



Rita,

Can't recall if I responded to your last email of Feb. I've been so busy and down in the dumps (life, liberty & love). I don't understand why we're so self-destructive and bent on hurting each other, I blame the government's ineptitude at running the government. The malevolence is rooted at very perilous depths. History has proven that we are constantly at war with ourselves--fighting our demons. Whether it is loving ourselves too much or not enough, we either hurt ourselves or other people in our paths. We lack equilibrium, and our compassion is getting beaten out of us. The media bombards us with one tragic news report after another about the crime & violence in the world. They've made it so bad that people are terrified to reach out to help their neighbor.

My freedom continues to elude me, as the chains of this corrupt system holds fast what it has claimed. My patience is wearing thin as one excuse after another impedes my forward momentum. Though my faith sustains me, these chains grow heavier.

Love is driving me up-the-wall. Because of my incarceration, I am not free to love anyone, or build a meaningful relationship. I feel like I'm clawing my way up the walls of a deep pit, and there's only fleeting images at the other end. I keep looking up for a life-line, but only dirt falls into my eyes

I believe that this year holds great promise for me. Solitary Confinement has been exposed as a detriment to our mental & physical health. The administration is scrambling to find a way to make it work (in-house psychologist, special needs wing, & sensitivity training for guards). I've been in solitary confinement for 20 years because of my sentence. There's 128 of us in this facility. More across the State. We've discovered that this confinement is illegal and are filing suit for relief.

Hope to hear from you again soon.

Peace,

Daniel