



It all starts by looking within

By Duck, 59 years old, 24 years on death row

Peace... As you read this and try to get a handle on who I am and what I'm about. Allow me to give you just a small part of who I've become in the many years I have spent in a box, cage, cell, juvenile centers and State Prisons.

I started my long life in a cage at the age of 10. I've been locked up most of my young life and all of my adult life, and the one thing I can say that I learned was, HOW TO DO TIME.

When you're faced with four walls and very little else you can do here's two things:

1. You can slowly lose your mind, get caught up in the cycle of "why me!" and resent all outside the cage and that resentment is the seed that becomes HATE, which begins to destroy your mind and break your spirit OR
2. You can learn how to FLOW with time, adjust your brain from looking out, and train yourself to look WITHIN.

When you're able to close your eyes and evaluate your surroundings and feel your environment, you can then begin to do time YOUR WAY.

I can close my eyes and be anywhere I want, I have walked thru jungles, stood on the mountain top of Everest, skied down slopes in Switzerland, looked down into Mongolia from the Great Wall of China! I have swum with Great White sharks, felt the winds of hurricane as they blew against my small skiff, out on the open ocean, I have piloted planes, jets, and even the Space Shuttle! I have scored the winning goal in the World Cup and won the World Series by hitting a home run in the bottom of the ninth inning, hit the buzzer shot in the NBA finals, I've been a lawyer, doctor, nurse, and many other professions, and all in my own mind. These walls, chains, doors, fences, and guards can't hold me, they can't stop me, I can be anywhere I want and who I want to be, and it all starts by looking WITHIN.

I have very little wisdom, I don't know a lot, but what I do know is how to survive ANY environment! If you're interested to know how and why, write me!

Sincerely, DUCK

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