
Behind The Grey Rhino

I'm finally taking the hospital to the full extent of being transitional. Butterflies in the stomach is what I have toward some of the staff figures but it's just a bit of what some would refer to as anxiety.

I find myself navigating toward the Marin headlands, or Novato where the new program will be located. All I remember is a junk novelty store where I bought a military Hallmark card. I do have flashbacks of a valley before reaching Tiburon where I saw some fishing piers.

It took for me to finalize my stay here at the hospital, through working closely with my psychologist. I wrote to the best of my ability about these

things called Action Items, which pass through a panel to get a COT exam which is how to return to the community. It was determined that I had a lack of insight about my initial crime but they are being nice enough to let me have a step down program. A facility like Canyon Manor would be good Because I've been locked up for about 17 years all together; and there is a descent dual diagnosis treatment program there.

Being mentally ill in the community was hard because nobody informed me what side effects and symptoms were. I thought that by smoking marijuana, that the memory of

my trauma would be completely forgotten. But it turns out that the paranoia and the grandiose delusions just got worse. This being the wick of the firecracker that made me explode and commit a crime.

I made a confession here at the chapel called San Lucas. I explained my mistake about hurting someone badly out of my blind rage. I thought I was nabbing a villain out of some Batman movie. I also thought I was prognosting in the Matrix Oracle. The priest was from Nigeria and said the angels in heaven have already forgiven me. There used to be bible study here on the unit with a buddy that got out scott free from the system.

Religion here is something that has an underlying theme to the exercise that we do with staff like Tai Chi(Daoism)or Yoga(Vedanta).Staff said concentration had a rippling effect like a drop in water.Guru knowledge like feeding the right Chakras down the middle of the body I read about.I read my first Yoga book at the age of 18 by Hatha master Vithal Des. Being non-dualistic in the Yoga mind is important.

Being that I'm getting out of the hospital, close at hand and I have an alcohol and substance abuse diagnosis the doctors want to reassure that I won't use over again.They prescribed me this medication

called Naltrexone which has quite a number of side effects; stomach aches and sedation being the ones that most effect me.

