

3 A Time of Need

D. Razor Babb recounts his experience with a medical emergency in the middle of the night, and how the responding staff gave him a stronger sense of community and hope

2 The CA Model

O. Rick Bridges talks to Facility Capt. C. Elston about the changing culture in the department



5 New Kind of Hard Time

Earl Breckenridge talks about his early life that led to growing up in prison, and what led to the choice to leave behind one kind of prison for another

To Our Readers

By D. Razor Babb, Feature Reporter

AT THE TIME of this writing, wildfires are raging in Southern California and people's lives are being critically upended by the devastation and destruction. Many of our readers are either from the L.A. region or have loved ones there. We all commiserate in your and the victims' sorrow and horror and search for ways in which somehow we can be a part of the healing and rejuvenation. Please feel free to send your stories relating to your own and others' experiences with this overwhelming tragedy, and your suggestions on ways to help. Some have suggested fundraising and pledge drives, or inmate art auctions.

We believe our incarcerated community, in California nearly 100,000 strong, can come together at this time and join forces in order to be some small part of a revitalization process. Send your stories and suggestions to The Mule Creek Post at the address on pg. 4.

Also this month, Mule Creek celebrates another Anti-Recidivism Coalition (ARC) graduation with more than two dozen grads completing Criminals & Gangmembers Anonymous, Emotional Intelligence, and Avatar Board Prep training.

In celebration of Black History Month, Sean Neal recounts his time growing up in Watts for the full edition of the *Post* on the GTL tablets. He presents a feature story on Deion "Prime Time" Sanders, highlighting his successful and inspiring journey from humble beginnings to becoming a star player in the NFL, then continuing a successful career as a college coach in Colorado.

To all our readers, thank you for your input and contributions.



Mule Creek State Prison Community Resource Manager Jason Ross holds one of the submissions for the inaugural Facility D Art Show. (J. Davis / Mule Creek Post)

Art Brings Community to Prison at MCSP

By Dortell Williams, Post Reporter

THE VERY STRUCTURE of prison is an unforgiving reminder of where the incarcerated live, an unrelenting prompt that amends are in order. Generous concertina wire crowns the top of security fences and fixed walls of brick slice through and around the Mule Creek State Prison in Ione, California. However, the incarcerated people housed on Facility D were given a reprieve from the cold gray with an

opportunity to exhibit an artistic path toward transformation. Indeed, they received a rare chance to borrow the warm feeling of visiting a welcoming museum of modern art, otherwise known as the inaugural Mule Creek Art Show.

Entrants to the gymnasium were met with polished floors and large speakers that featured Frank Sinatra crooning "My Way." The soft whirr of two industrial-sized fans cooled the gym, but not the warm ambiance, and a steady stream of visitors patronized the showcase. Visitors paid homage to the artists and the event: correctional officers, teachers, health care staff, and an endless procession of peers of the incarcerated artists.

Patrons toured ever so slowly the colorful series of seven tables that composed the artistic display of creative submissions. Five categories distinguished the genres: murals, paintings, colored pencils-markers-pastels, graphite, and 3D miscellaneous. Each category was colored-coded and patrons were urged to vote for their favorites.

"All these visitors definitely make this a success," said a beaming Steve Marquez. "Plus, there were 41 submissions," added Rene Munoz enthusiastically.

Following a tally of votes, winners were declared by the event sponsors. Recreational Therapist (RT) L. Hindgardner called the names of the winners in each category, while Dr. K. Mitchell pinned the ribbons on each winning work of art. "I admire art and its creation; it's always interesting to see what the talent looks like," said Hindgardner.

The vast majority of submissions were created by those in the Enhanced Outpatient Program (EOP). Recreational therapists encouraged these men to engage in cognitive activities, sports, art, and writing, to name a few, explained RT A. Arellano.

"First place winner for the 3D category is ... Angel Ponce!" announced Hindgardner.

(continued on page 4)



From Zero Hope to Abundant Faith

By David Viens, Substance Abuse Treatment Facility

THIS STORY WILL inspire you to never stop believing change is possible. My friend and sponsor Brandon Mays served over 30 years in blue as a "three-striker" across the California Department of Corrections and Rehabilitation, struggling with addiction and a need for acceptance on the mainline for most of the time.

I met Mays on Facility G shortly before COVID-19 disrupted our world. He was new to the yard and stressed about going to the parole board for the second time without access to a lifer community to "sharpen the stone" of his recovery. I invited him to join our voluntary self-help circle, which my accountability partner had coined, "Creative Alternatives."

Mays was extremely likeable and insightful despite still being powerless to his addiction. He was serious about self-help, but couldn't help himself from emptying his locker whenever something hit the yard. He was one of the first to start medication-assisted treatment. His change wasn't immediate or easy, but something was abundantly clear after he started participating in his daily group: He had found his purpose; he was going to become a drug counselor upon his release.

Mays earned freedom in January 2023 at his

third hearing. Today, he is a certified alcohol and drug counselor, and works at a posh recovery center in Los Angeles. He is happily married and in high demand as a facilitator. His message is "Change is more than a possibility, but a reality if your desire is real. There is a future and a hope to recover your true self through recovery."

I speak to Mays frequently and am still amazed at his change and the way he is paying it forward to other lifers. A new career, house, car, Harley, and a new lease on life. To those who read these words, he says, "Find your purpose and belief in your higher power and watch your zero hope turn into abundant faith."

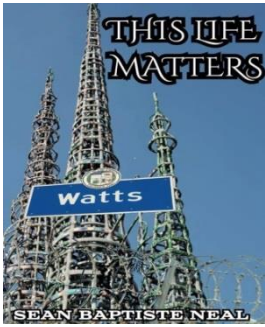


(Photo by J. Davis / Mule Creek Post)

Book Review: *This Life Matters*

By D. Razor Babb, Feature Reporter

THIS LIFE MATTERS: A Memoir, by Sean “Sharif” Batiste Neal, debuted on Amazon.com Sept. 3, 2024 in e-book and paperback formats. This memoir is a riveting portrayal of Neal’s life from humble beginnings in 1980s Watts amid gang warfare, drugs, poverty, and childhood bullying; it highlights the social struggle of a single mother raising three kids in extremely difficult circumstances.



(www.amazon.com)

Neal takes us on a miles-long walk through the despair and tragedy from early childhood, sharing poignant scenes, including being abandoned by his father at an early age. He describes in vivid detail the “lack of love within the Black community,” and the separation between ethnic disparities leading to isolation, feelings of not belonging, rejection, and abandonment.

Growing up in this environment led to temporary incarceration in juvenile hall at age 16, and a life-without-parole term at 20. Along this perilous journey, people, circumstances, and events contributed to what would ultimately transform a criminal-minded, hardcore gang member into a rehab group facilitator, social justice advocate, reporter, writer, and now published author.

Neal says, “I found myself at a crossroads, making a choice between what had been and what could be. I chose to lean into my gifts in order to transform into a better self in discovery of my life purpose with a devout faith in God, and what true male leadership should be, especially in my family and community.

“I always knew I could write, I just needed the right motivation to get started. My motivation was behind helping youth, but I saw a higher purpose to the writing. I found I could also address the systemic social injustice that denies so many of us the right to basic human dignity. *This Life Matters* is not just a memoir; it is a call to action.

“During the COVID pandemic when we were quarantined and crowded into tight spaces together and shuffled around, I implemented the tips from ‘The 90-Day Novelist,’ a writers’ column in the *Mule Creek Post*, in order to complete a first draft of the manuscript. When I saw that column, something clicked in me. I wrote three pages a day for 90 days, had a complete novel-length manuscript done in that time and I was on my way.

“I was attending college classes, had legal entanglements, was facilitating rehab groups, and I got married in 2023. Plus, I was working on myself, reporting for the *Post* and attending creative writing classes with Lara Gularte. The rewrites and revisions took time. When my father died in January of this year [2023], I made a commitment to finish what I had started, in 90 days. I was determined to finish the manuscript and publish this year. The entirety of the book is dedicated to my father’s legacy.

“It’s been one of the most difficult things I’ve ever done, but I kept my promise and have proven to myself and my family something important, that I can complete a project that is extremely challenging and labor intensive, something that I feel is worthwhile and beneficial to not only myself, but my family, and the community.

“*This Life Matters* is a tribute to the cause of social justice and criminal justice reform, and is an example of triumph over adversity. My wife and I are planning to celebrate the launch of the book. It is an affirmation that, indeed, this life does matter.”



Sean “Sharif” Batiste Neal
(H Kim / Media Specialist)

Change is difficult for most people, especially old-school convicts and correctional staff. For those who may not see it, prison is changing for the better. It’s moving away from warehousing convicted felons to focus on rehabilitating them. And, we’ve only just begun.

This Life Matters is available in paperback on Amazon.com; the e-book is also available on Kindle.

A Culture in Transition: An Interview with Capt. C. Elston

By O. Rick Bridges, Feature Reporter

IN OCTOBER OF 2024, the *Mule Creek Post* interviewed acting Capt. C. Elston regarding the day-long SUM Theological Seminary inaugural event at the Mule Creek State Prison (MCSP) Sept. 28.

Mule Creek Post (MCP): I’d like to discuss any thoughts you might have on your attendance at the SUM event.

Capt. C. Elston (CE): It’s the first time that I’ve attended anything of that magnitude, so it was a very pleasant experience — but it was very eye-opening, too. It is something that I’ve never experienced in my 28 years in the California Department of Corrections and Rehabilitation (CDCR).

MCP: In your heart of hearts, had you been hoping for something like this to happen?

CE: I don’t know if it was — if I would call it “hope.” But, there’s always that side of corrections where you hope. You do hope that things do get better within this department. And, it seems like this is that kind of change.

MCP: It would seem that love and humanity ruled the day.

CE: It definitely did, and that we can all collaborate and be civil, for at least a few hours.

MCP: We were both in the chapel with the secretary [of corrections] and director of [adult institutions] that day for the meeting after the meeting. What are your thoughts on the California Model of rehabilitation in general?

CE: Some of the things that I heard in that room were very, very encouraging. I see the change in people. It’s very pleasant to see that — that can change a person inside. I believe there’s a place for this within this department. Then again, it’s kind of — we’re running into uncharted territory.

MCP: You said there was a change in people. Was that comment just limited to those incarcerated? Does it extend to staff?

CE: I believe so. I worked with Joe Steward, the spearhead of this seminary program, for many years. It’s good to see him spreading his word throughout the department and coming back full circle so to speak.

MCP: Could you share with us a little bit about your journey within the department?

CE: At the end of this month, I’ve been in this department for 28 years. I’ve been to five institutions, Levels I through IV. It’s been a very interesting ride. As far as the changes, you know, everyone has to have time for an adjustment. With this California Model, of course, it’s a big adjustment.

MCP: Given that the diagnosis for moral teaching here at MCSP includes a collegiate seminary model, can we discuss any thoughts you might have on the separation of church and state?

CE: So, I’m going to be biased here. I was brought up in a very religious family. I think that there is a time and place for separation of church and state, but I think everyone should be grounded with some type of belief. So, this is refreshing.

MCP: Can you give us a little chronology on what you know about rehabilitation programs in CDCR?

CE: Sure, when I first started in this department, there were a lot of rehabilitation programs. And, that’s kind of gone away. I think probably the reason was money. And, maybe there wasn’t a strong belief or foothold; but it seems like we’ve come back to that which is very good. I think everyone needs to have an opportunity. Education plays a big part in that. A person has to be wanting and willing to do that. So, again, it’s the embracing of programs, and it’s the department wanting to go that way. So, it’s come a very long way.

MCP: In that vein, what is your personal and professional vision for a present and future California Model?

CE: I believe this program will work. However we have to, I guess, roll it out. Again, it has to have acceptance. So, I think that it’s just taking hold. There is an embrace of it, but I do think that it’s going to take more time

(continued on page 3)

The Mule Creek Post

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The Mule Creek Post’s mission


is to present content and messaging that encourages rehabilitation and pro-social values, and enhances a sense of community, creativity, and positivity.

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A New Kind of Hard Time

Making the decision to “drop out” from mainline population to PC/SNY/NDPF is not an easy choice, and many individuals resisted the move for up to several decades. This series explores the reasons individuals chose to remain in the stressful and toxic environment for as long as they did; what prompted them to change; what the actual process looked like for them; and what they see as the benefits and drawbacks of being on “the other side.”

If I Knew Then What I Know Now

By Earl S. Breckenridge, Mule Creek State Prison

IF I KNEW then what I know now, I would have recognized my life-without-parole sentence (LWOP), at age 18 in 1982, and subsequent placement in indeterminate SHU (re-stricted housing) for validated gang activity in 1986, were the product of my own making, rather than the consequences of getting caught. Despite what I learned in the homes and stints in juvenile hall, camps, boys’ homes, and Youth Authority; views of myself, others, the world, and my place and role within it was the backdrop of all my beliefs, values, and behaviors. Not feeling loved in early childhood compelled me to seek acceptance, approval, and value wherever they could be found. Ditching school, petty theft, marijuana, and hanging out with the local gang became a refuge where I would not only find belonging, but could remake myself into whatever image I desired. “I could be somebody,” I repeated to myself in the quiet of my mind. “I must blend in and adapt, survive or die, to make my mark in the hood.”



Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer for his own life; to life he can only respond by being responsible.
—Viktor E. Frankl in *Man’s Search for Meaning* (2006)

If I knew then what I know now, I would have accepted responsibility for all the circumstances of my life, and would have recognized my obligation and privilege to alter the course of my future. All my life, I thought I was a victim of circumstance, of others’ mistreatment of me and neglect in providing for my needs. An unjust world, cruel people, and sense of entitlement justified my rebellious, reckless, and indifferent choices and behaviors. How naïve I’d been to think what happens to me determines my reality rather than how I respond to what happens to me. I was blind to the fact that I was self-centered, prideful, and full of hate, which had been the actual source of all my decisions. Ignorance of this keeps me blaming everyone else, powerless to see that the changes I desired to see outside of me

Proposition 36 Passes

By Rob Sharp, Feature Reporter

PROPOSITION 36 WAS passed by California voters in November. It applies to increased penalties for retail theft and certain specified drug crimes.

For retail theft of items worth less than \$950, with two or more convictions of shoplifting or burglary, any new crime as above will be prosecuted as a felony rather than a misdemeanor (as was previously the case). This includes carjacking as a prior or current offense.

Certain drug convictions — such as for fentanyl, heroin, cocaine, and methamphetamine — can have their sentences lengthened dependent upon the amount sold or in possession (intent to sell). These sentences can be served either in the county jail or state prison dependent upon a person’s prior criminal history, though generally to be served in state prison.

Another provision of Prop. 36 allows some people to be charged with a “treatment-mandated felony” instead of a misdemeanor. This is similar to the past practice of drug diversion, but is dependent upon successful completion of substance abuse treatment wherein the charges will be dismissed.

According to Initiate Justice, the passage of Proposition 36 “will increase the length of sentences and sends more people to jail and prison for theft and drug-related offenses.” In addition, it “uses an outdated approach that increases punishments for multiple offenses.”

In the end, this is a setback to the progress we’ve made to move away from mass incarceration over the last few years.

Sources: Proposition 36, Attorney General’s Title and Summary; InitiateJustice.org

Call for “A New Kind of Hard Time” Submissions

Do you have a story similar to Earl’s about making the decision to leave the mainline? Are you interested in sharing that story, with the hopes of encouraging others to make the jump? The *Mule Creek Post* is seeking writers who can talk about the reason they chose to stay on the mainline for as long as they did, what prompted the change, how the process went, and what they see as the benefits and drawbacks of making the decision. We are not looking for war stories or the names of victims or perpetrators of violence, but first-person accounts of what life was like and what contributed to the decisions to stay and to eventually leave. Interested writers should keep their submission under 750 words, include information about how long you served on the mainline and how long ago you left, and answer the question “What do you wish younger you knew?” Please send your pitch to the address on page 4.

needed to begin on the inside.
There’s comfort and security in collective madness: Sanity is a solitary trek less traveled. If I knew then what I know now, I would have realized who I am, why I am here, and where I am going is inseparable from a faithful relationship with God. I lived my entire life inside the tiny bubble of what I had learned on the streets. My identity, purpose, and destiny centered in, revolved around, and progressed toward the taking of an innocent life and sentence of life without parole. I wandered from childhood, through adolescence, and into young adulthood in rebellion against God’s vision, design, and purpose for my life. I was spiritually lost, emotionally dead, and without hope of anything better ever happening to me. Coming to faith in the Gospel of Jesus Christ not only transformed my understanding of my past, but empowered me to realize my potential to be all that God desires me to be, and enjoy life to the fullest.

Internalized, unprocessed trauma and unresolved emotional issues from childhood constrained my values, meaning, and purpose of life to a limited view of myself, others, the world, and my place and role within it. This meant my choices and behaviors, my relationships, aspirations, and goals were not only beneath my potential, but were contrary to a sustainable state of being. I lived in the shadows of life and myself — inauthentic and enslaved — hurting others by omission of good and commission of bad. I dug a grave, jumped inside, and buried myself alive. I’ve since come to understand and prioritize the cultivation, growth, and extension of my soul in relationship to God. Investing time, energy, and attention in spiritual, moral, mental, social, and physical health and well-being culminates in connection, love, freedom, realized potential, and satisfaction of the desires of my heart.

If I’d only known then what I know now...

A Time of Need

By D. Razor Babb, Feature Reporter

THERE REALLY IS no great time to suffer a stroke; but 2 a.m. on a cold Sunday morning is an especially inopportune occasion, especially when you’re locked up. Dec. 8, 2024, was my special time. It started out with a mild tingling on my right side, and progressed to numbness and disorienting dizziness. A previous stroke, two years ago, informed me what was happening. This time, however, with everyone in the cell asleep and locked in for the overnight, dread and foreboding panic accompanied the spread of numbness.

By luck, my cellmate stirred awake and I asked him to alert the first watch guard, Officer DeSantiago, when he walked his rounds. A few minutes later while the room was spinning around me, correctional officers Kolb, Villanueva, and DeSantiago, accompanied by medical staff, rushed in. For me it was all a blur, but I do recall a stretcher and without delay being hoisted up and down in a single motion. I was rushed out onto a medical cart and sped to the Facility E clinic where first watch medical staff quickly determined I needed immediate transport to Amador-Sutter Hospital. Thanks to the quick and competent actions of overnight custody staff supervised by Sgt. B. Lanier, and facility medical staff, I was able to survive the encounter with minimal damage.

Returning to Mule Creek after a three-day stay, Sgt. Lanier unexpectedly showed up at my cell to check on me. Upon reflection of the whole series of events, it occurred to me that not once during the entire crisis had the feeling of separateness between staff and inmate ever appeared. It made me think that perhaps many of the belief systems which permeate incarcerated culture that keep us separated are based on faulty reasoning. Maybe implementation of the new California Model is possible, after all. When it came down to it, when it was important, common humanity prevailed. It was just people helping someone in a time of need.



Director of Adult Institutions Ronald Broomfield and Capt. C. Elston.
(H. Kim / Media Specialist)

(from *A Culture in Transition*, pg. 2)
and effort.

MCP: Is there anything else that you’d like to tell us today, captain?

CE: I’m happy to see that the mentality and mindset are changing. It’s just amazing to see how many people and their thought processes change with these programs. I’m hoping that more and more programs will come to the institution and that they will be embraced.

ARC Holds MCSP Graduation

By Jason Davis, Lead Reporter
and Victor Garcia, Mule Creek State Prison

ON NOV. 26, 2024, more than two dozen graduates of the Anti-Recidivism Coalition (ARC) received certificates of completion for Criminals & Gangmembers Anonymous (CGA), Emotional Intelligence, and Board Prep (Avatar). In attendance were ARC life coaches of the Hope and Redemption Team Wajuba McDuffy (northern regional manager), Denzel (Facility D coach), and Frank (incoming Facility E coach); Mule Creek's Community Resource Manager Jason Ross and Dr. T. Hollis-Prime; and supporting family members.

Denzel opened up the ceremony with his life story and described making a schedule one would uphold upon release. "This system don't care if you change yourself or not, it will still be here," said Denzel, meaning you have to take rehabilitation into your own hands and do the work yourself. "You should be living suitable every day, even as a lifer or [serving life without parole], because changes are coming and you want to be ready for them," he added.

Two graduates, Frederick Dew and Eddie Sample, followed with motivational speeches for the group, reminding everyone that we are here for each other. Here is what family members of several graduates had to say:

Eloisa Ramirez noted that these graduations are important because these guys are looking "to find themselves."

"It is nice to see the change in him," said Heather Mercado, fiancée of graduate Damion Horton. "I'm so proud. I always tell him, he is in a very long line; he just has to wait his turn."

"I just enjoy all the changes he has made, and am really proud of him," said Florence Dew, who has now attended the 12th graduation ceremony of her husband Frederick.

ARC is a collection of people seeking change within themselves. During the group process all members sit in a circle; this allows everyone to be side-by-side, with the life coaches on an equal level. ARC provides a curriculum that helps participants achieve the skills to be successful in the journey through prison, preparation for the parole board, and upon release. CGA applies the 12-Step process to the curriculum where the life coaches use their experience to spark conversation that helps others.

This collaboration of shared life experiences leads to a better understanding of the curriculum. Emotional intelligence provides skills in dealing with cognitive restructuring, emotional self-management, and interpersonal communication. Board Prep/Avatar focuses on the framework of a board packet, sparking the conversation for what works and doesn't work in the board process through the experience of all the participants.



The Facility E ARC graduates and facilitators in November 2024. (J. Davis / Mule Creek Post)

In 2022, ARC expanded the Hope and Redemption Teams to all 33 prisons in California, with at least one life coach in each facility. To date, ARC has served over 4,000 incarcerated individuals through its training, all while continuing its presence in juvenile halls across the state.

If you would like to participate in any of ARC's rehabilitative programs, submit a CDCR Form 2016 to the community resource manager.

(from **Art Brings Community**, pg. 1)

"Beading helps me with depression, anxiety, and is good for cultural expression," said Ponce, his face bright with pride. Ponce also won in the paint category.

"I'm eternally grateful for the opportunity to be able to express my passion through art," said Michael Heath humbly as he took home second place for his sunset painting.

"I appreciate [mental health] staff for supporting us," said Joshua Vasquez, who placed third for his painting collage of various cartoon characters. "It feels like being back in the community."

"Yeah, and I really appreciate that Dr. Mitchell and Ms. H. are donating the prizes for the winners," said Jason Rosacia. According to Rosacia, the prizes consist of art supplies to help and encourage the winners to continue.

"This [event] is fantastic," said RT A. Knight. "After COVID-19 and staffing challenges, we finally see the [population] more involved; a community atmosphere."

"This is healthy and benefits the whole community," said Jeffrey Garrett, a peer support mentor. "It makes our job easier."

People at the EOP level of care tend to be introverted, but on this day everyone was able to forget the dreadful reminders of prison, even for just a short time. Smiles were plentiful, handshakes and hugs ruled the day, and on a pro-social level the event was the epitome of a success.

"I look forward to doing it again next year," declared Hindgardner.



The winners of the Facility D Art Show. (J. Davis / Mule Creek Post)

Infinite Creativity

By D. Razor Babb, Feature Reporter

DID YOU EVER have a dream where you are writing a story, screenplay, or novel and you wake up with the complete manuscript present in your mind — the whole complex, multi-faceted story fully intact? It is a rare and exhilarating experience, and it can be maddening trying to scribble notes, bleary-eyed and fumbling for a pen and paper in the early morning hours. This is an instance of access to infinite creativity. Einstein is said to have pulled his theory of relativity from the ether, and some of the great novels, symphonies, and creative works of the ages are presented to the author in this manner.

Dr. Wayne Dyer, self-help guru, spiritualist, and author, describes his writing as inspired (in-spirit), coming to him from an infinite field of energy that exists throughout the universe where all information and knowledge is available to anyone who is willing to allow their mind and spirit to access it. We asked some highly creative people for their comments on the creative process.

Joan Parkin (educator, author, activist, editor, nonprofit director): "The creative process for me doesn't come from within but from without. It is when I feel the connection of other social justice warriors that I am most inspired towards creativity."

Emily Nonko (editor, writer, mentor, social justice advocate, nonprofit director): "In my work supporting people in prison, we run into countless hurdles and challenges. I knew early on that if I got discouraged by every hurdle, we wouldn't get anything done. So I started looking at hurdles as fuel for creativity. 'There's always a way' has become a mantra for me. Limitations for art supplies, for example, fuel creativity when you have to resort to unexpected options. Collaborating by phone, when the tablet doesn't work, is a creative way to get things done. For me, creativity is resistance."

Kate McQueen (author, teacher, journalist, historian, nonprofit director): "We as humans may not learn from osmosis exactly. But intellectual and aesthetic ambiance, I think, a really helpful part of creating. What I read, listen to, see, and otherwise explore always influences me. So, I try to make sure I surround myself with good 'muses' when I'm working on a project."

Natalye Childress (poet, editor, journalist, entrepreneur): "I don't have a creative process, per se, but I do my best thinking when I'm on a walk or bike ride, and I do my best writing when I've been reading regularly. So to continue creating, it's important for me to prioritize spending time in nature and reading for pleasure every day."

To engage the creative process is to always be on the path to greater awareness — of ourselves, the world, and beyond. The only limitations to creativity are those that we impose on ourselves. The infinite nature of the imagination has no limitations, nor does the creative spirit. It extends to infinity and beyond, and whatever is beyond that.

To read more *Mule Creek Post* articles, check out the archive on the Edovo educational app or the Facility Notices app in the "Free" section of the tablet.

MULE CREEK POST

Submissions

Freelance writers, staff, and others may submit articles or material to the *Mule Creek Post*, % MCIC AW's Office, P.O. Box 409090, Lone, CA 95640, or by interdepartmental mail if living at MCSP. Submissions may be edited for length and content and become the property of the *Mule Creek Post* (authors retain intellectual rights to original material). When submitting legal news articles, include source material documentation. Include your name, CDC#, and address.

For more information regarding the Board of Parole Hearings, write to:

BOARD OF PAROLE HEARINGS

P.O. Box 4036
Sacramento, CA 95812-4036

(916) 445-4072

www.cdcr.ca.gov/BOPH

or read the *California Parole Hearing Process Handbook* in the Free section of your state-issued tablet, under the "Newspapers" tab in the Facility Information app.



The Prayer Warriors Alliance (PWA) is a non-denominational organization of volunteers who will assist anyone of any faith with research. The PWA charges no fee; return postage (up to 20 pages per request) is paid by PWA. See the July 2023 edition of the *Mule Creek Post* for more information about the PWA.

PWA follows all departmental mail restrictions and guidelines. PWA cannot search for legal or case information or individuals. Donations are gladly accepted.

Prayer Warriors Alliance
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