

LEARNING TO LEARN

3/1/12

As I sit here in my 2 1/2 years of solitary confinement, I can't stand but laugh and be amused by my surroundings.

Anybody who knows shus, ad-segs and solitary confinement know that the one thing it brings is sensory deprivation. In other words you are cut out and are now on time out. Lets be frank here **NO** rehabilitation can come about being in solitary confinement. The only exception I see to this is if one is strong willed to do something, if not, well the landscape will eat you up and literally leave you in a black hole.

Now much has been said about the mental anguish people go through while in solitary confinement but I must say, for all the messed up mental problems it causes, it only gives me a determination to not get sucked into the "victim". Honestly I find it amusing. **STATE PRISON CCI-TEHACHAPI 4A HU?** a desert, dry and a lot of nothing happening. At the same time the solitude of it is great for your self development and awareness. I know the "prisonrats" want to break my will and everything that comes with it but I view it as a battle. However, some can't stand the lowness and the thought of not been talked to or interacting with other inmates. Leonardo da Vinci once said, "for when you are alone, you are completely your self, but if you are accompanied by a single companion you are only half your self". Now why would he say that?

were social animals, nobody can deny that but in the prison setting more so in solitary confinement... it aint happening. Time is not a issue as you find your self stuck in your cell for days at end. Is the glass half empty or half full? Are we gaining or losing while being in solitary confinement? In no way am I for solitary confinement, it is a barbaric instrument of social control and should be abolished. I'm not defending the use of it either, heck, I'm anti-shu for that matter. I only say all this in the hopes of perhaps teaching that although this (solitary confinement) is negative, we can, by applying

ourselves attain something positive.

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