

Everything I do Matters

7-10-11

There are no decisions without consequences. 1:44 p.m.
Each day I have a thousand opportunities to look and think with comfort, to understand rather than attack, to be human rather than right, to be whole rather than destructive. Every circumstance offers me a chance to side with my strength instead of my weaknesses, my peace instead of my fears, my destiny instead of my digressions into misery. And each small decision I make has its affect on my loved ones.

Appropriate focus

7-10-11

2:15 p.m.
Trying to use mental sentences to change my behavior is like standing before my shadow and commanding it to move. It's not the words I think but the overall motive I have that characterizes my effect on others and myself. When I focus only on controlling behavior, I relinquish the goal of a consistent mental state. I can strive for inner consistency or outer consistency, but not both. How whole I am mentally determines how intuitive I am about other people and how sensitive I am to their needs, as well as to my own.

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Molla at 'cha boy!

