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SUBJECT: mp69 Meditation on injustice, pain, suffering

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mp69 Meditation on injustice, pain and suffering 4.15.14

From Lesson 3 Spirit of Life correspondence course through Church of the Larger Fellowship - UUA.

What came up for you as you reflected on injustice, pain, and suffering, caring and compassion?

The prison system reflects and embodies the collective pain and suffering of the larger US society. We have within these walls all sorts of lives that have caused harm to others. U.S. separates us from other to protect their citizens. Additionally the prison system is designed as retribution against our prisoners. U.S. citizens created a system of ritualized retribution to contribute to our collective desire for harming the harm doers. For some it is pure sadism, but for most it is profound belief that humans will only act in good ways under the threat of horrible oppression for bad behavior. The prison system is a human created hell to enforce civil behavior among the citizens.

On a more personal take, one things I find most troubling about my own path is how my own desires for pleasure blinded me to others pain and suffering. I could not look at the porn, even the underage porn and see human beings. I only saw my own projected desires. It is only as I worked through my own denial, did I begin to the reality of sex slavery, prostitution, physical abuse, drug abuse and neglect that permeated the lives of many of young woman in the porn I possessed and shared.

My care and compassion calls out for a reformed prison system which rejects brutality as the path to reformation and healing. We need to treat all human beings as potentially healable. As prisoners learn their own loveliness, they can then begin to see the pain and suffering that they have caused others in their lives. For myself, care calls me to ritually reach out to all the people in my porn. Opening my heart to the pain and suffering that led them to the lens and was waiting for them after they walked away.

How was it for you to incorporate your own thoughts, feelings, beliefs, hopes, etc - use your own words and gestures to compose your own centering mediation?

It was moving to try to capture things I have been thinking about for while into concrete words. I really think it helped me internalize the emotional content of the lives of many young porn participants. It also helped me to think about making some concrete actions to go along with the words.

How can verbal prayers and meditations help us connect with our spirituality? with other people? with nature and other beings on earth? with the deepest reality that sustains and nourishes us?

The meditation opens my heart to reality of others suffering and my place in being an aid to hope and healing rather than another exploiter: connection ver. separation. Connection with people, nature and reality.

Create my own meditation:

I feel overwhelmed when I think about all the pain and suffering reflected in images produced in the underage porn industry. My heart goes out to those young people who caught in the sex trade web. Help me feel the desperation and despair that covers their experience. Through the embodiment of their pain, I see a changed consciousness. A desire not for my selfish release but their release from captivity. May all those young people in the sex trade, find care and compassion and allow them to escape. May they find freedom in a nurturing community of people who desire only their emotional healing.

I am grateful that there are people and organizations providing places of hope and healing for former prisoners of others desire. May I contribute words, movements and gestures to aid in this not-so-underground railroad to freedom.

How might this lesson enrich your personal spiritual life on a daily basis? and in the long run?

I like the practice of creating blessing for our lives that reflect what we do or hope to accomplish. It can serve to focus our attention and strengthen our resolve to do work that can be overwhelming. Many jobs and activities, that are very needed (health, education, personal care) take a lot out of us. This practice could help recharge our batteries for important labor of providing care to others. I am thinking about another meditation with the theme of recovery.

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