

## Improving Prisons

**Prison's Purpose:** Prisons are designed to make societies safe, by providing legal consequences for bad actions. In theory, "prison punishment" is designed to make life better by lowering (in time) their overall criminal tendency. It mostly uses force to make people behave the law. In isolated cases, it does seem to work. But as we automated the process and expanded the prison system, it lost touch with alive nature, lost touch with life's ongoing grace. In overcrowded situations, we might get caught in the habit of just using force. Force by itself isn't smart enough to deal with life. Life requires wisdom and grace to be unified. Crowded prison systems might thus need additional spiritual support.

**Project Dyad Sunrise:** Our goal is to provide prisoners with the possibility of spiritual realization using dyads. The dyad process was discovered in the 1960's and in the years since, it has since spread around the world. It is a pure process that clarifies emotional and spiritual issues. A dyad exercise needs two people and lasts for 40 minutes. During dyads, one contemplates their question and then communicates to their partner what has arisen for them whilst the other person silently listens. The roles swap round every five minutes until the exercise ends, giving each person equal time in the two roles. People get to talk about painful or confusing issues, helping them open up and recognize spiritual truth. Dyads clear things out, they talk it through; see it now in perhaps a new light, and in time they become more open.

Dyads build a person's capacity to engage in contact and openness. This openness is essential for a person's capacity to be satisfied in life and evolve their relationship with others. Also, as a side effect, people gain communication skills almost without realizing it, especially with regard to receiving another's communications without evaluating or interrupting. Real communication is one of people's greatest stumbling blocks in life and Dyads can make significant gains in this ability just by participating.

Spiritual learning requires trust and communication. The person most trusted in prison isn't a warden, minister, or prison guard, but the other prisoners themselves. This natural connection, a prisoner in a dyad process, can be used to drain the swamp of false beliefs, they wake up. In this sense, they discover truth directly, not by being lectured to in any way. This approach to learning gives them inner dignity.

Spiritual growth also requires a connection to reality beyond mental ideas. Reality must be tested true. Because dyads operate on the level of consciousness, its results are longer lasting and more complete than the conditioning of punishment. Listening in a dyad, promotes inner changes, inner realization, that over time transcend all limitations, healing the sick, making people care, filling in the void, because in the end love is realized. Anger, envy, resentment, and confusion are all eventually turned (by alive realization) into love. Love is the way home. From a prison management perspective, we want the people released from prison to be responsible citizens who are capable of integrating with society.

**Attachments:** (1) The Dyad process, (2) Choosing a delivery process, from the many possibilities.

**Action Step:** Allow Bill Savoie (256-293-0830) to answer any questions, and explain the dyad process in more detail. Bill is 71 years old, and has been doing dyads for the last 49 years, see his [www.dyad.org](http://www.dyad.org).