

February 10, 2106

You know, the more that I think about it, the more that I think that my friend's birthday is not the 9th, but maybe on the 10th or 11th. I honestly can not remember. I will however spare you all another momologue. :-)

Today is beautiful outside. I love going out when the weather is so perfect. Today there is a slight chill in the air. One to where the wind is cool enough for a long-sleeved t-shirt if one wanted to wear one. It smells so fresh and crisp. Mmmmm. I went out for a bit this morning and walked and jogged. (My version of jog of course is not exactly them same as most.) It feels great just to get out there and run and clear my mind of everything that is going on in my life. Sometimes I can reflect upon the goals and dreams that I have for the future and others I can think of some of the more positive experiences that I have had in my life. I have of course had much time here to dwell upon life itself. I beleieve that the hardest thing that we all experince is to find meaning to our lives. Life is not primarily a quest for pleasure, as Freud thought, or a quest for power as Adler taught, but a quest for meaning. That's the biggest thing there is. To find meaning to our lives. I was reading a book by V. Frankl and it stated this about him: "Frankl saw 3 possible sources for meaning in our life: in work (doing something significant), in love (caring for another person), and in courage during difficult times. Suffering in and of itself is meaningless; we give our suffering meaning by the way that we respond to it." That is so true. As I go around th track, I think about these ideas and know that the majority of my experiences are ones that I myself have created. Not just through the cirumstances that I surround myself in. Or the twists

**You can put
sugar on crap,
but in the end
you won't be left
with a brownie.**

Nobody can go back and create a new beginning. But everyone can start now and create a new

ending.

of fate that have taken me places that I never dreamed of being. But it is more so the way that I view those circumstances that I am in. Forces beyond your

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Some days there
won't be a song in
your heart. Sing
anyway.

control can take away everything that you possess except for one thing, your freedom to choose how you will respond to the situation. You can not control everything that happens in your life, but you can always control what you will feel and do about what happens to you. I firmly believe that if my main goal out of my experiences here in prison is to walk away a better person, then I surely will be. There was a poet who once said "What you have experienced, no power on Earth can take from you" Not only the experiences we've went through, but everything that we've done in life, whatever great thoughts that we may have had, and all that we have suffered, all this is not lost though it is past--having brought it into being. My choices in life have surely brought me to this point, and I think that the only way to find meaning in all of this, and my life, is to glean what I can from every day that I am blessed enough to be alive.

Okay. Enough waxing philosophical! LOL!! I just wanted to explain basically what goes on in my head while I am out there. I feel good enough this week to go and that is great. I have been having frequent Lupus flare-ups, but I am not going to let them get me down.

The cross on the next page is one that I created a little while back when I was going through my healing journey. I got the idea out of a book that they use here for the faith based program. The idea was to truly make the transition of giving all of my pain to God. I put all of my terrible thoughts and words in there. All the things that I caused and that have happened to me. I gave God the burdens that I have been carrying for so many years. I was

brutally honest about all I had experienced and all I was feeling. I AM BEING HEALED!!!!!! He died on the cross to take these things from me. This cross is an anchor for my heart.

**It takes courage to
grow up and become
who you really are.**

~e.e. cummings



Jehovah Rapha

The
God
That
Breatheth
me
-Ev 15:26

Addiction
I'm BAD
discarded
Self - Esteem
NO!
Memories
why?

Jeremiah
29:11
... was the
+ I

I know the
 plans that I
 have for you...
 thoughts of peace;
 not of evil, to give
 you a future
 and hope

Self-
efficacy Broken
self-pity FAILURE
prostitution confusion
guilt Victim
mentality
I Hate me who are you?
Loathing GOD HATES
me.
no voice SHATTERED
DREAMS
old Forgiveness worthless
Self-
Loathing why me?
protect myself Sick
Crime
Lies
unbelief
HELP

* * *

ABUSE

SHAME

RAGE

ISOLATION

DENIAL

Depression

Survivor's Guilt

Post-Traumatic Stress Disorder

Yareh,
I need
you. Please
Deal me!!

PEACE

Make it all
go away.

How could you?
Revenge
night terrors
HATED
Incest
eating disorder
Man-Plater

John 15:4-9 (ESV)

Abide in me,
and I in you.
As the branch
cannot bear
fruit by itself,
unless it abides
in the vine,
neither can you
unless you abide
in me. As the
Father has loved me,
so have I loved
you. Abide in my
Love.