

Dear Outside World,

3-21-20

As I sit inside my prison cell, I can't help but feel the pain of those who have lost a love one as a result of the Coronavirus. This virus is affecting the lives of people all over the world, and in these days of peril, it's a reminder to me, "that life is so short too be taken for granted."

The Coronavirus is rapidly taking the lives of our elders, and for us whom have elderly family members, we must prepare ourselves for what is obvious. How do we prepare ourselves for the possible death of a love one? You can start by not worrying yourself over something that you have no control over, and then you can focus your energy on things you do have control over. Like sitting around with the elderly family member, love one, or friend, and doing something fun with them; such as playing cards, looking at old photos or just having them tell you stories of how it was back in the days when they grew up.

I have a 90 year old Queen Mom, whom I love with all my heart and soul. She's a God blessing woman, and I know that our Father God has a room in His house for her. So I say to all her children and family; especially my beloved wife, please allow Queen Mom to live out these peril days in dignity?!

Spent time with Queen Mom, talking about the good times and not worrying about what's ahead. Just enjoy the "now" that you have with Queen Mom, and not think about tomorrow. I love you, Queen Mom.

Now to the person on the outside, who may have an elderly family member or one on the inside (prison), I ask that you please contact them and let them know that you love them. If you need to forgive them for something that they have done, then now is the time to forgive them, so that you can free yourself from the hurt and pain.

Also, to my fellow prisoners, if you have elderly family members or business that you need to forgive or ask forgiveness from, then now is the time to do it so you can heal and free yourself from the pain and brokenness you carry.

Now is the time to be "kind".

Strong but Human
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