

MINDFULNESS AT THE END OF THE TUNNEL 19/01/2017

I am Erico mwangi Ruguru and I am 27 years old. I was born and in Wanjoni Location in Nyandarua County but I grew up in Nairobi's Kawangware Location. I was arrested in Wanjoni where I used to live with my grand mum. My life has not been a straight one because of poverty and that made me to give in to negative peer pressure thus making secret robberies my part time job. At last, the fortiter day of a thief sent me to prison and here I am.

It has been almost one year since the Commence of the mindful Leadership Programme, but when I scrutinize well where I was and where I am, I'm not the same. I've not changed facially or my appearance, but it has something to do with my mind. I used to waste a lot of energy trying to fight for my life but the amazing thing is that when mindfulness entered in me, my life started to fight for me. Can you imagine that? If you can't, get ready to learn something from me. Yes some shocking facts.

My fellow inmates call me "Daddy cool Erico" the way I prefer to be called but I've never imagined it cooler as it is now. Believe me or not, I am capital mindful. That means that I'm fully supported by my self. The day I got imprisoned, I lost everything from my self-esteem, courage and I seemed to be out of my mind. The only thing I was left with is my weak soul and it nearly escaped from me. I lost control over everything. In fact, my family and friends also foresook me and that wasn't as pleasant as it may sound but that broke my heart.

One day, a stranger came from nowhere, saw me sitting alone in the middle of nowhere and tried to put me somewhere. Somewhere I'd never thought I would

one day be and today here i am; Strong again.
I have overcome my mental pain and at last, though
in prison, i'm free again. i've come to realize that the day
Dr immaculada Adarves yorno introduced mindfulness to
my soul, that was the first day of the rest of my life.
believe it or not, she made the cowardly lion look like
the terminator! i wonder if mindfulness was introduced
to her by an angel, but where ~~could she~~ could she have
met the angel? Sorry for answering myself but i'm
somehow ambivalent about that one.

Surely, to become a mindful leader you need to
use your conscious brain. All of us have got brains
but a few of us are mindful. Quote this: "it's all about
being fully aware of the experiences both underneath
our skins and the outer landscape" it is almost
impossible to stay positive when your world is collapsing.
it is pretty difficult to remain optimistic when the
roof is falling in but believe me that's what you
must do. why could i laugh with you while i've got
a lot of stress, anger and frustrations? i couldn't
but now i always have a smile ready to every one
that i meet. Believe me, a smile works wonders. At
first i couldn't see anything valuable that could come
from a prisoner but now i can support my view that
a prisoner can do the impossible. A mindful prisoner
can jump over the prison walls without being ran
after by officers. A mindful leader is a real change
agent.

The mindful generation is getting stronger everyday
give me a microphone and i'll show you what i mean.
in class we are taught some ways of releasing emotions
my best options are to write about it, draw it down

and the mother of all, to sing about it. That is why I hold you to hand a microphone to you and I'll express my gratitude to you in less than five minutes. As an upcoming artiste, mindfulness has transformed the wild child into the mindful rapper. I think it is my duty to sow seeds for the future generation to cultivate. The mindful anthems and 40 plus other songs are meant to transform the minds of fellow youths in Kenya, Africa our beautiful continent and the whole world in general. The mindful anthems are capable of changing the minds of youths who feel like they have no hope in life and let them be aware that life has got everything to be earned. Mindfulness have inspired me in composing more positive vibes than I thought. If you want to be the best think like the best, act like the best and work with the best. I'm proud to be a mindful leader. Hail mindfulness.