

# MyQuest

By Daniel Labbe

Today's Meditation - I often find myself asking "What is the point of it all?" For the longest time all my answers for this question seemed empty. I would wonder, what's the point of working a meaningless job so I can pay bills for things I don't even care about? A car, a house — "making a living." It seemed so pointless ~~to~~ to me for the longest time.

Whatever I do in this world, whatever luxuries I acquire, whatever accomplishments I make will one day be gone. Not a trace of any of it. Who cares if I am successful at a pointless ~~exist~~ existence or not?

At the same time I ~~also~~ also knew that there is a point to it all. Only, I was too wrapped up in drugs/alcohol, living a dysfunctional life, and just surviving to get very far with such thoughts. I was distracted. It wasn't until I was able to put all the distractions down that I could really give ~~the~~ these questions the thought they deserve.

I believe most people live a life of distraction and because of this many of us are unable to give the important questions the time they deserve. My distraction was wrapped up in desperate attempts to escape the incredible pain I held inside. Someone else's distraction might be acquiring power, status, approval, or creating the American Dream. Some of us get ~~get~~ caught up in the survival cycle. Pay the bills, work, pay the bills. But as Maslow's hierarchy points out, when we let ourselves stay at this stage, we have little hope for creating a meaningful

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life. Working to pay the bills is needed to survive, but it can't be ~~be~~ the point of surviving, can it?

It took me a long time to find my answer to ~~the~~ the question, What is the Point of life? But once I did it was like breaking through a barrier into a whole new dimension of existence. My quest to answer this question wrought some amazing transformations in me like how I see people, the world, and my place in it all. My new understanding has galvanized my motivation and provides me with a continuous fountain of inspiration, I literally do not live in the same world any longer. Whatever I do, I do it under the ~~protective~~ umbrella of ~~be~~ this new understanding. No task, no matter how "menial" or tedious it may seem is pointless to me now. Everything is charged with purpose and meaning.

I can't answer this question for you, but I do encourage you to let go of the distractions (drain them of their importance) and set out on your own quest. It isn't necessarily the answer you find that is important, but the experiences and lessons learned along the way, that bring about the change. So... What's the point of it all?

Current Events - What beautiful weather we've had lately! After those devastating tornadoes we came upon a stretch of weather that has revived many of the guys around here. Everyone is in the yard, exercising, playing sports, and socializing. I thank god for breaks like this.

I'm going to be in two plays on June 10<sup>th</sup>. In one

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I have a small, anonymous role. In the other I'll be playing a lead role - Ray Romano. Everyone says I remind them of Ray Romano, so it's a fitting role.

Mindful Living is going great. In the last meeting we spent the second half discussing what guys think the objectives of the group should be, laying down some basic ground rules (like confidentiality and respect - one person speaks at a time). It was quite productive. We had 13 guys show up. Word of mouth is going around and it all seems positive. Guys enjoy the format. Last week we discussed forgiveness, compassion, mindfulness, ~~an~~ meditation and how they all relate to each other and our lives. One suggestion was that we do different styles of meditation and extend the meditation time from 10 minutes to 15 minutes. Imagine that! Inmates pushing for more meditation. I feel incredibly blessed to be able to do something positive here.

I got my first letter in response to this blog last week. Thank you! You know who you are :). Support and connections mean so much in an environment like this. Sometimes it seems like everything is negative. This is an extremely difficult place to maintain a positive attitude and it requires an incredible amount of effort to not let the harsh, bleak energy of prison drain me of my hope and inspiration. To ~~receive~~ receive any amount of positivity, moral support, or validation from sources beyond these walls has an amazing impact. So thank you! For any new-comers, feel free to write me.

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leave a comment, or share this blog address with others, I hope to have the prospectus for LifeQuest typed and posted during the last week of this month. It's coming along great so far. I am confident that anyone who reads it will be amazed by the revolutionary quality of LifeQuest. You will find yourself asking, "How come this isn't available already?" I also have some artwork and poetry I'd like to post.

That's all for today. My best wishes to all of you - Big Love all around! And Happy Questing Explorers!

Q&D

Today's Quote - "Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action!"

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