



**Panel: Rise Again Through Compassion in Prisons: with Eldra Jackson III, Fritzi Horstman, Terence Ayodi**



Experience insights into different approaches to introducing compassion into prisons.

**TOP EMBODIMENT TIP:** Do your own work - it starts with you.

Fritzi Horstman: The founder and executive director of the Compassion Prison Project

- Motivation for the work is that it is a calling - it is in the body and the soul, during waking and sleeping moments. The impact ripples through into the community, and out into the world. **Every person is responsible for what we are doing to ourselves, and to others. We all matter.** Wish for every prison to be adopted and invested in. Make these places and our communities magnificent.
- You may be planting a seed that you don't see, but everyone changes and it isn't happening in a vacuum. **I can't heal them but I can be a model for them.**
- You can give back by working on yourself - **to do our own work to give back to the world.**
- **We need to shift our view from 'what is wrong with you' to 'what happened to you'.** Are we a fear based society or a love based society?

Terrence Ayodi: Career Correctional Service Officer and Counsellor

- The importance of empathy and community in prisons through counselling and modeling, not just locking the doors. A shift in perception from a person as 'bad' to 'behaviour' that is bad - the behaviour can be removed and the person can still be 'good'. **Everyone has potential, but if you are not compassionate enough with them, that potential may not come out. Without compassion, we remain closed for opportunities we don't even know we have, compassion is the driving force behind the work.**
- Motivation for the work comes from a sense of purpose - "what are you doing in this world?" - you have to give back to the community. Meeting people in distress is hard, but it is working on a bigger scale - how many people have you reached out to, and how much impact have you made on their lives? When it gets tough, it is important to be in the moment. Supervision is important to stop from getting entangled with an individual's work.
- It all begins with us - it is a system that needs to begin through love, empathy and education, beginning in the family. If we show love, we reinforce the love for ourselves, and society.

Eldra Jackson III: The co executive director of The Insight Circle, writer and public speaker.

- Motivation for work is the service of what it will give back, as well as to be part of something which even to 1 person will give meaning and value. Such work requires removing the ego - when I am sitting with someone, it is not about me, it is about them; **it's their journey, not mine.**
- Coming from a place where **the person has recognised and worked through his/her own trauma helps the authenticity of the work.**
- **We need to adjust what we mean by prison - not just a physical building, but a system of beliefs as a direct result of our trauma, limiting how we experience life.**
- Wish for the work is that there is no need for the work - to be unemployed!

Resources

- ◆ **Website:** [www.insidecircle.org](http://www.insidecircle.org), [www.compassionprisonproject.org](http://www.compassionprisonproject.org)



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