

DEAR READER,

6-14-2020

HEY. I HOPE YOUR HEALTHY & WELL!

- THERE IS A PRESENCE AND AN INFLUENCE IN NATURE AND THE OPEN WHICH EXPANDS THE MIND AND CAUSES BIRGAND CARES AND WORRIES TO DROP OFF — WHEREAS IN CONFINED PLACES FOOLISH AND FUTILE THOUGHTS OF ALL KINDS SWARM LIKE MICROBES AND CLOUD AND CONCEAL THE SOUL.

EDWARD CARPENTER [1844-1929]

LECTURE 1, THE TEACHINGS OF THE UPANISHADS.

LIVING IN THE ENVIRONMENT THAT I DO, AS A PRISONER ON DEATH ROW, I'VE LEARNED ALL TOO WELL THE TRUTH IN THIS QUOTE. IF MY MIND HAS NOTHING TO ENTERTAIN IT, THOSE FUTILE THOUGHTS WILL. WORRIES OF MY CASE, WELL THOSE I CARE ABOUT STICKS AROUND, WHO CAN I ASK FOR FINANCIAL HELP... IF I ASK WELL THEY DISAPPEAR ON ME, SHOULD I HAVE TOLD HER HOW I FEEL. IT GOES ON AND ON. I'M IN MY CELL 24 HOURS A DAY, 5 DAYS A WEEKS AND ON THE OTHER 2 DAYS IT'S 21 HOURS. CONFINED PLACES....

FOR ME, THE MOST ENJOYABLE THING I DO IS EMAIL/WRITE WITH A FRIEND. 2<sup>ND</sup> - EXERCISE. 3<sup>RD</sup> - LISTEN TO MUSIC. 4<sup>TH</sup> - WELL, THERE IS NO 4<sup>TH</sup>. I WOULD PUT WATCH T.V. BUT IT KEEPS



ON SCREWING UP. IT'LL FREEZE FOR 30 SECONDS, SHUT  
OFF AND COME BACKS ON ALL BY ITSELF.

OTHER THAN THOSE THINGS I HAVE NOTHING ELSE  
TO OCCUPY MY MIND. SO I SPEND AS MUCH  
TIME AS I CAN ON THOSE.... NOW YOU SEE  
HOW DULL ISOLATION IS ON DEATH ROW. FOR  
ME, THE MORE FRIENDS THE BETTER. THEY ARE MY  
GREATEST ESCAPE FROM HERE FOCUSING ON THEIR  
WORLD INSTEAD OF MINE. EATING THEIR FOOD,  
SEEING THEIR VIEWS, HEARING THEIR MINDS,  
THOUGHTS... GETTING TO EXPERIENCE THEIR LIVES  
FROM MY PERSPECTIVE. IT PULLS ME FROM MY  
DUNGEON, SHOWS ME THE SUN, MOON, SKY.

-A FRIEND IS A PERSON WITH WHOM I MAY  
BE SINCERE. BEFORE HIM, I MAY THINK  
ALoud.... A FRIEND MAY WELL BE  
RECKONED THE MASTERPIECE OF NATURE.

-FRIENDSHIP

RALPH WALDO EMERSON

[1803-1882]

I COULDN'T AGREE MORE.

UNTIL NEXT TIME!

YOURS TRULY

DOUG