

APPENDIX A

MUD OR STARS? A PRISONERS' STORY

This fictional piece of work was written by Peter within two weeks of his arrival and was designed to help prisoners with their mindset. It made, and continues to have, a huge impact, earning Peter a Koester award nomination from the staff, which he went on to be awarded.

Read, enjoy and pass on...

I couldn't believe it. I was still in shock. One minute I'm a free man walking into court and the next, I'm an inmate on my way to prison. Life sucks. I kept thinking of my family and friends. Obviously, I was hoping for a 'not guilty' but even when the jury found against me, I was shocked to get three years. Man, now what? It was though my whole life had just fallen apart. I felt a rush of emotions; from denial, to regret, then anger and uncertainty, as the fear of the unknown and the reality of being inside hit me. This was my first ever time in prison. Little did I know that what happened next would have a big impact, not just on my sentence, but on the rest of my life.

I arrived at the Jail and was given clothes, bedding and a

medical. I answered the various questions, still feeling numb and disorientated, and went into a waiting room with a dozen or so other prisoners waiting for a cell. There were only two places to sit. One next to a huge guy with a shaved head and a beard, who appeared to be in his late twenties, and one next to an older guy who looked around fifty and fairly unfazed. As I thought about where to go, someone came in and sat next to the guy with the shaved head, so I sat next to the older guy. I avoided eye contact but I could feel him look at me. Eventually he spoke. "Hi."

I replied, more with a mumble than a greeting. I was still numb and starting to feel sick.

"First time inside?" he asked.

I nodded.

He said "Yeah, I can tell. My name is Dell."

I found out that Dell was on his third year of an eight-year sentence. He didn't say what for. It was also his third time inside. As we chatted, I started to tell him about my case. How I felt it was unfair for a first offence and that the jury hadn't been told some key facts and why I was sure that I shouldn't really be here. Before I could get into more detail, he cut me off with an open palm and some wise words. "Listen mate," he began. "You seem like a decent bloke so let me give you some advice." I wasn't sure what he was going to say but I thought any advice right now on how to deal with this nightmare would be welcome.

His first comment caught me off guard. "Let me tell you straight. No one gives a crap about your story. We all have

one. Everyone you meet in here will tell you why they don't belong. I've heard it all. The truth is, 80% of people don't care about your problems and the other 20% are glad you have them. But the worst part is thinking like that will eat you away inside."

Before I could think about what he'd just said, he added: "Can I ask you a question?"

I nodded.

"Can you go back and change anything that has already happened?"

I thought about it. It hurt, but he was right. I could waste my whole life, or at least my sentence, complaining about what had happened but none of that would ever change a single thing. In fact, it would just make me more miserable.

"So what should I do, just lay down and do nothing?" I was still feeling anger at the system and wanted to at least show I wasn't going to take it lying down. Dell sighed.

"No mate, I'm not saying that. What I'm saying is that the biggest mistake I see people make is the one you're making now. They spend hours, days, sometimes longer, wasting energy thinking 'if only it happened this way' or 'if only I'd done that instead'. What's done is done. You can't change the fact you spilt the milk, you can only decide how to deal with the mess. And wasting time thinking 'coulda-woulda-shoulda' is a guaranteed way to stay miserable or full of piss and vinegar. And neither of those will do you any good in here." He paused. "Now, if there's a way to do something *about* what's happened, that's a different story. Whether it's

an appeal or a way to change circumstances going forward, or just learning from your mistakes, that's something you can look at. But the best place to look at it from, is with a clear head and you'll never get a clear head until you first accept what's already happened."

Smart guy. He was right again. I was massively resisting my situation even though in this moment I couldn't change a thing about it. I gave it a try. I started to drop the inner resistance to where I was. It wasn't easy at first but when I got to grips with accepting my situation instead of fighting it, I instantly became calmer. Maybe there was something to what this guy was saying after all. I decided to ask a question of my own.

"Dell, what's the best way to cope with being in here?"

He paused. A serious look fell on his face. And then he smiled, as if he was actually happy to use his experience to help. Something I'd learn the power of later.

He looked as if he was remembering a time long ago and then, in almost a distant voice, he answered, "When I came in here the first time, I was just like you. Full of reasons why I shouldn't be here. Angry at everything. The judge, the system, my lawyer, the people I hung around with. Even myself. I remember feeling righteous one minute and then scared and depressed the next. I didn't want to talk to anyone either unless they wanted to hear why I was right about everyone else being wrong. It was only a short sentence, a few months, but it seemed to drag on for years. Man, it was tough."

"That sounds like a nightmare." I commented.

"It was, but do you know what? The main reason it was so bad, wasn't down to the system or even being in here. Give or take, the environment's pretty constant for everyone. What made the difference was all down to how I used, or rather misused, my mind."

I looked confused and he obviously picked up on my reaction because he began to elaborate. "There's an old saying. *'Two men sat behind prison bars, one saw mud, the other saw stars.'* The condition is the same for both, but they chose to see it differently."

I countered, "Isn't that just positive thinking?"

"Positive thinking is one thing. Being smart and making better choices on how to think, so you can get through your sentence, is another." Again, he made sense but I wanted to know specifics and pressed him for an example. "OK," he started. "Let's play a game. Let's just say I was able to offer you a deal to shave some time off your sentence, and all you had to do was write a list – would you do it?"

"Sure, just tell me what to write." I replied.

"Could you write a list of ten things that suck about your life?"

This was too easy and I had a lot more than ten.

"OK, but what if we play the same game but this time you have to write a list of ten things you could be happy about in your life?"

"What, now?" I laughed. I really wasn't in the mood to play games and certainly not think about what was right in my

life, especially after the events of today, but Dell pushed.

“Yeah, right now. You asked for some advice on dealing with life inside and I’m giving it to you. So, let me ask you again. If it really was for a sentence reduction, could you write a list of ten things in your life you could be happy about or grateful for, if you thought hard enough?”

I drew a blank and he prompted me.

“What about the fact that you didn’t get a longer sentence?”

Good point. All this time I’d been focusing on why I hadn’t got a shorter sentence. It never occurred to me to be grateful for the fact it wasn’t longer. Hmm, one saw mud, the other saw stars. I was starting to understand and came up with a few more reasons. For a start, I was reasonably healthy. Not in the best shape of my life but I could only imagine what it would be like to be inside and be really ill. Or have a leg or an arm in plaster or, worse, be in a wheelchair. I suddenly had a lot of respect for people in that situation but at the same time felt grateful it wasn’t me. Plus I had friends and family on the outside. Not a lot, but at least they could send a message or visit. Suddenly, I didn’t feel as bad, but what Dell said next really woke me up and made me think.

“My point is this. You can win both of those games. The question is, *which one do you want to play?*”

His point was as simple as it was powerful. You can always focus on what’s wrong. But at the same time you can also focus on what is right. I couldn’t see why this simple choice had not been as obvious as it was now. He added “And you think it’s only a game? Let me show you what happens when

you play it from both sides. Let's say you come in here and focus on all the reasons why you can be miserable. Oh, you'll find them. But then what? You walk around pissed off at the world, ready to react to prove your point that you're a victim of circumstance. Next thing you're either on medication for depression or you have privileges taken away, or even have your release date pushed back because you pushed back against another inmate. Or worse, an officer."

I butted in "But aren't all officers like that?"

"Listen to me," he spoke firmly. "I've been in this game a long time; the officers are like a mirror. Smile at them and they're more likely to smile back. Get angry and upset and they'll do the same. Just like you or I would. Besides, everyone knows the system ain't perfect. Show me one that is. Many of the staff and officers are just doing the best they can but some stuff is bound to fall through the cracks. When you're smart enough to see it for what it is, that the system is old rather than vindictive, you learn not to take it personally. Like toothache. It doesn't try to upset you on purpose. The big problem is you can't smile if you are playing the game of 'what's wrong with my life'. Plus, walking around with a chip on your shoulder trying to prove to the world you're right is a waste of time. Especially when, as I said before, nobody really gives a crap."

"You're saying that by just changing my mindset I can change my experience? It can't be that simple." I almost scoffed. I struggled to believe it could be *that* easy.

"Oh, can't it? Well, let's play it from the other side. You walk around searching for reasons to be grateful, and trust me,

there are many. Take for example the soldier who had his leg blown off in Afghanistan but convinced the army to let him continue with a prosthetic leg. He was asked 'But aren't you now handicapped?' and replied saying it was the enemy who was now handicapped as he had a bulletproof leg."

I thought wow, what a powerful way to look at things.

Dell carried on. "Do you know how many homeless people would love the bed you are getting tonight? Or how many refugees in Syria that would give anything to be fed three times a day? Or the people just around the corner in the local hospital that would swap places with you in a heartbeat, just to get their health back or another few months of their life?"

He'd made his point, and I couldn't deny he made a lot of sense.

He then added, "Once you accept where you're at and try to have a good attitude, you can make more intelligent choices. The first one I'd make is deciding to set yourself up to win."

Again, I asked for an example. "There's an induction book in your cell, read it. It gives you the ins and outs on the basics of how things in here work. How to get visits, buy canteen, get burn (tobacco) and more. Next, I suggest getting a job or education ASAP. It gets you out the cell a lot more and makes the time go quicker. Focus on a goal. It could be anything. I suggest getting to the level of enhanced, as it makes things easier and it's a piece of piss if you keep your nose clean. Or choose a health goal, to get clean, fit or quit smoking. Or learn a new skill, *anything* that gets you looking forward, not back. You can't change where you've been, but you *can* change where you're going. It may sound strange but in here,

boredom is optional.”

I was making mental notes as fast as I could. This was good stuff. In a few words, he’d managed to completely shift my viewpoint of the situation. His next point was also bang on. “Next, be careful who you hang with. Even on the outside but especially in here. It’s a fact that if you hang around with ten drug users, you’ll usually become the eleventh. If you hang around with ten people who are thinking of how they can make their life better rather than blame everyone else, you’ll usually become the eleventh. It’s called the law of conformity.”

I knew he was right as there had been many studies that showed exactly that.

He continued. “Also, understand there’s a difference between liberty and freedom. Liberty relates to movement and it’s really the only thing they’ve restricted. But freedom is a state of mind and no one can take that away but you. The problem is that those who see mud, not stars, are prisoners of their own thinking whether they are in jail or not.”

“But why don’t more people think this way?” I asked. His reply was insightful and hit me like a brick.

“Because by blaming others we get to feel like the innocent victim and feel justified about being hard done by. It may feel better temporarily but here’s the problem. It also means you give up all personal responsibility and then wonder why life continues to throw shit all over you. It also means you’re more likely to be back in here at some point. Screw that. You can’t change being in here mate, but you *can* change who you are when you come out. In fact, the difference between

looking at what you've learned instead of looking at what you've lost, can be the difference between a life you can be proud of versus a life on the street. It's taken me three visits inside to learn that."

Damn, I thought if ever there was a time I needed to hear that, it was now.

He then asked, "Do you have a partner?" I replied with a nod.

"Tomorrow, when they let you out of your cell for social time, ask an Insider to help you get their number added to your call list and then you'll be able to speak to them."

I said I was thankful for that but then he added something I hadn't even considered. "Go easy on the phone mate, don't just dump all your problems on them. Many people in here forget, but it can be just as tough for our loved ones on the outside. In fact, in many ways our spouses kind of serve the sentence with us."

I stopped and thought hard. I'd been so busy focusing on my own issues, I'd not even thought of it in that way.

Before we could continue, a door opened and my name was called. I stood up to leave and was told my cell was in A-wing, where I was being taken. It was also on the top floor, something they call 'the fives'. I turned to Dell and said, "See, things are looking up already, looks like I get the Penthouse!"

We both laughed and he said, "That's the Spirit."

I went to my cell and found the induction book he spoke about sitting on the shelf. But before I read it, I started

writing down notes about all the things I could remember that he'd said. Once finished, I had a list of six key points:

1. Nobody cares about my story – 80% of people aren't interested in my problems and the other 20% are glad I have them.
2. I always get to choose what I focus on. Mud or Stars. At the end of the day, what's wrong is always available but so is what's right. Bulletproof leg. Awesome.
3. Resisting what I can't change is stupid. Accept the fact the milk is spilt and then figure out how to deal with it. Look forward not back.
4. Life acts as a mirror. If I'm pissed off at the world, don't be surprised if it gets pissed off at me.
5. Prison may restrict my liberty, but it can never take my freedom. After all, no one can ever do anything to me emotionally without my permission.
6. Set myself up to win. Learn the ropes, get busy, set a goal. Boredom is optional.

Within a couple of weeks I'd settled into a routine, had a good job and had even quit smoking. A few weeks later I made the enhanced level and life got better still. Not only that, but I was also helping other inmates make some simple shifts in their thinking using the six points above and many had seen similar results. That was probably the most rewarding part. It's called paying it forward.

I saw Dell a few more times after that as we sometimes

passed in the hallways during what they called 'Free-flow'. He always smiled and said the same thing – "Mud or Stars?" I'd always smile back and shout "Stars Bro!"

I often wonder what would have happened if I had not sat next to him and listened to his sage advice. I'm not sure if he ever understood the massive impact his words had on me that first night but it was something at the top of my list of things to be grateful for. I remember Steve Jobs, the founder of Apple, once said something to the effect that, 'as the river of life unfolds we can never join the dots going forward, only looking back. It wasn't until I came out that I realised what he meant and how much the whole prison episode had shifted me in a positive way. Of course, given the choice, I wouldn't have decided to go in, but I now know that complaining about what's happened is a waste of time. However, joining the dots, I know that who I chose to become whilst being inside is something no one can ever take away. It was then I finally realised the biggest lesson of all; my environment never defines me. It simply gives me the opportunity to define myself. It also made me a better man, husband and father and to this day I share those six points with my own kids. As a result, they're also making better choices in their lives. Choices that will not only keep them on the outside but maybe, one day, allow them to pay it forward to someone else who's in need too.

The End.

APPENDIX B

LETTERS FROM STAFF & PRISONERS



**HM Prison &
Probation Service**

Governor Adrian Turner
HMP & YOI Sudbury
Ashbourne
Derbyshire
DE6 5HW

Telephone 01283 5 [REDACTED]
Fax 01283 584001

15 June 2017

To whom it may concern,

My name is Adrian Turner and I am the Governor at HMP / YOI Sudbury. I am writing to attest Mr Peter Sage's (A5648DX) application to purge his contempt in accordance with the Civil Procedure Rules 81.31.

Mr Sage recently arrived at HMP / YOI Sudbury after spending four and a half months at HMP Pentonville

I have spoken to staff at HMP Pentonville in order to help make an assessment of character. Following this I am satisfied that Mr Sage held himself to be a model prisoner in many respects. His attitude toward staff and prisoners was exemplary. In addition and on his own initiative he sought to selflessly add tremendous value. Examples include:

- Being nominated for a National Prison Award for his work aimed at counselling and mentoring numerous prisoners in a positive way.
- Writing several articles for the prison magazine teaching and inspiring prisoners to become better people as a result of prison.
- Ordering and donating books to the library at his own expense which he felt could help with rehabilitation.
- Re-contextualising the experience of prison for violent prisoners in a way that helped reduce enmity towards staff.
- Suggested and arranged gym rowing competitions that successfully channelled prisoner aggression into healthy exercise and camaraderie.
- Organised and conducted motivational talks in the chapel aimed at reducing violence and fostering better relationships between wings.

In summary I am happy to attest this application and feel Mr Sage's remorse and intent to purge is genuine and sincere.

Yours sincerely

A Turner
Governor



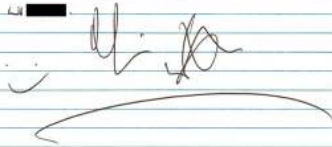
"Unlocking Potential"
HMP & YOI Sudbury

To whom it may concern, I came to prison just over 3 months ago. My life a complete disaster. 15 years a Heroin and Cocaine addict. To say I had lost everything is an understatement. I was broken (extremely lost (angry at myself) and truly at rock bottom. I remember when I first met Peter - in the library - literally a Godsend. He has mentored me, been there for me and coached me through some extremely dark and troubling times. He has been a living inspiration and a shining light to me. I am extremely fond of Peter and regard him as a close friend. He has helped me become the person I am today. Acceptable and released. I am stronger, wiser and is touching with my wife and 3 children, that I lost to my addiction. Part of my recovery has been supported and helped by such a kind and caring person - Peter. People recognise me now for me - Oliver a proud Husband and Father to 3 children. I have seen Peter help countless people with his words of encouragement and wise words - and never ask anything in return. It is no exaggeration to say that he has helped me save my life - and changed many others. He is an Angel and Godsend.

Oliver U. [redacted] - ex drug-addict - reformed offender and proud Husband and father to 3 beautiful children -

Kind Regards

OLIVER U. [redacted]



20/07/2017

HER MAJESTY'S PRISON SUDBURY
ASHBOURNE
DERBYSHIRE

To Whom It May Concern:

My name is David Powell and I am a Senior Officer at HMP Sudbury.

I have known Mr. Peter Sage for approximately six weeks and I have to say it has been a very eye opening experience.

On arrival in this establishment Mr. Sage instantly caused a stir by the fact he was not a criminal prisoner but a civil one. This is exceptionally rare and many of the HMP staff were unfamiliar with the processes that applied to non-criminals.

As a civil prisoner Peter did not have to work. However, he did volunteer to assist around the prison as he had an agenda to add value and help the inmates. He also gave some inspirational talks to prisoners who were willing to attend and learn new concepts of life and alternative ways to live the rest of their lives i.e. break and escape the ongoing cycle of crime, court, prison, release, crime etc.

Peter also wrote a piece called MUD OR STARS? The prisoners who read it then told other prisoners and they told other prisoners until at least 60-70% of the entire prison population had read it and started talking about it. In fact, it became so effective and had such an impact that instead of the usual grunt in the mornings, you would hear them shouting to each other "mud or stars?".

Peter's last act was to write a poem for the prisoners called "Why am I here?" Again, an inspirational piece which resonates with all people in the establishment whether old, young, black, white, Asian, male or female. It poses and attempts to answer the questions "why am I here?", "what is my purpose?" etc. It does this by helping to shift and change the meaning of why they are in prison in a positive way by showing that God/Life has a bigger plan. This has been very useful for many. Having seen the difference he has made in such a short time, I believe Peter was sent to show us that there is a better way. To get off that hamster wheel and live a better life.

Whilst Peter has been here doing his talks and having heard prisoners talking about him, firstly as a person and secondly as a mentor, it is obvious to me that he has changed a lot of people's outlook on life while in prison, showing them a better way. I have been in the prison service for nearly twenty-three years and can quite honestly say the prison service simply fails to make a lasting difference when it comes to rehabilitating prisoners. In fact, in many cases we actually make them better criminals. In my experience, prisoners will only change once they have had their 'light bulb moment' and that is what Peter has done. For many in here he switched the power on. If there was some way Peter could devise and propose something for HMP Service to use, then I am sure it would make a massive and long-term difference in our ability to help rehabilitate offenders.

It has been an utter pleasure working with Peter, this may sound strange but I wish he was here longer. However I wish him and his future wife, Thea, all the very best and am grateful for the difference he has made.

D A Powell



Senior Officer, Her Majesty's Prison Sudbury.

When writing to Members of Parliament please give your previous home address in order to avoid delays in your case being taken up by the M.P.

In replying to this letter, please write on the envelope:

Number A716 Name N. [REDACTED] T. D. G. R.

Wing 1st MAY 2014

Dear Sir/Madam

My Name is ~~Kamran~~ N. [REDACTED]. I have spent 11 years in prison and at times we felt down and institutionalized. I met Peter in the Gym where he was organising a Rowing competition for inmates. He has helped me in my Rehabilitation by reminding me of my value and self worth. I have also witnessed him disperse a potentially dangerous situation between two inmates and turn it around into a positive situation. Whenever I need a shoulder to lean on, Peter always has time for a chat. My experience in prison has been enriched because of him. I wish him all the best in the future and a great pleasure to have met him. Yours Sincerely T. D. G. R.

This is Moynul. I am serving three months in Pontonville prison. I met Peter Sage two months ago. But I have been following his work online for last two and half years. It was a great experience meeting him in person. I feel very lucky. Peter has helped millions of people all around the world through his work, hence he received so many emails from his students which I have seen myself in his cell. I have conversation with Peter pretty much every day. And I end up learning so much from those conversation. His advice on love changed my relationship completely. Thanks Peter! Peter is the go to person for many inmates here because of his knowledge and valuable advice. We get 45 min social time and 45 min exercise but Peter spend all of his time helping people. Recently he disjured his leg but still climbing landing to landing giving people books, notes, journal. Personally I have read 12 books from him. He is a ^{and} awesome human being. I have so much respect for him. All the best Peter! Moynul

SM

When writing to Members of Parliament please give your previous home address in order to avoid delays in your case being taken up by the M.P.

In replying to this letter, please write on the envelope:

NumberName

Wing

My name is Kayvan S [REDACTED] and I have been an inmate in Pentonville for 20 months. I act as an official Insider which is a term used for someone who is trained to help others.

I noticed Peter Sage when he 1st came to D-Wing. He had a very different attitude to any other new person I'd seen. He was pleasant, polite and always very positive and cheerful. I also noticed he had a strong focus on helping others, especially those struggling with the environment which in here can become a very rough. Over the last few months, Peter has become a very popular figure on the wing, earning the trust and respect of virtually everyone. He has done this by dedicating himself to supporting and helping others. He has become an unofficial mentor to many and I have personally seen Peter make a big difference to dozens of inmates.

to my knowledge he's never asked for anything in return which on prison is very rare. Since being here he has never become negative or wavered in his dedication to be a role model. It's been a pleasure to get to know Peter and I know ~~and I know~~ for a fact Pentonville is a better place because of him.

Kind regards

F. [REDACTED]

Mr Delroy Wa [REDACTED]
Hm P Pentonville
Coledonian Rd,
London, N7 3TT.
01-05-2017

Dear Sirs,

This letter is to certify that I have known Mr Peter Sage, he has been an inspiration to me, the impact he had on me is priceless my outlook on life has changed immensely in a more positive way. I am now looking forward to a new positive life. Mr Sage is a help in times of need a true gentleman.

Yours faithfully
[Signature]
Mr Delroy Wa [REDACTED]

I first met peter in education. We started talking because he wrote a story for the prison paper which i found very interesting. I told him I wanted to start a business and he gave me advice about what to expect. I told him i ~~was~~ only sold drugs as a business. He gave me confidence and understanding how to use the same principle in to something legitimate. peter even gave advise to the whole class including the teacher every one in the class was keen to learn from him he even taught us how to speed read. I have not yet met another person like peter in the prison system he gave me books to read such as The obstacle is the way he has made such an impact in my sentence. I even told my mum about him. He is genuinly a good fella and inspiring he is the only person here to help open my eyes to a new way of thinking.

matthew C [REDACTED]
MCM

29th APRIL 2017
H.M.P. PECTONVILLE
CALLEDONIAN RD.
N7 8TT

RE: TO WHOM IT MAY CONCERN


MY NAME IS TEMI F [REDACTED] A, AND I HAVE KNOWN
PETER SOBE FOR FIVE WEEKS DURING MY STAY AT HER
MANIFESTED RESIDENCE. I WAS INTRODUCED TO HIM
BY A FELLOW RESIDENT DUE TO A COMMON INTEREST OF
WASTING.

SOBE I'VE KNOWN SINCE HE HAS DISCUSSSED A SUCCESS
DEMEANOR BY ADVISING MOST DISORDERED WHEN THEY NEED
SOMEONE TO TALK TO. ~~THE~~ HAS BEEN A DEGREE OF HOPE
IN A DEGREE FULL OF NEGATIVITY & ARGUMENT.

MANY PROSECUTORS HAVE LEARNED IMMEDIATELY FROM MA SOBE
WHETHER IT BE CRIME MANAGEMENT, STRESS COPEING SITUATIONS,
ETC CALLED WITH THAT HE FREQUENTLY BRINGS THE HORROR
DISCLOSED BY WEEKLY MESS.

I FREQUENTLY HAVE REQUESTED FROM MEETING MA SOBE SINCE
BUT A SHORT TIME FOR HE CHANGED MY WAY OF THINKING &
MADE ME REASSESS MY INNER POTENTIAL.

I HOPE THE DECISION WILL HAVE CLEMENCY ON MA SOBE
IN THIS SITUATION AS HE IS MUCH MORE OF AN ASSET
IN THE FREE WORLD AS HIS DEEDS EXEMPLIFIED.

YOURS TRULY
TEMI F [REDACTED] A
 [REDACTED]

Tyrone Ma [REDACTED] R

Peter Sage has opened my eyes to alot of things in my life so far. In 5 weeks he's taught me more I think that I took away from school. He has made me realize the mistakes I've made during my life ~~which~~ ~~are~~ which could of been avoided. He has actually made me look at myself instead of blaming others. He made me realize I've took my pride too far. I'm a proud person always have been, but there's ways to channel my pride. I've taken things from him which I will definately use with my children to make me hopefully a better Father. He's pointed out ways to make my Fatherhood positive and not negative which I as a Father never noticed, I really appreciate his information he has given me. He is a remarkable man that I've never met before, I truly thank him for the information he's given me.

Thank you.

1 07930 815 [REDACTED]

Tate [REDACTED]

APPENDIX C

MAP OF CONSCIOUSNESS

LEVEL NAME	CALIBRATED FREQUENCY	ASSOCIATED EMOTIONAL STATE	RESULTING PROCESS	VIEW ON LIFE	VIEW ON GOD
ENLIGHTENMENT	700-1000	INEFFABLE	PURE CONSCIOUSNESS	IS	SELF
PEACE <small>(LEVEL OF NON-DUALITY)</small>	600 <small>(LEVEL OF SPONTANEOUS HEALING)</small>	BLISS	ILLUMINATION	PERFECT	ALL-BEING
UNCONDITIONAL LOVE [JOY]	540	SERENITY	TRANSFIGURATION	COMPLETE	ONE
LOVE	500	REVERENCE	REVELATION	BENIGN	LOVING
REASON	400	UNDERSTANDING	ABSTRACTION	MEANINGFUL	WISE
ACCEPTANCE	350	FORGIVENESS	TRANSCENDENCE	HARMONIOUS	MERCIFUL
WILLINGNESS	310	OPTIMISM	INTENTION	HOPEFUL	INSPIRING
NEUTRALITY	250	TRUST	RELEASE	SATISFACTORY	ENABLING
COURAGE	200	AFFIRMATION	EMPOWERMENT	FEASIBLE	PERMITTING

LEVELS AT OR ABOVE 200 HAVE TRUTH, INTEGRITY AND SUPPORT LIFE

CREATIVE

LEVELS BELOW 200 ARE FALSE, LACK INTEGRITY AND DO NOT SUPPORT LIFE

DESTRUCTIVE

LEVEL NAME	CALIBRATED FREQUENCY	ASSOCIATED EMOTIONAL STATE	RESULTING PROCESS	VIEW ON LIFE	VIEW ON GOD
PRIDE	175	SCORN	INFLATION	DEMANDING	INDIFFERENT
ANGER	150	HATE	AGGRESSION	ANTAGONISTIC	VENGEFUL
DESIRE	125	CRAVING	ENSLAVEMENT	DISAPPOINTING	DENYING
FEAR	100	ANXIETY	WITHDRAWAL	FRIGHTENING	PUNITIVE
GRIEF	75	REGRET	DESPONDENCE	TRAGIC	DISDAINFUL
APATHY	50	DESPAIR	ABDICATION	HOPELESS	CONDEMNING
GUILT	30	BLAME	DESTRUCTION	EVIL	VINDICTIVE
SHAME	20	HUMILIATION	ELIMINATION	MISERABLE	DESPISING

POWER IS SELF-SUSTAINING, PERMANENT, STATIONARY AND INVINCIBLE.

FORCE IS TEMPORARY, CONSUMES ENERGY AND MOVES FROM LOCATION TO LOCATION.

ENERGY FIELD INCREASES EXPONENTIALLY: 1 = (1) 2 = (10) 3 = (100) 4 = (1000) 5 = (10,000) 6 = (100,000) ...ETC

ALL LEVELS BELOW 500 ARE 'OBJECTIVE' (CONTENT BIASED) AND ALL LEVELS ABOVE 500 ARE 'SUBJECTIVE' (CONTEXT BIASED)

Credit: Dr. David R. Hawkins

APPENDIX D

Overview Of Operation Chrysalis

A four-step approach to help tackle Britain's Prison Crisis.

OBJECTIVES (based against current figures)

- Reduce violence from new inmates by 10-15%
- Increase number of new inmates who qualify for 'enhanced' level by 10-15%
- Reduce the number of new inmates who get downgraded to 'basic' level by 10-15%
- Reduce the number of new inmates who go onto anti-depressants by 10-15%
- Reduce the number of new inmates who re-offend within two years by 10-15%

POTENTIAL RESULTS

When you take into account the current overcapacity of many prisons, and the average cost to the UK tax payer estimated at £40,000 per year per prisoner, the cumulative effect of achieving just the low end of the objectives would save places such as Pentonville, between £5 million to £10 million per year. If this money was then invested into more

aspects of intelligent rehabilitation, rather than continue with the statistically failed concept of a deterrent, a lot of lives could be changed.

THE FOUR PHASES OF OPERATION CHRYSALIS INCLUDE:

Phase 1 – New Prisoner Welcome Booklet

Phase 2 – Updated Induction PowerPoint

Phase 3 – Education Module focused on Personal Growth

Phase 4 – Edutainment Channel on in cell TV's

Here I will offer a deeper look at the New Prisoner Welcome Booklet, as well as briefly outline the other four phases:

New Prisoner Welcome Booklet

BACKGROUND:

Very little is provided to new prisoners in the UK prison system that is either a) consistent, or b) strategically designed to address and support their mental and emotional state in a way that reduces violence, depression and non-compliance. Therefore, part of the goal of Operation Chrysalis, was to create a powerful tool that would be cheap to produce, easy to implement and have a high take-up and engagement rate by new prisoners. Something they would keep and read, not be inclined to lose and keep as a reference. It would seek to have an unthreatening name, not

be overwhelming and speak to them about where they are at. In addition, thought must be given to the layout and cadence in order to support them going through it in an engaged fashion. Ultimately, it should aim to lay a strong foundation for mitigating some of the traumatic effects of first time incarceration, whilst supporting key fundamental aspects of the prison system.

In response to the above need, *The New Prisoner Welcome Booklet* was created.

The booklet consists of nine parts:

Part 1 - Cover

Part 2 - Introduction

Part 3 - List of Famous People who went to prison and what happened next

Part 4 - Inspiring Story

Part 5 - Tips on Life Inside

Part 6 - Resources After Release

Part 7 - Useful Information and Reference

Part 8 - Inspirational Quotes

Part 9 - Personal Notes Section

The following is a breakdown of each section, together with the aims and objectives:

Part 1: Cover

Aims & Objectives: This is the first impression and wants to be friendly and inviting. The word 'welcome' should be incorporated and prominent. Suggestions are a bright blue background (open sky) with a signpost split between front and back, offering various resources they will likely be searching for or grateful to find (such as help, support, guidance, etc.)

Part 2: Introduction:

Aims & Objectives: This would aim to build rapport quickly by identifying with them where they are at. It would include compelling reasons as to why they should read the booklet as well as laying out the pre-frames, promises and expectations. It should also invite them to read and re-read often. The introduction should be limited to a maximum one page, supported by a graphic and signed '*An Insider*'. This then sets up the frame for them to relate to the wing-insiders as sources of advice.

Part 3: Famous People Who Went to Jail and What Happened Next:

Aims & Objectives: One of the biggest outcomes of this section is hope. Many first-time prisoners will think that their future is now a lot bleaker. Sharing with them examples of famous people who have been where they are, or worse, and went on to live or create successful lives, gives a powerful reference for negating this belief. I'd also put this

section before the main story because:

1. It's easier and shorter to read.
2. It gets them into the habit of reading the booklet and getting something out of it, which may lead to a higher uptake of people moving onto the story, which is where some of the 'heavier artillery' is aimed at supporting their thinking.

It would contain a small piece on each famous person with a picture, why they were sentenced, for how long and what happened to their lives afterwards. The section would finish with a soft invitation for them to use the opportunity to also change their lives for the better.

Part 4: The Story (Mud or Stars?)

Aims & Objectives: To produce a fictional story that helps new prisoners' better deal with the emotional adjustment to prison. To enrol and engage readers via a third-party storytelling (not imposition), into discovering empowering awareness's that can help them make better decisions on how to think and cope mentally inside. To set up a better psychological foundation on which to adapt to prison life.

Part 5: Helpful Tips For Life On The Inside

Aims & Objectives: To offer some useful and practical tips they would not normally know and that can make life inside easier. To include messages from other prisoners so as to create a theme of social proof, local authority and solidarity.

This also demonstrates a high level of usefulness to the booklet, reinforcing the value and lowering the temptation to either discount it or throw it away.

Part 6: Resources After Release

Aims & Objectives: To list a series of employers who have specific policies of employing ex-offenders so as to prevent and pre-empt potential thoughts of them thinking they are unemployable, which could add to the psychological pain and potential path of depression.

Part 7: Useful Info / Contacts / Reference:

Aims & Objectives: To provide a place where they can find relevant and useful information on support that is pertinent, though generic, to the nature of their situation. To include organisations they can contact for advice in areas such as legal, financial and mental support.

Part 8: Inspirational Quotes:

Aims & Objectives: To offer some form of positive resources in the form of specifically chosen quotes, designed to improve their state of mind and direction of thinking.

Part 9: Personal Notes Section

Aims & Objectives: To provide space for prisoners to make their own notes, jot down ideas and offer a further useful

and practical aspect to the booklet.

Format & Logistics

- Suggested size: A5
- Suggested or approximate number of pages – no more than 28
- Finish: full colour
- Approximate cost per unit in volume: < 20 pence.

A BRIEF LOOK AT THE OTHER PHASES OF OPERATION CHRYSALIS

PHASE 2

An updated PowerPoint presentation for the official induction. This would be designed in a way that has better flow than the current design, which contains a lot of information and is presented in a way that is not conducive to memory.

PHASE 3

An education module taught as an option. Ideally, this could have privileges or payments linked to completion as an incentive. The ideal format would consist of a 'Life Skills' or personal growth course, running over two weeks and would cover things such as understanding others, job interviews and how to get them and win them, and choosing their next steps and goals. It would also reinforce certain aspects of

personal growth as well as some of the key messages in *Mud or Stars?*

PHASE 4

A proposed education/edutainment channel on the in-cell TV's which would stream existing content from places such as TED.com / London Real / Joe Rogan / Tim Ferris, etc. In short, quality and engaging footage designed to feed their mind, especially during several days of the week where the average cell time is between 20-23½ hours a day. It's literally a low hanging fruit no-brainer and I am sure there would be many sources who would happily support or affiliate, in order to have their content shown on the channel and royalty free. This could be in return for either a strong CSR aspect (Corporate Social Responsibility), which carries a lot of 'brownie points', or just because it would be the right thing to do to help.

APPENDIX E

REFERENCED ARTICLES & LINKS

Pentonville Murder Article:

<http://www.bbc.co.uk/news/uk-england-london-37708697>

Suicide Article In Prison Press

<https://insidetime.org/suicide-rate-10-times-higher-in-prison/>

IPP Article In Prison Press

<https://insidetime.org/hes-given-up/>

Panorama Undercover Prison Report

<http://www.bbc.co.uk/news/uk-38931580>

Link to Post Prison Interview

<https://www.youtube.com/watch?v=5scAwCAmgFw&t=3406s>

THE SIGN PETER WROTE AND PUT
ABOVE HIS CELL DOOR:

EVERY ADVERSITY
CARRIES WITH IT THE SEED
OF AN EQUIVALENT OR
GREATER BENEFIT!