

Lessons Learned

In prison, dealing with the grievance process, misconduct by officers, inconveniences with how the institution is not running right even according to their rules is all extremely frustrating. It feels overwhelming, especially due to no quick redress and topped with all of the stress of being incarcerated.

Yet, these situations & occurrences set a precedence of what a person will have to deal with when they are released. Dealing with institutions & people, roadblocks & obstacles. Overall you have to learn how to deal with unfavorable predicaments, some actually intending to harm you. But you can't fight fire with fire. You have to be a thinker & not allow your emotions to control you.

Something you have to acknowledge is that most people, men & women are controlled by their emotions and that is the natural human habit. It's your survival mode. But you can be smarter than that, you can thrive instead of survive. Restraining yourself, keeping your emotions in check, letting them eventually pass, thinking of all the possible actions you can take and the effects from them, then making conscious decisions on how to proceed.

But this not the entire formula, part of it & the most important part is knowing Egypt was not built in a day. Things take time, you get set back, life is in control, not you. When you wait until the universe is ready then the end comes out in the greatest fashion. "Waiting on the universe" is not leaving it in the air, it's you putting ALL your effort forth & what happens you don't let it make you detour. When the universe pushes, don't push back. You can't & won't win. Allow the push back, don't try to push forward, recalculate and know it is all ok, the world, and your destination will still be in place. What is the worse outcome if you get it done now or later, isn't it still done?