

To my people,

2-3-14

What's good!!! I hope and pray, that everybody got a chance to read my last post. I'm trying to everytime I write, I'm gonna drop some food for thought, because I truly know that the thought is the cause of it all.

Moving right along, January, has been a crazy month as far as the weather is concern, and I hear that February is gonna be just as crazy.

Just this morning I was selling somebody in the chow line, that for the first time in this twenty something years that I have been locked-up, its really getting hard on a brother. I guess I'm tired. Here is one reason the state of Missouri, has decided to start charging us taxes on things that we buy from the canteen. So the housing unit <sup>in</sup> we usually get to the store on Monday but because Central Offices, want to come in and make sure that everybody is cool with jerky ~~or~~ us around.

My position is what they doing is wrong, so I chose not to spend in canteen this week. I feel like had I spent then I would be sending a sign to the people at Central Offices, that I'm cool with them dooing me out.

I'm the types of person, that if I'm being treated wrong I have to stand up for myself. I just wish that it was more stand-up guy's like myself, dudes in prison are soft now. I really walk thought this prison, life with my head-up, Because I been -had a whole lot and I still

have my integrity very much intact. And it will continue to be that way until the day I change form. Moving on  
 The Superbowl was yesterday and the team I was rooting with came up very short, but that okay, because I feel like Seattle deserve to win just as much. Shoot out to "The Seahawks." I thought the halftime show was as point, the new with the old, great job.

Today, my basketball team has a game, this year we have the best team in the house, but we still have to go out and execute our skills. Right now, our record is 5-0, and the name of our team is the "Heat."

Bring this conversation in for a little personal talk, I haven't seen my mother for like close to a year, so I just received some pictures of her and this woman has not aged at all, You look good for your age mama.

My lil sister just had a little boy, He was born premature but, he home now and doing well. Yeah, my son Lil Trevor is now in a recovery center, thanks to my wife, Lauren. He's doing good, trying to get his legs together, you know he got shot like five years ago, and he didn't get oxygen to his brain for like few minutes, so after he came out of his coma, he had to learn everything over and his ability to walk is the last thing to come back. He will be back on his feet soon. Shoots out to Lil Trevor.

The last time I posted a message, I let everybody know that I have found the love of my

life, It's around the time of year, where Valentine Day is right around the corner, And it's crazy because I really want to do something special for her, ~~but~~ it's hard on a brother, trying to make something happen from inside here, So I'm just gonna have to get creative. See that's ONE of the reason why I said it's getting hard on a brother. Fellas don't forget to do something for your woman, for Valentine's Day, to be real with you guys it don't have to be your woman, if you know a woman that deserve<sup>to</sup> have something special on Valentine's Day make that happen. One thing hasn't known about me, is I love her, and in our relationship every day is Valentine's Day. Well, my people, it time for me to bring ~~this~~ thing to a close, but as always it wouldn't be right if I didn't leave you all with some food for your spiritual growth.

### You CREATE HEAVEN AND HELL HERE

If you want to live in this world peacefully and happily, allow others also to live peacefully and happily, so that you can make this life something which is worthy of the world you live. Unless and until you adjust yourself to live according to these noble principles you cannot expect happiness and peace in this world. You cannot expect this happiness and peace from heaven simply by praying. If you act according to moral principles you can create your own heaven right here in this world. If not, you also can see the hell-fire on this earth itself.

Not knowing how to live according to this natural and cosmic law, we always grumble when troubles confront us.

If each man tries to adjust himself without grumbling and criticizing others we can enjoy real heavenly bliss better than the one that some people dream of existing in the far beyond. There is no need to create a heaven elsewhere to reward virtue, or a hell to punish vice; virtue and evil have inevitable reactions in this world itself. This is the highest way that you can help in the welfare of your society and your country. Today, human society has developed up to this level because of this understanding and harmony of some people who have sympathy and tolerance towards the happiness and progress of others. On the other hand, you must understand that by helping others morally, you help yourself and by helping yourself morally you help others also.

Thank You

Now there a goal, that I need you all to help me reach. I want at least 1000, People to read this food for spiritual growth, And the only way this goal can be achieved, is with you all. I need you all to share this with your homies, Cousins and Mates, And let them know to share this Journey with someone. I know for a fact that if we share this goal. We can achieve, and hopefully it can become a part of our everyday, showing love to someone. PLEASE join me on this mission!!!

Peace & Love