

JUSTUS CHERUHO, CHUMBA

19/01/2017

TO BE USEFUL

My name is Justus Cheruho Chumba, Aged 39 yrs now serving life sentence after the President commuted from death, I am behind bars at Harare maximum prison. I was arrested charged and arraigned before trial court on offence of Robbery with violence back early 2002 in Keicho County.

I choosed to listen to the random opinion of friends but not my inner voice. These are the words that are lingering in my mind when I flashback what made me to be in dungeon today. But it is interesting because up's date I'm in gourd due to Criminal behaviour that I imitated from a friend of mine who was reckless. I robbed amotov vehicle that is why I am in dungeon.

Eventually after going through full trial I was convicted to death where life was terrible, but the President God-given to Him And commuted our sentences to life - I did not loose heart but I decided to engaged myself on activities and courses that are undertaken in Penal Institution. I have done alot of courses to sat for O level Certificate and Numerous courses on theology besides mindful programme. These are the things that has made me going forward without involving myself on malicious Actions.

"The own behind change rest upon the individual, change is real and also change is possible". These extracts of words is real life I meet when I come to learn about mindful class, it has taught me individual inherent capacity to change. Hence I have evaluate the benefits of the true meaning of self-definition and self-awareness. Thanks the Heavenly sent Angel Dr. Inma my past had lost but the bright future has descended from Heaven through Godly Chosen Sister. You have not consider many miles away and the resources to just to come in place where many people perceived that, "Nothing good can come out" but thanks for wakenig shattered dreams.

The programme has put the lights in my mind and print anew pattern of thought that I couldn't realized that it would happen sooner. I have only two weeks since I joined a class of mindful programme but apparently the sessions has already bear fruits. The main things that I have learnt is that:-

- (1) Behaviour is shaped by stimuli either rewards or punishment
- (2) It has given me an opportunity to understand myself and also to accept that I had problematic behaviours that must changed and adopt positive, self-definition, self-reflection, self-discipline and self-awareness.

Generally the mindful programme has given me resilience to change from the past and to make positive choices that provoke positive result not negative results. It has also taughts me that failing to plan is planning to fail in every action I am doing or involve myself to. Therefore the programme has put a picture in my life that nearer future my family, relatives, friends, enemies and my inmates colleagues will learn things that are very vital in their life through me has role model to them.

In my conclusion I opinioned that let the programme continue longly so that the community can understand themselves and embraces character that will bring successful society and acceptable environment. My proposal also is that let more programmes be initiated under umbrella of Dr. Inma (e.g) How one can be entrepreneur after going out in prison (ii) Financial management and others. Live long Dr. Inma Live Long Mindful Programme.