the essence of the spiritual display that *IS* always filling you with joy.

Smile. You are happy!



## 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 name of 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.** Many of you have participated in our **Jeff's Kids program** where your letters, written to incarcerated juveniles offering those words that you wish had been said to you at their age, are then read to the kids by their counselor, Jeff. We know those letters help and thank you all.

**4. ASK TIM** - Tim gets many letters asking for help with those things that we know you cannot do in prison. Tim works hard for all of you. But here are some things that Tim is not able to do:

1. Tim is not qualified to counsel about personal and/or relationship problems.

2. Money or 'things' will never be given to any writer.

3. We will not provide addresses of individuals in the free world to anyone.

4. We cannot provide information obtained from Facebook or other social media websites.

**5. ART DONATIONS** - if you would like to make art for us as a donation that *Dharma Friends* can use with your permission for cards and 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 all 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.

**6. AND a reminder for Texas folks from one of your Texas Dharma Friends** who is trying to build supportive group meditation and faith contemplation meetings. Ron Rumpf says: "Please insert in DF the information about our recently formed Eastern Faiths Group at the Clements Unit of TDC. This group is open to everyone. Those wishing to attend must send an I-60 request to Chaplain Billington to participate. Our group discusses faiths of an Eastern origin, practices yoga, and a seated meditation."

I am happy to share this as a way of encouraging all units to at least ask at your units if you can start support groups for your practice or an interfaith practice group. We all are benefitted by support on our journey.

**7. Some** of you might like to take on the responsibility for being the **Quote Master** in your area and do this for us each month. Who knows how many lives might be changed by a few simple words. **Would you like to be our Quote Master** and put our Bulletin Board Quotes up on the day room or other available bulletin boards in your prison? Thanks for your help!

### Bulletin Board Quote for June/July 2014:

## From our Dharma Friends reader M.M. : EMPOWER

“...Those of us who are locked up physically or any other way may not, and probably don't feel empowered too often but this is when we should use this time to our advantage and empower ourselves.

“We can do so by meditation, keeping our minds focused on the positive regardless of the corruption around us. Also by educating ourselves and if possible by strengthening our outside relationships, keeping busy by working out, working a job, going to school, anything that is within our power. Which may not feel like much at times but it is what we make it. We must plan and set goals for a better future and to better empower ourselves. Because relying on others, or money, as our old past ways will only result in the same outcomes and consequences as before. But most importantly doing so mentally and spiritually for we must be strong minded and strong at heart to overcome our weaknesses and old habits and to truly empower ourselves. ...if we are looking for outer conditions to bring us contentment, we're looking in vain.

“I've had to learn the hard way and I'm still learning much daily but those lessons taught me most and now I must learn to make the best of it, to make a better life for myself and my son.”

from **Dharma Friends**, PO Box 7708, Little Rock, Ar. 72217-7708.

**From D.C.:** I am trying to do a twenty-five year sentence before it does me...only five years down and who knows how many more to go before they let me out of their man made hell. I want so bad to be able to find a little bit of peace in my life!! I am slowly becoming one of them -- cold, angry, depressed, violent, and frustrated old men -- that I once tried to avoid. It is my hope that as you bless me by welcoming me into the **Dharma Friends** Community you can assist me in my quest to find inner peace and help me in my spiritual growth. I want to learn more about Buddhism and its teachings, but our Chaplaincy department hasn't got any material available for check out. I would greatly appreciate any and all materials you can send me in my desire to learn and practice the Buddhist ways. ...I refuse to become a product of my environment!!

.....

"You guys, I am so grateful to have [you] in my life. It's so good to know I am not ALONE!! The October issue was really good on the first page, AWARENESS. There was a lot there I never gave a thought to. You are shining a light to show me the path. Thank you!! (I mention )The Dictionary Drop Word NURTURE To care for. To look after. To teach. To help. To give to, and maybe even to love. Nurture is something you guys do for me and a lot of others whether they know it or not. I'm sure some do know. Thank you for letting me be a part and nurturing me in some way. When I walk out of here someday I will be a better person because of the knowledge I've gotten from you guys. Did you know **Dharma Friends** does more than the DOC to help us to be better people. The way I see it, the DOC wants us to come back to prison after we are released! Thanks much till next time...

.....

**From J.H.:** "Receiving the **Dharma Friends** newsletter is the highlight of my month. I read it from cover to cover and enjoy it immensely. I incorporate certain sections into my practice of daily meditation and share tidbits of wisdom and compassion with others when the opportunity presents itself. This is a gift for all and is greatly appreciated."

.....

**From M.K.:** "I look forward to all that's shared each month and **Dharma Friends** has become my light in a pretty dim place. Thank you for your time and help."

.....

**From J.H.P.:** "The newsletter and everything that your organization does is the most amazing thing I have ever heard, or experienced. I believe all beings are naturally good. We just allow ourselves to become dirtied by our ignorant decisions. For such a long time, I would tell myself and others "It's because of my past; that's the way it made me, that is not my fault." Of course, my past made me who I am but I surely was the smith behind the hammer...

"...I have finally hit bottom at twenty-three years old. Everything is gone. And I realize and know that everything that is happening is because of my choices, thoughts, and actions, I do not want or like the person that I was and truly want to change...I have started my walk of the path, because I want a better life and I'm not satisfied with what I was living before. So I choose to walk "The Way."

.....

**From G.P.:**"...I came from a background of Christianity and still revere a lot of the teachings. I have read a little about Buddhism and Hinduism and I am very interested in learning more. One thing that really draws me to Buddhism is that nobody ever conquered or enslaved or murdered other people in the name of Buddha. It's just about the only religion that can make that claim.

"I definitely would like to start practicing loving kindness especially on myself. There are many things about myself that, not being able to change, I must learn to accept and love. Once I do this I can start loving and accepting those around me.

"...Thank you for the offerings of your time and love. Maybe you also be abundantly blessed in all things."

.....

**From Ronn Oliver:**



**As one fully awakens before the sunrise  
For meditation with a steady eye,  
Cultivating the body & mind  
A process known to purify,  
An inner peace will be generated...  
Unified with the universe  
So harmoniously interrelated.**

**From John Bruno:** I received your letter today but I will not know more until I get out of the whole. Yeah, I am back in the hole. Though this was a good thing for me. I've decided to take that one year vow of silence. Believe me for a man 48 years old, it is tremendously hard. I started midnight July 2.. I have said nine words total. Each time I ask for forgiveness and do my bows. But that is part of mindfulness. For me it is a spiritual journey towards full enlightenment. A cleansing of the body, mind, heart and soul. Though I am more aware of everything not being able to talk. I can listen more. I hear so much pain, hurt, loss, hopelessness, on faith, that it hurts my heart. I have so much love and compassion for mankind as a whole. It is not just helping someone, it is helping everyone. We must even uplift each other and encourage our work. Though we must not become a egotistical, thinking, "I ", and the only one who can save the world. Idealism? Not really. If idealism is an ideal that this is what "should" be done." Compassion kindness love hope they've" these are things that must be done. There's a big difference between should and must. May the wind of change always be in your favor, may your path be lived when it is dark. May your journey be fruitful and you rest in peace. May you always have compassion for all. Much love and respect

.....

**"No matter how hard the past, you can always begin again. " the Buddha**

**Excerpts from Winfred Oliver's Letter to *Dharma Friends*:***The January issue of Dharma Friends included Bruce Schuck's views on suffering. Here are excerpts from Winfred Oliver's response.*

It almost sounds like Bruce is saying that suffering is somehow good and we should not try to escape it .... But Bruce makes a fundamental mistake in understanding the difference between 'suffering' and 'karma'.

Our present condition is the result of our karma. We created our circumstances by our actions. That's a given. But suffering is a negative reaction to this self-created karma. Accepting responsibility for our actions and their outcome does not mean endorsing or embracing suffering. The whole purpose of the Buddha's teaching is actually to lessen or eliminate suffering.

We only suffer when we don't accept the reality by which we find ourselves (prison or otherwise) .... Bruce's fundamental misunderstanding is also found in his comment that "suffering brings 'understanding' and 'wisdom'." No, it does not. Suffering brings only the opportunity for understanding and wisdom. . . .

So, yes, it is our suffering that we want to elude, escape or transcend. It is our karma that we don't and can't. In his book, A Practical Guide to True Happiness and Freedom, Matthew J. Tenney ... points out "Pain is inevitable, suffering is optional." There is no honor in suffering.

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**From Taylor Landrum: Re: Creating Opportunities by Anthony Lucero**

Mr. Lucero is correct by saying that local temples, churches, synagogues, community centers, homeless shelters, etc., are good places to do volunteer work to work your way into some type of career field. With this one can network with various individuals to see what opportunities may exist.

I personally know from experience that Goodwill Industries has an ex-offender program designed for ex-offenders like Mr. Lucero who have been incarcerated for long periods of time, with little formal education, and little or no work experience, and they do discriminate on age or gender or crime.

From experience it's best to call and gather info before making an appearance face to face.

Also as for community centers the best place to possibly find out what employers are "felon-friendly" is your local chamber of commerce. They have a plethora of information that can be very useful.

If someone is desperate for work and is willing to learn check out your local Auto Detail shop(s). Most pay not by the hour, but per car. With this in mind you'll need to get your E.I.N/number: Employee Identification Number, from the IRS office.

Most detail shops are totally willing to train and most pay \$50 per car, completed. It's a good way to make a decent living, a way to gain a valuable trade and detailers are always in demand.

I suggest before meeting face to face with an employer is to say the following: May you be well, May you be happy, May you know love, May you know Peace! Gassho

.....



**"If we could see the miracle of a single flower clearly, our whole life would change." - Buddha -**

**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.**



**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)**

**A suggestion from John Jakins:** I have read a lot of books on Buddhism, but I read one of the greatest volumes in my life. I wish everyone could read them. Shobogenzo by Master Dogen. The most excellent philosophy truth of Buddhism's beginning and grounding to customs. Awesome. A 5 star read. Actually, Japan's greatest work of book art.

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

*16. Most of the things we worry about never happen.*

*17. Listen, carefully. Study, diligently. Chant, sincerely. Think, deeply. Love, wisely.*

*18. Practicing diligence is like lighting a fire. If we persist, we will succeed. If we give up, we will fail. So often in a new endeavor there is an initial burst of enthusiasm, then routine activity ...boredom...cessation. With determination, the fire will burn strong.*

*19. Unkind speech can destroy. That which is kind can bring peace and change the world.*

*20. Our thoughts are the precursors of everything we do. What we constantly tell ourselves will happen.*

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**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*

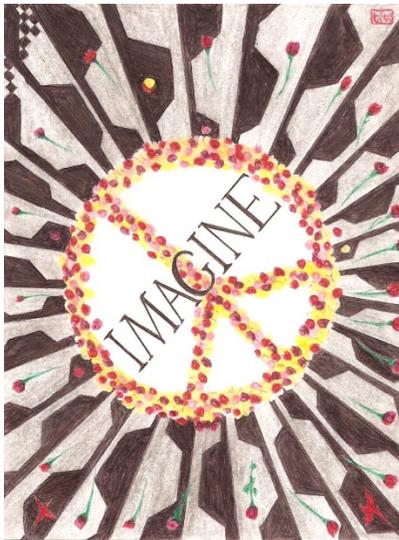
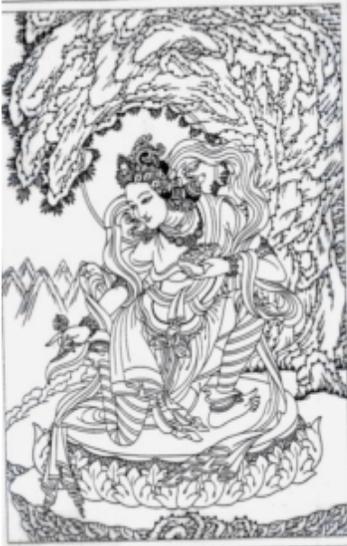
*Here in prison, I receive a monthly newsletter from Compassion Works for All called Dharma Friends. It offers support from ancient wisdom with which we explore our spiritual path, no matter what tradition someone follows. We learn meditation teachings, psychological and emotional healing, and we build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



by Stephen Stoeltje

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



## Dharma Friends

June/July 2014 issue # 201 copyright 2013,  
Compassion Works for All

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 May 20 at 1 PM, June 5 at 6, and June 24 at 1 PM.

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)

**AND INTRODUCTION TO MEDITATION CLASSES**  
**sponsored by the CALS in Little Rock**

We meet at the downtown library on the 2nd Monday of each month at noon, 5th floor, in the Lee Room. The next meeting will be June 9, at 12 noon.

And we meet at Fletcher Library for an Introduction to Meditation class as well on the 4th Tuesday of each month at 6 PM. The next meeting at Fletcher for Introduction to Meditation will be on May 27 and June's class will be on the 24th.

*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 as is  
the new movie, just out, **Devil's Knot.***

*Email Linda (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*

*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

If you prefer:

Compassion  
Works

For All

P. O. Box 7708

Little Rock AR

72217-7708

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Address: \_\_\_\_\_  
\_\_\_\_\_

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

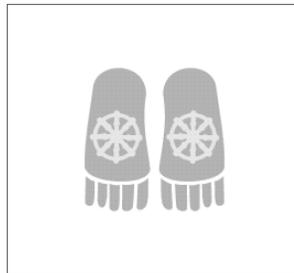
*ALL GIFTS DOUBLED THROUGH BY OUR MATCHING  
DONOR.*

2012 Donation amount: \$ \_\_\_\_\_

2013 Pledged contributions: Monthly \$ \_\_\_\_\_ Quarterly \$ \_\_\_\_\_

*You may forward any past Dharma Friends newsletters, or this newsletter, on to anyone who you believe would benefit from them.*

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*The whole of humanity is one human family. This planet is our only home. - His Holiness the Dalai Lama*