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San Quentin State Prison

San Quentin, CA

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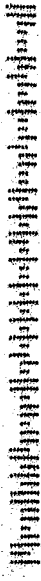
Prison University Project

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San Quentin, CA 94964

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Namaste,

I felt moved and loved by your gifts and for remembering us. I definitely appreciate that you see and treat us like human beings. When I internalize those positive intentions, your good vibrations I feel better about myself. That allows me to feel good about others. It's that positive cycle that only completes itself when it's received, then directed outward again. And so it keeps on building! So thank you for seeing us.

Lately, I've noticed that when I see examples (usually on tv) of people reaching out to help and support each other, I feel joy. As a matter of fact we often do kind things for each other right here at San Quentin. During this crisis, it's heartening to watch humanity coming together. I embrace the spirit of connection, inclusivity, and compassion that seems to take hold of at least some. On the other hand is the stark reality that opportunists and power-hungry autocrats will use this crisis to exploit and grab more power.

I enjoyed the articles - information is invaluable. It saddened me that India's political leaders have sunk so low. What happened to the principles that Gandhi and so many great teachers have espoused? Warmness is the primary tenant of yoga.

Who knew that ordinary hand soap would be placed on such a high pedestal in the 21st century? I volunteered to be on the medical strike team for North Flood. Mainly, that's because I'm injured and want to do something to help. Fortunately, for all of us, we haven't had a case of Corona.

At first, the lockdown was eerie and uncomfortable. Even lonely. It's true - I kind of lose a little bit of my identity when I'm not active. So I started writing and playing more songs. Five thus far. Even though I had no intention of writing about this experience, of course, all of the pieces are all about my perception of what is going on right now. I'm also taking advantage of ample quiet time with more meditation and more chanting. Not just for myself but for the world.

We are all grateful for any discussions you are having out there on our behalf. If you had any input in helping us get yards, that's immensely helpful. The loneliness went away when I was able to go outside exercise, and communicate with other men about what we were experiencing.

Thank you for being such a strong advocate for us. Your words were hopeful and inspiring. We're not forgotten, and that feels good. Oh, I ate the trail mix in one fell swoop. Everything you grow us is always quality.

You're perpetuating our rehabilitation and our healing when you treat us with respect, compassion, and kindness. I can feel that and it makes me want to model it and pay it forward to society. I appreciate our warden for allowing this.

Sincerely,

Junio Severos

You can do whatever you like with this letter.