



Compassion Works For All

# Dharma Friends

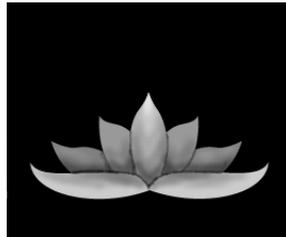
Dedicated to Sharing the Dharma, Healing Each Other, All Sentient Beings, and Ourselves

August/September 2015 issue # 208

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## The Dhammapada

The teachings of the Buddha



### Verse XXII. HELL

306. Lying leads to sorrow. Concealing wrong actions leads to sorrow. These two acts of deceit take beings to the same state of woe.

307. Those who wear the robes of a renunciate (monk) yet harbor evil and are unrestrained go to a sorrowful state.

308. It would be better to swallow molten iron than for a renunciate to live on offerings deceitfully gained.

309. Accumulated sadness, troubled sleep, blame and remorse are an adulterer's lot.

310. Brief is the delight of the fearful, adulterous couple, for only painful consequences can follow.

311. As *kusa* grass wrongly grasped wounds the hand that holds it, so the renunciate life hurts those who train in it wrongly.

312. Acts carelessly done, practices corruptly performed, the holy life lived perversely, lead to little or no benefit at all.

313. If anything is to be done, do it well, with energy and devotion; the renunciate life led heedlessly just stirs up the dust.

314. Hurtful deeds are better left undone as they always lead to remorse. Harmless deeds are better done as no regret will follow.

315. As a border city must be carefully protected so guard yourself both within and without; build your defenses wisely and in time. If these things are not attended to at the right moment great sadness will come.

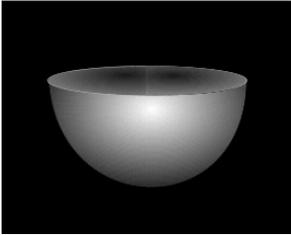
316. Distorted views which create feelings of shame about that which is not shameful, or indifference to that which is shameful, can cause beings to descend into hell.

317. Distorted views which create feelings of fear toward what is not actually threatening, or indifference in the face

of that which is threatening, can cause beings to descend into hell.

318. Distorted views, which give rise to seeing right as wrong and wrong as right, are the cause for beings to disintegrate.

319. The clear seeing which knows that which is flawed as flawed and that which is pure as pure can lead beings to transcend misery.



### Some thoughts about this Dhammapada Verse: HELL

Hell might be explained simply by saying that it is the absence of love and compassion. Of course, some say it is a place one goes for their bad actions. Some say it does not exist. But, I bet most of you, especially those of you living in a prison, would say without hesitation that hell can be right here on earth; right here, and right now. Let's look at our definition again. Perhaps even heaven could be found in a prison if one has close friends who share inspiring and healing thoughts and that love each other. Or, hell can be Thanksgiving dinner with your family when everyone is being snarky, mean, or hateful.

We all need love and compassion. When we live without it, we live in pain. We do live in hell.

In these teachings on hell, we read that we are the ones that initiate the journey to "hell". When we cause suffering to others with words and actions, we will experience the hell realms that our verse describes. If we cause suffering, there are consequences. That suffering comes back to us. Clearly, when we are dealing with other living beings, if we are not kind and compassionate, those we love will withdraw from us and may never forgive us. Most know that being alone and rejected by those that we love can be living in hell. Sometimes these consequences are harsh and immediate and sometimes they are very subtle or karmic reverberations. We all know times when we have said something mean and those consequences played out immediately by bringing an intense response. Or we may not realize those consequences until long after we have forgotten that we set that negative response into motion. Then, we feel consequences from a long-ago and unremembered act and we lose a loving relationships, or our safe and compassionate world. We are left stricken and bereft and maybe wondering why. How many live in hell today because they were unable to love others and offer kindness yesterday?

***We bring about hell realms with our negative intentions. We bring about heavenly realms with our positive intentions.***

Compassion and love are said to be there unconditionally in our highest, spiritual manifestations, but we need to live it each day from our heart. We need to express it through our actions or we ourselves will suffer. This verse, **Hell**, gives us many examples of the words and actions that create our hell realms whether on earth or after death. Look at the list from our teaching and we see that all of these actions that create hell are empty of loving kindness. Lying, having affairs with the partners of others, stealing, harming others. All religions and moral and ethical guidelines have such lists of "Do Not Do This!" Most of us have heard these lists since we were little. Not knowing the lists is not the problem. It is that we do these negative things anyway. Then, when the consequences come, we feel shame and regret, and have horrible life results. But, we can't un-ring the bell. What's done is done. People are hurt and mad. Maybe people want revenge. Maybe friendships and relationships are broken forever. Perhaps there are legal consequences. You might lose a business or your job or your reputation. That is hell. But too late. It can't be undone.

We would do better to start worrying about "hell" before we do the deed.

What is the key? It is to remember to hold an intention to benefit others and to not cause harm...to anyone...ever. When we hold this intention as a life-long practice, we can then focus on being mindful of our thoughts, words and actions...before the words are said and the actions are done. When we live this intention and then stay aware and mindful of our thoughts, words and actions, we control our behavior so that that doorway to hell stays closed.

Meditation is one of the very best tools to become mindful of our thoughts, words and actions. In meditation, we learn to rest in equanimity with every moment's arising and learn not to react. No matter what arises, we watch. There is no leaping up in anger to rebut someone in an argument, or even turning to speak to someone nearby who says something to

us. We are meditating. We are not conversing. We sit quietly and keep our focus on our breath and on whatever arises. We just rest gently in meditation. We are very unlikely to act impulsively about anything at all. It is those impulsive reactions that usually get us in trouble. We have not thought of the consequences when we act impulsively, even when they are enormous.

Two other things are very helpful to keep us out of hell. One is practicing kindness and the other is practicing compassion. Although similar, they are different. Practicing kindness is going through our day being kind. Our motivation is to be kind. When someone needs help, we help them. When we see someone, we say a kind word. When someone needs something and we have it and can easily give it away to them, we do that.

Compassion is a deeper and profound holding of all others as worthy of your deepest love. We wish that they will be free of all suffering. Every one of us was born with compassion embedded deeply within but, for most of us, it got covered over with our pain. If our inner compassion is walled off, we must gently take down the wall until we find that profound caring that allows us to know that all beings everywhere are equal to us. We care about them and treat them with the wish that they not be in pain, no matter what. We wish for them to be joyful and to have a life filled with all that they might need. This motivation is deeply felt but need not be said. We learn to live compassion naturally. It flows from our heart and others feel it in our words and see it in our eyes.

Developing these qualities takes a long time and a lot of self-awareness. We learn to feel caring for others and for ourselves equally. When self-serving impulses arise, which they will for the rest of our lives, we will have the clarity to rest gently, to watch, and to not act. Our impulse for kindness and our compassion will always grow stronger. We hold that intention and gradually find ourselves not wanting to cause anyone or ourselves any suffering.

I am hanging this sign on HELL'S DOOR. It says to all of our *Dharma Friends*, "WRONG WAY! GO HOME." Go home to where the door to bliss and happiness is waiting for you. Open it instead. That door has LOVE written on it.



## A MEDITATION – on HELL

**Place a notebook within easy reach. Then start by sitting up or lying down on your bed. Breathe gently and naturally.**

As you breathe, thoughts will arise. You might feel general discomfort. You might feel a bit distracted and unable to focus. Be gentle with yourself and take your time. Imagine that as you breathe in, you are breathing in peace and relaxation. When you breathe out, you breathe out tension, discomfort, anxiety, thoughts, and all that keeps you stirred up. Each breathe brings in gentle peace. Each breath out lifts all those distractions and discomforts up and out. They float free in the space around you. Gently scan through your body. Where-ever you might have stress or discomfort, tell yourself to relax and let go. Feel the difference as you relax and let go. With every breath, say: Relax. Let Go. With every breath, let go a little bit more.

Take your time. Feel how healing it is to go deeply into relaxation. Feel how it comforts you. Feel how your body can heal when it is relaxed. Feel how peace can fill you, when you open up. Feel how you can dissolve like a cloud into space when you are deeply relaxed. Take as long as you like. If you can rest deeply in relaxation for ten or fifteen minutes, that is good. Don't worry about thoughts. Don't worry about wiggling. Just keep noticing that you can go deeper and deeper and deeper into relaxation.

Then, rest in the thought: This deep relaxation is loving and kind. I love myself. I can rest in the peace of being me. Stay there as long as possible. Give yourself this blessing: May I rest in peace and be filled with great joy for all my days.

Sit up and pick up your notebook. Write quickly just as thoughts come to you. Don't struggle or worry. Just let a list write itself down:

"I take away my peace and joy by....."

All that is on your list are those things that open the door to your Hell. Consider your birthright of peace, joy, and deeply being in touch with all that you are. Do what brings you peace with the motivation to benefit all. Do not do the things that create hell for you.



## From Your Letters

If you write to us – here are a few thoughts:

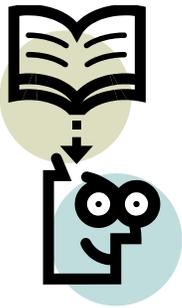
1. **A request for you! A FAMILY GUIDE TO PRISON.** We are compiling a pamphlet and a web site offering for those newly incarcerated and their families. We want your experiential wisdom of how to best survive in prison. What are the things you know now after a few years or long decades that helped you survive? How did you turn a terrible time into one of benefit? We would include everything from “study the prison handout” to “always keep your mouth shut and agree when security approaches you”. Please write and tell us your hints. Make them succinct statements rather than stories so we can more easily copy them onto our list. We do love your stories too, and those we will share in the “*Letters*” column.
2. Our friend, Steven, saw our request for art. He thought it would be very beneficial to all to dedicate your art to your victims. **Your ART is greatly appreciated.** If you would like to send art to *Compassion Works for All* for calendars, art exhibits, or cards, we would love it. Know that you are giving us permission to use your art, and we cannot return it. There is great benefit for us, and you are contributing to letting the world know the talent and sensitive beings who live behind bars. We want to help make you visible to society! Please write your name and address on the back of your art piece.
3. Many of you used to write to your friend Kristopher, one of our volunteers who answers letters. He wants you to know that after a bit of time away, he is now back. So, put his name on the envelope if you want to hear back from him.
4. **Please let us know your address changes as that costs us big \$\$\$ to send newsletters to those long gone.** Include both your old and new address.
5. **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 to the proper person.
6. **ASK TIM** - Tim answers 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: Tim is not qualified to counsel about personal and/or relationship problems. Money or 'things' will never be given to any writer. We will not provide addresses of individuals in the free world to anyone. We cannot provide information obtained from Facebook or other social media websites.
7. Would you like to be our **Quote Master** for your unit? We offer a quote in each *Dharma Friends* to post on your bulletin board in your barracks. Who knows who might be inspired and their life is changed. Here is the quote for August/September.

### Board Quote for August and September 2015:

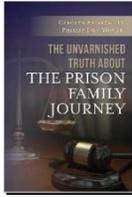
Dharma Friends, PO Box 7708, Little Rock, Ar. 72217-7708.

“Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free.”

– Thich Nhat Hanh, *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*



**Book of Knowledge - Omar's dream - our friend Omar dreamed of those in prisons being able to educate themselves as much possible so that each of you can become all that you were destined to be..**



***A Powerful Road Map for Navigating The Entire Prison Family Journey***

"Esparza and Yow present information from very different spheres: readers will learn both the legal steps and the emotional steps involved in becoming a member of a sad, huge group: incarcerated Americans. .... A recurring theme throughout is that inmates remain humans, and they remain citizens. We need to help those in prison, and also those returning to society. .... Helpful..... Informative, well written--you need this book." - Terri LeClerq

**And another suggestion from our friend, Robert: "Letters to an incarcerated brother"** by Hill Harper. It is awesome and teaches prisoners how to prepare for release in a logical, calculated, and informed manner, for those seeking success in staying out of prison.

**A challenge to all of you: Read at least one excellent book a week!! If you don't read well, see if you can find a tutor to teach you.**

**Subscription information:** We have gladly been offering this newsletter free of charge to those in prisons. We are happy to share this vehicle for those who have little 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 life 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.**

**Daniel Risher says:** The tree in the *Dharma Friends* (June/July 2015 issue #207) looks Kabbalistic. (Jewish mystic) The tree of Eternity has its roots in heaven above and its branches reach down to earth. It is Brahman, pure spirit, who in Truth is called the Immortal. The Upanishads, Kath Upanishad, Ch. 6 Vol.

**"If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher." — Pema Chödrön**

**From Brandon:** Foremost, I must say that the book you're encouraging prisoners to contribute to is an unheard of concept- or at least here in Michigan it is. As the man that gave life to my son, I have not been there for him, nor was my father around for me during my most impressionable years. After coming out of the US Army diagnosed with PTSD, I have drifted in/out of jails and prisons for the past 10+ years. In 2008, while in a Michigan prison, some inner tugging kept pulling me towards the spirituality and philosophical aspects of Buddhism, and I followed very briefly. I won't delve into the countless inhuman situations I repeatedly encountered during this phase of my initial quest, but I will say I set all of my "spiritual longing" aside and focused solely on getting out of prison as my only objective at that time. If anyone's available, I know my mind and body are in a very receptive state of learning, and I would greatly appreciate if someone were able to help me on this initial step towards enlightenment with suggestions of their own. I am interested in the *Dharma Friends* newsletter, as well as eventually contributing to the book for our youth! Brandon

**"I like the relaxed way in which the Japanese approach religion. I think of myself as basically a moral person, but I'm definitely not religious, and I'm very tired of the preachiness and obsession with other people's behavior characteristic of many religious people in the United States. As far as I could tell, there's nothing preachy about Buddhism. I was in a lot of temples, and I still don't know what Buddhists believe, except that at one point Kunio said 'If you do bad things, you will be reborn as an ox.'**

**This makes as much sense to me as anything I ever heard from, for example, the Reverend Pat Robertson."**

**— Dave Barry, *Dave Barry Does Japan***

**Some Buddhist Resources for those who have been asking for them.**

Foundation for the Preservation of the  
Mayahana Tradition  
Education Services  
1632 SE 11th Ave  
Portland, OR 97214  
[education@fpmt.org](mailto:education@fpmt.org)  
<http://fpmt.org/>



Offers spiritual advice and teachings, as well as books and materials, to people in prison interested in exploring, studying and practicing Buddhism

The Corporate Body of the Buddha Educational Foundation  
11F, SS Hang Chow South Rd. SCC 1  
Taipei, Taiwan  
<http://www.budaedu.org/en/>  
Offers free Buddhist material to anyone

Liberation Prison Project (Already on  
the Buddhist Resource list)  
PO Box 33030  
Raleigh, NC  
<http://www.liberationprisonproject.org/>

*“If someone comes along and shoots an arrow into your heart, it’s fruitless to stand there and yell at the person. It would be much better to turn your attention to the fact that there’s an arrow in your heart...” — Pema Chödrön, *Start Where You Are: A Guide to Compassionate Living**

### **From Samuel K. Byrd: *A Path to Financial Enlightenment***

*“The bonds of deluded habits and cravings are strengthened by one who let the mind heedlessly dwell on objects of desire.” **The Dhammapada** v. 349*

The Buddha spoke these words to his disciples over 2,500 years ago. These same words ring more true today in our capitalistic society than they did back then. When most people hear the name Buddha, or the term Buddhism, they immediately think of an old fat China man smoking weed. The more intelligent ones see it as an ancient Asian religion that is great for transfiguration. Both views, however, are incorrect.

Buddhism is simply a way of living. A way to look at your life and the lives of those around you, seeing them as they truly are, which for most of us, is screwed up. Today, we seem to have more problems than they did 2400 years ago. Most of our problems today are self-induced as we chase our desires. The number one desire being money.

For most of us that are now state property, we let our clinging to a status or craving a higher one cause our current problem. We convinced ourselves that money solves problems. Blindly, we chased it and attempted to gain as much as possible. What we failed to see is that money causes more problems for the rich and famous than the broke and unknown.

Money will never end suffering. Nothing will as long as you hold on to your old habits of greed, craving and lust. So, how do we limit our suffering when it comes to money that's needed to pay rent, insurance, child support and student loans? What you must do is teach your money to walk the **Eightfold Buddhist Path**. Whether Christian, Muslim, Hindu or Jew, the next eight steps will show you and your money the path to financial enlightenment.

**Right View:** We, as Americans, all share the wrong view when it comes to money. We all want more of it no matter how much we already have. It seems as though the more we make the more we over spend. We fall into the “got to have it now” mentality. Our views have become so jaded that we fail to see that Toyota makes Lexus, Honda makes Acura, the I Phone 5 works just as well as the I Phone 6, and almost all products sold at K-mart, Wal-mart, Macy's and Sack's come from China.

When we start to view money the right way, we will begin to see through the fog of false promises that often accompany big ticket items. As you shop, take the time to look at everything, read the fine print and compare prices. You need to look past the extra bells and whistles and choose the best product for your need and budget.

**Right Thought:** When you hear the word money, what comes to mind? Is it getting a raise, hitting the lottery or buying a pair of Jordan's that will never touch a basketball court? What most don't consider is saving money for later. The current way of thinking is make money, spend money. In order to keep yourself from falling into the money pit and then trying to climb out, you must first change your way of thinking when it comes to money.

The way you think about money needs to change but money should never consume your thoughts. While money is needed to take care of necessities, nothing that it will buy lasts forever. Money should be thought of as a life jacket or parachute for your life. You should always have enough money saved in case of an emergency.

**Right Mindfulness:** During the course of a week, most people have spent ten dollars without their knowing it. The reason is that most people do not pay attention to things like, small service fees, taxes, overcharges, plus coins lost or dropped in elevators, drive-through windows and in a friend's couch. Just think about what that \$10 a week could do if properly invested in an account earning 5%. Or better yet, the people it could help if you donated it. Being mindful about your money means to think about what positive things can be done with it, other than super sizing your # 1 at the burger joint. Being mindful means never let your emotions cloud your better judgment.

**Right Speech:** Put your money where your mouth is. I'm sure we have all heard that before. My advice is, “Shut Up!” People just love to brag and boast, now on social media, about what they have or had. Some people exaggerate and others just outright lie when claiming how well they're keeping up with the Jones'. What they fail to see is that this type of idle chatter is a recipe for your financial disaster because our mouths often write checks that get bounced.

Now there's another saying that a closed mouth won't get fed. But know, a mouth that is always open wastes food. Don't fall into the habit of discussing what's new and trendy. It's better to compare prices and discuss discounts. Companies make very few changes to their products from year to year, other than their marketing strategy of course. So when making a purchase, learn the art of haggling, ask the right questions and try to negotiate the best deals.

**Right Livelihood:** One of the latest debates is about raising minimum wage because people are finding it hard to raise a family of four on \$8 dollars an hour. The real problem, however, is that most families consist of a single, unwed mother of three armed only with her GED. It's no mystery that the higher the education, the higher the pay. Most of us serving time choose to pursue fast, easy money instead of a degree and lasting career.

For those who are working in the not so glamorous fields, the first rule in personal finance is to live within your means. If you only make \$1500 a month, you should not be spending \$1600. If at the end of the month, you still owe money, then something in your life needs to change. This is not suggesting that you sell all of your worldly goods, move to a cave and live a monk's life. What is suggested is that your lifestyle reflects your income. So, get rid of your champagne tastes when you only have malt liquor money. There are plenty of free or low cost events taking place around town. Most counties have their annual fairs, carnivals and parades. Public libraries, churches, clubs and other local organizations often sponsor free events, job fairs, health screenings and food banks. Having fun does not have to mean going broke in the process. Just remember the most important thing we can spend is time with God, family and friends.

**Right Behavior:** It is our bad habits that put the most strain on our finances. Drugs, gambling, porn, coffee, beauty treatments and, of course, shopping. We waste so much money seeking instant gratification and lasting happiness instead of investing in a healthy way of life. Because of our risky behavior, our finances are effected in a very negative way. Even as some become parents, they still will not change their old wasteful habits, thereby passing them on to the children. The best way to break bad habits when it comes to money is to replace them with good and cost effective habits. Let the pack a day habit become a Gold's Gym membership. The time shopping for show off can be spent serving the homeless meals. With better behavior, our money can be better used.

**Right Effort:** This is the step where you must now make a budget and stick to it. You worked for your money, now make your money work for you. You must become your money's manager, assigning it tasks and see to it that it completes them. But never give it more responsibility than it can handle. In other words, do not create more debt than you already have now. Your budget needs to be specific while leaving room for unexpected errors. You must maintain a vigilant watch on your budget, continually revising and updating it. Work on paying off debts. Next, start saving more money as you become debt free. Then begin to invest your savings. Just remember that this step takes a conscious effort on your part.

**Right Concentration:** Okay, I need for you to pay close attention to this step. I mean really focus. It's easy to get rich, the problem however is staying rich. What causes people the most trouble is when they lose focus on their finances. When this happens, debts start to increase as income starts to decrease. When it comes to spending money, you must set clear and realistic goals and mentally prepare yourself to stay the course. When making a big ticket purchase, stay away from impulse buying. See it, ask questions about it, price compare it, and then meditate on it. Consider the price, the upkeep and the resale value. Also, the purchase should fall into one of two categories: is it an investment or a celebration for reaching a set goal?

**Five Precepts:** Now that we have addressed the steps to financial enlightenment, we now must apply the five precepts or ethical behaviors that will keep us on track. The first is: do not kill your credit score by having repos, defaulted loans and constant late payments. Pay your bills on time, pay off debit ASAP and cut up the credit cards. Second, dealing in stolen goods will lead you down the wrong path. Sure, you may tell yourself that you're saving money using the five finger discount, but a judge may not see it that way. Next, lying to the IRS is the equivalent of committing financial suicide. If you owe and they know, away your money will go. The fourth precept, when ignored, is the gateway to financial corruption. Men, stop using money for sex and ladies, stop using money to feel sexy. Strip clubs, porn sites, breast enhancements and lipo does nothing to change the real you. Only you can do that. And, the last precept needs no explanation. Just say no to drugs and alcohol.

Remember, all of these steps can be applied to almost every area in your life. It's about removing the blinders put in place by those who practice deception or, as some call it, commerce. Don't let yourself get sucked into the world of greed, craving and attachments. You have to free your money from debt by budgeting for needs, saving for wants and seeking knowledge for investments. But, in order to accomplish this, you must free your mind and your body.



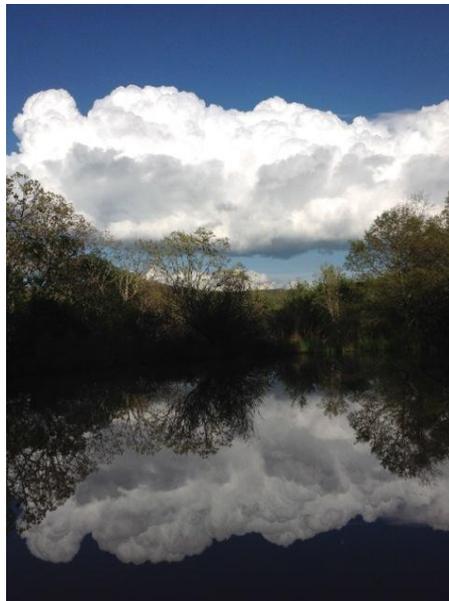
### **Here is a letter that you can send to your loved ones if you wish.**

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**

**FREE RELIGIOUS MATERIAL**



THE FIRST UTTERANCE OF BUDDHA SHAKYAMUNI IN TANTRIC POETRY by Tara Trinley Wangmo  
Deep and quiet, simple, clear, unformed.  
A truth that is like nectar, I have found.  
Whoever I explain it, no one will understand.  
So, in the jungle, silent, I remain.

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



Compassion Works For All

# Dharma Friends

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

August/September 2015 #208

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## **Additional Pages for EMAIL VERSION of Dharma Friends**

Please come and visit [CompassionWorksforAll.org](http://CompassionWorksforAll.org) web site!

We have an archive of [Dharma Friends](#) issues and teachings to help with life problems, to open our minds and hearts, and to meditate with our many meditation videos.

We also have a wonderful gallery of prison art, our Time Out radio programs, our children's story, 'A Story of Friends', "Letters from the Inside" and many ways that you can get involved with Compassion Works for All.

This is all for you. Enjoy!



*We have classes at the public libraries in Little Rock that teach an Introduction to Meditation.*

*These classes are for one hour, open to all, free, and sponsored by the libraries. Everyone is welcome whether you are a beginner or an advanced meditator.*

*The classes will be at the downtown, main library in Little Rock on the 2<sup>nd</sup> Monday of each month on the 5<sup>th</sup> floor, in the Lee Room.*

*We also meet on the 4<sup>th</sup> Tuesday at 6 PM at Fletcher Library each month.*

*Check our calendar schedule at our web site: [www.compassionworksforall.org](http://www.compassionworksforall.org)*

## **COMPASSION WORKS**

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

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

They will now be held at our new office in the Union Station Bldg. in Little Rock.

Sessions last one hour. They 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 check out the calendar 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 a short session on Compassion on video which you may use to support your individual practice. You might want to start Compassion Works sessions in your locality.

You can find the video on our You Tube site at [https://www.youtube.com/watch?v=y1\\_E58Nvlak](https://www.youtube.com/watch?v=y1_E58Nvlak)



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

***Just As the Breeze Blows Through Moonlight, and Dharma Friends are available.***

***You can order a book for \$15 plus shipping (\$5) at my email address: [annacoxar@gmail.com](mailto:annacoxar@gmail.com)***

***Compassion Works for All 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.***



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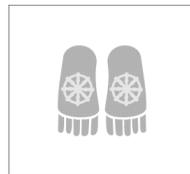
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*You may forward any past Dharma Friends newsletters, or this newsletter, on to anyone who you believe would benefit from them.*

*If someone has sent this Dharma Friends issue to you as a gift and you would like to join us each month, please email [annacoxar@gmail.com](mailto:annacoxar@gmail.com) for more information about Compassion Works for All, Dharma Friends newsletter, and our prison outreach program. You may receive Dharma Friends by email for free but donations are always most welcome.*

*If you would prefer a hard copy, the subscription fee is \$30, but unfortunately it is not tax deductible because you receive a paper publication for your donation. You may make a donation via Paypal on our web site as well.*



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