

Dear Blog,

5-22-12

Hello again I hope everyone is still able to smile and enjoy their day. 😊

I would like to thank spryte for the feedback to my last blog and offer this brief apology: apparently my communication skills have suffered more damage than I had estimated.

I did not intend my last post to suggest I deserved "Free" HBO. In fact I don't recall mentioning HBO but rather some of the more educational networks and only as a replacement to the networks that would feed us a steady diet of the worst aspects of human nature via negative reality shows like Jerry Springer, Big Brother, Survivor, and the ilk.

And though I reference the prison system (it is after all where I live) I do so only as I see this as a microcosm of the world in general.

Any ways I did not intend to write a whiney blog complaining about my life. I do not want to use this blog site as a "poor me" rant.

I am serving a life sentence

and trying to handle it with as much grace as I can, I am a realist and I am very aware of my situation, and have come to terms with it —

That being said, what's up with single ply toilet paper? 

Oh on to the topic of the day, Forgiveness - this is something that gets tossed around a lot here in prison as you can imagine.

Most inmates want to be forgiven for the crimes we've committed, for the pain we've caused.

I spent a lot of time seeking that forgiveness, but have recently begun to think that its unfair to ask anyone to forgive me.

Don't misunderstand what I am saying here, I am deeply ashamed of the pain ~~of~~ I've caused. I am sorry from the depths of my heart and soul for the responsibility I have in causing so many negative ripples in the world around me.

But I feel like seeking forgiveness is very self centered, it's like asking that my pain be eased, my conscience be

relieved of its burden, and I am asking those I've hurt to give me that.

I have no right to ask that, Instead I have a responsibility to become a better man, to see and understand the ramifications of all I've done and to live the best life I possibly can. It is my responsibility to reach out to those around me and try to improve my surroundings, try to create positive ripples and leave a better imprint on this life than the one I created in my past.

There is no way to repay those I've hurt, there is no rewind, reset, or erase button. But know that from my heart I am deeply sorry to all of you who have endured pain because of my actions.

All I can offer is the man I am today, the strength of my conviction to always strive to be a good person and live as good a life as I possibly can.

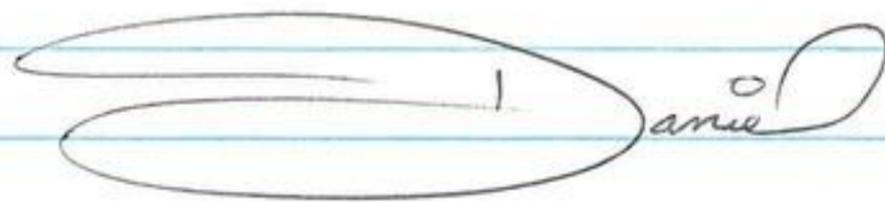
To any who would seek my forgiveness I have only this to offer, I judge none, I hold no hatred

or animosity in my heart for anyone. I have an understanding of the path my life has taken and I accept it, we all take the journey and make discoveries along the way. I wish all of you well, I hope everyone finds a sense of peace that allows them to live the ~~g~~ best life available to them, let ^h love be the reason.

Thank you to all of you who have been a part of my life, and to those who I love most thank you for just being you.

Always find reasons to smile - life is a gift!!

Love to all



Daniel L. Van de Bogart
T-81483 MCI Norfolk
P.O. Box 43
Norfolk, MA. 02056