

Shakespeare Saved My Life by Laura Bates Quotes (Mostly by Larry Newton)

Newton (on Richard II soliloquy): his thoughts are his only companions...it must be a scary idea to lose the 'better sort' of thought...until you have been at peace, or content, with nothing...you cannot be pleased with anything. Or that you cannot be truly happy until you have come to terms with being nothing.

Is it free will or predetermination that puts Richard in that cell, that put us in our cells...?

“Tomorrow and tomorrow and tomorrow creeps in its petty face to the last syllable of recorded time.”

...you feel like you're just this animal that they say you are...so there are two outlets for the frustration of that powerlessness: insanity or violence...everywhere you turn it's all part of your misery

When you're at the bottom, and there's no relief from the torment, you really feel trapped. I like to use this analogy that you're way out in the middle of the ocean. You're scared, panicking, desperate to do anything. You try swimming in one direction, you try another direction. You're just desperate; that's why you do desperate things and you overlook that is gonna make it worse. You see the potential for land, not thinking that it's more sharks over there

Newton: but a lot of the guys here were in prison before they came here and they'll still be in prison when they leave here...they associate their misery to the fact that they're in prison, and it's not that. I think a lot of my misery was me hating me, and hating me made me hate everyone else...now, I feel more okay with myself, I'm feeling stronger in my abilities every day, and the world just opens up. You really can do anything, you can shape your life any way you want it to be. Because prison isn't the great prison. Prison is being entrapped by those self-destructive ways of thinking.

Do you know what separates you from Hamlet? Four hundred years. That's it. We all share his condition of feeling vulnerable, scared, conflicted, pressured...we are all heroes in our own tragedies.

“It is an absolute magic, and the magic has little with what Shakespeare has to say. You can memorize every cool quote and be as clueless as you were before reading. So it is not Shakespeare's offering that invokes this evolution. The secret, the magic, is YOU! Shakespeare has created an environment that allows for genuine development...Shakespeare is simply an environment that allows us to evolve without the influence of everyone else telling us what we should evolve into. Shakespeare offers a freedom from those prisons! Your mind will begin shaking the residue of other people's ideas and begin developing understandings that are genuinely yours!...you have nothing to lose but the parts of you that do not belong anyhow”