

AUG 17, 10

Page 1 of 2 pages

Anger is such a vicious lil seed that can wreck havoc in any given situation. If you allow it to spring forth, they'll come a point of no return. In the heat of the moment they'll be no turning back. With your mind in a state of rage, it often becomes too difficult to process anything but that viciousness. Lord have mercy, one episode, one scenario will be all it will take. ~~See~~ the such tragic atrocities that will have become as a result of anger. Things seem to overwhelm us in an instant. The next thing you know, it gets blown out of proportion. In the end it's not going to matter, who's right, who's wrong. All that will ever remain intact from this incident will be the repercussions. If your fortunate enough, you may walk away with your life, or the latter, end up somewhere sleeping in your grave. Who really can tell. If your lucky, receive a life sentence. In the heat of the moment, ooh in the heat of the moment. Such a foul spirit of anger. Too contain it may be too much to ask here today. Maybe you still got a lot of growing up to do. Your at that tender young age of invincibility. It's a place where anything goes, because you just don't care. My god, what we got to contend with. The anger is one thing, but that desperate mentality will only doom your future. At some point you must step back and say wait a minute, ask yourself, is this really worth resorting to drastic measures. How crucial that one factor (1)

ALONE WILL SPARE YOU YEARS OF TURMOIL,
THINK MY FRIEND, THINK, REFLECT
PAUSE. THAT'S THE PROBLEM, PUT THAT IN CONTROL
AND ALL THE REST WILL FOLLOW, THERE'S MORE
TO LIFE THEN ACTING A FOOL. THEN ALWAYS HAVING
THINGS CHAOTIC. BUT DONT YOU WORRY, FOR WE
FIT TO GET YOUR LIFE BACK IN ORDER, THERE'S OTHER
WAYS TO CHANNEL THAT RAGE, ALL BOTTLED
UP INSIDE OF YOU, MAKES YOU JUST WANT TO BURST
AND ACT A FOOL, WE WONT, WE CANT LET THAT
HAPPEN. SPORTS IS A GREAT OUTLET TO RELEASE.
WAY BACK WHEN I WAS JUST AN ADOLESCENT, I GOT
HIT IN THE NOSE WITH A SOCCER BALL, TRAUMATIZED
ME FOR TWO DECADES. WITH THE WEIGHT OF THE
WORLD ON MY SHOULDERS, ONE DAY I DECIDED TO
GIVE SOCCER A CHANCE. AS I PLAYED THE GAME
I GOT BETTER AND BETTER, ALL WHILE I WAS ON
THAT FIELD. EVERYTHING JUST FELL AWAY,
ALL THE SORROW, ALL THE REGRET, I KICKED
MY WAY THROUGH ALL THE FRUSTRATION, I WAS
AN ENTIRELY DIFFERANT PERSON, I CONTROLLED
MY DESTINY, NO LONGER WOULD I BE BOGGLED
DOWN IN SHAME, ALL THE EMOTIONS WIPED
AWAY JUST LIKE THAT, NOT ONLY AM I GOOD,
I'M THE BEST ON THE ENTIRE YARD, THAT'S QUITE
A FEAT FOR SOMEONE WHOM MOSTLY LIVED A
LIFE OF MEDIOCRITY IN PRISON, NOW HERE I
STOOD ON A PEDESTAL OF ADMIRATION, WHAT
I HAD REACHED OUT FOR WAS A RELEASE ON
THAT SOCCER FIELD, TURNED OUT TO
BE A BLESSING IN DISGUISE, YOU'LL
NEVER KNOW WHAT YOU COULD EXCEL
IN IF YOU DONT GIVE IT A SHOT FOR

me it was soccer, for you it could be working out, perhaps even drawing. TAKE A LOOK - DEFINE WHAT WORKS FOR YOU. AND SOONER, RATHER THEN LATER. YOU'LL BE ON YOUR WAY. TO A MORE PRODUCTIVE LIFESTYLE - KNOW THAT YOU HAVE OTHER OPTIONS TO DISENGAGE FROM THAT ONE THING THAT HAS ONLY LEFT YOU IN DEFEAT. ANGRY. SUCH A DEADLY LIL SEED. I KNOW YOU COULD CONQUER IT, TAKE THE STEPS, LITTLE BABY STEPS. YOU'LL FEEL BETTER. YOU'LL SEE IT DEVELOP IN TIME. IN DUE TIME, IN DUE SEASON. BECAUSE EVEN IF YOU STUMBLE EVERY NOW AND THEN. IT'S OKAY, WHEN YOU STUMBLE YOU'RE STILL MAKING PROGRESS - SINCE WHEN WE STUMBLE WE HAVE A TENDENCY TO STUMBLE FORWARD. ALWAYS, ALWAYS I SAY. KEEP HOPE ALIVE.

BRANDON MARTINEZ #K71238
CALIFORNIA STATE PRISON L.A. COUNTY
P.O. BOX 4610 (C-1#230)
LANCASTER, CALIFORNIA 93539

(1/2)