

# ~ From One Inquiring Mind to Another ~

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” -Victor Frankl #7 September 7, 2011

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## DAUGHTER RESEARCHES PRISONS PERFORMS AT JUVI DETENTION

Two weeks ago, as research for a prospective film project, our daughter Aimée was granted entrance to a local youth detention center. There she spoke to a group of girls and boys, each separately. She told the kids she was nervous, even more so than when performing for much larger audiences, because she wanted so much to get through to them.

As she continued to talk to them, fielding questions about her acting, music, and her voiceover work for video games, commercials and films; she became more relaxed. She felt she really got through to the kids. When she opened the floor for questions from the girls, they immediately asked her to sing. She first sang an Italian aria, and then, by special request from a quiet student in the back row, *Amazing Grace*.



18-month old Lois and Aimée at my mom's

Aimée said she was very moved by the experience. I bet the girls were also, and happy to have her.

## FREEDOM TO CHOOSE TELLS STORY TO HELP INMATES HOPE

Later, we received the following email about more research Aimée had done by viewing the following 20 minute video dealing with a program aimed at reaching women in prison:

Mom and Dad, This is so moving... makes me want to get my Master's

in Spiritual Psychology from USM (University of Santa Monica)... <http://www.freedomtochoose.net/Film.htm> I want to propose that USM do this in juvenile detention centers to stop the kids from getting into our prisons altogether.

Patricia and I watched the short film on the computer, and we too were very moved and encouraged about this program, *The Freedom to Choose*, and its effect on the inmates.

Some of you might have noticed that the phrase the “Freedom to Choose” is based on the quote and the philosophy of Victor Frankl and his famous book *Man's Search for*



Victor Frankl 1905-1997

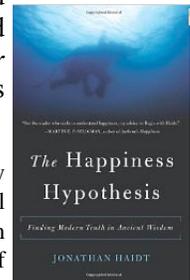
*Meaning* first published in 1946. I have long been impressed by the author's premise that no one can take away a person's freedom to choose his or her attitude, regardless of the situation --even if he or she were in WWII concentration camp, as Frankl had been. The 20-minute video shows women prisoners in a whole new light, and the power of Victor Frankl's ideas in action.

We wish Aimée the best on her research and her quest for the truth in a very complicated arena.

## HIGHEST RATED BOOK OF THIS TYPE ON AMAZON.COM

As I was looking on amazon.com at *Man's Search for Meaning*, which I read some forty-some years before and in which I was impressed by Frankl's psychological insights into being a prisoner in a concentration camp; I came across a book I had never heard of which was the highest rated by “customers who bought this item also bought.” It is called *The Happiness Hypothesis: Finding modern truth in Ancient Wisdom*.

This book received a coveted starred review in *Publisher Weekly* which says it:



“...is a psychology book for the general reader by Jonathan Haidt, Professor of Psychology at the University of Virginia. In it Haidt aims to identify some of the most important psychological ideas discovered by thinkers of the past - Plato, Buddha, Jesus and others - and to examine them in the light of contemporary psychological research, extracting from them any lessons that still apply to our modern lives. Central to the book are the concepts of virtue, happiness, fulfillment, and meaning.”

This book sounds very interesting to me, and I plan to check it out at the library as my next book to read. I'll even buy it from amazon for \$8 plus shipping if there's too long of a wait in the library reservation system.

## MAKING TIME TO FEED THE SOUL

Just as daily nourishment, sleep and exercise are needed for the body, might not there also be a need to feed, exercise, and rest the soul on a daily basis? My dad, especially when he got older, said it was time to “smell the roses,” go fishing, or play golf for the fun of it and not for the score. Mindfulness in Buddhism and other practices is the opposite of multi-tasking, which robs of us of being present to the experience before us. When I eat dinner in front of the TV, I don't even taste the food. With this in mind, take in this gift to the senses and soul, forwarded by a friend. Thanks, Andy, for sending this to me and to others by extension. -Joe

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