

Healing Pain, Grief & the Past

A mentor-based personal growth course

part of the Prisoners InnerPowerment Program

"Changing lives from the inside out."

PARTICIPANTS WANTED!

Seeking 12-15 male and female inmates to take this free, interactive personal growth course by mail with Dr. M as your mentor. This pilot program is holistic and metaphysical to help you address issues of mind, body, emotions and spirit. All faiths welcome. This program is not affiliated with a particular religion.

For an application and more information, write to:

Dr. Antonia M
P.O. Box 7677
New York, NY 10116
Attn: PIPP

with Dr. Antonia M, "The Inner Power Doctor"
author of the Inner Power Workbook



Connect with a deeper power and purpose

Be yourself again - or for the first time

Get unstuck and turn your life around

Restore your mind, body and spirit

Put the pieces back together again

Heal your life, live your destiny

Prisoner InnerPowerment Program

Empowering Prisoners with an Inner Education:

Dr. Antonia M launches pilot program in U.S.

[\(Download information package and application form\)](#)

Over 65% percent of incarcerated people nationwide have not completed a high school education. It's no surprise then why education plays such a vital role in prisoner rehabilitation. In addition to academic skills and job training, however, there is a need for another kind of education—an inner education—that helps prisoners create positive, radical life-change from the inside out.

The Prisoner InnerPowerment Program, founded by Dr. Antonia M, is a holistic, mentor-based personal growth and rehabilitation program that empowers prisoners to reset their internal compass, redefine self, and consciously shift their life's path. Participants learn holistic strategies and metaphysical principles to:

- heal pain, grief and the past
- articulate, process, and manage their emotions in a balanced way
- develop and demonstrate respect for self and others in mind, body and spirit
- cultivate new skills and values to transform the person they've become into the person they have the power to be

“Our current prison system needs more than just reform,” says Dr. M. “We need a new philosophy and new values. People need to come to the end of a prison sentence in better condition than when they began. That's not just for their benefit, but for rest of us as well. The Prisoner InnerPowerment Program is about all of us erasing the boundaries, biases, and behaviors that keep us from being good human beings to ourselves and each other.”

The pilot group will consist of 12-15 incarcerated men, women and youth who will work directly with program founder, Dr. M. She will mentor participants through a series of personal growth courses. Those who complete two of the courses will advanced to more individualized development paths using the program's [Inner Power Workbook](#). The book will be made freely available through the prison libraries or sent directly to participants of the pilot program. “The workbook encourages more self-direction,” says the book's author, Dr. M. “Mentoring remains a strong part of the entire process, but by applying the workbook exercises and master keys, participants naturally become more responsible for and invested in their unique growth process.”

For parolees and ex-offenders preparing for re-entry, Dr. M runs the InnerPowerment Program for People in Transition, Recovery and At-risk in conjunction with organizations providing services to these groups.

Those interested in participating in the Prisoners InnerPowerment program or referring prisoners to the program can download an [information package and application form](#) from www.InnerPowerment.com.

Prisoner InnerPowerment Program

Changing lives from the inside out

OVERVIEW & ORIENTATION

ABOUT THE PRISONER INNERPOWERMENT PROGRAM (pilot)

Welcome to the Prisoner InnerPowerment Program pilot. This program is a holistic, mentor-based pen pal program and personal growth course designed to help you change your life from the inside out. The term "holistic" means that this program seeks to deal with the whole you--your body, mind, spirit and emotions. This program is also metaphysical because it deals with what happens "behind the scenes" of the reality you experience every day. In this program, you will learn a lot about why things or relationships in your life are the way they are and how to change them.

If your life could be compared to a garden, then your difficulties would be like weeds that grow in it. Real change is not just about pulling the weeds out. Weeds grow back. In the Prisoner InnerPowerment Program, we recondition the soil in your garden so that those weeds can't grow there anymore. This "soil" is a metaphor or symbol for your consciousness. This program aims to recondition or shift the contents of your consciousness. This in turn changes the energy you put into a given situation. Changing the energy changes the situation. To change your energy, you have to stop doing and thinking the things that make weeds grow in your garden, and start practicing the things that will support the growth you want to see. This program will help you do that. It will also help you to:

- heal pain, grief and the past
- articulate, process, and manage your emotions in a balanced way
- develop and demonstrate respect for self and others in mind, body and spirit
- cultivate new skills and values to transform the person you've become into the person you want to be

HOW THE PROGRAM WORKS

Once you are accepted into the program, you will be assigned an "Inner Power Mentor" and receive your first lesson. Your mentor is there to help you with your lessons and also to help you figure out how to use what you've learned to improve your life. Each of your lessons usually has a worksheet for you to fill out. When you complete the worksheet, mail it to your mentor. Because your mentor is also a pen pal, you may also include an additional letter just to share what's on your mind. Your mentor will give you feedback and guidance on your worksheet as well as answer your letter.

The number of lessons per course will vary. Lessons are kept short. However, you may want to spend extra time discussing some of them with your mentor if you find a particular topic very interesting or difficult to understand. Most of your assignments will either have a specific due date or indicate that you have to complete the lesson within a certain period of time. To stay in the program, you must keep up with the lessons. Consistency is the key to making progress. If you are having trouble keeping up and are unable to complete your lessons on time, send a letter to your mentor to discuss your problem.

You will begin the program with the course you select on your application: "Healing Pain, Grief & the Past" or "Shifting Your Life's Path." If you select both, you will receive the Healing Pain, Grief & the Past course first. At the end of each course, you can decide whether you want to continue. Additional courses are available in the *Inner Power Workbook*. These courses are more advanced than the initial ones. You can work with your mentor to create a personal development plan and select the courses from the workbook that will help you achieve your goals. The workbook will either be available in your prison's library or sent directly to you.

COSTS & FEES

There are no program fees for participants in the pilot program. You will, however, have to pay for postage when writing to your mentor.

ADDITIONAL INFORMATION

Although the Prisoner InnerPowerment Program deals with metaphysical and spiritual subjects, it is non-denominational, meaning it is not affiliated with any particular religion. This program is open to people of any religious faith, as well as those who do not have a religion or those that consider themselves atheists. No attempts will be made to teach you about or convert you to a specific religion.

TIPS TO SPEED YOUR PROGRESS

There are several things you can do to speed your growth and development while taking this program:

1. Keep a written or picture journal while taking the course.
2. Look up any words you don't understand to improve your vocabulary and comprehension.
3. When writing back to your mentor, use a thesaurus from time to time to find new ways to say things.
4. Channel your new knowledge into creative projects like drawing, poetry, songwriting, etc.
5. If you know of other inmates who are in the program or that have an interest in personal growth, start a group where you can discuss the lessons together.

A FINAL NOTE FROM PROGRAM FOUNDER, DR. M

I hope you will choose to get involved and give this pilot program your all. I'm looking for a special group of men and women who are serious about and committed to doing what needs to be done to turn their lives around. Change is not always easy--even when it's a change you really want to make. Desire is not enough. Just like a basketball player practices to improve his game, you'll have to practice to become the person you want to be. You must be willing to put in the necessary time and effort--and stick with it until you start seeing results. If you think you're ready, able and willing to be a part of the Prisoner InnerPowerment Program, fill out and return your [application](#) to apply today. Take this chance to change your life!

~Dr. M

Mail your application and signature page to:

Dr. Antonia M
PO Box 7677
New York, NY 10116
ATTN: PIPP

Prisoner InnerPowerment Program (pilot)

APPLICATION FORM

Date: _____

Your Name and Number: _____

Circle the course you want to take: Healing Pain, Grief & the Past | Shifting Your Life's Path | Both

Prison Name & Full Address: _____

Your State of Residence: _____

Education: Did you graduate from High School? _____

HS _____ AA _____ BA/BS _____ Masters _____ PhD _____

Job Skills/Occupation: _____

Talents: _____

Interests/Hobbies: _____

#of Times Incarcerated: _____ Current Sentence: _____

Date Began Serving Sentence: _____ Expected Parole/Release: _____

Nature of Your Crime: _____

How many children do you have? _____ Are you in contact with friends or family? _____

Why do you want to participate in this program? _____

What do you want to change/heal most in your life right now? _____

(Use additional paper if necessary)

I understand the following Prisoner InnerPowerment Program guidelines and will abide by them as indicated by my initial next to each requirement listed below.

I will finish and send in my worksheets or other assignment on time _____

I will not encourage anything more than friendship from my mentor _____

I will not ask my mentor for money _____

I will not ask my mentor to visit or phone me _____

I will not ask my mentor to get involved in my legal matters _____

I will not ask my mentor for a photograph _____

Signature: _____

Print Your Name: _____

Return Application and Signature Page to:

Dr. Antonia M

P.O. Box 7677

New York, NY 10116

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