

## DISCOVERY and RECOVERY

"Communicating insight is very important today. What [we] know cannot be taught through our traditional teachers. A person will not learn, unless she or he has the will to learn. We have answers and we know what needs to be done, to conciliate hate and reconcile anger, which will in turn create therapeutic atmospheres and treatment facilities that are needed to properly treat the symptoms that cause violent reactions in this country."

If we take note and acknowledge the **Preamble** of the United States Constitution: "**We the People** of the United States, in Order to form a more perfect Union, **establish Justice, insure domestic Tranquility;**" without a shadow of a doubt, you will come to a consensus, these statements therein this **Preamble** are binding on **all** Americans and that there has been a breach of contract, breach of peace, and denial of equal protection which the **Preamble** explicitly promises.

It is detrimental to one's health, especially the mental health, if the discussion concerning domestic violence continues to be restricted to household situations. Contrary to popular belief, domestic violence is in the streets, employment, schools, colleges, universities, armed forces, law enforcement, old folks homes, mental hospitals and prisons. For instance, rape is not only endemic - in the universities of this country. The juvenile systems and prisons are plagued as well. There are approximately 90,000 rapes in these institutions, each year. There is no treatment, there is no care, there is no oversight and, that form of domestic violence becomes elusive; hidden and suppressed. Our present system badly needs a transformation and yet, only a very few voices are heard.

During the first several years of a child's life, the psychological makeup of that child can be disturbed if the child is denied healthy development. If that is the case, it will be a constant task for that human being to refrain, restrain, and maintain a healthy lifestyle. If there is no one around who can explain and bring about the process of healing, that emotionally scarred individual will dissociate and fall into the pit of internal darkness.

I have spent a great amount of time learning that which needs to be learned. A person cannot understand without the knowledge of what should be understood. I have journeyed far to reach the state of being where I am able to stabilize my thoughts and then attempt to explain them. I agree that human beings must learn to manage their emotions but they must have sound teachers in order to do so. Without such gifted teachers, personality disorders can and will take root.

Several weeks ago questions were posed pertaining to the psychological experiences of people who are housed in Riverbend's Unit 2, Death Row. You would think the answer is evident-so what can be said that sheds light? If a man is fortunate enough to see the sun as it gives birth to a new day, he is often reminded of his past which could present a problem for the present moment. For me the past is a painful reminder and I imagine it is too for others. To understand people and their well-being is a necessity if the desired result is to coexist with them and sustain harmony. To promote and institute any ideas other than co-existence and non-violence is unhealthy and harmful. I still carry the scars. What more can we do in the effort towards building a community that is conducive to the health and welfare of every individual, whether one is incarcerated or not? As human beings, here in America, we can, and have the ability to therapeutically reform the situation and live together without resorting to demeaning one another, and domestic violence. My name is Abu Ali (father inspiration), the Episcopalian. Thank you for your attention and time. Peace be with each and every one of you. May your footsteps always follow the path of beauty.

**Namaste!**

Abu Ali