

Problems do not justify unkindness

5-9-11

Few things need to be done all at once, and very little needs to be done in a hurry. When trying to solve a problem, I must open myself to all options, including taking small steps and making modest improvements as I go along, instead of doggedly insisting on a one-time solution. No problem is solved perfectly and all problems leave some residue. My chronic need to rush, signals that I am willing to attack my body and fracture my mind. Kindness to myself as well as to others must be a part of the process or else it is ultimately meaningless.

Rechell Williams III
CORCORAN STATE PRISON, CA
<http://betweenthebars.org/blogs/507/>