



offers you

# Dharma Friends

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

September and October 2011 issue # 176

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## The Dhammapada The teachings of the Buddha



### Chapter 16 - Pleasure

209- There are those who pursue that which should be avoided and avoid that which should be pursued. Caught up in the senses they lose their way and later envy those who know the truth.

210 -To lose the company of those with whom one feels at home is painful, to be associated with those whom you dislike is even worse; so do not abandon yourselves either to the company of those with whom you feel at home or those whom you dislike.

211 -Beware of the attachment that springs from fondness, for separation from those one holds dear is painful, while if you take sides neither for nor against fondness, there will be no bondage.

212- From endearment springs grief. From endearment springs fear of loss. Yet, if one is free from endearment, there is no grief so how could there be fear?

213- Becoming lost in affection brings sorrow; becoming lost in affection brings fear. Being free from affection means sorrow ceases, so how could there be any fear?

214- Becoming lost in enjoyment brings sorrow; becoming lost in enjoyment brings fear. Being free in your experience of enjoyment means sorrow ceases, so how could there be any fear?

215- Becoming lost in lust brings sorrow; becoming lost in lust brings fear. Not being lost in lust means sorrow ceases, so how could there be any fear?

216- Becoming lost in craving brings sorrow; becoming lost in craving brings fear. Being free from craving means sorrow ceases, so how could there be any fear?

217- Naturally loved are those who live with right action and have found the Way, and through insight have become established in the truth.

218- Those who long for the indefinable, with hearts filled with inspiration, whose minds are freed from sensual longing are called “those bound for freedom”.

219 -220 Just as family and friends joyfully welcome home loved ones returned from afar, so their own good deeds welcome those that have done them as they go from this life to the next.

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### **A few thoughts about this Dhammapada verse: *Pleasure***

*Becoming lost in craving brings sorrow; becoming lost in craving brings fear. Being free from craving means sorrow ceases, so how could there be any fear?*

This verse, *Pleasure*, gives us a profound understanding of our own suffering along with the essential struggle and base of dysfunction in our families, communities, societies, and our world. The wisdom of this verse, and the wisdom of these few lines, is a vehicle that could inspire us all in creating balance in our world. Read these lines again and again and rest in contemplation of what they mean to you. Then we will start a massive call to action to heal us all everywhere.

Ready?



First, let's get clear about what these lines might mean and why they are so important.

*Becoming lost in craving brings sorrow; becoming lost in craving brings fear. Being free from craving means sorrow ceases, so how could there be any fear?* (we can't read this enough!)

Albeit, much of our craving is for everyday, meaningless *stuff* in our affluent society, even if we live in a prison. But once, as primitive human animals with bodies and brains built primarily to ensure that we survive and perpetuate our species, every cell and every chemical exchange in our brain was charged with the task of keeping us alive. It is our physiological means for keeping us focused on getting food, water, rest, and to procreate. When we were threatened or deprived in any of these areas, craving to acquire our needs became obsessive. To not fulfill cravings brought fear of death and panic.

Early man gathered in groups for survival and daily focus was on acquiring individual and community needs. Any strangers were a threat to their resources and became the enemy. Social and psychological evolution of cultures evolved with intellectual and emotional stories that justified beliefs about friends and enemies, and essentially their story-lines all led back to the basic and primitive issue: fear of 'will I/we survive'?

As sophisticated as our cognitive brains and psyches and philosophies have now become in the 21st century, our deep brain is still that same primitive, biochemical and neurological animal brain that desperately wants us to survive and procreate. Craving is at the root of this primitive brain and persistently demands that our desires be met. That miraculous brain that keeps us alive has little ability to differentiate between an attacking saber-tooth tiger, losing our money, dying in a drought, securing our addiction of choice, copulating to enhance the size of our village family, fighting off warring tribes, or having an affair with that sexy girl in the office, even though we are married and have two kids at home. Craving rules!

Unless we develop self-awareness and enhance the more sophisticated parts of our brain so that we can become clear self-observers of who we are and why we do what we do, we are still at the mercy of cravings. We have to develop emotional and psychological maturity in order to make decisions that enhance our success and survival in today's world rather than

being compelled to follow early instinct. To develop that sophisticated brain requires (as much as possible) a healthy body, a healthy diet, healthy parenting, a safe environment, an education that stimulates cognitive and emotional development, and a general lack of debilitating stress. Receiving love and meditating are key ingredients to develop and enhance such development. On the other hand, the more stress, trauma, fear, lack of love, poor diet, poor health, lack of educational and cognitive stimulation, insecurity in family and community, violence and abuse, deprivation, and a desperate struggle to survive, the more we stimulate and react to our primitive and highly emotionally charged brain and the more that cravings and fear have power over us. With such stress, we enter a compelling cycle that stirs up survival fears. The more we are unable to fulfill those cravings that soothe our brain, the more fear we have. And the more fear we have, the stronger our desperation to fulfill our cravings. Everyone has had time of stress and fear, even those who have had many benefits in life. We all know how cravings can take over and then we are doing and saying the things that make catastrophes happen.

### **Let us expand this picture**

It is not a stretch to look at ourselves, and then at our families, communities, political parties, religious cultures, and countries throughout the world through the lens of these very simple insights. Those individuals who have healthy early lives, less trauma, healthy brains and bodies, good educations, safe environments, and at least a good assurance of survival and success, and see that they, for the most part - (although not always) - have a greater chance of creating a successful and happy life. They will still wrestle with challenges but they are likely to have integrated a greater sense of safety within and trust in the world. As a result, they are likely to not be as ruled by cravings to ameliorate their fears, and they have had the luxury to develop more skills along the way that make the challenges of cravings a little easier to manage. Families, communities, and even countries where the majority of the population are people who have balanced their cravings are likely to reflect that in their society.

What about those kids that live with far greater challenges? What about those who live with extreme anger, abuse, violence, poverty, struggles for survival, lack of educational opportunity, poor nutrition, and who never feel accepted and safe in their small world or the world at large? There are those who transcend such challenges and in spite of them or spurred by them, they make a life of success and happiness. Truthfully, though, such success stories are rare. And most who have transcended such great obstacles had someone who gave them that magic ingredient of love and support that brought them through the struggles. Far more often, we see these children fall through each and every crack into lives of poverty, or prison, or mental or physical illness, or addiction, or all of these. And these children often come from families, communities, and even countries that play out this same tragic story of lost lives for thousands of people. We know that there are countries where millions of people are hardly able to get a foothold up and out of the cycle of chaos in order to transcend patterns of dysfunction and to develop hope for fulfilling their highest potential. Where the challenges are greatest, fear and stress demand brain resources and the higher skills of cognitive planning, seeing a bigger picture, utilizing emotional balance, and the ability for delayed gratification. And, under such stress, these capacities are less likely to develop. This pattern shows itself in individuals, families, communities, and even countries, so as one stumbles, it affects so many others all the way up through populations.

### **NOW FOR THE BIG CHALLENGE**

Now, let's apply this to us personally. For many of us who lived lives of stress, the result was often impulsive actions and a poor ability to make long-term and beneficial decisions. For some, this pattern led to prison. Our invitation to write to **Jeff's Kids** has been an incredible opportunity to witness this process in action. For those who are not familiar with **Jeff's Kids**, I'll fill you in. *Dharma Friends* asked if readers wanted to write to the incarcerated kids that our friend Jeff sees in his groups at a juvenile detention center. We asked you to offer them some wisdom that might have helped you when you were 12 or 15, especially if you were once in a juvenile facility. We asked, what guidance could have led you away from prison? We thank all of the 200+ of you that wrote a letter or many letters to these kids. Many of you shared your life stories along with your guidance. You were all loving mentors. But the life stories you told were often filled with stress,

trauma, violence, and extreme challenges, and were far greater than any little child could handle. Many of the stories told of teen years where the escape from a family or community of stress was drugs, alcohol, friends, partying, quitting school, and running away. Each story was unique but each expressed incredible courage and strength to survive.

From our verse, we remember that lives of trauma bring fear and a craving to find relief. And we know that only deep peace can allow us the space to think things through. Only when we find balance and freedom from compulsive and persistent primitive drives, can we envision a path where positive options can emerge and we are able to put together a path to a hopeful future. But, the miracle is that, somehow, many of you have transcended your past while you were in prison - certainly not a place of peace and support. Your advice to the kids was full of those positive options. You told **Jeff's Kids** - "Remember that your family loves you and wants what is best for you." "Do not quit school." "Do not do drugs and alcohol." "Find a grown-up to guide and support you." "Don't live a dangerous gang life." Many, many of you stressed meditation and finding a spiritual path. Every one of you offered wise and caring advice. You have made remarkable growth by going beyond your circumstances and finding peace within.

But, of course, we still recognize the reality that your journey took you to prison, some of you for life, and some of you on death rows. Even in prison, have you found a peace that is worth the path you traveled to find it? If you had been given guidance and advice at 15, would you still have gone to prison and have found your peace in a free world, working the job you want, and having the family and future you deserve? Or would it have already been too late to give such advice to a 12 year old? Would you have had a clue as to how to follow such advice, given the world that you lived in and the support that you had - or the support you did not have?

I ask because you have the clues as to how to help all those other kids out there that you and all of us are trying to reach. It is bleak to think that maybe they have already lost the opportunity to become who they could be in this life by the time they are 12. For these kids to find the path you have found, they need someone to mentor them, to love them, to build them a safe and secure world for awhile so that they too can heal their overwhelming fears. They are compelled to assuage their fears by grasping for drugs, alcohol, gang membership, partying, and all other cravings that bring immediate pleasure and dispel the panic that tells them they are always on the brink of death - and, for many, literally on that brink.

### **How do we reach these kids that you have left behind?**



Many of these kids are the next generation to fill our prisons - all over the world. Some are our terrorists, our mentally ill, our homeless, and maybe even some are our soldiers signing up to fight our battles for us. There is not a lot of caring for these kids. There was not a lot of caring for many of you. We can measure society's caring by the politicians we vote for who set policies. I see too many of these policies ignore the deprivation, violence, and trauma and leave children to fend for themselves. The pain of children does not raise much societal concern or dollars. Who cares? I do know that those of you who were once these kids and who lived these lives - I know that You Care.

But many of you that are reading this are in prison. What can you do to help them when you are locked up, disenfranchised, have no money and no vote? We have over two million people in prison in the United States. Of course, not all of these folks in prison have found the growth and self-awareness that you have found. And, some of you had an abundance of it before you walked through the doors. I know that however it came to you, many of you think a lot about how to help these kids. You are one of them and you understand them. And, most importantly, you know what stands in their way, just as it stood in your way. You know that many parents are raising their children to be fearful or aggressive. You know that many of these children will be exposed to sexual abuse and traumatized forever. And you know who is abusing them. You know that no-one is making sure that they go to school and you know they are going to crack houses

instead. You know that gangs become their families because too many fathers and mothers are gone. Many of these kids have parents or caregivers who are too wounded, or too strung out, or working too hard and too long, and who do not have an ounce of energy left to watch over their kids. You know their stories and you know their lives. And you are the ones who can be the best guides for them and for all of us who are trying to help them.

How can you help?

What would happen if the mother of one of these kids was your sister or your daughter, and you sat down with her in a visitation session? With your wisdom and caring, what if you talked to her about making sure her son stayed in school. What if you helped her explore her options and her fears and the impossible job she has. And then what if YOU also talked to that nephew or grandson of yours and told him that you understand and support him and want to see him succeed. What if you told him your story and you told him or her how you found a path to peace and healing? What if you wrote to your son or daughter every day and asked them to come to visit you. What if you were their loving guide?

YOU are in the most powerful and effective position to help these kids. More than anyone else that I see. More so than the ministers, the counselors, the community action folks like me - you have walked this road have the power to help - if you will accept this role. You can help mentor the new and young folks coming into your prison. It is most helpful to write to kids like **Jeff's Kids** and share your stories and advice. But most of all, your healing, growth and wisdom understanding is needed back in the homes and communities where you can help to build a safe and loving environment that allows children to thrive. The more you have found inner knowing, the more you live it and, the more you teach it, the more you will benefit so many others.

If you leave prison, you can live such a mission more fully in the best way you can. But even if you never leave, you can offer your love, support and guidance in letters and visits. And go from there! Be inventive. How can you build into young lives the security and freedom from fear that they need as infants and children by helping their parents and families? Think of all the ways you can help. Then do it.

We all need you. Take on the challenge to help kids find a path beyond suffering to a great future.



## **A MEDITATION on Pleasure**

**This might well be the most fun meditation we've done yet!**

Before your next meditation session, if at all possible, have ready an ice cream bar or a candy bar, or save something that is your favorite from your meal tray.

Take a few minutes to rest in balance before your meditation. Get comfortable. Breathe in and out and relax. Let go of stress. Be aware of your ice cream bar (or whatever you have set aside) and anticipate that our meditation will involve eating it. Put your ice cream in front of you and just meditate on it for a few minutes. Watch the feelings that arise. Notice if you are salivating and if you want to rush into the meditation and start gobbling it down mindlessly! Just rest there and watch the thoughts, feelings, anticipation, and urges that compel you to eat the ice cream.

After a while, mindfully pick up your ice cream. Maybe it has a wrapper so you slowly take it off. Do every step with awareness. Notice each movement. Notice each thought. Notice what compels you forward. Notice each urge. Notice

memories of all ice cream eating in your past. Can you already taste it? Can you smell it? What do your fingers feel? What do your eyes see?

When you are ready, take your first bite. Slowly, take a nibble and spend as long as possible tasting and letting the ice cream dissolve on your tongue. Experience the sensations. Notice the thoughts. Notice any urge to rush and gulp it down. Just take nibbles with awareness. Slowly, anticipate when you want to take another bite. When you are ready, move the ice cream towards you, tasting even before it is in your mouth, smelling, biting, melting, chewing, swallowing. Savoring. What was it like after it has gone down your throat?

And now, ready for another bite.

Notice if at any point, pleasure arises. What does pleasure feel like? Fill your entire body with that feeling of pleasure. Sate yourself with pleasure. Let each cell sparkle with pleasure.

Continue your meditation with awareness of each bite. Fully experience each movement; each taste sensation.

It might be that at some point, you are full of ice cream. Pleasure may turn to less pleasure or even discomfort. Maybe you have a cavity in a tooth and what was pleasure becomes pain when the sugar hits your tooth. Perhaps the ice cream is too cold and you feel discomfort. If you had to continue to eat ice cream all day long, can you imagine a point where the pleasure of this one ice cream can become discomfort at forcing more and more ice cream down when you start to feel sick to your stomach? Pleasure has an end and can then turn into suffering. Notice. Is there any discomfort arising slowly in your ice cream meditation where you might want to stop?

What if all times of pleasure were spent in meditative awareness and you knew clearly when pleasure turns to suffering?

At the close of your meditation, consider the fun of having some pleasure and the benefit it gave to you. Consider also the benefits of having pleasure with awareness so you know the consequences and the benefits ahead of time. Be aware of the benefits of knowing you will be able to stop when pleasure turns into suffering. Know the benefits of never reaching for pleasure if the consequences of eating the ice cream or entering into any pleasurable activity will bring negativity and suffering.

Dedicate your meditation and be deeply appreciative of any self-awareness you have gained for yourself.



## FROM YOUR LETTERS

### **The reconstruction of time and space just for your convenience!**

We are now offering October newsletter in September - Kristopher said to me that I was confusing you by sending out the newsletter for the month in the middle of the month! So we will compress all time into fewer days and, this month, the issue is called September/ October. Next month, November issue will

go out prior to November, in mid-October! Clear yet? Don't worry, you will still get every issue.

**and a few more thoughts to remind you that ....**

**\*ASK TIM** got a bit lost in the shuffle. *If you have a burning question - ASK TIM!*

Write us with your questions. Tim will tackle almost anything - except how to file your legal paperwork. Questions about life, getting a job, which fork to use at the dinner table, anything you have wanted to know but did not know who to ask. Now try **ASK TIM!**

Write to our Compassion Works for All address and put **ASK TIM** on the envelope.

**\*Holiday schedule - with Kristopher's urgings..**

- Zoroastrianism - Ghambar Paitishem begins September 12 and ends September 16 - celebrates the creation of the earth and the harvesting of the summer crop.
- Wicca - September 23, Mabon celebrates life's encapsulation as a seed and the harvest of the vine
- Shinto - September 23, the September equinox memorial service
- Mahayana Buddhism - September 23, the fall Ohigon celebration of the September equinox
- Baha'i - September 27, Mashi'yyat, the 11th month of the Baha'i year
- Judaism - September 29 - 30, Rosh Hashanah - New Year's Day, year 5772, and anniversary of the creation of the world.
- Hinduism - October 6, Dassehra which celebrates the victory of good over evil
- Judaism - October 8, Yom Kippur (Day of Atonement) is the year's holiest day in Judaism and a day of fasting. October 12 until October 19, Sukkot which is a pilgrimage feast that celebrates God's presence in creation among the Jewish people

**and something more for you - Become a DICTIONARY drOpper **TEAM PLAYER!****

So many of you have asked for dictionaries through the years, we searched out a publisher who would help us by supplying dictionaries. We have admired you for wanting dictionaries, so we also wanted to support you with a fun program to encourage your interest in learning words, developing a larger vocabulary, and gaining skills that will serve you well when you are out and applying for jobs. **Here are the game plays!!**

If you want a dictionary, there are two plays.

**#1-drOp** a letter to us at **CWFA/DF DICTIONARY drOp** and tell *us how you will be helped* by having a dictionary. We have English and Spanish/English dictionaries. Specify which you want.

**#2- AND** - get a new teammate! Give us the name of someone you know who would **ALSO** benefit from having a dictionary. *Give us their name, number, and address, and tell us why you want to make this gift.* (You might check this out with them first so they won't take it as an insult to their English skills!) You might see if they would also like to receive **Dharma Friends** and mention that to us too. We will send them a dictionary and a note that you have given them this gift - and **Dharma Friends** too.

**#3 - and then... If you want to play the game...**

(you can get a dictionary and choose not to play, or if you already have a dictionary, you can use your own...)

**THE PLAY** - In each **Dharma Friends** issue we will have a "**word drOp**" - We will ask you to research it and send us a note that explains your understanding of it and what it means to you in your life.

**#4** - For those who are on the team and play the game, we will send you a **CWFA/Dharma Friends Dictionary drOp Certificate** after we receive twelve months' of letters successfully explaining the words we include as the '**word drOps**'.  
**Hooray - Your Team Wins!**

**\* Jeff's Kids and your heartwarming letters:** Jeff is our friend who counsels kids in a Juvenile Detention Center. He thought that sharing your thoughts or stories about your journey to prison might benefit kids that are in the same situation that you might have been in once upon a time. Know how much your letters are all appreciated for your stories, your advice, and for being such a wonderful vehicle to reach broken hearts! The healing that is coming from these letters is extraordinary. **If you would like to write a letter to Jeff's Kids the address is CWFA, PO Box 7708, Little Rock, Arkansas 72217-7708 and put JEFF'S KIDS on the envelope. Keep those letters coming. For those who have written to Jeff's Kids, thank you so much!**

**\*Linda is reprinting more of her MINDFUL MONEY** books if you would like a copy - just send a letter to CWFA/DF and put on the envelope - **MINDFUL MONEY BOOK** please 😊

**\* Here is a repeat of our friend Lawrence King's request for your thoughts: Hi Anna and Dharma Friends readers,** I hope this finds you doing well. It's L.J.King from Book Talk Radio, <http://www.blogtalkradio.com/lawrence-j-king>. I have some very important people involved in my 5th book called **The Eye of Truth...** i.e. professors, doctors, lawyers,

politicians, judges, musicians, authors, scientists, religious people, spiritual advisers, people that matter, very important people, etc,etc,etc. Maybe you can do me the honor of participating in my 5th book called **The Eye of Truth** by Lawrence J. King Thank You, Thank You, Thank You....

Below are the questions that are being presented to a lot of very important people to make up the book content. If any Dharma Friends' reader is interested in responding, please send me your picture and your biography (if possible) along with the answers to the following questions. **Mail to: Lawrence King P.O. Box 1831 Boulder Colorado 80306**

- 1.How would you define the word God ?
- 2.Does God really exist?
- 3.Who is God ?
- 4.What does God look like?
- 5.Do you believe in Guardian Angels?
- 6.How would you define the word Devil?
- 7.Does the Devil really exist?
- 8.What does the Devil look like?
- 9.Do you believe in Demonic spirits?
- 10.Where do we go when we die?
- 11.Is there life after death? If so then please explain how that works.
- 12.Do you believe in reincarnation? If so then please describe what reincarnation means to you.
- 13.What does the word Good mean?
- 14.What does the word Evil mean?
- 15.Is there a Heaven?
- 16.Is there a Hell?
- 17.What does the word Heaven mean to you?
- 18.What does the word Hell mean to you?
- 19.What is the difference between being of the light and being of the dark mean to you, religiously speaking?
- 20.What is our life's purpose?
- 21.Do you believe your mind causes you to believe a certain way? and behave a certain way? or is it your heart that causes you to believe a certain way and behave a certain way? or is it both your heart and mind that causes you to believe a certain way? and behave a certain way?
22. What would you say would be the ultimate sacrifice in life?
23. Would you say that our lives are pre-destined? for example: No matter what we do or not do in life we are destined the end up where we are at anyway.
24. Would you say that we control our own destiny and fate? for example: When we put our time, energy, and effort into something then we have controlled our own destiny and fate thus are arriving somewhere else.

*Do not form views in the world through either knowledge, virtuous conduct, or religious observances; likewise, avoid thinking of oneself as being either superior, inferior, or equal to others. The wise let go of the self and being free of attachments they depend not on knowledge. Nor do they dispute opinions or settle into any view. For those who have no wishes for either extremes of becoming or non-becoming, here or in another existence, there is no settling into the views held by others. Nor do they form the least notion in regard to views seen, heard, or thought out. How could one influence those wise ones who do not grasp at any views. - from the Sutta-nipata*

**From D.H.:** Dear Anna I just wanted to let you know I received a certificate you sent for our meditation group. I also wanted to send you a brochure I had made up for our sangha where we have three lovely volunteers who give up their time from their jobs at the insight meditation society to meet with us every week. They been coming roughly 3 1/2 years. Our sangha has about 10 active inmates who make every week. I've been receiving the *Dharma Friends* newsletter for over three years and always enjoy each issue. With the support of our volunteers and group members we've come a long way with our weekly meetings. Every bit helps with our spiritual growth and support of each other. Many thanks for everything your organization does for inmates.

*Ta-sui was asked, "What is the point to concentrate on along the way?" He replied, "Don't be self-conceited."*

**From J. S.:** The thought that I'd like to add to the discussion of "self" comes from a slogan by Chogyam Trungpa Rinpoche that I read every day: **Never give up on anyone or anything.** In the commentary he says, "**In the wakeful vision of Shambhala, which we call the Great Eastern Sun, no human being is ever a lost cause. We don't feel that we have to suppress or put a lid on anyone or anything. We are always willing to give things a chance to flower.**"

*Monks, there are these three roots of evil. What three? Lust is a root of evil, hate is a root of evil, delusion is a root of evil. These are the three roots of evil. - Itivuttaka*

From C.S.: Dear Kristopher, I have great respect for you and the work that you do. I do hope that when I get out, this time, that I will devote my time to charitable causes. This is my fourth time in prison and each time prior, I have had such good intentions for when I was released. Eventually, I fell back into the same routine. The last time I did well for about three and a half years. After my father's death and a failed relationship, I fell right back in with the same old crowd. Each time the sentences get longer though. I received six and a half for this new sentence. I'll only have to serve a little over three years and I've already served over two of that. I just know that I can't do this anymore. This has got to be the last trip. I now have a three year old daughter who doesn't even know me. Sure, I write and send her pictures, but she doesn't even know me. May all that you do be abundantly blessed. Your friend,

**Response from Kristopher:** I've said it before and I'm sure that I'll say it again; Had it not been for my developing relationships at the meditation center and my involvement in the twelve step programs, I do not think I would have made it. Please, when you get out, do the same and keep me posted.

*This is how you should contemplate. The world is an idea in the mind to which the word world has been attached. Beyond this idea is the mystery of beingness. But it's not possible to free people from their attachment to the idea--to that which blinds them to the reality--without appropriate methods. So you should tread the path of perfect giving, of patience, energy, meditation, and wisdom. Yet while following these activities, you should remain aware that the world is illusory. It is for the sake of those who do not know that you engage in dynamic and vigorous work and also in meditation and one-pointed attention. Understanding that without wisdom you can do nothing for others, you remain in the perfection of wisdom, which is the awareness that what you are doing is both essential and illusory. - Prajnaparamita*

**From J.K.:** Dear Anna, Thank you for the thank you! It's been about a month and 1/2 since I received your letter. I also want to state my gratitude for compassion works for all is a whole. There was a note from the editor of the **Tricycle** magazine recently and he discussed stereotypical Buddhists and I put the label as "upper middle class Caucasian spiritual materialists". I agreed we must help ourselves in order to better help others. If we are full of the anger in rigid beliefs there's not much productive that we can accomplish. But the goal isn't just to help ourselves, to dull the pain of our karmic imprint. As those who amass wealth and comfort at the cost of "developing" nations, the environment, and all the un-named masses who allow constant supplies of coffee, chocolate, roses, bananas, etc, all the year round. Anyway, my point was, your group gives back service, generosity, true caring (not the idea of it). That's what makes me feel your group breaks the norm in a positive way. Not that I begrudge the investment banker who feels no joy in life and turns to meditation for guidance, I hope he too can find his Buddha nature. So many though don't want out of samsara, they only want a more comfortable prison.



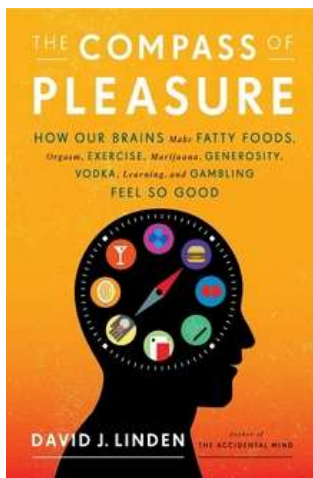
## **Book of Knowledge - Omar's dream -**

*our friend Omar dreamed of a process of education so that all of us can become all that we can be*

This review was on NPR and we took this from their web site:



## **The book: 'Compass Of Pleasure': Why Some Things Feel So Good**



*The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling Feel So Good*

By David J. Linden

Hardcover, 240 pages

Viking Adult

List Price: \$26.95

What does it really mean for the brain to experience pleasure? That's the question neuroscientist David Linden asks in his new book *The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling Feel So Good*. In it, he

traces the origins of pleasure in the human brain and how and why we become addicted to certain food, chemicals and behaviors. Linden is a professor of neuroscience at the Johns Hopkins University School of Medicine and the chief editor of the [\*Journal of Neurophysiology\*](#). When he spoke with *Fresh Air's* Terry Gross, he explained that the scientific definition of addiction is actually rooted in the brain's *inability* to experience pleasure.

"There are variants in genes that turn down the function of dopamine signaling within the pleasure circuit," Linden explains. For people who carry these gene variants, their muted dopamine systems lead to blunted pleasure circuits, which in turn affects their pleasure-seeking activities, he says.

While most people are able to achieve a certain degree of pleasure with only moderate indulgence, those with blunted dopamine systems are driven to overdo it. Linden explains, "In order to get to that same set point of pleasure that others would get to easily — maybe with two drinks at the bar and a laugh with friends — you need six drinks at the bar to get the same thing."

**Any one of us could be an addict at any time. Addiction is not fundamentally a moral failing — it's not a disease of weak-willed losers.**

*- David Linden*

Understanding the biology of the pleasure circuit helps us better understand and treat addiction, Linden says. It is important to realize that our pleasure circuits are the result of a combination of genetics, stress and life experience, beginning as early as the womb.

"Any one of us could be an addict at any time," Linden says. "Addiction is not fundamentally a moral failing — it's not a disease of weak-willed losers. When you look at the biology, the only model of addiction that makes sense is a disease-based model, and the only attitude towards addicts that makes sense is one of compassion."

Now, some research

Though it may be hard to be compassionate when addiction is used to justify inappropriate behavior, Linden argues that true addicts aren't just resorting to vices because of desire. Rather than seeking pleasure, addicts are fulfilling a need. The case of sex addiction illustrates how this distinction can be confusing.

"Most people are understandably very suspicious of the whole notion of sex addiction," Linden says. "They think this is something that philandering celebrities and their publicists make up as some way of excusing their anti-social behavior.

"The truth is that just liking sex a lot doesn't make you a sex addict, and just cheating or engaging with prostitutes or other anti-social behavior doesn't make you a sex addict. If you are a sex addict, just like a heroin addict ... you are at the point where you are having sex not because you are deriving pleasure from it, but because you need to do that just to fall asleep at night and face the day, and not have withdrawal symptoms."

So while true sex addiction is rare, Linden says, it is one of many very real addictions that stem from the way the human brain feels — or doesn't feel — pleasure.

**Excerpt: 'The Compass Of Pleasure' by DAVID J. LINDEN**

"Bangkok, 1989. The afternoon rains have ended, leaving the early evening air briefly free of smog and allowing that distinctive Thai perfume, frangipani with a faint note of sewage, to waft over the shiny streets. I hail a *tuk-tuk*, a three-wheel motorcycle taxi, and hop aboard. My young driver has an entrepreneurial smile as he turns around and begins the usual interrogation of male travelers.

"So . . . you want girl?"

"No."

"I see." Long pause, eyebrows slowly raised. "You want boy!"

"Uh, no."

Longer pause. Sound of engine sputtering at idle. "You want ladyboy?"

"No," I answer, a bit more emphatically, nonplussed at the idea that I give the impression of desiring this particular commodity.

"I got cheap cigarettes . . . Johnnie Walker . . ."

"No thanks."

Undaunted, he moves on to the next category of his wares, now with lowered voice.

"You want ganja?"

"No."

"Coke?"

"No."

"*Ya baa* [methamphetamine tablets]?"

"Nope."

A whisper now. "Heroin?"

"No."

Voice raised back to normal. "I can take you to cockfight. You can gamble!"

"I'll pass."

Just a little bit irritated now. "So, *farang*, what you want?"

"*Prik kee noo*," I respond. "Those little 'mouse shit' peppers. I want some good, spicy dinner."

My driver, not surprisingly, is disappointed. As we tear through the streets to a restaurant, blasting through puddles, I'm left wondering: *Aside from various shades of illegality, what do all his offers have in common? What is it exactly that makes a vice?*

We humans have a complicated and ambivalent relationship to pleasure, which we spend an enormous amount of time and resources pursuing. A key motivator of our lives, pleasure is central to learning, for we must find things like food, water, and sex rewarding in order to survive and pass our genetic material to the next generation. Certain forms of pleasure are accorded special status. Many of our most important rituals involving prayer, music, dance, and meditation produce a kind of transcendent pleasure that has become deeply ingrained in human cultural practice.

As we do with most powerful forces, however, we also want to regulate pleasure. In cultures around the world we find well-defined ideas and rules about pleasure that have persisted throughout history in any number of forms and variations:

*Pleasure should be sought in moderation.*

*Pleasure must be earned.*

*Pleasure must be achieved naturally.*

*Pleasure is transitory.*

*The denial of pleasure can yield spiritual growth.*

Our legal systems, our religions, our educational systems are all deeply concerned with controlling pleasure. We have created detailed rules and customs surrounding sex, drugs, food, alcohol, and even gambling. Jails are bursting with people who have violated laws that proscribe certain forms of pleasure or who profit by encouraging others to do so.

One can fashion reasonable theories of human pleasure and its regulation using the methods of cultural anthropology or social history. These are valid and useful endeavors, for ideas and practices involving human pleasure are certainly deeply influenced by culture.

However, what I'm seeking here in *The Compass of Pleasure* is a different type of understanding — one less nuanced, perhaps, but

more fundamental: a cross-cultural biological explanation. In this book I will argue that most experiences in our lives that we find transcendent — whether illicit vices or socially sanctioned ritual and social practices as diverse as exercise, meditative prayer, or even charitable giving — activate an anatomically and biochemically defined pleasure circuit in the brain. Shopping, orgasm, learning, highly caloric foods, gambling, prayer, dancing 'til you drop, and playing on the Internet: They all evoke neural signals that converge on a small group of interconnected brain areas called the medial forebrain pleasure circuit. It is in these tiny clumps of neurons that human pleasure is felt. This intrinsic pleasure circuitry can also be co-opted by artificial activators like cocaine or nicotine or heroin or alcohol. Evolution has, in effect, hardwired us to catch a pleasure buzz from a wide variety of experiences from crack to cannabis, from meditation to masturbation, from Bordeaux to beef.

This theory of pleasure reframes our understanding of the part of the human body that societies are most intent upon regulating. While we might assume that the anatomical region most closely governed by laws, religious prohibitions, and social mores is the genitalia, or the mouth, or the vocal cords, it is actually the medial forebrain pleasure circuit. As societies and as individuals, we are hell-bent on achieving and controlling pleasure, and it is those neurons, deep in our brains, that are the nexus of that struggle.

These particular neurons also comprise another battleground. The dark side of pleasure is, of course, addiction. It is now becoming clear that addiction is associated with long-lasting changes in the electrical, morphological, and biochemical functions of neurons and synaptic connections within the medial forebrain pleasure circuit. There are strong suggestions that these changes underlie many of the terrifying aspects of addiction, including tolerance (needing successively larger doses to get high), craving, withdrawal, and relapse. Provocatively, such persistent changes appear to be nearly identical to experience- and learning-driven changes in neural circuitry that are used to store memories in other brain regions. In this way, memory, pleasure, and addiction are closely intertwined.

However, addiction is not the only force responsible for experience-driven changes within the brain's pleasure circuits. The combination of associative learning and pleasure has created nothing less than a cognitive miracle: We can be motivated by pleasure to achieve goals that are entirely arbitrary — goals that may or may not have an evolutionary adaptive value. These can be as wide-ranging as reality-based television and curling. For us humans (and probably for other primates and for cetaceans as well), even mere *ideas* can activate the pleasure circuit. Our eclecticism where pleasure is concerned serves to make our human existence wonderfully rich and complex.

I like to tell the students in my lab that the golden age of brain research is right now, so it's time to get down to business. This sounds like a cheap motivational gimmick, but it's true. Our accumulating understanding of neural function, coupled with enabling technologies that allow us to measure and manipulate the brain with unprecedented precision, has given us new and often counterintuitive insights into behavioral and cognitive phenomena at the levels of biological processes. Nowhere is this more evident than in the neurobiology of pleasure. One example: Do you, like many, think that drug addicts become drug addicts because they derive greater reward from getting high than others? The biology says no: They actually seem to *want* it more but *like* it less.

This level of analysis is not only of academic interest. Understanding the biological basis of pleasure leads us to fundamentally rethink the moral and legal aspects of addiction to drugs, food, sex, and gambling and the industries that manipulate these pleasures in the marketplace. It also calls for a reformation in our concepts of such virtuous and prosocial behaviors as sharing resources, self-deprivation, and the drive for knowledge. Crucially, brain imaging studies show that giving to charity, paying taxes, and receiving information about future events all activate the same neural pleasure circuit that's engaged by heroin or orgasm or fatty foods. Perhaps, most important, analysis of the molecular basis of enduring changes in the brain's pleasure circuitry holds great promise for developing drugs and other therapies to help people break free of addictions of many sorts, to both substances and experiences.

When I was a postdoctoral fellow at the Roche Institute of Molecular Biology in the early 1990s, I was fortunate to work with Sid Udenfriend, a pioneer in the biochemistry of the brain and a real mensch. Sid's favorite pedagogical phrase, usually intoned at the bar,

was "It's always good to know a little chemistry." I couldn't agree more. It would be possible to write a book exploring the brain's pleasure circuits that was free of not only molecules but also basic anatomy, but that sort of spoon-feeding would require ignoring some of the most interesting and important issues, and so that's not what you'll find here. If you come along for the ride and work with me just a bit to learn some basic neuroscience, I'll do my best to make it lively and fun as we explore the cellular and molecular basis of human pleasure, transcendent experience, and addiction.

*From Compass of Pleasure by David Linden. Copyright 2011 by David J. Linden. Reprinted by arrangement with Viking, a member of Penguin Group (USA) Inc.*

**From I. W.:** Dear Anna, It's been several years since I've written you and everyone at *Dharma Friends* but I want you to know what a huge blessing receiving *Dharma Friends* has been to myself and the people I've shared it with over the years. Thank you so very much for sharing the dharma with all of us in prison. May all of you at Dharma Friends be blessed with joy, peace and freedom from suffering.

I would like to make a few comments on the April issue dealing with old age as it directly concerns me. Verse 11 of the **Dhammapada** is so very direct, to the point and yet eloquent and talking about this. I have been in prison for close to 15 years and will be 59 in November. When I started my sentence I never gave old age a thought. I realized we all age but it never worried me because my health was fairly good, I had few aches and pains and no gray hair. How things have changed! I now have high cholesterol (although I have it under control), bursitis, sciatica, more wrinkles than I ever wanted and a head full of gray hair. But guess what my dear friend? Most of the time I'm at peace with myself and am in better shape than I was at age 40.

A lot of this has come through discipline. I can attribute most of my success in this area to my meditation practice. I've been practicing for about seven years now and it took a great deal of discipline, especially when I first started my practice. It would've been so easy to have given up over "monkey mind" and other factors that seem to bother me a great deal when I first started out. While I still have to contend with these issues from time to time, today they are just material occurrences for me that I notice and let go of. It has been this discipline I learned through meditation that I've carried over to other areas of my life. Several years ago I started jogging and exercising for health reasons which requires discipline. It was because of learning to be aware of my body during meditation that I was able to do the same out on the track. This helps to prevent numerous injuries over the years while running. I also carry my hand mala while running and do manta recitation in time with my breathing.

So what does all this have to do with old age? It has been through my practice that I've learned to take far better care of myself spiritually and physically than I did as a young man. This, of course, does not stop death or aging but it certainly makes the process more satisfying and healthful. Like meditation, exercise used to be a chore but they're both now something that I love and look forward to. Both put me in a much better frame of mind as I deal with growing older.

Do I ever sometimes worry about getting older? Of course I do from time to time, I'm human. My significant other is on the outside and I want to spend as many days as I have left with him, not in prison. So sometimes I start to fret about time I have left to do, or how many good years will we have together once I'm home. Of course worry doesn't change a thing. We are born to die. It has been through meditation that I have been able to grasp, and to put my spiritual arms around the fear, worry, and loneliness I have felt concerning old age. It has been getting to know these feelings that has given me peace regarding my mortality. If we are mindful, old age and death need not be something to fear but to just accept for what it simply is, another part of our journey. Namaste, I.

***This is what I say: Your mind is spiritual and so too is the sense-perceived world. The spirit is timeless and it dominates all existence as the great law guiding all beings in their search for truth. It changes crude nature into mind, and there is no being that can't be transformed into a vessel of truth. - Brahmajala Sutra***

**From J.D.:** Dear Kristopher, I was recently transferred to the largest prison in the state. The reason being that I'm now a "short-timer" and was chosen to be part of something called a "Pre-Release Program." After being in the same dorm and same bed for three years, I was "comfortable" where I was at. I was in an Honor Dorm with rules governed by the inmates. I had been the clerk for three years along with being game room supervisor and coordinator for a while. Then . . . I ended up here . . . The first few days here, I would have rather been back in the Honor Dorm (My Comfort Zone), but, after several days . . . I've adapted very well. I went from a dorm of 53 bunk-beds = 106 men, to a huge dorm (room) of 150 bunk-beds = 300 men. Actually, everything is going quite well. This pre-release program is funded by the Federal Government. I go to class every day during the week for only four hours. We are separated from the rest of the prison population. The reason being is to keeping the short-timers from getting drawn into trouble by

the men who are not getting out so soon. The building is air conditioned and that's great because it gets blistering hot here in the South. There is No Smoking in this dorm. I've been breathing in second hand smoke for years. This dorm has a smoking area outside for them. There are cameras all over the place and the cube (where the guards hang out at) is right here in the dorm compared to being in the hallway at the last camp. I'm thrilled to be here Kristopher.

My mom and step-dad (since I was seven) moved down here a few weeks ago from my hometown of Detroit, Michigan. I was about 2 ½ hours away from her at the last camp, now I'm only one hour away from them. How cool is that? Everything is falling into place. So when I get out, I will be celebrating my release and my 56<sup>th</sup> birthday all in one with my family. One of my favorite parts of the **Dhammapada** is **The Path**. After all these years of studying and practicing the Buddha's teachings, I finally understand that phenomena are illusions. Really! I used to agree with it but didn't really understand it as I do now. I pondered versus 277-279 and noticed that the 299 men in this room and myself all have a different reality even though we are all in the same place. If they are all different (and they are) they are obviously illusions. I am so grateful that the Buddha decided to share his enlightened insights with us all.

I've decided that with 16 weeks to go . . . I'm going to memorize every verse of "**The Path**" from the **Dhammapada**. I'm on a bottom bunk, so I have written all the verses on paper and pasted the pages onto the bottom side of the bed above me with toothpaste. I'm sure you know that little trick. I just started yesterday and have the first two in my memory bank. I have some goals now because I have been blessed (for lack of another word) with small insights into the pureness of my consciousness through my years of meditation practice. "I'm going all the way." I have been walking the middle path for some time now and it is the best path of all. It keeps me content, no matter what situation I'm in. With metta and in the Dharma,

***All the wealth you've acquired from beginningless time until now has failed to fulfill all your desires. Cultivate therefore this wish-granting gem of moderation, O fortunate ones. - Milarepa, "Drinking the Mountain Stream"***



**From and by Brian Farmer:** Sifting texts for data, searching for ideas and visions, of the ancient seers, shamans and saints. We find to our surprise, that we, by chance or design, live in the time that they had cast their ecstatic gaze. A situation within our immediate future of critical junction, a process of transformation.

**Dharma Punx by Noah Levine**

p. 173 It became clear to me that everything was happening perfectly. I had learned what I needed to learn during my time in Asia: I wasn't supposed to spend my life in a monastery, I wasn't supposed to be in relationship with Lola. All I knew was that I was supposed to use my life's energy to help others. I had a growing sense that my place was in the world, that I was to follow the example of my parents to live my life, to practice and serve.

**Subscription information:** We have gladly been offering this newsletter free of charge to those in prisons. We are so 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**, here is what to do. Sent us an email and you may have your monthly issue free. EMAIL [dharmafriends@comcast.net](mailto:dharmafriends@comcast.net). If you want a paper copy, the fee is \$30 for one year. Mail a check or money order made out to **Compassion Works for All:** and send to **Compassion Works for All, Dharma Friends subscriptions, PO Box 7708, Little Rock, AR. 72217-7708**. This amount covers the subscription for you and a partial subscription for a prisoner. I 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.***

***Kristopher says that he is getting many requests for back issues. Some of these are because of mail room errors but some are because we are behind on current addresses. If you change your address, please send a note to LINDA to give us your new address and she can send your next issue to your new location. That saves us money and you from having to write for your back issues.***

***Thanks so much for your help!***

**SOME NEW OPTIONS:** We are always trying to be mindful of \$\$\$ in order to keep publishing our newsletter, as we are always in search of additional funding. **Here are some ways that you can help us.**

If you are receiving **Dharma Friends** but do not read it or know someone else who does not read their issues, either donate them to your library, or write and tell us to take you off the **Dharma Friends** list. Now, some have written and said that others need them more than they do so take their name off. Don't be too generous!!

**WE WANT YOU TO KEEP GETTING DHARMA FRIENDS IF IT IS HELPFUL TO YOU!**

**If you have family or friends who might like to receive Dharma Friends as well, they can just let us know and we will put them on the list. It is important for us to keep those in prisons connected to society, and most especially to their families and friends.** We greatly value the opportunity to bring a loving community of support to those who are connected to people in prison as they are often made to feel uncomfortable by society. If those you love receive **Dharma Friends** too, think of the common growth that you would share and the bond that could develop. So, you might suggest **Dharma Friends** as something your friends and family might like to donate to and receive via email.

*A man approached the Blessed One and wanted to have all his philosophical questions answered before he would practice. In response, the Buddha said, It is as if a man had been wounded by a poisoned arrow and when attended to by a physician were to say, I will not allow you to remove this arrow until I have learned the caste, the age, the occupation, the birthplace, and the motivation of the person who wounded me. That man would die before having learned all this. In exactly the same way, anyone who should say, I will not follow the teaching of the Blessed One until the Blessed One has explained all the multiform truths of the world-that person would die before the Buddha had explained all this. - from the Majjhima Nikaya*



by Red Bear Drummonds

**From B.H.:** Hey Kristopher, I hope all at CWFA are well in health and spirits. First, I would like to relay my thanks and gratitude to you all. Each **Dharma Friends** newsletter issue that I get, I read and then reread it until I can practically recite them in my sleep. Thank you Kristopher for all your help, letters, and books that you have sent. It is through you that I have started putting my focal point on Buddhism and have put aside Taoism. One has to pick a single path to travel if one wishes to go anywhere. To go up one path only part way and then turn and run back to start another that is equally as far will only confuse the traveler. Anna, your wisdom and compassion are breathtaking. For lack of the appropriate word to convey my deeper feelings; that's all I have to say about that. The same with saying anything of the rest of the CWFA staff. Thank you all,

**Compassion Works for All/ Dharma Friends**

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*The man who has no evil cannot be hurt by evil. - Buddha*

# Dharma Friends

September and October 2011 issue # 176

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Additional Pages for EMAIL VERSION of *Dharma Friends*

## The Freeing of the West Memphis Three

Welcome back to the world to Damien, Jessie, and Jason, often called the West Memphis 3, who have finally been released from prison in Arkansas after 18 years - all the while claiming their innocence. The courts recognized that the ever-increasing DNA evidence did not place any of them at the crime scene, while it also was showing that there had been another person present who may well have committed the murders of 3 little boys who were tragically killed. Justice was not served in any way, but was salvaged slightly with the freedom on these three men.

This month we also mourn the death of our long time friend Phil Pruitt who helped us edit our Dharma Friends book many years ago.

**Our friend, the Rev. Susan Sims Smith is going to India and wants you to come along! Check this out.**

[http://www.justusfriends.org/contribution\\_view.asp?aid=246](http://www.justusfriends.org/contribution_view.asp?aid=246)

*If you students of the Way wish to become Buddhas, you need study no doctrines whatever, but learn only how to avoid seeking for and attaching yourselves to anything. - Huang Po, Zen Teaching of Huang Po*





## **THE NEXT STEP ON YOUR SPIRITUAL PATH - a meditation retreat facilitated by Anna and Joy at Wattle Hollow**

**Many of you have regularly attended the Wattle Hollow twice a year meditation retreats facilitated by Anna with Yoga by Joy Fox at Joy's Fayetteville, Arkansas fabulous and lovely retreat center.**

**This fall we will meet over the weekend of October 28 - October 30. The retreat is now almost full. If you would like to join us, please go to: [www.wattlehollow.com/schedule/](http://www.wattlehollow.com/schedule/) and sign up. We want you to come.**

**and p.s. - Joy has many other excellent events scheduled throughout the fall at Wattle Hollow.**



## **Something new for you - COMPASSION WORKS**

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

**- Compassion for You --- and Compassion for All.**

**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 .  
[http://www.justusfriends.org/contribution\\_view.asp?aid=240](http://www.justusfriends.org/contribution_view.asp?aid=240) 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 this printout so that you can have an individual practice or you could  
start Compassion Works sessions in your locality)**

*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...*

*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*

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

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*And anna's books –*

*Just As the Breeze Blows Through Moonlight, and Dharma Friends and the Healthy Living pamphlet are on our old Compassion Works for All web site – [www.dharmafriendsprisonoutreachproject.com](http://www.dharmafriendsprisonoutreachproject.com) 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 [www.JustUsFriends.org](http://www.JustUsFriends.org).*

*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.*

*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 [anna@aristotle.net](mailto:anna@aristotle.net) for more information about Compassion Works for All, our Dharma Friends newsletter, and our prison outreach program. You may receive Dharma Friends by email for a \$30 tax-deductible donation. If you would prefer a hard copy, the subscription fee is also \$30, but unfortunately it is not tax deductible because you receive a paper publication for your donation.*

