

- Things that helped me -

Remember the sound of children laughing.
The sweet tingle of a loved ones embrace
take time to enjoy a beautiful sunset.
feel the breeze caress your warm flesh.
remember to smile every time you shave.

Don't be afraid to talk out loud when your alone.
Keep your head held high as the yoke of regrets
grows heavier each year incarcerated.

Read as many books as possible,
live another's life of pain and love.

Take out your flash bulb stolen moments once a month.

EAT every thing on your tray. including the mystery meat.
Step off the painted line once in a while
even as the face less drone screams at you to
comply. Its a reminder that your an individual.
tears spilt into your unsweetened oat meal is good
for you.

No matter what the other prisoners say.

Remember to laugh.

find a path of self-awareness.

Suicide will become your bride

and you will talk to her more than any one.

She lies.

Reply ID. PPW.

life lived in a cage
can be escaped.
close your eyes
remember the time

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7/16/13