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“Mediation”

I have been in prison for almost 20 years now. It has been a real struggle at the beginning of this journey. Along the way, I have learned a lot as time went on. Being in prison slows everything down, forcing me to deal with each situation as it comes without running from it. The challenges were hard when it started but this is due to the lack of tools and knowledge. I began to experiment with meditation based on the literature I was introduced to. It was spiritual in nature. It spoke about calming the mind, stepping back to take a look at life as a whole. As I began to meditate on my life, I seen many of the ways in error I was living, which I had to take a look at. I had no purpose in that lifestyle. I only cared about myself and how my thinking caused me to end up in prison. Also, what really hit me was the subject of karma. The thought that due to my thoughts/actions, I put out is the same energy that comes back to me. I wanted to do good things for other people. As I reflected this notion, I wanted to develop good karma for myself and the world to offset all the negative and harm I caused to others. This is when I started making indirect amends for my negative way of living. I was able to meditate on this because as I sat in prison, I had none of the everyday distractions that people face in life. The concerns and responsibilities of daily living were limited. I took advantage of this opportunity to work on myself once I realized the errors of my ways.

Even though it seemed I was never going to get out of prison, through meditation, I wanted to give my life purpose. I gained a new perspective on life, that everyone's life is important and that we have interrelated and interdependent relationships with one another. With this in mind, I understood that the actions I take will have an effect on others and we all depend on each other in some form in our interactions. This knowledge helps me live to bring positive exchange with people I encounter and live peacefully.

When it seems that life challenges that each individual face can be hard, there are lessons we can learn in each situation to help us grow, this is, if we humble ourselves in the moment. I give all the praise to the Creator for giving me the strength to live with purpose. Meditation has been a tremendous tool that has helped me in my life. Everyone has their own challenges and life lessons that needs to be learned and meditation can help anyone discover what it is that needs to be learned in life.