



# HUMAN KINDNESS FOUNDATION

ENCOURAGING KINDNESS IN THE  
WORLD'S DARKEST PLACES.



Elena Grant  
Mindfulness

# Mission statement

To encourage more kindness in the world, beginning with people in our prisons and jails.

Love and a supporting community is provided for families and those incarcerated who are isolated.



HUMAN KINDNESS  
FOUNDATION

# 3 principles of HKF

1- live simply

2- devote your life to service

3 spend everyday in spiritual practice

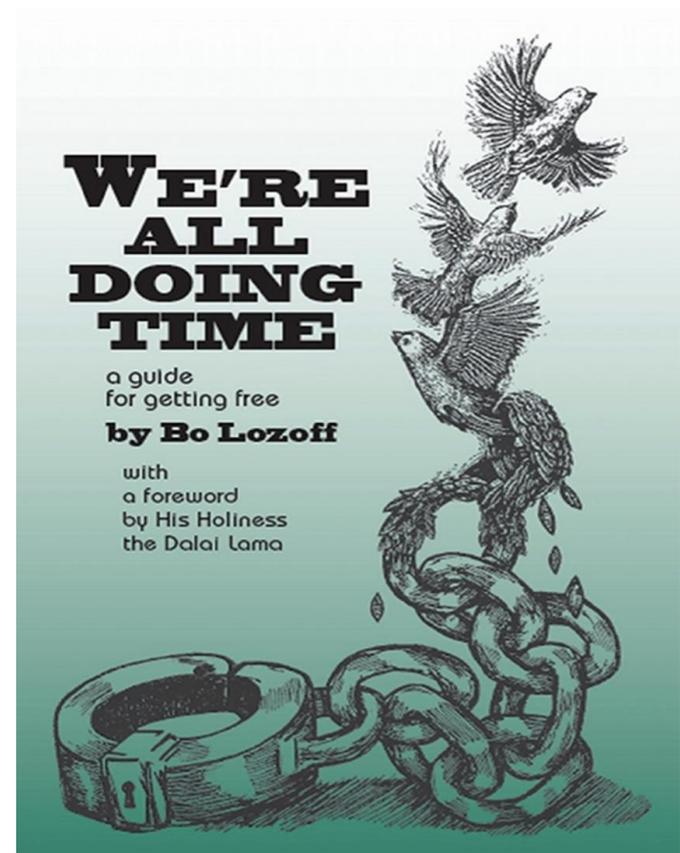
Ram Dass sent his spiritual book into prisons and received many letters back talking about the prisoners spiritual journey and transformations.



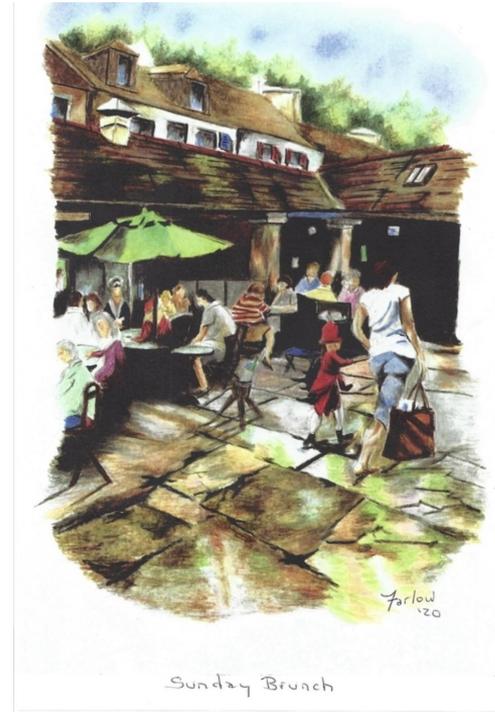
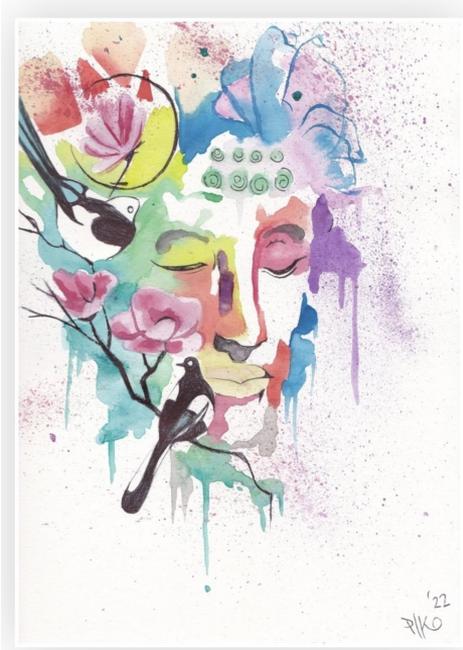
# Prison-Ashram Project

Boa and Sita Lozoff felt a connection to the book because they had a close relative in prison they began answering letters that were sent to Ram Dass.

They founded HKF to operate the prison-Ashram Project, hundreds of thousand of prisoners wrote letters and sent artwork.



Many people submitted artwork showing their emotional transformation



# Emotional impact of incarceration

Incarceration can cause many mental health problems like depression, anxiety, PTSD, and other issues that can affect how many people who are or were in incarcerated feel about themselves and their environment.

Some people leaving prison have a Loss of self confidence and self worth from how their time went. So the foundation has provided a release for their emotions to encourage them to send letters and artwork describing their transformation. Many people who wrote letters said how much the Human Kindness Foundation helped them grow and heal.

# What i took away

Initially coming in to this I didn't know much about prisons or jails, I knew they were probably there for a reason but I didn't take into consideration how much it could affect their mental and physical health. After learning more about the prison system from researching pink and black penpals before our group got taken out and changed to HKF I was surprised to see the studies on how being incarcerated could affect your mental and physical health so drastically. I am really glad we have foundations and ways to support people in need no matter what their history or story is. I am really glad I got to learn and understand more about the prison systems because I feel so much more informed