

The penitentiary as an art studio

As a few defenses an Inmate has against the dehumanizing effects of incarceration is what is known as art, In one form or another, almost all prison Inmates are making or buying it.

It appears to be crucial to spiritual and practical survival.

For one thing it is a therapeutic agent, as described by Charles Mosby, there are times I'm under a lot of aggravation and I feel like, you know hitting somebody, but instead, I can sit there and draw something and while I'm drawing I can let my mind flow.

A person on death row chose art because they've got to channel their energy while they're locked-up Painting kept me from hurting a whole lot of people, also working out I intended to do more, by taking my frustrations out in reps, or by just burning out like I do.

Everyone uses their Incarceration different, me I do an college course, workout, I do N.A.&A.A., an program called People empowering people, to make it through the day and you can only take it, day by day.

There some artist in here, making statues out of soap, ashtrays, etc.

The Barbers even get more skills by being in here with guys who got 2 years or guys that got 102 years, the old with the younger ones, black with white, etc.

I try to go to the library and get books to where I can kind of zone out, and If it doesn't have anything to do law, I'm not really Interested, which, I'm still fighting for Justice, after being locked up for 10 years, Habeas, appeals, etc.

Back in 2011, it was like I was in law school, with the \$ 39.00 Law books, my spouse got for me, which I still have, and I go through them once in a while, then some people just give up all together, then some try to sleep there time away.

The most important thing in here is to try an stay busy in the day, so you could relax in the evening times.