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Subject: i3hm

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Hi John,

Thanks for your feedback. I think anyone who reads the first-person statements located in the American Prison Writing Archive would come away with a more enlightened viewpoint regarding Mass Incarceration in America. I don't have access to the site but after reading Prison Legal News for years and spending decades in prison, I have a pretty good idea of the content of the essays. I'm glad you took the time to check out the website.

I try to be a unique voice sharing what I learn and what I experience in prison. I believe we can turn any situation into a positive - even privation, suffering and abuse can be beneficial if we use it to grow and evolve. The hard part is to not let the experience make you bitter. Forgiveness and a heart filled with love is what it takes. Christ is my role model. He forgave those who crucified him. Can we do any less for our oppressors? That doesn't mean we suffer in silence. We should all strive to improve our circumstances. But in the mean time, transmute the negativity into positive energy. I've been attending a meditation group lately and I think of the meditation practice where with each breath you send love out of your heart to all living beings. I don't know if it helps others but it centers me in an attitude of lovingkindness.

Harlan