

JUNE 18, 2013

"TREAT THIS WORLD AS I DO, LIKE A TRAVELER; LIKE A HORSEMAN WHO STOPS UNDER THE SHADE OF A TREE FOR A MOMENT IN TIME, AND THEN MOVES ON..."

HELLO WORLD !!!

TODAY, I AWAKENED AT 4:30 AM, RELIEVED MYSELF ON THE TOILET, HAVING DONE SO, I WASHED MY HANDS AND FACE, CLEANED MY TEETH AND BRUSHED MY HAIR. AS I MUST SHARE THIS '5' x 9' CELL WITH ANOTHER MAN, I AM MINDFUL OF TRYING TO MAKE AS LESS NOISE AS POSSIBLE; BUT FORTUNATELY, MY CELLMATE IS A "MUSLIM" LIKE ME, SO HE UNDERSTANDS MY "MORNING RITUALS".

I MAKE UP MY BEDDING, DRESS IN MY "PRISON BLUES", AND PREPARE MYSELF FOR WHATEVER I NEED TO DO FOR THAT PARTICULAR DAY. HOWEVER, EACH AND EVERY DAY, BEFORE I LEAVE THIS PRISON CELL, I PRAY. I ASK ALLAH (GOD) FOR THE WAYS AND MEANS THAT WILL ALLOW "ALL THAT IS GOOD" WITHIN ME TO EMERGE AS I INTERACT WITH MY FELLOW PRISONERS, THE GUARDS, AND OTHER PRISON PERSONNEL. I ASK ALLAH TO PERMIT ME TO FUNCTION WITH EVERYONE I ENCOUNTER WITH RESPECT, UNDERSTANDING, APPRECIATION, COMPASSION, AND CONCERN; RATHER THAN WITH THE OLD SELF-CENTERED, SELFISH, GREEDY, HATEFUL, PREJUDICED, SUSPICIOUS AND AGGRESSIVE BEHAVIORS AND ATTITUDES THAT USED TO DOMINATE MY THINKING.

IT IS INCUMBENT UPON <sup>ME</sup> ~~ME~~ THAT I START MY DAYS IN THIS MANNER. MY MORNING PRAYER ONLY TAKES ME A FEW MINUTES TO PERFORM, BUT THEY ARE SO

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IMPORTANT. BY STARTING MY DAY IN THIS MANNER, I EXPERIENCE SO MUCH "INNER PEACE", HAPPINESS AND COMFORT, AND THAT ALLAH IS PLEASED WITH ME. IT ALSO HELPS ME TO MAINTAIN MY INTEGRITY AND TO BE "UPRIGHT" IN MY CHARACTER.

SO MY FRIENDS, THATS HOW I BEGIN MY DAYS. HOW ABOUT YOU? IF YOU START YOUR DAY WITH NEGATIVE THOUGHTS OR BEHAVIORAL PATTERN, WHAT DO YOU THINK YOU'LL GET IN RETURN? WHEN I HAVE CRITICAL "SELF-CONCEPTS", IT PREVENTS ME FROM SEEING THE BEAUTY OF MY REAL, TRUE, AUTHENTIC-SELF. THAT IS WHY IT IS SO IMPORTANT FOR ME TO NOT LOSE THAT CONNECTION WITH THE "DIVINE ENERGY" OF PRAYER WHICH IS MY SOURCE OF PEACE. DOES THIS MAKE SENSE TO YOU?

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO LEAVE COMMENTS. MAY PEACE BE WITH YOU...