

DISCOVERING SANITY: MINDFULNESS PRACTICE IN PRISON

CONTENTS

A Brief Introduction to Mindfulness Meditation	1
<i>Acknowledgments</i>	7
I. Why Mindfulness?	
1. The Power of the Present	9
2. Synchronizing Body and Mind	19
3. Being a Warrior	24
II. Essential Mindfulness Practices	
4. Sitting Practice	31
5. Walking Practice	50
6. Body Scanning	53
7. Sensory Mindfulness Practices	63
III. How to Develop Mindfulness	
8. Making Friends with Yourself	69
9. Not Too Tight, Not Too Loose	75
10. Mindfulness and Awareness	88
11. Mindfulness in Action	96

IV. Finding Sanity in the Midst of Confusion

12. Habitual Patterns and the Cocoon	109
13. Waking Up to the Cocoon	130
14. Uncovering Sanity	136
15. Facing Fear	144

V. Transforming Conflicting Emotions

16. Why Are Emotions Disturbing?	157
17. Emotion as Poison	161
18. Emotion as Friend	168
19. Emotion as Awake Energy	177
20. Further Explorations of Anger	184
21. The Four Powers that Change Stuck Emotions and Habitual Actions	193
22. When Trauma Arises	201

VI. Being Genuine

23. Hopelessness, Loneliness, and Open Space	217
24. Relating Mindfully with Others	228
25. The Energy of Sanity	243

Appendix

A. Mindfulness in Solitary Confinement	253
B. Returning to the Streets	261