

Messages from the Mound



In 2007, I began my prison ministry where I facilitated my Relationship First Aid spiritual based personal development classes at Mound Correctional Facility in Detroit. After Mound closed in 2012, I continued to communicate with the inmates through newsletters, birthday cards and attending/speaking at events at various facilities. It is suspected that the facility got its name because of the many ancient mounds that were found all over Detroit, and I believe the most concentrated and/largest ones were along what is now known as Mound Rd.

"Messages from the Mound" is named after the newsletters that I send out to the inmates since that is where we all initially met. Because the classes that I was teaching them focused on spiritual elevation allowing the negativity within them to die, thus ultimately elevating their consciousness, I thought it an appropriate name because a "mound" is defined as: an "elevation" formed of earth overlying ruins, a grave etc., a heap or raised mass. The following articles are from men that are currently incarcerated or released and this serves as an opportunity for the voiceless to have a voice. If you have a loved one that is currently incarcerated and would like for me to send them newsletters, please forward their contact information with a MDOC number to:

Relationshipfirstaid@yahoo.com or contact me at:
Relationship First Aid, Attn: Ma'at Seba, 15224
W. 7 Mile Rd., Detroit, MI. 48235.

One and Done

By Raymond L. Carr Jr.



First time, shame on you. Second time shame on me. In life, in most cases we

get a second chance to redeem ourselves after a mess-up, rarely is it One Done.

There are hundreds of men and women incarcerated in Michigan's prisons, who were sentenced to Life Without the Possibility for Parole as teenagers, who are now rehabilitated and no longer a threat to the public safety. It was many of these teenagers first time going to prison, and they received a One and Done sentence.

Lawmakers have passed a Bill that provides more protection to young offenders and increase the age of criminal responsibility to 18 years old ("Raise the Age"). However, the 'Raise the age Bill' and the issue of raising the age for 'Youthful Offenders' who were sentenced to LIFE Without the Possibility for Parole, are two different issues that are commonly mixed-up.

Recognizing, the scientific evidence of the brain science and the culpability and competency of youthful offenders convicted of homicides does not require eliminating punishment for these crimes. It just means not automatically (mandatory) giving young offenders the harshest punishment that is basically a 'walking death sentence'.

Allow me to bring to your attention, the first class of 'Juvenile Lifers' 17 year old and under. Many of who have been re-sentenced and released after serving decades, are now gainfully employed, have got-

ten married and started families, merging back into society as productive citizens. And according to MDOC records none of those released have returned to prison.

Before the United State Supreme Court ruling, many Juvenile Lifers were labeled as unrehabilitatable and unsafe to release. However, those youthful offenders who have been released are now thriving, proving that notion untrue. The experts research states that those who were sentenced to 'Life' and served 20 or more years have a less than 1% recidivism rate. The reality of a person who was sentenced to 'Life', is like a elephant sitting on their chest and when they are blessed to get the elephant off, they don't want to do anything for that elephant to sit back on them.

I am appealing to our Lawmakers to introduce legislation that is guided by the scientific evidence of the brain science, that it is 'cruel and unusually punishment to sentence someone who's brain hasn't fully developed to 'life without the possibility for parole', that at least those who were teenagers at the time of the offense be considered for re-sentencing or give the parole jurisdiction over these youthful offenders for an meaningful consideration for release where rehabilitation exist.

Recognition of youth development and young people's tremendous capacity for change is a simple starting point that has failed to be consistently applied for youthful offenders whose lives are touched by the criminal justice system. Harsh 'One and Done' punitive practices deny far too many teenagers the opportunity for rehabilitation and in the long run undermine public safety. Let's end, the One and Done Life sentences for all youthful offenders under the age of 21.

Hope and Inspiration

By Jawan Hayes
MDOC#426663

Being incarcerated since the early 2000's up until now, I have witness many men crumble has their hope disappeared by the seconds. I recall saying to myself, "That can never be me." Entering the MDOC I was 20 years old, hence still a child. I have received great guidance from great brothers, which aided me in my development throughout my journey. I thank them for their assists. However, what they didn't prepare for is what I said would never happen to me. The loss of hope, which led to depression. The loss of faith, which led to the thought that I just may die in prison. Though, I knew the answers to my thoughts, because I teach other men how to handle these thoughts. But, I lacked the ability to administer the proper dosage to heal myself. But, what changed and restored my hope, was faith and the news about the possibility of Raising the Age for Juvenile Lifers for 18-20 years old. I started to visualize my future success. There is a possible chance, that I could one day be released and given a Second Chance at Life. A chance to make good on my promise to my victim, my family and the Community, which is to

have a new way of living. "We all live under the same sky, but we don't all have the same horizon.." A German statesman quoted. So readers, people of influence, Lawmakers, Representatives, as an influencer, you have the potential to help others see beyond today and their current circumstances. When we put faith in people we help them to expand their horizons and motivate them to move on a whole new level of living. Thank you for believing in those of us who were adolescences, between the ages of 18-20 years of age. It's been said that a person can live forty days without food, four days without water, four minutes without air, but only four seconds without hope. Please allow me and the men of the Second Chance Too Group to rise to a new level of living by restoring ours.

HOPE: Having Opportunity Presenting Excellence.

When we understand the other fellow's viewpoint, understand what he is trying to do-nine times out of ten he is trying to do right. --Harry Truman---

Thank you for reading and please remember when you believe in people, they do the impossible.

Make your affirmations in the right State of Mind

By Savante Johnson #236302



Many who understand the "Law of Attraction" often use affirmations. "Thank you" is what I say when I wake up in the morning. This is to convey the spirit of gratitude.

Gratitude is a seed for more blessings. "Thank you" is an affirmation. Whenever I'm feeling low I say "I am free, I am happy, healthy... loving... successful, and wealthy" in efforts to attract better conditions. However, there was a tension factor that was having a reverse effect. There was a dichotomy between what I affirmed with my words and what I felt inside. There seemed to be a separation between what I envisioned and what actually manifested in my life. Have you ever felt this way? If you are feeling weak, but you say "I am strong ...I am powerful!" What are you activating? What are you bringing about actually? When you wait until you are feeling sad, depressed, lonely, and off balanced to make your affirmations, it positions you to have to

overcome and compensate for your particular vibration.

Your vision is probably on a different vibratory lane than what you are currently on emotionally. This creates resistance. Resistance can delay manifestation. Your feelings should be on the same vibration as your words (affirmations). Instead of waiting until you are down to make your affirmations you should feel good first. How?

Focus determines feelings. If you wanna change your feelings, first change your focus. Take some deep breaths and focus on all things positive. The universe gives you what you truly mean. It responds to your thoughts. It also responds to your feelings. Why? Feelings is what gives the thought vitality. So if you are feeling sad and weak and you say "I am happy and strong", the Universe is registering that you are proclaiming something that you don't mean, feel, believe. This produces resistance. It doesn't have to be a struggle. The law of attraction gives you the path of least resistance. Get yourself on the vibrational rate that matches your words and your vision. You can be pitiful or you can powerful, but you can't be both.

Power in Words

By Mike Chappell



As the old adage states "Watch What You Say or.....". The first stage of creation is Thoughts or Visualization and the second

stage of creation are Words. In the bible God profoundly commanded "Let There Be Light" and light shined upon the land, (Genesis Chp.1 v.3) Whether your words are either positive, destructive, constructive, loving, hateful etc. Words are what shapes and forms your life. A study was conducted by a team of clinical behavior researchers at the M.A.C foundation and it was reported that there were an estimate of 80 destructive words used per day by people whom are educators, fitness trainers, law enforcement, plumbers, and just everyday people. Can you imagine how and in what ways that you are using your 80 destructive words?! Any words that promotes stress upon your daily life or causes mental tension that destroys your self-esteem or permeates the self-esteem of others are a few clues, or any negative words that allow the doors of doubt and fear to open are considered destructive and debasing. And, one wonders why their life is met with difficulty after difficulty.

What causes the words to manifest in one's

life is the POWER that we attach to the words. The emotion that one express behind each word is what places emphasis on the word and its meaning. The deeper the expression, the more valuable the word becomes. Have you ever proclaimed to yourself in the morning "I Am Going To Have A Good Day"? and your day manifested as you desired? For the ones who have stated the above and only received turmoil for their day has to consider what was Thought Of and what was Spoken Of after the initial statement. Most of us and including myself am guilty of this fact that we will profess a great affirmation and literally within the next 5 minutes we would have allowed some form of a distraction to deter us from our desired course, and before long we are speaking expletives, doubt, fear, anger, vengeance etc.

Now the question becomes how can one become more aware of their words and how to utilize their power correctly, right?! I believe that the answer is found again in an old adage that states "Think 2 or 3 Times Before You Speak" by doing this one will be more consciously aware of what words are going to be said before being spoken into the universe. One of the power points in life is the fact that we are the creators of our universe and the makers of our world. Wouldn't it be wise to create a world that is conducive for the expansion of Love to exist?! Or, a world that highlights the importance of Positivity for personal growth?! If your answer is yes then your next step is to be mindful of what you say

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