

R.H.U. PARALLEL

"WITHIN EVERY ADVERSITY THERE EXISTS A SEED(OPPORTUNITY)  
OF AN EQUAL OR GREATER BENEFIT".

R.H.U. means Restricted Housing Unit(commonly called the "hole"). The RHU is a prison within a prison. It's the worse(kind of condition). So, an equal potential exists to develop and bring about a better(more positive and productive) benefit, condition, or response also. When put in the worse situations you have to tap into Yourself and bring about/out the best in you to be able to grow or even remain stable (balanced).

In the RHU it's not just you versus the "Administration." It's you versus [you]. Because you are brought face-to-face with yourself. During such time of confinement the routine thinking habits that you develop daily will Really Hurt U or Really Heal U. The way you think is reflected in the way you behave. And your behavior pattern will design your present and future. In the RHU life is intense. Especially, in the beginning weeks or months. As time passes your mind begins to become clouded with mixed emotions, anger, fear, guilt, hate, paranoia, hopelessness, loneliness and other frustrations. Some who fail to productively channel their frustrations tend to take it out on those closest to them(mainly other prisoners) or even themselves because they can't lash out on the ones(Administration) who can affect change of the physical aspects of their harsh condition. To do so temporarily feels good but doesn't really bring about a positive change because the ones who can effect change(upper level Administration) were not affected. And one's situation becomes even more cloudy. But with discipline and practice you can bring clarity to your life and strengthen yourself from within. Exercise and focused reading helps fight off laziness and emotional breakdown.



Setting goals for the near and distant future still applies when housed in the RHU. It gives you something to work toward and look forward to, thus keeping hope alive and your spirit strong. Think of positive affirmations to think(or speak) to yourself or focus on desired goals and happy times when your mind starts to wander or drift into thoughts of misery, anger, frustration and other thoughts that may interfere with ideas of what you desire. In the physical RHU only your movement is restricted, not your thinking.

It's interesting that the same mental conditioning it takes to stay focused in the RHU is the same needed to grow and be productive in society. Same principles, just different place. Some people in society are not in physical prisons, but are living in a self-imposed R.H.U. UNIT means one considered to constitute part of a whole. In society each person constitutes part of the whole(society/community). HOUSING means one's environment/position in life. To be limited in one's thinking or expectations is to be Restricted. And if one's thinking or expectations are limited, so will one's movement be or where one positions(or houses) themselves. Some people spend most of their lives without ever leaving their neighborhood, city, or state or are stuck in "dead end" jobs that they are not satisfied with, but refuse to break the limited thinking pattern that bars them from expanding and fulfilling their life.

Also, in the RHU some breakdown and try to sleep their time away or resort to medication in hope of experiencing a temporary escape. Very much like in society when one resorts to alcohol or drugs. But when each one awakens(sobers) they're in the same situation, sometimes worse than the one they tried to leave or forget about.

In essence, our life is what we make it, regardless of where we are or what condition we're in. Change begins within and branches outward. And in order to productively change one's outer condition one must strengthen and change their inner



condition(thinking pattern).

Whether you are in a physical RHU or a personal RHU in society, your mind does not have to be confined to the destructive or stagnant norm of your immediate environment. There is always the option to prepare a better situation for yourself by Thinking Outside The Box(Norm).

PEACE!

R. Noble(TRUTH)  
Ricardo Noble #BX 9351  
S.C.I. - Greene  
175 Progress Drive  
Waynesburg, PA 15370