

TRULINCS 23038076 - LUMMUS, ALLAN CRAIG - Unit: BAS-H-A

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FROM: 23038076

TO: [REDACTED]

SUBJECT: MP 14 continuation 9-11 Stimulus

DATE: 10/04/2011 06:33:19 PM

9-28-11

MP.14

9-11 Stimulus...continued

Ignorance is a devastatingly accurate description of my psychological/spiritual state during the entire period 2001-2009. By refusing to address my internal existential crisis, I projected the crisis outside me and onto spouse, marriage, job and sought support through pleasure activities like music, sex, internet, and activism.

The path of ignorance led to pain and suffering not only for me, but led to pain for loved ones too. Particularly for my spouse, son, parents and siblings is much harder to handle.

On the one hand, I am in a much better place today than I have been in my whole life. Prison forced me to face my crisis of self. With all my illusions lying shattered on the floor, I began to reluctantly view myself more honestly for the first time. The past three years allowed me to build from scratch an accurate self that sustained me through the first two years of prison. Today I have a daily path that both reinforces my strengths and addresses many of my weaknesses.

But on the other hand, my exuberance with new growth is tempered by grief. Grief in the loss of a marriage, partner, friend in C. Failing to be that good husband who stays with her through it all. Failing to be that good friend whose shoulder could be cried on. Failing to be. Succeeding in destroying the trust we had in us, her in me. In not being. Haunted by the loss in her eyes as we said goodbye for the 1st - only - time in a prison visiting room. Goodbye my love, goodbye my heart. Goodbye. Tear. Next? Silence.

Mindful Prisoner