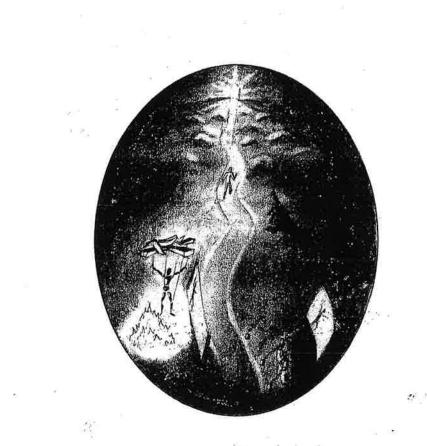
metaphorical meaning of the low wall that receives and apparently manifests the "puppet show images" of these shadows to the chained and narrow-visioned prisoners who have been incarcerated for their entire lives inside of the philosophical cave, with only one fixed position to view it from. What else can the meaning be?

As for the chains that keep the prisoners locked up and divested of true freedom within the cave of their own dim Consciousness, they are a symbol of the ego that has no knowledge or clear perception of the true nature of its own existence — no knowledge of the fact that all things are really one thing, or one boundless and infinite existence vibrating at a possibly infinite and ultimately harmonious variety of frequencies that produce the illusion of there being countless numbers of different forms and individuals whose appearances are always relative to, and determined by, the subjective frequency of the individual mind and sensory organs of any particular ego that perceives these forms. It follows then that these allegorical chains are also beautiful symbols of our closed-minded concepts and habitual ways of thinking and judging the natures of things and situations, as these mental constructs that constitute the ego-personality keep us blinded and unable to behold the light of metaphysical or philosophical enlightenment, which Master Plato indirectly and very shrewdly tells us is the light of

true justice. Not only does Plato's Republic teach us that the mind can be - and that it all too often is - the worst kind of prison that we can ever find ourselves locked up in, this golden dialogue also teaches us, perhaps paradoxically, that the mind is also the key that we must use in order to

free ourselves from that prison. But whether we choose to use that key to free ourselves or not, and to perpetually be the happiness of freedom that's hidden within the darkness of our hearts, which is that invisible reality of absolute oneness called Love, the puppet show of the mind must continue. So let the show go on; and may we find it within the light of Love in our hearts to enjoy the divine dance of life, which is the eternal Play of



LIFE AT THE BEACH were exchanging bitter words over the delicio meals that Madam had prepared that we thought of how we were going to cure the long week end boredoom at home. AF the same time the usual match between Man (4) and Arsenal was about to kick off in our small play ground in the bed room" comm the Radio could not give us chance to concentrate on our game but come with on Boby Winne at Busabala Beach. This messa TEM and not stop the game up to the last whis but stayed in the minds of the game playe It was at this time when we decided togo and cure our well end Boredson

Our bank Accounts were not very happy because the salary had not reached on be that could not stop us from going to the beach therefore we decided to use the Boda Boda i ransport only to be well come bu the clouds of dust on that Morrum stretc fleet of luxury vehicles going to eat sores of lelle Victoria-We were greated by the Sun rays replected

water and the bodies naked brdier beings that were wondering how God. other Created call Small fishing boots could be seen a distar also bussy trying to balance the economics

> THRONK IN PRISON Crisess all people know that life is not good in prison: AH i can Say, Prison is not

agood place at all. But to some people whom i can call footist, prison is the best home for them. To who am I talk about? I those who are always imporsoned for many smes on same coses and ever imprisoned Coses To Mit, life in prison is not good but not to stame extent of being worse than death

It's because I Make life Hery busy in doing Somethings: Forexample: I spend My Time in worshipping, having fan with others, beaching Mu prisonments and in Leathing I get good I Jose on I advices from litterest bind of people At Book in the Good place life went badly was missing my wife and my family But when they started to come and second see Me, I became fine and life move on well And i also started to tearn more things in prison,

I've come to know any that I was afriend to one but now I know am pust afriend to few ones. And I also have to know that I notonger need Momen only need GOD to link Me to Ale primper from in exemplified do pecause and my number one and she's the next

pined Bible study and FALL where I got

Mil two certificates I have been now

QUALITY PLANNING

John Jay poem 6/3/2015

Blessed by everyone I meet

NO. 0

On Course Striving to reach the highest peaks

Full of wind, empty of sin On course is the source, definitely a driving force battle tested, time invested happy trails will not fail stay on track within the pack try your best, pass the test study more get high scores if you believe you can achieve make a wish to enrich whatever that may be, live life free its a perk so do the work working hard your in charge work smarter, not longer and harder feeling good like we should having fun in the sun John Jay is the way happy home to call my own moving fast built to last hocus-pocus or staying focused safe a shore drown no more you've shown me the way now I am ok need to leave hurry please what to do we have a clue you care about me and I care about you plenty of time for us to shine life is a test, we are a team, the best of the best when your in need of help the answer is always yes!

On Course

Striving to reach the highest peaks Blessed by everyone I meet Full of wind, empty of sin On course is the source, definitely a driving force battle tested, time invested happy trails will not fail stay on track within the pack try your best, pass the test study more get high scores if you believe you can achieve make a wish to enrich whatever that may be, live life free its a perk so do the work working hard your in charge work smarter, not longer and harder feeling good like we should having fun in the sun John Jay is the way happy home to call my own moving fast built to last hocus-pocus or staying focused safe a shore drown no more you've shown me the way now I am ok need to leave hurry please what to do we have a clue you care about me and I care about you plenty of time for us to shine life is a test, we are a team, the best of the best when your in need of help the answer is always yes!

Kacish is passed on like, a baton in a relay race People take the ignorant lesson and Reep running with it. Especially when the lesson is coming from home. The lesson that was taught to me at home, is to see every man or woman equally on a human being level Regardless if they are black, white purple or green Seeing people as man woman orchild is the right and respectful way of life. Some times people around me Foday speak in a racial Manner And thinking to myself, my mind begins to Wander. Were they taught these things, did they experience these things, or are they just being ignorant? And depending on the person, it they continue to talk long enough. They will eventually answer these questions for me Now once I get the appear that what will judge my next move Whether It be to embrace that person or distance myself from them. Ignorance can be contagious, and I don't want Tho part of that sick ness.

than me. Maube healthier than me, or bicker than me. I might look at the ups and downs on that tevel but not as far as. he's white so he's better than me. Or he's in a better pesition than me because he's white. It some one is in a better position than me, then he did something that I didn't do. And that let's me know that I need to get on top of my business. The way that he was on top of his. It some one close to me, or people that I may run into, appears to be down on their luck. To the best of my ability I will do what I can to help Thent, no matter their skin color. They could be a total Stranger, My hand would be extended to help them

Throughout my life being cacially profiled has been frequent Car Stops, Stop and trisked, even fired from a Job. Une thing that I won't do is allow it to change my outlook on life and my perception on things. Throughout My life T've learned that ignorance is raught. Noone to born racist.

THRONE IN PRISON Cilless all people know that life is not good in prison: AH I can Say, Prison is not can call booksh, prison is the best home for hem. To who am I talk about? I hase who are always imprisoned for many smes on same coses and even imprisoned

To Mit, life in prison is not good but not being wouse than death It's because I make life bery busy in doing people

BUL when they started to come and second See was a friend to one altiend to few ones. And I also have to know that I notouser used momen Coma any more I only need GOD to link Me to the tight people. And to let my hife always be My primper From in executating go pecanse across is my number one and she's the next

DATA. 15-04-2014. CARTA PARA OS AMINIGOS AUMERIUANOS

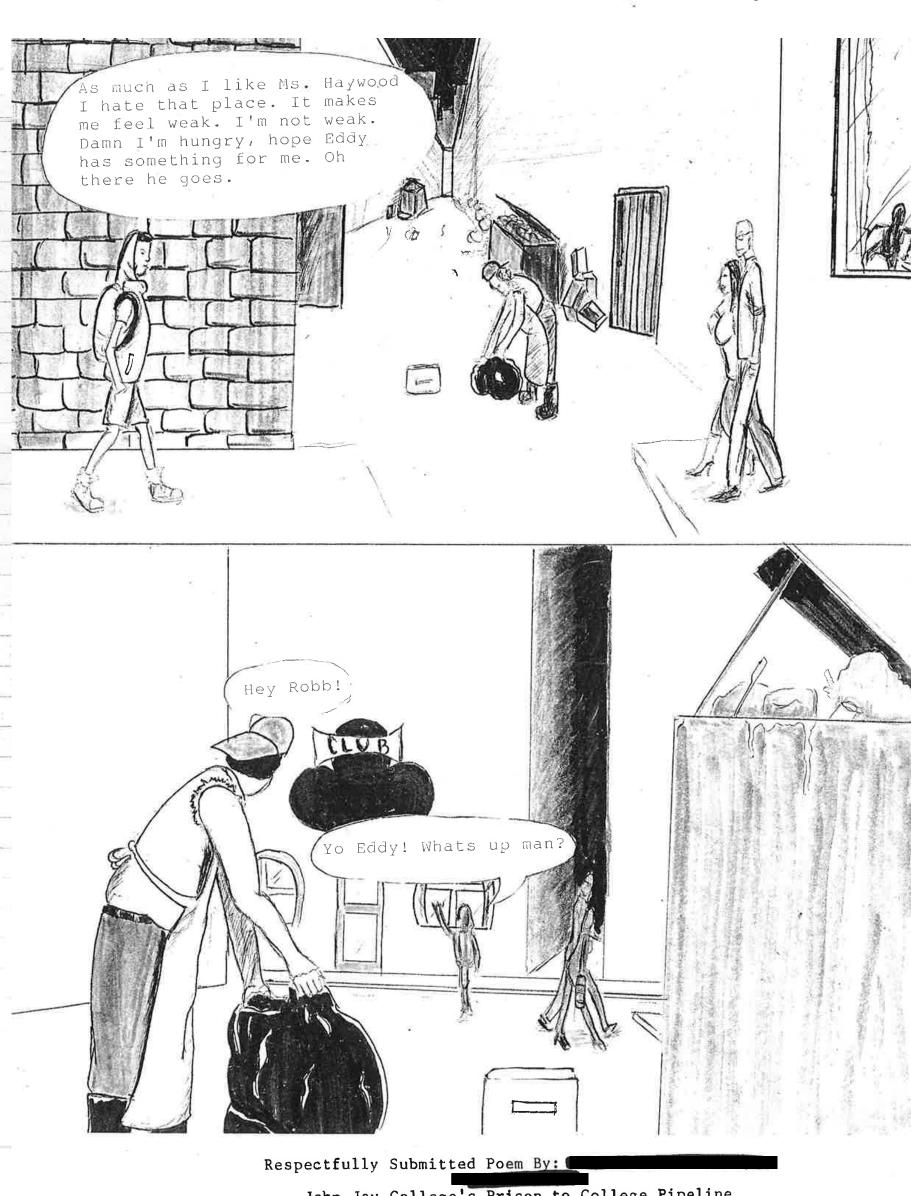
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OLHA A Coisa umais importante sobre A mounta PESSOA É QUE ESTO PROINTO PARA IR PARA A LIBEL Space Guippe DA minha Vion E DA minha FAMILIA ISSO É A LOISA MAIS IMPORTAMITE PARA : WELL É IMPORTANTE TODOS SABEREUM 150. OF

OLHA NA MIMHA OPINIAS O PESSOAL QUE FAZ A H. JOSTICA TIPO TODAS AS ALTORIDADES ELES DEVERIPHIN It was dinning time, when folks and spoons SEREMI MAIS JUSTES COM A ONELES QUE Não BODEUM SE DEFENDER, EU NÃO POHO UMP INDINEIRA LEGIL DE FAZER JOSTIGE DINDE ALTOKIDEDE. COMDENA UNIN BEL SÓ UMB ALTORIDADE DE I'MITEPLETAR.

S WHA E ORRIVEL NEWHE TORK OS HOMENS advertisement of a well celebrated Musicia Courcequeum Subgivivez A isso pois Algunt FUTURE VARIOS POPLEMA DE SAUNE CAUSA MIGITOS TEALUMA EM UMA ORRIVEL HOWER NOS DEVERID Dun YESSOA Sim OK A DISTAMUA DA FAMILIA unvito DIFICIO-OK-WHACHUCA DASTAMTE Hamauri BARDOSA FERREIRA. ASS!

ODS: ESSE TRADALHO QUE A SRA-DRA ESTA FAZENDO É MUITO IMPORTANTE ESPERO EU QUE ATRAVÉS DESSES TRASALHO at the Beach just about seven mile topos VEJAM A Minha PESSOA Como Vima PESSOA 8-AMILIA Filho. <u>58</u> Số Oung TODO QUE PREGISO Own CHAWCE, PARA FAZER UM NOVO - OBRIGADO.



John Jay College's Prison to College Pipeline Otisville Correctional Facility

Is there anybody in there!? Can you hear me!? I am in need of help! Please, help me! Wait, wait; don't go! Please don't go! Come back! Please, just give me a chance! I made a mistake!

Hello!

Words from writer: "At times we find ourselves searching deep within ourselves for help from our innerselves. And when we find that help; At times we choose not to believe in ourselves. Thus victimizing our thoughts in believing that one never had a chance. However, when the realization of truth dawns upon oneself; the individual comes to terms that one never truely knew oneself, and that the strength was always within. And that the person was always one and the same. Respectfully Submitted,

wanted to see that I had the discipline and the tollow through to complete a collegiste level education In light of the fact that I am workle to abtain employment in the field of pharmacentral sales, a consequence of having a felory conviction, pro post release plan involves my getting into residential real estate Considering the austerity in the banks current lending practices it is imperative that I distinguish neglet from the next individual that I'm competing with for Francing, Having a felony conviction is a negative distinguishment that I know I need to overcome but it believe obtaining a college degree in the face of advorty - being incurrented - is a great first step, Our experiences make the filter of our being and picking myself up despite hard times shows character. Its a person who strives to one day be an employer I can't imagine a more desirable attribute, next to integrity, than charactor, Prior to my incarceration I had attended college but lacked the

structure to complete my degree. I am hopeful that I can gain the unbanking while the incarcarated here, and without the districtions I had when I was free, to findly complete what I started almost 10 years ago. I feel that the increase in responsibility associated with higher education will better prepare me for my release. After all, the level of responsibility in prison is minimal and it allows people (myself included) to get complacent and dependent upon a provider, the Department of Corrections, However, in the free world this is not realistic. People that became dependent upon someone else, governunt de otherwise, ouvely get ahead. To the contrary, such individuals are at the mercy of those who control how much or how little the benefictor receives. Without being free I'm not sure to what extent I'm afflicted. I do know that I've aliens had to put forth rouch effort to get average grades in solval. Education has never been something that came easy to me in a class come and therefore I know that being entalled in college Cover courses I will more goars, had the expenserie of carming my way, rather than

> I'LL NEVER LOVE YOU (W4) by Sgkaan

I almost didn't see you Walked by so tenderly Sat by the parlour door Watching me sweep the floor I choose to ignore you

Innocent of past pains My new sleeping mate Disregarding your glance There when I awaken You'd exit soon enough Amorous feeling shaken I called your bluff My great love departed

Charlie's necklace now rests,

Jumping straight to my arms

Loosely around your neck

I refuse your charms

His twilight deserted

The thrust far too deep.

The knife wounds I'll keep

In front of the T.V Is now your dominion Charlie's old position Claimed your distraction

I will never love you My heart is en hardened A solid rock foundation Permitting zero vision.

Good morning young fella! It's abut 5:30 am october 4, 2015. Feling good except for a little tiny itch in my throat an my stomach feels a little queazy. I might be coming down with a cold because of the change of weather and my somach is due to me drinking hot chocholate on top of hot food. I never do that but It was so chilly that I figured I use the hocolate to warm up. Just for the record when I speak of myself feeling good in the morning I'm pertaining to my physical-no body aches, no stiffness, or soreness everything feeling and working properly and my mental-no bad attitudes, no negative thoughts, motivated to do positive things. These are the first things that come to my mind first thing in the morning. Me & KG had a conversation yesterday about why we came here, how we came here and how we plan to never come back here. He 's been home for 30 days after doing 10 years and violated curfew twice and that's why he is here. We both had a bad case of the "fuck it's" and did what we wanted regardless of the consequences and we both agreed that we needed to take a-rest. But I tried to explain to him that once you remove the negative lifestyle you have to replace it with positive activity. I ask him what his strengths were and what do people say good about his character and how do you effect those around you. And he said all positive things like, his smile , his calm demeanor, very approachable. These are attributes of someone who will be good working with people. Assisting people. And I asked him would he mind being a nurse and he said no. But it was bit of hesitation in his response. I believe he doesn't believe he can acheive that. And I think that's what's missing from this program. We are being told in group about our negative lifestyle, why we do it , how we do it, but we aren't really being exposed to ways to replace it. Our strengths aren't being explored individually. The picture isn't being painted clear enough that we can be lawyers, doctor's or businessmen so we settle for construction work, social work, fast food which aren't consistant with our personalities and strengths. I hear it all the time. If one guy gets the message they feel I've done my job. How about if one guy doesn't get the message, I feel my job is incomplete. I understand no one is perfect but how can you be satisfied with those numbers,
1 out of 100. As I said I'll also be speaking about the B.O.T.C.
So the next chapter "rope of sand" exponded on how once the Americans were free of british rule, they struggled with becoming a nation (all colonies livinging in harmony) congressmen wanted to increase foreign trade but without the cooperation of the states who lived by seperate rules it was hard to raise money for armies and navies. It was alot more to it but the bottom line is the new American government in it's infant stage was described as a rope of sand (containing no substance) and the only way to gain stability, was for the states and the congressme to come to an agreement where both powers wouldn't be to much comprimised. I really wanted to shorten up my summary of chapter 2 so I could speak about my day working in the messhall. I had an officer who is known for having a bad attitude but she did't directly bring it my way. It was smooth. I was able to bring back a couple of items and share it with the guys on the unit I was hoping to get paid but I don't think that's happening I got my math work from upstairs. Sorry but this was typed on

Many a times people don't like to struggle digging for gold, but every one like to have yord. However, goto is nover-found on for of the ground. The normed way of history gold is mining. Trings aprocess of Digging with the ground to reach a miniored by this looks to be quite acticoome task to many. And when it comes to ablesons. Many People want to find ? He easy wany. There a pile of debris and beneath it is a piece of gold. Now the ptruggle is now to get this s ransme that is burned beneath the debris - Debri looks musty and no one want, to be must of digging through but if the truth is their there is a treasure Treneuth, only a people who will dig through will find it and who ever feels large to it will not find the trecourse. I have learn't afterior in life that many a times a treasure is never found a someth enry and each time you see a bad place Condition, Difuction, Know that there is a treasure helden Jorne where. I never know there is a blooming even in 121830n. It was not until I was part to prison that , leaving many know and this tearning I mean knowledge, bilitilens and understanding is what I refer to as treasure And prison is what I refer to as debris. It is in Mison that I have learn't that not every surviving force are frue. I have also learned that a friend in need in a friend under I have also learned that when everyone how for somen your, God can so that lake came of you by bringing to you now freends and Gold will viewer for suche you Than also learned the concert of Samue for the future. I have learn't to respect every one as if he as to deci with different Kinds of people, different in easy education, fribe, nationally, behaviour and the

devertheless, the course allowed me to become familiar with literature that required my complete focus, as some were written in the 19th century. One of the more current texts I enjoyed was "Contemporary Moral Issues-Diversity, and Consensus." Mr. Lawrence M. Hinnan. presented several moral, social, politial, and ethical issuses 1. Achieving Democratic Equality- Forgiveness, Reconciliation, and Reparations

I have to say the amount of reading was a challenge all in itself.

2. Hate Crime Laws- Progressive Politics, or Balkanization

because, I'am remissed that this is a ever changing world, and it's people are In closing, higher education is actually interwoven into every aspect of the

candidate for the prison-to-college pipeline

I finished Reading the color of water and must admit that it serves me as a Reminder TO stay on the education path. How success and happiness can come from this. the adventures along this path Gues experience for the life ahead of us. In the book of kings God appears to solomon in a dream and tells him that he may ask for anything, solomon decides he wants wisdom. How was he so smart to chose this popular selections would of BEEN bold, Riches, long life. # appears that solomon had some level of knowledge, TO Know that some of those things we want and then receive can be jost or taken. You lose your kingdom, Gold or any other Riches however wisdom will always Remain. Knowledge has Power that are limitless in any type of occasion. I wasn't supe suprise that all her children became successful in their own distinct way # try to observe Rachel's behavior pattern' and parenthood technique which is very unique and not textbacked. Is not ading and knowing when to get Given her children Heir own Dependency. I would choose

heartedly in anticipation that Twould employ what he taught me and become a greater rock than he was for me. Twould be a fortress for the generations to come just like he was for me. Told my sister that Twould call her back another day because T could not cope

with the news that was just given to me. To needed some time to process this disturbing information. We said our goodbyes and I went to my cube to reflect. "God please help me, T do not know what to do," Thought. T closed my eyes and cried for some time and shortly

Two days later, I did my best to brace myself before calling my sister again. We exchanged our usual greetings and afterwards artildet found out that my grandfather was diagnosed

"One of his kidneps is three quarters infected with cancer, but could be removed and he should recover well. They want to run some test before proceeding" she said. Twas not at all prepared to hear this, but a possible recovery gave me some hope. Twas told that he was in excruciating pain and that the doctors were doing the best that they could do to help him. The thirty minute call ended and \odot hung the phone up with hopes of better news next time.

> **MADNESS** (W7)by Sgkaan

I went to sleep normal I woke up abnormal Those who loved me before Side-stepped for lack of awe Ignored by all around I howled to steal the sound Loud prayers seized my tongue Drowning oft'n abused lungs Insidiously crazy.

Like a door corroded Brain pages impended Devoured sticks of butter Lubricated grey matter My mind was like a book A memory per look Some shifted without aid Others took to seek and hide Reasoning relinguished.

Fresh turning caused me pain Frustrations born from Cain Bridle master unknown Labyrinth's end not shown My eyes locked to thee Don't admonish me My sight didn't fabricate The devil at the gate

Demented disruption

Walk-about in traffic

Bees judged apoplexy Mistaken for flowers I frolic my powers In each of my eardrums Two ants parade to drums Cacophony it brings Dislodge me from these things.

Awakened from rest Lucifer's on my chest My limbs held immobile Flowing tears sting like bile I curse the Lord of lies Beelzebub flips his flies He claims to satisfy Iniquitous to my cry My senses unhinged.

Off intimidation Out manipulation No cats, no dogs or passion I want to sleep insane And wake up clearly sane Pray never disclose As realm of psycho close My madness circumvented.

Spirit binding action

the lessons he taught me into my everyday life. His lessons give me the courage to use the tools he has given me that will make me a batter person. Sive days later he passed away. Through this terrible tragedy 🔊 will rise from the ashes like a phoenix and become stronger, wiser, and more aware of the hidden potential within me. Tam confident that Twill succeed.

An aggressive imagination Blame it on bad luck Desire's supreme fascination Point the finger at art

Fear of uniqueness Failure by design Destined for greatness Self-destruction of the mind

Mental fluctuation A crime against myself A dark place seems to be where I'll always dwell Tolerable to endure long as I help someone else

Mastered the talent of facial expressions Murdered this simple challenge But what happens when I meet the person that can see through this artificial cabaret?

> 5Good morning young fella! I must say that I feel awesome this morning. It is 6am in the morining and I feel well rested. Today is October 1, 2015 and it's halloween month. I love halloween because it's a day where people get a chance to get creative although i have yet to research it's birth. The costumes, painted faces, parties, giving kids scrambling for the best candies, and the decorations. Totally awesome. Let's see, If I were out for Halloween I would be a mad doctor with a blood slatterd doctor's attire and a nice painting on my face. Just the thought of it gets me excited. Now let's have a little retrospect of the previous day's festivities. So yesterday the facility celebrated recovery month by having a festival that consisted of guest speakers and refreshments. It was a time for people who have been able to maintain abstinence for a certain period to celebrate and be proud. I definately can identify with celebrating a positive change because at one time I felt trapped I understand that nobody is perfect but I felt a sense of fakenes because it wasn't any profanity or unprofessional antics. But the next day in group things go back to normal. So I couldn't really get into it but i did enjoy the level of professionalism that was present. Everything that was said was heard before. I'm glad that brothers and sisters were able to have their talent exposed because talent is the driving force of success. You cand have all the skills and knowledge but talent seperaters you form the pack. I had a good workout session yesterday. Ate some beans I felt were very refreshing for my body. I feel I'm not getting proper dosage of protein that coincides with my workout regimen. I was exposed to an employees bad attitude yesterday again which really frustrated me. But I was enlightened by the nurse why this attitude is present. She plainly stated that the officers are always going to be supported by the Union regardless of the accusations put againt them because the workers pay dues. (Delay) Had to go eat. So now I'm going off of what what I wrote in the last sentence. I guess our battle should be with the unions. Now, let's move forward. (thinking) I guess I could end this letter this letter and go on about my day. Looking forward to see my counselor to see if I can still have my job. Feeling kind of restless after I ate, ironed some clothes because I don't feel comfortable in the clothing I'm in. I'm a strong believer in presentation. So until next time. Stay

true to yourself. That's it for this session of "Live with Myself

So moss I feel of don't have any Thing . I can thouse write my Amity who teste me in the House. I believe one day I write Join then and stay wite them.

approvata idade constatui Union I am not delivered by my malediction No escaping heroic thinking, by Pulp Fiction I'm endorsing progression, but I'm enduring stagnation Thirst to reach great Jurisdictions Waiting humbly to find the benedictions Fighting the average and their abductions I don't want respect through abdication considero o sistema peneterciario ob But only by my words of declaration By the peoples' infatuation Illustration of hardship is not an avocation prozidade da jestigo, eo descaso des político For the unspoken need my determination To open cans of worms to provoke liberation Me and the Purpose is in condemnation Pour 27 horas trancados Penttencioner Ilderal Brosder am e do 360 dias, man en

Who will win the Arts of persuasion Hearts will outmatch the mind, through innovation I war for pure recognition Playing chess, preventing negative connotation My sister is my ambition She stares through channels, awaiting my motivation As I rise, I will be her invested elevation I want to be hers, and the Truth's satisfaction

A day I will never torget in my life. what asorrowfull day I will never for get in my life 1. It was 15th 04.1995 that aday furned like abox and 1 could not believe what Iwas seeing and heaving from people, It was like about 5:00 an that I die lost apeson that lloved that most in my Tife and this my grand-mother-amother to my mother star, Cared for me, since I was six months when I was the pless howing no one to look love and cared about me and she was always there for me in good and beid times all my life. (10) Ablacke Can bellich, a case can be dismissed, rich can be do any thing

In appear can aford this to cal, It like a composition. the when it reachs to end esorrows onily, whether, amon, awoma Children Americans, Africans, Educated non; por when time for diparture wheaver in Bir, outside, in hightest searity you will go, life support manchine! It's not there to replace on you to say stay, he is not Curryst so that you give some amound many could stay

you tell strong and fowerful stories!

It has howe of the late Haji and Hatjati Saidi, Ayisha, It was before a Crowd of Joy but to is Sorrowfull all that is the way of 13. Many stop = and new May she rest is the Conternal Jeace:

Time to perceive a better view enlisted because it was a family tradition. I was about your age when my father said to me "Mathius it is time to become a Striving to reach the highest peaks Missing Shelves in my library Couse my mental astalog is full Scarcity of space is insattable They Claim PTSD, however, it's LACK of freedom Flesh bound by Fron And Still I'm free

Blessed by everyone I meet Full of wind, empty of sin On course is the source, definitely a driving force battle tested, time invested happy trails will not fail stay on track within the pack try your best, pass the test study more get high scores if you believe you can achieve make a wish to enrich whatever that may be, live life free its a perk so do the work working hard your in charge work smarter, not longer and harder feeling good like we should having fun in the sun John Jay is the way happy home to call my own moving fast built to last nocus-pocus or staying focused safe a shore drown no more you've shown me the way now I am ok need to leave hurry please what to do we have a clue you care about me and I care about you life is a test, we are a team, the best of the best

when your in need of help the answer is always yes!

natural. You're only

On Course

17 and have the

instincts of a

was a man of

discipline. He was

a mover and shaker

amongst the elite.

An aggressive imagination Blame it on bad luck Desire's supreme fascination Point the finger at art

The Void

With butterflies that carry graces

Black bodies with white faces

No country for alienation

Hatred is a mere imagination

That ruins the art of procrastination

That inhibits the vastness of preservation

Inclined to be a better nation

Bondage of tangibles, even our bodies to our souls

Even our framework to our mold

While worldly desires hinder our growth

No stars, spangles on this banner

A dream we wish to flatter

What's a Declaration of Independence?

A child with hand-me-down shoes

Orphans of a sphere we once knew

American strain, animalistic in a zoo

Where tranquility ensues

Fear of uniqueness Failure by design Destined for greatness Self-destruction of the mind

Mental fluctuation

A crime against myself A dark place seems to be where I'll always dwell Tolerable to endure long as I help someone else

Murdered this simple challenge But what happens when I meet the person that can see through this artificial cabaret?

Mastered the talent of facial expressions

Pt. 1--Pain This is my redemption song My life story Of suffering through Pain On my way to Glory Sleep interrupted Dreams never coming Muffled thumps Is the voice of a diseased person Fistfights at night From a husband & his wife Kids under the bed Hoping to stay out of sight Moms, I love you & though you did your best

Couldn't block the visions

Of you getting punched in the chest

No love in the screams Just shattered bone in the sleeve May baleen couldn't hide the blood I seen Anger infested Chest getting heavy At 9 I became the man of the house When I put 2 in his back & watched him fade out Dark lonely nights

Running back & forth from shelters & we aint had food in weeks Going 2 Salvation Army 'Cause we were salvation starving Do you know what I mean when I say We were poor & we were hungry? Stomach non-existing Sugar water & biscuits Is what feed me & baby sis as kids then

spent the next eight years learning and The trade in all phases Contruction. Tiel people quild houses from the masonary foundation to the Shingles on the noof and everything in between including doors, windows, siding Sheetweek, electrical and slumbing. This knowledge has helped she greatly to achieve a dearer for myself but to prove my teachers

not only did of disappoint my parents and

degree at B.O.C.E.S. during my junior senior

years, So instead of attending College as

caught up with me, and some of the fun

my incarciation to help some immates

up, which in turn gave me a sense of

Dude and accomplishment that I was

whom weren't as fortunate as I growing

which pelped me transition back to society

Contractor upon my reliase in 1986.

by getting a job with a general construction

I became a literacy colenteer during

learned another trade

and I ended up going to prison

gwing bock.

quidance counselos, The regretted my actions

did powerer retain a two year Food Service

my friends was illegal Buggary?

al attained a job as a cook at

Judance courselos nate and to make porents prous Jay is a Rivergeous university I would be humbled and honored to be accepted into your Prison-to-Pipeline Brograma If in fact, of an accepted, I will do my best to make you proud as well.

Crooked Government

Dear politicians I would like to send my condolences, because you are killing us and you don't even know you is. You ask us for our elections and in return you give us neglection, you don't care about

us or how we feel, the only thing you care about is that mighty bill Money on top of money equals to more money, but struggles on top of struggles equals to disasters, tragedies waiting to happen. So, why should we wait until the world ends to make funeral arrangements?

How about we all just lay down on the ground And wait for you to bury us!

As Robb leaves the palace to start his day he crosses paths with



It was hard, but I tried. I fell short and I cried but your lack of support is what tore me inside. I was young. I was chaste.

John Jay College

When I grew tall, I was faced with nightmares and monsters darker than the ones beneath my bed. With goblins and warlocks who haunted me instead.

and the blood within your marrow could never release the chains from this, godforsaken, sparrow.

The pity in your heart

Ya que para mi es muy importante lo que mis padres han hecho por mí. ² Un día lunes 10 de octubre, era mi cumpleaños.

Pues aquí estoy de nuevo, narrando una parte de mi vida.

Llegué tarde a mi hogar, entonces toqué la puerta, "Toc, toc, toc." Mis padres me estaban esperando. Abrieron la puerta y me recibieron con un gran abrazo.

3 Mi madre llorando me dijo: —Hijo, mira como has crecido, solo me acuerdo cuando eras niño, iFeliz cumpleaños!

-Gracias madrecita, ya no llore,—trataba de tranquilizarla, ya que ella es muy sentimental, dejó de llorar y me dijo:

-Christopher, anda a llamar a tus hermanos que vamos a cenar. Está bien madre, respondí yo.

Llamé a mis hermanos y nos dirigimos a la mesa, mi madre nos sirvió una deliciosa comida, olía muy bien, ya que mi madrecita es muy buena cocinera.

La comida sabía muy rico, como la de navidad. Hablamos y reímos mucho en el transcurso de la cena, fue una noche muy especial. Ya casi era hora de ir a dormir, mi madre y mi padre se fueron a dormir, igual que mis hermanos.

Caminé hacia mi habitación muy alegre, encendí mi tv y mi ventilador, me acosté en mi cama y comencé a relajarme quedándome dormido me puse a analizar.

Pensé en los consejos de mis padres, como mi madre me trataba y como había sido de cariñosa conmigo desde pequeño. Y saber que han trabajado mucho para salir adelante, para que viviéramos en un buen hogar.

Me levanté el día siguiente, salí de mi habitación como siempre, mi madrecita no estaba, andaba trabajando.

Todo quedo como si fuera un sueño muy profundo.

Mi padre estaba cuidando a mi hermanito Dominick. Caminé hacia la cocina, mi madre había dejado el desayuno servido para toda la familia.

Me sentía muy triste de saber que todo el esfuerzo que ha hecho ella por nosotros para que fuéramos muy estudiosos.

Siempre nos enseñó a ser respetuosos, ordenados, trabajadores y muy aseados. Hemos aprendido mucho de todo esto, gracias a ella.

Y mi padre no se queda atrás, siempre me enseñé lo bueno y me hizo ver que era lo malo para que no lo hiciera.

Pero no hice caso y en vez de llamar el bien, llame el mal. Pero a pesar de todas mis desobediencias y mis caprichos ellos siempre me han apoyado. Les agradezco mucho por siempre estar a mi lado, en las buenas y en las

Espero que me perdonen por todo lo que les he hecho sufrir, y por no ser el hijo obediente que querían. Al pasar el tiempo cometí unos errores que hoy estoy pagando.

Hasta hoy comprendí todos aquellos regaños, aquellos viejos consejos, aquel gran esfuerzo de mis padres. Lo único que les puedo decir es gracias por todo.

realize that this awareness does not lessen the violent actions that led me to prison. I do not present this experience to invoke pity or to demean the prison guards. Ultimately, it was my actions that caused a ripple effect of violence. However, I share this frightening experience, to highlight that fear has a way of shaping how we respond and continue to live our lives, after we have been affected by it. I choose not to live in fear and become a prisoner of it. Through this understanding, I realize I have the ability to affect people's lives in a manner that is empowering. I utilize this experience so that I may empower others to overcome any traumatic experience with the hope that it leads to healing and forgiveness.

how powerless and helpless they must have felt when I committed this crime. I truly

