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MINDFULNESS EXPERIENCE IN AN INDIVIDUAL:

I Was born forty years ago in Western Province in Kakamega County, am a Kenyan and pleased to be.

Through the default state of mind which I had while outside prison, I found myself in Havasha Main Prison sentenced and serving in custody, because I lacked proper mentorship and directions and foreverly a like.

Since I was sentenced six years ago, am very much grateful for prison management because of the rehabilitation programs inside here. I have learned so many courses e.g. Aplolstry, Carpentry, First aid and Road-Kenya, - The making of multiple detergent soaps and powder soap. Though learning of all this courses, my life was hurtled, displeasent and distressed. I was leaving in isolation and anger.

Thanks to Madam Inmaculada for launching the Mindfulness Leadership Program in Havasha. Since I was introduced to the program I have achieved a lot and I have managed to change in many circumstances, I joined the program in June last year and am determined to it so much, very excited and attentive to know much about it, my ambitions are to be a mindful leader in future and now.

First, I didn't knew something like being aware, alert, and attentive. Mindfulness has made me resilient, has linked me to empathy and reduced hostility which was lying inside me. This has impacted me a lot, I have learned the importance of acceptance, importance of positive thinking, mental well being, how to deal with emotions and ambivalence, how my mind, thoughts works, how to listen to my mind and how to co-operate with my body movements. Am now an extrovert not an introvert again.

I now know how to cope up with my thoughts, where as I didn't knew, but mindfulness has taught me, and now am leaving for now, free from stress, distress, anger and isolation.

The Program Should Pursue In Prisons And not Only
In Hawaii, All Prisons, even Outside Prisons, so That More
People Should Mindful and Mindful leaders And explore
lives of Others, Having the Chance to learn And
Understand: (Theirself) (Self) Theirself.

The program Should Could And Spread.