

Work in Texas Prisons

Since 2004, Terry Conrad has been sponsoring dharma study programs in the Texas prison system with inmates at a maximum security prison in Beaumont, Texas. This has included meditation classes and an ethics course based on the Dalai Lama's book *Ethics for the New Millennium*.

In the meditation classes, inmates learn how to practice in the prison environment. Practices taught include Lojong, Ngondro, Chenrezig Sadana and Gesture of Awareness.

Terry also sponsors a Lojong correspondence course based upon a Lojong Study Guide and Commentary. The course involves "snail mail" one-on-one exchanges between Terry and the participants, as inmates in Texas do not have access to e-mail. Currently there are over 80 inmates taking the course.