

1988 to 2015

I have been down since the 1900s. I committed my crime in the year of 1988. I was rec^ently found suitable by the BPH and I will be going home this year (barring interference from the Governor). It was a hard, long fight; yet an enlightening and very knowledgable trip-if you will. People have constantly asked me how I was able to do all that time and still be full of life, joy, peace and happiness? I have been unable to answer that question until now and this way. Before I express how^I survived physically, emotionally, menatly, and spirit-ually living in an unnatural environment for 27 years. Let me give you some perspective of just how long that is.

In 1988 when I came to prison. Here are some of the things that happened the same year. Ronald Reagan was in his last year in office, Mikhail Gorbachev was in his first. The U.S. last direct participation in a war was Vietnam, the Soviet Union was withdrawing from Afganistan and the Iraq/Iran war ended. U.S. indicted Manuel Noreaga on drug charges, and indicted Oliver North in the Iran-Contra scandale. U.S. last riot was in 1965 in Watts. The L.A. Lakers won their first back to back titles, The L.A. Dodgers won the World Series, Flo-Jo and Carl Lewis were the 2 fastest people on earth. The Satanic Verses caused a stir, Both gas and cigarettes were .99¢ a gallon/pack, and Mike Tyson KO'd Michael Spinks in 91 seconds.

The top T.V. shows were The Cosby Show, A Different World, The Wonder Years and Roseanne. The top songs were Man in the Mirror, Dirty Diana, Sweet Child O' Mine, Faith, Hangin' Tough, It takes a nation of millions to hold us back, Rattle and hum, Don't Worry be happy, and We want EZ. Some of the movies that came out that year were: Coming to America, Bull Durham, Beetlejuice, Who framed Rodger Rabbit, and Die Hard.

Here's some morw perspective. Sugar ray Leanard was still sweet, Thurgood Marshall was still one the beⁿch, Mobile Phones were not so mobile, Freddy Krueger and Jason were still killing, The internet was not yet introduced, Pay phones were 25¢, postage was 22¢. The Jakal was the #1 on the terror list and the #1 terror group was the IRA. South Africa was still apartheid, John Gotti was still the Teflon Don, Arnold Schwarzenegger was just a bodybuilder turned actor, and Oprah was only on for 2 years now.

Yes, that was a long time ago. So much has happened since then. let me share with you some of the things that have happened in all the time I have been away; USA had 2 depressions, USSR fell, Nelson Mandela was freed, Aparthide was over and Blacks were finally able to vote, and they voted for the ex-con who made it happen. Domestic terrorism hit the US 4 times (OKC bombing, Olympics Bombing and the WTC (twice)), the Berlin Wall fell, Mike Tyson, Michael Milkan, and Dr. Korvrkian all went to prison, served years, and got out. African American milestones were met: 1st Black President, U.S. Attorney General, U.S. Secretary of State & Defense, and Mayor of New York. Just to name a few. There have been 4 US Presidents: Bush Sr. (4 yrs), Clinton (8yrs.), Bush Jr. (8yrs.), and Obama (7yrs.) and there have been 6 Olympic games '92, '96, '00, '04, '08, & '12.

As a sports enthusiast. I have missed all or most of the following carrers: Derek Jeter, Mariano Rivera, Barry Bonds, Ken Griffy Jr., Alan Iverson, Patric Ewing, Michael Jordon, Kobe Bryant, Charles Barkley, Shaquelle O'neal, Hakeem Olajuwon, Tim Duncan, Mike Tyson, Evander Holyfield, Bernard Hopkins, Lisa Leslie, Sheryl Swoops, Mia Hamm, Dawn Staley, Barry Sanders, Deion Sanders, Andre Agassi, Steffi Graf, Venus & Serena Williams, David Beckham, Ronaldinho, Ronaldo, Fernado Alonso, Wayne Gretzky, Mario Lemieux, Florence Griffith Joyner and many, many more.

27 years is a very long time. One can easily lose themselves in this unnatural enviornment. It takes something special. For everyone it is different. For me it was the practice of PATIENCE. For most people this word just passes by as me just waiting. Only the understanding of this word will give you insight as to how I did this time and to have faith that my future will be successful. I spent my time first figuring out who I was? Then, what I wanted? Then determining how to make amends? Then how do I be me, accomplish my wants and make the amends I need to make? Through patience I gained the understanding and the knowledge I needed to fulfill all. Lets take a trip deeper into my journey of incarcerated liberation. The Webster dictionary defines Patience as: The act of being Patient. Patient: Capable of bearing affliction calmly. Understanding. Persevering. One who suffers. Enduring hardship without complaint. Although webster is correct. He failed to capture the essence of Patience. Allow me.

first of all. Webster defines Patient as a noun, and Patience as an adjective. To understand the core of this word. You must understand Patience as a VERB.

Once I decided I wanted to be free and be different than I was. I began to work at it and not expect the results immediately. I did not want it to be that easy to be other than I was. It had to take work and time. It was during this transition I realised who I was and what my purpose in life is (H.Q. 10:109)[1]. With this revelation came the ease I needed to be comfortable being ME. Having a goal and purpose makes life a bit easier to live, no matter where you are living.

There were times I became impatient. I have to live with this also for the rest of my life. It was about 10 years into my term. I felt since I knew who I was and I had survived some horrific times I could handle anything..even from in prison. So, I prayed for a wife. I felt I would be able to manage a marriage from in here even with all the obstacles ahead. I was wrong, and hasty in my attempt (H.Q. 4:25) [2]. Allah blessed me with more than a wife. He blessed me with whom may have been my soulmate. She was everything I had ever wanted in a woman. I had never had a woman so devoted to me and so intuned to me and my will. However, my impatience caused me my soulmate. Prison is hard on marriages. Especially for Lifers in California that do not get Family Visits. We just could not continue to live so unnaturally. Our beautiful love and wonderful plans ended after 9 years. It's been 6 years since we last spoke to eachother. I had to learn the hard way-by example (H.Q. 17:11; 21:37)[3][4].

Patience is a quality not all possess. I learned that from others that I had hoped would be patient with me (H.Q. 49:4-5)[5]. I understand that all things happen for a reason. Today, understand PATIENCE. This is how Patience is defined for me.

PATIENCE:

The Motion of paying now for what you will receive later. Patience is a quality that is developed in accordance with one's knowledge. The more knowledge one has, the greater that one is able to express patience. When you give (time, energy, material, thoughts, etc) to an idea, that idea will return to you what you have given. The longer you wait before collecting what is yours, the more time the idea has to magnify what you have given in the course of its development. Because of its magnification, when you receive back what you have given, it will be in a magnified portion (the degree of which is determined by the length of time allowed for said magnification). The more patience one

exercises, the greater one is rewarded.

<Examples of Patience in motion>

Patience pays off. Patience is a virtue. Be Patient. Have Patience.

Today I am a better man, a new man, a REAL MAN. Because I learned to practice patience (H.Q. 42:43)[6].

In conclusion. I want to say. I know that my future is brite. I have knowledge of my abilities. I also know that a lot of people will no longer have the oppotunities that I will because they have returned to the essence. A lot of people have passed away since 1988. I want to take this time to pay my respects. It is my prayer that peace be upon you all: Ruth Swiggett, Ed Swiggett, Clarence Lucas, William Betton, Mary Harris, Anna Thompson, Benadette Ransom, Bryant Cash, Dion Troupe Trayvon Martin, Michael Brown, Jeffery Jones, Tyisha Miller, Victims of Columbine High School, Victims of Sri Lanka, Victims of 9/11, Victims of U.S. Embassy in Nigeria, Betty Shabazz, Malcolm Latif Shabazz, Nelson Mandela, Coreeta Scott king, Johnny Cochran, Richard pryor, Michael Jackson, Geronimo Pratt, Biggie Smalls, Tupac Shakur, Easy-E, Bernie Mac, Sammy Davis Jr., Redd Foxx, Tom Bradley, James Brown, Ray Charles, Heavy-D, Teena Marie, Thurgood Marshall, gerald LeVert, Luther Vandross, Whitney Houston, Ester Roll, B.B. King, Barry White, Wilt Chambelin, Gary Coleman, Sherman Hemsley, Etta James, Florence Griffith Joyner, Joe Frazier, Sudam Husien, Momar Ghadafi, Richard Nixon, Ted Kennedy, Ronald Reagan, Gerald Ford, Frank Sinatra, Alex Haley, Lena Horne, Bobby Womack, Ben E. King, Eddie Kendricks, David Ruffin, Eartha Kitt, Roxy Roker, August Wilson, Rosey Grier, Jim Kelly, Reggie White, Ike Turner, curtis Mayfield, Billy Preston, Nick Ashford, Kirby Puckett, Michael Clark Duncan, Reggie Lewis(1st Black Billionaire), Reggie Lewis(Basketball Player), Ron Brown(1st Black Sec. of Comm.), Maya Angelou, Isabal Sanford, David Dinkins, Donna Summer, MC Trouble, GangStar, Big Pun, Nate Dogg, Jam Master Jay, Freaky Tah, Ossie Davis, Don Cornelious, and lastly Mr. Wright. The victim in my case.

It is my hope that more people become patient in thier lives and teach patience to those who may be lost in figuring out what life is all about. May life be kind to you all and patience be easy practice for you. Stay tuned for the next chapter. For the things I have planed will be well worth the patience to see.

Peace to you all!

MICHAEL

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Holy Qurān:

[1] H.Q. 10:109: "Follow what is revealed to you, and be patient until GOD issues His judgment; He is the best judge."

[2] H.Q. 4:25: "...for thoughts unable to wait. To be patient is better for you. GOD is forgiving, Most Merciful."

[3] H.Q. 17:11: "The human being often prays for something that may hurt him, thinking that he is praying for something good. The human being is impatient."

[4] H.Q. 21:37: "The human being is impatient by nature. I will inevitably show you My signs; do not be in such a hurry."

[5] H.Q. 49:4-5: "As for thoughts who call on you from outside the walls, most of them do not understand." "Had they been patient until you came out to them, it would have been better for them. GOD is Forgiver, Most Merciful."

[6] H.Q. 42:43: "Resorting to patience and forgiveness reflects a true strength of character."

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