

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

FROM: 23038076
TO: [REDACTED]
SUBJECT: mp 16 draft
DATE: 11/01/2011 07:48:41 PM

11-1-11

mp 16

Two alternative paths to "my" future.

Prisoners think about what will happen after... a lot. Western prisoners even more so. We came to prison planning our future moves. Thinking about our path to getting happiness. Our path led us here. Behind bars. We need to rethink the path.

I have been drawn to competing but in some ways similarly directed paths.

One. The mindfulness...meditation...teacher. Open a small (rented house? warehouse? storefront?) center that would combine meditation and mindfulness instruction and support groups/classes for addiction (along with some tai chi instruction and prison support on the side). What a dreamy existence. I would start small while "on paper" (5 year probation) because I will have to work a paycheck job. Then gradually I will add more time to instruction till I am primarily a meditation instructor. I could easily combine teaching with visiting local prisons and halfway houses to assist felons in the practice of true-self development. The other.

Two. When I get out seek work in transition housing non profits. Then over time develop the connections to take over/open my own transitional housing facility. The housing would follow a 12 step spiritual model (or possibly a nonsectarian Buddhist model). My addiction and support classes and groups would be my primary activity. My mindfulness and meditation skills would be support for the transition social services. This would be a lot more hectic. I would have to struggle with local, state and federal officials and community interests. A challenge for the contemplative life. But it would be an engaged life. It would make my activists heart happy.

The similar trajectory makes planning easy. Both paths call for me to develop mindfulness and meditation discipline. The later would have me call upon my past activist experience to bring the political, economic and social factors into congruence to make a workable transitional social service real.

Part of me wants to keep things simple for me...so I can succeed. I know the first path is doable by me. The latter scares me a little. Because it is more uncertain. It is not something I could walk out of prison and make happen in short order. I will almost be 59 when I get out of prison (in 8 years). Do I want the additional stress? Another variation that also works...is that I try to organize others to create 12 step based transitional housing. This is more in my comfort zone as well.

Mindful prisoner