

# LIVE FROM THE PRISON NATION

## Track Summaries



### Expectations (10:41)

**Inside the System—** inspired by Angela Davis' Eric Williams Memorial Lecture at Florida International University in 2003, 'Expectations' introduces the concept of the Prison Industrial Complex (PIC) and explores the reality of being trapped within a system. Meant to evoke the anxiety of something constantly approaching, it features a melody that floats above an ominous bassline. The seemingly constant ringing piano represents the inevitable effect of the Prison Industrial Complex that has seeped its way into all facets of life for people of color, particularly Black people, in the United States.

### The Principle (9:07)

**Navigating/Surviving the System—** while 'Expectations' introduces the psychological toll of the Prison Industrial Complex, 'The Principle' explores how Black people have learned to navigate and survive within a system that is seemingly designed for them to fail. The angular melody sits atop a brooding atmosphere that slowly builds to a soulful climax. This track speaks to the resilience of Black people who have had to fight through centuries of injustice while simultaneously preserving their cultural principles and sense of self.

### Mumia's Guidance (9:00)

**Understanding the System—** through his 'Prison Radio' podcast, political prisoner and activist Mumia Abu Jamal continues to provide insight on how to understand and fight against the Prison Industrial Complex. 'Mumia's Guidance' is a compilation of excerpts in which Mumia details the power of movements as a social force to enact change within the system. A chant-like, hopeful melody serves as a dramatic underscore for Mumia's commentary on the power and history of movements within the United States.

### F.O.O. Shit (13:47)

**Fighting the System—** the final track of the album, 'F.O.O Shit' addresses one of the most violent and pervasive symptoms of the Prison Industrial Complex – police brutality. A play on words, F.O.O. turns the Fraternal Order of the Police into the Fraternal Order of Oppressors. The melody of this composition is a compilation of common protest chants: "What Do We Want/When Do We Want It?", "No Justice, No Peace", and "Show Me What Community Looks Like". As a response to 'Mumia's Guidance', this track represents modern day movements and places emphasis on the idea of community activation to fight for justice within the system.