

AUTHOR: LEVERT BROOKSTIRE
TITLE: CELLBLOCK UNIVERSITY: STUDENT OF THE GAME ^{P.1}
WRITTEN: JAN. 20, 2020

What exactly compels an individual like myself to become a cellblock writer in the first place? Why is it that once we find ourselves inside here, confined to these graffiti marked, blood stained institutional walls, contained within these tall, electrified fences. We are driven to seek out ways of escape. The effects of confinement, isolation and long-term exposure to damaged men, socially broken, emotionally wounded human beings, backwards thinking criminals who are mentally ill, illiterate and chemically dependent, surrounding us 24/7. At some point in every prisoners journey through these places, where we will become impacted by these kinda surroundings, one way or another for many of us, rather than succumbing to the many number different overwhelming psychological challenges, suffocating overcrowded prison living conditions. A lot of us here learn how to adapt, by developing our own coping skills to help us endure the many different challenges we face inside here daily. Writing quickly became a powerful force for me to focus all of my scattered thoughts, helping me to recover my attention from wasteful distractions, becoming a journey of healing for me. As I sat here enclosed inside this here fenced-in society. Writing became the way it all started for me, exploring different ways to maintain a sense of daily structure and discipline, self-management, without the need for self-medicating. Originally when I first began my writing it started out as nothing more than a healthy form of psychological therapy for myself, while being locked up. Like having a release valve to let out, built-up pressure & a way for me to escape the constant, ongoing, weight of stressful situations, hostility, negativity and tension, surrounding me. The tightening noose around my neck.

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ENTRAPPED WITH PSYCHOLOGICAL, EMOTIONAL AND EVEN SPIRITUAL
TORTURE, TURNING TO MY INK PEN AND WRITING PAPER, SOON HAD
BECOME A DEEPLY PERSONAL, VERY PRIVATE AND SOLITARY
PROCESS OF COPING. BY SLOWLY DOCUMENTING MY OWN PERSONAL
EXPERIENCES, AND GRADUAL CHANGES, GOALS AND PLANS.
I DOCUMENTED MY CHANGE IN ATTITUDES, MY CHANGE IN VALUES
CHANGE IN COPING MECHANISMS. I, DOCUMENTED THE CHANGE
IN PERSPECTIVES, HOW I SEE THE WORLD AND SEE MY LIFE,
THE WAYS IN WHICH I NOW RELATE TO THEM BOTH. I'M QUITE
CERTAIN MOST CELLBLOCK WRITERS, WHO ALSO WRITE FOR
THERAPY. IF ASKED WHY DO THEY WRITE? MOST OFTEN THEY
WOULD OFFER A RESPONSE REFLECTING CLOSE TO THEIR OWN
PERSONAL REASONS. THEIR RESPONSES NO DOUBT WOULD BE
HEAVILY WEIGHTED DOWN WITH EVERYTHING THEY THEMSELVES
HAVE PERSONALLY SEEN OR GONE THROUGH, IN THEIR OWN
ADJUSTMENT AND ADAPTATION TO CELLBLOCK LIFE. MANY
WOULD DESCRIBE WHAT THEY'VE COME TO LEARN ALONG THEIR
JOURNEY, LEARNED FROM THEIR MISTAKES WHICH RESULTED IN
THEIR INCARCERATION. A LOT OF CELLBLOCK WRITERS DOCUMENT
THEIR OWN DAY TO DAY ACTIVITIES, DAILY SOCIAL INTERACTIONS
AND THE IMPACT OF WHAT THEY EXPERIENCE ON A DAILY-
BASIS. KEEPING METICULOUS DAILY JOURNALS, RECORDING WHAT
THEIR OWN DAYS ARE LIKE IN CHRONOLOGICAL ORDER. I'VE
FOUND THERE ARE MANY VARIED REASONS FOR WHY MANY OF
US, CELLBLOCK CAPTIVES TO BECOME DRIVEN TO WRITE,
MANY THINGS PLAY A ROLE IN COMPELLING THE "CAPTURED-
HUMAN" TO PICK UP THE INK PEN WHILE INSIDE HERE, MOV-
ING IT ALONG THESE LINES, STRINGING WORDS & SENTENCES
TOGETHER, IN ORDER TO DOCUMENT THEIR THOUGHTS. SUCH
REASONS SEEM UNIMPORTANT AND SEEMINGLY IRRELEVANT
TO THE AVERAGE PERSON. IN FACT, IT'S NOT AS UNIMPORTANT

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OR AS IRRELEVANT AS SOME MIGHT THINK, OR ASSUME.
TO DELVE DEEPER AND GET A BIT CLOSER TO THE HEART OF
THE MAIN REASON FOR ME, MYSELF WANTING TO BECOME A
WRITER, WHILE I SAT INSIDE THESE FENCES. I STARTED
TO DO A LOT OF THINKING, REFLECTING ON MY LIFE, THE WAYS
THAT I HAD SPENT MY LIFE SO FAR, WITHOUT HAVING ANY
PURPOSE. WHEN I THOUGHT ABOUT THE WAYS IN WHICH MY
DECISION MAKING HAD MANIFESTED INTO A CONTINUOUSLY
DOWNWARD SPIRAL OF ONE FAILURE AFTER ANOTHER.
FAILURE TO OWN MY FATHERLY RESPONSIBILITIES, FAILURE TO BE
A SUPPORTIVE SON TO MY AGING PARENTS WHEN IT ^{WAS} NEEDED.
THEY NEVER HAD MY SUPPORT THROUGH THEIR DIFFICULT
TIMES THE WAY THAT THEY HAVE SUPPORTED ^{ME, MY} FAILURE TO ACHIEVE
WORTHWILE GOALS THAT ANY AVERAGE WORKING CLASS
CITIZEN WOULD SEEK TO ACCOMPLISH ^{TO} BECOME A
CONTRIBUTING MEMBER OF SOCIETY, AND ^{THEIR} COMMUNITY.
INSTEAD OF ENLISTING IN THE U.S. ARMED FORCES, OR BEING
ENROLLED IN COLLEGE OR VOCATIONAL JOB TRAINING, I'M
^{ENL} IN FACT ONE ^{OF MANY} WHO SUCCEMB TO THE ENTICEMENT AND
TEMPTATIONS OF THE STREET CORNER'S CRIMINAL LIFE-
STYLE, ENLISTING IN THE CRIMINAL STREET GAMES, THE
ARMED FORCES OF SOUTHERN CALIFORNIA'S BLUE ARMY.
BECOMING DEPENDENT UPON CRIME, VIOLATING LAWS,
SHORTCUTTING HONEST, HARD-DAYS WORK TO GET MY
NEEDS SATISFIED. ADOPTING WAYS TO OVERCOME -
SOCIAL OBSTACLES AND CHALLENGES THROUGH A CONTIN-
UOUS CYCLE OF BACKWARDS THINKING "TOXIC", FAILED
VALUES, THAT LED ME TO PRISON THE FIRST TIME IN 1987,
ENTERING THE CALIFORNIA DEPT OF CORRECTIONS AT 19 YRS
OLD, BORDERLINE ILLITERATE AND SUFFERING FROM MILD FORMS
OF MENTAL ILLNESS, WITHOUT A FOCUS IN LIFE, IMMATURE AND

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Title: Cellblock University: Student of the Game Pg 4
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Undisciplined. I was in for a crash course lesson of extremely harsh realities that I was unprepared for, forcing me to grow up faster than the average teenager my same age. My very first day of arrival at California's Institution for Men would become a day in my memory that I would never forget. Pulling into the long driveway, staring outside the prison transport bus window, my wrists shackled to the heavy waist chains wrapped around me, ^{sitting in the calf seats} secured with a padlock. As the transport bus was closed inside the security checkpoint, where all of ~~the~~ prisoners were unloaded off the bus, shuffled inside of the prison's reception center where my long arduous institutional journey first began. Carrying my state issued, "stained" and "worn-out" mattress slung over my shoulder with the dinky, smelly, standard bedroll tightly ~~clutched~~ ^{clutched} underneath my arm. Making my way down the loud, dirty, ^{bleached} graffiti marked tier to my assigned cell, looking at the rows of faces I had to pass on the way to my cell, hostile, irritated, desperate faces standing at their doors, leaning on the bars, ^{twisted} arms through the steel openings staring me down as I walked past, putrid odors emanating from the cellblock air, humidity and musky body odors permeating in the state's institutional ventilation system. Prisoners wearing tattered, and worn-out, faded discolored state issued prison uniforms, ~~wearing~~ their gloomy, tired, beaten faces, old scars, outdated tattoos, misshapen heads, overgrown facial hair, and agitated, angry facial expressions, clearly tired and irritable, all of them among the group staring me down to get a look at the newest arrival to the Cellblock Society. These were the men who would soon become my neighbors, enemies, comrades, allies and even future mentors, while I began serving out my very

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FIRST PRISON SENTENCE IN CALIFORNIA'S CELLBLOCK SOCIETY, TRULY WRETCHED, HATEFUL AND HIGHLY VOLATILE. TRANSFORMING ME FROM A YOUNG, IMMATURE, BORDERLINE ILLITERATE, UNDISCIPLINED AND UNFOCUSSED CELLWELLER, INTO AN INDOCTRINATED, CRIMINALLY EDUCATED, MILITARILY TRAINED, HARDENED, CALMOUSED, DISCIPLINED, COMMITTED GANG-MEMBER. WHERE I LEARNED TO BECOME A BETTER ORGANIZED, MORE FOCUSED, HIGHLY STRUCTURED CRIMINAL WHO WAS MENTORED IN THE WAYS OF ORGANIZED CRIME TECHNIQUES, PARA-MILITARY TACTICS AND "EXPROPRIATION OF FUNDS", TO FINANCE AND DEVELOP MY CRIMINAL OBJECTIVES, AS I ROSE UP THROUGH THE RANKS, INCREASING MY GANG STATUS AND INFLUENCES, IN THE CRIMINAL HIERARCHY SIGNIFICANTLY, OVER THE PERIOD OF TIME DURING MY INCARCERATION. BY CARRYING OUT CAREFULLY PLANNED OUT, WELL COORDINATED ASSAULTS AND AMBUSHES AGAINST OUR RIVALS, DEMONSTRATING MY BLIND LOYALTY TO THE CRIMINAL SYNDICATE FOR WHICH I HAD PLEDGED MY ALLEGIANCE TO, WHILE INSIDE CALIFORNIA'S MOST INFAMOUS CRIMINAL COLLEGE CAMPUSES. I ONCE HAD READ AN ARTICLE SOMEWHERE TITLED "PRISONS IN AMERICA" WHICH THE AUTHOR EXPLAINS HOW 70% OF AMERICA'S PRISONER POPULATION IS MADE UP OF SUBSTANCE ABUSERS. THE AUTHOR WRITES HOW ONLY 3% OF THESE 70% ADDICTED POPULATION EVENTUALLY REACH SOBRIETY INSIDE THESE PLACES, BECOME SELF-SUFFICIENT, AND GO ON TO ACHIEVE A SUCCESSFUL RE-ENTRY, BACK INTO SOCIETY ONCE THEY'RE RELEASED. THIS ARTICLE WENT ON TO EXPLAIN THE REASONS FOR SUCH LOW SUCCESS RATE WAS PARTICULARLY DUE TO THE PRISONERS POPULATION ADAPTING TO THE INSTITUTIONALIZED "CRIMINAL" WAY OF LIFE, WHICH I CAN attest TO BEING IN-FACT TRUE. THERE'S A PEER PRESSURE, OCCULT-LIKE, GROUP THOUGHT SYSTEM ENGRAINED HERE IN THE CELLBLOCKS. A VERY REAL PART OF THE "RECIDIVISM" PROBLEM.

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Prisoners following prisoners, which isn't necessarily a bad thing. Unless of course you have backwards thinking, socially broken, and drug addicted prisoners who are leading the majority of the prisoner population, prisoners modeling the behaviors of other prisoners who are abusing drugs, extorting other prisoners, and honing their criminal skillsets daily, are the same prisoners that are the large majority of prisoners being released all over the country, who never succeed at re-entering society, continuing the perpetual recidivism cycle otherwise called the revolving door. The author of this article had proposed some interesting suggestions, recommending that if the large majority of the prisoner population in the country began to study what the largest majority of prisoner population surrounding them were doing wrong, then began to do the very opposite of that. Chances are greater a prisoner would be on track to achieve success upon their re-entry. Being a young minded, immature, human being that I was at that time, I did have an intuitive and natural tendency to be enticed, influenced and swayed by the language behaviors, habits, and lifestyle choices of other peers who surrounded me for many, many years, both outside and inside prison. Something which has proven to be even that much more stronger inside these institutions. But once we as prisoners do finally at some point or another become aware of our 'faulty', 'mistaken' and even socially broken thought process, then we make the decision, to change it. It is then and only then do we stand a chance of achieving success, in our lives. Only then do we 'free' ourselves, no longer 'captured'.

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HUMANS, IN DANGER, STACKED TO THE CRIMINAL MENTALLY, LIKE THOSE OTHER PRISONERS SURROUNDING US, IN THE 3% MINORITY POPULATION. THOSE WHO HAVE ALWAYS FOUGHT THE UPHILL BATTLE, PRACTICING PRODUCTIVE HABITS, AND HEALTHY, GOAL ORIENTED PURSUITS. STRUGGLING AGAINST THE STRONG "SOCIAL" PEER-PRESSURES OF NEGATIVE CRIMINAL INFLUENCES WHICH MAKE UP THE MAJORITY 97% OF THE CELLBLOCK POPULATION. UPON REACHING THIS POINT, PRISONERS WOULD BECOME AT THE VERY LEAST, STARTING THE FIRST BEGINNING STAGES NECESSARY IN THEIR OWN PERSONAL LIFE-TRANSFORMATION. I MYSELF HAD TO FACE THREE TRIPS THROUGH THESE CELLBLOCK SOCIETY'S BEFORE COMING TO MY OWN TRANSFORMATIVE STATE, SALVAGING THE REST OF MY LIFE BEFORE MY LUCK RAN-OUT. AFTER BECOMING AWARE OF MY NEED TO START 'DEPROGRAMMING' MYSELF OF ALL NEGATIVE CRIMINAL INFLUENCES, TAKING A MORE/DEEPER LOOK AT MY LIFE. I STARTED LOOKING CLOSER AT THE TYPE OF PRISONERS I ASSOCIATED WITH, WHAT KIND OF INFLUENCES THEY WERE HAVING ON ME. ASSESSING WHETHER OR NOT THE PRISONERS IN MY SOCIAL CIRCLE WERE HELPING ME TO MOVE CLOSER TOWARDS ACHIEVING MY GOALS OR EITHER MORE LIKELY TO MOVE ME FURTHER AWAY FROM THEM. ONCE WE PRISONERS TAKE A PAUSE TO INVENTORY OUR LIVES, LIVING AS "CRIMINALS". WE BEGIN TO SEE THERE'S NO PURPOSE OR SUCCESS TO BE GAINED FROM THE "CRIMINAL" LIFESTYLE. EVENTUALLY WE'LL START TO CATEGORIZE EVERY PRISONER WE ASSOCIATE WITH INTO EITHER ONE OF TWO DIFFERENT CATEGORIES. THOSE WHO WE SHOULD BE DOING MORE COLLABORATING AND NETWORKING WITH, TO STRENGTHEN OUR RESOLVE TO IMPROVE OUR PLANS FOR SUCCESSFUL RE-ENTRY AND THOSE WHOM WOULD MUCH RATHER SABOTAGE OUR PLANS, FOR A CONSTRUCTIVE TRANSFORMATION. AFTER REACHING A POINT OF SELF-AWARENESS LOOKING TO BE A PART OF THE SOLUTION FOR A

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a change, instead of being apart of the problem. We then begin taking the necessary steps needed to immerse ourselves deeply into self-improvement. Studying the ways in which we think and behave as human beings, learning how psychological and sociological influences impact our decision making. Actually learning how we got to where we are at in our lives, how to get out of the thinking which got us there in the first place. Self-education and self-improvement is what helped me to finally gain a much better perspective about my cellblock surroundings and environments negative, corrosive influences. Through raising my awareness this allowed me to gather a much deeper understanding of what the overall solution for rehabilitation is. Solutions are discovered once an understanding of the problem has been attained. Living inside these institutions from California to here in AZ. I've learned how to become cynical and distrustful by watching how prisoners sabotage other prisoners more so than what I've seen in any other social environment. Using negative social peer pressure tactics in order to encourage and foster irresponsible, counter productive, high risk behaviors, particularly self-destructive substance abuse. Drug use inside these prisons is no surprise to anyone, nor is it an isolated problem, rather a whole bundle of all kinds of mental, emotional, biological and environmental even social factors involved which lead to drug addiction, chemical dependency, prisoner on prisoner violence common inside these places. Finding coping mechanisms lead many to drug use, self medication to manage their adaptation to, living as a captured human. Sustaining sobriety here isn't just a simple matter of abstaining from

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DRUG USAGE, IT TURNS OUT TO BE MUCH MORE COMPLICATED THAN THAT. INVOLVING A LOT MORE COMPLEX ISSUES THAN I CAN LIST HERE, WHICH INVOLVE MANY DIFFERENT AREAS OF A PRISONERS LIFE. THIS CHALLENGE THAT I DECIDED TO TAKE ON IS WHAT I'VE SINCE DEDICATED THE MAJORITY OF MY INCARCERATION PERIOD, TOWARDS UNDERSTANDING AND TRYING TO LEARN MORE ABOUT THE COMPLETE PSYCHOLOGICAL, EMOTIONAL AND ENVIRONMENTAL EFFECTS OF INSTITUTIONAL LIVING, CRIMINAL THINKING AND ADDICTION. I'VE TRIED TO USE MY TIME HERE AS A CAPTURED HUMAN TO BECOME BETTER INFORMED AND AWARE OF THEIR ROOT CAUSES, FROM EACH AND EVERY POSSIBLE ANGLE. PARTICULARLY FROM THE MOST PROMINANT OF ANGLES WHICH HAPPENS TO BE OUR SOCIAL INFLUENCES. SOMETHING I'VE WITNESSED FIRST HAND MYSELF, HAVING SPOKEN TO SEVERAL HUNDRED FELLOW PRISONERS OVER MY PRISON TERM, LEARNING ABOUT SEVERAL DIFFERENT TYPES OF BEHAVIORAL DISORDERS, DIFFERENT LEVELS OF MENTAL ILLNESS AND ADDICTION DYNAMICS. ALL DRIVING ME TO SEEK OUT THIS KIND OF BEHAVIORAL HEALTH SCIENCE AS MY CHOSEN PROFESSION, UPON MY RE-ENTRY. USING ALL OF MY PERSONAL EXPERIENCES WITH THE CRIMINAL LIFESTYLE, CELLBLOCK LIVING, DRUG USAGE, VIOLENCE AND SELF REFORM AS MY CLOSEST INSIGHTS TO SERVE ME WELL IN MY PREFERRED PROFESSION. HAVING ALREADY HAD HUNDREDS OF DISCUSSIONS WITH OTHER FELLOW "CAPTURED HUMANS" ABOUT SELF CHANGE, PARTICULARLY ABOUT THE SUBJECTS OF CRIMINAL BEHAVIOR AND ADDICTION. I'VE COME TO SETTLE ON THE FACT THAT THE MOST PREVALENT REASONS FOR THE ONGOING CONTINUOUS CYCLE OF DRUG USE AND CRIMINAL BEHAVIOR WHILE BEING INSIDE PRISON, HAPPENS TO BE THE INTENSELY NEGATIVE SOCIAL PRESSURES WE ARE UP AGAINST WHILE WE ARE INCARCERATED. ON THE OTHER HAND, I'VE ALSO COME TO SEE

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THAT, MOST OFTEN TAKES AN ENVIRONMENT OF POSITIVE PEER INFLUENCES AMONG THE CELLBLOCK POPULATION OF CAPTURED HUMANS, WHO ARE ALSO SEEKING TO MAKE CHANGES IN THEMSELVES, IMPROVING UPON THEMSELVES WHILE ALSO MAINTAINING SOBRIETY, THERE'S NOT MANY, IT'S A SMALL PERCENTAGE OF THE PRISONER POPULATION! BUT THEY ARE HERE. FEWER THAN THE MAJORITY BUT WE HAVE CHOSEN TO SURROUND OURSELVES WITH OUR OWN SOCIAL NETWORK SYSTEM, FOR THOSE OF US WHO HAVE MADE THE CONNECTION BETWEEN THESE INSTITUTIONAL ENVIRONMENTAL NEGATIVE SOCIAL PRESSURES AND THE REVOLVING DOOR CYCLE OF RECIDIVISM, SEEING BOTH NEGATIVE AND POSITIVE USES OF THIS CELLBLOCK LIFE DEPENDING UPON HOW WE DECIDE TO APPLY OURSELVES WHILE WE ARE HERE. IN ORDER FOR ANY OF US TO FINALLY GET TO THE BOTTOM OF OUR OWN PROBLEMS, TO BETTER UNDERSTAND THE SOLUTION, IT'S OFTEN EASIER SAID THAN DONE. REQUIRING AN AWAKENING TO OCCUR, FIRST. HAVING THE DESIRE TO SEE A REAL CHANGE INSIDE THEMSELVES, SPECIFICALLY "CRIMINALITY" AND "RECOVERY". I'VE SINCE COME TO REALIZE THAT THE REAL TRUE QUALITY OF LIFE EVEN WHILE BEING HERE AS A "CAPTURED HUMAN" IS APPLYING ONE'S INCARCERATION TIME, TOWARDS ALL OF THE HEALTHY PRODUCTIVE ACTIVITIES ONE HAS A PASSION FOR. STUDYING, LEARNING, TRAINING FOR ANOTHER OPPORTUNITY AT FREEDOM. DISCOVERING INNER PEACE SPIRITUALITY AND PERSONAL FULFILLMENT. SOMETHING THAT'S TAKEN ME DECADES OF CELLBLOCK YEARS TO FIND, BEING SHACKLED TO THE SOCIALLY BROKEN, NEGATIVE, CRIMINAL THINKING, SELF-DESTRUCTIVE MENTALITY. SURELY IF THERE IS ONE THING US CAPTURED HUMANS SENT HERE TO LIVE OUT OUR COURT ORDERED PRISON SENTENCES INSIDE THESE CELLBLOCKS NEVER WANT TO HEAR OR ACCEPT EVEN THINK ABOUT IS THE NOTION THAT SOME OF US WILL

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IN FACT, IN SOME WAY OR IN SOMEHOW BE CONDEMNED TO HIS WRETCHED, PSYCHOLOGICALLY TORMENTING PILE OF BEING KEPT IN PHYSICAL BONDAGE, RESTRICTIONS AND LIMITATIONS FOREVER. THE THOUGHT OF LOSING OUR FREEDOM TO BE INSIDE HERE, FACING THESE TORMENTING, BRUELING CONDITIONS PERMANENTLY CAN BECOME EMOTIONALLY DEADENING, AS ONE KNOWS EVERYDAY THAT WE MUST NAVIGATE THROUGH HERE IN A WAY THAT DOESN'T SOMETIME TURN THIS INTO A PERMANENT CONDITION, A CONDITION FROM WHICH WE CANNOT EVER ESCAPE. RATHER INSTEAD THINKING WE CAN TAKE OUR OWN LIVES, INTO OUR OWN HANDS WHILE INSIDE HERE. LEARNING BETTER WAYS TO HARNESS OUR INNER STRENGTHS TO TRY AND CHANGE OUR OLD WAYS OF THINKING, DEPROGRAMMING OURSELVES FROM THE PAST CRIMINAL INDOCTRINATION, AND FAULTY, MISTAKEN AND BACKWARDS CRIMINAL THINKING AND BEHAVING, WHICH DEFINITELY NEED CHANGING. KNOWING THAT THE COMPLEXITIES OF SUCH AN ENORMOUS SIZE UNDERTAKING CAN BE TOO DIFFICULT TO BE PUT INTO WORDS OR ARTICULATED HERE.

ANY SUCH COMPLICATED TRANSFORMATION HAS ELUDED MANY MANY OTHER CAPTURED HUMANS BEFORE ME, WHO TOO HAVE TRIED. LIKE MYSELF FOR EXAMPLE, DECIDING HOW TO START THE CHANGE PROCESS IN ITSELF BECAME A CHALLENGE. DECIDING WHERE? WHAT? WHEN? AND HOW? TO START WAS A DAUNTING FIRST STEP FOR ME TO TAKE. WRESTLING WITH HOW DO I CHANGE MY THINKING? HOW DO I CHANGE MY BEHAVIOR? "THINKING" AND "BEHAVIORS" THAT I'VE DEVELOPED OVER A LIFETIME? "SHAPING" AND "FORMING" GRADUALLY OVER DECADES, BECOMING MY BELIEFS, VALUES, AND CONVICTIONS ALONG MY LIFE JOURNEY. BECOMING SELF-SABOTAGING, LIFE-DISRUPTING, HARM CAUSING HABITS. DESTRUCTIVE "THINKING" AND "BEHAVING" WHICH HAS MANIFESTED INTO A 'FLAWED', 'BROKEN' MAN THAT IS WORKING AGAINST WHAT I WANT TO GET OUT OF LIFE.

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Such a challenge of personal transformation I've learned along the way of my studies that it should start with a sincere and deep internal reassessment. First, taking an internal study, reflecting upon our own "thinking" and "behaving" patterns, "impulses," and "reactions". Observing our-selves, becoming more aware of the choices we make. This will gradually begin to provide us with the actual connections we will eventually need whenever we begin laying down our foundation necessary in order to start the "inner-work" needed to carry-out the change process. By identifying the defective, broken, flawed areas of the most serious concern, inside of ourselves, first. Now we've got the proper assessment where to direct our focus and attention, along our transformative journey. This allow for us to create short-term goals, mid-term, and even long-term goals. Through reading and studying about different areas, involving psychological disorders, emotional disorders and even social disorders, this becomes helpful whenever trying to overcome such personal, complicated, ingrained psychological barriers as indoctrinated "criminal thinking," "flawed rationalizing" and backwards "social ideas," "beliefs" and "perceptions". Failure to do some personal reading on these subjects first, and doing some personal studies about these disorders to seek the proper insights necessary when looking to gain knowledge into ones own personal defects and how to correct them, lacking the knowledge one can "learn" from reading about these issues first would be unrealistic. From my position, having been a captured human for these past 17 1/2 years now, approaching my long awaited scheduled release date. Articulating into words

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THE COMPLEXITIES OF SUCH AN ENORMOUS UNDERTAKING AS TRANSFORMING ONE'S OWN "THINKING" AND "BELIEVING", I CAN ONLY OFFER IN THESE WORDS WHAT I'VE PERSONALLY COME TO LEARN THROUGH MY OWN FIRST-HAND EXPERIENCES REGARDING MY OWN CHANGE PROCESS, WHICH BECAME A DEEPLY PERSONAL AND MY OWN, UNIQUELY PERSONAL EXPERIENCE AND PERSONAL PROCESS. AS I SUSPECT WOULD BE THE CASE FOR ANY OTHER PRISONERS WHO WOULD BECOME WILLING TO TAKE ON THIS CHALLENGE OF SELF-CHANGE. I CAN SAY THAT ANY CHALLENGE WORTH TAKING ON, ANY CHANGES WORTH MAKING, IT'S GOT TO BE WORTH MAKING THE COMMITTED EFFORT. SO, ANY PRISONER WHO'S CONSIDERING MAKING CHANGES WITHIN THEMSELVES. BUT, THEY AREN'T TRULY, PERSONALLY INVESTED, OR TOTALLY, COMPLETELY, WHOLEHEARTEDLY COMMITTED TO THE ENTIRE PROCESS. THERE WILL BE MANY, MANY DIFFERENT CHALLENGES, BARRIERS, OBSTACLES, AND HURDLES STANDING IN THE WAY BETWEEN THEM AND THE CHANGES THEY ARE LOOKING TO MAKE. THE AMOUNT OF EFFORT AND HARD WORK DEMANDED OF THEM FIRST, BEFORE ANY CHANGES CAN ACTUALLY COME ABOUT. MOST PRISONERS WILL SOON BECOME TOO OVERWHELMED AND DISCOURAGED, GIVING UP BEFORE EVER FINISHING THEIR "JOURNEY OF CHANGE", INSTEAD SURRENDERING TO THE DAUNTING OBSTACLES, BARRIERS AND CHALLENGES. THIS IS A FACT WHICH "DRIVES ME" TO KEEP GOING FORWARD AND STRIVING ALONG, IN MY OWN PERSONAL JOURNEY OF CHANGE. TRYING MY BEST, TO USE WORDS AND MY WRITING TO DOCUMENT AND RECORD MY OWN PROGRESS, TRACKING MY OWN GROWTH THROUGH MY WRITINGS. I USE WORDS TO CHRONICLE MY OWN JOURNEY AS A CAPTURED HUMAN, WRITING DOWN WHAT I'VE SEEN WITH MY EYES, MY LESSONS, MY CHANGING BELIEFS, AND THOUGHT PROCESS, THROUGH WRITING I CONVERT IT ALL INTO LITERARY POWER, STARTING MY OWN JOURNEY FOR CHANGE ABOUT 3 YEARS INTO THIS 21 YEAR SENTENCE. DISCOVERING VERY EARLY THERE ARE THOSE OTHER

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Captured Humans" around me, who have very little to none, if any at all respect, or interest in 'changing' self. Fewer prisoners are interested in self-change than one may guess. Personal accountability is something despised here in prison. Remorse, guilt or shame doesn't thrive here in prison. Aware of all the different variable kinds of negative influences, and social peer pressures challenging me, in here. Both visible and invisible evils/forces which constantly are working against me inside of here, resisting all of my efforts to make changes within myself, sabotaging any sincere attempts towards self-reform, or attempts to re-direct ones thought process, into a rational, or healthy, socially-responsible thinking process. It's been my personal experience over the two and half decades I've spent confined to the Cellblocks with the many other captured humans I've interacted with, most of whom want little or nothing to do with healthy and constructive 'self-change.' Having spent decades here, co-existing among other captured humans, I can say with confidence that the majority prisoners aren't interested in their own internal selves, or doing the kind of inner-work necessary to address the causes of their 'flawed' thinking and "behaving". An effort requiring a 'daily focus' which unfortunately and most often the average captured human isn't ready for. Having already spent year after year doing the grueling, arduous work necessary on myself. Seeing some serious, tangible, progress since I first began doing the inner-work. I can say that, more and more prisoners who have witnessed my gradual transformation over the years have surprisingly been coming forward seeking my

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Written: Feb. 9, 2020

COUNSEL, AND PERSONAL ADVICE, DIRECTION ABOUT SELF-CHANGE AND SELF-IMPROVEMENT. AFTER THEY, THEMSELVES HAVE GROWN DISILLUSIONED, DISGUSTED, AND TOO TIRED WITH THE WAY IN WHICH THEIR OWN LIVES HAVE BEEN WASTING AWAY, SQUANDERED, AND ENTANGLED INSIDE A MISTAKEN, FLAWED, AND SOCIALLY BACKWARDS CRIMINAL MENTALITY, WHILE THEY SAT HERE WASTING BEHIND THESE FENCES. MY HOPE IS TO START SEEING MORE CAPTURED HUMANS TRYING TO STEP OUTSIDE OF THE CYCLE OF PERPETUAL FAILURE IN ORDER TO SEEK OUT THE PROPER GUIDANCE AND DIRECTION NECESSARY TO START THEIR OWN SELF-CHANGE JOURNEY, USING THEIR PRISON TERMS IN PRODUCTIVE WAYS. BUT, THEY CANNOT CHOOSE HEALTHY ALTERNATIVES THEY NEVER KNEW EXISTED. IT WAS MY DESIRE FOR SOMETHING ELSE OUT OF LIFE, THAN WHAT I'VE HAD SO FAR, IS WHAT OPENED THE DOOR FOR ME, TO SEEK OUT HEALTHIER, CONSTRUCTIVE, PROPER GUIDANCE. I BEGAN TO CRAVE A LIFE WITH PURPOSE AND MEANING. THIS CRAVING BEGAN TO GROW INTO SOMETHING DEEPLY DESIRED INSIDE OF ME. NEGATIVITY AND CRIMINAL THINKING WERE ALWAYS MY ONLY CHOICES BEFORE DISCOVERING WHAT MY TRUEST MEANING AND PURPOSE IN LIFE, REALLY IS. "SELF-REFLECTION" AND "SELF-ASSESSMENT" HELPED ME TAP INTO MY OWN INTUITION AND SELF-GUIDING INTERNAL SPIRIT, GUIDING ME TOWARDS THE PROPER LITERATURE THAT I NEEDED, AND ESSENTIAL STUDY MATERIALS TO ASSIST IN MY "DEPROGRAMMING" AND "RE-PROGRAMMING" PROCESS. AS I PREPARE MYSELF FOR MY UPCOMING "RESOCIALIZATION" BACK INTO CIVILIZED SOCIETY AGAIN. REPLACING ONE WAY OF THINKING FOR ANOTHER. I REPROGRAMMING MYSELF FROM ALMOST TWO DECADES LONG OF "CRIMINAL" RULES, "CELLBLOCK CONDITIONING" AND PSYCHOLOGICAL TORTURE, IRRITABILITY, FRUSTRATION, "ANGER" AND "DEEP RESENTMENT". REPLACING IT WITH AN INTENSE REGIMENT OF DEEP STUDIES, SELF EDUCATION AND DISCIPLINE.

Author: LEVANT BROOKSHIRE

Title: DELL BLACK UNIVERSITY: STUDENT OF THE GAME Pg 16

Written: Feb. 9, 2020

Replacing all of it with an intensive shift in mindset, moving closer towards a newer direction, with healthier habits, which place a higher emphasis on positive changes in my life. Distancing myself from any and all negative thinking something which is innate here. In the beginning it seems like an insurmountable obstacle to overcome. By reading and studying psychological disorders, sociology and fundamental behavioral disorders, this is what provided me with a lit' torch that I needed to navigate my way through the dark caves. Studying these subjects helped to provoke thought, answer questions, and reach solutions. The studies helped me find a measure of comfort realizing that my time was being used for something else besides the exhausting uphill battle of managing to avoid hopeless, mindless, negative peer influences and powerful diseased "criminal" activities. Reading about the things that make up my inner compulsiveness, how my emotional volatility became unmanageable. Learning about all of this gave me something I never had before, an understanding how to combat my compulsions and better manage my emotional volatility. Opening the way for me to believe that change really is possible for me. I began to be freed from my delusions. I could see how educating oneself worked for others, and it began to work for me also. Through newly found knowledge we achieve a willingness to move into action. But we must be willing to go beyond reading and studying and making the choice to involve our hearts and spirits, in the decision to use each and every waking day, to explore a goal and follow it through. Doing this would gradually lead to a change of thinking and behaving. But the choice to change, all comes down

AUTHOR: LEVERT BRACKSHIRE

TITLE: CellBlock. UNIVERSITY: STUDENT OF THE GAME

pg. 17

WRITTEN: FEB. 28, 2020

TO EACH AND EVERYONE OF US CAPTURED HUMANS, RECONNECTING WITH OUR OWN INNER-POWER. WE HAVE FEEL COMFORT IN THE SPIRITUAL LIFE WE'VE LOST TOUCH WITH OVER TIME, THOSE OF WHOM I'VE TERMED TO BE CAPTURED HUMANS, WHO LIKE MYSELF MAKE THE PERSONAL COMMITMENT TO TAKE ON THEIR OWN, PERSONAL, DEEPLY-SPIRITUAL, INNER-WORK. WHILE REMAINING CAPTURED, CONTAINED HERE, HELD IN BONDAGE, FORCED TO CO-EXIST AMONG A POPULATION OF SEVERAL OTHER CAPTURED HUMANS WHO, IN THE MOST EXTREME DESCRIPTION, CAN BE BEST DESCRIBED AS SOCIOPATHIC, MENTALLY ILL, AND REMORSELESS. MANY OF WHOM WHO ARE CAPTURED WITH ME FORCED TO CO-EXIST BEHIND THESE FENCES FOR AS LONG AS I HAVE, SOME OF WHOM EVEN LONGER, CONVICTED OF WHAT COULD ONLY BE DESCRIBED AS "CRIMES" WITHOUT CONSCIENCES, MANY OF WHOM NOT SURPRIZINGLY FEEL OR SHOW NO GUILT, OR REMORSE. FOR. ANOTHER HARSH REALITY WE HAVE TO FACE. SOMETHING ELSE, WHICH HAS PLAYED A KEY LEADING ROLE IN MOTIVATING ME INSIDE HERE TO WANT CHANGE IN MY LIFE. SURROUNDED CONSTANTLY BY SUCH NEGATIVE FORCES OF EVIL. SUFFOCATING FORCES OF PETTY JEALOUSIES, POWERFUL HATE AND INTOLERANCE, HOSTILITIES AND TENSE RIVALRIES, REVENGER STRONG BITTERNESS AND HUMAN DESPERATION THICKENING THE CELLBLOCK ATMOSPHERE. TRYING TO DEPROGRAM ONESELF OF 18 YEARS, LIVING INSIDE THIS HARDENED, BAKED IN MIND-SET IS HARDLY AN EASY UNDERTAKING, HAVING BEEN SO THOROUGHLY SOCIALIZED TO THIS, FOR SO LONG. IMPROVISING AND ADAPTING, OVERCOMING LIMITATIONS, RESTRICTIONS AND LOSS OF FREEDOMS ASSIMILATING TO THIS CELLBLOCK SOCIETY, FOR SURVIVAL. ALL OF US HAVE HAVE FIND OUR OWN WAYS OF ADAPTATION, ADJUSTING TO THESE ENVIRONMENTAL CHALLENGERS. INCLUDING THOSE OF US WHO DECIDE TO EMBARK UPON THIS JOURNEY OF SELF-CHANGE. EVEN AS WE

AUTHOR: LEVERT BRACKSHIRE

TITLE: CELLBLOCK UNIVERSITY: STUDENT OF THE GAME

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WRITTEN: FEB. 28, 2020

ARE WORKING ON OUR INNER-GENES HERE, SEVERAL SITUATIONS OCCUR INSIDE HERE WITHOUT WARNING. DECISIONS ARE MADE INSTANTANEOUSLY OFTEN IN REACTION TO UNPREDICTABLE CIRCUMSTANCES THAT ARE BEYOND OUR CONTROL. NO PRISONER IS IMMUNE TO THIS 'UNPREDICTABILITY'; DOING THE SELF-CHANGE WORK OR NOT. I'M FOCUSED ON REDIRECTING MY THINKING PATTERNS, SHIFTING AWAY FROM THIS CELLBLOCK (SOCIALIZATION, AND MOVING TOWARDS THE RE-ADAPTATION TO CIVILIZED SOCIETY. I'M AT THAT 1 YEAR MARK, BEFORE I'M RELEASED. THIS IS THE IDEAL TIME FOR ME TO START POSITIONING MYSELF THE WAY I WOULD LIKE TO SEE MYSELF ON THE DAY OF MY RELEASE. THESE PRISON ADMINISTRATORS HERE HAVE TOLD ME THAT I'M GOING TO BE TRANSFERRED TO A 'LOWER' CUSTODY, LESSOR-SECURITY PRISON FOR HOUSING SHORT-TERM PRISONERS, CONSISTING OF MORE OPTIMISTIC AND POSITIVE THINKING POPULATION. ALTHOUGH MANY ARE EXPECTEDLY STILL DESPERATE, ABANDONED, ILLITERATE AND SOCIALLY-BROKEN. I'M REALLY RAMPING UP MY OWN SELF-DISCIPLINE, PATIENCE, AND TOLERANCE LEVEL IN-CASE THEY BECOME CHALLENGED, BY ANYONE. I MUST BE MENTALLY PREPARED FOR THE TESTS TO COME. OCCASIONALLY WHILE I'M THERE AT THE MINIMUM SECURITY INSTITUTION, ^{I MUST BE} ABLE TO SUMMON THE STRENGTH IT WILL TAKE TO EXERCISE SELF-RESTRAINT, IN ORDER TO KNOW HOW TO RESPOND TO UNPREDICTABLE SITUATIONS WHENEVER THEY ARISE. THIS IS THE MINDSET THAT I WILL HAVE TO HAVE ^{WHEN} I'M RELEASED. IT WILL DEMAND CONTINUOUS SELF-AWARENESS AND MENTAL FLEXIBILITY IN ORDER TO ADAPT AND OVERCOME OUTSIDE OF PRISON. CHANGING MINDSETS TAKES TIME TO RECOGNIZE WHAT RESPONSES ARE APPROPRIATE FOR SPECIFIC SITUATIONS. APPROACHING THIS ENDEAVOR, I HAD TO ANTICIPATE WHAT KINDS OF POSSIBLE CHALLENGES AWAIT ME OUTSIDE OF PRISON.

AUTHOR: LEVERT BROOKSHIRE

TITLE: CELL BLOCK UNIVERSITY: STUDENT OF THE GAME Pg 19

WRITTEN: MARCH 3, 2020

THAT START TO CONCENTRATE ON REFINING AND HONING MY SENSES AND PERCEPTION TO PICK UP ON POTENTIAL HAZARDOUS SITUATIONS BEFOREHAND. READING MY ENVIRONMENT, STUDYING OTHERS NON-VERBAL COMMUNICATION AROUND ME, LEARNING AND DEVELOPING CIVILIZED SOCIAL SKILLS WILL PROVIDE ME WITH THE MAIN ASSET THAT I'LL NEED TO TAKE ME WHERE I WANT TO GO, IN LIFE. THIS IS EXACTLY WHAT I USED TO ADAPT HERE INSIDE PRISON, GIVING ME, QUITE THE EFFICIENCY IN MY ADAPTATION TO PRISON LIFE. TRUTHFULLY, I BELIEVE THAT IT HAS BEEN MY NATURAL ABILITY TO ADAPT AND OVERCOME THESE EVERYDAY CHALLENGES OF PRISON LIFE THAT HAS PREPARED ME FOR THE CHALLENGES I WILL BE FACING OUTSIDE OF PRISON. PREPARING ME FOR THE SAME UNEXPECTED, UNPREDICTABLE DAY TO DAY SITUATIONS THAT ARISE OUTSIDE OF HERE, I'M THINKING ABOUT HOW TO RESPOND TO DIFFERENT SITUATIONS THAT COULD SURFACE. THE BEST ^{WAYS} FOR ME TO IMPROVISE, ADAPT AND OVERCOME IN OPTIMAL WAYS THAT ARE 'LEGAL' AND WON'T PUT MY FREEDOM AT RISK. THIS IS AN ACTUAL REALITY THAT ALL PRISONERS WHO ARE EXPECTING THEIR RELEASE DATE SOON, SHOULD BE MINDFUL OF. TRADITIONALLY THOSE OF ^{US} HERE IN PRISON WHO START TO TURN OUR BACKS ON THE WHOLE 'CRIMINAL' MINDSET OR MOVE AWAY FROM THE 'PRISONER' CODE OF CONDUCT TO BEGIN MOVING TOWARDS THE CIVILIZED WAYS OF THINKING AND BEHAVING, ARE OFTEN TIMES PERCEIVED AS BECOMING 'WEAK', OPPOSED TO BECOMING 'STRONGER'. WHICH IN ITSELF CAN SOMETIMES DRAW THE UNWANTED ATTENTION OF THE MALADJUSTED, FLAWED THINKING PRISONERS. WHICH IS WHEN MY SELF-CHANGE JOURNEY GETS PUT ON HOLD, BECAUSE I'M STILL IN A THREATENING ENVIRONMENT THAT ISN'T FOR THE FAINTHEARTED. BY MENTAL PRACTICING DIFFERENT KINDS OF SCENARIOS IN MY HEAD, WHILE INSIDE PRISON, IT ALLOWED

AUTHOR: LEVERT BROOKSHIRE

TITLE: CELL BLOCK UNIVERSITY: STUDENT OF THE GAME

P. 20

WRITTEN: MARCH 3, 2020

FOR ME, to be prepared for different situations later on when they arise in my path. Now I'm able to use this to 'mentally practice' exercises that I'll encounter once I'm released into the free-world. I've had to start by shifting my attention away from the criminal rules of living as a so-called convict to something entirely different more civilized and disciplined. I researched for my information how to re-assimilate myself back into civilized society again after spending decades in prison. How do I start to change my thinking from a convict to a civilian. Which sent me to search out answers. I've sought out important relative knowledge that I can use outside to help my adjustment re-entering society. In learning how to make a smooth transition back into the community again. I've accumulated valuable information about being an asset to society as a whole. How to exercise better controls over my impulses and compulsions. How I can become more disciplined and organized while living outside of prison. Taking the same "structured" and "routine" patterns that I've used inside prison daily. To control what my life would consist of for each everyday I awoke inside here, trying to exercise control over my environment. I learned that by consciously and deliberately practicing something over and over again in my mind, envisioning it. Exactly as I would like for it to happen, exactly how it would like for it to look or become a reality. Using such mental practicing is something I relied on inside these places for decades to "think" ahead and always have a plan, when something unpredictable occurs. This taught me how to practice behaviors

Author: Levert Brankshire

Pa. 21

Title: FELLBLACK UNIVERSITY: Student of the Game

Written: March 12, 2020

By performing the behavior or the activity that I look to be doing, in my head first. Just like musicians, and athletes must practice by performing their talents and activities mentally, first. In order to develop their skill levels and get better at their actual performances. Just like NFL players, NBA players and MLB players have to continuously practice running their game "plays", throwing, catching and blocking so they are able to perform better once they are out on the field. I've researched visualization techniques on how to form mental pictures of the goals that I have planned for myself, upon my release. So far I've made these visualization techniques an essential part of my "re-integration" planning process. We ourselves are the only ones who can find the answers to our own 'problems' and 'thinking errors', which we are indoctrinated with once we enter these Fellblack's. Only we are responsible for identifying the twisted rationalizations and distorted beliefs that will threaten our freedom again, and again every time. Many occasions throughout my self-change journey I've had to grapple with the choice to either succumb to the temptation of following my criminal compulsions that dominate my Fellblack surroundings or conform to the "social norms" which are awaiting me outside of here. I am continually faced with resisting this cult-like group-thought process here in prison that takes on many different forms of "criminal reinforcement" to program criminal behaviors. But the one thing that never changes, is the fact that we all can choose which one we want to keep practicing, inside our minds. It's up to us to decide when we want to start breaking the cycle of criminal thinking, taking a completely different, independent, defiant and

AUTHOR: LEVERT BRACKSHIRE

TITLE: Cell Block. UNIVERSITY: student of the GAME

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WRITTEN: MARCH 12, 2020

SELF-DIRECTED PATH. RE-ORIENTING MY THOUGHT PROCESS WITH DIFFERENT, MORE SOCIALLY-ACCEPTED, CIVILIZED WAYS OF APPROACHING THE CHALLENGES, I EXPECT TO BE FACING ONCE I'M RELEASED. EXPLORING RESPONSIBLE WAYS OF THINKING, AND RESPONDING TO SOME OF LIFE'S PROBLEMS. I BEGAN TURNING TO LITERATURE AND READ SELF-HELP BOOKS TO FIND DIFFERENT ANSWERS I CAN TURN TO, WHEN I NEED THEM. READING UP ON SELF-CHANGE, PERSONAL RECONSTRUCTION, SELF-DEVELOPMENT, EVEN BEHAVIOR MODIFICATION TECHNIQUES QUICKLY BECAME MY MOST EFFECTIVE AND MOST POWERFUL TOOL IN MY TOOLBOX FOR ME TO RELY ON, IN MY SEARCH FOR ANSWERS. BY APPLYING SOME OF THE BEHAVIOR ORIENTED METHODS AND TECHNIQUES INVOLVED WITH "SELF-CHANGE" FOUND INSIDE BOOKS AND LITERATURE, HAS SHOWN ME HOW TO EXPERIMENT ON MYSELF. WHICH HAS PROVEN TO MAKE A BIG DIFFERENCE IN HOW I NOW 'THINK' AND 'BEHAVE'. WHICH HAS HELPED TO MOVE ME IN THE RIGHT DIRECTION TOWARDS PERSONAL TRANSFORMATION. MOST IMPORTANTLY I LEARNED HOW VALUABLE EDUCATING OURSELVES REALLY IS, TO THE PROCESS OF SELF-CHANGE. READING HAS BECOME THE MOST SIGNIFICANTLY IMPORTANT USEFUL TOOL OF ALL, IN MY PROCESS FOR "CHANGING". BELIEVE IT OR NOT, IT STARTED WITH A BOOK TITLED "AWAKEN THE GIANT WITHIN" WRITTEN BY A PROMINENT AUTHOR NAMED ANTHONY ROBBINS. MANY PEOPLE ARE FAMILIAR WITH HIM. HE'S ALREADY PUBLISHED SEVERAL BOOKS TO HIS CREDIT. THIS PARTICULAR BOOK, HE EXPLAINED IN SIMPLE TERMS HOW WE CAN TAKE IMMEDIATE CONTROL OF OUR OWN MENTAL, EMOTIONAL AND PHYSICAL DESTINY, AS WELL AS OUR 'FINANCIAL' SITUATION. HIS BOOK TITLED "NOTES FROM A FRIEND" SUBTITLED "A QUICK-SIMPLE GUIDE TO TAKING CHARGE OF YOUR LIFE". BOTH LAID OUT AN OUTLINE AND PATHWAY TO FOLLOW MY DEPROGRAMMING.

AUTHOR: LEVERT BRACKSHIRE

TITLE: CELLBLACK UNIVERSITY: STUDENT OF THE GAME Pg 23

WRITTEN: MARCH 30, 2020

and REPROGRAMMING PROCESS. Studying this kind of literature is what taught me how to tap into all of my senses in order to change. Authors like Anthony Robbins, Stephen Covey, Steve Chandler, Dennis D'Grady author of "Taking the Fear out of Changing", and Jim Collins book titled "Good to Great", directed me towards mental self-discipline. Giving me different problem-solving skills, making me want to learn more. Reading these books led me to other books, such as "Your Choices, Your Life" by William S. Swaboda who elaborates in great detail no matter how much we may desire in our lives, to see real changes. Unless we ourselves are prepared to do the hard work and put forth the necessary effort to bring the changes about, no changes will ever manifest. He also wrote another book titled "What's Most Important" subtitled (The Five Factors for Living an Intelligent Life). I've learned so much about the ways in which our environment plays a role in our changing process, the many aspects of our environment where our changes are to occur, becoming students of our environments and avoiding those areas that may hinder or obstruct our change process. Identify those areas which work for us and avoid those areas which work against our change process. What stood out to me the most while studying his literature was the way in which he points out the reality, elaborating on the way we will find our biggest, most difficult and burdensome obstacles, our heaviest weight to carry are those that "self-made" in our own minds. Studying these authors take, on the subject of self-change I walked away from their books understanding how to develop a personal formula of my own, that works for me. By using four importantly key factors that are necessary before any real, tangible changes can occur.

Author: LEVERT BRACKSHIRE

Title: CELL BLOCK UNIVERSITY: STUDENT OF THE GAME Pg. 24

Written: March 30, 2020

THE VERY FIRST IMPORTANTLY KEY FACTOR WE'LL NEED IS A - (PERSONAL DESIRE TO CHANGE)¹. THE NEXT IMPORTANT FACTOR IS (KNOWLEDGE OF HOW TO CHANGE)². THIRDLY WE'LL HAVE TO BE ABLE TO (SUMMON THE INNER-STRENGTH); (EFFORT)³ TO CARRY IT OUT. LASTLY, WE NEED TO (CREATE THE PROPER ENVIRONMENT) THAT IS COMPATIBLE WITH THE GOALS WE WOULD LIKE TO ACHIEVE. INSIDE THESE PRISON CELLS I'VE BEEN ABLE TO RECONNECT WITH MY TRUE SELF, TRUE NATURE, INNER-SPIRIT AND MY TRUE SELF-WORTH. I CREATED MY OWN ENVIRONMENT BY WAITING UNTIL THE NIGHT TIME HOURS WHEN THESE CELL BLOCKS QUIET DOWN, CAPTURED HUMANS SETTLE INTO THEIR NIGHTLY ROUTINES WHILE IT'S CALM AND RELAXED, PRISONERS HATCH THEIR PLOTS AND SCHEMES, FOR THE NEXT DAY. BUT, THIS BECAME MY TIME FOR MENTAL PRACTICING, WITHOUT BEING DISTRACTED OR INTERRUPTED. VISUALIZING MYSELF DOING THE THINGS I PLAN TO BE DOING, UPON MY RELEASE. I ENVISION MYSELF OPERATING A SEMI-TRUCK, DRIVING A TRACTOR-TRAILERS ACROSS THE COUNTRY AS A LICENSED COMMERCIAL TRUCK DRIVER, I SEE MYSELF PERFORMING MY DUTIES AS A LICENSED DRUG COUNSELOR, ADDICTION EXPERT AND MOTIVATIONAL SPEAKER. I ENVISION THE CLOTHES THAT I'LL BE WEARING, IMAGINE THE TYPE OF TRUCKS I'LL BE DRIVING AND THE CONFERENCE ROOMS, OFFICES I'LL BE WORKING AT. THESE DEEP MENTAL PRACTICE SESSIONS HAVE BECOME MY NIGHTLY RITUALS. SINCE I STARTED DOING THIS AMAZING THINGS HAVE STARTED TO HAPPEN, IN MY LIFE. BEING AWARDED A SCHOLARSHIP TO ATTEND COMMUNITY COLLEGE (DISTANCE LEARNING) PROGRAM, FOR (SUBSTANCE USE DISORDERS) TREATMENT, ANOTHER COLLEGE SCHOLARSHIP FOR SMALL BUSINESS MANAGEMENT, ALONG SEVERAL OTHER CERTIFICATIONS AND VOCATIONAL TRADE DIPLOMAS. ALL OF WHICH I'VE USED TO HELP ME CHART OUT MY APPROACHING RELEASE PLANS WHEN I RE-ENTER SOCIETY AGAIN. MAPPING OUT WHAT I PLAN TO

AUTHOR: LEVERT BRACKSHIRE

TITLE: CELLBLACK UNIVERSITY: STUDENT OF THE GAME

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WRITTEN: APRIL 3, 2020

ACHIEVE, ONCE I'M FINALLY OUTSIDE OF PRISON, IS AN ESSENTIAL STEP TOWARDS RECLAIMING MY LIFE BACK, AFTER ALMOST TWO DECADES OF INCARCERATION. WITHOUT HAVING APPLIED THE NECESSARY EFFORT REQUIRED TO DO THE READING AND STUDYING THAT IT TAKES, OR BEING DEDICATED TO SELF-DISCIPLINE NEEDED FOR AVOIDING NEGATIVITY, DILIGENTLY STICKING TO MY ROUTINE MENTAL PRACTICE RITUALS TESTING AND EXPERIMENTING WITH THE MANY DIFFERENT AND MORE UPDATED SELF-IMPROVEMENT TECHNIQUES, IN RESPECTS TO TRYING TO CHANGE AND RESHAPE ONE'S OWN THINKING AND BELIEVING. MOVING AWAY FROM THE OLD 'LOOSELY', 'IMPULSIVE' AND 'REACTIVE' WAY OF THINKING, TOWARDS A MORE 'CONTROLLED', 'SUBDUED' 'PROBLEM-SOLVING', 'EQUAL ORIENTED' MENTALITY. BY STUDYING DIFFERENT LITERATURE ON THE SUBJECT, HAS REALLY HELPED TO GUIDE ME ALONG MY SELF-CHANGING PROCESS, WHICH HAS DEFINITELY HELPED TO ADD MORE VALUE TO MYSELF.

THESE CELLBLACKS MAY HAVE IN FACT CAPTURED MY PHYSICAL BODY, BUT THE CHOICE WAS STILL UP TO ME IF I ALLOWED FOR MY MIND TO BECOME CAPTURED OR NOT. THIS CHOICE COMES DOWN TO THE HUMAN THAT'S BEEN CAPTURED. THE STATE CAN IMPOSE PRISON TERMS BUT IT CANNOT IMPOSE CHANGE.

READING ABOUT HOW CHANGE IS BROUGHT ABOUT, LEARNING DIFFERENT TECHNIQUES, PROFESSIONAL INSIGHTS, HOW TO APPLY THEM, WHAT TO DO, HAS ALL BECOME EXTREMELY VALUABLE TO ME DURING THIS PROCESS. COMPELLING ME TO URGE OTHER PRISONERS TO SEEK OUT BETTER OPTIONS FOR THEMSELVES, TO IMPROVE UPON THEIR DECISION MAKING PROCESS. ENCOURAGING OTHER PRISONERS TO EXPERIMENT WITH OTHER FORMS OF LIVING STANDARDS. I'VE STARTED TO SHARE WITH OTHERS WHAT I'VE LEARNED ABOUT SELF-CHANGE, HOW TO ADAPT DIFFERENT TECHNIQUES AND DIFFERENT METHODS INTO THEIR LIVES IN ORDER TO OVERCOME SOME OF THEIR OWN SELF-MADE OBSTACLES. SHOWING THEM

AUTHOR: LEVERT BROOKSHIRE

TITLE: Cell Black University: Student of the Game

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WRITTEN: April 3, 2020

How they too, can improvise, adapt and overcome these negative forces surrounding them. Writing about my own personal self-change journey and the transformation process, has been a cathartic and therapeutic exploration for me. So much so, I plan to pay it forward. Using what I've learned to help offer guidance and counsel to others who are embarking along their own self-change journeys, helping those who are ready for accountability, and ready to apply the effort and hard work necessary to do the inner-work. Through routine and structure I've kept myself sane inside here. My plan is to create this for myself outside of here too. Once I had learned by studying why I had become a "criminal" it became easier for me to change my thinking. Given the way our world has been seeing a lot of very strange and life altering changes occur recently. This is, definitely a time when our minds need to be disciplined and aware of everything that's happening around us today. Our world is being subjected another social shift, like the ones we've had in the past I can feel it happening all around me. History books show social changes have always come out of the midst of civil disturbances, social unrest, violent protests and riots. As citizens all over the world express their anger, frustration and dissatisfaction over their governments. I watch the news overseas and see foreign countries have shared disapproval over their ruling class. China, Iraq, Russia, ^{Spain} Europe and here in America too, people are upset I can feel revolution swirling in the air. To be honest I've been expecting this for a long time. The dawn of a new era is upon us. I felt the same anger rising inside me when I watched those images across the news channels like everyone else as our country became unkind over race

Author: LEVERT BRACKSHIRE

Title: CELLBLOCK UNIVERSITY: STUDENT OF THE GAME

pg. 27

Written: April 25, 2020

^{IMAGES}
That showed another unarmed Black man name George Floyd
pinned down on the ground, by a white police officer who
was cutting his oxygen off. While he pleaded and begged
for his life, clearly non-combative or non-resistant in any
way, whatsoever. Posing no threat at all, He lost his life.
Revealing an ongoing, historic "racist" hatred directed
at my people. A lot of people all over the world felt what
we felt, as they saw the same images we saw. Upset how
such gross abuses of power go unchecked, unpunished and
'unstopped' daily, all across the U.S. The people felt like
there's only one way to be heard and break out of silence.
The only way in the past for our people to call attention to
an injustice has always been a call for violence against
the police and other symbols of government too, including the
symbols of status and privilege. We can't trust the people
who so-called swear to protect us. Things couldn't be more
unpredictable right now. The entire world's population has been
extremely rattled over this deadly new pandemic sweeping
the earth, beginning ~~months~~ ^{three} months ago. There are times in our
lives or in the lives of many, when the curtain between
what is familiar and what's not comes crashing down.
That's when we start experiencing something for which
we've got no earthly references to deal with it. Any
strange situation as this recent COVID-19 pandemic
has proven to be for all of us, a strange situation. A
situation of this scale has left some of us feeling dead
others with despair, many wandering and all of us
feeling certain that all of this ^{will} change our reality for-
ever. All of this pandemic drama has got me thinking
about all of the operations that go on beneath the sur-
face. There's a much broader, extraordinary story that most
don't hear about.

AUTHOR: LEVERT BRACKSHIRE

TITLE: CW Black University: student of the game

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WRITTEN: APRIL 25, 2020

In these past 'six' months of media hysteria and global panic, about the coronavirus, behind the scenes a constant silence has been kept about technology giants testing-out their next best developments and tech-systems in waiting, to be slowly transitioned into this new era. Why were these tech giants already developing systems that were designed for a pandemic driven world, even before the 1st reported case was ever revealed. I think it's highly suspicious of technology giants to have an insiders look into what technology is really gonna be needed in a pandemic driven ~~world~~ ^{ECONOMY} before the pandemic ever hit. Before data ever emerged about Wuhan China's virus being identified Jeff Bezos Amazon Corporation already had secured the government contracts to build the data-mining and data collection 'clouds' for the NSA, CIA, DOJ, FBI and other government agencies, which engage in surveilling Americans data; through our phone calls, e-mails, texts, store purchases, google searches, and all financial transactions. Using artificial intelligence like 'Alexa' and 'facial recognition' software. Amazon and Microsoft has been building up a new way of life, as Amazon now has ~~business~~ within ~~that~~ corporation which is called 'AWS' - Amazon Web Services that is owner of 'Blink' home security services, Ring home security services and Progressive Insurance (SAFE APP). All of these services were designed to serve as data mining tools for Amazon to track our consumption habits, collective what we eat, wear, watch, use, who we follow

AUTHOR: LEVETT BRACKSHIRE
TITLE: CLEVELAND UNIVERSITY: STUDENT OF THE GAME

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WRITTEN: MAY 15, 2020

If you've been studying the social "shifts" that have already occurred in our past, and learned about all of the social transformations over the years, all of the changes and adaptations these shifts and transformations entail. Well then, you can recognize these significant measures being undertaken by all 50 states and the rest of the world in response to this COVID-19 crisis. When I say "crisis", I don't mean "crisis" by the so-called pandemic alone. But, the government response to an already known virus they knew about under a different name, called "SARS-2", and the way it would eventually impact the U.S. and world's social and economic conditions. I've studied history books for over ten years of these 18 years I've been locked up, it's my observation the Big Tech corporations, world governments, global banking financiers and big pharmaceuticals have finally seized this as an opportunity to enact the kind of sweeping institutional changes and policies that were developed by social engineers decades ago. In order to put the world's population and global economy on the path toward one world government that's been in the works for a long time.

AUTHOR: LEVETT BROOKSHIRE

TITLE: CELLBLOCKUNIVERSITY: STUDENT OF THE GAME³⁰

MAY 15, 2021

This COVID-19 pandemic crisis has given the pre-text to finally start enacting it. None of us who are fortunate enough to survive this virus should expect the Post Pandemic World institutions to be ^{the} same or return to their previous business as usual. Dramatic changes are expected to be made to our lives, producing a totally new normal. For those who have studied history and have a knowledge of America's Industrial Revolutions, will be familiar with the transitioning of how human labor is coordinated and readapted in order to fit the owners' ^{needs} of the means of production, manufacturing and raw materials. That being said, socioeconomic planners have already enacted policies across the world interlocking, converging economic, financial, technological, medical, genetic, environmental, military, and governing systems, into an algorithmic ^{centralized} data bank.

COVID is the key catalyst to ushering in the Fourth Industrial Revolution, reestablishing the new normal. Vast changes are expected to occur in each and every one of these systems, totally altering the way we interact with our environments. Shifting to digital currency, reduced incomes, likely issuance of universal basic in-

AUTHOR: LEVETT BROOKSHIRE

TITLE: CELLBLOCK UNIVERSITY: "STUDENT OF THE GAME"

WRITTEN: MAY 15, 2020

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- COME, OR (UBI), ISSUANCE OF DIGITALIZED MEDICAL CARDS, WITH TRANSPARENT MEDICAL RECORDS, GENETIC CODES AND DETAILED GENE MAPPING OF EVERYONE'S ANCESTRAL HISTORY.

Digitalization of all GOVERNMENTAL OPERATIONS AND SOCIAL PROGRAMS WITH THE USE OF 5G AND PREDICTIVE ALGORITHMS, INCREASED REAL TIME TRACKING OF CITIZENS THROUGH MULTI-INTEGRATED SURVEILLANCE SYSTEMS. THE INCREASED EXPANSION OF CORPORATIONS AND GOVERNMENT FUNCTIONS, CONSOLIDATING WEALTH IN THE HANDS OF A FEW, EVEN MORE SO. THE DESTABILIZATION OF OUR ECONOMY WILL DESIMATE SMALL BUSINESSES EVERYWHERE, MASSIVE CURFEWS, STATEWIDE LOCKDOWNS WILL DESTROY THE BACKBONE OF THIS COUNTRY SMALL BUSINESSES, WHICH ELIMINATES ALL THE COMPETITION FOR CORPORATE AMERICA TO ESTABLISH DOMINANCE IN ALL MARKET SHARES. ALREADY MILLIONS OF U.S. SMALL BUSINESSES ARE AT RISK OF CLOSING THEIR DOORS PERMANENTLY. THE ECONOMIC TOLL IS ALREADY BEING SEEN. THE STAY AT HOME ORDERS, FOR ON-LINE SHOPPERS WHO HAVE PLACED ORDERS FOR CORPORATE PRODUCTS AND SERVICES HAS FORCED THE PERMANENT CLOSURE OF MORE THEN 100K SMALL BUSINESSES. WHILE CORPORATE MONOLITHS LIKE AMAZON HAS BEEN ABLE TO THRIVE BETTER THEN EVER BEFORE. APPLE AND FACEBOOK HAVE REPORTED MASSIVE PROFIT GAINS, DURING THESE LOCKDOWNS SINCE COVID-19'S FIRST OUTBREAK, EVEN WALMART HAS SEEN MASSIVE PROFIT GAINS TOO.

Author: Leveys Brookshire

Title: Callblock University: "Student of the Game"

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Date: May 19, 2021

In the end these, COVID-19 surges have led to mass statewide lockdowns, protests, riots and high unemployment, thousands of small business closings as corporate America and Big Tech giants have consolidated the chokehold on the economy, as well as their power over every individual's private and personal data, and beyond. Let's examine for a moment the true reality that is upon us, today. These real testing times that have befallen us. Not only this mass hysteria and blatant hypocrisy we see being used as a vessel, "Trojan horse" to usher in the new era, COVID-19 pandemic has suddenly and conveniently morphed into a completely different agenda, right before our very eyes. As the "I.D" part of COVID has finally come to fruition, anyone familiar with all of the early dystopian stories told in earlier literature such 1984, Animal Farm, Logan's Run, A Handmaid's Tale, The Matrix, Fahrenheit 451, Brave New World, Gattaca, even Soylent Green, would agree the telling signs are now finally here. All of the despotic, illogical and delusional minds that we were reading about for entertainment in school and to pass the time in prison cells, laid on bunks trying to escape reality.

AUTHOR: LEVERT BROOKSHIRE
TITLE: CELLBLOCK UNIVERSITY: STUDENT OF THE GAME
DATE: JUNE 5, 2021

Today, the 'long' awaiting plans and designs for our 'enslavement' has finally come to be materialized. A situation starting out as a 'mass' health threat, masked by the global 'biological' technocratic corporate machine. Has now become the catalyst for announcing a new plan to introduce 'vaccine' passports for any and everyone alive worldwide. A nationalized ^{Global} program is under construction that is designed to document and track each ^{through} every citizen within the country; vaccination status. This program will be based on the idea of issuing "certificates of vaccination", eventually to be implemented for domestic and international travel, supposedly to curb transmission. As World Government points to 'science' as ~~the~~ justification for these radical reforms and new social ^{measures} ~~measures~~. It just happens that all of these measures that are being undertaken come in the wake of my fast approaching release date. These major social transformations, will likely ensure that what little remaining ~~and~~ freedoms we had left, will no longer be around by the time my release date rolls around in six months. Common Pass ^{cell phone} app is now being developed today, initially for tracking COVID test results and vaccinations, right now it's setting the stage for biometric surveillance that is

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GOING TO TIE ALL OF OUR OTHER PERSONAL DATA TOGETHER INTO ONE CENTRALIZED A.I. DATA BANK THAT WILL TRACK ALL MEDICAL RECORDS, DIGITAL I.D., DIGITAL BANKING, AND OUR ENTIRE SOCIAL CREDIT RATING SYSTEM, INCLUDING THOSE OF US, WHO HAVE CRIMINAL RECORDS. IN THIS PAST YEAR SINCE ALL OF THIS COVID-19 PANDEMIC STARTED, BIDEN HAS BEEN ELECTED AS ^{THE} PRESIDENT OF THE UNITED STATES. I'VE SINCE LOST SEVERAL CLOSE FAMILY MEMBERS AND FRIENDS WHO HAVE SUCCEMB TO COVID RELATED COMPLICATIONS INCLUDING MY FATHER. IN THE END, THE ONLY REAL THING TO DO IS CONCENTRATE MY FOCUS ONTO STRATEGICALLY CARRYING OUT MY PLANS, EXECUTING MY 18 YR LONG COORDINATED SCRIPT. SEIZING THE OPPORTUNITIES THAT WERE BROUGHT ABOUT BY THESE CORPORATE TECH GIANTS CONSOLIDATING THEIR EVER TIGHTENING GRIP ON THEIR CONSUMER POPULATION LIMITING INDIVIDUAL CHOICE AND SQUEEZING OUT THE SMALL BUSINESS OWNER FROM THE COMPETITION. IN OTHER WORDS 'TECHNOCRACY' WHICH THE AVERAGE CITIZEN CONSUMER KNOWS NOTHING ABOUT, BLINDFOLDED AND HERD LIKE SHEEP WHILE THE RULING ELITE CLASS SURVEIL, TRACK AND EVEN MANIPULATE EACH AND EVERY ASPECT OF OUR LIVES FOR THEIR OWN BENEFIT. SLOWLY ERASING OUR CONSTITUTIONAL RIGHTS, AND CHISELING AWAY OUR CIVIL LIBERTIES WITH DAILY AND ROUTINE UNLAWFUL GOVERNMENT OVERREACH. COME JULY 28 TH, 2021 53 DAYS FROM TODAY FEWER HANDS WILL CONTROL THE WORLD'S HUMAN ACTIVITY.

THE CELLBLOCKER,