

PETER NYPOSO

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MY LIFE SINCE I ENCOUNTERED

MINIFUL LEARNING:

My names are Nyposo Sampem Peter I was born in 1980 in Kolgorian division of Kilgoris district Narok County at Olvireen location in Kilal village. Married to one wife and having two children.

At the time in Naivasha prison being convicted of defilement hence serving a life sentence. I encountered the mindful learning since the commence of the year 2016, introduced to me by Br. Immaculata Inora, under supervision of our fulltime class teacher Jimmy Avel. Thank for the administration for accepting the programme.

As I start with indeed I was not the kind of a person am today as I speak, not aware of myself and the surrounding, being oppressed by the adversities and when loss of hope in life despite and in spite of life imprisonment. Actually, mindfulness programme has dramatically changed my life as now am able to view life in a positive perspective and able to tackle any of the difficult situation across me amicably.

As I mention but a few parts in the subject that had influentially made me to be a well-rounded person. The understanding of self, the modes doing, being and our modes. In this state I can now listen to my inner state outer landscape, hence now improve in interaction, social able to control emotions, likes and dislikes toward others creating a peaceful and conducive environment, being now aware, alert and attentive, I improve my way of living that had no meaning before to a meaningful, dynamic, purposeful, decisive and well managed now putting into action the practice of five facets of being. Observant, descriptive, non-reactive, non-judgmental and acting with awareness, actualizing empathy, humility and being compassionate.

Surely, having studied the application of multivarious

Technique I'm now capable of picking the appropriate
and abandon the unnecessary, channeling myself to a purpose
driven life. Having the life skills to apply in any
circumstance never having developed resilience discarding
ambivalent, am also self-developed, self-assertive, sanguine
inventive and intelligent no more invulnerable.

Having undergone innumerable changes, physically, psycholo-
gical and spiritually abandoning unbecoming behaviour and
adopting the positive am now phenomenon, yielding
never experiencing a healthy, happy life remaining more
determined, focus and optimistic.

Thanks to my mentor and Dr. Inim for sponsoring
and the whole crew towards making me the kind
of a person am now being alleviated to a teacher in
the facility, am proud of being a mindful leader.
Well equipped to face life with last living the
"now" forgetting the past and always in a state
of conscious mind. Ready to serve others wholehearted.
Thanks and may God bless you.

