

NOVEMBER 3, 2013

"IF YOU DESIRE YOUR LIFE'S EXISTENCE TO TRULY REPRESENT SOMETHING IT BEGINS WITH YOUR PARTICIPATING IN ONE SIMPLE STEP OUT OF THE OLD AND INTO THE NEW. WE ALL HAVE A PAST LIFE..."

HELLO WORLD,

MAY THE PEACE AND BLESSINGS OF ALLAH BE UPON YOU AS YOU READ THESE WORDS.

SINCE MY LAST BLOG, I'VE BEEN FOLLOWING THE LEGAL WRANGLINGS BETWEEN THE GOVERNOR OF CALIFORNIA, JERRY BROWN, AND THE 3-JUDGE FEDERAL COURT PANEL WHICH HAS ORDERED THE CALIFORNIA DEPARTMENT OF CORRECTIONS & REHABILITATION ("CDCR") TO REDUCE THE STATE'S PRISON POPULATION BY 10,000 IN ORDER TO EASE THE PRISON "OVERCROWDING" PROBLEM, BY YEAR'S END. THUS FAR, IT'S A STALEMATE.

I FIND IT VERY INTERESTING HOW, A FEW YEARS AGO, CALIFORNIA'S PRISON INDUSTRIAL COMPLEX DECIDED TO CHANGE ITS ACRONYM FROM THE "CDC" (THE CALIFORNIA DEPARTMENT OF CORRECTIONS) TO THE CURRENT "CDCR". CONVERSELY, THERE HAS NOT BEEN ANY PROFOUND CHANGES IN THE MANNER IN WHICH PRISONERS ARE TREATED WITHIN THE "CDCR", AND HOW THE IMPACT OF THOSE ATROCIOUS, INHUMAN EXPERIENCES MAY AFFECT MANY PRISONER'S POST-PRISON LIVES.

AS MENTIONED IN OTHER BLOGS, ON JANUARY 28, 2000, I WAS SENTENCED TO "DEATH IN SLOW MOTION"

UNDER CALIFORNIA'S "THREE STRIKES LAW" AND GIVEN A THIRTY (30)-YEARS-TO-LIFE PRISON TERM FOR A NON-VIOLENT, NO WEAPONS INVOLVED, OR PHYSICAL INJURIES INFLICTED 2<sup>ND</sup> DEGREE ROBBERY. OVER THE PAST FOURTEEN-PLUS YEARS, THE MOST DIFFICULT PART OF THIS "TIME" FOR ME HAS BEEN TRYING TO RECONCILE THE CONFLICT AND DISSONANCE WITHIN MY MIND OF WHERE I HAD COME FROM IN SOCIETY AND HOW FAR I HAVE FALLEN. COMING TO GRIPS WITH THE ACTUALITY OF MY "LIFE" BEHIND BARS POSSIBLY FOR THE REST OF MY LIFETIME, WHILE LIVING WITH THE CONSTANT REMINDERS OF MY FAILED LIFE OFTEN~~S~~ FILLS ME WITH DREAD. FOR MANY YEARS, I HAD FELT A "SENSE OF HOPELESSNESS" AS I THOUGHT ABOUT MY LIFE, UNTIL I DECIDED TO EXAMINE MY CONSCIENCE WITH TRUE AND RIGOROUS FRANKNESS. I UNDERTOOK SEARCHING INVENTORIES NOT ONLY ABOUT HOW I MAY HAPPENED TO HAVE HURT OTHERS BY MY ACTIONS, BUT ALSO ABOUT HOW I MAY HAVE FAILED TO ACTIVATE MY POSSIBILITIES FOR SUCCESS OR IN SHARING MY MANY GIFTS AND TALENTS WITH OTHERS. ONLY RECENTLY HAVE I BEEN ABLE TO FULLY APPRECIATE HOW VERY DEEPLY I'VE CHANGED AS A RESULT OF LETTING GO OF THE NEED OF KEEPING UP APPEARANCES OR IN PROJECTING FALSE OR OVERLY IMPRESSIVE SELF-IMAGES.

NEVERTHELESS, THIS BLOG IS LIMITED TO MY GENERAL OBSERVATIONS, PERSONAL PERSPECTIONS, AND THE OVERALL TREATMENT OF STATE PRISONERS WITHIN THE "CDCR" AS A REFLECTION OF OUR SOCIETY. AS SUCH, ONE MIGHT SUGGEST OUR SOCIETY "TOLERATES" AND ACCEPTS THE INHUMANE TREATMENT AND VIOLENCE WHICH TAKES PLACE IN AMERICA'S PENITENTIARIES,

OR THE DISMAL MEDICAL AND PSYCHOLOGICAL CARE, COMPOUNDED WITH THE BLATANT ABUSES BY GUARDS AND PRISON STAFF, THAT IS BASED ENTIRELY ON THE EFFORTS OF THOSE IN "AUTHORITY" TO BREAK ONE'S SPIRITS AND TEAR DOWN THE INDIVIDUAL. SO MY QUESTION IS THIS, WHERE IS THE "REHABILITATION" IN THE "CDCR?"

OVER THE PAST DECADE, I HAVE NOTICED HOW MANY OF MY FELLOW PRISONERS HAVE BECOME ACCUSTOMED TO AND EVEN EXPECT SUCH NEGATIVE PRACTICES AND DAILY ROUTINES WHICH PUTS THEM AT RISK FOR LONELINESS AND DESPAIR. FOR EXAMPLE, THE "CDCR" HAS A POLICY OF ROUTINELY RELOCATING PRISONERS FROM ONE GEOGRAPHICAL PART OF THE STATE, SAY THE LOS ANGELES AREA, AND TRANSFER THEM TO PRISONS HUNDREDS OF MILES AWAY FROM THEIR FAMILIES, FRIENDS, AND ~~COMMUNITY~~ COMMUNITY SUPPORT. THIS POLICY IS DESIGNED TO CREATE "FEELINGS OF ISOLATION" AND SOCIAL DEPRIVATION, BY LIMITING THE PRISONER'S ABILITIES OF HAVING REGULAR VISITS, ALONG WITH RESTRICTED TELEPHONE CALLS AND MAIL; THAT ONLY FURTHER REINFORCES THE TRUE EMOTIONAL AND PHYSICAL DAMAGES WHICH OCCURS WITH EVEN LIMITED INCARCERATION.

COULD SOMEONE READING THIS PLEASE EXPLAIN THIS QUESTION I HAVE. DO THE DAMAGES OF IMPRISONMENT GO FAR BEYOND THE PHYSICAL? IF SO, HOW?

ALSO, WHAT ARE THE LASTING IMPACTS ON PRISONER'S PSYCHE AND IDENTITIES AS A RESULT?

CLEARLY, EMOTIONAL ISOLATION IS INDICATIVE OF THE PRISON REALITY, BUT DO THOSE PRISONERS WHO HAVE "NO OUTSIDE SOCIETAL CONTACT" EXPERIENCE FURTHER ALIENATION FROM THE VERY THINGS THAT ARE KNOWN TO FOSTER, PROMOTE AND ~~ENCOURAGE~~ ENCOURAGE PRISONERS TO LIVE A MORE "CRIME-FREE LIFESTYLE" UPON RELEASE?

SO I ASK YOU ONCE AGAIN, WHERE IS THE REAL REHABILITATION IN THE "CDCR?" WE ALL DESIRE TO ESTABLISH SOCIAL CONTACT, THAT'S WHAT MAKES US HUMAN BEINGS; YET, THE "CDCR" SEEKS TO DESTROY THESE ESSENTIAL CONNECTIONS FOR ITS PRISONERS. INTERESTING...

FOR ME, "REHABILITATION" BEGAN WHEN IN MY PAINS AND FEARS, I REMEMBERED THAT ALL OTHERS, IN PRISON OR OUT IN SOCIETY, SUFFERS AS WELL...

\* IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE FEEL FREE TO CONTACT ME AT MY MAILING ADDRESS.

PEACE BE WITH YOU,

Zakae  
JXL