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PRISON: A state of confinement or captivity. 2. A place of confinement for law-breakers, for example, a prison; to imprison/confine.

So here we are, writing about one of the biggest problems in the world and yet, the least understood. Before I can write about a world without prisons, I must first define what a prison is and so far, by definition—this is a broad pen. I have had to sit back, rub my head, and really think. As I see it, a world with prisons is what we have. So, to envision one without is hard. Then it hit me, a prison can be anything and everything.

I mean literally, as I grow in my walk of faith and rehabilitation, I have come to understand certain principles. One is you get what you put in. I mean, you can walk around just moving through life, same rut day in, day out. Life gives you the same in return. However, if you give your time to others, invest in making society a better place; it seems that life gives you a better place. I know so many people who live in bubbles. Yes, like the movie bubble boy! I mean seriously, think about it. They walk around in a bubble in which society placed them. They drive the same route every day by the same homeless encampment. They think to themselves that the police should do something about that. They continue in their life never hearing the gunshots or screams from the child being abused next door.

They go to church and step over the man lying in the gutter. They see crime and say, someone should pay but who? That to me is the real prison, the one that is more like the story of the *matrix*, it feels like life but you are actually in a coffin just waiting to get flushed. The more people I talk to, the more I hear the same story—it is different out here, it is not the same. However, what does that mean? If you are choking, should I just watch and call 911 or should I get involved? What is your character? What prison are you in?

See, I envision a world without prisons more like this. One where people get involved in their community. When you see someone in distress, take a minute to show some compassion. Be the person that helps a stranger and gives back to society. Look for a way to help those in need. I mean what truly sets you free?

I have found in my life that what I have taken can never be returned so I make what I call a living amends. Now look at what just one man in a prison can do. I have literally helped thousands of people change their lives. I have seen situations and addressed them. If someone needs just a moment to know I care...I stop. What is the big deal? Is this not what real freedom is? I am and have not been in prison in years. I am more free, more alive, and feel more like a human being right here in an actual prison than others outside of these walls. Therefore, to me, a world without prisons starts with the individual, each one teach one as the saying goes. If I teach you kindness in a situation, then in turn, you do a kind act for someone else, and that person does the same then just from that one act, you start a collision of blessings. Do you see? Is the picture vibrant? I have this way of seeing what most either cannot or choose not to. I am criticized for helping certain people. Like why are you helping him, wow...he talks to her. Yes! I know where I came from, who I was, and if I can help, you see that, there is hope in your situation then once you have hope, you can give it to another and in the end, and a world with hope is a world without prisons.