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SECTIONS LA SILLA ROTA



In the treatment of relaxation involved more than two thousand inmates and 75% of custodians, managing to reduce the aggressions inside the prison

DAVID CASAS / CORRESPONDENT 03/05/2019 08:00 pm [Listen](#) [Stop](#)



*The meditation that eradicated violence (Special Photo)*

“My husband is here for a serious offense, he has been aggressive for a couple of years, even when we visited him he became tense, annoyed. Now he is changed, he is another person, very calm, serene, is interested in things. Meditation has served him and although he is locked up we are happy; he is not angry anymore as he always was”, says Maria, who is surprised by the ‘new personality’ of her inmate husband at the Apodaca Prison.

“Thanks to the availability of Ascension I have found something that in 32 years of life I have never experienced”, another inmate thanked Madhavi, the meditation instructor, through a letter written by his own hand.

These are two examples of many others, who have adopted the practice of meditation in this social rehabilitation center north of the metropolitan area of Monterrey, which, in addition, has added managers, administration staff and guards.

“The change has been remarkable. The meditation ends tensions, settles the spirit and brings calm to people, and in a rehabilitation center it is fundamental; we have changes lives”, says Madhavi Ishaya.

To the north of the metropolitan area, at the exit to Nuevo Laredo, is located the Social Readaptation Center (Cereso) of Apodaca, which in February 2012 was the scene of a confrontation between members of organised crime cartels that ended in 44 inmates dead and 37 who managed to escape.

It is not by chance that the rates of violence have dropped and that only a couple of conflicts have been registered in more than three years. “The inmates point out that in their experience there has been a positive change in their lives through the meditation technique ‘Ascension of the Ishayas’, an ancient teaching that is more than five thousand years old,” says Madhavi.

“Apodaca prison has the least problems of indiscipline or violence in the area,” says Juan Antonio Caballero Delgadillo, who was the commissioner.

Such work with the inmates caught the attention of Producers Sally Lewis and Greg Hopkinson who witnessed in May 2015 the experiences of some inmates who related the inner peace they found through meditation.

“The stories were the most powerful because of the peace and harmony they show,” said Hopkinson, the maker of the documentary ‘A Mindful Choice’, which reflects the spiritual transformation of people in seven different countries.

Originally from New Zealand, Sally Lewis and Greg Hopkinson spent a whole day inside the Cereso (prison) and recorded interviews that they took to the screen to share experiences about the power of inner peace to transform the planet.

Madhavi remembers that it was August 2014 when she contacted both Producers and Teachers of the Ishaya technique, who are connected with more than 500 Teachers in the world, and told them about the prodigious changes she had observed in the inmates of Apodaca since she started giving courses.

Adriana Olaiz is the official name of the Mexican teacher, but due to the high degree of studies of the Ishaya Ascension technique, the monks granted her the honor of being called Madhavi.

For 16 years she has practiced the technique, however she has an engineering degree from the Universidad Iberoamericana, in Mexico City and the Autonomous University of Nuevo Leon, she graduated with a degree in Clinical Psychology, specializing in Human Development.

She works with inmates, in courses of four consecutive days, in order to move them from a state of inner pain, anguish, worry and stress, to an experience of peace and well-being. When they learn the technique, they can practice it in any space and at any time of the day.

She treasures letters that some inmates have written to thank her for the spiritual change that they have seen, and that motivates them to live and see the world in a different light. One of them is Jesus, who hated his stepfather.

## ***“For the first time I found my smile”.***

“I am writing this letter so that my experience will be useful for many people who are interested in living in the best way”.

“My name is Jesus Fidencio, I was brutally abused by my stepfather and my mother. At the age of five, I suffered blows, kicks, stones, whippings, blows with a machete and burns from a double wire light. What I took from it was a great hatred that over time was consuming me day by day, like a recording that was always in my mind - the scolding, screaming and death threats I received from my stepfather, all took me to jail for the crime of homicide. I was sentenced to 17 years in prison.

“After 16 years and three months locked up, I appeared on a list for a self-improvement course, this course began in September of this year.

“I started to know the words that I had never heard in my life and I began to know how to practice the techniques she told me, and I started thinking so many things that I had to repeat the technique again. I felt like it was coming out of my heart, the hatred that I felt for my stepfather disappeared. I feel more free. I do not know what happened in my life, it is something that is very difficult to express in words. Why it happened Only God and your heart know. You feel at rest, understanding with people, you feel at peace with yourself. With all I have today, I know my smile, I am very happy.

“If you will listen to me, look for this kind of help. I recommend it to you. It’s something beautiful that makes you feel good, this is professional help and a great asset to your life. You have to recognise when someone gives you the most beautiful of gift of your life. With your efforts you will achieve what they say you will.

“The prison is like a university for those who are there, only you learn what you choose, the good or the bad, but the decision is yours. This help serves you and brings great benefits to your life for you and your family.

“I am very grateful to Madhavi, the person who came to make a great person of me, who taught me to value myself with her wonderful techniques. Because I decided to accept anything as long as my life turned around for my good, and I did it thanks to God and the wonderful person, understanding and patient with me and with many colleagues in prison.

If you are physically free, you are not completely, because there are many thoughts that disturb your heart and your mind and through that you feel bad, like stressed, tense, that many times the most minimal of things bother you because you are not prepared in your life. Everything you feel can lead you to commit the biggest mistake of your life and that is when repentance torments you and marks you for life by asking why you did it, what it was that lead you to do that, and that is when you try to seek help.

“Thank you for listening to me, this is simple and easy, you will not regret it, Madhavi is a very special person”.

Sincerely, Jesus

## ***Relaxation throughout the day***

More than two thousand inmates, 75% of custodians and half of the administration personnel have learnt Ascension and with this, the incidents related to aggressions in the facility were reduced considerably, Juan Antonio Caballero Delgadillo explained at the time.

“We evaluated the incidents of outbursts and fights in the each of the three prisons in the state, and we saw a significant change in Apodaca, where those recidivisms that we had, began to decrease considerably. Not only meditation makes a change, but we do see the impact that has led to the significant reduction there, when these techniques were practiced”, said the former official.

“The changes have been in the entire prison population, even inmates trapped by drug addiction have experienced a change that avoids the anxiety and anguish of drug withdrawal”, says Madhavi.

Maria leaves happy from her visit with her husband. She is no longer tense, or feels the fear she had just going to the prison. The arguing and seeing her husband angry has gone. She does not understand meditation, but she likes it.



# Elevate or ascend

The ascension of the Ishayas is a series of simple and deeply effective mechanical techniques that allows us to rise or ascend, beyond stress and our limiting beliefs. Once this happens it is possible to be completely centered in the heart and recover our natural state illuminated by freedom and innocence. The ascension of the Ishayas is effective because the techniques are based on the fundamental principles of Praise, Gratitude and Love, taking us inside in an extremely gentle way for the body and mind, emphasizes Madhavi who has given **meditation** in Chihuahua and other cities from the country.

It has been such an acceptance of the **meditation** that administrative staff, managers and custodians of the Apodaca Cereso have taken the course. However, for obvious reasons of penitentiary security, they request to be anonymous, and even that the photographs are pixelated on their faces.

Some of the benefits reported by course participants are:

- Mind more alert.
- Increase in creativity.
- Spontaneous experiences of peace and well-being.
- Review of symptoms related to chronic stress and diseases.
- Natural desire to be at the service of others.
  
- Great improvement in health.
- More positive mental perspective.
- Permanent elimination of accumulated stress.
- Greater self-confidence.
- Greater sense of self-esteem.
- Improves the ability to focus on tasks.
- Willingness to accept the changes.
- Improvement of interpersonal relationships.
- Better communication skills