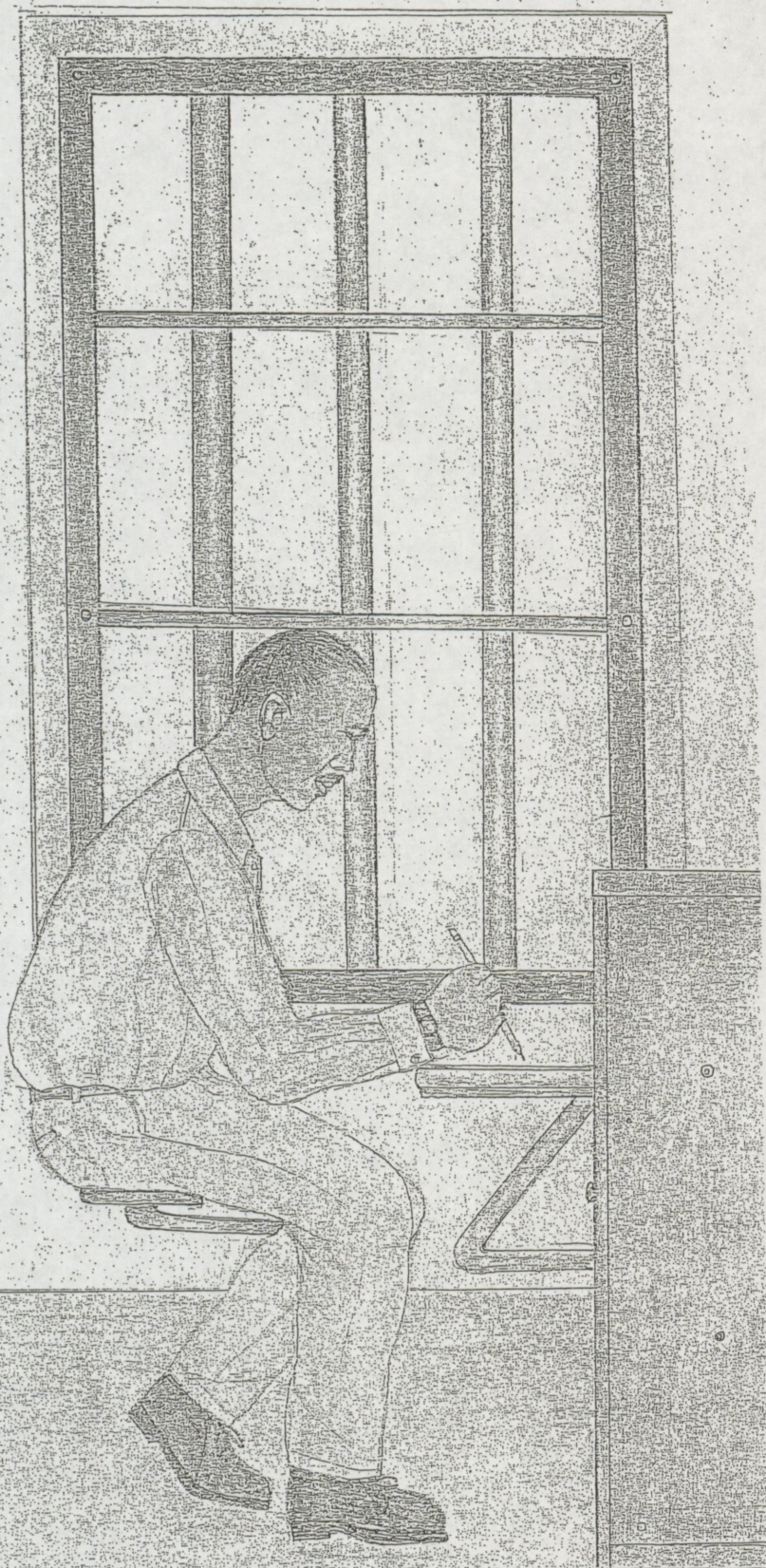


Wisdom

From



"Within"

Ernesto Cole

INTRODUCTION:

The purpose of "Wisdom From Within" is to add practicality to Recidawareness (recidivism awareness) workshop, which is geared to teach us how to develop and increase mind-fitness for a benign cause, the use of its direct power for our benefit and society's, and to better conditions in our lives and around us. The course also focuses on how to reduce the struggles of re-entry and help the participants realize the different levels of anxieties and distortions that create the chase for passions.

We all need a successful re-integration to society and this is why the workshop focuses on the guide for self-discovery, improvement, balances related to the physical character, surroundings, social relation, and culture. The workshop also recognizes that we are all different and have different ways of understanding and absorbing information thus, the reason for this booklet.

Before you begin reading this material, I would like to recommend two mental shifts that will greatly enhance the value you receive from it. First, do not "look" at this material as a book, in a sense that it is something to read once and put it on a shelf. You may choose to read it completely through once for a sense of the whole, but this material is designed to be a companion in the continual process of change and growth. It is not written in an "organized" fashion; since situations in life do not occur in an organized way; but in a manner that as you read it, it will oblige you to reflect and become more aware. As you progress through deeper levels of reflections, you can go back time and again to the essays and other material and expand your knowledge, skill, and desire.

Second, I suggest you shift your position of involvement in this material from role of learner to that of teacher. Take an inside-out approach and read with the purpose in mind of sharing or discussing what you learn with someone else, preferably within two days after you learn it. If you approach this material in such manner, you will not only remember what you read, but your perspective will be expanded, your understanding deepened, and your motivation to apply the material increased.

Additionally, you may notice the title "Wisdom From Within" and an incarcerated individual writing from a prison cell and think you're going home soon and thus this material does not apply to you. Activating events and situations happen in life whether incarcerated or not therefore, the material herein applies to any human with a conscience. Furthermore, the word within is quoted solely to reflect that the material in this booklet comes from within the writer's heart and soul via prison... nothing more nothing less.

Please enjoy and benefit from its content.

Thank you very much for your time and God bless.

ERNESTO COLE

"QUESTIONS"

1- WHY ARE YOU ATTENDING THIS PROGRAM?

2-WHERE DO YOU PLAN TO GO FROM HERE?

3- WHAT IS GOING WELL?

4- WHERE CAN YOU IMPROVE?

5- HOW CAN WE HELP YOU?

6- HOW CAN YOU HELP US?

7- IF YOU WERE YOUR OWN MENTOR, WHAT WOULD YOU SUGGEST FOR YOURSELF?