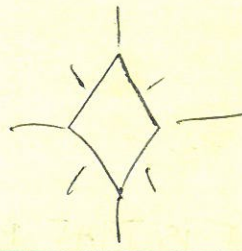


START



"LOVE IS A LOSING GAME"

SATURDAY 23 JULY 2011

I JUST HEARD ABOUT AMY WINEHOUSE & THAT SADDENS ME. IT UNDERSCORES SO MANY I-TOLD-U-SOs THAT MOST OF US WILL NEVER THINK DEEPER ABOUT IT. IN SOME DEEP & VISCERAL WAY SOMEBODY SOMEHOW BROKE HER SPIRIT.

I HEARD THAT SHE DIED OF A DRUG OVERDOSE. CLICHÉ. NO SURPRISE. BUT EVEN THOUGH THE WHOLE WORLD SAW IT COMING, I HAD HELD OUT HOPE THAT SHE WOULD WAKE UP FROM THAT SELF-DESTRUCTIVE ~~WASMA~~ MIASMA OF MADNESS & RULE THE RECORD CHARTS. HER SLOWED-DOWN REGGAE STYLING OF "VALERIE", WITH ITS LIVE & RAW VIBE, JUST SHIMMERS WITH THE PROMISE OF FUTURE GREATNESS.

I SAY SOMEONE, AT SOME TIME, BROKE HER SPIRIT, INTO THE FRAGMENTED MESS WE SAW ONSTAGE IN GERMANY. IT COULDN'T BEEN A LOVER, IT COULDN'T BEEN A HATER. IT COULDN'T BEEN WHAT WE IN THE STATES CALL SCHOOLYARD BULLYING. BUT I KNOW HOW THAT FRAGMENTED FEELING CAN WEIGH A MILLION TONS.

I, TOO, WAS A PERSON THAT COULDN'T GET SOBER - UNTIL I LOST EVERYTHING AND CAME TO PRISON. AND I ACTUALLY WENT TO REHAB, MORE THAN 20 TIMES. I BELIEVE IN GOD. AND THE GOD I BELIEVE IN KNOWS ME, MY HEART & MY MIND BETTER THAN I KNOW MYSELF. AND GOD KNOWS I WANTED TO BE SOBER. BUT THE EMOTIONAL PAIN THAT WAS WAITING ON ME WHENEVER I PUT THE BOTTLE DOWN WAS JUST TOO BIG OF A MONSTER.

I'M GRATEFUL TO BE ALIVE, AND TO HAVE BEEN ABLE TO CLOSE THE DOOR ON THAT CHAPTER OF MY LIFE. IT'S ONLY BY THE GRACE OF GOD & HIS MERCY THAT THERE WAS NO CRAVING, NO WITHDRAWAL SYMPTOMS. I JUST KNEW THAT I WAS DONE - PERIOD. MY ADDICTION DEFINITELY PLAYED A PART IN THE TRAGEDY THAT BROUGHT ME HERE. STILL, I KNOW WITH CERTAINTY, THAT WITHOUT THE ERRORS IN MY TRIAL I WOULDN'T'VE BEEN FOUND GUILTY OF 2ND DEGREE MURDER, AND I SHOULD NOT HAVE BEEN.

BUT BACK 2 AMY, ("BACK TO BLACK") I SAID A PRAYER & I HOPE THAT EVERYONE WILL TAKE A LESSON FROM THIS. SEVERAL COME TO MIND. BUT I THINK



CONTINUATION

THE MOST IMPORTANT IS THAT MONEY & FAME WILL NOT MAKE ALL OF YOUR PROBLEMS GO AWAY. WE ALL MUST DO WHATEVER INTERNAL WORK WE NEED 2 DO 2 BE ALRIGHT WITH OURSELVES. WHETHER WE HAVE MUCH OR VERY LITTLE, WE ARE HERE 2 LEARN 2 CHERISH THE VERY CORE OF WHO WE ARE, AND THEN 2 BE OF SERVICE.

I WISH AMY WINEHOUSE ALL THE LOVE & PEACE HER SOUL COULDN'T FIND HERE. HAPPY TRAILS ON HER RETURN 2 FOREVER. THE ANGELS MUST HAVE A CHOIR THATS 2 DIE 4: AMY, TERESA MARIE, PHOEBE SNOW.

BY THE WAY, I HEARD FROM ANOTHER INMATE THAT PHOEBE SNOW, THE 70^S SOUL/JAZZ/POP/MOR SINGER DIED A FEW MONTHS AGO. I'VE NEVER SEEN OR HEARD ANYTHING 2 CONFIRM OR DENY. SO IF ANYONE CAN DROP ME AN E-MAIL WITH EITHER CONFIRMATION OR NEGATION THAT WOULD BE GRAND.

AND REMEMBER, TIME IS THE PRECIOUS COMMODITY, MAKE EACH MOMENT COUNT. LIVE YOUR LIFE. LAUGH, DANCE, ENJOY. FIND THE LITTLE THINGS THAT TICKLE YOU AND BE HAPPY NOW. THERE IS NO TOMORROW - ITS ALWAYS RIGHT NOW!

PEACE & BLESSINGS,
MANIFEST WITH EVERY
LESSON
LEARNED.

“Z”