

Dear Little Pilgrim + Rita,

12-12-13

Howdy + Season's Greetings to both of you!

LP, I'm getting better at my meditations although I am still keeping it short. I used to go for 45 min, but now I say a series of mantras, affirmations + protection exercises that last only about 10 min. I know I should go longer, but even that short amount makes a difference. I first started meditating in 2006 or 07 thru a group for prisoners + it really does make a difference. I'm glad you enjoy your group.

That's really great about your Facebook group! Keeps me posted on the progress. What is the name of the group if someone wants to look it up?

Rita, I am so very sorry about George. That's really awful. I often think that the people deciding our fates lack all humanity. They just don't care. FYI... there is no parole in the federal prison system, which is what I'm in. We have to serve a full 85% of our entire sentence, period. Send George my best + I'll send him some positive energies.

I haven't sent you a 2<sup>nd</sup> letter. I believe you said you wrote me back, but I never got it. The mailroom here is awful + I've had a lot of problems with them.

My heart goes out to you for the death in your family. I am so very sorry. I wish there were something I could do.

So, it appears you're now in the U.S.? So wonder you haven't approved me for email! I'll have to re-submit it on my end if it drops off. I think it lasts for 2 weeks + if you haven't approved me on Corlinks.com it drops off. I hope you're having a great visit!

I am curious as to what someone said about my picture. The

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ones I've had taken lately have been awful!

Best wishes + Hugs to both of you!

XOXO

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