

# THE GOGI TRIFECTA



Volume 1, Issue 2  
10/15/2018

A **POSITIVE**, **POWERFUL** and **PRODUCTIVE** Community Newsletter by Team **GOGI 4 Life!**

## FROM THE DESK OF THE EDITOR

The human spirit was not created to be enslaved or imprisoned. The human spirit was created to fight and survive; to rise above when pressed from all sides.



The state may be able to imprison someone physically. But it cannot imprison the human spirit. It cannot imprison someone mentally. Only WE can imprison ourselves mentally. Many people aren't aware of this. Many people assume the one who imprisons someone physically, also imprisons them mentally. They don't realize that their thoughts and feelings, actions and reactions are their own to control. THEY are in control, not the CDCR, not the state of California, not anyone, other than themselves. They are THE BOSS OF THEIR BRAIN. And once they realize this, they gain a little bit of control. They are a little less of the victim they believed themselves to be. Do you have any idea how that must feel to someone who has been locked up for 10, 15 or 20+ years??

So, now, the question becomes, if they have the ability to control how they think, feel, act and react, how do they accomplish this?

Enter GOGI ..... Enter internal freedom.

## Welcome Home Peer Coach Stephen Schrader!!!



Go ahead Coach, get your  
grub on. You deserve it!

## "Words from GOGI's Founder and first volunteer, Coach Taylor"

Getting Out by Going In (GOGI) is a non-profit organization, but GOGI is also a culture and a way of living. While this newsletter is not coming to you from GOGI headquarters, nor is it an official GOGI publication, it represents the culture and a glimpse into positive outcomes when community members begin to live life The GOGI Way. We support all individuals who wish to include the GOGI Tools into their daily life and applaud the efforts in making this newsletter possible. This newsletter comes to you from GOGI's very first acknowledged community group, Team GOGI 4 Life! While the content is theirs alone, the heart and soul of GOGI's culture rests in the hands of each individual who includes the GOGI tools into their daily life.

With Love,

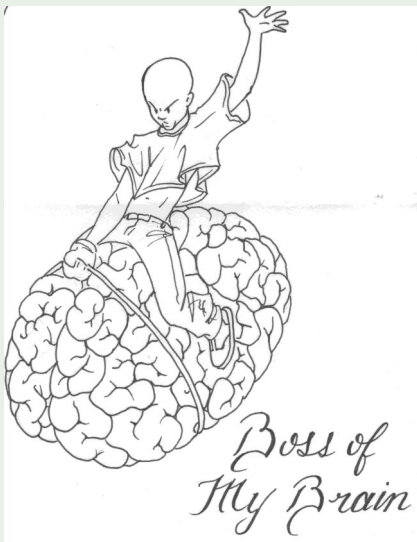
Getting Out By Going In (GOGI)  
PO Box 88969  
Los Angeles, CA 90009  
310-402-9642  
info@gettingoutbygoingin.org

## GOGI PLEDGE

"May our commitment  
To the study of GOGI  
Grant us the joy  
Of giving and receiving  
So that our inner freedom  
May be of maximum service  
To those we love  
And infinite others."

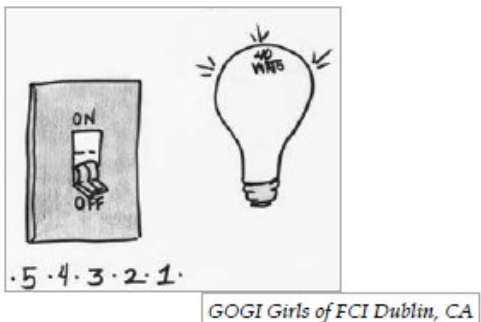
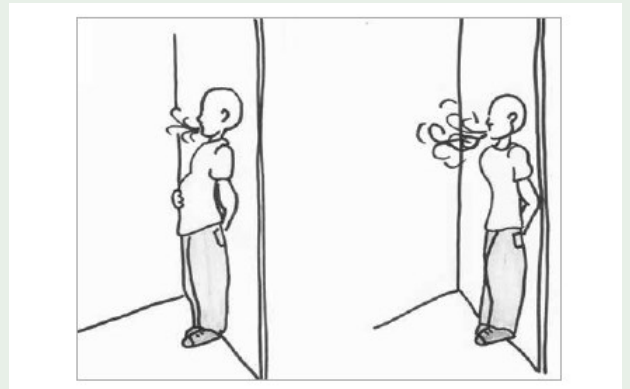
GOGI 4 Life!

# Tools of October



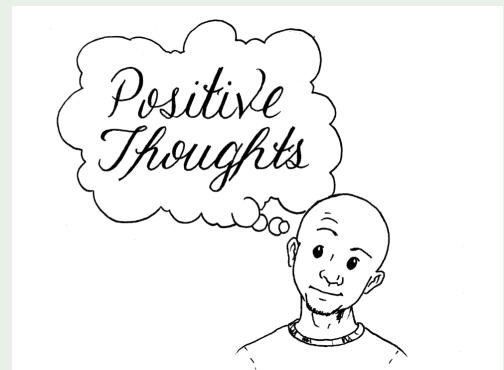
I am BOSS OF MY BRAIN and I have complete control over each thought I create. Because I am BOSS OF MY BRAIN, I can change my thoughts at any time. No one has control over my thoughts because only I am the BOSS OF MY BRAIN.

With BELLY BREATHING I can instantly relax my body and I can make positive decisions. When I am BELLY BREATHING I take control of my thoughts and feelings.



I can flip my FIVE SECOND LIGHTSWITCH and instantly change any negative thought to a positive action. There is no negative thought more powerful than my positive action when I flip my FIVE SECOND LIGHTSWITCH.

My POSITIVE THOUGHTS set the direction of my life from this moment forward. I focus on POSITIVE THOUGHTS, even when it is difficult or challenging. No matter what is happening, I can create POSITIVE THOUGHTS



# WHAT IF

WHAT IF I AM NOT MY PAST?

No to the past = yes to the future.

In 2008, (was it 2009?) GOGI Girl Teri came up to me with a spark in her eye and a question. "Coach Taylor," she said, "What if I am not my past?"

This simple question sparked conversation among the women living in the module at the Los Angeles County Jail called GOGI Campus. Each of the 24 women housed in this small, segregated unit within the 3,000-capacity jail wondered if they would ever be more than the decisions of the past which landed them in an eight-foot cell.

WHAT IF? as a GOGI tool was added as a result of GOGI Girl Teri's sincere question. WHAT IF she was not her past? WHAT IF her past did not define her? WHAT IF she could define herself by her decisions today, utilizing her GOGI Tools to help her make the most positive decision in that moment?

When WHAT IF? was added to the GOGI Toolbox it was a result of the heavy load we each carry when we falsely believe that our past was the limit of our potential. The question, "WHAT IF I am not my past?" provides us with the ability to see beyond that heavy load that oftentimes keeps us stuck in a cycle of poor decisions.

When GOGI Girl Teri asked the question WHAT IF, her load was immediately lightened. In asking the question WHAT IF? she was able to experience the possibility of becoming more than her past. The possibility that she was more than her past let her lay down that heavy burden and move into a future. Moving into the future she could see herself as part of the solution, not just part of the problem. In seeing herself as part of the solution, she could be of service to others. In being of service to others, she increased distance from her bad decisions. In gaining distance from bad decisions, she could help more people. In helping more people, she gained her ULTIMATE FREEDOM. The GOGI Tool WHAT IF? permits you to see the distance you need from the heavy load of past mistakes.

Take a moment and ask yourself, WHAT IF I am not my past? Truly ask yourself this question. If you are not your past, who are you? The GOGI Tool WHAT IF? is a game changer in the life of many GOGI students. This simple question unlocks the door to an entirely new future of internal freedom that is waiting, just for you. WHAT IF?

*GOGI Tool Blog September 10, 2018*



**MENTOR CIRCLE GROUP SIZE** – You know your GOGI is an Official GOGI Group when you open the meeting as a large Home Group with everyone in the room included, then you break into Mentor Circles of no more than twelve (12) members for your meeting circles.

**ONLY CHAIRS** – You know your GOGI is an Official GOGI Group when chairs are formed in Mentor Circles. Official GOGI Groups do not have desks, tables, or other obstructions to the Mentor Circle. All Official GOGI Groups meet in Mentor Circles and each individual has a front row seat.

**ON CALENDAR** – You know your GOGI is an Official GOGI Group when, regardless of lockdowns or missed meetings, you hold all meetings according to the GOGI Calendar. If your meeting is not focused on the Tool Of The Week according to the GOGI Calendar, then you are not in an Official GOGI Group. There is no such thing as “making up” meetings or “catching up” by study of a previous week’s tool.

**15 MEETINGS CYCLES** – You know your Mentor Circle is strong when fifteen (15) meetings equals one full cycle of GOGI studies and these meetings are according to the GOGI Calendar. In many cases, due to missed meetings, one or more tools will be missed. That is OK. Fifteen meetings equal one complete cycle, regardless of the tool studied. Remaining on Calendar is what defines GOGI as GOGI.

**TIME OFF CREDITS** – Some departments of corrections issue “time off” or “good time” or a reduction of sentence for attendance-based rehabilitation. For example, California may issue “RAC” time off credits for *some* GOGI meetings. In the case where time off is provided for attendance, GOGI does not issue credit nor does GOGI document attendance. Receiving both GOGI credit and “time off” credit is considered by Department of Corrections as “double dipping” or getting two credits (time off and GOGI credit) for one activity (attendance). In this case, GOGI does not document or award credit. GOGI won’t award attendance credit so the student will receive time off from the institution.

**WORKBOOK CREDITS** – Where “time off” is issued for participating in a GOGI meeting, GOGI credit is only earned with the completion of the GOGI GROUP CERTIFICATE or GOGI LEADERSHIP workbooks. These workbooks are completed outside of attendance-based meetings. Because they are not completed during the weekly meeting, they are not considered a double credit. The workbook that GOGI has developed to document fifteen GOGI meetings is a SELF STUDY course completed outside of the meeting time. In this case, GOGI issues a credit for completion of each workbook documenting fifteen Mentor Circle meetings.

**GOGI MATERIALS** – At GOGI, we are working very diligently to make as many books and in-cell self study workbooks, group study workbooks available as soon possible so each and every GOGI meeting and all individual study has the benefit of ample source materials. While every Official GOGI Meeting is on calendar, the information contained in any of the GOGI books or workbooks is great to stimulate discussion and direct the area of study for a group.

**IN CELL SELF STUDY** – GOGI is emerging as a leader across the US in our in-cell self, and self study curricula. We offer certificates of completion and student report cards for individuals completing our in-cell self study courses. GOGI’s IN-CELL SELF STUDY does not require a group and completion generates a certificate and report card from GOGI.



**Rogue GOGI** – You know your group is failing to be official if you are using material that is not published by GOGI's nonprofit, or if you are making unauthorized copies of GOGI's courses or workbook pages to have attendees fill out. You are failing to be official if you do not sit in a closed circle of chairs called Mentor Circles and do not make every attempt to remove tables or furniture from your circle. You are failing to be official if your Mentor Group is larger than 12, if you are off calendar, or if you do not close the meeting with the GOGI Pledge of Service.

**King GOGI** – You know you have a "king GOGI situation" when one person speaks more than the others during any meeting. At GOGI, our best facilitators are the ones who say the least, not those who speak the most. You fail to be official if there is anyone standing during the meeting, if group members are not seated directly in the circle, if a podium is used, or if a whiteboard or blackboard is used. Please know that Official GOGI is when all members have a voice and when there is a rotation of duties each week. The finest GOGI Peer Coach or GOGI facilitator is one who encourages the quietest individuals in the group to find their voice.

**So, What Do We Do?** If you are not official, get official! Please circulate this handout to as many people in your group as possible. Take a vote. Does your group want to fail to meet the minimum standard to qualify? Or does your group want to be AN OFFICIAL GOGI GROUP?

## The GOGI Calendar

JANUARY	FEBRUARY	MARCH	APRIL
Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS	Week 1 FOR-GIVE	Week 1 BOSS OF MY BRAIN
Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS	Week 2 WHAT IF	Week 2 BELLY BREATHING
Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK	Week 3 FIVE SECOND LIGHTSWITCH
Week 4 POSITIVE THOUGHTS	Week 4 LET GO	Week 4 ULTIMATE FREEDOM	Week 4 POSITIVE THOUGHTS
Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE
MAY	JUNE	JULY	AUGUST
Week 1 POSITIVE WORDS	Week 1 FOR-GIVE	Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS
Week 2 POSITIVE ACTIONS	Week 2 WHAT IF	Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS
Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK	Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY
Week 4 LET GO	Week 4 ULTIMATE FREEDOM	Week 4 POSITIVE THOUGHTS	Week 4 LET GO
Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Week 1 FOR-GIVE	Week 1 BOSS OF MY BRAIN	Week 1 POSITIVE WORDS	Week 1 FOR-GIVE
Week 2 WHAT IF	Week 2 BELLY BREATHING	Week 2 POSITIVE ACTIONS	Week 2 WHAT IF
Week 3 REALITY CHECK	Week 3 FIVE SECOND LIGHTSWITCH	Week 3 CLAIM RESPONSIBILITY	Week 3 REALITY CHECK
Week 4 ULTIMATE FREEDOM	Week 4 POSITIVE THOUGHTS	Week 4 LET GO	Week 4 ULTIMATE FREEDOM
Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE	Week 5 REVIEW ABOVE

## THE FUTURE OF GOGI MEETINGS – Coming in 2021

**PowerUp! GOGI Meetings** - In a pilot program currently being conducted, GOGI has introduced attendance-based **PowerUp! GOGI Meetings**. These meetings will not require text materials or workbooks and at this point are not available to any institution outside of the pilot program.

Depending on the level of collaboration with the hosting institution, or other credits offered to the student by the institution, GOGI may or may not issue attendance-based credit to participants who complete attendance at fifteen (15) Mentor Circle meeting. The credit title GOGI may issue is the "PowerUp! GOGI – Attendance of 15 Mentor Circle Meetings".

GOGI is currently in development of this attendance-based meeting record for the incarcerated. GOGI will release a **PowerUp! GOGI Meeting Manual** by 2021. For several years until PowerUp! GOGI Meetings becomes as common as other community-based meetings, it will be required that a certified GOGI Peer Coach or GOGI Coach be authorized to oversee these meetings.

This meeting format and the credit which it may or may not generate will only be available at institutions where an approved, certified, and authorized GOGI Peer Coach or GOGI Coach is in place to oversee the efficacy of meeting protocol, and only in environments where sufficient GOGI text material is made available to participants.

# GOGI Has Restored My Humanity

By Peer Coach Keith E. Erickson

No more than 5 years ago my life felt as if it were on autopilot. I'd been incarcerated for the past 25 years, I'd walked away from the gang subculture in prison which I'd been a fixture of for so long, and I was going through the day-to-day process of 'existing' rather than 'living'. I had been the poorest BOSS OF MY BRAIN you can imagine. GOGI would show me otherwise.

I never understood how much control I could have over my own life, because I hadn't stopped to consider how much of it I'd 'freely handed over' to others around me by making effortlessly poor choices and conducting negative, destructive actions. Having control of my life was something I never had, let alone thought that 'twelve tools' could help me obtain. What they ended up doing for me, was each tool gave me clarity of my place and responsibility in the world despite where I am or where I've been - GOGI restored my humanity.

GOGI had come into my life at a particular time when my heart and soul needed it the most. I had become physically shackled by the consequences of my longstanding lifestyle, not knowing how I could ever truly distance myself from the past, and I'd literally felt guilty and ashamed of many things I could not go back and change or let go of. Moving forward we would end up happening for me, but it would take a commitment from me that didn't seem easy at first.

My stepfather was a heroin addict and nearly killed me at the age of 11. I spent my youth as a constant runaway in the juvenile system as well as the California Youth Authority, and in my early 20's my biological mother manipulated me into shooting and taking the life of her then abusive boyfriend. Needless to say, I was a bi-product of harm that had been done to me and therefore kept the cycle going by making additional poor choices in my life. The answers had always been there; why I was doing this self-infliction upon myself that did nothing but bury me deeper and deeper, but, I had never wanted to go within myself and face what I needed to. GOGI had given me self-awareness, insight, but most importantly the courage to do just that - "Go back inside of myself to find the answers to my life". We all have a place in this world and none of us were ever meant to be imprisoned, physically or mentally.

Of the twelve tools the one I have wielded myself with the most has been one of the Tools of Moving Forward, CLAIM RESPONSIBILITY. I am capable of waking up each day, taking my life in the palm of my hands, and reshaping it into a brand-new start each time. I'm no longer chained to my past by following the same old script of old guilts and resentments, which now allows me to focus on today and be a better version of "Keith Erickson", the man I had always been meant to be. I've CLAIMED RESPONSIBILITY for my actions and reactions today. And that's what tells the world around me that "I am GOGI". It does so much to the heart, mind & soul - it works.

Today I am everything I was meant to be because of GOGI. I am a husband, a father, a son, and a brother. I wake up living with kindness and love; and being of service to others around me is what has restored my humanity. Thank you GOGI for teaching me how to be all of these things.

I am BOSS OF MY BRAIN  
I am BELLY BREATHING  
I am FIVE SECOND LIGHTSWITCH  
I am POSITIVE THOUGHTS  
I am POSITIVE WORDS  
I am POSITIVE ACTIONS

I am CLAIM RESPONSIBILITY  
I am LET GO  
I am FOR-GIVE  
I am WHAT IF  
I am REALITY CHECK  
I am ULTIMATE FREEDOM

I am who I was always meant to be.



GOGI Leaders inside, would you  
like your loved ones out here in  
the community to learn more  
about GOGI?

Have them contact us at:

[www.facebook.com/groups/TeamGOGI4Life](http://www.facebook.com/groups/TeamGOGI4Life)  
[TeamGOGI4Life@gmail.com](mailto:TeamGOGI4Life@gmail.com)

Getting Out By Going In (GOGI)  
PO Box 88969  
Los Angeles, CA 90009  
310-402-9642  
[info@gettingoutbygoingin.org](mailto:info@gettingoutbygoingin.org)



TO SUPPORT GOGI INSIDE AND OUTSIDE THE WALL

A collection of 14 beaded necklaces with square pendants, displayed in two rows of seven against a pink background. Each pendant features a different color combination for the letters 'GO'. The top row includes necklaces with yellow, green, blue, light blue, green, orange, and light green beaded cords. The bottom row includes necklaces with black, black, black, black, green, and black beaded cords. The pendants are square and feature the letters 'GO' in a stylized font, with the background color of the pendant matching the cord's color scheme.

A black baseball cap with a flat brim. The front of the cap features the text "I AM THE B.O.M.B." in large, bold, white capital letters. Below this, in smaller white capital letters, is the phrase "(BOSS OF MY BRAIN)". A small registered trademark symbol (®) is visible to the right of the "B.O.M.B." text.

[illegible]

**Boss of My Brain**  
Belly Breathing  
Five Second Lightswitch

Weeks to Study **Boss of My Brain** are:  
1st Week in January, 1st Week in April,  
1st Week in July, 1st week in October.

[illegible]





You're invited to our October and November  
'PowerUp! at the Park!'

**October 20, 2018**

Crystal Springs Picnic Area @ Griffith Park

4659 Crystal Springs Dr.

Los Angeles, CA 90027

1:00 pm – 5:00 pm

We will be raffling off a GOGI light and a  
lunch date with Coach Taylor!

**November 17, 2018**

1:00 pm to 5:00 PM

El Dorado Park

2800 Studebaker Road

Long Beach, CA 90815

1:00 pm - 4:00 pm

We will be raffling off a GOGI light and a  
GOGI necklace handmade by our GOGI Men at ISP

To RSVP:

[facebook.com/groups/TeamGOGI4Life](https://facebook.com/groups/TeamGOGI4Life)

[TeamGOGI4Life@gmail.com](mailto:TeamGOGI4Life@gmail.com)

[m.me/TamaraEatonDeLaCruz](https://m.me/TamaraEatonDeLaCruz)

**BRING A CHAIR! WE WILL BE SITTING IN A CIRCLE(S) IN THE GRASS AREA.**

We'll be having a 'PowerUp! at the Park' group meeting at different locations each month. We will discuss the tool of the week and how we can use our tools to become the solution to the issues in our community.

The GOGI PowerUp! is a celebration of solutions and 2019 will be the year of the 'GOGI PowerUp! Explosion'. All of us are the 'PowerUp! Pioneers' who will blaze the trail and get the community ready as our loved ones come home and take the lead in facilitating groups, educating the youth and making GOGI a household word that means 'SOLUTION'.

**GOGI 4 Life!**

# GOGI SHOUT OUTS

TO OUR INCARCERATED LOVED ONES



Sir Jimmy James!

The time has been short,  
the year is flying by fast.

Started writing then you introduced me to a lifestyle

Of giving and receiving, What is that!?

You helped me see beyond my past.

You went right through my walls and I started believing!

There really is someone who is committed to try;  
to work, to share, to communicate, to achieve not be  
deceiving.

You showed me change, you showed me understanding,

Love, friendship and humor too!

Thank you for pulling me into your world,  
for sharing GOGI – it really IS words to live by!

When you get out, I will be by your side.

You are a GOGI Firecracker  
and I want to watch your sparks fly!

I Love you! Your B.A.D. girl!

Barbara



A shout out to my baby  
brother Lance Brittain, The  
GOGI principles you've  
shared with me and that  
you are doing on a daily  
basis in your life, has  
helped changed your  
thoughts and actions.

**Your my hero!**



Luv you,

Lisa

I want to make a shout out to my man Samuel P.  
that is in Donovan State Prison who has just  
recently received a GOGI book and is very  
happy to have it and reading it. I'm very proud  
of him that he's taking a step in using the tools in  
this book.. He's looking forward to learning more  
about GOGI. Proud of you babes! Love you!  
REALITY CHECK - Ten steps forward and two steps  
back is still 8 steps forward.

Brenda



# My Getting Out By Going In

by Ronnie Johnson

My name is Ronnie Johnson. In the end of 2009, and beginning of 2010 is when a decision to let go of my destructive self-will took place. Back then, I viewed the world and people through a skewed perception. I was a selfish, violent gang member and criminal. I did not understand at that time the difference between self-will and free-will. Because of my stubborn adherence to my own desire, my self-will contributed to me making the choice to join a gang and commit violence to hide my fears and low self esteem. My thoughts and beliefs became distorted and deviant.

As I take this action toward ULTIMATE FREEDOM with the help and guidance of the GOGI tools, I have been blessed with the free-will to choose how I want to conduct myself. I'm aware of my character defects as I strive every moment of my day to follow an improved moral compass, and this starts with the realization that I'm the BOSS OF MY BRAIN. Not only have I been in many different self-help programs, I've also maintained leadership roles in Criminals & Gang Members Anonymous (CGA), the Alternatives To Violence Project (AVP), and what responsibility comes with it. I have learned how to live the principles of these programs because of the realization that I'll always be a work in progress, and that I am responsible for every part of my attitude, decisions, and behaviors. I no longer believe it is anyone or anything outside of myself which is able to dictate how I should act in an irresponsible fashion.

## Tools Of The Body

Being the BOSS OF MY BRAIN allows me to use the smart part of my brain when I'm dealing with a negative situation that can lead into conflict. I can change my thoughts at any time, when I ask which part of my brain I'm using. I use BELLY BREATHING as an effective tool so oxygen will enter my brain. Breathing with my belly-not my chest-allows my brain to work better to make positive decisions. The FIVE SECOND LIGHTSWITCH is available for me to realize that my old thoughts can be replaced with a new action. I can flip the switch and instantly change any negative circumstances into a positive action.

## Tools Of Choice

When a negative situation happens, I do my best to maintain POSITIVE THOUGHTS. I understand that life is difficult sometimes and the easiest thing to do is just give up. By practicing POSITIVE THOUGHTS each day, I make sure that my thinking is Powerful, Productive, and Positive. Before I react, I choose my words so that I do not encourage negative feedback. I do this by using POSITIVE WORDS; the words I use will express what type of character I possess and it has a unique way of attracting POSITIVE ACTIONS because I am no longer the old person I was. I create my positive future by controlling my behavior rationally.

## Tools Of Moving Forward

When I CLAIM RESPONSIBILITY for myself, it is not only about my past, it's about my actions in the present day. This has helped me to understand how to deal with my problem and handle them positively. There are things that are sometimes too big to handle, or not in not in my control. This is when I start living in the present and LET GO. This permits me to Hand/Squash/Toss any daily irritations that come my way, making it easy to FOR-GIVE, being sure I am safe from harm and hurt. For me to give back, I have to be in a safe position to create the time and energy because anything is possible.

## Tools Of Creation

WHAT IF there was a chance we can go back and do things differently? Would you? There are all kinds of positive possibilities for a positive future. What If gives us a glimpse into what might, and can be possible. But no matter what, it's always good to have a REALITY CHECK because we are only human; we are going to make mistakes. No one is perfect. However, that does not mean we cannot be successful. The 10 and 2 rule apply and helps me stay on track, and eventually obtain ULTIMATE FREEDOM by living the GOGI way. I do this by being in the service of others. I choose to live for something more than my own desires, not for glamour, or a pat on the back. I do what I do because it's the right thing to do. GOGI 4 Life.

# GOGI GRUB

## RECIPES FROM BEHIND THE WALL

### GOGI MENUDO

1.4 oz	Chili Picante Corn nuts
2 oz	Caso de Oro Pork Cracklins
5 oz	Summer sausage
0.7 oz	Tito's pickled Jalapenos Peppers slices
2 tbl	Tapatio Hot Sauce
3 oz	Chicken Flavor Top Ramen Soup
1	Medium Size Trash Bag

### Instructions:

- 1<sup>st</sup> Break Top Ramen soup into 4 pieces and place in bag
- 2<sup>nd</sup> Pour corn nuts & Pork Cracklins into bag with soup.
- 3<sup>rd</sup> Slice up summer sausage into chunks and place into bag along with the jalapeno peppers.
- 4<sup>th</sup> Add the hot sauce & chicken broth.
- 5<sup>th</sup> Add hot water about 2 inches above the food in the bag, and let it sit for 3-5 min.

When done pour into bowl or large cup and enjoy.

GOGI POWERUP! GROUP MEETINGS ARE HELD EVERY MONDAY NIGHT FROM 8:00 PM TO 9:30 PM PT AT THE INTERNET LOCATION BELOW:

<https://global.gotomeeting.com/join/810547709>  
To call in: (872) 240-3311 Access Code: 810-547-709

"The goal of the PowerUp! meeting is to create a PURPOSE and MEANING of SERVICE for that week. That is where the GOGI gets their power..... We PowerUp! by LIVING A LIFE OF SERVICE."

Twice a week, on Monday and Wednesday nights, we study the Tool of the Week, according to the GOGI Calendar, just like our loved ones do inside. We invite you to attend and participate, as you are comfortable.

Our GOGI PowerUp! meetings follow the same format, same tools and same material as the other GOGI group meetings around the world. Our only difference is that our PowerUp! meetings are currently internet based, via webinar/conference call.





# GOGI ART

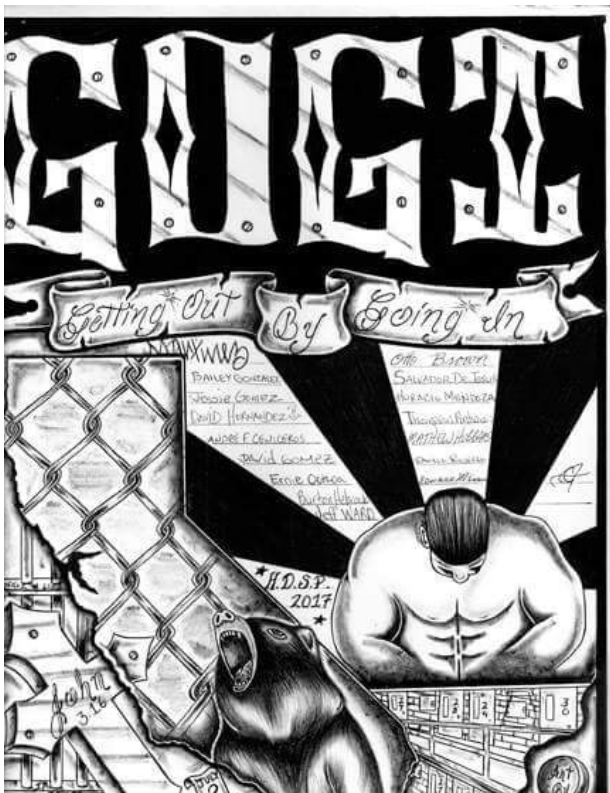
A GIFT TO GOGI FROM THE INSIDE



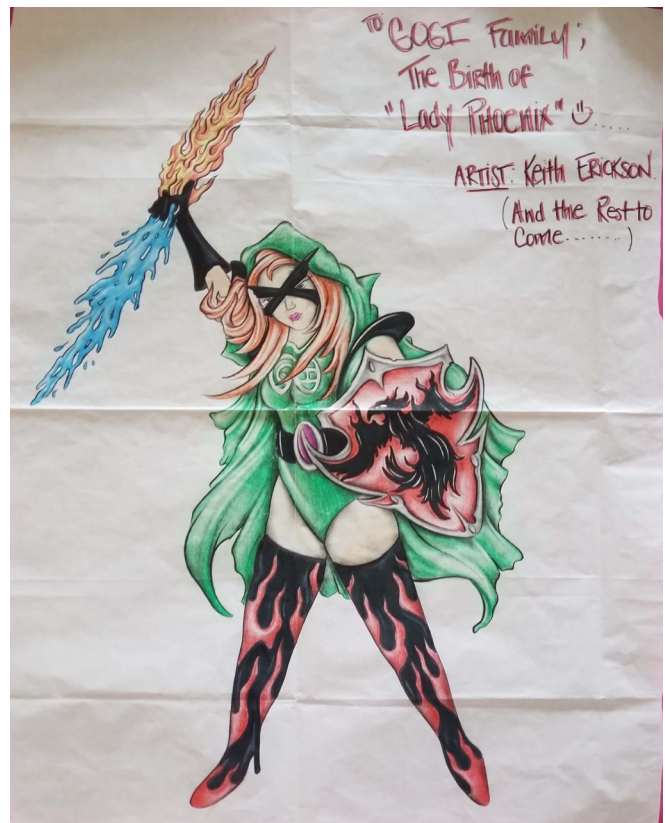
BOSS OF MY BRAIN's 'Mr. Bossman' by Peer Coach Keith Erickson @ PVSP



PowerUp! Phoenix by Christopher Savant @ ISP



Art is gift to GOGI from student Armandos



'Lady Phoenix' by Peer Coach Keith Erickson at PVSP

## Cryptograms

Each of these cryptograms is a statement in substitution code. POSITIVE WORDS might become WCKXYXNA DCURK if W is substituted for P, C for O, K for S, X for I, etc. Break the substitution code and reveal the statements regarding October's Tool of the Month - WHAT IF.

Good luck GOGIs!!

1. NEEZ EU KTHMNB EY

2. JVMN BU

3. YE NE NVH XMGN

4. LHG NE NVH UINITH

5. JVMN BU B MD YEN DL XMGN?

6. EXNBEYG EU MKNBYA MYS THMKNBYA

7. KEYGBSHT XEGGBRZBNBHG

8. GHH M XEGBNBOH EINKEDH

9. JVMN BU B MKNIMZZL BDXTEOHS DL ZBUH NESML, NEDETTEJ MYS NVH YHPN SML?

*Created by Team GOGI 4 Life Admin - Monica Germana.*

*\*\*The code will be supplied in the November issue of The Trifecta.*

## Go Ahead, Underestimate Them

**GOGIES! Have no fear, your Streetwise GOGI is here! Let me bump my GOGI gums for a minute or two.**



Written by  
Streetwise GOGI

Posted on  
October 17, 2018

I have learned a lot about men and women who are locked up, especially lifers. They aren't all 'monsters'. They aren't all 'bad people'. They are men and women who committed a horrible wrong. But like the prodigal son, they are worthy of forgiveness. They are worthy of a chance at rehabilitation.

Men and women in prison are the forgotten. The ugly outcome of societies failures. And society doesn't like to admit failure, so it locks these men and women away and hopes to never be bothered by them again. Out of sight, out of mind, right? "Let's just pretend they don't exist", society whispers. To which I respond "go ahead society, underestimate them ..... This should be fun."

Through GOGI, I have met poets and artists. I have met men and women who have earned degree after degree while being incarcerated. I have met men and women who have become Peer Coaches and help others learn the tools of GOGI; Certified Drug and Alcohol Counselors, so they can help their fellow prisoners who are fighting addiction; paralegals who help their fellow prisoners fight their cases.

I have met men and women who mentor at-risk kids from inside their prison cell. I have met men and women who have accomplished more in their lives than I could ever dream of accomplishing. These men and women face a warzone every day of their lives. They see death all around them. Yet, some of them rise above and stand alone, if necessary, to let everyone know **that is not who they are any longer**. They realize they deserve better than the politics and racism and hate and death that prison-life breeds. They realize they can have a purpose even though incarcerated. They can make a difference. They realize they are in a unique position to try and reach a population that most people can't access.

Making amends and giving back to their community starts inside the walls. If they can pay forward what they have learned to just one person and teach that person to pay it forward to another, slowly the entire atmosphere of a prison yard is changed. Slowly, a feeling of unity and peace can emerge that is able to combat the hate and mental imprisonment of those around them.

*Cont'd on next page*

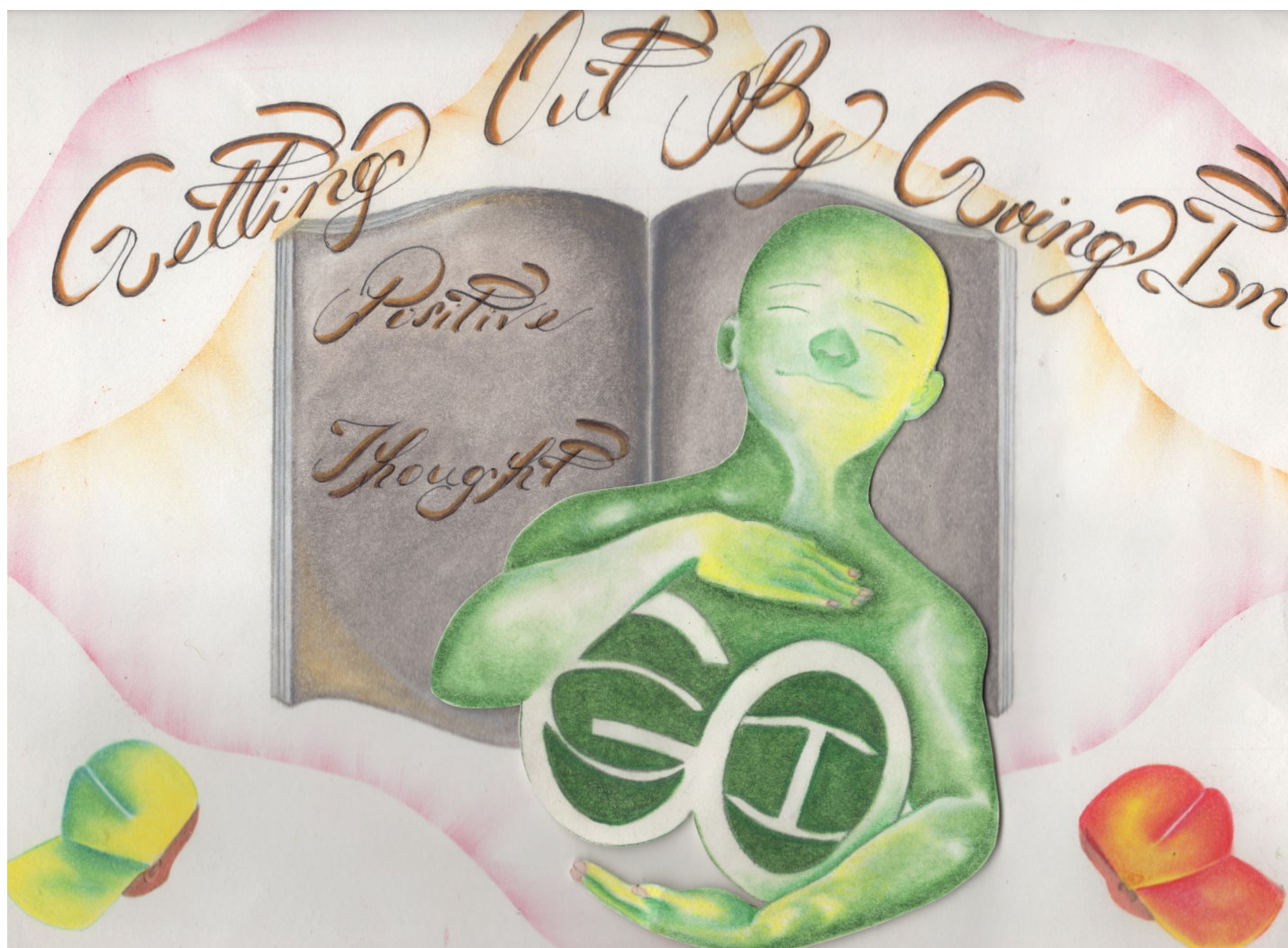


*Streetwise GOGI — cont'd from page 15*

GOGI's Tools of Positive Decision-Making can, has and continues to help incarcerated men and woman break free from their mental imprisonment, so that once their physical imprisonment ends, they are ready to become leaders in their new community.

This is what GOGI **can** do. This is what GOGI **does** do.

**GOGI 4 LIFE!!!** 🦊





# INNER GOGI

Sit back, relax and lend me your ear.  
Waxing philosophic is what you're about to hear.

I'll lay it down easy, one step at a time.  
Just remember to give me my props at the end of my rhyme.

G to the O to the G to the I.  
Don't let the funny spelling mystify.  
If you can say Yogi, you can say GOGI.

BOSS OF YOUR BRAIN is who you really want to be.  
And BELLY BREATHING is good for both you and me.

If you're really stressed out take a FIVE SECOND LIGHTSWITCH.  
Just flip that switch and throw those negative thoughts right in the ditch.

The 3 P's will never do you wrong.  
That's why I made them part of this song!

POSITIVE THOUGHTS become POSITIVE WORDS which are manifest in POSITIVE ACTIONS.  
We're already 6 tools in, can you see the attraction?

Now let's get deep and CLAIM RESPONSIBILITY.  
Take pride in your good choices and let the bad ones be.

LET GO of the past. It's lost all its charm.  
And, FOR you to GIVE, you must be safe from harm.

Are you at a fork in the road?  
Ask yourself WHAT IF and lighten your load.

Get you a REALITY CHECK and accept you're going to make mistakes.  
Just remember 10 steps forward and 2 steps back is still 8 steps ahead, so get back on track, jack!

Well what do you know, there's ULTIMATE FREEDOM up ahead.  
Even if the body is imprisoned, the mind can be free;  
but only if you really want it to be.  
The choice is yours and yours alone.  
I know it's scary to step out into the unknown.

You have nothing to lose and everything to gain.  
So, buy a ticket and jump on this GOGI Train.

Wow, look at that, I finished the final verse.  
But don't get all upset and start to curse.  
I'm always with you, come rain or come shine.  
I'm your inner GOGI. That why you look so fine.

A Gift to GOGI from Tamara De La Cruz

# TEAM GOGI 4 LIFE! 🦊

An Acknowledged GOGI Community Group



**TEAM GOGI 4 LIFE!** is dedicated to bringing the **GOGI** 12 Tools for Positive Decision-Making into the community, by way of the PowerUp! Group Meetings. The Positive, Powerful and Productive results of learning GOGI helps us overcome the negativity that results from guilt, pain, sadness, loss, abuse and disappointment we have allowed to imprison us mentally. When implemented into our daily life, the **GOGI** Culture and Way of Life provides a clear pathway to mental freedom which is fueled by our service to others.

The positive culture of **GOGI** results from excellence in simplified and relatable decision-making solutions delivered as self-study, in small learning groups, and as formal leadership training programs. The culture is further supported in the community by media, social media, volunteerism, and community engagement focused on sharing the **GOGI** Tools for Positive Decision-Making.

**GOGI** is the voice of everyone who is willing to become the solution for the challenges within themselves and their communities.

**TEAM GOGI 4 LIFE!**

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