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**HANDBOOK ON
SURVIVING SOLITARY
CONFINEMENT
A SURVIVAL GUIDE
FOR THE TARGETED
PRISONER**

By KHALFANI MALIK KHALDUN

Handbook on surviving solitarily confinement
A survival manual for the targeted prisoner
By Khalfani Malik Khaldun
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Special thanks to Maddie for typing and rough layout.

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to advertise your case or whatever.

★ Your support group should establish you a personal website that can display a relative and factual information you want shared with the public.

★ All art or poetry and other things you're into should also be displayed on your website.

★ Your group should organize fundraisers and take out a personal account to put any donations that come in to support you.

These points are simple and if you are serious about building a support group you will take heed to these few points. Taking action is the incentive to building something that endures. If you don't help yourselves nobody will be willing to do anything. I don't have all the answers and more than likely, I will make some more mistakes. If I fail to learn from then it will all will be in vain.

Requested Understanding

This booklet or handbook will be sent to prisoners free of charge. I am currently fighting a prison related murder charge of a prison guard. I've served my original sentence already, but now due to this new charge the state of Indiana successfully manufactured this case which after a (7) day murder charge resulted in a freshly new (60) years. All of my initial appeals have been denied. I am now on the second level of appeals.

Donations are welcomed and should be made out to the freedom campaign of Khalfani Malik Khaldun in the name of Mark Thiel 30 N. 19th St. Lafayette, Indiana 47904. Your help, assistance, and compassion will be much appreciated. Without your help there is no way I can gain an advantage on my fight for freedom. The struggle continues. Freedom, justice, and equality. Peace.

of us seems to feel we deserve one, yet we are not willing to put in the necessary work to bring this into a reality. We must first possess a vision of what this support groups over-all objectives will be, what types of people it will consist of and if these people involved are qualified to represent you entirely outside of your presence. When we hope to create a support group that's specifically focused on your freedom from prison it's imperative that we educate and provide family with paperwork on concrete ways they can conductively help us. A personal support group is extremely important because they will serve as your voice in the streets. They will be able to make your phone calls to judges, lawyers, prosecutors, and anyone else that must be contacted. So you should work hard to develop an understanding with people as to what their commitments to you are. When you're being held hostage in these control units all around this godforsaken country your support group will be helpful in advocating justice for you. Many of us who come under attack by prison authorities need the help of support groups to raise factual complaints of abuse, torture, and violations of state or federal law or prison policies which are governed by state codes or statues.

A support group will be able to galvanize media support and publicize your struggle on all levels. The media will be more willing to listen to free people, as opposed to prisoners, so you must direct your people on what must be done. A support group can also help you solicit funds so that you may retain credible legal representation. Other funds may be used for your personal survival while fighting for your freedom from prison. These control units are dismal desolate places, where men and women prisoners alike are languishing in these places. Prisoners who have support groups already should encourage others in the ways of organizing a support group. Everyone in prison needs and desires a safety net, having a group of people out in society that will help is very important. Our survival is dependent upon help from outside sources.

Points to Ponder

- ★ Build your support group and involve family members that you trust.
- ★ A post office box number should be acquired to use as the address for correspondence. Personal addresses should never be given to strangers.
- ★ Your support group must obtain a computer/printer/and a scanner

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INTRODUCTION

There are different kinds of prison segregational confinement. They all are similarly alike, with long lock-up confinement sentences. Severe restrictions on activities and on physical contact with other prisoner elements. Extreme security measures are used to maintain such units.

Due process requires that prison officials periodically review prisoners' status to determine if there is still a reason to keep them in Administrative Segregation. Most cases where prisoners are placed on an Administrative Segregation Unit, it's not for what they are alleged to have done, but for what administrators believe they will someday do or are capable of carrying out.

The court system has acknowledged that this situation presents "a very difficult question" but have not . . . what to actually do about it.

Prison authorities know that putting someone in administrative segregation turns largely on purely subjective evaluating of prisoners and on predictions of future behavior and on intuitive judgments that are fostered by a lot of stereotypes and preconceived notions of prisoners. In other words, since Administrative Segregation is not really based on facts, fact finding procedures often are not helpful.

Prisoners are being denied a real hearing to contest their placement on Administrative Segregation Units. The mandatory review process is reduced to "Sham Reviews," they are not meaningful. Due process is not satisfied by a perfunctory review and rote reiteration of old outdated justifications. Some facilities and State Departments of Corrections, are only providing prisoners with a paper review every (30) days, in which they use the same language every time. The only thing that changes is the date. These paper reviews are nothing but a sham, violating state and federal law and state codes that govern all prison policies.

Hopefully this handbook will be an instructional guide to prisoners in this country who are new to these units. With the recent prisoner abuse in Iraq, more attention is now placed on the systematic abuse of prisoners inside Amerika's own borders, and the faulty reasoning endemic in U.S. policy on criminal

contain and repress prisoners' resistance in the general populations across this country in Amerikan prisons. They are torturing and dehumanizing prisoners everyday inside secured housing units and the many supermax prisons all across this country. The ugliness of what the Amerikan people just witnessed in the prison Abu Ghraib over in Iraq is nothing new to us here in Amerika. Torture and dehumanization are "tools of the trade" in U.S. prisons and supermax control units to destroy dangerous people. Prisoners are being suffocated, strangled, hanged, and hit with electric stun guns. They are dying and no one in society seems to feel this a serious problem, but only a few staunch activists. We owe it to ourselves as revolutionary and aspiring revolutionary prison activists to work diligently to expose all prison abuse. Prisoners must learn all they can about existing violations inside the units they are isolated on then expose it to the local public in the city and states you're located at. Turn your cell into your personal laboratory.

Points to Ponder

- ★ Build your own personal library of good quality up to date books and materials that can help you stabilize your foundation. This includes spiritual books also.
- ★ Develop yourself a real meaningful line of communication with a love interest and others who share real concern for your freedom and your survival.
- ★ Get yourself a stimulating physical exercise program one that works the cardiovascular, abdominal, legs, arms etc.. A well rounded workout does wonders for the mind, body, and soul and it reduces high blood pressure.
- ★ Surround yourself with positive thinking people at all times and your state of mind will always be positive.

Chapter 10

Educating Family on Building a Support Group

Building a support group isn't a new idea to say the least. But many

must become our weapons of choice. The prison industrial complex is hoping to steal souls and lives of prisoners who are isolated in their custody. If you're not ready to die, stand up and become more proactive.

Chapter 9

On Turning Your Cell Into Your Own Laboratory

Sensory deprivation is alive and well and is used by prison authorities who run and operate control units all across this country. Most prisoners who are sanctioned to indefinite terms will more than likely be forced to live in conditions isolated to a cell (23) hours a day. Sometimes even (24) hours.

Closed inside these units, prisoners are being compelled to turn their cells into their very own laboratory. We have to study, write, exercise, and create right in these cells. In most cases you will have a cell to yourself. Some other units run the double man cells which ultimately can become very cramped for real active prisoners. These cells are the size of some big closets in people in society homes. Most of our time is spent in these cells so we have no other choice than to come up with creative ways to use the isolation to our advantage. Personally it is crucial to use your moments of isolation to develop self-control. When we control our inner self we have won our first battle for freedom. Because without internal freedom you'll never know real freedom at all. Working on our inner selves enables us with the ability to conquer the sensory deprivation of being in a cell 23/4 hours a day.

Another very important issue we must develop is a good study and spiritual program. Doing so helps us to release the negative feelings such environment give rise to. This small cell must become your laboratory where you create your unshakable foundation. Where you develop your maturity as a person, and where all the necessities you need are right there in a arms reach. We should never leave our rehabilitation in the hands of prison authorities. We are our own liberators--we educate and teach ourselves. The credit goes to those of us who possess the self-determination to guide our survival in these oppressive control units all across the U.S. These units are built to

justice: that these people can build themselves out of a problem. In reality, unless other critical steps are taken, prisoners will be abused unabated. Try to consider first the flawed assumption that punitive incarceration policies work. This country is indisputably a leader in this arena: as of June 30, 2002, this country imprisoned 701 men and women for every 100,000 residents, almost four times the rate found in other so-called democratic countries worldwide. Few countries have invested as heavily as the United States in Supermax prisons, fortresses, where so called difficult inmates can be placed according to the Amerikan mindset on control units. Confined indefinitely in isolation for 23 hours a day. None of these policies have worked. The crime rates are still substantially higher than those in most industrialized countries, and prisoner abuse is, if anything, worse in Supermax prisons than in regular prisons. The current administration continues to repudiate the use of torture to extract information. What happened in Abu Ghraib prison isn't an isolated incident as our government would have us to believe. But that isn't true. Such a description ignores the fact that U.S. officials are investigating at least nine homicides of captives who were beaten or assaulted by U.S. personnel before or during interrogation and who later died as a result. In many of those cases, no active investigations had been under way until after the Abu Ghraib abuse came to light. Those cases stretch across the globe, from Iraq to Afghanistan to Guantanamo Bay. Several other possible murders by U.S. hands cannot be investigated because no autopsy was done to determine the real cause of death. The U.S. Government is violating the Geneva Convention. Torture is being excused because they have found clear ways to circumvent the Geneva Convention here and abroad. Top lawyers at the U.S. Dept. of Justice produced a draft memo in August 2000 since leaked to the press--that attempts to explain how the United States could legally torture captives without violating international and amerikan laws that explicitly outlaw the practice. Without such diligence, the well-documented human willingness to indulge in the torture and humiliation of others might be given free rein, allowing it to occur on a broader scale where it can not possibly be justified. Unfortunately that is

exactly what seems to have happened. Abuse is occurring in U.S. prisons all across this country, many of such cases are not documented. Some of these abuses are physical and others are psychological. The continued use of Control Units, Supermax Prisons, and A/S (Administrative Segregation), and places like Florence in Colorado does constitute state sanctioned psychological warfare. So its my hopes that my handbook proves beneficial to all prisoners being housed in these units. This is my introduction to this handbook. Any questions or comments should be directed to this author at the address below. Please take care.

In Solidarity,

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Carlisle, Indiana
47838

Prisoners have a right to write in to their local governors, state representatives, legislators, and others to complain about non-existent educational programs. State law and state codes require all state facilities/federal institutions to operate a program service and educational outlet for it's prisoners. If prisoners fail to hold those officials responsible, educational advancement will be non-existent in these units.

Points to Ponder

★ Write letters to correspondence schools and request an application to participate in obtaining certificates by completing their variety of courses.

★ Write letters to colleges in your area and attempt to establish relationships with college professors and professionals who may empathize with your situation and want to take a personal interest in helping you further your education.

★ When you start to collecting your certificates, you may want to make copies of them and send (1) copy home and have one placed on your facility packet.

★ Engage yourself in any self-help and self-improvement opportunities that are available to you and encourage fellow prisoners to participate as well.

★ Taking action is "proactivity". We must always do for ourselves first and maybe then someone would be encouraged to help us as well.

Anyone who desires to obtain a G.E.D. should do so if you don't have one. We are actually the only ones capable of rehabilitating ourselves. We must first be transformed internally before actual changes can be made.

This is simple and if you are genuine, it can be helpful to anyone who takes charge of the direction of their lives. Stop wasting time and energy engaging in activity that isn't conducive to your development as a whole. Inside Amerikan prisons, there exists a high level of hopelessness that will overwhelm most prisoners. This hopelessness cripples many to the point of discouraging men from fighting for their freedom. No one will help prisoners until they know we have a desire to fight for our own selves.

So as we struggle to endure the madness that comes with being in prison and isolated on these control units, strength and perseverance

Chapter 8

Proactive Participation in All Available Educational, Religious, or Correspondence Programs

There is nothing more solid than he or she who's confined in prison or housed in control units then to take an active stand and participate in all meaningful, positive, and wholesome activities. Many prisoners segregated on control units are being denied access to actually attend class for college. But they are granting us access to take our G.E.D. and pay to enroll in courses though mail correspondence. Also we can obtain a host of certificates of achievement by taking courses from the federal emergency management institute free of charge.

Also there are a wide variety of religious schools of thought that offer prisoners a chance to earn a lot of great certificates. They too are free of charge when a prisoner is convicted and sent to prison. When going back into the court room, it's proven beneficial for many to produce certificates before the judge ruling on your appeal or modifications of sentence motions. Each prison also offers substance abuse and anger management courses where you can obtain a certificate of achievement once the course is completed. Many of the federal grants once readily available are now bankrupt and prisoners are hindered in their pursuits of higher education. Prisoners who are housed in control units, administrative segregation units, and disciplinary segregation units, for the most part, can't attend actual college classes, and must pay for a college though mail correspondence.

When a prisoner becomes proactive and not reactive, it's like taking back their lives. So it's very important to play an active role in your own survival and emotional, social, and political development. Society on a daily basis is being influenced by the Amerikan media's social commentary. Much of this propaganda is overwhelmingly anti-prisoner. So when prisoners are all being castigated 24/7 citizens are not quick to want to assist us. But being able to show your achievements while on the inside, prisoners can destroy the many myths or stereotypes being propagated. This is extremely important. Take charge of your life by taking your life back.

Chapter 1

Being Used to Legitimize These Units

Society must start to look closely into the intentions being used to operate and legitimize solitary confinement units. All across Amerikkka today, U.S. prisons are isolating prisoners who are labled "high security risk" or prison organizers, activist, and lawsuit litigators. Prison administrators are screaming the need for more security and money provided by State legislators which opens the flood gates for more control units.

Prisoners who have displayed the integrity and guts to challenge the oppressive conditions of the many controlled environments they are forced to live in. Once known as an agitator, prisoners are placed in these categories and named as problems or potential problems. Once placed on the list as a high risk prisoner you can be placed under administrative watch by the States Prison Commissioners Office. This status will allow a classification committee to bounce you around from control units all across the state you are imprisoned in. The thing that is important to understand about this placement in solitary confinement is they are properly selecting prisoners whose names are recognized all around the Prison Department of Corrections of the state the prisoners are housed in. These moves are being made now, even when the targeted prisoners have not committed a prison violation or rule. They are being isolated because they are feared for being too influential inside the general populations of state or federal facilities.

Some of these administrators claim that they suspect certain prisoners will do again or in the future commit act's of violence. So their rational is they will not let prisoners ever do it again. For example, your Attica Rebellion, Resistance Days of San Quentin, Lucasville Ohio uprising, and so many others. The State Prison administrators all across this racist country don't ever want to see another Attica. This I am sure of. There is another relevant point to be made in this section on how they use big named activist prisoners to legitimize the existence of these control units.

There are a lot of prisoners gifted in challenging the violations which exist in many SHU Units, Supermaxes, Maxi-Maxi, box car units. Such challenges however good ultimately result in helping these people create new ways to enhance their torture, abuse, and isolation. Why do I say

this? Many prison litigators will admit that our work forces prison violations to surface and the courts sometimes issue orders of correction. But in other cases the courts leave the discretionary racist rule" in the hands of prison administrative commissioners to do things as they please. This opens a window of opportunity which allows time to bring violations up to part and undermines the legitimate grounds we raise in legal battles. So there is always a need to be mindful of this as a reality for the challenges we expose. Taking a stand in prison results in most cases in prisoners being placed further and further into the trenches of the belly of the Amerikan prison plantations. Prison administrative committees know that historically, isolation has been used to drive prisoners insane and break their will to resist. To conclude this section, I will outline some "points to ponder." That the readers who come in contact with this guide should always remember. Survive this madness.

Points to Ponder

- ★ Learn exactly why you are being held in, or being classified for, the placement in Administrative Segregation, control units, or Security Housing Units.
- ★ Maintain your personal file on all of your complaints, grievances, reviews, and keep copies of every letter you send to facility heads.
- ★ Don't ever be afraid to question the legitimacy of your placements from the Superintendent Office, on to the commissioner's office, on up to the Governor of your respective states.
- ★ Write your local Senators, State Representatives, who represent the closest district near the prison you're in. Expose to them the violations that are taking place.
- ★ Write letters to the editors of the local newspapers describing to them what the living conditions are like. Also contact the news media and suggest that they come in to inspect the units.

These points are not complex, in fact, it's rather simplistic and should be incorporated into prisoners daily programs while isolated in solitary confinement units across this country. Prisoners must do the required research and study to arm themselves with the wealth of information in circulation on control units. The prison administrators in control of these units are putting men away like "unusable goods" to deteriorate, rot away, then ultimately die. If you're wanting to live, then build the

PAGE 2

punishment. For the most part our placements in such units are arbitrary.

In Wright v. Enomoto 462 F. Supp. 397 (N.D. Cal. 1976)

Though prisoners rights may be diminished by the needs and exigencies of the institutional environment, a prisoner is not wholly stripped of constitutional protections when he is imprisoned for a crime. There is no iron curtain drawn between the constitution and the prisons in this country...prisoners may not be deprived of life, liberty, or property without due process of law.

Points to Ponder

- ★ Secure yourselves copies of all relevant cases dealing with administrative segregation where prison authorities were ruled against by the courts in the prisoner's favor.
- ★ Learn all state prison policies that have rule over the environments in which you live. This is how we keep the officers in place when they violate facility rules.
- ★ Never miss you opportunity to visit or send for legal state codes from your law libraries on those that govern your state or federal prison.
- ★ Learn what your rights are as a prisoner so that you can expose to the media and courts how they are being violated.

These are some simple key points to incorporate into your everyday lives while many of you are housed in control units. Today in Amerika we are being called hot-heads, terrorists, and the Amerikan Patriot Act is opening the door for all of our rights to be eroded. Learning how to apply state and federal law in defense of your rights could only be helpful down the road.

The inhumane treatment and over-all prison conditions can lead to a lot of bitterness and the loss of self-esteem after doing any significant amount of time in these units prisoners' character defects seem to grow until they literally dominate the persons' entire personality. Such closed confinement makes it extremely difficult to function in a civil environment. Prison authorities all across this country will have to come to terms with the pathological problems that are arising out of long term incarceration. Trying to reconnect with loved ones once released from these units back out into society is extremely hard.

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mental suffering severe enough to violate international standards.

Article 1 of the Convention Against Torture defines torture as :
“any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person has committed information of a confession, punishing him for an act he or a third person, or for any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the acquiescence of a public official or other person acting in an official capacity.”

The Prison Industrial Complex by choosing to subject hundreds of us to prolonged periods in extremely harsh and potentially harmful conditions that cannot be justified as reasonable necessary to ensure security or to serve the legitimate goals of punishment, the industrial prison complex has violated prohibition on cruel, inhumane or degrading treatment contained in the international covenant on political and civil rights and the United Nation's standard minimum rules for the treatment of prisoners.

It is more accurate to describe life in these units as one of extremely limited environmental stimulation, one in which perceptually informative inputs are limited. Our worlds in here are cramped, claustrophobic, and austere. We are spending years of solitary lives, surrounded by the noise of others but without the opportunity to develop normal social relationships. In a federal administrative segregation case called *Bono v. Saxbe* 450 F. Supp. 934 E.D. 111. 1978 The Court said:

“Since by virtue of the prison's own rules, prisoners have protected liberty interest in remaining in the general population rather than being placed in the control unit U.S.C.A. Const. Amend. 5”

Before we can be placed in control units they must begin by giving written notice of the acts which led prison officials to contemplate taking the measure of confinement in the control unit, must be given a personal hearing with the right to present documentary evidence and with an impartial decision maker, must be given written notice for the action, and must have an opportunity for review at the time of the determination and for later periodic review.

Most control units don't provide a criteria, and terms you're forced to live in such confinement may be said to be permanent. Prison administrators claim that placement on administrative segregation in control unit are not to be punitive when in fact it's clearly a form of

nerve to fight for your survival.

Chapter 2

Study and Learn What Rules and Policies Which Governs the Operation of Control Units

Prisons all across this country that now operate solitary confinement administrative segregation units of control are all governed by state statutes, prison operational procedures, mandatory rules, all of which are In state law. Many prisoners who are being transferred to these units are basically unaware of these realities. This has been one of the biggest faults of our because when you don't know a civil right or law has been violated. There is no way to make anyone be held responsible for these violations.

Prisoners must obtain copies of these state codes and statutes governing all laws for the treatment of prisoners. This is imperative. After a careful review of such, then and only then may you understand what they can or cannot do. Prison administrators often know that rookie guards are inclined to violate prisoners rights. But most have a “code” amongst themselves that if you fail to document your complaint or allegation of abuse it's like it never happened. So to not keep your records or file your complaints, it's like defeating your ownself before even starting. Do your home work.

These control units operate on these policies which in most cases vary from facility to facility or unit to unit. Their characteristics are extreme isolation, reduced environmental stimulus, scant recreational, vocational, or educational opportunities, and extraordinary levels of surveillance and control of movement. All policies are not always followed, and when this happens you anticipate abuse and dehumanization of prisoners almost every day. So you must study these policies, it allows those of us under attack, to place a shield around ourselves. Also it helps us to keep those prone to abuse in check.

Being confined to the cell for (23 to 24) hours a day gives one a lot of time to study and internalize all the rules, policies, procedures, state laws or codes and use them to confront those responsible for our placement in these units. The state code violations must be exposed because these codes mandate the laws all citizens inside the state must

follow. State employees, which includes all prison guards operate under the color of state law. So to obtain copies of the state codes for your state where it applies to the treatment of prisoners would be helpful to any prisoner. Having spent countless years in prison already, I am clear on how this work can exhaust anyone after a period of time.

However, most times it is our self determination and consistency that helps us get the attention of our captors. When we start a pattern of giving up easily, or simply never challenge the wrongs waged against us, prison administrators will never view any thing we challenge as a recognizable threat to their violations of state and federal law. They are doing what they please to us now simply due to our overall lack of legal law knowledge. We must become more diligent in learning how to interpret the law. Learning these things will be like loading your gun. Without your bullets your weapon is useless. Arm yourselves so you will bring forth an effective challenge.

Points to Ponder

★ Prisoners must create an active file of all the prison regulations, rules, policies, state statutes, and codes that govern your custody.

★ Look for mandatory language like "they shall" or "they must" because this is what gives us our leverage to challenge violations of their own mandates.

★ Most prison libraries and law libraries have prisoners supplying the control supermax or security housing units all over this country. We must establish respectful relations with these prisoners to help us secure the legal cases etc. We will need communication in this sense means everything.

★ We must send copies of these rules, policies, to our families, loved ones, and other extended family members. Educating them about these things can only help us win the war for our lives in the long run.

These points are not complex, in fact it's rather simplistic and should be incorporated into prisoners' daily programs. Especially when you're going to be isolated in (23) hour isolation for an indefinite period of time. Control units or as others call them solitary confinement chambers are claiming lives and stealing the souls of men. We must continue the work others have started to control or stop the construction of these units. Providing the outside with the truth behind these the lies being told by

oppose those meant to be repressive.

★ Write stories and letters to social groups, media personalities, news editors, describing your being housed in solitary confinement. Share with these men or women what the living conditions are like and how they can be helping in doing investigations into your claims. Notify your state's health department if you have issues of poor sanitation.

★ Encourage prisoners in your unit to compel their loved one's to organize press releases and address the over-all conditions to the various news channels active in your area. Getting the word out is important.

★ Write letters soliciting support for your claims and complaints to groups such as Amnesty International and Human Rights Watch. Keep a file of everything you file for your record.

These people are trying to kill us men. These points are not complex and easily understood. Meant to not confuse you, only to guide and motivate you. We must remain active by staying extremely proactive. I hope you will stand in solidarity with me and take control of your own survival or you'll die in isolation.

Chapter 7

Making Use of Your Access or Limited Use of the Units' Law Library

I am almost certain that all across this prison industrial complex and country as a whole inside the secured housing units, supermaxes, maxi-max, and administrative segregation units exist a small unit law library. Each unit no matter where it's situated or what respective state it is in. There are state prison policies, state law, and federal law and regulations state control units must comply with.

Except for the right to life, the most fundamental right of prisoners, and one that is often at risk is the right not to be subject to torture and cruel, inhumane or degrading treatment or punishment. This right is protected by both the (ICCPR) and the convention against torture and other cruel, inhumane or degrading treatment or punishment, another treaty to which the United States is a party. It is also clear that solitary confinement, particularly for long periods and particularly when combined with extreme deprivation of sources of stimulation, may cause

up frustrations the entire existence of the human begins a deterioration process. This writer has been housed in controlled environments for the past (16) years. I can personally say that prison administrators have used my isolation to punish and break my will to resist. I remain strong and am resisting, but I would be openly lying if I said I am not being affected by long term isolation.

Prisoners must be more proactive and challenge being housed in control units or being placed on administrative segregation on indefinite terms. This is unnatural and abnormal, but it openly shows the barbaric nature of prison control unit administrators. They are violating our human and civil rights every day. We are the victims of premeditated arrogance, and bald racist tendencies, at the hands of these prison officials. Don't you all agree, that we must learn how to protect ourselves sometimes without the use of violence.

Media outlets and newspaper publishers are always interested in hearing or reading stories about prison conditions. Prisoners must do what it takes to get their words in the hands of people who are in real positions to help. We are dying in these units. Some due to deteriorating health troubles while others are being beat to death or shot up with psychological "mind controllers" that destroy one's ability to focus and be rational. We will benefit in the long run for exposing prison abuse, poor conditions, bad food, and all violations as a whole. This establishes a clear record documented by those of us who don't fear retaliations. Prison administrators have made it a practice to intimidate prisoners who file successful complaints against them by launching false conduct reports or infractions, placing restrictions on our movements, destroying our mail to the outside, random cell searches, petty confiscations of reading and legal materials, or even making attempts on our lives by manipulating prisoner collaborators. We can live like men on our feet challenging these injustices, or die off slowly like cowards on our knees. WE must never feel like we don't have a right to protest and speak out about prison violations.

Being proactive is us taking our destiny in our own hands. The time is now.

Points to Ponder

★ Pay close attention to all gradual changes in your units. Doing this will prepare you to organize new changes to the challenges you make to

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prison administrators as to why they need such environments of control and psychological manipulation.

Chapter 3

Building a Basic Solidarity With Prisoners in Your Environment

Prisons have always been places where hostilities can be created by those who run them. Solely for the purpose of keeping a perpetual wedge between white and black prisoners. Why? This question is easily answered by acknowledging their agenda. To perpetuate racial violence inside prison, prison administrators prevent us from seeing who the real source behind the problems are, which is them. This is classic divide/conquer tactics and in most cases it works.

These tactics not only prevent us from seeing the real picture, it also prevents us from development/sound relationships of solidarity. When we don't work together, we become real vulnerable to be attacked without their fearing retaliation. When we are trying to come together for the better of our conditions none of this can be done without mutual respect being established. This is not always a easy job, due to prisoners having different ideologies, religions, political beliefs, and these differences sometime get in the way. This has been a stumbling block when we try to build collective unity on control units in very reactionary environments.

But due to the growing levels of consciousness, and development, in all U.S. prisons, collective unity and understanding amongst targeted prisoners is growing day by day. We must move with this momentum when it exists, and build unshakable foundations of solidarity. All prison organizers must know and come to terms with not being able to galvanize 100% support from prisoners. Even when it is those who don't participate in struggle related efforts who benefit most sometimes.

Prisoners who work to expose violations are those who sometimes suffer the most. This is why we must have respectable communications with at least a majority of the prisoners in our environment. No matter where we are, on a administrative segregation unit, Disciplinary Segregation unit, Security Housing Unit, or a Supermax control unit. Those prison administrators who despise being sued, exposed, written

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about will display reactionary tendencies. They will approve staff to beat you up, set you up, or even kill you. This is a fact, and you don't ever want to isolate yourself from your fellow prisoners. Because when you need to have someone call or contact your family to inform them of your abuse. No one will care to assist you.

So it is very crucial to be established as a principled person who would help them if they needed you. This way even if your envied or prisoners hate you out of misguided jealousies they still will feel compelled to honor/aid you, this is KEY and must be established by all. We must be more observant of our current situation, and become masters in whatever we know our gifts to be. We all have a purpose some of us through trial and error, have grown to know what our purpose is. While many of us remain trapped in a whirl-wind of misguided emotions and utter blind confusion. This is not to say the latter person(s) will not discover what your life's purpose is. Everyone has a purpose, and through the host of your countless experiences, this purpose is discovered. Without ever discovering our purpose in life, our souls will drift as a ship at sea tossing and turning.

Points to Ponder

- ★ Don't play into the games of the administrators when they promote the divide and conquer tactics.
- ★ When trying to create unity among prisoners always show them what they all have in common with each other as prisoners similarly situated in the same oppressive conditions.
- ★ All prisoners have a voice, and should be heard when discussing the challenges they must prepare for in confronting the host of violations inside these units. That is real democratic centralism.
- ★ Encourage collective work and responsibility among the prisoners you may have some influence with. Everyone has a role to play in prison activism.
- ★ Create a basic political library and do your best to make such materials legal or educational available to all who desire to learn more. We are supposed to be creators. So this is our job.
- ★ Develop a policy among yourselves that if one prisoner comes under attack, then it symbolically means all of you are under attack. This way you will build a solidarity that extends beyond the racial expectations of prison life.

consciousness that say support those innocent inside.

★ Prisoners can write booklets of poetry, history, prison life, their lives, and once formatted correctly, they can be sold on E-Bay or some other venue to raise money.

These points are not complex, in fact they are basic and rather simple and could be incorporated into an active prisoner's daily programs. Especially when it will mean your survival and freedom from these prison plantations.

Brothers and Sisters it is imperative that our struggle for balance, justice, freedom, equality rise to the next level. We all share the same reality we're in prison which gives us a common relationships. This struggle is real.

Chapter 6

Becoming Proactive About Being Housed in Solitary Confinement

Some years ago a fellow prisoner gave me some wise advice about combating prison abuse from those who run these prisons. He said you must become more "proactive" in the ways you challenge and oppose oppressive conditions. For a long time many of us who have 10 years or more in saw the coming of hard times and prison changes. We also saw the potential for the construction of the proliferation of control units we see popping up all across the country. We failed to prepare ourselves, and now we are the one's being buried inside solitary tombs. Preparing ourselves would have meant that we were taking a proactive stance.

Today, many of us are not being proactive when it comes to really preparing and exposing these units and those who run them for fear of retaliation or some false charges being brought against them. But this must change if we are ever going to present an effective challenge to the way they are classifying us on these units. Their actions are arbitrary and meant to cause undue mental harm on many prisoners. Historically it has been stated that too much isolation does and will cause insanity. Such isolation also causes any preexisting mental health conditions to enhance themselves.

Without any meaningful mental stimulation or physical release of pent-

Prisoners' families and those who care and support them share a common connection that must be revealed to them when we begin the process of encouraging them to work together for our freedom our families and friends want the same thing, and that is to see us return home through the gates we entered. This is a common relationship they share on the outside.

Building or organizing yourself a freedom defense committee of people loyal to you is a must. This committee on your behalf would serve as your voice. The job of your outside committee would be to keep the courts, attorney on your case, prosecutor, on notice of your supporters having your back. They would help you solicit funds to build a strong financial base to pay your attorney or securing one if you don't have reliable legal representation. They would help to publicize and inform society about your current prison reality and legal battles as you push for freedom from Amerikka's prisons.

A strong base of support is very important for many reasons. No one in prison should be in prison without some kind of support. But prisoners who are the constant targets of prison administrators deserve it more so then others, for it is these men or women who are trying to change their oppressive environments. They are not targeted due to reactionary behavior in prison. They are constant victims of manufactured set ups, harassment, slander, and even attempts made on their lives because they are revolutionary and politically conscious. Also these men and women work to expose violations of policy and law.

Points to Ponder

- ★ Build yourself a support freedom committee to help you maintain, survive, promote your freedom, and expose the conditions of the prison or control unit you're in.
- ★ Try to establish a consistent relationship with friends who will visit you regularly. It helps to keep one focused and uncontrolled by the conditions of your environment.
- ★ Always send a card or a warm respectful letter of appreciation to those outside who support and show their love and concern for your well being. Never abuse these relationships or you may live to regret it when you're alone and depressed.
- ★ If you are in need of money for legal representation build a creative fund raiser. They can sell some T-shirts, buttons, hats, that reflect

These points are not complex, in fact it's rather simplistic and should be incorporated into active prisoners daily programs. Especially when it will mean your survival or your certain death if your don't. Brothers, it's imperative that our struggles for balance, justice, freedom, rise to the next level.

Chapter 4

To Organize an Educational Program

Solitary confinement in our current state of incarceration still breeds insanity and body deterioration. One of the key components for countering mental instability is a solid study program.

It's been said that an idle mind is the devil's workshop. So when we fail to create various forms of release we can leave ourselves vulnerable for a host of psychological disorders. These units are creating psycho-active psychosis and the results end in men slowly falling apart. In most of these units prisoners are allowed to order radios or televisions. These avenues of release helps to serve as social distractions and avenues of escape. But too much of both can serve to keep one too content with reality T.V. shows and one loses focus on legal work and your freedom. Prison administrators use many social distractions as pacifiers to maintain control of the prison populations/units as a whole.

Too much humility can become cowardice, so we must stay strong body, mind, and spirit. Prisoners must acquire a host of reading materials on subjects that helps to empower them with wisdom, knowledge, and understanding. We all have a purpose to our overall existence. If you're not willing to surrender your soul or become a victim of (23) or (24) isolation status, build yourself an educational awareness program to stimulate individual or collective growth and development. Group dialogue is really helpful in closed up units like SHU units, super maxes, or administrative segregation units.

The sensory deprivation that overwhelms and impacts the minds of prisoners in these places makes the effects of isolation that much more critical. A constant reading, writing, and communicating with family and friends are the weapons we used to combat the intentions of this form of isolation. We must maintain a healthy balance of mental stimulating information. Reading helps us develop new ideas as well as keep the mind active. A body and mind in motion stays in motion. A

mind and body at rest stays at rest.

Solitary confinement has the potential to rob a person day by day of some of their ability to rationalize and think critically. So I can't stress the importance of developing a sound system of basic and advanced education programs. I have spent many years in (23) hour isolation units to know exactly what works and what will ultimately fail in the end. I suggest prisoners inside these units make their isolation work for them. Make it a companion, instead of falling apart, pull yourselves together and do all the necessary things you can to preserve your life. My earlier years of isolation allowed me time to discover that I had a creative writing spirit. Those were times when some of my best essays were created. It was then I learned how to use isolation as a tool toward my own growth and development. We must steadily and consistently feed our brain the necessary stimuli with quality materials. A healthy study habit helps tremendously in combating the ills of insanity. So many prisoners have succumbed to the conditions of these types of reactionary environments many prisoners are being made subject to spending decades and entire prison terms on these units. You will be their next victim if you don't prepare yourself right now.

Points to Ponder

- ★ Prisoners who like to read and do their own research and share their political or non-political materials should organize a people's library for the unit.
- ★ Prisoners could make use of any idle time by developing "spelling bee" contest on your unit as a way to upgrade and better one's spelling.
- ★ Prisoners can build a strong vocabulary by studying the dictionary. This helps to also better our ability to communicate with everyone we write or come into contact with. The use of properly used language can be very persuasive.
- ★ Prisoners who believe that there is a higher being or higher power should do what is necessary to get in-tuned with their spiritual side. This helps to balance out the stress one endures on these units.
- ★ Prisoners should find one or two people we have things in common with in the free world and maintain a connection to the streets. This is very crucial to your continued stable mental health.

These points are not complex, in fact its rather simplistic and should

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be incorporated into an active prisoner's daily programs. Especially when it will mean your survival or your certain death if you don't. Brothers, it's imparitive that our struggle for balance, justice, freedom, rise to the next level. We all struggle together as one brotherhood with the objective of our freedom as our common reality.

Chapter 5

Building A Strong Support Base Around Yourself

Prisoners who are being housed in solitary confinement and units like (security housing units) or supermax control units must come to terms with their need to build a strong outside base. Many of us still have close relationships with our families. While on the other hand, some of us don't have anyone out in society who cares enough to help us. This is why it's extremely important for us to build extended family ties with people who care for the survival of prisoners across the country.

Personally, prison administrators' mission in most cases are to destroy the ties and relationships we have developed with freedom loving people who's on our team. These ties are crucial in times of support and assistance. We all need people who are not overly judgmental and who will embrace us as we are and stand by us in our fight for freedom. So we must bring all of our supporters together with our loved ones and build a movement. When you don't have anyone to make a call to the warden, governor, or commissioner's office, who will expose what is occurring on your unit, or to you by prison guards these people are more likely to violate your rights.

When harassment goes unchallenged, prison administrators tend to get out of control. So we as prisoner must educate and inform people on the things they can do from the free world to keep prison administrators at bay. Over the years this has been an effective process because when the people on the outside have all the informational tools to assist us they will almost always respond correctly. Sometimes this can be a not so easy process, because all people don't work well together. Personality conflicts, ego flare ups, insecurities, and a variety of other factors prevent such collective efforts.

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