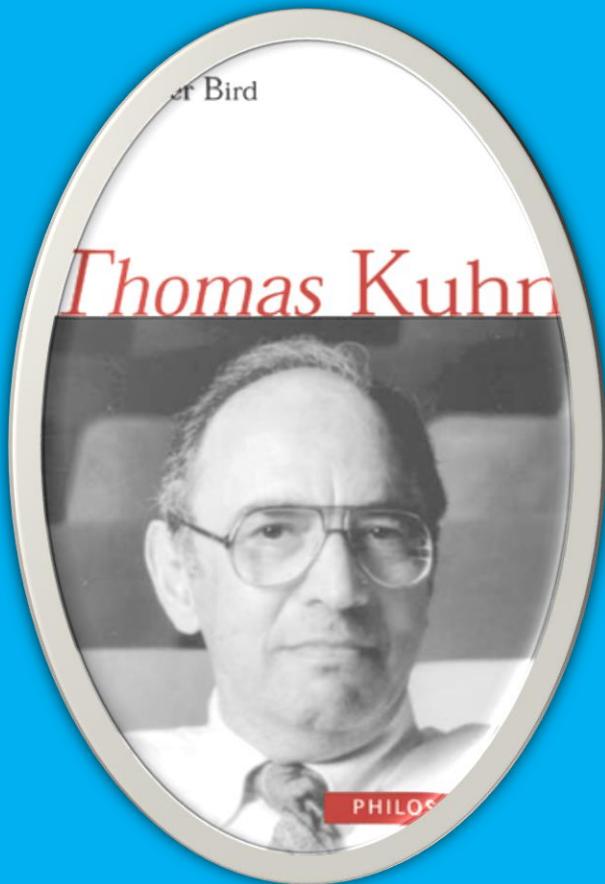




# Prisoners' Reformation Trajectory

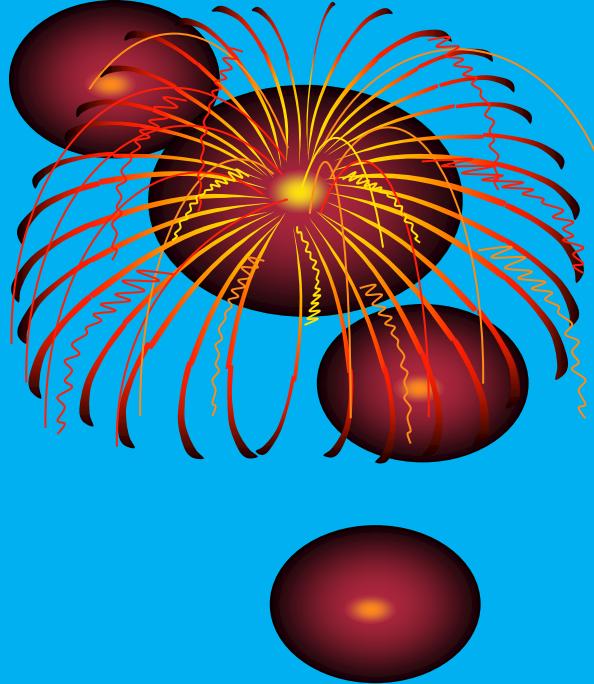
Rev Dr Francis Kodiyan mcbs<sub>1</sub>



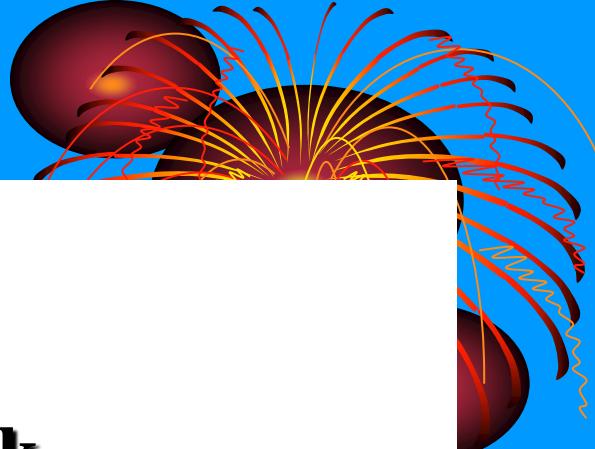
er Bird

*Thomas Kuhn*

Thomas Samuel  
Kuhn  
18 July 1922 – 17 June 1996



An American intellectual  
born in a Jewish family in  
Cincinnati, Ohio, USA



# Paradigm Shift

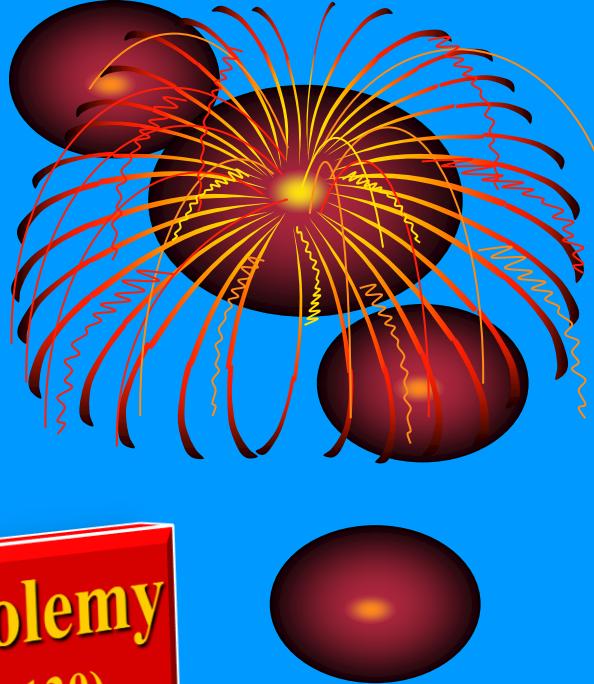
**Thomas Kuhn in his book  
*The Structure of Scientific Revolutions* (1962)  
introduced the concept of *Paradigm Shift*.**

**Science does not progress via a linear  
accumulation of new knowledge,  
instead undergoes periodic revolutions.**

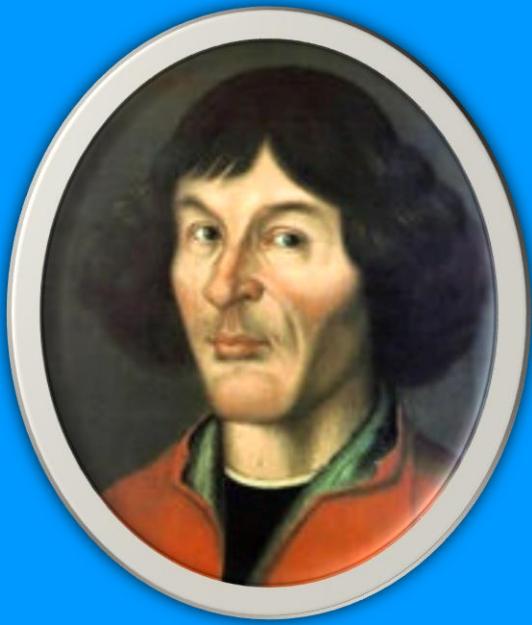
**These revolutions are called Paradigm Shifts.**



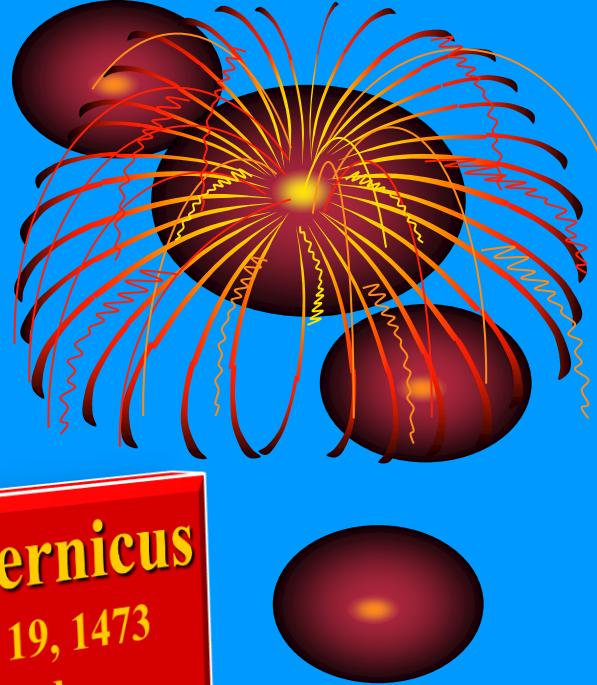
**Claudius Ptolemy**  
Alexandria (AD 130)



The Greek astronomer in his book *The Almagest* affirmed, **Earth is the centre of the universe.**



**Nicolaus Copernicus**  
Born on February 19, 1473  
in Torun, Poland

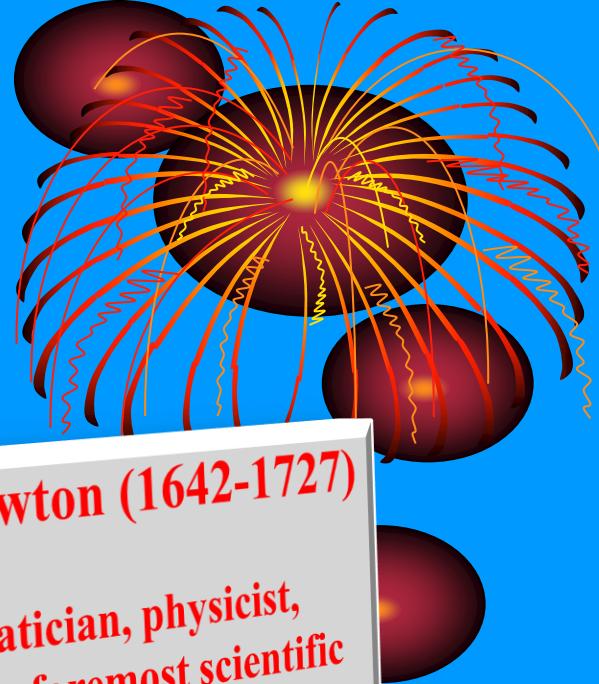


**Contradicting Ptolemy, Copernicus asserted, the sun is stationary and Earth, spinning on it's axis once daily, revolves around the sun annually.**

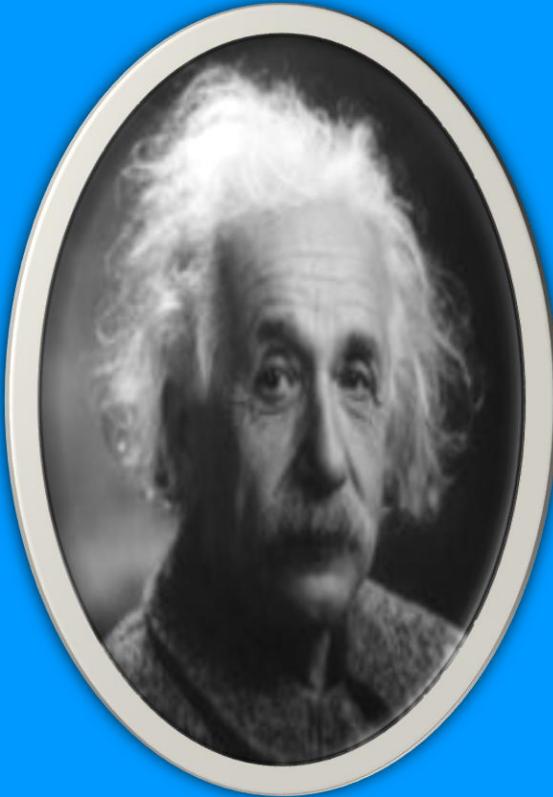


**Sir Isaac Newton (1642-1727)**

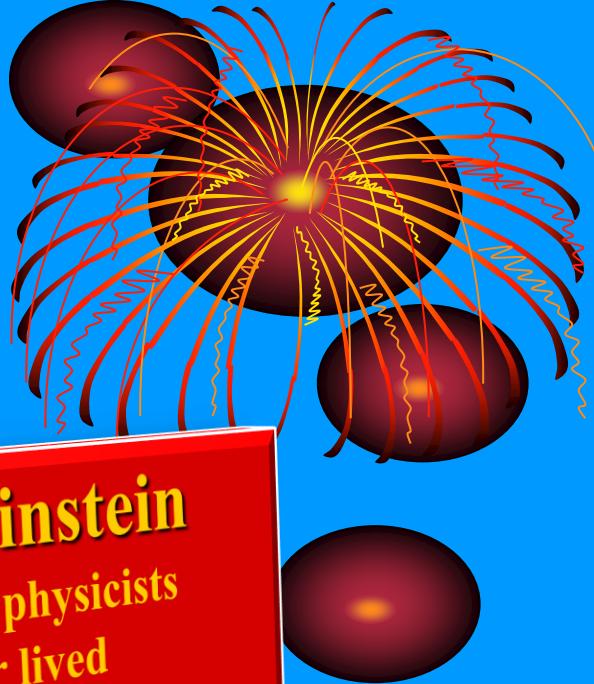
A mathematician, physicist,  
and one of the foremost scientific  
intellects of all time.  
**Born at Woolsthorpe, England.**



**Grounding on Copernicus theory**  
**Newton conceived the Theory of Gravitation**



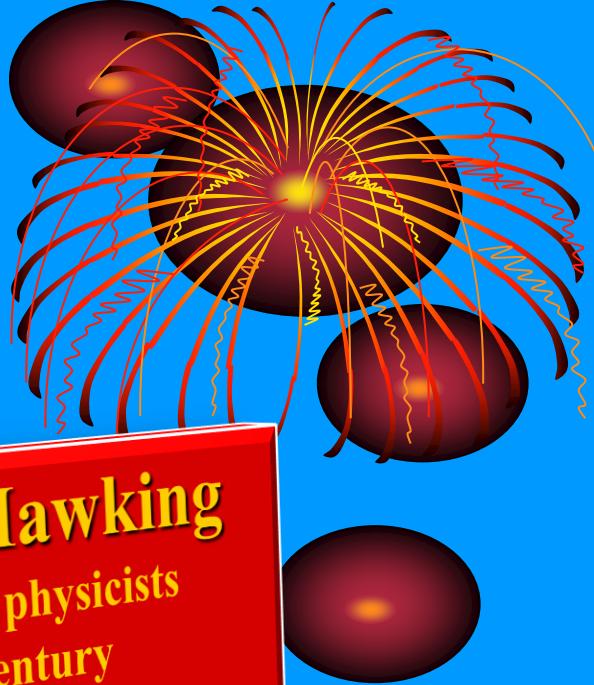
**Albert Einstein**  
The greatest physicists  
who ever lived  
Born on 4 March 1879  
in Ulm, Germany



**Anchoring on Newton's Theory of  
Gravitation, Einstein formulated the  
Theory of Relativity,  
Mass-Energy Equivalence  $E=mc^2$ .**

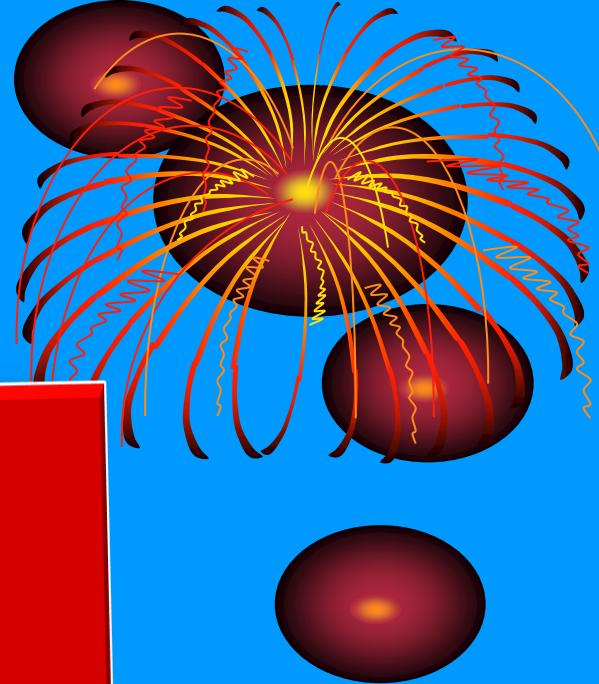


**Stephen Hawking**  
The greatest physicists  
of 21<sup>st</sup> Century  
1942-2018, Great Britain



**Anchoring on Einstein's Theory, Stephen Hawking said in his book the *Grand Design*,  
The universe ever expands.**

# Paradigm Shifts in Personal Life Prisoners' Life Prison Ministry India And in Prisons

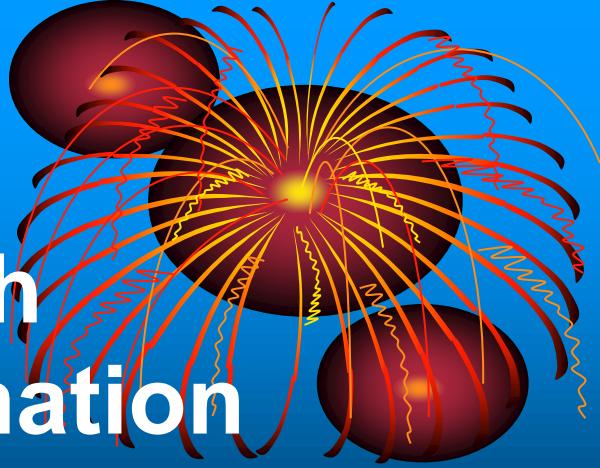




# 3 R Theory for Prisoners' Reformation

## Fr Varghese Karipperiy

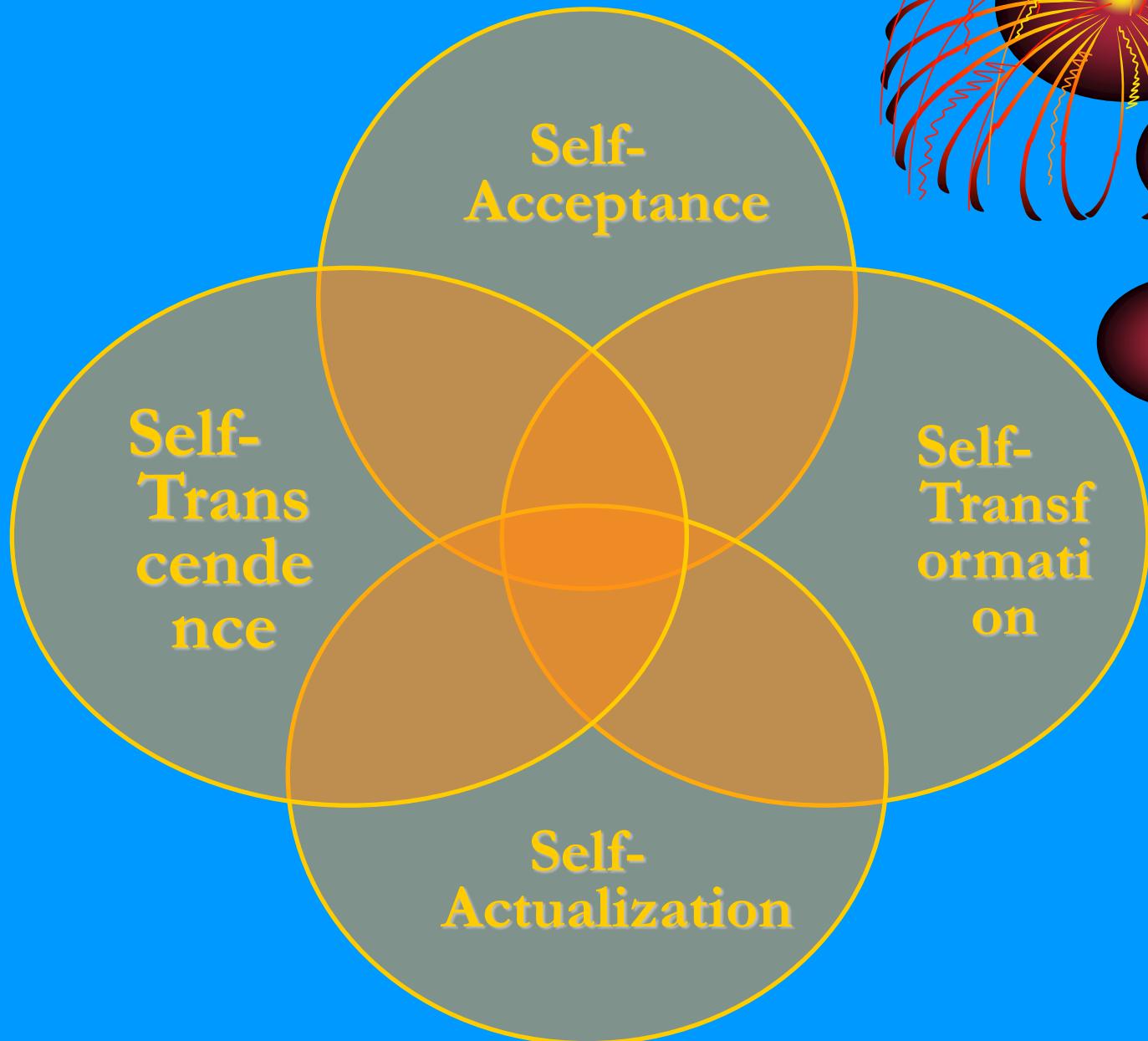
Release  
Renewal  
Rehabilitation



# An Eightfold Path for Prisoners' Reformation

Reachout  
Release  
Repent  
Reconcile  
Reform  
Rehabilitate  
Reintegrate  
Redeem  
Redeemer - Jesus

# Prisoners' Reformation Trajectory



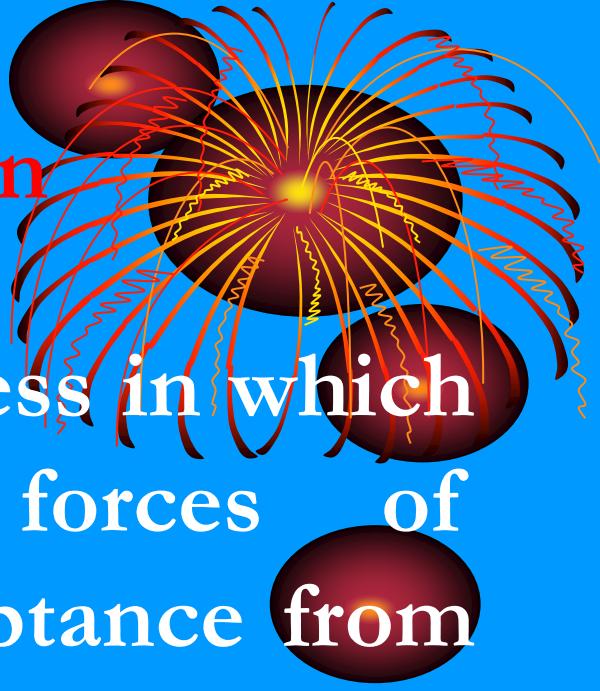
# **Self-Acceptance**



**Self-acceptance** is the awareness of one's strengths and weaknesses, the realistic appraisal of one's talents, capabilities, and general worth, and, feelings of satisfaction with one's self despite deficiencies and regardless of past behaviors and choices.

**Self-acceptance** is the prerequisite for Reformation. Need to stop criticizing and solving the defects of one's self, and then accept them to be existing within one's self.

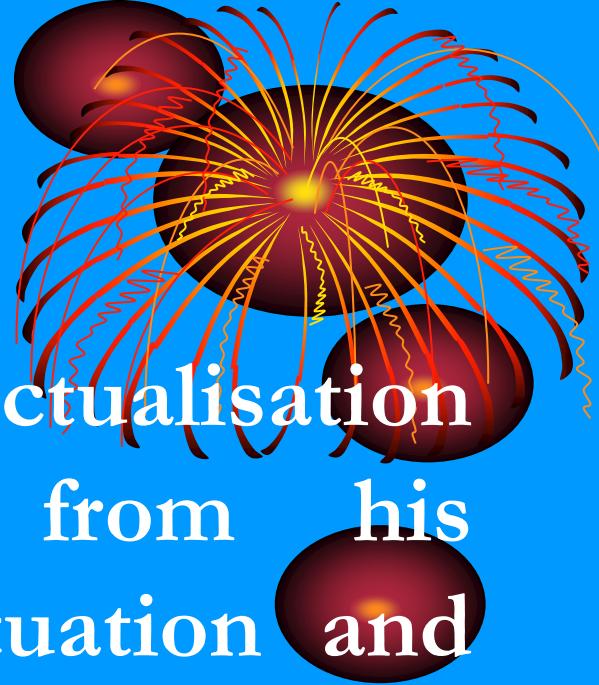
## **Self-Transformation**



**Self-transformation is a process in which through the continued forces of unconditional love and acceptance from relatives, friends and voluntary agencies, prisoner begins to undergo regeneration by transforming one's own thoughts, actions, attitudes, goals, motives, habits, behavior and worldviews.**

## Self-Actualization

Reformation becomes self-actualisation when individual returns from his deplorable and degraded situation and turns towards his original and fundamental dignity and concentrates all his potentialities for the actualisation of his God-given master-plan and life-mission.



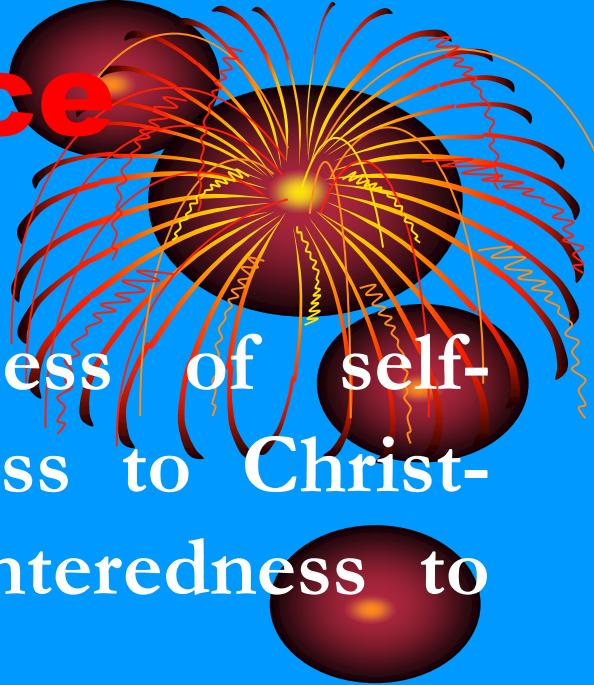
## Self-Actualization

The old forces of sin, self-centredness and evil tendencies are overthrown from their place of power and new gospel values, habits and virtues assume eminence.

Old concepts of God, world, man and self are replaced by new concepts based on biblical, theological, ecclesial and spiritual principles.

Old worldly experiences are replaced by new spiritual and celestial experiences which are rooted in the power of the Holy Spirit.

# **Self-Transcendence**



Reformation is a life-long process of self-transcendence from self-centredness to Christ-centeredness, and from Christ-centeredness to other-centeredness.

This is a transcendence from self-love to universal-love and is a deep leap away from one's ego to the universal brotherhood, accepting God as the universal Father and considering all human beings as brothers and sisters.

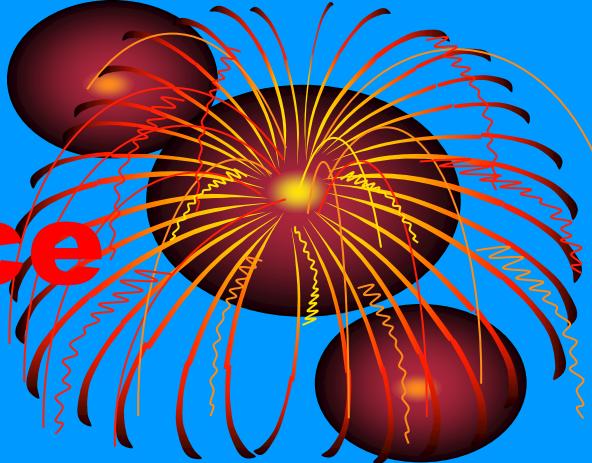


It is a transcendence from the OT  
morality to the NT morality based on  
selfless love (Mt 5-7);

A transcendence from the lifestyle of the  
pagans to the life style of the children of  
God (Mt 20,25-28);

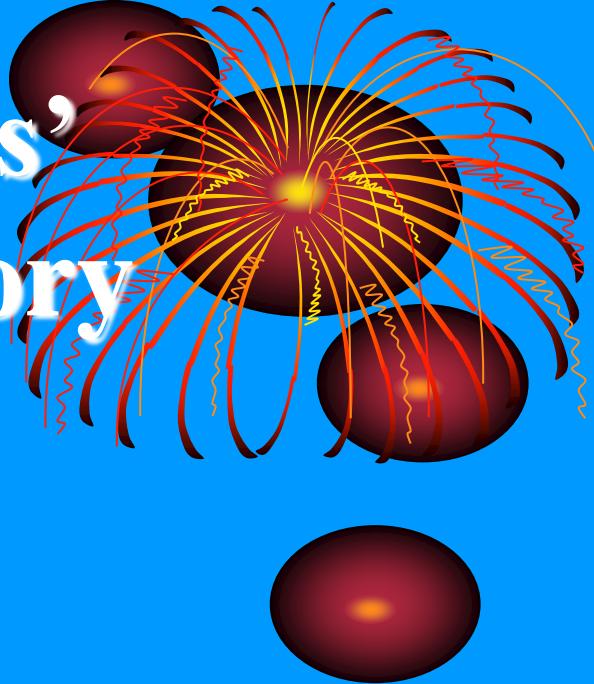
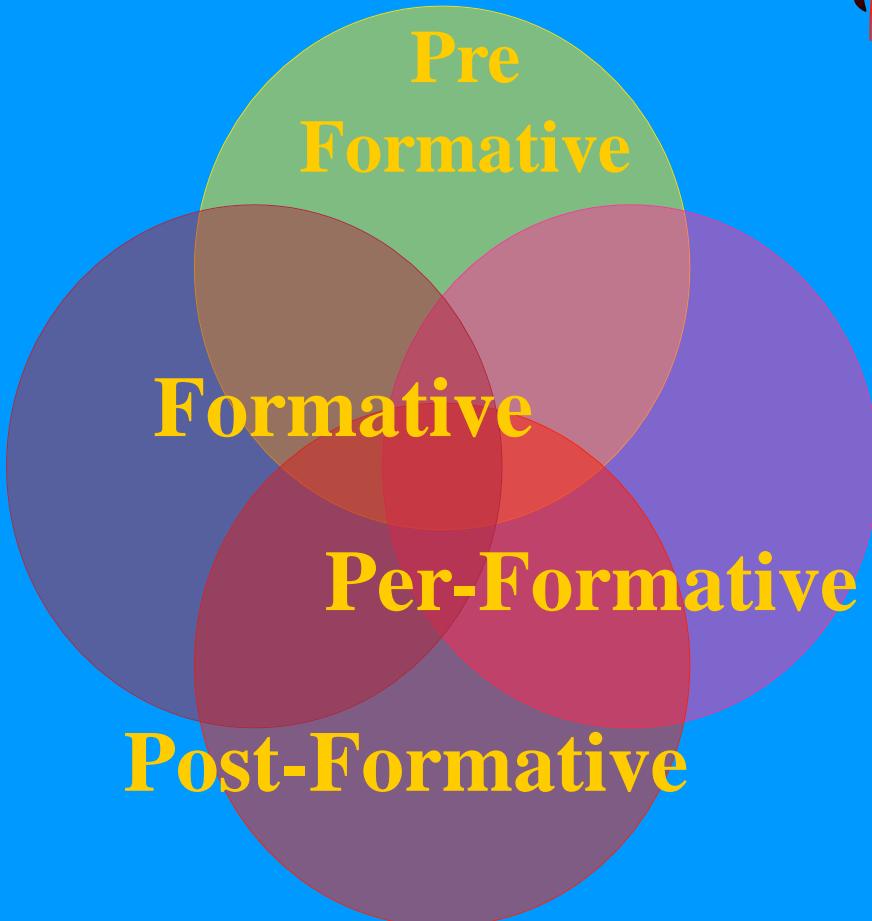
A transcendence from the works of the  
flesh to the fruits of the spirit (Gal 5,16-  
24).

# **Self-Transcendence**



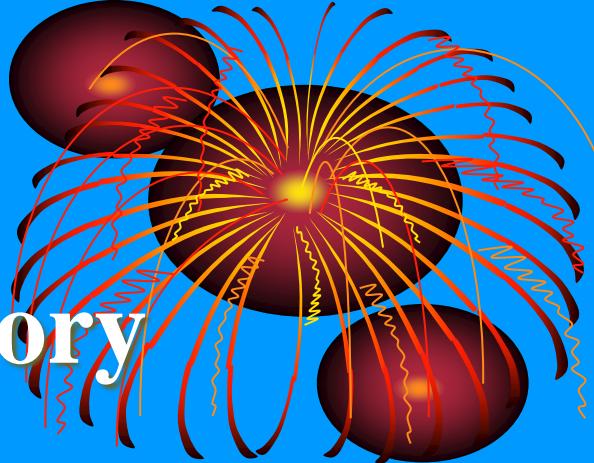
Reformation in Catholic perspective is a Christocentric self-transcendence, in which one learns to consider the whole cosmos as one's own family and offering oneself totally to bring all to the perfection of the heavenly Father.

# 4 Stages of Prisoners' Reformation Trajectory



# **Reformation**

## **A Dynamic Trajectory**



**Its a continuous and constant process  
that involves a series of psychological,  
spiritual and social events in a person's life.**

**It is an ongoing and lifelong process of  
growth, an evolution, a continual  
regeneration, a life-long journey.**

## • Pre-Formative Stage

- Paradise lost experience.
- Turning away from God,
- Family, friends, & Society.

- Degradation of
  - intellectual,
  - affective, moral
- and religious life.
- Perversion.

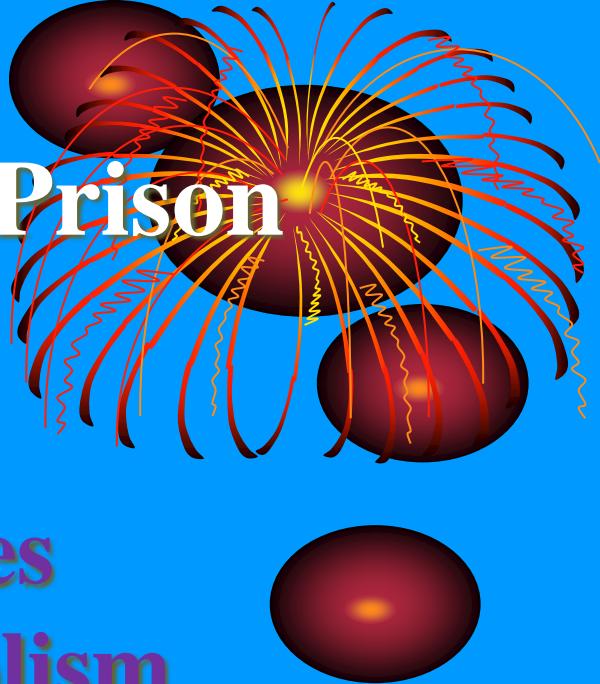
- Period of indecision,
- playing the games,
- delusions, anxiety,
- uncertainty,
- doubt, depression,
- guilt, and hatred.

# Pre-Formative Stage

## Parable of the Prodigal Son (Lk 15,11-24)



# How One Ends Up in Prison

- 
1. Bad friends
  2. Broken Families
  3. Drugs and Alcoholism
  4. Poverty
  5. Easy Money Making
  6. Betrayal
  7. Uncontrolled Sexual Drive
  8. Revenge

# Formative Stage

**It investigates the actual process  
of one's transformation**

**His return to God  
Family, Friends  
and society.**

**This stage may begin in prison or with  
Release and Rehabilitation.**

# **Point of Departure**

**The Point of departure deals with the starting point of the reformation.**

**The initiator is God and the initiative is from Him and often in a God experience.**

**It may occur with an extraordinary event like that which happened to Paul.**

# The Kickstart, the Spark of Reformation

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- The kickstart, the spark of renovation may be some special experiences such as:
- Reading of the scriptures as it happened to St Augustine
- Participation in a prayer session as it occurred to many PMI reformed prisoners
- An encounter with an enlightened person as it took place in the case of Zacchaeus
- Some particular life crises as in the case of the prodigal son, etc.



# **Awareness of Sin**

**The appearance of guilt, self-blame and the sense of sin have been noted as essential parts of this period.**

**To conquer the deep-rooted sins and sinful habits are the proper acts in the formative stage.**

---

**To remove the deep roots of sins and criminal tendencies is one of the primary goals of this stage.**

# Contrition

*Contrition* is the proper disposition of this period. A genuine self-analysis on the part of the prisoner leads to deep contrition.

This leads to profound self-knowledge. Self-knowledge brings forth humility which is the humble recognition of the depth of one's abasement and sinfulness.

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In a fully developed religious sorrow, the sinner is shaken at his innermost being at the thought of the malice of his offence against an all-holy God. The experience of his own sinfulness hurls him into the arms of the infinitely merciful God.

# **Reconciliation**

**Reconciliation with God, world, man and self gradually evolves in an individual during this period.**

**Reconciliation is a renewed embrace between self and God, self and neighbour, self and his family, self and the whole creation.**

# **Attitudinal Change**

Consider the attitude of two prisoners who look out from prison bars.

**One sees mud and the other sees stars.**

**If one is to change, to grow into a person who is more fully human and more fully alive, one certainly has to become aware of one's vision**

**and patiently work at redressing its imbalances and eliminating its distortions.**

**There can be no real growth until and unless our basic perception of reality, our vision, is changed.**

# Motivational Change

Motivation is an energiser of behaviour. It is a state of arousal that impels an organism to action.

Motivation is a rationalisation, a justification that a person gives as the reason for his/her behaviour.

Abraham Maslow opines that the growth motives lead to self-actualisation. Each personality strives to maintain its integrity and fulfil its own destiny in its own way.



# Motivational Change

G.W. Allport emphasises the significance of a motive called intention.

This enables one to overcome the hurdles that stand as great blocks for the total realisation of the ultimate motivation.

There is another motive called the achievement motive. This is the attempt to attain a prescribed goal and is the personal motive manifested as a striving for success.

Gordon Willard  
Allport 1897-1967

## Motivational Change

Charles Colson, the founder of *Prison Fellowship International*, in his book ***Born Again***, affirms:  
**“Prisoners imbued with spiritual purpose could be easily rehabilitated”.**

Fr Varghese Karipperiy, director of the first rehabilitation centre for released prisoners of Prison Ministry India, states: **“If one is determined to shed one’s pervasive life, one has to be motivated to higher goals in life. There should be a reason to live, a target to arrive at and a goal to attain”.**

# Optimism Vs Pessimism

- **Prisoners should get various positive reinforcements that facilitate the development of higher life-motivation, and life-goal, better hope.**
- **They are slaves of disappointment and dejection. They feel that the whole society, including family members, considers them to be a ‘criminal’. This is a stigma extremely difficult to bear.**
- **They need someone to instil hope and optimism into their lives. This process could be initiated through personal visits, moral instruction, prayer and counselling sessions by NGOs.**

# Dehumanisation Vs Humanisation

The prisonisation turns the incarcerated into mere things. They become objects to be controlled, punished, humiliated and confined. What is going on during incarceration is a process of Dehumanisation.

Ministries based on faith, compassion, patience, respect and love help prisoners to regain their lost meaningfulness of life and humanness.

# **Victimization Vs Liberation**

---

**Prisonization brings all the feelings of shame, guilt, loneliness, abandonment and meaninglessness of life.**

**Visits, entertainments, art and literature competitions and personal contacts of NGOs help prisoners to catharize their suppressed wild emotions which indirectly function as channels of liberation.**

# **Hero Vs Servant**

**Prisoners want to be heroes. They aspire for it and are ready to do anything for this.**

**PMI volunteers shall be a Compassionate Presence like the Most Holy Eucharist. Be a compassionate servant to the incarcerated. This is the best means to bring prisoners to servanthood.**

**This steward or servant leadership shall be the motto of PMI volunteers.**

# **Self-Esteem Vs Inferiority Complex**

- Many prisoners suffer from inferiority complex, lack of self-esteem, self-image, and self-confidence.
- NGOs need to recuperate the willpower and self-esteem in prisoners.
- Patient listening coupled with powerful positive suggestions will help many to regain their lost self-confidence, willpower and self-image.

# **Forgiveness Vs Revenge**

- Revenge towards society and the persons responsible for incarceration haunts most prisoners.
- PMI volunteers, who won their confidence, shall lead them to forgive those whom they hate.
- Forgiving love is a powerful medicine to a wounded heart.

# Virtue Vs Crime

- Prisoners could be victims of inordinate attachments to crime, sex, drugs, alcohol, food, wealth, power, position and so on.
- They might have a life filled with the cardinal sins; a life-span without any consideration for the commandments of God and society.
- They may not even have an awareness of sin. Through counselling we need to instil in them the sense of sin and the urgency in developing virtues.

# **Hard Work Vs Laziness**

**Prisoners are prone to laziness and easy money making, which is to be rectified.**

**They are to be trained to love hard work and to earn their own livelihood.**

# **Humility Vs Pride**

**Prisoners usually boast about their criminal activities which are to be corrected.**

**They are to be led to be ashamed of their evil activities.**

**They are to be led to repent about their crimes and sin committed.**

**When they are aware of their crimes they will manifest genuine humility which is the beginning of their transformation.**

# **Hope Vs Despair**

**Prisoners' know that their future is shattered. They develop the attitude of dejection, dissatisfaction, disappointment and despair.**

**At this juncture, they need someone to help them to instill hope into their lives. This could be initiated through different ways, like moral instructions, counseling sessions and audio-visual methods, leading to mental, physical, emotional and spiritual relaxation.**

# **PRESENT Vs PAST**

Living in the past is the basic nature of a prisoner. Often, they share with others glorifying their criminal activities and listen others' bad deeds.

Living in the present means face the reality as it is. Through play therapy and awareness therapy, they are to be led to be in touch with oneself, present reality, situation and circumstances.

This is vital in rebuilding their better future.

# **SPIRITUAL LIFE Vs MATERIAL LIFE**

Prisoners often lose faith in God, religion and His representatives. Most of them live a materialistic way without morality and discipline. They neither respect the constitution of the country nor the commandments and precepts of their religion.

PMI volunteers inculcate in them the lost faith, love and respect for God and trust in religion and its representatives.

Prayer plays a vital role in this process. God's grace does wonders in one's life. By grace they begin to dream a new life with a new vision.

## Per-Formative Stage

**This is the perfection of the already begun reformation, a deepening of one's interiority. An expansion of the horizon of one's vision and mission.**

**Reformation is just a beginning and must be carried out in a whole life-time through daily fidelity.**

**Reformation is never totally completed before death and therefore requires frequent regeneration.**

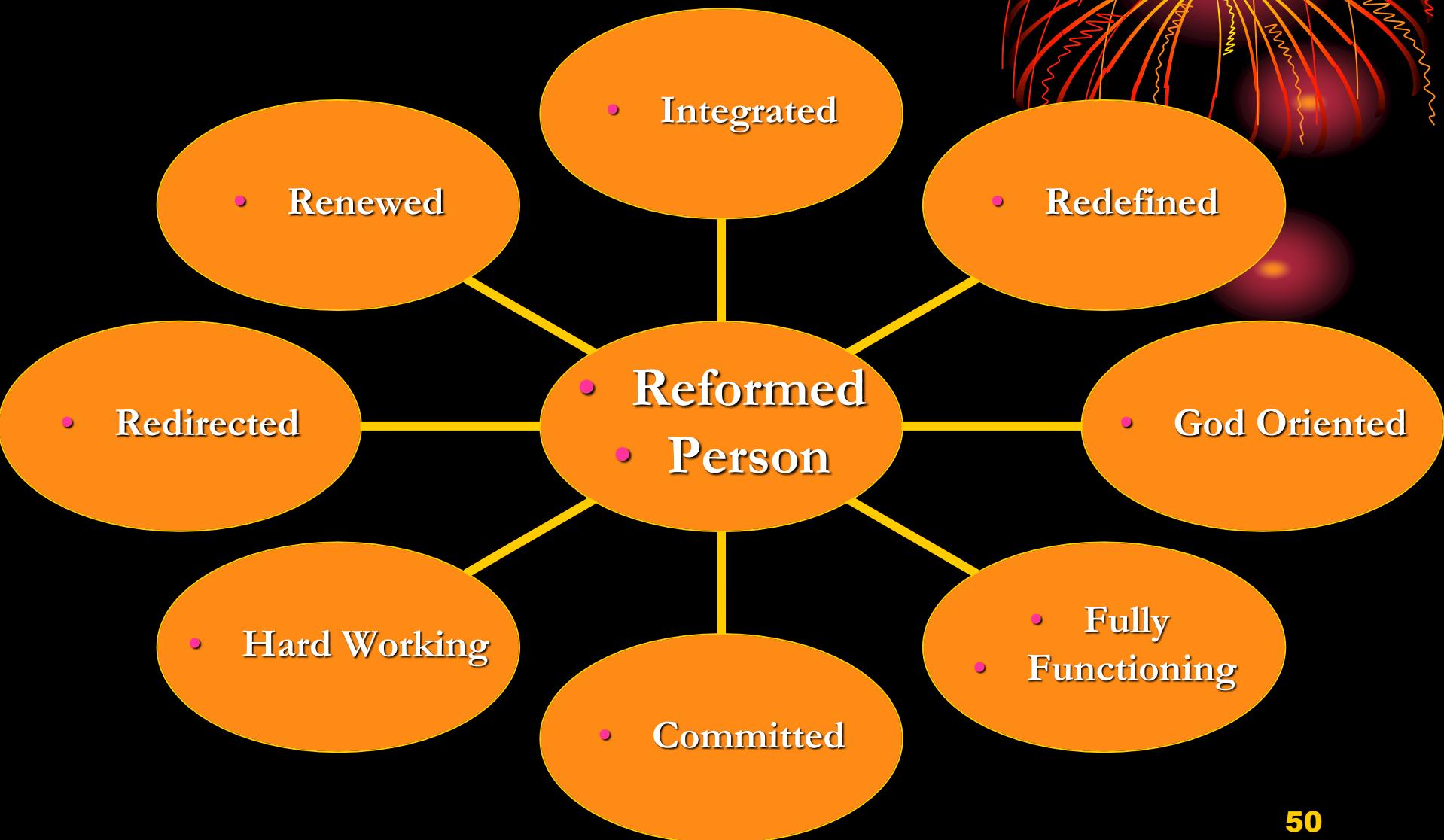
# **Per-Formative Stage**



**This is a period where answers are found, relief is felt, release of problems is experienced, and confusion is lifted.**

**This takes place during the time of reintegration in family and society.**

# Per-Formative Stage



# Per-Formative Stage

Virtues  
and Values

- Undertaking of Missions &
  - Ministries
- Inviting Others for One's own Reformation
- Purification by Suffering
- Deep Prayer Experiences,
  - Experiences of Victories
  - Realisation of Dreams

Per-formative stage takes place when released prisoners get job and are settled in family

# *Reformation is a Metamorphosis From Seven Deadly Vices to Seven Life-Giving Virtues*

<b>Deadly Vices</b>	<b>Life-giving Virtues</b>
<i>Vainglory</i>	<i>Humility</i>
<i>Avarice</i>	<i>Liberality</i>
<i>Envy</i>	<i>Benevolence</i>
<i>Sloth</i>	<i>Diligence</i>
<i>Anger</i>	<i>Meekness</i>
<i>Lust</i>	<i>Purity</i>
<i>Gluttony</i>	<i>Temperance</i>

# **Reformation is a Transition from the Works of the Flesh to the Fruits of the Spirit**

<b>Works of the Flesh</b>	<b>Fruits of the Spirit</b>
<b>Immorality</b> <b>Impurity</b> <b>Licentiousness</b> <b>Idolatry</b> <b>Sorcery</b> <b>Enmity</b> <b>Strife</b> <b>Jealousy</b> <b>Anger</b> <b>Selfishness</b> <b>Dissension</b> <b>Party spirit</b> <b>Envy</b> <b>Drunkenness</b> <b>Carousing</b>	<b>Love</b> <b>Joy</b> <b>Peace</b> <b>Patience</b> <b>Kindness</b> <b>Goodness</b> <b>Faithfulness</b> <b>Gentleness</b> <b>Self-control</b> <b>Truth</b> <b>Forgiveness</b> <b>Generosity</b> <b>Service-mindedness</b> <b>Hard Working</b> <b>Other Centeredness</b>

# **Character Disorder**

---

**Prisoners may have some kind of character disorder which refers to those persons who chronically and habitually engage in maladaptive behaviours, who are inflexible, restrict their own opportunities for growth and usually manage to function in ways that evoke unpleasant reactions from those around them.**

# Personality Change

The attitudinal and the motivational changes should lead one to the entire change of personality.

Personality change is a synonym for the change of character, which is the sum total of all the traits which yields a unified whole and reveals the nature of a person.

# **Being in Love**

Prisoners must experience enormous quantities of love and forgiveness.

They must have occasions for encountering personalities of high affective, intellectual, moral, and religious virtues and values.

They must have opportunities to experience unfathomable affection, compassion, concern, caring, forgiveness and faith experiences like the prodigal son could experience from his loving father (Lk 15,20-24).

Like Jean Valjean experienced from bishop Bienvenu in Victor Hugo's *Les misérables*.

# Post-Formative Stage

The post-formative stage, which occurs after death, is the ultimate goal of the reformed person.

Despite the fact that the active effort on the part of the reformed person ceases with death, the effects of reformation, the spiritual rays and haloes of the reformed person continue to remain on the horizon spreading light to many wandering in darkness.

# Post Formative Stage

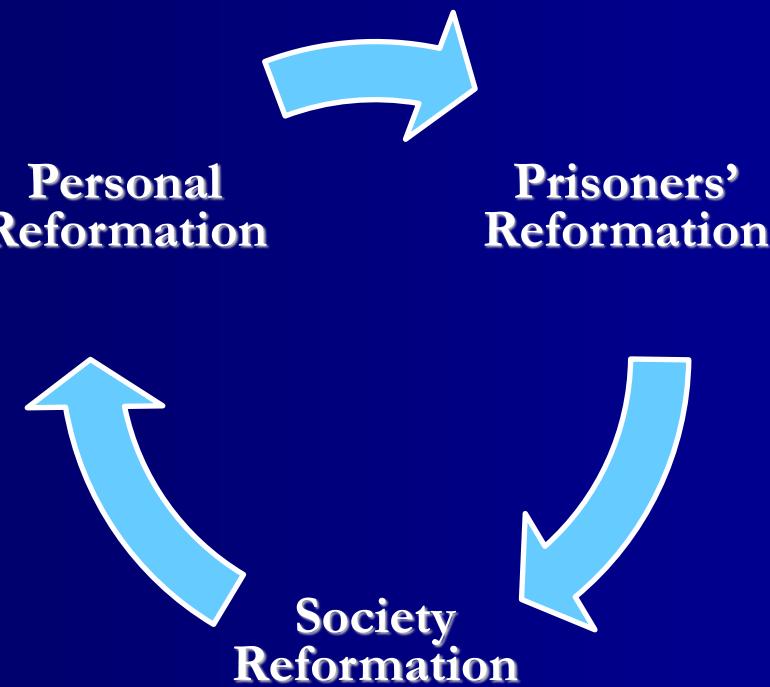
During the post-formative stage the reformed person becomes a model for many others and the *life-style, life-principles and the life-contribution of the reformed person continue through the lives of many others.*

This represents the gradual process of universalisation of the life-principles and life styles of the reformed person.

# **Post-Formative Stage**

- **The reformed person becomes an icon or an image.**
- **Many begin to imitate his lifestyle and principles.**
- **The idea and the maxim of one becomes the idea and maxim of many communities and generations.**
- **One becomes the other. One becomes the generation and the world.**

# Prisoners' Reformation Reforms Society



# To Reform Prisoners PMI Volunteers Need to Undergo a Paradigm Shift in Basic Concepts

**Prisoners are Human Beings  
They are to be Handled with Care.**

**Prisoners are filled with talents, potentialities and possibilities make use of their talents for the wellbeing of the community and country.**

# To Reform Prisoners PMI Volunteers Need to Undergo a Paradigm Shift in Basic Concepts

**Prisoners are Human Beings with Dignity,  
Rights & Privileges  
Treat them with respect and interest.**

**Prisoners are Children of God  
Deal them with love, care, compassion and  
devotion.**

# To Reform Prisoners PMI Volunteers Need to Receive Assistance from

- Counsellors
- Psychologists
- Psychotherapists
- Spiritual Fathers
- Spiritual Centres

# Prisoners' Reformation Trajectory Is a Paradigm Shift, Consists of four Stages:

- Self-Acceptance
- Self-Transformation
- Self-Actualization
- Self-Transcendence

# Prisoners' Reformation Trajectory

## Is a Paradigm Shift from:

•Pre-Formative

to

•Formative

to

•Per-Formative

to

•Post Formative

# Prisoners' Reformation Trajectory

## Is a Paradigm Shift from:

- Attitudinal Change  
to
- Motivational Change  
to
- Behavioural Change
  - to
- Personality Change

# To Reform Prisoners PMI Volunteers Need to Manifest Better Expressions of Human Love

- Compassion
- Patience
- Generosity
- Gentleness
- Tender Loving Care

# To Reform Prisoners PMI Volunteers and Prisoners Need to Undergo the Process:

- Dehumanisation
- Humanisation
- Divinisation

# Briefly

- Be Attentive
- Be Intelligent
- Be Responsible
- Be in Love

**WHEN I WAS IN PRISON  
YOU VISITED ME... (Mt 25: 36)**



**Thank You**