

February 4, 2014

Michele:

Thank you for your comments. I am grateful that the volunteers at BTB are willing to give me access to a blog. It has had a large impact on my life and given me an opportunity to reach out to people I would have been unable to reach by any other means.

It took me a long time to realize that I needed to change. It was finally prompted by an anger management program I took in the mid-1990s. I had always thought that self-defense was a reflex action hard-wired into humans and that when I stabbed Dick it was my reflexes taking over. In that program I learned that it was a conscious decision to carry a knife and to use it in a fight. I also came to acknowledge that self-defense meant protecting yourself from harm, not attacking someone who has attacked you. I then began to wonder what other beliefs I had which were wrong.

I set out on a path of introspection, prayer, meditation and emotional healing that continues to this day. I feel we are all works in progress and that we should be vigilant at all times for opportunities to grow, evolve and learn from our mistakes.

I have so many actions in my past for which I am both ashamed and sorry. I can't undo what I've done but I can make sure I do not cause any more harm.

I do my best to be cheerful, supportive and positive. A smile is contagious and I strive to bring joy to those around me - or at least to ease their misery a bit. It doesn't always work but it often does. And yes, I've shared all this (and more) with the parole commission. Even if I don't get out of prison as soon as I want, I'm grateful I was given the opportunity to become a compassionate, caring human being.