

1096

THE COST OF THE LOAM (Revised)

1/18/20

EACH DAY, I AM REMINDED OF THE IMMENSURABLE COST (S) OF LONG TERM IMPRISONMENT. THE MOST GLARING OF WHICH, IS HAVING NO CHILDREN THAT I TRUTHFULLY ONLY KNOW, VIA LETTERS! AND TO ADD FURTHER INSULT TO ONE'S INJURED HEART, I NOW HAVE TO ENDURE THE VERY SAME PAIN WITH MY CHILDREN'S CHILDREN!^{2!}

My (3) ADULT CHILDREN SPENT THE MAJORITY OF THEIR LIVES LIVING WITHOUT A FATHER. AND NOW, THEIR CHILDREN LIVE WITHOUT A GRANDFATHER. WE NOW HAVE A LIFETIME OF SEPARATION! MISSED HUGS & KISSES. IT IS THIS SEPARATION WHICH'S CAUSED THEM TO BE SO Jaded ABOUT LIFE. AND, DIS-TRUST PEOPLE IN GENERAL - "MEN" IN PARTICULAR! LEADING TO A VERY UNPREDICTABLE & OFTEN TIMES ANTAGONISTIC DYNAMIC BETWEEN US. IN THEIR EYES, I AM THE "D. C."^{1!} WHO CHOSE THE OUTLAW LIFE / DEATH STYLE, OVER THEM. ALL OF MY DECLARATIONS OF LOVE, LONGING, AND REMORSE, FELL ON DEAF EARS. ADULTS, WHO NEVER FORGOT ALL OF THOSE MISSED BIRTHDAYS & HOLIDAYS, MADE BITTER BY MY ABANDONMENT. MY IMPRISONMENT CREATED A NEVER HEALING WOUND, IN EACH OF MY CHILDREN & MYSELF!

MOST OF MY FELLOW CAPTIVES SEE THE LOSS OF MA-TERIAL THINGS, MONEY, AND/OR WOMEN, AS THE MOST PAINFUL ASPECT OF DOING TIME!^{3!} FOR ME... -A

... IT WAS IS, THE LOSS OF MY FAMILY! TAKING TO... SEE-
-ING DAILY... BEING ABLE TO TOUCH THEM! IS SOMETHING(S)
QUITE EXCRUCIATING TO BE DENIED!

The 15⁺ SOMEROY YEARS THAT I'VE SPENT, BEHIND
THE WALL & FENCES OF AMERICA'S MOST DANGEROUS
PRISONS! BEING MOVED FROM STATE TO STATE, HAS MADE
ME ACUTELY AWARE OF HOW TRAUMATIC, FORCED SEPARA-
-TION(S) CAN BE! AN ATAVISTIC THROWBACK TO HOW MY
ANCESTORS WERE KIDNAPPED & ENSLAVED! My opinion
A ALWAYS!

IT HAS TAKEN ME A VIRTUAL LIFETIME, TO FINALLY
GRASP THE PAIN WHICH I'VE CAUSED MY FAMILY! FROM THE
WORRY WHICH ACCOMPANIED MY CONSTANT S.H.U.
TRIPS, NOT KNOWING IF I WAS DEAD OR ALIVE! TO VISITS
BEHIND GLASS! TO CONSTANTLY HAVE TO NAVIGATE THE
EVER CHANGING PRISON COMPANIES VENDOR POLICIES!
JUST TO PUT A FEW DOLLARS ON MY ACC., TRYING TO
ALLEVIATE MY SUFFERING, TO SOME DEGREE!! THE ABOVE
TELL THE TRUTH!! My ACTIONS HAVE DONE IRREPARABLE
HARM TO MY LOVED ONES! SOMETHING WHICH I BOTH,
ACCEPT & REGRET CAUSING.

HAVING SPENT SUCH AN INORDINATE AMOUNT
OF TIME IN PRISON, MUCH OF IT IN S.H.U.! →

... I'VE HAD TO LEARN HOW TO DEAL WITH: MINIMAL CONTACT WITH, OR NO CONTACT AT ALL! WITH MY LOVED ONES? MANY HAVE PASSED (MY GRANDMOTHER LAST MONTH ACTUALLY) & OTHERS... SIMPLY HAVE BURST ME IN THEIR MINDS? CHOOSING TO GO ON WITH THEIR LIVES, PRETENDING THAT I AM NO LONGER ALIVE FIGURATIVELY! THESE THINGS HAVE MADE ONE DEVELOP A 'HARD SHELL', IF YOU WILL? A VERY PAINFULLY ACQUIRED SKILL, FORGED WITHIN THE FIRE OF ISOLATION! WITHOUT WHICH, ONE WOULD VERY LIKELY GO MAD. FOR YOU SEE, EVEN THE MOST BACKWARDS OF PRISON CAPTIVES, FEEL PAIN! IN OUR MOMENTS OF REFLECTION, ALONE IN THE CELL, WITH NOTHING BUT ONE'S THOUGHTS & INNER DEMONS! IS WHEN OUR MASKS COME OFF! AND TRUTH HITS ONE SQUARE IN THE FACE. THE 'GAME', WHICH WE'D LITERALLY SACRIFICED ALL WE'D HAD FOR, HAD IN TURN LEFT US FOR DEAD! AS THE OLD 'HOOD' SAYIN GOES... "THE GAME NEVER CHANGES, ONLY THE PLAYERS." OUR SACRIFICES, APPLAUDED IN DAYS PAST, NOW MEANS NOTHING! LIFE SIMPLY GOES ON... WITHOUT US!

JUST AS THE GREATER MACRO COSMIC SOCIETY, UNDER THE SOCIOPOLITICAL/ECONOMICAL SYSTEM OF CAPITALISM CASTS ASIDE THOSE OF NO USE TO ITS MAINTENANCE! OR PAST EMPLOYABLE AGE! THE MICRO COSMIC 'HOOD' / PRISON-CLASS MIMICS THIS OSTRACIZATION PROCESS! 'HOODIES' BOTH MALE & FEMALE, DOING EXTENDED BIDS / LIFE →

...HAVING PUT IN WORK FOR THE "HOUR"! ARE OFTEN FOR-
 -GOTTEN ONCE IMPRISONED! A LIT LIT LIQUOR Poured OUT
 ON THE CONCRETE IN ONE'S HONOUR, NOT WITHSTANDING
 LEADING TO MANY, DEVELOPING MENTAL ILLNESS (ES) AND
 ANTI-SOCIAL PERSONALITIES AS A RESULT OF THE ABAN-
 -DONMENT!

PERSONALLY, I FIGHT DAILY TO REMAIN SOCIABLE! TO
 NOT BE MADE BITTER BY CONFINEMENT. I STRIVE TO
 RESIST BEING MADE INTO AN UNFEELING, UNCARING
 SHELL OF A MAN! THE PREVAILING PRISON IDEAL IS TO
 DISTRUST EVERYONE! THOSE WHOM ARE NOT FROM ONE'S
 PARTICULAR GANG, GEOGRAPHICAL AREA OF ORIGINS, AND
 -OR RELIGIOUS DOCTRINE(S), ARE NOT TO BE INTER-
 ACTED WITH! AN IDEAL THAT FACILITATES ANTAGONIS-
 TIC RELATIONS & ANTI-SOCIAL TENDENCIES. CREATING
 A CAPTIVE CLASS, UNABLE TO, OR OFTEN TIMES, UNABLE
 TO REACCLIMATE INTO 'NORMAL' SOCIETY! TO REABO-
 -RATE...

ONCE RELEASED IN '09', I FOUND MYSELF LIVING A
 LIFE? I WAS FREE, BUT IMPRISONED MENTALLY! LATER
 -ING COLLEGE, I DISCOVERED A PASSION FOR LEARNING
 & YET... MY PRISON EXPERIENCES HAD ONE 'STRUCTURING'
 ON A DAILY, TO JUST COPE! THE RESIDUE OF CCA
 LIFE, HAD ONE ESCHERING CROWDS! AVOID →

making any commitments! And, remaining aloof
 when emotion(s) were expected, from partners! I
 was unable to open up & share my inner pain. As if
 in so doing, one would be seen as 'lesser than', a
 man! Prison politics had conditioned one to see so-
 called 'manhood', as being predicated solely upon
 one's toughness, and abilities at withstanding
 the psychological stressors of prison, in silent-
 cell! It created an illusion of security, which
 accompanied the persona formed within some of
 the most violent prisons in the U.S.! Communi-
 cation skills made primitive by: backwards prison
 talk, S.H.U. tier talk, and isolation. Causing me
 to be both: uncertain & insecure when in conver-
 sations with societal citizenry? All of this to
 say...

The cost of the game is... the loss of an identity &
 replaced with a number. Gaining 'comrades', while
 losing family. Acquisition of a bedroom buddy, but
 losing a woman's touch. Earning a national rep-
 utation, but losing my good name!

How does one continue glorifying 'the game'?
 Especially, as one considers the fact that, a) all
 of my circle of associates are dead! b) doing life →

6
... or, 'crippled'! THE COST OF 'THE GAME', WAS/IS PAID
IN HUMAN LIVES! My own life included.

As such, no longer can I pretend... continuing to
UPHOLD A 'G-CODE'?! ESPECIALLY AS, A FULL PRISON
SIGNIFY(S) THE CASUALTIES OF THE GAME. In my
IGNORANCE, I SAID & DID THINGS WHICH, TODAY I
AM ASHAMED.

My 2015 conversion to ISLAM, HAS AIDED ME IN
COMING TO TERMS WITH MY GAME ORIENTED THOUGHTS
& DEEDS! IN MY FORGING OF A RELATIONSHIP TO (WITH
MY CREATOR, I'VE FOUND AN INTERFERENCE THAT I'VE
CRAVED, MY ENTIRE LIFE!

Without ISLAM, I WOULD LIKELY STILL BE WALK-
-ING ABOUT, SLEEPILY WITHIN THE THROES OF GAME
PSYCHOSIS! Still extolling simpleton science(s),
AS IF THERE WAS ANYTHING POSITIVE IN WHICH TO
SPEAK OF? RATHER THAN THE SAME RESPONSE, WHICH I
BE TO CRY AT THE NUMERABLE LOSSES SUFFERED... AS A
RESULT OF 'THE GAME'!

My JOURNEY TOWARDS SELF-REFLECTION, SELF-
CRITICISM, AND SELF-CORRECTION CONTINUES...
[GOD] WILLING! ABDULMALIK KAMAU 1/2020