

Voice of Clear Light

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Sangha Sharing

Thoughts on the Benefits of Working with Prisoners



Hannah Lloyd shares a glimpse of her experience working with prisoners. She has been involved for several years as Ligmincha's coordinator for the Prison Project, which Rinpoche began as a way to offer practices that may be of help to prisoners. Hannah has taught Bon meditation practices (Nine Breathings of Purification, Tsa Lung, Five Warrior Syllables) at local prisons in Virginia.

When I enter a prison system, I become aware of my physical body agreeing to be locked into secure walls, electronic monitoring, turning in my only illusory samsaric identification via my driver's license, cell phone, car keys and money, relinquishing the illusion of freedom in this world of form. In fact, I notice that the prisoners I will meet with today are, in fact, in the same agreement. This helps me identify as just another human being in this environment. Their karma has brought them here and so has mine.

I begin to recognize again that their presence is a reflection of my mind. And then, I know that we are all prisoners of our egos, and what I bring with me of value is the quality of my own

meditation practice and its manifestations in how I view those I am with. We share the deep desire for release from suffering, and I am immediately grateful for having been provided with instruction for this relief that I can share.

In sharing the practices I strengthen my own practice and energy available to those who have volunteered to participate.

Most of what I convey is not expressed in words, but emanates from the energy I bring to our practice.

EMAHO! How wonderful to have this opportunity!

If you are interested in becoming a volunteer with the Prison Project, or for more information, [email Hannah](#)

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[Learn more](#)

[Read an interview with Hannah in *Ligmincha Europe* \(January 2012\)](#)