

MINDFUL READER

My names are SIMON GAKUO NDUNGU. I am 33 years old. I used to reside at ELDORET in Kenya. But for now I am in Naivasha Maximum prison as a prisoner. I didn't find myself in prison for my positive doing but because of my Negative peer pressure. And all that happened to me it's because I was unable to have a space to develop myself and I didn't use everything that happened to me and the capacity to develop myself and others. For I was supposed to move from my comfort zone.

It was early 2009 when I found myself in shame instead of fame and that's when my life changed from grace to grass. At first I joined the negative peer groups of which we used to rob and even to kill in order to live a luxury life. I felt everything was okay but for real it wasn't, sooner than later I became unaware that I cannot change anything until I accept it.

On December 2014 I was transferred from ELDORET to NAIVAISHA to suffer death sentence and that's where I thought my life could end but by God's grace Dr ENMA from EXETER UNIVERSITY initiated project for African prison of which she gave me hope beyond prison life. She made me know many of which I was not aware. Some of it that encouraged me a lot is that the worst prison for an individual is his head (mind) and it can be the greatest jail for a person. And since mindful class commenced all my life changed and am now fully focused, I have also the capacity to inspire and empower others. by first <sup>being</sup> willing to dedicate myself to my personal growth and development as a mindful leader.

Any way in now days am not Ambivalence as I used to be and I can now be able to choose between the two course of action. I have also been able to understand my inner factors in me being able to understand a lot of thing happening inside me that influence the way I am. As one (philosopher) leader said "Be the change you want to see in the world" and that's why Dr ENMA helped me to start changing and having hope in myself. and put one foot in front to the other, walk collectively and support each other because the journey is long, the terrain is hard but together we will celebrate when we get there.



since that time my life has been transformed and even what influenced my inner factors being able to choose between the positive emotions and the bad or negative emotions. How my body is in terms of health and physical sensations, my behaviours and how my mind works. Also I have a knowhow of how to deal or release emotions and the techniques that I can apply when am in such situations. Some of them, I may scream, I may use the mindful cleansing, I may use yoga laugh or even sing it away or Dance it out.

meanwhile the subject has dominated alot leading me to know how I am supposed to live with others, How good my life is when am fully aware and Focused. It helped me to be self-conscience helping me to be self controlled, self disciplined, self awareness and even improve my self reflection last but not least helped me evaluate my inner state in good reference or good example to others. starting from how I behave, what are in my habits, principles and how my character are, making me improving in my personalities. Also I used to be confused but as a mindful leader am now attentive leading me to be stable, controlled and efficient able to complete of duty making me to have a happy and health relationship with my fellow inmates abandoning my past behaviours which were caused by peer pressure and am living in the "NOW" and am in resilience process in order to make my life more than how it used to be. It is important as a prisoner to live in and act with awareness because jail is not the end. lastly let's forget the past and embrace in personal development as prisoners in Africa. Finally I can say I am because of Dr ENMA and may God by bless her much.

SIMON FALLO NDUNGU

