

EP 99

What are the implications of your transcription my post? Does it mean you can format the page/text? Can search engines more easily use the text? Thanks for your effort in maintaining the blog for all of us.

Mindful Prisoner

Between the Bars
P.O. Box 425103
Cambridge, MA 02142

January 30, 2012

Allan Lummus
#23038076
FCI Bastrop
PO Box 1010
Bastrop, TX 78602

Greetings,

Please find enclosed a printout of recent comments visitors have left on your blog. NEW: You can now reply directly to these comments, and the commenters will get notified that you have replied. Each set of comments has a unique "reply ID" which is included in the printout. To respond directly, print the reply ID of the comments you are responding to clearly at the top of your letter. Please remember that your responses are still public – anyone on the Internet can read them. We also can't guarantee that the comment writers will read or see your response; but we will do what we can to let them know that you have responded.

Please keep in mind that we don't filter or censor these comments; nor do we endorse them – we just forward them on to you. If there are comments that you disagree with, please remember that there are all kinds of people on the Internet, and while most are well intentioned, some may be less so. The best response to negative comments is usually no response.

Please remember that all information published using our service will be completely public and listed under your full name; we ask you not to send us anything illegal, incriminatory, or which might negatively affect your chances for parole.

You can share the following Internet address ("URL") to direct people to your blog:

<http://betweenthebars.org/blogs/570/>

Kind Regards,

Charles DeTar

Recent comments left for Allan Lummus

SEPT 21, 2011

Stimulus To Decade Of Devolution

Excerpt

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

FROM: 23038076

TO: [REDACTED]

SUBJECT: MP.13 9-11 stimulus to decade of devolution

DATE: 09/14/2011 03:21:12 PM

9-13-11

MP #13

9-11 Stimulus (not Cause) of Decade of Devolution

As I was listening to a series of testimonies on the power of crisis to evoke positive change in people's lives, I reflected on my on path as it bisected 9-11-01. I had a ten year marriage and a 8-year old son, a good paying job and a community I wanted to remain. Everything should have been fine. But all was not well. I had not finished a long overdue dissertation. The stress of non completion only reinforcing my sense of inadequacy. Passing my 40th birthday brought reflection closer to the surface. Further down was a core of negative self worth fragily protected by rooms of activities that together formed the infrastructure of me - Allan lummus: father, husband, activists, singer, academic, teacher, free thinker and social justice advocate.

As the scenes of panic and crisis riveted a nation/world, my own fears broke through leaving me shaken. My loneliness and despair enveloped my whole self instead of staying nice and compartmentalized in a section of my heart. My long learned coping techniques of externalization became my refuge. I looked my job, wife, marriage, life and found them wanting. I contemplated drastic changes. The first action: divorce and moving out. Then additional enjoyable activities: another choir and activist organization.

The additional activities did provide added distraction. I successfully pulled my attention away from what needed attention: a self-abused self. I created a new and improved divorced, living alone, more singing, more social action me. But the new me was just superficial changes, with an iceberg of self hatred awaiting contact.

Reply ID: **uphp**

To reply to these comments, please print the following "reply ID" at the top of the page: **uphp**. This will allow us to notify the comment authors that you have written a response. Please only include one reply ID at a time - to reply to more than one set of comments, use a separate page.

Comments

EP99 Posted 9 hours, 58 minutes ago.



Thanks for writing! I finished the transcription for your post "9-11 Stimulus (not Cause) of Decade of Devolution".