

## Trapped In The Belly Of The Beast

Once again I sit in the Belly of the Beast, as I look around nothing has changed. It is just the same old song and dance, that never seems to end. With the same familiar faces, some old, some new, all trapped in the "Belly of the Beast."

So I asked myself why prison is called the "Belly of the Beast?" I am guessing that it is because it swallows us up and digests us in a way that is so overwhelming that we may never recover.

The effects of incarceration are devastating yet at other times it is curiously overlooked. Sometimes when we are on the inside we can become insensitive or non-reactive. Our mind can become so agitated with doubt and mental conflict that when we do come out of the "belly" a vast majority of us are more institutionalized, confused, fearful and angry than we ever were before.

If you think it was easy for them to capture you before, the effects and the pain that comes from being in the "belly" will guarantee you will be captured again. Finally you will find yourself forever trapped in the "Belly of the Beast."

As we have gone through life's ups and downs, we experienced the insecurity of adolescence, the search for self-identity and the growth from childhood to mature adult. And eventually we learn that we are all blessed with a unique gift of wisdom and purpose.

By not fulfilling a responsibility to ones self a great injustice is committed on our part. That injustice is what will bring us onto a state of disarray and confusion that induces us to question ourselves.

Many of us have been imprisoned by ignorance, lust, lack of education, mixed with ignorance and misguided beliefs, drugs, alcohol, gambling with our lives and dishonesty for far too long. Becoming an aged torn soul entwined together endlessly searching, reaching for understanding, wearing the "Mask of Duality." One side is filled with confusion or a lack of education coupled with misguided beliefs. The other side is filled with the hope, wisdom, understanding and faith that some day you will turn your life around.

With a new hope, the "Glowing Sun" peering from deep within will no longer allow the dark despair of the "Mask" to claim dominion over the future of our existence.

No longer shall the "Belly of the Beast" consume us. No longer shall we refuse to hear the voice within, that little voice inside that tells us what we should and should not do.

The one we have obviously refused to listen too, is the god within, the Holy Spirit that dwells within, uplifting us from a mammal to a man, that inherent power that enables one to live in or outside the Belly of the Beast.

Falling into this abyss, looking to see,  
If anyone is there with me.

I shouted, trying to seek help,  
Can anybody hear my plea?

I hear the call of my brother's and  
my sisters trapped in the Belly of the  
Beast. But as God is our Salvation  
He'll send one to deliver us from  
under the demons feet.

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