

Hello, everybody how are y'all?

7-7-13

FINE I hope and pray. As for myself I'm hanging on. I know the last time I wrote, I was speaking about the few events that was taking place in my life. As for the basketball season we came in 2nd place. My food visit was off the chain. My sister, her daughter, and my mother came. By the way, inclosed is a picture of my sister, my niece, and myself at the food visit.

I had fish, chicken, polish sausage Beef, I don't eat that "pork". I even had a "Paula Deen cake," speaking of Paula Deen I guess it's true what they say, whatever you do in the dark would surely come to the light. But with that said, I do believe in giving people a second chance, I think she should flat-out own what she said, started over and try to go back to the top. This is America, the only place in the world that is possible.

Well, I'm still waiting to see what's going to become of my situation. Right now I'm waiting on the Supreme Court of Missouri, it won't be long now. For me it's more of a mental thing. Going from being sentenced to die in prison as a child, to walking out of the courtroom a free man after serving 20 years.

You know, I try to watch less T.V. as possible, because it's just a lot of crazy reality shows, and judging from the outside looking in, people have their priority all in the wrong places. Everybody are moving to fast, it seem to me nobody takes the time to live in the moment without being under the influence of something. I'm saying this because I think

that crazy, but at the same time I can understand that life can become too much for some people to deal with.

I was only one of those person, I was depressed and ~~I thought~~ ^{I thought}, that if I get high everything would be alright and it was for a few hours and then I would be right back ~~at~~ ^{the} starting point.

What got me away from getting high, was I started going to this yoga class, and I liked it, because I found out that I'm the source of my true happiness, that lead me to start studying buddhism, I've become a better person, and life is fun for me now. Even in prison, because I have learned that freedom is a mindset, if your mind is in prison then you will never find freedom. I'm grateful to say, once I became mindful of my attitude, and respect of myself and other things started to open up for me. Shortly I will be a free man. I now know that the whole world is my great big ball of opportunity. I want to share my daily mantra with you, maybe it will be a blessing for one else also. "There is peace and harmony within me. I love myself just the way I am. The infinite power of my subconscious mind fills all cells of my body, purifying and strengthening me completely. From the harmony that fills me up radiates my love to all creatures in the world. I feel the unity of all souls in God and I am an equal member of this union I live in harmony, I am full of love, and I am healthy and happy. I am very grateful for it"

I want to Thank you All for taking time out of your day to read what I have to say

Thank You TREVIN