

TO: MY VIEWERS.....

THIS LETTER IS TO MY SISTER LASHONDA SPREWELL, WHOM PASSED ON IN 2005. I WAS NEVER ABLE TO SAY GOODBYE TO HER AND DUE TO THAT, MY THOUGHTS OF HER ARE OFTEN TIMES TEAR FILLED..... I MISS HER SO MUCH AND PRAY THAT HER TIME IN THE GRAVE IS PLEASANT.. IN MORE WAYS THEN COUNTABLE OR EXPLAINABLE ME AND SHONDA ARE EXACTLY ALIKE BUT FOR THE MOST PARTS IT'S DUE TO OUR D.N.A. AND GENETIC MAKE-UP, WE SHARE THE SAME PARENTS AND BASICALLY OUR TRAITS COME FROM THEM, BUT FOR NOW IT'S ABOUT ME AND HER AND HOW SHE HAS UNWITTINGLY INSPIRED ME TO BE "JUST LIKE HER"... THIS IS MY GOODBYE LETTER TO HER OR EULOGY (SORT TO SPEAK)... **(AND TO MY VIEWERS)** PLEASE FEEL FREE TO QUESTION , COMMENT , AND OR ADD YOUR THOUGHTS ABOUT THOSE YOU'VE LOST IN THE PASS... THIS LETTER TO AND ABOUT SHONDA WAS **"VERY THERAPEUTIC"** (FOR ME.) AND I AM SURE THAT IF YOU DID THE SAME WITH REGARDS TO THOSE YOU'VE LOST YOU WOULD BE RELIEVED OF ALL SORTS OF PAINS, ANGERS, HATES, OR STRESSES, OF OR ABOUT THOSE PERSONS YOU'VE LOST... IT CAN VERY WELL BE YOUR MEANS OF PRESSING FORWARD IN LIFE WITHOUT BAGGAGE... JUST WRITE THAT PERSON A LETTER OR TAPE RECORD IT WHILE ALONE AND SET YOUR SELF FREE...**"EXPRESS YOURSELF".....**

PLEASE LET ME KNOW VIA BLOG AND MAIL HOW IT WORKED OUT AS I WOULD LOVE TO HELP AND SHARE MORE SO KEEP ME POSTED.....

BLOG ME AT:

<http://betweenthebars.org/blog/697/nasir-wali-muhsin>

OR WRITE ME AT:

CESO SPREWELL (NASIR) # 259325

POST OFFICE BOX 9900/WSGP

BOSCOBEL, WI. 53805