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TO: Clf Prison Ministry, The
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mp 100 A year to go 8.28.17

I have my halfway house date: 8.16.18. That is about a year from now. Longer then I wanted, but still a hard date. I have been accepted by the halfway house I wanted in my home town: Memphis. After some moaning about not getting longer halfway house (which would put me in Memphis sooner), I realized I should be thankful that I did have the Memphis Halfway house accept me and that I will be in Memphis on my Son's birthday. Nice serendipity there.

So how am I going to face the last year? I need to take each day as a little training period. Each day needs a little bit of all the things that makes my life good: meditation, exercise, journaling, socialization/fun, & study/learn. Weekly I need to make sure I have writing and music to add to normal the daily mix.

I will be tempted to live in the future on 8.16.18. But I must stay focused on what I am today. This will be a mindfulness practice like so no other.

Another regular mindfulness practice is playing chess with T. I have realized how my negative self judgment is pushed with losing games. So playing chess and losing (for the most part), is helping me work on letting go of my harsh negative self-appraisals.

I talked with Son about how I am struggling with letting go of my past actions and how every future choice is shaped and limited by the past. So instead of ignoring the fact of those limitations (due to prison and SO charge), I can acknowledge those factors and use them as motivation to act differently in the present. My past as motivation to act wisely in the now. Nice words. Can my actions say the same thing?

I can test that theory every day.

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