

## WITHIN THE CONFINES OF YOUR HEAD



What a blessing it is to have wonderful individuals such as yourself, who post words of wisdom, kindness, and inspiration. Within the confines of this dark world called prison, your words serve a great purpose. Your words help me keep a tight on my sanity, and it is very important that I do so. Especially when insanity threatens my mental well being everyday. Within the confines of dark world, you have those who are not only confined physically, they are confined mentally as well. My physical form is caged in. My physical form is surrounded by 4 walls and steel doors. My physical form is held in bondage, but my mind remains free as a bird. I have travelled to many great places such as Africa, Asia, South America, and Australia. I even visited your beautiful country Ireland. I've travelled to all of these great places, and enjoyed the taste of delicious foods and drinks, and enjoyed the company of many great people. I've travelled to all these distant lands on several different occasions, and each time I go, it's better than the last.

I'm sure you are curious to know what form of transportation I used to reach these places. I did not travel by plane or boat, I used the best form of transportation available. I took a first class trip within my mind. Within the confines of this dark world, my mind remains uncaged and unshackled. Being that my mind is not in servitude, I'm free to dream, imagine, reverie, and fantasize. I'm free to escape reality for a while, and focus my thoughts on pleasantness and gratifications. I'm free to enjoy, live, and experience life in the real world. My physical is trapped within the confines of this dark world, but my mind is not incarcerated. Unlike a car, one cannot trade in their <sup>mind</sup> or buy a new one. You are stuck with your mind, and you're stuck with your thoughts. No matter where you are at, where you go, or what you do, you live your life within the confines of your head.

PEACE AND BLESSINGS,

Troy