

"Something to think about"

PART: (1)

By: Nasir Wali Muhsin

It is better to sit "alone" than in company with "bad people" and it is better still to sit with "good company" than to sit alone....

It is better to speak to a seeker of knowledge than to remain silent "but" silence "is" better than "idle and vain" conversation....

DEAR VIEWERS,... WHO IS IT THAT YOU SIT WITH,
—TALK TO AND GAIN ADVICE AND WISDOM FROM?!
DO YOU SET ALONE TO AVOID NEGATIVE AND VAIN
CONVERSATIONS AND GOSSIP OR DO YOU TOO ENGAGE IN
SUCH SADNESS...?! DO YOU SEEK AND OR SHARE KNOWLEDGE!
OR DO YOU REMAIN SILENT DESPITE THE NEED.....???

*** Please send your Comments to me via mail at: Ceso Sprewell-Nasir Wali Muhsin #259325, P.O.Box-9900, Boscobel 53805 and blog them as I'm sure everyone has an opinion about good and bad company.

Added Note

OFTEN TIMES WE ARE DRUGGED INTO
BAD GOSSIP OR NEGATIVE CONVERSATIONS AS MOST
TIMES OUR CLOSE COMPANIONS WITHOUT
WARNING JUST START RANTING AND RAVEN ABOUT
THIS OR THAT THING OR PERSON, AND ITS LIKE
MAN WHAT SHOULD I SAY OR DO TO
PUT AN END TO IT!! MOST TIMES WHEN YOU
SAY SOMETHING TO STOP THE NEGATIVE JOKES, VAIN
TALK OR GOSSIP THE PERSONS DOING IT TURNS ON
YOU.... IVE LEARNED OVER TIME TO CHOOSE MY
FRIENDS, COMPANIONS AND OR ASSOCIATES WISELY
WHILE BEING UP FRONT AND HONEST ABOUT THE
THINGS I EXPECT AND WONT ACCEPT FROM THEM.
THATS NOT TO SAY THAT IT WILL STOP OR NEVER HAPPEN
AFTER STATING ONES CLAM BUT IT WILL "MINIMIZE"
THAT THREAT OR POSSIBILITY....! WHAT DO YALL THINK!
(GET IT ME!!

"Life book"

This is a list of things my baby sister Iesha sent to me awhile back to help me through tough times. It worked so profoundly that I promised to pass it out to everyone I meet and/or Knew. Much love goes out to my sister for this helpful tool, because for us in prison, life can get quite hectic and challenging and we need all we can get to help us through these rough times. I encourage you to introduce this to as many people and loved ones that you know because it "WORKS" trust me.

Please feel free to send me all the quotes, words of encouragement, and inspiration that you come across and I'll do my part to pass it on to as many people and inmates as possible. *"Each one teach one".....*

...Health...

1. Drink plenty of water.
2. Eat breakfast like a king/queen, lunch like a prince/princess and dinner like a beggar.
3. Eat more foods that grow on trees and plants, and eat less food that is "manufactured in plants".
4. Live with the 3-e's (i.e. energy, enthusiasm, and empathy)
5. Make time for prayer.
6. Have more fun.
7. Read more books than you did last year.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 full hours.
10. Take a 10-30 minute walk every day-----and while you walk "SMILE".

...Personality...

11. Don't compare your life to others'. You have no idea what their journey is all about.
12. Don't have negative thoughts about things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do; keep your limits. Keep it simple.
14. Don't take yourself so seriously, "NO ONE ELSE DOES".
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you "NEED".
18. Forget issues of the past. Don't remind your partners or friends of their mistakes of the past. That will ruin your present happiness.

19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree.

...Community...

25. Call your family often.
26. Each day give something good to others, even if something as simple as words of encouragement.
27. Forgive everyone for everything.
28. Spend time with people over the age of 70 and under the age of 7.
29. Try to make at least three people smile each day.
30. What other people think of you **"IS NONE OF YOUR BUSINESS"**.
31. Your job won't take care of you **WHEN YOU ARE SICK**. Your family and friends will, so stay in touch.

...Life...

32. Do the right things
33. Get rid of any thing that isn't useful, beautiful or joyful.
34. God heals everything.
35. However good or bad a situation is, it will eventual get better.
36. No matter how you feel, get up, get dressed and show up.
37. The best is yet to come.
38. When you awake alive in the morning, and thank Allah/God for it.
39. Your inner most is always happy. So be happy.

.....The end..... ☺

Okay everyone, that's it right there, choose life and choose happiness. And please both blog and send your comments, words of encouragement and inspiration to me at:

Ceso Sprewell Nasir Wali Muhsin #259325

POST OFFICE BOX: 9900/W.S.G.P
BASCABEL, WISCONSIN 53805