

## Changes



If the old adage goes: If it aint broke, don't fix it, then, the same can be said about a person, especially he or she who does not wish to be fixed.

Most of us spend way too much time trying to "fix" or "change" somebody else and in the end, some of us realize we've wasted our valuable time on that one subject, only to be disappointed about the whole issue.

The same goes for relationships. We often times get into a relationship with another person thinking we can fix or change a person from the person they actually are and wish to be and vigilantly attempt to mold them into the person we wish them to be.

This is not only a waste of time, because even if we are successful in achieving that goal of change, it is only temporary and your subject will eventually fall back full throttle into what she or he wished to stay in the first place, before you came along and changed them.

If the person is meant to be a slob or is way too neat and particular for your liking, you can't change that and expect it to stay that way.

The relationship will blossom, then, slowly at first, they will resort back to their old self. Though they will make a good faith attempt to please you, they cannot stay the way in which makes them uncomfortable.

Our choices to locate that mate we wish came intact and with all the trimmings we look for is not limited to that person who caught our interest and smiled his or her way in our heart. We do not have to settle on fixing or changing that in which is not broken, to force someone else to live up to our expectations. There is a vast commodity of choices out there in which needs no fixing at all, now or later.

## Perfect?.

Are you kidding me?

If perfect was our actual reality then, why is there diet food, make-up, hair cuts, coloring, dying, relaxers, straightening, dandruff removal, sickness, ailments, scrub my bumps away, color my gray hair out, Botox, cosmetic surgery, liposuction, lifts, implants and cellulite?

To hell with it all, there is way too much pursuit of perfection. We are all perfect the way we are.

Just brush your teeth and hair, wash your face, drink a non-alcoholic night cap and call it a perfect day. This is the closest to perfection anyone can hope to get.

If you want more than that, create your own perfect world, go live in it and release your slimy grip on this imperfect world the rest of us are satisfied to be in because, you know what? There is no such thing as even a perfect pair of shoes and if you think there is...you have a right to be wrong.

Our perfect began the day we were born. Why change anything? If we were meant to be born a different way, don't you think we would have been?

## Friends

Why do we stop making friends after a certain age? If friendship is so sacred, why do all of us only have a very small circle of friends, apposed to having as many friends as we can make?

Remember when you were a kid? That was the only time we allowed our minds to be free and made friends with every kid who wanted to be our friend, without grading or putting them in a certain category. We accepted them no matter who they were or where they came from.

Friends are like the wind in a sail; they make it easily comfortable for us to express ourselves in ways in which we would not normally do. They help us to see those things in which we may not see and can be healthily crucial when need be. Friends are the outlets we all need for those things we sacredly keep bottled up inside.

The number of friends is limitless. I'm not suggesting you go out and tire yourself with friend request; just be friendly using your own judgment.

Sometimes making friends with a person can simply make his or her day; perhaps your friendship will make them feel better than what they thought of themselves before you came along.

Relax. Be friendly and embrace. Besides, who wants to retire, get old, move away to sunny Florida and your only friend lives in Maine and you end up lonely because you never made enough friends to sustain your psychological and mental outlet when you need to...talk to some friends?

**Quote:** Think of someone beside<sup>s</sup> yourself...

## Direction-less

Is there such a thing called direction? If so, where do we *get it*? When do we *get it*? When we do *get it*, how do we use it? Sadly, some of us never do. I must confess I never got it until later in life.

All I know is as early as the age of nineteen; I wanted to create, develop and work for myself but did not know just how to go about doing what I wanted to achieve. I was simply all over the place without direction, why? Because I was not smart enough to ask how to go about certain things, always tried to figure it out on my own and that is simply the right way to never *get it*.

I passionately went through life, hoping that ship of direction would, at the least, sail close enough so that I could get a look at which direction I should go in life. Maybe it did come and I slept through it or perhaps I was daydreaming. Either way, I missed the big ship and that could be said to be part of the reason I landed in prison.

One thing is for sure in my life; I could always be counted on for being on time when it came to being late for catching on and *getting it*.

My point is, if you don't know don't be afraid to ask someone. Don't let that ship sail in one direction because you decided to sleep then when you finally wake up, you go in the other direction. Missed opportunities always go to the daydreamer or person who doesn't ask for directions.

**Quote:** It is better to be afraid and ask than to be afraid and not ask...

## Centeredness

People have an expected level of performance, whether for self or others, when it comes down to it. That is a lot of stress placed upon an individual, verses allowing people to live their life without any expectations. Society plays a part in how people perceive themselves.

We understand different is scary. When we see something different or something that we are not used to, we automatically become judgmental. Sometimes, we feel threatened. Sometimes, we get too caught up in obligation to this or that, verses obtaining our own achievements.

No good outcome will be achieved when we obligate ourselves to not being obligated to what we need ourselves to achieve.

Every individual is in control of their own actions and choices, how you react and how you react to others criticism of you. If you choose to react to a negative action with negative action, prepare to be responded to with negativity. To cast a stone at a stone is to cause negative friction.

Growth is within the body of the person who seeks maturity beyond them. Individual growth is a factor in life, physically and mentally. You choose to proceed in whatever direction you wish, whether negative or positive. I personally stripped away all my past negativity and replaced it with positive-ness because the negativity was failing me as a person.

Unfortunately, I had to come to prison to learn just what positive energy is and exactly what it is capable of. Positive energy is a substance that allows me to have an even and equal flow of good energy in my body, which helps to sustain my positive and creative thinking.

Positive energy is a motivating factor in doing positive things, not only for self but for others also.

Quote: Equal balance of self is equal to helping others!!!