

The prisoner wrestles with the thought of not being enough; for he lost his freedom whether he did it or not. In his mind abandonment trumps everything, he hopes he will not be left to rot. He seeks to redeem himself but every link of the chains that bind him seem to remind him of all failure present, future, and past. The ability and need to love is only a groove in the key that will set him free. The lack of intimacy isolates him to believe he is not worthy. He is expected to observe all rules and regulations. The garnered personal character flaws of the correctional executors are also manifested as mandates. In such conditions can we be expectant of change? There is balance and harmony that must be met. I am that prisoner. I admit I did wrong. I am serving my time; as a result I chose not to be a victim of the traps set to ensnare my mind. The drab color of gray the smell of rust, the faint bustling of roaches and mice. These are also part of the other psychological hurdles instituted and ultimately designed to question sanity. The other prisoners themselves must share this vileness? So I ask myself, how can I overcome and transform my pain and mental anguish, to give me freedom rather than keep me enslaved? The truths lie in focusing on others; but primarily in the One who never wanted suffering or any type of threat to the mind, body, and spirit. While in my exile because of self-gratification, I have found my true self. I therefore encourage others to seek a Love that gives of Himself not to feel better of self but to uplift the surrounding foundation, that in due season love will give fruit to more love. God is eternal love so Love Immortally for Eternity this key unlocks and breaks any lock and chain: whether it be mental, physical, or spiritual.

written by:

Isaias Virgen