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Maximum Security

Alan Gompers

After living 40 years in self-made emotional prisons of greed, manipulation and insatiable hunger for respect and self worth, the author finds himself in a physical maximum security prison. Having sold an ounce of cocaine to an undercover police officer, he is sentenced to life imprisonment. The sentence was the only one allowed under harsh New York state laws at that time.

The extreme negativity and deplorable conditions of his surroundings completely shatters the author's ego, creating a switch in his psychological wiring. Under the mentorship of a former Catholic monk, now a disciple of Swami Muktananda, Alan finds a rich freedom behind the walls of his physical surroundings. His meditations lead him to places within himself that he forgot existed, bringing Alan to a state of divine gratitude—a gratitude for all the choices he made that led him to this prison that lead him to his monastic cell, and ultimately led him to God.

His life story is fascinating. Alan grew up in a middle class Jewish neighborhood in New York City. His first career was teaching PE to inner city students. Later, through various turns in his life he becomes a highly successful stock broker. This all comes crashing down as he is investigated for fraud and money laundering. To keep up his lavish lifestyle he turns to selling drugs and this act eventually leads to his ultimate and final freedom.

Alan's book is written with honesty and deep spiritual insight. Many of us will resonate and feel a communion with his spiritual journey, having gone through similar experiences though under vastly different circumstances.

Review by Tony Kainauskas

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