

19/1/2017

My true Story in Prison.

My names are Sammy lotore, I am 54 years old and I am currently at Naivasha main Prison. The reason why I am in Prison, I was employed by my self a shoe shiner in a certain town called Kabarnet. I developed very fast to an extent of employing another worker. One day that I will not forget is when I encountered what landed me into Prison.

As you have seen my age I am an old man but still I am a student in Prison and I still engage in Mindful Programme. I have learned a lot in the full time class, I am aware of HIV & Aids counselling, Alcohol & drug abuse, life skills & mindfulness.

I didn't know that when I cling on the past the future turn to be bleak and weary, But since Dr-Immaculada taught me about acceptance and living in the "Now". I am a changed person and learning is dynamic every day I learn about new things which I think could not be possible for me to know in the outside world.

I am fully aware of myself my inner land scape and Outer land scape, this helps me a lot in dealing with my emotion a/c Anger without harming anyone. I used

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My first day in prison

to be an ambivalent person. But now I am able to deal with ambivalence. I have learnt how to put the lights on in my brain by practising mental well being, doing exercise, being in another person situation empathy.

This has been an arduous journey in the mindful programme, and I thank my teachers from Dr. Inma, inmates teachers and the officers teachers who have changed me. The impacts of mindfulness I think that are now a days being seen in the Malvasia Prison. I am a person who view things in both two sides of the coin and have different perception of things.

I will continue with my studies this new year and I think I will continue to learn a lot, and I am a God fearing person and I will continue to encourage the other old people to join the class too.