

Alaa Abd El-Fattah

is on day

[122]

of

Hunger Strike

Where is Alaa?

Alaa Abd El-Fattah

is on day

[123]

of

Hunger Strike

His family didn't hear from him since 16 July, where is Alaa?

Alaa Abd El-Fattah

is on day

[124]

of

Hunger Strike

A digestive system deserted against unjust imprisonment, against brutal states, not only the Egyptian state, but all states.

Alaa Abd El-Fattah

is on day

[125]

of

Hunger Strike

A digestive system deserted
against brutal regimes,
challenging the ethics of
unethical states.

Alaa Abd El-Fattah

is on day

[130]

of

Hunger Strike

In his last letter to his mother, Alaa said “I try to make my mind think, do anything, or go anywhere, efforts which need a lot of work.. I am not able to find the right analogy to explain the pain. It's not like drowning for example, because distraction and oscillation is the main feature- maybe the analogy is sportive, because it's as if in my brain I'm trying to do a mental challenge using divergent, power series followed by endless perplexity without a meaning in a horrendous speed.”

Alaa Abd El-Fattah

is on day

[131]

of

Hunger Strike

In his last letter to his mother, Alaa also said “The pain itself that is entangled with the emptiness of the brain is very hard to describe.. I have no language for it, but from its features is that the time passes extremely slow and the thoughts rush hurriedly, and mostly it is dark thoughts, at times harsh –when its towards oneself, the harsh thoughts are easy, it becomes difficult when its harsh on others..”

Alaa Abd El-Fattah

is on day

[132]

of

Hunger Strike

How can a digestive system challenge the ethics of an unethical state by being deprived of food?

Alaa Abd El-Fattah

is on day

[137] of Hunger Strike

They say that despair is treason. I understood but I wasn't convinced. They also said to me, "Brother, behind bars you are free." And here I am behind bars, stripped of my will and my dream, and I know from experience that a bit of me will stay behind these bars even when the decision comes to let me go.

Myths are part of my inheritance. They said, "Who can — for one hour — imprison Egypt?" Even though everyone knows that Tapioca and Alcazar and every — and any — general can imprison her for as many hours as the clocks with green hands he sees in his visions.

They said, "You can't kill an idea." But what use are immortal ideas, lost in the noise of gunfire? Why are we afraid to admit weakness? To admit that we are human, that APCs destroy us and prisons make us lonely and bullets scar our thoughts and our dreams. We are humans suffering defeats, let down by our bodies, made weak by our imperfections, burned by our dreams and paralyzed by our nightmares. Humans looking to love, for support against despair

Hope
like the key to paradise
if you own it
you're saved
But we enter paradise
in our dreams
and when we die.

If despair is treason, what about hope? At least despair speaks frankly. Hope is treacherous and tricky. Is there any treason uglier than the one committed in the name of a hope you held? The army, the people, one hand. The law-abiding state. The constitution first. The people. The elected institutions. Yesterday's comrades. The veteran fighters. The judiciary that fears only God. The masses. The guardians of the midan. The coalition. The organization. The party. The independent media. The national council. The honest officers...
Is there any treason worse than having hopes in some — or all, or any — of the above?
Is there treason worse than holding onto hope that things will get better after a constitution has been ratified that breaks the promise made by those who wrote it: that it would not be completed until every last prisoner had been released?

Alaa Abd Al-Fattah and Ahmad Douma. Ward A, Political, Torah Prison. First published on 24 January 2014

Alaa Abd El-Fattah

is on day

[138] of Hunger Strike

“The first lesson you learn in prison is not to get sick. The obsession with it takes hold of you, whatever the state of your health or conditions of imprisonment. It’s not because Egyptian prisons are packed with hardhearted, merciless souls. On the contrary, you find spaces of compassion that exceed your fears and expectations. The most dangerous things in prisons in Egypt are the byzantine bureaucracy and outsized paranoia. Medical treatment or surgery requires a series of arduous steps, starting with persuading your jailers that you aren’t lying or bluffing or feigning illness. Your physician is typically a police officer or the son of an officer, and he will not write a medical report without consulting the head detective and the prison warden, who is also on the police force. Orders for transfer to a hospital, or for treatment or surgery, or even lab tests are subordinate to security, logistical, and bureaucratic considerations far more important than your health.”

Extract from his article in Mada Masr *“Our Bodies and Enmity: A personal Introduction”*
September 28, 2020

Alaa Abd El-Fattah

is on day

[139] of Hunger Strike

Instagram post on the 17TH of August:

Alaa is losing hope and is convinced he'll die in prison.

His sister Sanaa and mother went to visit him yesterday. Sanaa hadn't seen him since before he started his hunger strike - today he's on day 138. She said he looked frail, his eyes sunken, body withered. But he still felt like her brother, bright of mind and spirit.

Alaa has shaven his hair and his beard. Until yesterday, he had been taking what we estimate to be 100 calories a day in the way of a little bit of milk, a little bit of honey, and sometimes a tiny bit of apple or cucumber. He told her yesterday that he would now stop taking the latter - he would stay at around the same intake, but only consuming fluids. He said he was preparing to go back to a full hunger strike - only water and rehydration salts - soon.

He told her "I don't want to upset you, but I don't believe there's any chance of individual salvation. And so these are now my demands:

- 1 - To release all those who are imprisoned within National Security prisons/headquarters
- 2 - To release all those who have exceeded their pre-trial detention periods: 6 months for those charged with misdemeanours, 18 months for those charged with crimes, and 24 months for those charged with life sentences or the death penalty
- 3 - To release all those who have been sentenced unconstitutionally (according to the new constitution) like those charged for publishing, or those charged in emergency courts
- 4 - The pardon or conditional release for all those convicted in cases where there is no victim"

This is Alaa's voice. This is the voice of a prisoner who's slowly dying and unconvinced there is any hope for himself personally, but convinced that there's a chance to negotiate the release of thousands of others.

These days are heavy. But we know there's a real chance to save Alaa, even if he can't see it himself. It needs political will and for the UK and all other countries that support Egypt to up the diplomatic pressure and stop turning a blind eye.

Alaa Abd El-Fattah

is on day

[144] of Hunger Strike

When will the world scream loud enough with its activists to save them and save those whom they relentlessly defended?

Alaa Abd El-Fattah

is on day

[145] of Hunger Strike

As he mentions the 10 Republican Irish hunger strikers whom starved to death in British prisons in 1981, *Alex De Waal* in his book *“Mass Starvation: The History and Future of Famine”* says: “The degree of self-will required for such deprivation is quite extraordinary.”

Alaa Abd El-Fattah

is on day

[150] of Hunger Strike

A hunger striker who failed to continue his hunger strike once told me: "In a Hunger strike, food keeps coming to your cell every day, and it's up to you to deal with rejecting it, despite the immense hunger you feel". Alaa Abd El-Fattah is escalating his hunger strike, he is cutting on solids (he was having one cucumber a week to keep his digestive system working). His life is now tied like a puppet thread to the bureaucracy of diplomats.

Alaa Abd El-Fattah

is on day

[151] of Hunger Strike

If you see this, Sign!

https://www.change.org/p/help-free-my-brother-before-it-s-too-late?recruiter=201630081&recruited_by_id=6b839030-8d28-11e4-acb0-e726d7a906f2&utm_source=share_petition&utm_medium=copylink&utm_campaign=petition_dashboard

