

The first step in changing the world is to first change yourself

# MyQuest

m@am

By Daniel Labbe

Throw  
logic out  
the window,  
and "want"  
no more

Today's Meditation - In Prison, just like in "normal" society, people rarely treat us the way we would like, and ~~the~~ many of our deepest desires go unmet. This is common to us all. But there is something we can ~~do~~ do about this problem. In fact, the ball is actually in our own court, though the answer seems so counter-intuitive it's absurd. This may explain why so few people understand this incredible "secret" solution.

Are you ready? Whatever it is you want from life and from your relationships give it away. Sound cliché, too simple, or Pollyanna? Let's take a closer look.

I'll give you an example from my life. I've never been as lonely as I have been here in prison. For years I wanted to find someone I could connect with. It seemed like no one wanted to talk about positive uplifting things. I want to experience rewarding relationships where people treat me kindly, warmly, and with respect. Well, guess what? I'm in prison! Sure, occasionally I'll come across someone in a positive mood or someone will surprise me with his sincerity. But, on average, if I wait for someone else to show me some kindness, warmth, or respect before I let myself experience these things I'll ~~be waiting~~ feel like I'm at the DMV on a Friday afternoon - waiting forever!

hell is  
waiting in  
me at  
the  
DMV.  
Dept. of  
Motor  
vehicles)

I long for love, kindness, inspirational interactions, and sincerity, but these things aren't known to flourish in prison. If I remember correctly, they don't flourish anywhere.

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It is more  
blessed to  
give than  
to receive -  
What a  
cliché 😊  
(and so  
true!).

Yet I couldn't give up on these things. I need them. So I figured out that the only way I could make sure I would experience more of these qualities is if I engaged in them more often. If I give away the things I want to experience I still experience those things. I was so focused on receiving these experiences from others - as many of us are - I didn't realize that I didn't have to rely on others to experience love, compassion, warmth, or kindness. ~~It~~ It would be "nice" if everyone treated me this way, but the only way I can guarantee that I experience those qualities is if I choose to treat others this way.

Imagine love as a river. Traditionally, if we want to experience love, be soaked in love, we ~~try~~ try to find someone who will love us. But won't we experience love, get soaked in it, even when the river is flowing out from us to someone else? Does it matter which way the river flows? Don't we get "wet" either way?

Want to experience positivity? Then be positive. Want to experience kindness, then be kind. Want respect, then be respectful. And if you're looking to experience love then love those around you, give away what you most desire. Crazy, huh?

Not only do we experience these qualities when we give them away, ~~but~~ the experience of them is so much more rewarding.

If I can realize this truth while in the cold, violent, and self-obsessed world of prison then it should be a snap to learn outside these walls. Think about it.



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# \* Reader Question: How do you explore love in your life?

To know the truth of who someone is is to love that person. It couldn't be any other way.

S. Mike, what would you like your life to be about?

Current Events - So what's this focus on "love"? I mean isn't that a bit sentimental, Naive, and Silly? I am in Prison, after all. The truth is, I've come to a point ~~that~~ where I realize that love is what my soul, my heart, truly wants. It is what makes me happy and it is fulfilling beyond description. I'm not talking about romantic love. I'm talking about a choice. For me, to love someone is to choose to ~~see~~ <sup>look</sup> past the person's ego, social masks, and failables and instead see the innocence, the core, behind it all. Love is the choice to allow myself to feel the other person's Pain, to feel joy for the other person's Success. Love is to cherish the sanctity of life in another, to see yourself in others. To see that person's truth and to connect to it. It's when you allow the illusion of separation to take a back seat for a while, and it feels Fantastic! Not only that, you feel the joy you are creating in the other person, and it makes you all the more passionate, successful, happy, and enthusiastic.

For me, anything I do is only a medium to explore love. No matter what your job is, who you are, ~~the~~ this can be your focus too. It is more rewarding than words can describe and it has turned this hell (Prison) into <sup>a</sup> heaven. What will it do for you?

Comment Response - Marianne, thank you for your comment - food for the soul. I enjoyed your break-down of the word Compassion. Emotion and action. That says it all.

Mike from The Netherlands - @ Thanks for writing. I was only able to explore what my life is about because I came to prison. Let's hope you'll find some time before that happens! 😊