

# SITTING INSIDE

**Buddhist Practice in America's Prisons**



**KOBAI SCOTT WHITNEY**

Foreword by Be Lazoff

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# Sitting Inside Buddhist Practice In Americas Prisons

**Ruth T. Zaplin**



## **Sitting Inside Buddhist Practice In Americas Prisons:**

Sitting Inside: Buddhist Practice in America's Prisons Scott Whitney, 2017-02-06 The book has two audiences prison inmates who want to start practicing Buddhism and volunteers from American sanghas who want to work with prison dharma groups The book discusses the basics of meditation compassion and precept practice within the correctional facility context Whitney discusses some of the history of Buddhist involvement in American prisons as well as the history of constitutional interpretations of religious freedom as applied to inmates The book is meant to be as practical as possible and it emphasizes Buddhism in action through the precepts peacemaking and sangha building inside and out      **Gods in America** Charles L. Cohen, Ronald L. Numbers, 2013-09-19 Religious pluralism has characterized America almost from its seventeenth century inception but the past half century or so has witnessed wholesale changes in the religious landscape Gods in America brings together leading scholars from a variety of disciplines to explain the historical roots of these phenomena and assess their impact on modern American society      **Working for Justice** Stephen John Hartnett, Eleanor Novek, Jennifer K. Wood, 2013-06-01 This collection documents the efforts of the Prison Communication Activism Research and Education collective PCARE to put democracy into practice by merging prison education and activism Through life changing programs in a dozen states Arizona Colorado Illinois Indiana Massachusetts Michigan New Jersey Ohio Pennsylvania Texas Virginia and Wisconsin PCARE works with prisoners in prisons and in communities to reclaim justice from the prison industrial complex Based on years of pragmatic activism and engaged teaching the materials in this volume present a sweeping inventory of how communities and individuals both within and outside of prisons are marshaling the arts education and activism to reduce crime and enhance citizenship Documenting hands on case studies that emphasize educational initiatives successful prison based programs and activist oriented analysis Working for Justice provides readers with real world answers based on years of pragmatic activism and engaged teaching Contributors are David Coogan Craig Lee Engstrom Jeralyn Faris Stephen John Hartnett Edward A Hinck Shelly Schaefer Hinck Bryan J McCann Nikki H Nichols Eleanor Novek Brittany L Peterson Jonathan Shailor Rachel A Smith Derrick L Williams Lesley A Withers Jennifer K Wood and Bill Yousman      Female Offenders Ruth T. Zaplin, 2008 The number of female offenders in the United States is skyrocketing Our tough on crime approach puts a female offender behind bars but doesn't consider the factors leading to her incarceration Female Offenders Critical Perspectives and Effective Interventions Second Edition proposes an alternative one that truly addresses the needs of female offenders and the root issues connected to their maladaptive behaviors trauma histories and mental health problems By focusing on these root issues this text prepares future correctional managers and supervisors to rehabilitate and empower female offenders to reenter society in a meaningful and productive way The Second Edition includes chapters written by experts in the field that discuss the diversity of issues facing female offenders in our culture from a variety of perspectives Grounded in the relevant research and literature this book blends theory with practice by presenting theories on the

rehabilitation of female offenders alongside program models and effective strategies for reentry into society     Flowers on

the Rock John S. Harding, Alexander Soucy, Victor Sōgen Hori, 2014-06-01 When Sasaki Sokei an founded his First Zen Institute of North America in 1930 he suggested that bringing Zen Buddhism to America was like holding a lotus against a rock and waiting for it to set down roots Today Buddhism is part of the cultural and religious mainstream Flowers on the Rock examines the dramatic growth of Buddhism in Canada and questions some of the underlying assumptions about how this tradition has changed in the West Using historical ethnographic and biographical approaches contributors illuminate local expressions of Buddhism found throughout Canada and relate the growth of Buddhism in Canada to global networks A global perspective allows the volume to overcome the stereotype that Asia and the West are in opposition to each other and recognizes the continuities between Buddhist movements in Asia and the West that are shaped by the same influences of modernity and globalization Flowers on the Rock studies the fascinating and ingenious changes inflections and adaptations that Buddhists make when they set down roots in a local culture It is essential reading for anyone interested in Buddhism religious life in Canada and the broader issues of multiculturalism and immigration Contributors include Michihiro Ama University of Alaska D Mitra Barua University of Saskatchewan Paul Crowe Simon Fraser University Melissa Anne Marie Curley University of Iowa Mavis Fenn University of Waterloo Kory Goldberg Champlain College Sarah F Haynes Western Illinois University Jackie Larm University of Edinburgh Paul McIvor independent James Placzek University of British Columbia and Angela Sumegi Carleton University     **Razor-Wire Dharm**

Calvin Malone, 2010-10-08 Calvin Malone has plenty to teach us all about ideas that we rarely associate with the penal system Dignity Compassion Freedom behind bars He speaks from experience Malone is nearing the end of a 20 year prison sentence himself Razor Wire Dharma is his eloquent enlightening and utterly inspiring personal story how he found Buddhism and real transformative meaning for his life despite being in one of the world s harshest environments Some of his stories are hilarious some are harrowing but all express Buddhist wisdom as vividly as any practitioner could hope to do Malone is living it and in the unlikeliest of places For him the choice of staying true to his principles often requires that he quite literally jeopardize his life safety and the few small comforts available to him to try to do what s right Razor Wire Dharma makes it clear that if Calvin can do what s right in jail he can do it anywhere What s more it proves that we can too     Razor-Wire Dharma

Calvin Malone, 2008-09 For Calvin Malone staying true to his principles of altruism compassion and nonharming often requires he quite literally jeopardize life limb and the few small comforts available to him in order to do what s right Calvin is nearing the end of a twenty year prison sentence he s also a practicing Buddhist And remarkably it was in prison that Calvin learned about Buddhism     Complementary and Alternative Medicine for Older Adults Elizabeth R. Mackenzie, Birgit Rakel, 2006-02-22 The field of Complementary and Alternative Medicine CAM is expected to grow tremendously in the next few years In addition to an increase in the general population the baby boomer generation is quickly entering retirement and will likely take

advantage of CAM increasingly as it ages Although CAM research as applied to aging is just beginning and health professionals receive no special training in CAM and aging the United States population still continues to employ it For diagnoses that accompany aging such as cancer neurological diseases psychiatric disorders and physical disabilities CAM has often been used in addition to or in place of unsuccessful conventional methods of treatment This new and up to the minute compendium of reliable and authoritative information on complementary and alternative therapies seeks to provide information that older adults may use as they seek to improve their health and quality of life Covering dietary means physical mental and spiritual methods of treatment and various types of therapies this handbook is the most comprehensive and up to date resource on complementary and alternative medicine available today Each chapter or article includes Brief definition of modality Anecdotal reports of usefulness Discussion of scientific evidence for and against modality List of resources that reader can use to find further information Examples of therapies covered include Art Music Massage Acupuncture Meditation Homeopathy Ayurveda Aromatherapy

**The Linguistics of Crime** John Douthwaite,Ulrike Tabbert,2023-01-05 This book explores the social and ideological importance of crime and the great fascination it holds from a linguistic angle Drawing on ideas from stylistics cognitive linguistics metaphor theory corpus linguistics discourse analysis and pragmatics it compares and contrasts the linguistic representation of crime across a range of genres

**Dharma** Veena R. Howard,2017-08-14 Dharma is central to all the major religious traditions which originated on the Indian subcontinent Such is its importance that these traditions cannot adequately be understood apart from it Often translated as ethics religion law or social order dharma possesses elements of each of these but is not confined to any single category familiar to Western thought Neither is it the straightforward equivalent of what many in the West might usually consider to be a philosophy This much needed analysis of the history and heritage of dharma shows that it is instead a multi faceted religious force or paradigm that has defined and that continues to shape the different cultures and civilizations of South Asia in a whole multitude of forms organizing many aspects of life Experts in the fields of Hindu Jain Buddhist and Sikh studies here bring fresh insights to dharma in terms both of its distinctiveness and its commonality as these are expressed across and between the several religions of the subcontinent Exploring ethics practice history and social and gender issues the contributors engage critically with some prevalent and often problematic interpretations of dharma and point to new ways of appreciating these traditions in a manner that is appropriate to and thoroughly consistent with their varied internal debates practices and self representations

*Mad or Bad?: A Critical Approach to Counselling and Forensic Psychology* Andreas Vossler,Catriona Havard,Graham Pike,Meg-John Barker,Bianca Raabe,2017-05-01 A cutting edge text that provides a comprehensive introduction to mental health problems and criminal behaviour this book explores the link between mental health and criminality and considers the most common and effective therapeutic approaches for working with offenders and victims of crime Part 1 explores the predominant tensions between forensic and therapeutic agendas Part 2 considers how criminal and insane identities and careers may be

considered gendered classed culturally and age dependent experiences and be related to power and oppression Part 3 examines issues around sex and sexuality in forensic and therapeutic settings Part 4 introduces a range of therapeutic approaches for working with offenders and victims of crime Part 5 covers forensic and therapeutic practices including programmes for the prevention of both mental health issues and offending Edited by an expert team from the Open University and written by a broad range of contributors this book draws on a wealth of experience in this popular subject area It will be a key text for students of forensic psychology counselling and psychotherapy and for health and social care professionals working in therapeutic and forensic settings *Comparative Theories of Nonduality* Milton

Scarborough,2011-10-20 It is a commonplace that while Asia is nondualistic the West because of its uncritical reliance on Greek derived intellectual standards is dualistic Dualism is a deep seated habit of thinking and acting in all spheres of life through the prism of binary opposites leads to paralyzing practical and theoretical difficulties Asia can provide no assistance for the foreseeable future because the West finds Asian nondualism especially that of Mahayana Buddhism too alien and nihilistic On the other hand postmodern thought which purports to deliver us from the dualisms embedded in modernity turns out to be merely a pseudo postmodernism This book s novel idea is that the West already contains within one of its more marginalized roots that of ancient Hebrew culture a pre philosophical form of nondualism which makes possible a new form of nondualism one to which the West can subscribe This new nondualism inspired by Buddhism but not identical to it is an epistemological ontological metaphysical and praxical middle way both for the West and also between East and West

**Prisons Help Sourcebook** ,2004 Contains Dennis Sobin s memoir entitled Doing Time in Waltz Time **Uncommon Community** John Speer,2008 Fragiler Pluralismus Hans-Georg Soeffner,Thea D. Boldt,2014-01-21 Dass kulturelle Differenzen und darauf basierendes wechselseitiges Nicht Verstehen verantwortlich sind f r soziale und politische Konflikte geh rt zu den Standard berzeugungen unserer Welt Diese wiederum beruhen auf einem Kulturverst ndnis das Kulturen als Substanzen missversteht und glaubt diese Substanzen wie je singul re Entit ten miteinander vergleichen zu k nnen Eine solche kulturalistisch verzerrte Sichtweise verdeckt jedoch die eigentlichen Ursachen der meisten Kommunikationsprobleme den Ursprung die Wirkungsweise und die Labilit t von Kommunikationsmaximen und existenziellen Hypothesen Unsere gesellschaftliche Wirklichkeit die pluralistische Verfasstheit moderner Gesellschaften zwingt die Sozialwissenschaften 1 die Substanzillusionen aufzugeben 2 sich erneut den Grundlagen kommunikativen Handelns zuzuwenden und 3 aus dieser Zuwendung empirisch basierte Konsequenzen zu erarbeiten *Parabola* ,1976 *Wellbriety with my Yuchi Traditions* Mark Maxey,2019-10-27 I began my 12 step work while I was still in prison around 1996 Many weekdays nights and weekend meetings helped immensely with my sobriety Through time I quit working the steps I did not go back to drinking as I had before I did slip have a beer or a glass of wine occasionally I did not however open a bottle a drink till I was blacked out But it does not matter I should have known better as I was born an addict I was raised in a dysfunctional alcohol abusing family I

begin to use alcohol as an escape and form of manipulation at age 11 With parental support and agreement The Red Road to Wellbriety presents itself in a cultural context I can relate to AA is a great program almost near 100 years old But our Indigenous brothers and sisters must go through the Wellbriety system As it reconnects lost Indigenous persons with addictions with the traditions and spirituality that made our Nations strong Our nations can become strong again through the Wellbriety program

**Dharma Seeds: Extraordinary transformation from a small seed...From the depths of Folsom Prison arose a miracle**□ Mark Maxey,2018-10-31 Faced with surmounting odds one prisoner uses his time to embrace meditation What happens is a life transformed and miraculous recovery This story documents the beginnings of the Contemplative Fellowship within prison walls Experience how one can totally change their life through the practice of meditation Journey through a 3 year autobiography of at first a tragic situation turned horrific Through time and spiritual work one prisoner ends up changing not only himself but thousands of others What started at Old Folsom Prison in the early 1990 s with only 5 prisoners ends up 23 years later growing to over 3000 prisoners meditating daily Lives continue to change for the better Making for a more compassionate world

**Books in Print Supplement** ,2002

**Freedom Inside?** Farah Godrej,2022 An estimated forty million people in the United States regularly practice yoga and as an industry it generates over nine billion dollars annually A major reason for its popularity is its promise of mental and physical well being yoga and meditation are thought to be spiritual paths to self improvement Yoga is also widely practiced in prisons another large business in the United States Prisons in all fifty states offer yoga and meditation as a form of rehabilitation But critics argue that such practices can also have disempowering effects due to their emphasis on acceptance non judgment and non reaction If the root of suffering is in the mind as the philosophy behind yoga and meditation suggests then injustice including mass incarceration may be reduced to a mental state requiring coping techniques rather than a more critical mindset Others insist that yoga can heighten people s attention to structural violence hierarchy racism and inequity In fact some of history s most radical activists including M K Gandhi and Thich Nhat Hanh traced their ethical and political commitments to their grounding in yogic or meditative traditions Yoga and meditation programs no doubt offer crucial respite for those who are incarcerated but what sort of political effects do they have Do they reinforce the neoliberal logic of mass incarceration which emphasizes individual choices or can they assist marginalized people in navigating systemic injustice Drawing on collaborations with incarcerated practitioners interviews with volunteers and formerly incarcerated practitioners and her own fieldwork with organizations offering yoga meditation classes inside prisons Farah Godrej examines both the promises and pitfalls of yoga and meditation Freedom Inside reveals the ways in which incarcerated persons have used yogic practices to resist the dehumanizing effects of prisons and to heighten their awareness of institutional racism and mass incarceration among poor people and people of color Godrej argues that while these practices could unwittingly exacerbate systemic forms of inequity and injustice they also serve as resources for challenging such injustice whether internally via the realm of belief

or externally through action A combination of ethnography and political theory Freedom Inside reimagines the concept of resistance in a way that considers people s interior lives as a crucial arena for liberation

## Decoding **Sitting Inside Buddhist Practice In Americas Prisons**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sitting Inside Buddhist Practice In Americas Prisons**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **Sitting Inside Buddhist Practice In Americas Prisons Introduction**

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