

JULY 2011

SNAP-SHOT

SO, YOU ASKED FOR SOME OF THE DETAILS OF MY DAY, SO HERE THEY ARE.

FROM MONDAY THROUGH FRIDAY I GO TO WORK FROM 7:30AM UNTIL 2:15PM. I TEACH ENGLISH, (READING, WRITING, GRAMMAR, VOCABULARY, AND SPELLING) TO APPROXIMATELY 64 STUDENTS.

ONCE I'M FINISHED WITH WORK I SPEND 2:15PM UNTIL AROUND 3:30PM WORKING OUT. AT 3:30PM I RETURN TO MY LIVING SPACE, UNWIND WITH SOME MUSIC, MEDITATION, AND FRESHEN UP THE HYGIENE AND PREPARE FOR DINNER.

AFTER DINNER I RELAX WITH SOME P.B.S. OR FAITH-BASED CABLE TELEVISION. AROUND 10PM I START MY NIGHT RITUAL UNTIL 12 MIDNIGHT. MY RITUAL INCLUDES PRAYER, MEDITATION, STUDYING, SOME YOGA POSES, AND BREATHING. I HAVE NEVER BEEN ABLE TO GET TO SLEEP BEFORE MIDNIGHT, AND I CAN NEVER SLEEP PAST 4AM. SO, I HAVE HAD TO INVEST IN LEARNING HOW TO TAKE POWER-NAPS.

ON EVERY WEEK-END, I WORK OUT FROM ABOUT 8AM TO 11:45. I BREAK UNTIL 1PM AND THEN I SPEND TIME OUTSIDE MENTORING 2 INDIVIDUALS IN CLASSICAL AFRICAN TRADITIONS AND CULTURE. AROUND 2PM I WRITE FOR MY JOURNAL, BLOG AND TWO OTHER WEB-SITES. I AVERAGE SOMEWHERE AROUND 20 LETTERS OUT-GOING A WEEK. THERE'S A GREAT DEAL OF TIME SPENT READING, WRITING AND STUDYING METAPHYSICS, (CHARLES FILLMORE).

THERE ARE 2 INDIVIDUAL THAT I PRACTICE SINGING GOSPEL HIP-HOP AND GOSPEL R&B. WE HAVE A CONCERT HERE EVERY 3-4 MONTHS. IT'S AND AWESOME EXPERIENCE AND WE ARE REALLY GOOD.

O.K.! THERE! I HOPE I HAVE GIVEN THE "SNAP-SHOT" OF MY TIME THAT SOME HAVE REQUESTED. OH YEA; YOU ASKED:

WHAT IS SOMETHING THAT I MISS THE MOST ?

I MISS STANDING IN THE KITCHEN IN FRONT OF MY REFRIGERATOR EVERYDAY, WITH THE DOOR OPEN, IN MY UNDERWEAR, COOKING, TALKING ON THE CELL PHONE TO FRIENDS AND FAMILY, LATE AT NIGHT.

AFRICAN CLASSIC,

X-Ray