

Entry: 4 January . 2015 .

The past tells us who we've become
The past is a construct of the mind, it
blinds us, it fools us into believing it.
But the heart wants to live in the present
look there and you will find the answer
Total Recall .

By now you would be very aware of
my opinion of the psychology being implimented
throughout our prison system. It is beyond
the prison system. It is beyond the walls
and yet it is the walls .

It has been said that you can judge a
society by how it treats it's prisoners.
The reality is most people do not care.
I understand that. My discourse has not
been written to make people care about
us. I am writing to change things. Who
would have interest in what I write?
I figure; some more enlightened psychologists
who like me know that we are faced with
a challenge, possibly people who are
involved in the study of social science,
that sort of thing. I am very hopeful that
the truths I speak will resonate.
I will begin my discourse with some notes I
made after my ejection from the course and
the prison it was held in. The notes are in
the form of a conclusion based on my
observations and experience.

Conclusion:

My propensity was not to find fault, I know them too well. My tendency was to ameliorate those faults to create a more favourable disposition. The genre the module, the unitary, spurious methods employed became the blocks for any healing or helping to become a place of reification.

These faultologies produced without any respect for questioning belongs to a school of thought reflective of an era where conditioning of the mind was prevalent; forced, coarsively or otherwise into a structure that is in its very essence draconian.

Most of the methods used to create a stimulus were poignant and served only to create cognitive dissonance. If you believe that putting someone in a state of anxiety in order to learn new things is a good and kind way of teaching, then be aware of the fact that those actions are those of a sadist; not a teacher, not a healer, not a very kind individual at all. Many people in authority within the prison system believe that they are here to punish us on behalf of the victims and society. It is their job. The reality is: Acts of cruelty to people enhance the likelihood of the offending and increase the severity of offence.

While these courses exist in the format that they do, the people administering and conducting them are offending against the very society they claim to represent.

Some people progressively re-construct the past in order to serve the interests of the present. Why do some bring the pain from the past into the present in the form of regression? The only answer can be; to see you suffer now. To bring to the surface, to perpetuate pain from less adapted states of being is in itself an act of cruelty.

The mores that were set into action producing the treatment I have endured since being removed from such a course is evidence in every sense of the word, that these people are very aware and capable of enhancing the suffering of the most damaged in our society. It is their job.

Fortunately I am not a damaged one anymore. I was able to heal many years ago. That process is sustained by being able to protect myself against the very things that had caused so much adversity in my life. I am no longer influenced by the damaging memory constructs of the mind that have served to perpetuate and increase the ignorance within myself. I felt it as an insult

that people thought they had the right to attempt a tap dance on my psyche, through the use of methods designed to produce cognitive dissonance, anxiety and stress within me.

Helping and healing people comes from a place of kindness. It happens in the present. Its methods are not those of abuse. The methods that I have witnessed, documented and experienced came from only one place. That place is ruinness in its nature. Those that dwell in that realm; dwell in the realm of ignorance.

I did not learn what I have through academic study. Although I am involved in study of that sort now as a means to express my knowledge. (Not a structured recognised study, more of an eclectic endeavour).

I learnt through the school of hard knocks. I have lived it, breathed it, felt its attitude and demeanour - it's ignorance and violence. That is why you should listen to my words. That is how I can make a difference.

I did not learn it from a book, it is not something someone purported it to be. As such, I am more than qualified to speak it how it is. The books; what I have read are the tools in order to channel the truth. I know the truth, it dwells in my heart.

As it does for you; if you care to look.

'What man is a man that does not
make the world better'