

## One Man's Expression of Love and Support

As unexpected as you may find this letter to be, it was meant to find comfort inside the grip of your hands as you hold this letter. Please don't hesitate, keep reading. I think you may find my words supportive, caring, honest and understanding. This letter is written for you to understand that someone out there realizes your pains and discomforts that swarm you during this time of incarceration. Both of us know nothing about each other nor do we know the level of anguish the both of us live in. Before I go any further, I think it would be good to let you know who I am and what I represent. I am a human being serving time in prison. I have been incarcerated for over five years under very harsh circumstances my entire time incarcerated. During this time of solitude I have developed the passion to reach out to those incarcerated, especially women. I represent many aspects of my community and seeing that individuals incarcerated are provided with what they are constitutionally entitled to.

What I am about to tell you is, not to tell you how to live your life or to make it seem as though I am better than you. We all have problems in our lives – some far greater than others – and the last thing somebody wants is for someone to “read them the riot act” or tell them anything. Believe me, when a woman wants to do something, she is going to do it no matter what anybody says. ☺ Ha Ha Ha. Just know that I'm not writing you to do this. I'm someone who cares about the emotional welfare of every woman that goes through a difficult time. I enjoy a woman smiling, laughing, happy and protected. Prison probably never does this for you. It took away your freedom, your family, and doesn't provide what is needed to grow. My goal is to put a smile on your face, to hear you laugh, and provide a sense of happiness for you with my kind encouraging words.

Whatever problem you're going through, whether it be because of a man, lots of prison time, drug addiction, overcoming depression, family problems, prostitution, not being able to see your family etc., always remember you are a better person than that problem will ever be. In my eyes, even those that think they are really bad people, there's always something good trapped inside them. No human being is completely evil. Each of us have good qualities that make us who we are. Don't let them good qualities go to waste. You are a very important person to someone out there that wants something better for you. I would be one of these people. If I wasn't, I would of never wrote this to you.

In my eyes, just you being a woman makes you special in so many ways. Women have a lot of aspects in life to offer. I hope this makes you feel proud of yourself. Without a woman's assistance, I wouldn't be here today to relay this message and you wouldn't be here to hear it.

Let these words placed inside this letter be your friend:

A friend is like a flower, a rose to be exact.  
Or maybe like a brand new gate that never comes unlatched.  
A friend is like an owl, both beautiful and wise.  
Or perhaps a friend is like a ghost whose spirit never dies.  
A friend is like a heart that goes strong until the end.  
Where would we be in this world if we didn't have a friend.

Right now, I am that friend you never knew of. I would like you to try something when you're upset at someone. I do this a lot myself. I want you to remind yourself with these words:

I'll forgive the people I'm mad at; angry feelings I'll discard;  
I'll try to love my enemies, even though it's hard.  
I will lift people up instead of putting them down.  
I'll fill my heart with love and joy, and never wear a frown.

I will end this with a small hug that I think you truly deserve. Hopefully you enjoyed the warmth of my words.

Tonight when you go to sleep, look back at the message this letter relayed to you. Remember what you felt when you were reading this. Didn't it feel good to hear kind and loving words? This is because you have a part of you that has been neglected and now someone has made that neglected part feel better. Keep you head up. You can always be a better person.

Much love and respect,

Christopher Balmer

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Christopher Balmer is 23 years old and is currently incarcerated in the PA DOC prison system..

His passion is to help those in need emotionally with his words of love and encouragement expressed to those incarcerated. Christopher is an active Advocate of prison abolishment. He is against the death penalty and is against abortion.

Christopher is also just one voice speaking out to many individuals like himself who are bound by the chains of injustice. No man or woman has ever been unimportant in his eyes nor out of his reach with providing support.