

All inner shifts are reflected Outward

7-2-11

If I am thinking defensively about even one person, my entire mind is in a defensive mode.

10:25 a.m.

Attack, no matter what the form, can't be compartmentalized. And any mind at war with the people and memories that inhabit it, reproduces this war within every outward situation and relationship. Whereas a mind that is united and quiet reproduces simplicity and peace.

Dwell

7-2-11

Dwell not on what is cruel, chaotic, or discouraging. Dwell not on things of smallness: little slights and petty worries. See the ego clearly, but don't become preoccupied. Dwell instead on gentle beauty, on the sound of laughter, on gestures of kindness, on signs of patience and forbearance. Dwell on oneness and wholeness. Dwell only on what can be extended and shared.

11:01 a.m.

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<http://betweenthebars.org/blogs/507/>

Images of My Mind

7-3-11

There are no purely random thoughts and I should remain aware of the drift of my thinking. To resent, to long for, or to regret, is to place my trust in the wrong reality. I adopt a set of laws that are wholly unlike divine law. In this way I live in a purgatory of my own making. Although this choice doesn't control the experience other people have, I can't help but offer them a more difficult life.

River of God

7-3-11

From your heart, the River of God flows gently into the future. Immerse every fearful expectation within the still and silent waters of divine blessing. Then watch as the River washes each ~~and~~ anticipation, now sparkling with welcome, onto the shore of your tomorrow.

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