

What did **Mandela** do?

Mandela was in prison for 27 years in terrible conditions. Sometimes he did not receive mail for up to 6 months. Once he was put in a grave and guards urinated on him. His external circumstances were atrocious.

But he stayed positive. He kept working on internal circumstances, trying to improve himself by study, trying to help others, trying to forgive people who offended him.

His heart became ever more magnificent.

When he was released, he unleashed a tsunami of goodness and reconciliation in his nation.