

MYSELF IN THE PROCESS.

HOWEVER, SINCE I CHOSE TO FOLLOW THE PATH OF "SELF-DISCOVERY", I'VE DEVELOPED A NEW SET OF SKILLS DESIGNED TO DECREASE MY PROBABILITY THAT THIS UNWANTED BEHAVIOR WILL WORSEN; RESULTING IN THOUGHTS, ACTIONS OR BEHAVIORS THAT MAY LEAD ME TO UNHEALTHY, HARMFUL OR CRIMINAL ACTIVITIES.

ON THAT NOTE, I WAS INVITED TO PARTICIPATE IN A FILMED DOCUMENTARY BACK IN 2011 UNTTLED "UNLIKELY FRIENDS" BY "CHANCE FILMS". IT IS A STORY OF FORGIVENESS AND IT DOCUMENTS THE EVENTS OF TRAGIC, LIFE-ALTERING CRIMES UPON PEOPLE IN SOCIETY AND HOW SOME "VICTIMS" OVERCAME THE GRIEF, PAIN AND SUFFERING OF THESE EVENTS THROUGH "FORGIVENESS." I WAS A PART OF A FACILITATED DIALOGUE WITH A WOMAN NAMED "RHODA" WHOSE SON WAS SENSELESSLY KILLED BY HIS ROOM-MATE, AND THIS DIALOGUE WAS WITH OTHER MEN HERE AT SAN QUENTIN WHO HAD COMMITTED THE CRIME OF MURDER.

AS I SAT WITH THE OTHER MEN AND LISTENED TO HER STORY, I "FELT" THE IMPACT OF THAT CRIME ON HER AND HOW IT HAS HAD A PERMANENT EFFECT ON HER LIFE. HOW THE MURDER OF HER SON CAUSED HER TO EXPERIENCE A GREAT SENSE OF LOSS, OF BEING VIOLATED, BETRAYED, AND SO HELPLESS. "RHODA" TRIED TO CONTACT THE MAN WHO KILLED HER SON TO SEEK ANSWERS, HOWEVER, HE WAS UNWILLING AND EMOTIONALLY UNINTELLIGENT AND WOULD NOT SPEAK WITH HER, SO SHE CAME TO SAN QUENTIN TO SHARE HER STORY WITH US. I MUST ADMIT, IN HEARING HER STORY IT BROUGHT TEARS TO MY EYES, BUT MORE IMPORTANTLY, IT CAUSED ME TO FEEL "EMPATHY" TOWARDS ANOTHER PERSON. I BEGAN TO THINK ABOUT THE "VICTIMS" OF MY CRIME AND

HOW MY ACTIONS, WHEN I ROBBED THEM, MAY HAVE POSSIBLY EFFECTED THEIR LIVES. I MEAN, EVEN THOUGH I DID NOT COMMIT AN ACT OF MURDER, I STILL TOOK SOMETHING AWAY FROM THESE PEOPLE THAT WAS MORE THAN JUST MONEY. I MAY HAVE STOLE THEIR RIGHTS TO GROW AND THEIR FEELING OF BEING "SAFE AND SECURE", OR TO MOVE ABOUT IN THE WORLD, OR THEIR NEIGHBORHOOD, OR SCHOOL, OR JOB WITHOUT THE FEAR THAT SOME "BLACK MAN" MAY HARM THEM. I DON'T REALLY KNOW BECAUSE OUR CURRENT CRIMINAL JUSTICE SYSTEM WILL NOT ALLOW ME TO CONTACT THEM IN ORDER TO APOLOGIZE TO THEM FOR MY ACTIONS.

SO I MAKE "AMENDS" IN DIFFERENT WAYS. TODAY, I TRY VERY HARD TO "FORGIVE" OTHERS, AS I SEEK FORGIVENESS FROM MY OTHER "VICTIMS"; MY SON AND DAUGHTER, MY SIBLINGS AND OTHER EXTENDED FAMILY MEMBERS. I ACKNOWLEDGE THE REAL TRANSFORMATION THAT I'VE MADE AS A "HUMAN BEING" AND THE GENUINE PROGRESS I HAVE ACCOMPLISHED AS FAR AS MY CURRENT WAY OF THINKING, FEELING, UNDERSTANDING AND BEHAVING. IT HAS TAKING ME A LONG TIME IN BECOMING THE PERSON THAT I WANT TO BE, HOW LONG WILL IT TAKE YOU? IT STARTS WITH "FORGIVENESS"....

* TO SEE THIS "DOCUMENTARY", VISIT THE FOLLOWING:

WWW.UNLIKELY/FRIENDS FORGIVE.COM

@FACEBOOK/UNLIKELY/FRIENDS FORGIVE

TWITTER: @LF FORGIVE

PLEASE SEND ME YOUR COMMENTS. UNTIL NEXT TIME.

PEACE,
Zakae
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