

Between The Bars
Message In A Bottle
Tell me Why

Recently a celebrity suicide of a former paramour of Mick Jagger was broadcast around the world. A Ms. Scott died by hanging herself according to media news. An accomplished model and successful fashion designer. I felt bad for her that if that's what really happened what kind of misery and unhappiness might she have been dealing with. Must have been wicked and it don't mean in a religious sense. I'm in prison. I get depressed and feel miserable at times. I contemplate suicide but intellectually and common sense wise it seems counter intuitive. And being familiar with how much worse are so many other situations in and out of prison. I figure if fate has determined it as my line I should be premature in opting for the final solution. And if I went ahead and regretted my decision there wouldn't be a 2nd chance.

I don't place much stock in the inevitable. No problem anticipating my next breath, heartbeat or second, oil spill natural disasters or military conflict, school or campus mass shooting. I refuse to cave and accept a defeatist attitude that my remaining in imprisoned is inevitable.

I shout out to anyone out there or any where if you are about to do you self in its your choice and yet I ask you to Try Me Please. Give me a chance. Sit down take a deep breath + breathe and write me. Gotta make the sacrifice to do small mail but if for you its a drag just do a post card.

I promise you I will remind you of something you have to live for. I'm only asking you to pause long enough to appreciate the advanced bio technical being you are intent on destroying. There is more than enough madness and death without complementary contributions via gratuitous suicides.

I was feeling really depressed and sorry for myself. Really down in the dumps. I play guitar and how it touched me since 2005. I think Esperanza Spaulding is one of the hottest new jazz talents to come to be where its at. I caught a 1 hour performance by her and her band. Wow. See her + her band perform reminded me life is great life is good appreciate while I am alive. I'm convinced I can convince anyone who disagrees that its not as bad as it appears. Post Liberation Pax!

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