

FS News: Blue News Edition – End of February 2023

Hello Newsletter Subscribers ~

I'm so glad that you've signed up and that we - all 3300+ of us - can share ideas here!

This edition of the newsletter is called 'Blue News' not because it's sad, but because it's the second newsletter to come out this month. I was late for Jan, so now I'm 'back on track' ~ : )

This edition is about thinking. Okay, they all are in one way or another, but this one is about thinking about thinking! How we can remember to question ourselves without doubting our abilities? How we can help others learn to think, too, so that our conversations can shift from defensive to constructive? We have work to do! In a rapidly changing world, we must have a basic set of tools specifically for living with change (in addition to the other important tools that we've been accumulating). Changing the way we think will open our imagination so we can extract ourselves from constraints that may not even be real.

But before I get to that: I've been getting a lot of requests for resources lately so I need to remind everyone that I can't look up resources for you. Heck, I don't even know you personally, so how could I know what you need? Fair Shake works like this: I write things, and I find resources and information, and I put them all on the Fair Shake website and share everything for free. (I also make a software application of the website for the prisons to provide this information to you for free, too!) Everything is available to everyone to freely peruse, choose, print and share. Please let everyone know: family and friends, activists, mentors, educators, ministers and volunteers, case managers, probation and parole, and anyone who supports your transition! It will all be waiting for you, too ~ : ) Since I'm just one person here, and since Fair Shake serves the entire country on a very tiny budget (donations alone!), I had to make this a 'Self-Serve' service. Fair Shake will never track, monitor or nudge visitors. Everyone is anonymous and can search around the website in any way they wish!

Here's a new-to-me national resource:

The National Reentry Network REENTRY HOTLINE! 844-916-2577

<https://thenationalreentrynetwork.org/>

A free, confidential 24/7 information service for returning citizens in need of reentry services. This service provides resources and referrals for employment, job training, family reunification, apprenticeship programs, food pantry, clothing, housing, mental health and/or substance abuse support. You can write to them here:

The National Reentry Network 1200 U Street N.W. Washington D.C. 20009

### LOAN FORGIVENESS

The Supreme Court will rule on this issue soon which will open the flood gates for all kinds of information from the Department of Education, including more info about the Pell Grants. We'll have a lot more info by the next newsletter. I will dig around to find all that I can!

### BROTHER'S KEEPER

According to the Bureau of Justice Statistics, 82% of the people who leave prison are going to go back. This means that if we can just stop folks from going back to prison, we could watch prisons close. Can you imagine lending your gifts, your ideas, your care and your problem-solving skills to pitch in – wherever you find yourself – to make sure people don't go back? This is where we start to turn this ship around: with our imagination. We have to see ourselves participating in building a future that includes everyone. If we can imagine keeping people from going back, we can imagine an entirely new justice system!

*The war against the imagination is the only one the capitalists have actually managed to win.* - David Graeber (author:

## HOW TO OVERCOME LIMITING BELIEFS By Mark Manson

<https://markmanson.net/limiting-beliefs>

There's an old allegory about a baby elephant that is tied to a fence post. As the baby elephant tugs and pulls, it fails to break the fence or break the rope. Eventually, it gives up and makes peace with its fate. The baby elephant is stuck. Eventually, the elephant grows up and becomes a big, adult elephant with gargantuan legs, huge tusks and a swirly trunk...and it could easily walk away from the fence if it wanted to. But believing the fence to be some immovable thing, the adult elephant remains tied to it, falsely believing it can never get away. WHAT ARE YOUR LIMITING BELIEFS? If you'd like to receive the full article, please START A NEW MESSAGE to me with LIMITING BELIEFS in the subject line and I'll send it to you!

Book Review: **LIMINAL THINKING** by Dave Gray (<http://liminalthinking.com/>)

A short video that explains his idea...in line art!! [https://www.youtube.com/watch?v=2G\\_h4mnAMJg&t=1s](https://www.youtube.com/watch?v=2G_h4mnAMJg&t=1s)

"Create the change you want by changing the way you think." The word liminal comes from a Latin root that means threshold. Literally a threshold is a doorway. But a threshold is also the beginning of every journey. A threshold is a boundary that marks a point of transition between one state and another. Liminal Thinking is a way to create change by understanding, shaping, and reframing beliefs. What beliefs are stopping you right now? You have a choice. You can create the world you want to live in, or live in a world created by others.

Dave Gray provides a great description – with illustrations! - that help us to look at our beliefs from outside of our emotional attachments to them. This short book helps us see our beliefs for what they are, and then we can then determine if they are serving us. There may be aspects of our beliefs that that are important to hold on to...so we can keep what's working and discard what no longer has value. The rest of this review is from the Liminal Thinking website:

"Beliefs form the basis of everything people say, think, and do. When people change their beliefs, they change their behavior, which changes their lives. Liminal thinking is a set of skills that anyone can learn. You do not need any formal authority, budget, or official sanction to practice liminal thinking. If you can learn six principles and nine practices, you will be able to minimize reality distortion, improve understanding, and open up new possibilities for positive change in your work and life.

These SIX PRINCIPLES constitute a theory of beliefs: how they come into being, why they are necessary, how they are reinforced over time, and why people cling to their beliefs, even when they are incomplete, obsolete, or invalid. They are beliefs about beliefs.

1. Beliefs are models. Beliefs seem like perfect representations of the world, but in fact they are imperfect models for navigating a complex, multidimensional, unknowable reality.
2. Beliefs are created. Beliefs are constructed hierarchically, using theories and judgments, which are based on selected facts and personal, subjective experiences.
3. Beliefs create a shared world. Beliefs are the psychological material we use to co-create a shared world, so we can live, work, and do things together. Changing a shared world requires changing its underlying beliefs.
4. Beliefs create blind spots. Beliefs are tools for thinking and provide rules for action, but they can also create artificial constraints that blind you to valid possibilities.

5. Beliefs defend themselves. Beliefs are unconsciously defended by a bubble of self-sealing logic, which maintains them even when they are invalid, to protect personal identity and self-worth.

6. Beliefs are tied to identity. Governing beliefs, which form the basis for other beliefs, are the most difficult to change, because they are tied to personal identity and feelings of self-worth. You can't change your governing beliefs without changing yourself.

These principles can be applied via nine practices that help minimize reality distortion, envision possibilities, and create positive change.

**NINE PRACTICES:** to help you minimize reality distortion, envision possibilities, and create positive change.

1. Assume that you are not objective. If you're part of the system you want to change, you're part of the problem.
2. Empty your cup. You can't learn new things without letting go of old things. Stop, look, and listen. Suspend judgment. What's going on?
3. Create safe space. If you don't understand the underlying need, nothing else matters. People will not share their innermost needs unless they feel safe, respected, and accepted for who they are.
4. Triangulate and validate. Look at situations from as many points of view as possible. Consider the possibility that seemingly different or contradictory beliefs may be valid. If something doesn't make sense to you, then you're missing something.
5. Ask questions, make connections. Try to understand people's hopes, dreams and frustrations. Explore the social system and make connections to create new opportunities.
6. Disrupt routines. Many beliefs are embedded in habitual routines that run on autopilot. If a routine is a problem, disrupt the routine to create new possibilities.
7. Act as-if in the here-and-now. You can test beliefs even if you don't believe they are true. All you need to do is act as if they were true and see what happens. If you find something that works, do more of it.
8. Make sense with stories. If you give people facts without a story, they will explain it within their existing belief system. The best way to promote a new or different belief is not with facts, but with a story.
9. Evolve yourself. If you can be open about how change affects you personally, you have a better chance of achieving your aims. To change the world, you must be willing to change yourself.

This book is amazing. It should be in every library. Our divisive society needs these skills now!

If you'd like to contact the FREE BOOKS PROGRAMS to see if they can send a copy to you, and you don't have the list, please START A NEW MESSAGE to me with 'FREE BOOKS' in the subject line and I can send it to you.

## QUOTES

"Those who cannot change their minds cannot change anything." - George Bernard Shaw

"The only constant is change." - Heraclitus, 500 BCE

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.” – Rumi, 13th century Persian poet

“Humility is not thinking less of yourself, but thinking of yourself less.” - C.S. Lewis

“If your compassion does not include yourself, it is incomplete.” - Jack Kornfield

“There is nothing in a caterpillar that tells you it’s going to be a butterfly.” - Buckminster Fuller

“Discipline is remembering what you want.” ~ David Campbell

To our successful transitions!

Ubuntu and gratitude!! ~ sue

As always, when you are released, remember to find support in your phone-gizmo:  
2-1-1    [Fairshake.net](http://Fairshake.net)    [HelpYourselfTherapy.com](http://HelpYourselfTherapy.com)    [FindHelp.org](http://FindHelp.org)

**Newsletters are available at [FairShake.net](http://FairShake.net) for your family and friends to read or print.**