

# Personal Journal

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5/4/18

The days have gotten longer - not just light longer but the hours take forever to pass and when I go back to my memoirs of my wife, my brothers, my old friends I become sad/down and have to fight it off so here I am. I took the last of the Prednisone yesterday 30 days - I can't see where it did anything to help my arthritis. I do have an appointment to see the doctor next week to discuss the x rays on my feet. It's easy to get trapped in a sad mood. ☹

5/6/18

Sunday just another day in prison and it has me thinking where did yesterday go? all the yesterdays? I have yet to hear anyone ask for advice on how to combine friendship and love. It is said that the bitterest tears shed over graves are for words left unsaid and deeds left undone. I've been doing some mother's day cards this year to supplement my income and I realized just how much I miss my mother - she was far from perfect but she loved me fully "a boy needs his mother. A boy needs his mother" ☹

5/7/18

I woke up this morning in some kind of bad mood. Little Jimmy had put something

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over the window to block out the light during the night and I lost it jerk it down and slammed it against the wall - I don't know why - maybe because I don't like being in the dark - maybe its because I'm in so much pain in the morning and it hurts even more to move. The noise gets louder in my head in the dark and I sometimes want to slam it against the wall. I don't know if I'm crazy anymore or not. I used to know that I was crazy and accepted it. No one should be sane locked away in one of these places alone . I'm starting to forget a lot of things. Games are the worst ^ I must remember at all times that there is no need to plea-bargain, manipulate or beg . State my claim and accept it mentally then let it go.

5/8/18

Take refuge somewhere in my mind don't think out loud change are inevitable at the days end wisdom will follow zero attachments zero disappointments. The sun is coming up making the sky red coming over the distant hills. I often wonder what is on the other side of those hills? Maybe there's a valley

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with a river running through it? Maybetheres a farm over there with animals? Maybe a place to park a little trailer? For sure there would be no prisons? It was already 90 degrees yesterday Jimmy's moving around-time for the kid to get up. He's doing ok, driving me nuts. He's only got about 4 mouth lift count his days everyday as if they were going to change -makes me nuts - maybe he made a mistake so I change the numbers and add a couple of days and then watch him take an hour to redo the whole thing : He's able to call his sister now & then, got to talk to his Mama and got a letter from her. He got a letter from his girlfriend yesterday first one in awhile she's moved on, she still loves him and wants him to be a part of her life. First real love - I remember that, it stays in your heart forever. Life will continue. How is yours going?

5/11/18

Things are slow here. I've been doing a lot of reading. I just reread Albert Einstein's article "Cosmic Religion". Cosmic religion recognizes neither dogmas nor a God made in man's image. "Man's plight would, indeed, be sad if he had to be kept in order through fear of punishment

(A.E.)

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and hope of rewards." I am and have been for a long time a believer that God is everything starting in the Cosmos. God is the stars and everything is stardust. Earth a rock from a star and everything evolves and will continue to evolve. It is the nature of things and God is nature, I have studied Rudolf Steiner Anthroposophy of Science and Religion for years. Einstein put it in a few words God is everything.

5/13/18

Today is Jimmy's Birthday - We turned 20 there won't be any party, we won't have any cake. I did make him a card and have all his friends sign it. Birthdays are important dates in a person's life - the one day of the year that belongs to you no matter how many other people come into the world that day. There are two very important dates, Our Birthdates and our End Dates "we celebrate both if you think of it" I hope Jimmy will kept this card and look at it every now and then and remember his friends and mostly remember where he was and never want to come back. Its also mother's day is also an important

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day in a boy/man's life. You always love your mother after all she was there when you were born." My mother past away some years back but I still think about her and miss and I always send her a mothers day card when I knew her address. I made some cards this year and made sure Jimmy send one to his mother - he also send one to his stepmother and one to his sister. It's nice to have family - people who love you. I think I had that once but I'm not even sure anymore maybe there was never anyone, just a dream, maybe this is all a dream - time to wake up. I think I'll try to paint today - my hands feel pretty good.

in the silence  
I have become lost  
scared of the dark  
afraid to move on  
unpleasant situations  
from bad places  
with feeling of anger  
feeling of worry  
feeling of self-pity  
light reflecting  
off the objects around me  
sunrise has come  
to my world  
if I could move  
I would run away  
I have become paralyzed  
in the fear  
of becoming old  
existing alone forever  
in a world  
of forgotten. 5/13/18

Steve Burkett