

## Confinement: Solitary - Isolation - Bondage

How do you deal with it? First, let's define Confinement. For our purposes, Confinement is "A loss of Freedom (of movement)". If you're a convict, you are confined to a State or Federal Prison somewhere. You may be a "short-timer" or a "Lifer". You may even experience degrees of confinement inside Prison; from "open Population" to single-cell maximum security lock down. However you look at it you are confined and you know it. Somehow you have to deal with it. If you're confined to your house or apartment or even a "managed care facility" (I.E. "Nursing Home" by any other name!) due to physical disease, injury or deterioration, you are experiencing a loss of freedom of movement. Physically and socially you are hindered and restricted and you are all too well aware of it. Somehow you have to deal with it. In the first scenario, the convict can do little or nothing about his physical confinement. Another approach, another solution must be found. In the second instance, the possibility of mechanical aids to increase mobility or new breakthroughs in medication, surgery or physical therapy pose a slight chance for a brighter tomorrow. Realistically, however, most will have to come to grips with how things are, rather than how they would like them to be. Another approach, another solution to this dilemma needs to be discovered and applied. Somehow you have to deal with it. And yet, another category exists: There are countless numbers who are "confined" within themselves; prisoners, as it were, to the cruel "Jailer" of their own (seemingly overpowering and self-destructive compulsions and desires.) These people, for the most part, "function" in a normal society, usually going undetected until or unless their inner secret drives reach the point of total loss of control. Their "confinement" is →

→ devastatingly real even when they themselves are oblivious to their true condition. It is at the inner level of this last category that the answer lies. The solution to dealing decisively with each of these "Confinements" is in the realm of the inner soul spirit of man. Just as Prisons, and Physical bodies that no longer function as they should, rob us of the ability to grow toward God and in loving relationships to other people. Face it, a person driven by self-serving, "gotta-have-it/gotta-do-it-no-matter-what" passions and "needs" will not be free to live in a way that will not take advantage of others. A compulsion-driven person serves his or her compulsion, not the genuine welfare of others. A person with sexual compulsions will find ways to satiate those desires regardless of who is devastated in the process. A person with an obsessive desire to accumulate money and material goods/success/fame will do whatever it takes, and to whomsoever, to achieve that end. A person who lives to be accepted by the "In-crowd" (or any group) will stop at little or nothing to fulfill that desired goal. All these and more identify the "Heart" confined by the ultimate sin of self-absorption, and sex-will. All genuine freedom from the soul-destroying, gut-wrenching effects of confinement - whether of Prison, body or soul - must begin at this level.

[It is alright to post my name & address on the web]