

# Is This How I Want To Live?

2-2-12

The opposite of inner happiness is the state of mind that is constantly getting entangled and pulled down by almost everything that occurs. Containing no quiet core, it is vulnerable to confusion, fear, and loneliness. Each day presents a new and pointless obstacle course. Is this how I want to live? If it isn't, then let me remember these four magic words, "Don't take the bait."

Write Me At:  
Rechell Williams #V-69138  
P.O. Box 5242  
Corcoran, CA 93212