

Andrew Safer
Safer Mindfulness
Mindfulness Instructor & Trainer – Workshop Facilitator - Author
andrew@safermindfulness.com
www.safermindfulness.com
(709) 722-2716

October 7, 2019

Prisoner #1 participated in the 7-session Mindfulness in Recovery program I conducted at Her Majesty's Penitentiary (HMP) from August 6 to September 6, 2019. He was highly engaged and was doing mindfulness practice regularly, so afterwards I offered to meet with him every three weeks to provide ongoing support to his practice. He heartily accepted the invitation.

Assisted by Susan Green, HMP Addictions Coordinator, and Alex White, HMP Addictions Counsellor, we met via Zoom video conferencing on October 7, one month after completion of the mindfulness training program.

We practiced mindfulness-awareness meditation for 20 minutes.

Prisoner #1 told me how he has been doing, and how mindfulness practice has been helping him.

- No fights: Whereas he used to get into a fight about every two weeks, there have been no fights since he started to practice mindfulness-awareness meditation (two months).
- Greater attention span: He is reading books (romance/adventure novels), whereas before he did not read any books. He now pictures events clearly, like in a movie. He never did this before.
- More patience
 - When talking with his father on the phone, he used to just hang up but now he can have a conversation.
 - When trying to do things, he's not as frustrated as he used to be.

He is practicing mindfulness-awareness meditation at least one hour per day, usually ½ hr. between 12:00 and 2:00, and ½ hr. before going to bed, which helps him go to sleep.