

Burmese junta is doing. The people of Myanmar from all walks of life have been suffering the present affliction just like drowning in the socio-economic and political quagmire and living under the lowest possible of humanly existence.

Many people and governments all over the world give us at least lip service for the sympathy of suffering Burmese people. Many youths around the world came and demonstrated against the Burmese junta. Among them James Mawdsley is one of the prominent youths who even wrote a book on the plight of Burmese people. These youths are very courageous indeed. Curiously no people or government from the communist countries both the predicament of Myanmar mass. However, during my stay in the U.S there are many people and organizations who are sympathetic and willing to help us.

The leader of Myanmar, Aung San Suu Kyi, is under house arrest and also General Tin Oo whereas U Win Tin, a journalist, is still in Insein Jail. The junta is afraid of Myanmar mass behind Aung San Suu Kyi. At present Myanmar mass dare not arise and speak for themselves. But they dare rally around Aung San Suu Kyi. Naturally the junta will never release Aung San Suu Kyi from house arrest. U Win Tin is capable of formulation of splendid ideas detrimental enough to topple the junta government. General Tin Oo is probably capable of splitting the army as there are still some followers among the generals. As far as the junta is concerned none of them will be released in a foreseeable future. No one is capable of saving these three persons from the hands of the junta.

Myanmar public is brutally bullied by the junta employing their word of mouth as a rule of law. Super Bamar (the majority race of Burma) race chauvinism is carried out daily for ethnic cleansing. Freedom of worship is a sham making devout Buddhists all over the world ashamed of what the

love of their papa. The second force is military intelligents. They are everywhere in Burma. They feign as from beggars to taxi drivers. Those people could fish your ideas by cursing and blaming the junta. If one thinks their criticism is a genuine one that person is already ensnared.

The best way to launch the movement is from abroad. Thus the author had to apply Burmese passport patiently and took almost 2 years though the junta promised the public to issue passport within one week. Visa section of U.S. embassy in Burma instructed the author to get health insurance to grant visa after two denials.

Though he was educated in the USA but spent the rest of his life in Burma he is left out with the intimation of modern IT gadgets. Luckily there are many people who are willing to help him. It is very difficult for the author to move about since he is an old man with poor eye sight and blind spots. Naturally his 2 children in the United States do not approve the author's activities and he has to avoid them to launch his campaign. The author could understand his children's concern and it is very painful to him to elude them as a father.

The author tries to stay out of the limelight and avoid soliciting cash for the movement. Yet he could not elude some meetings and also many people donate cash for the cause of democracy without request. The author entrusts everything to the Lord and His will (Ps 118:8). He is sure the movement will succeed though he may be demised.

From this movement the author hopes at least he could impart the message of awareness on peoples' power both to the public and the junta after his demise. Again he timidly dares to hope that better ideas could spring out of this movement for the liberation of the mass who are suffering under the yoke of the remaining dictators of the world.

Demolition of students union building .....	115
Efficient custom inspection .....	115
Back to my teaching job .....	116
Unwitting VIP .....	117
Ne Win's true color .....	118
My reaction to this incident .....	121
Refusal of a director general post .....	122
Adviser to a hastily formed student union .....	123
Establishment of an NGO .....	125
Integrated development .....	127
Burmese (Bamar) chauvinism .....	128
Hope in the new generation .....	129
Aborted demonstration .....	129

Good massager .....	143
Wasted rice .....	143
Spoiled smokers .....	143
Rope making .....	144
Unimaginable tax money .....	144
Socks and stocking cap .....	145
Why he gave himself up .....	145
Prison jargon .....	146
Prison food .....	146
Elijah and the raven .....	149
Patient diet .....	149
Prison survival .....	150
Mind occupation .....	151
Calculation by hand .....	152
Self entertainment .....	155
Pen and paper .....	156
Kangaroo court .....	156
Jail opening and closing .....	157
Missing prisoners .....	158
65 prayers .....	158
My prayers .....	159
Difficulty of change .....	161
Limited water bathing .....	161
Visit from my family .....	162
All 65s are MI agents .....	166
Activities before the visit of international bodies .....	167
ICRC visit .....	168
Human rights special rapporteur .....	170
Back ache .....	171
Interrogation by MI .....	171
Ne Win's grandsons .....	172
Birds in the jail .....	172
Early waxing moon shows signs .....	176
Political prisoners and deserters (5Js and 65s) .....	176

Conceited political prisoner .....	178
Cooking in our cell .....	178
Knives .....	179
Sunday mornings .....	179
Beating prisoners .....	182
Poor warders .....	182
Sex in the prison .....	184
Sounds of female prisoners .....	185
Informers .....	186
Shattered education .....	186
The doctors .....	187
Jail escapes .....	188
Murder case .....	189
The haunted cell .....	190
Strange dreams .....	190
2002 the year of excessive mango fruiting .....	191
A Japanese tourist killer .....	191
Insulting remark by the jailer .....	192
Meeting specialist doctors .....	193
My cell mate's happy day .....	193
Alone at last .....	195
To the jail hospital .....	196

Chapter 1.	
Demonstration .....	96
Situational balance .....	96
In the mean time .....	97
My simple solution .....	97
Stratagem to be left alone .....	98
All alone by myself .....	99
Awkward moment .....	100
Actual Demonstration .....	101
Swooping down and nipped at the bud .....	102
Real interrogation .....	103
Invitation to write to senior general .....	107
Final interrogation and relaxation .....	107
To the jail .....	109
My first night .....	111
Prison activities .....	112

Chapter 2.	
Why Demonstrate .....	114
Historical background .....	114
General Ne Win's takeover .....	114

Chapter 3.	
Brick Building No.1 Cell No.8 .....	132
My cell .....	132
My cell mate .....	133
Kwa Hnee village .....	134
Elopement to escape dowry .....	134
Nearby Hindu village .....	134
The village social life .....	135
Soldier's life .....	135
Army recruiting office .....	136
An affair with a Kayin girl .....	136
Shooting a bullock .....	138
Desertion and a village life .....	139
Elopement with a village damsel .....	139
Wishful thinking .....	140
An affair with a married woman .....	140
The haunt of consequence of one's past deed .....	141
His family visitation .....	142
Jealousy .....	142

Chapter 4.	
The Prison Hospital, Insein .....	198
The prisoner colonel doctor .....	198
My hospital room mates .....	199
Our first helper .....	203
Eye operation .....	203
5Js from Thayawady jail .....	204
Torture in the jail .....	206
Thayawady jail .....	206
Insein jail hospital and its environs .....	208

Chapter 5.	
Unhospitable jail hospital .....	208
Sources of news .....	209
Convicts work camp .....	211
Beating patients .....	211
Burial of a dead infant .....	212
Digging sound during the night .....	212
34 and 43 .....	213
Chinese gold merchants .....	213
Cane ball player sergeant .....	214
Hair dresser .....	214
Vegetable plots .....	215
Disguise of military intelligence .....	215
Money deposits .....	216
Mango fruits .....	216
Che' lottery in the jail .....	217
Foreigner prisoners .....	217
Demise of U Ne Win .....	218
Second time eye operation .....	219
Discharge of U Toe Po .....	220
Two political prisoner patients .....	221
Unlikely bet .....	222
Suicidal attempt .....	223
Battle of the weather .....	223
Don't ask the price .....	224
The people in M4 .....	225
Chess games .....	227
Old flame .....	227
Ali BaBa .....	228
Sentry .....	229
5Js bathing .....	230
Father and son political prisoners .....	230
Presents from MI .....	231
English speaking .....	232

Chapter 6.	
Free at Last .....	251
Warden's office .....	251
MI 6 office .....	252
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance .....	253
My hunger strike reminiscence .....	254
Interviewed by media people .....	255
MI visitation .....	256
Phone from my children .....	258
Continuation of MI assistance ..	