

GOGI PRO Gram File

Getting Out by Going In

GOGI Founder and Lead Listener, *Coach Taylor*
shares the history of GOGI with Coach Chris Gonzales



Coach Chris: Tell me a little bit about yourself and your educational Background.

Coach Taylor: "I got my name from the prisoners at Terminal Island Federal Prison during sessions where I would help them explore solutions to life's inevitable challenges. As a psychology student at the time, a tour of the prison sparked familiarity within me. The prisons LOOKED like how I FELT. I was struck by the sense of PEACE that many of the men exhibited, a quality I was not seeing in the outside world. Leaving the past and any certainty for the future behind, I dove all in as a volunteer inside prisons and jails, a place where I found my own freedom and a place where I help other find there's."

Coach Chris: If you could, talk about the history of GOGI, what it is, and why you're so passionate about working with incarcerated men and women.

Coach Taylor: "GOGI's name was given by one of the first GOGI students. When speaking about the human brain, one of the students asked me a few questions then came to a conclusion, "What you are telling me, Coach Taylor, is that to get out of prison, I need to go inside for the answers." The man next to him thought that was kinda funny and replied with a chuckle, "Yeah, getting out by going in." The guy next to him took the conversation a little further and said, "GOGI... Getting Out By Going In." And that is how GOGI got its name. The passion I feel about GOGI is similar to the passion anyone feels when they know within every cell of their body that they can make a positive impact not

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only in their own lives, but in the lives of others. That passion is not unique to GOGI, but it was certainly unique to me and it has been the driving force behind the last 24 years of volunteerism as the lead listener at the Getting Out By Going in non-profit organization."

Coach Chris: What are the 12 GOGI Life Tools, and who created them?

Coach Taylor: "The GOGI Life Tools were created by the first GOGI students. Men incarcerated at Terminal Island Federal Prison created six of the Tools and simultaneously to their exploration, the first GOGI Campus GOGI Girls created [the other] six Tools. [They include *Boss Of My Brain, Belly Breathing, Five Second Lightswitch, Positive Thoughts, Positive Words, Positive Actions, Claim Responsibility, Let Go, For-Give, What If, Reality Check, and Ultimate Freedom*]. Each of these Tools were created to address specific concerns experienced by the incarcerated individuals. I listened, and packaged these GOGI Life Tools in as many ways as possible so the voice of the prisoner could be heard, providing them a way to make amends to society, and try to make right all the wrong that they had experienced and inflicted on others."

Coach Chris: In your experience, how does the fact that GOGI was created by other incarcerated men and women add to the credibility of the GOGI Life Tools?

Coach Taylor: "The GOGI Life Tools have proven to work for men and women who have caused the most harm and who have been the most harmed individuals on our planet. If they work for those who suffer the greatest trauma, it stands to reason that the GOGI Life Tools should be included in every childhood school curriculum, to permit children to understand how to process life's inevitable harms and challenges. The goal of sharing the GOGI Life Tools is to reduce harm and empower all humans to move more solidly into harmony with self and the world around them."

Coach Chris: What is the goal behind these tools?

Coach Taylor: "The goal of the GOGI Life Tools is FREEDOM... starting with freedom from harm to self or others. This means strengthening sobriety of all kinds, strengthening the human body through healthy foods, healing the traumas and moving beyond the hurts, and permitting every human to move through their life experience with a focus on being of service and helping others as often as possible."

Coach Chris: As a Certified Community Coach, I have become very familiar with the idea that GOGI is not a "program", but rather a "way of life." What does this mean, and in your experience, how does that change the way GOGI students approach the weekly meetings and self-study courses?

Coach Taylor: "For more than 20 years, I have avoided the scientific study of the GOGI Life Tools and all the formats in which individuals learn the GOGI Tools. The reason, is clear. The second you study something, you must package it, measure it, count it, and define it so strictly that it limits variations. Variations can't be studied. The GOGI Life Tools are not a program. They are Tools anyone can use any way they wish. This reliance on the individual to define their own method of Tool application is the foundation for what is growing as the culture that is GOGI. While the money for programming would have been very helpful, the box a study would have placed us in would have negated the voice of the prisoners. Prisoners wanted, needed, and yearned for a CULTURE rather than a program. Programs get completed. GOGI is for life."

Coach Chris: Is GOGI only available to incarcerated men and women?

Coach Taylor: "The GOGI Life Tools are available to anyone and to be shared with everyone. The GOGI Life Tools are most powerfully taught through example. By living the "GOGI Way", meaning utilizing the GOGI Life Tools daily, others can see the benefit of learning more. Example and peer support is the only way to ignite within the soul a trust that lasting change is possible."

Coach Chris: What opportunities does GOGI offer for individuals to continue the "GOGI way of life" post release?

Coach Taylor: "Post release, the formerly incarcerated GOGI student is invited to create opportunities to share the GOGI Life Tools everyday through daily decision making. Remaining connected to GOGI's robust social media is a way to remain connected. As more and more GOGI students return to the community, they will begin to form weekly meet ups, or volunteer opportunities. All new and emerging cultures require brave and committed warriors to remain undaunted and committed to the fire within. GOGI is witnessing more of the GOGI graduates succeeding in living the GOGI Way and sharing it with others."

Coach Chris: If guys are interested in the resources, self study courses, and weekly meetings, what can they do to get started?

Coach Taylor: "GOGI currently offers free [courses] to any setting of detention and incarceration. Staff are provided with the ability to print manuals, courses, handouts, and other free resources. GOGI also relies heavily on our certified GOGI Coaches and our certified GReps for expansion of free materials made available through our volunteerism. GOGI is also expanding its tablet course offering, and will continue to build out a robust tablet GOGI community through interviews with formerly incarcerated GOGI students. GOGI has also expanded to offer the PRISON POSITIVE PODCAST which is available to the general public on all podcast formats. And, GOGI's YouTube channel called GOGI LIFE TOOLS stands as the anchor for the expansion of the GOGI Life Tool culture."

Coach Chris: Do you have anything that you would like to talk about that we haven't discussed thus far?

Coach Taylor: "I often remind the GOGI students that you are the Boss OF YOUR own Brain, by using BELLY BREATHING, you remember. When challenged with anything, just use FIVE SECOND LIGHTSWITCH and move to your POSITIVE THOUGHTS, POSITIVE WORDS, and POSITIVE ACTIONS. As you reflect on all that was, is, and might become, you CLAIM RESPONSIBILITY for your actions and reactions, you LET GO of all that would hold you back from harmony and peace in your life, and, no matter what, FOR you to GIVE you need safety from harm. As you become creator of your daily life experience, you consider WHAT IF you are not your past? You realize you are simply human so you use your REALITY CHECK to get back on track, and most of all, you remember with every moment of everyday that ULTIMATE FREEDOM is through living a life of ser-

If you are interested in attending the PowerUP! meetings here at Deer Ridge, please send an fill out a "ADD/DROP Form" and send it to religious services. Religious Services currently offers the following GOGI Meetings:

Spanish Group: Tuesdays from 9:00 - 10:00 am

English Group: Wednesdays from 8:00 - 9:00 am

Free GOGI courses and book reports are available through Religious Services. If you are interested, send a kyte to Chaplain Pillay.