

"Time"

TICK! TOCK! TICK! TOCK!... TICK! TOCK! That's the sound of a clock - A clock is used to keep time - Yet that isn't the kind of time I'm speaking of - Doing time is a different sound or shall I say a different feel of time - The time away from your mothers, fathers, kids, husbands, wives & family - It's time gone that you can't get back -

Time that can't be replaced - It's either time wasted or time used productively - Time that people grow up and grow apart - Time when people come together or separate -

Time lost is time lost - The kids have grown up, family has scattered & people have changed - A lot of change come about when doing time & you're away from home -

Those who you thought were your friends, in time they turned their backs on you - Time reveals the real & time reveals the fictitious - All this happens while doing time - A lot of people don't know what it's like to do time, yet those who are here, or have been here know exactly what I am talking about: and the impact it has on your life - Time isn't only hours, minutes, & seconds ticking away on a clock - Time isn't only watching day turn to night & night turn to day - Time is what you make of it, how you use it, as well a free space - You cannot say what will & what will not happen in time - On this journey of doing time, I have transformed into a new & better person - I have been up and I have been down - I have done

I have done alot of falling getting back up dusting myself off & going at it again - Those who don't have a clear mind in this caged environment will definitely get swallowed up in the belly of this cruel beast - Doing time I've learned alot - Being incarcerated is a subliminal message within itself - Only we must possess a clear mind to grasp the message -

"I have seen people lie, people cry, people die meaning mentally, physically, emotionally & spiritually - I have seen people literally lose their mind in this place - unable to tell you their name or where they are or even tell you who they are - People with dementia and people that are senile are also housed in these prisons and institutions - Time, Time, Time all in time - Only the strong will survive - Mentally, strength is a must, if not in time you will end up letting the time do you, instead of you doing the time - Survival in the correct manner is a real lesson learned - I endeavor daily to be a better person & better at what I do & how I do it - Being positive in this environment is much needed - Time heals, Time mends, in time maturity & growth are found - In doing time I matured in certain areas other than womanhood & changed in areas I never thought I would - My outlook on life inside & outside these walls is different - I'm determined to perpetuate pushing forward to the light at the end of the tunnel - Ambition is what I possess & I will push on, growing wildly successful & lead a

new/better life - Learning come's with each day you are blessed to wake up - You shall be receptive to learning & willing to gain knowledge - Being receptive you will go farther in life, being receptive to learning is being receptive to change - Those of a ready heart/mind "change" with time -

Yes indeed time bring about that golden change - During my time of incarceration I embraced alot - I delight in gaining knowledge - It's like a meal to me, food for thought - Knowledge is power & power is knowledge - People in this world today need all they can get & all the power mentally they can get -

The pandemic a time is knowledge & power - If people only knew what all is behind that one word or who is behind that one word - I have learned to be apart of the solution & not the problem - Our younger generation need more leaders - While incarcerated I with alot of followers - Following the wrong people for the wrong reasons - I don't want anyone following me for the wrong reason anymore or knowing me for the wrong things - Knowing what I know now, I know better. So I'm doing better -

I thought I was cool, yet today I know it wasn't - Doing time has taught me to delve deeper within myself - To delve deeper into things, be persistent & consistent & learn all I can - I invested my energy into all the wrong things, which is part of why I am here - I don't want to be the reason someone

lost their life or families torn apart, or being violent, hurting others - Thinking I was the "female" Nino Brown didn't work for me nor was it a cute outfit - In the streets I felt I was invisible, untouchable and could not be faded - I embraced the type of energy & power out there - Being in prison is just like being on the streets - My frame of mind was "I got it on lock" -

Exactly what I was use to, being known to lock the block down & sew it - Boss of all Bosses -

The hustle don't stop because the doors locked - That's what I would always say - WRONG! WRONG! WRONG! ALL WRONG! After two people almost died due to my missteps, yes it scared me: yet it didn't stop me -

One time a mistake, or two times a mistake, but three times it isn't a mistake - At this point we're caught in insanity the cycle that don't stop until you break it - The mental capacity is in a disabled state & you have a tunnel vision repeating the same cycle of insanity over & over again -

My thoughts could only process it's about my "money" - I'm going to get my "money" - Things were perpetually happening, well I was the only one getting the short end of the stick -

Then I started to wake up - I didn't want a free world change or stuck with more time -

I realized the seriousness & I begin to turn over a new leaf - God plays a huge role in my life - we can doing without God - I started with my will

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to want to change - I changed my thought process - My thought pattern was the first thing - Change those thoughts the rest will follow - If we keep doing the same thing, we can't expect something different or better results

I say "we" because I'm not exempt from the equation - We're human & we all mess up &

hit a rough spot in life, but with time & in time we shall overcome - It's a better way & I have the potential to live a better life - I no longer want to sell drugs, do drugs, run the streets or be involved in the wrong things - It no longer excite me - Time has taught about an amazing change / growth in me as woman & person -

Changing thought process & pattern was the best part of my transformation - I desire to live life to the fullest until God calls me home - Reality has set in & my vision is clear now - It took me to do this time to see my energy should be put into my passions & talents & helping others -

My energy should be used correctly & positively -

All the energy I put into being destructive, self-destructing, tearing apart families & destroying lives "AH" in the name of the almighty dollar - I

redirected that energy into being positive, helping others, talking to young women, helping others see their talents & passions - Change isn't a easy road to travel, yet continue to push forward in time you

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will get there - I strive to radiate life & good energy, so people can feed off of it & pass on the good energy, life & good vibes - While doing time I realized I am a better person & woman -

"I am" somebody better, better than who I settled for being in the past - I have bounced back with a brighter future ahead of me - I have accomplished so much - I am a certified paralegal; writing two books & now I'm about to go into journalism & paralegal in criminal justice - I will also start building my non-profit organization for young women -

Helping them not to travel the same road I had to travel & learn the hard way walking a path a young woman shouldn't have to walk - Help those behind these walls, who sit where I did, help them to freedom and not come back - My voice will be heard - I will use my voice for the better - I know I will elevate to higher levels in life - Had I not been doing this time, I may not have realized my true purpose for living or my being -

I may not even have been alive - You would think the preacher's daughter who was raised in the church & sung in the choir would have been on the other side - It's my testimony, we all go through things - we have to go through some things & undergo tough times in order to get where we need to be in life -  
Doing time is not fun & games or a joke, it's

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real life - In the struggle we must see who we are -  
Through the struggle is when you strive to be better.  
do better - we can do whatever we put our minds to -

I choose to be a productive product of my  
environment + society - Time has taught me to rebuild,  
restore + pave a solid foundation in life - when you  
leave out the same person you came in as, that  
mean time has passed you by - Now, that's a  
problem - when you leave out a new person  
with a changed mental frame with a new  
outlook on life + your future wanting + pushing  
to do better, then time didn't pass you by -

Time caught you at the right time + right  
on time -

we all have a story tell... Now is the  
time -

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