

## Personal Journal

5/16/19

I spend so much energy and time focusing on where I am that I lose sight of where I want to go. I get so busy with day to day living that I forget that I can design my own life. I can create the life I want, or leave it to chance. My goal is to take control and design my life - my dream life, a life filled with happiness + love; a life free from fears, doubt, lack of anything, without limitation. The tragedy of my life is not reaching my goals. The tragedy lies in having no goals to reach. Circumstances and conditions sometime cloud my vision of where I need to be, I try to remember I'm just passing through, this life is only temporary - I am only stardust.

Solitude: In moments of aloneness we are able to recognize who we are our true selves, we relax any need to please others. There is nothing to prove, nothing to hide, solitude returns us to our true home. Silence: when we practice silence we eliminate the tendency to complain, argue or criticize. Here is a proverb: Nothing can stop the man with the right attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Sunday  
5/12/19

This was one of those weeks when minutes seemed like hours, days like months - I moved in slow motion with my eyes always on my watch - had it stopped working again then the minute hand would move. I tried walking faster but it made my knees hurt. I swear people were looking at me like I was already dead - lying in a box. I've lost so much weight my clothes are falling off - no need getting new clothes yet my still losing. I'm as white as any ghost from not being able to be in the sun because of the medication I'm on. Also I've had to give blood for blood testing the last four weeks in a row, my arms

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5/12/19

has stayed bruised. I have to wear a big cowboy type straw hat and a long sleeve t-shirt completely covered when I go outside - I try when I can to go out everyday until 10 o'clock after that it's just too hot in the summer. I'm fast to shower, or take a bird bath and change into cooler clothes as soon as I come in. Yes, things are always slow in prison - the only thing moving continuously is aging.

5/12/19

I'm hurting from head to toe this morning. Around midnight I got into a fight in a dream. I was chasing a guard through a train station or maybe it was a bus station anyway when I caught up with him I dove on him to take him to the ground in my dream - at the same time I ~~threw~~ threw myself out of bed hitting my face on the hard metal desk, my hand on the metal stool, my right shoulder, hip, knee, foot/~~toe~~, <sup>on the floor</sup> waking me up. I think I may have lost this fight "as here in the real world my shoulder, knee & toe hurt and it hurts to put much pressure on the hip. My knee are hurting from trying to walk too fast and hands won't close - I think I'll stay in today" go through some old paper work and letter see if I can get myself to throw something out. I also kicked the locker on the foot of my bed knocking my watch off so it's not working right now so I don't know the time - it has just broke daylight 5:30 maybe. See, I told you it was a long week. ☹☹☹☹

5/14/19

Tuesday

I was able to fix my watch - I had to take it completely apart put the hands back on, but what really amazed me is I remembered how to put it all together and my hands worked along with my brain to do it. The watch is a Timex Expedition - the one with a ten year battery - it has four tiny screws holding the back on - I had to make tools as I went

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5/14/19  
Tuesday

along; a pencil for a screw driver, a couple of box staples for taping papers and an empty pen filler to line the boards. The seal rubber was like new and the back screwed down tight so it's still water proof - of course I'm not going to check that out ☺ I still when out and walk a couple of hours both Monday + Sunday. My knees are still sore from whatever I did Friday but my hip + hand are alright from the fall.

5/15/19  
WED

I did get a new pair of boots yesterday 12EEEE ☺ chestnut brown - leather - padded even the insert ☺ same as the last three pair except for the color - comfortable on my feet - light to walk in. Raining this morning - not coming down hard but it is wet out there - cooler in the cell to. The weatherman said it was going to be like this for the next few days. I've started working on some painting for the Fall art show at Pier 5 - they're not at Pier 5 anymore you would think they would change their name. ☺

5/16/19  
Thursday

Waiting is a place of expectation. So I am unable to find words right now. There's a soft rain coming down outside my window - do I walk in it for the joy or is it just another way to hide our tears. Waiting for something, for someone, for the dude in ~~the~~ rainbow color coat to show me where the goodies are stored. If one doesn't expect much than ~~he~~ won't be disappointed. Until tomorrow I'll lay back and dream of all the yesterdays and all the tomorrows to come until then I will wait here in place with expectations.

## Love Note

My Dearest Love:

5/15/19

My sweet dream. It seems like forever since I've told you I love you and I know I said it when I woke up but one I love you in the morning is not enough for the way I feel about you. A million I love yous would not be enough that's only a little part of how I feel about you. Surely without your love in my heart it would not work properly - red blood would turn black and sticky moving through my veins like molasses slowing everything down to nothing. My heart ~~will~~ will be lost without your heart touching it. Your love is the sunshine in my world, it is a summer rain, a light breeze to cool me off, rainbows across the heavens. Once on a warm summer day in late July I came in and you were laying on the bed under the air-conditioner sleeping peacefully, a smile on your lovely face. I should have backed out but I didn't - I was froze in place. I just stood there watching you thinking how lucky I am to have your love. I became so overcome with the love I felt at that moment tears of joy began to flow down my cheeks. You woke up and caught me standing there crying and we comforted one another until Mel brought the kids home in the evening. There is no more to be said - I love you - I love you even more today than I did all those years ago, more with each passing year. You are still my heart.

I'll Love You Always  
Forever & Ever  
your Steve

Name: BURKETT, STEVE JOHN

CDCR: B14364

NO INMATE HEAT PASS

The patient is currently not prescribed any heat medication.

a wall between  
watching the wall  
without rope or ladder  
not knowing the other side  
waiting for the wind  
to carry me over  
knowing I'll never again  
swim in ocean waters  
nor walk a mountain trail  
laying flat on my back  
my arms outstretched  
feeling the stars moving closer  
touching them with tears  
I need to send a signal  
to my lady on the moon  
with hands and arms  
flopping in the sky  
my heart calls out

5/10/19

Steve Burkett