



A Moment With God

A Spiritual Journey

by Jose F. Rodriguez Jr.

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

And God said, "Let there be light," and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day.

And God said, "Let there be a vault between the waters to separate water from water." So God made the vault and separated the water under the vault from the water above it. And it was so. God called the vault "sky." And there was evening, and there was morning—the second day.

And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good.

Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. And there was evening, and there was morning—the third day.

And God said, "Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred

times, and days and years..."

Ok, so we've all heard the opening chapter of the holy bible. I think we all know the rest, or at least know where to find the Basic Instructions Before Leaving Earth. 66 authors from around the world with no possible way of communicating to come together in a common understanding of a great omnipotent most High God of the heavens. Just ponder that for a moment. All these people from all corners of the world worship and scribe many words and stories that all speak of a God, a heavenly father and many things to come that came true, and it would be easy to call this a coincidence, but this goes far beyond the framework of a coincidence.

This is rather Divine.

There has been so much controversy and criticism, which have led to mass speculation, doubt, confusion, and fear. These are the emotions that continuously surround the most controversial theories with no physical basis of fact at all. This is about the oldest and possibly most popular topic of all time. GOD, and does he truly exist, and is he actually a man or a woman? When we die, do we go to heaven or hell? Can we be resurrected? Are we really created in his likeness? Does he really reside in heaven? Why are we here? Etc., etc., ETCETERA! Although I wish I could answer those questions and more, I simply can not. The whole God concern is the most controversial subject known to mankind. For thousands of years men and women alike have scoured the Earth in search of truth in his benevolent subject. With the controversy surrounding whether or not there's a God will remain a mystery forever. The fact that God wants us to trust and have faith keeps it secured just like that — but there are some facts and history artifacts from scriptures and tablets written in ancient times to the celestial and powerful object the universe shows.

HAVE you ever taken the time to just stop and look around you? Smell the roses, the coffee, so to speak? Take in all the beauty, wonder, mystery, as well as the never ending mayhem and chaos our world has to offer.

If you live by faith, you should know by now, the world in all its magnificent splendor and glory, comes with all the necessities to keep us thriving like oxygen and water so we don't perish. Was this planned? Or just chance? I think even the most menial of beliefs will steer towards a higher power with a purpose for us. Then there is the science of metaphysics, laws of nature, laws of attraction and many other wonders and mysteries all means for our benefit and survival. An atmosphere to protect us from the harmful radiation of the sun and smaller earth-bound meteorites, to which the atmosphere's purpose is to burn them up upon

entry so they are of no harm to us. A complete array of food sources and nutrition necessary for optimum survival. A relative understanding of polar opposites, the Chinese called this yin and yang, a valuable gift of understanding and enlightenment from our brothers and sisters in the far East.

This is not a book about science or magic as I am no scientist or magician — it is, however, something much more close and personal. Something to remind us that we are not alone and there actually is a purpose for everything. I just wanted to briefly touch base on certain metaphysical and spiritual level gifts that actually coexist in this world because, well, we must be aware of some of our spiritual level gifts to have full experience of a spiritual being living a human existence. This book is actually about my time building a better relationship with our Omnipotent Creator and Father God of the Heavens. I created this book to assist others in gathering faith, love and peace, and understanding. Motivation to seek now an understanding. Gifts our most High God gracefully gave us including a multitude of other blessings we simply would not enjoy in this life as much without.

Man, we live in a world of seeing and believing. We as humans with so much technology have forgotten about the times when there were no high tech devices, that have ultimately led many of us to have the need for concrete evidence. These kinds of absolutes are simply in high demand and often man-made or conceived. However, not everything is like that. No man of course built this one of a kind planet for us to have all we need to sustain human life for an eternity. No man or woman measured the distance from our Sun just right so we wouldn't burn up if we were too close, or freeze if we were too far away. (By the way, that sun is only a mere 93 million miles away! I assure you that wasn't by chance!)

Did you really take a good look at the way everything is readily made for us? I mean think about how perfect things really are. We don't have to go beyond our own thoughts to have success at survival. If there was no God, then how could we have everything laid out so seemingly perfect just for us? Humans are very complex beings. We require a lot of attention, we require a lot of knowledge, and we require a lot of sustenance, proteins, food, and water. Oh yeah let's not forget Oxygen to breathe! This I assure you didn't happen by chance!

These things are absolutely laid out for us, because they are our planned protocols, necessities to develop our species, and sustain human life. One of the most simple factors to observe is that we must eat and consume fresh water to survive. What is the probability of all these necessities just so happening to be exactly where it's needed — with just the right

amount of this and that to just make it work; not only work, yet thrive with vigor.

So how do you think everything just came about by chance, like vegetation that we need for fiber and vitamins? The fact that we hunt and consume animals we need for proteins paints quite the picture. This all just couldn't happen by chance. To believe that all this happened by chance — maybe you should go to a casino later because by chance you'll win every game you play to get the money you need for a lifetime and become a millionaire. Not likely.

This happened by one amazing heavenly father that loves his children enough to make life available and easier than we have. God has that all cleverly thought out, and gave us a way to survive and thrive. I too have questioned this many times, and it always comes back in the same place it began: how can there NOT be a God.

You see we as humans find ourselves deeply concerned with ourselves, which easily brings about an ego. The ego which many don't realize is the enemy. The Real Enemy, the beginning of Satan. It's when we're so arrogant that we cannot see beyond ourselves and begin to believe that we created us. How could we ever think that anything so beautiful as a world that houses us and keeps damn perfect temperature for us — we are 93 million miles away from the Sun and we just happen to be in the perfect spot that we don't burn up or we don't freeze. Think about something as absolute, as simple-seeming, but as incredibly accurately placed as an entire planet in the right spot so we can sustain life. Oh — and did I mention this planet we live on happens to be 75% covered in water? The one thing we absolutely cannot live without. Our bodies are 70% water, and what's so amazing is that no other planet in our solar system has water, at least as we know.

You think that happened by chance? We think not. The body that keeps us could not be created by anything less than the most high and omnipotent God.

These thoughts, these interviews, these podcasts, these stories, these ideals that I have heard from so many people, from pastors to the homeless on the street, have accepted or denied God with such veracity to question the very nature of God. Well, it took over eight months. Of meditating every single night for hours, waking early in the morning before the sun, and taking a moment with God myself to get answers. And the answers I did get — I truly believe the clarity in which I received these answers could have only been the God that has been here all along. The God that is giving us this beautiful world to live in, everything we need to survive, create, enjoy and thrive. This could have only come from the most high God and universe.

So come along and ride with me on this amazing journey and take a moment with God.

Subsequently I was so upset at myself I said I was not going to write at all. I would just sleep and drown in my own pitiful misery. Wallowing in my depression. Feeling deeply sorry for myself because no one else would, and just deal with the problems that lie ahead. With COVID in full swing, I assumed I would get a break. Then come to find out there would be no such luck.

The holidays hurt, and so much was going on that it seemed the courts were beginning to overlook the fact that overcrowding was a major issue of risk for people's lives and freedom. Governor Abbott's GA-13 order to release all misdemeanor and non-violent low-to-no community risk detainees tanked, leaving many of us without hope and simply lost in a system where social distancing and safety from COVID-19 of any sort was non-existent. The Dallas County Jail held on to 90% of its 7,540 inmates basically handing out potential life sentences with the COVID Virus running rampant throughout the facility. I had the privilege of acquiring the virus twice in a time span of three and a half months. This was very hard and stressful.

I turned to my Creator and Savior Jesus Christ and began the process of spending some much needed time with our most high God and decided to document the process.

When I began this book I was really unsure of many things and God quickly took my hand and showed me that I had nothing to worry about. God would show me that my worries were not valid, and I needed just to trust in him, that he would use me to glorify his name, and work my talents to share his glory with the world. He would speak to me with clarity, and instill a feeling in me that he would move the

right people to distribute my books and literature throughout the world as a testament to his amazing grace and love. God would assure me through testimony that his promises For All Mankind were valid — to just trust and believe in his love and favor, and with God we are all good enough to find success and joy in abundance with just a little faith.

The Holy Spirit spreads love and joy and hope for peace on Earth. This is what God's will is all about. He's gathering his children for the final roll call and soon we'll all be Kings and Queens in the kingdom of Heaven, as we have already shared the good news and grown deeper into our relationship with God and the Holy Spirit. That peace, love and joy are all so fulfilling that we become addicted to his favor and blessings, only wanting to share his love and truth in order to continue receiving the rewards of his promise.

For me it's so amazing that in a situation in which I normally would see as a major tribulation, a bad thing in life turns out to actually be an incredible blessing of Epic proportions.

God loves his children, his loyal subjects, and he shows this in the most unbelievable and profound ways. Abstaining from doubt by living with absolute Faith provides love and lessons for all ages filled with pleasures and rewards for each individual situation. God makes this happen — moves people to the right places, opens locked doors that have no keys, and creates opportunities when it seems there are none. In fact God is moving people in circumstances to fit the needs of our lives at this very moment. I know it may seem hard to believe, but you just gotta have faith. When you least expect it, it comes your way: God's favor and blessings.

This book is for all to take a look, and realize we're all living in a beautiful world created for us to enjoy, and create, and become a family for our most high God. Brothers and sisters alike under one God indivisible are blessed to experience this human life as we all are spirits in a material world. Living in a world in which over time, with influences, millions of references that we store in our conscience and subconscious minds, we create a specific view of the world we live in.

And through our very own references and experiences we each individually change throughout life. From an innocent beautiful child of God knowing only love and peace, to ultimately growing to a person where references and influences create a perceived world, giving us each a unique perspective in which we project upon the world.

We live in the world our father God created perfectly for us to thrive and enjoy. Perspective plays a major role in how we view this magnificent creation of wonder and beauty. Majesty and intrigue, mastery and simplicity all in itself. Barring a few man-made ecological miscues and issues created from human error, it remains the same beautiful world it always has been. That only changes with the eyes of man and woman who sees it or perceives it. Perspective is like a pair of glasses that each one of us develop within our minds that we portray and always see before us.

Somewhere along the line we missed something and lost a lot of simple ideals that the Creator has established and instilled within each of us. We are spirits of love and peace, and the will and light of God knowing automatically what right and wrong is through this mechanism God built within us. We come to know guilt. This feeling of separation and shame is created only through our sins and our unrighteous behaviors that dishonor God. God is an all loving, all forgiving God who knows no evils, no punishment of his children, no violence or ill-will toward one another. Though we all look different

and unique we are all of one Omnipotent Creator, the Father of the heavens.

A Moment with God documents my journey to get back as close as I can to that true essence of the Holy Spirit and a close and loving relationship with the Father. Challenging in A Moment with God I asked for knowledge and wisdom, love and forgiveness, understanding and clarity. A job to use my gifts and talents to share my journey, testimony if you will, with my brothers and sisters in the world to bring at least one to one million of God's children back to his reality. Which is the will of God, simply offering love and peace for all mankind. A reality that our time here on Mother Earth has been slightly skewed by our own influences.

So please enjoy this one of a kind journey with me as I share my moment with God and get back to the reality that our only Father God who has shared with me simply by asking. Ask and you shall receive. I have received a wealth of knowledge and wisdom, truth and blessings, joy and peace. Compiled with an abundance of love to share with all I come in contact with. So if you will please join me in my spiritual journey for A Moment with God. These are real time, completely true, unedited daily testimonies, lessons and reflections from my personal observation. I am blessed to learn all that I can to become a much better person, father, and child of God. Serving the Heavenly Father, honoring his grace and love and peace with all of God's children.

PREFACE

Today we are facing a world where good, righteous Christians are the minority. The devil in his deceptive practices have put together quite a defense against the good-hearted Christian believers of Earth. With technologies playing a big role in interfering with God's will and plan

for us all. The ability to gain a good hold on the youth of our world with video games, cellphones, are all tough detractors in the war against temptation and the failure to inform our youth of God's plan.

And what he has in store for us, we must ensure these games are just games. The action to remove God from our schools was the first of many poor choices being driven by society's lack of reasoning and belief that God is really here! Our creator, and how we are all we can be today in this light of the Holy Spirit. So many people have fallen short in their belief and have been influenced by the many false teachings, philosophies, and destructive practices being delivered through new religions and people's misunderstandings of the Christian religion.

Beliefs of a government that doesn't want to involve religion, so its separation between church and state grows even farther apart. We are at war with the greatest enemy ever faced and he's bringing hell to the surface of our mother earth. Now is the time when we must come together and fight the evil one and all his deceptive practices. We must deliver ourselves from the sight of what we believe is actually going on due to the misguidings of the papers, news and social media that have a snare on our society and youth.

The Bible tells us we will be one in the end yet we will lose so many of our children in the long run. The idea is to bring all of God's children back home, yet we will gladly accept as many as we can deliver. So with my efforts as one of God's soldiers, I loyally aim to bring one to one million of God's children home back to Christ faithful. So join me in my mission and allow me to share with you a personal triumph, my Chrysalis Moment, my spiritual journey in my moment with God. Please grow along with me in your own quest for peace, love and

meaning in a world that is shielded by a veneer of sin disguised as normalcy.

Remember God in all things is a trusted source of love and peace.

A PRAYER IN VERSE

The degree of pain it elevates

I'm falling down without a net

I can't catch myself the darkness looms

A loneliness hides for imminent doom

My God will you catch me in your arms

With your love I'm safe, free from harm

You're the only one who understands

That pain and hurt was not the plan

Fear cripples — it let me down

The heartache envelopes — within it I drown

I just want to love and breathe again

I pray the heavens will let me in

Will rescue me soon with all his love

Those pearly gates high above

THE CHRYSALIS MOMENT — CHRISTMAS MORNING 2021

Christmas morning 2021. As I reflect upon my life it's 4:13 a.m. and all is good — peace is in the air. Then I am distracted by the mechanical sounds of the heavy, iron prison doors grinding and rattling open in the North Tower of the Dallas County Jail. It's old, very used, and spiritually dead. Worn, once-painted walls and floors describe a peek at a system that's abused its power.

I can only imagine the shame, humility, heartache, pain, and terror that has filled the hearts and minds of the tens of thousands, maybe hundreds of thousands of human animals that have shed a bit of their soul in this very cell. The prescribed lie of a disguised truth of systematic slavery — judicial, legislative, executive, and civil failure.

Who really are the criminals? The petty law breakers? Or the guys in blue who hastily shove paper trays through a small feeding slot remnant of a zoo's regularly scheduled feeding three times a day, looking at us with disgust as we mirror our eyes back with disdain? Or the depressed, mentally shaken son or daughter who was found using dope to self-medicate a life gone bad in a world of losing almost everything one believes in — now being severely punished for seeking solace in a life in which they've only found pain.

Compassion is traded for a paycheck from the heartless soon-to-be-judged souls whose lives will be on display for their iniquities by the most High God, or a Judge who has abused his

discretion and where he's learned to slam his gavel while judging consciously. This Christmas, however, it's merely overtime for them. However, not too much changes for us — no gifts, no tree, no lights flashing, or jolly ole Saint Nick. The color scheme remains the same, and only the Utah cheers on television whenever we're allowed to watch.

Today we live in a police state, and assuming the undercover fear of a new world order that has been underway for 40 years. Don't fear it — you live it. While the snowball effect is reaching its pinnacle as law breakers are shuttled around in privately funded prisons for profit, we should fear the prisons as we sit around in a county jail being warehoused in the prison itself, not realizing there's not much difference between the two. The times are changing ever so rapidly as life flies by unnoticed while our minds are enslaved systematically in and outside the confines of a jail by a wolf in sheep's clothing called government.

There's no winners in this subversive maniacal machine that devours hopes, dreams, families and futures. We all lose, for the same folks who slam the doors also pay into this machine one way or another. Through suffering, or salary, or both. Blinded by a belief that they are providing a community service, until they realize they are the same monster they hypocritically denounce they'd ever be — while sitting in church on Sundays, cursing the politicians as they pour the cement laid by the government.

Wake up and open your eyes. You are fooled by the same demon you once denounced. You now work for it. Just look deeper into the role you play in society. With your integrity be constantly aware of what the left hand is doing as you watch the right. Have compassion for your

fellow man — not just feed into the failure. It's not the nephew or neighbor that failed; it's the system that fools us all into believing they were on our side. For they provide safety for a fee that we buy into with our freedom.

THE POWER OF FAITH — FROM ADDICTION TO TESTIMONY (3.5.21 — 4:58 a.m.)

Using drugs on a daily basis for nearly three decades can create a hopeless life that has no promise — only depression, anxiety, and a false sense of enjoyment. A lack of true friends, loss of material possessions, no access to speak of, plenty of homelessness, and a variety of health problems from devastating disease and failure to lack of actual knowledge of your health conditions to having no health care.

Many people will never survive the tumultuous landscapes in the arduous journey that comes with a 30-year drug addiction. In truth it didn't just seem hopeless — in reality it was. Putting my faith in others and myself only proved people to be disloyal and only out to use me for their own benefit. Having faith in myself only allowed me to succumb to doubt whenever things seemed hopeless or not what I expected.

I just couldn't see the big picture, and it was right in front of my face. That was the same thing that had always been there, complete with ironclad faith, never leaving my side — and this could have only been God's promise. For years I couldn't find the truth that would fill the empty space within me. I put more trust in the people who had failed me before, even though it was God that had pulled me out of the abyss of despair and darkness.

It wasn't until I gave my soul to Christ and put absolute faith into God's promise that I was good enough. He forgave me and delivered on his promises, which opened my eyes and heart. He showed me that my life was the one he was using. He would use my failures and mistakes to build an incredible testimony and foundation of work that required the gifts I thought I'd wasted all these years. As he was simply putting them in place, for when it would be my time, I could and would share them with the world. I would glorify God in ways I never dreamed.

In fashion in which only God could be the producer of such a twist of fate in such ironic fashion — God will provide a way. No matter what the circumstance or obstacle, no matter how impossible or hopeless it may seem, even as it looks hopeless, God is creating the necessary circumstances and events to propel you to your greatest success.

In life there's a learning curve. We choose what we wish to do in our days that suits how we feel at the moment, or how we go with the flow in life around us. No matter what we do, we are always going to be judged by those whose ideals and beliefs are different — or appear different — than our own. At the exact moment. Just because you have a house or a car or two, a career and a family, doesn't make you a better person.

If I choose instead with my days to avoid responsibility and chase women and party as often as I can — enjoying my life — not necessarily, because one day we'll both be on our deathbed. We'll somehow both have regrets. We'll somehow both have amazing memories. There will be people who loved us, lost us, touched us, impressed us, and also disappointed us. Although we'll both have completely different stories to tell, my regrets won't be what I didn't do, rather what I did leave behind. A legacy or proof of my existence.

Once we are gone does it really matter, and to whom and why? So what's the fuss and fear about if we don't try?

It's all about love when it boils down to it. Who do you love? Whose feelings mattered to you? Did the security and safety of those you love really mean enough? For me, the answer is a bit convoluted. Being an addict for the greater part of my life had me living in a cloud — a fog of selfish self-centered pleasure where I was all that mattered. The sober realization of this is a severe headache. When you have a heart it hurts to disappoint those you love. For me the truth is not reaching the finish line. (You know — accomplishing life's goal before you can share it with those you love is failure.)

It means nothing if you don't get to share your success with the ones you love. I don't have a lot of work to do — I just need to do what work I have. And there's truly only one way in which to get it done. In my eyes God is the only way to steer this wayward vessel.

REFLECTION ON SYSTEMIC INJUSTICE (1.7.21 — 11:48 a.m.)

So it comes to me that this is purely overkill and an abusive discretion. The fact that the prison industry is so in need of reform is a testament to the destructive nature of our political system. The judicial system of government in Texas — mainly Dallas — has gone horribly awry.

There are no attempts at true rehabilitation or reform. Instead, the goal has become exaggerated revenue and profits for those in high office and on elected benches. The recidivism rate is yielding high profits and major returns on stock investments, as people's families, futures, and homes are being torn apart and destroyed — all for a mighty dollar. Or rather, billions of dollars worldwide.

We make criminals from lawbreakers, while the real criminals hold office or earn a lifetime salary nearly five times that of the average American citizen. This promotes a clear conflict of interest, disguised to make the public and federal government believe rehabilitation and reform are being delivered to those Americans in need. Such a façade of epic proportions is portrayed as bipartisan failure.

Continued chaos in Capitol Hill denies the American people any form of legitimate relief amidst this ongoing pandemic. The upper class are rewarded as the non-existent middle class have now become the unfortunate lower class. We all suffer the effects of a system and house in need of major changes as record-high COVID cases envelope our nation. Cities all efforts to curb and quell the disaster ignore the people in the jails, who are held hostage as lawbreakers — not the violent socio- or psychopathic types — to be understood on non-violent charges with a veritable death sentence, while the county ignores guidelines set forth by the CDC.

People are dying. People are being evicted. People are going hungry and homeless in the world's richest nation. Behind selfishness and greed which binds a lack of compassion for the less fortunate, God is forgotten.

The world views our strength turn to sorrow and a black eye on the one great nation, the United States. With hope and prayer a red-blue moon democratic house in office may hold promise for a country on the brink of civil war. God help us. Godspeed and God bless.

THE ROOT OF FEAR AND ANGER (1.8.21)

Fear is the topic I meditate on and ask God about.

We have talked a lot about love and laughter and living more in this world we live, and everything comes with its polar opposite — without hate, love is not possible. There is an equal negative to every positive. It's just that way. The ancient Chinese first recognized this law and coined it Yin and Yang. Up/Down, Light/Dark, In/Out, Good/Evil.

Love is the light of emotional man — fear is the darkness. From fear we get hate, envy, jealousy, greed, and the mother of all hatred. Fear represents the darkness of man.

Why is fear the root of these things? It would be appropriate to believe that faith is sort of the opposite, right? Fear comes from not trusting something to be what we believe or expect. Faith is the trusting that all will be okay. If we see a dog show its teeth and this dog is a strange animal, we have a difficult time believing this dog will not bite us. So we don't trust it, because we are unsure or do not trust what is unknown.

However, if we raise this dog, the knowing of its nature and temperament gives us faith. With the knowing we trust this dog will not bite us, and we assume through our faith of knowing it's probably upset or growling at something other than us. Allowing a comfort zone — same with human animals, correct? So you see, fear comes from lack of faith or unknowing.

This is the root emotion of all things on the dark side. If we don't trust an animal or stranger — i.e., a lover — because of fear that they will hurt us, we begin to suspect foul play. This fear of pain, heartache, or injury ultimately will lead to jealousy, envy, and often turn love into hate. Fear is like a seed, just like a seed of love. Its roots can start deep within us like a great oak tree with many roots deep in the earth,

starting like a seed, growing in branches out until it breaks the surface. With years of feeding and watering, the seed will grow until fear becomes a great, powerful, deep-rooted emotion of hate. Complete with the roots attributed to fear which include jealousy, greed, depression, and so on.

What is it that makes us mad? History? Sure, in a way. Anger is a premeditated response of those who are afraid and impatient. Oh, the value of patience and forethought. Intelligent and civilized beings should be absolved of any anger.

So many things in my recent past brought anger to the surface of my emotions. Why? As I look within myself, I find impatience at the forefront. As I fail to take a moment to think before I react, I find anger being the easiest form of reaction.

The brilliant Holocaust survivor Victor Frankl proved that even in the face of unimaginable horror, humans are the only mammal to recognize a space between stimulus and response. This proves that our reactions — anger and violence — are learned and premeditated.

We choose our reaction. In that critical space, you have a choice: choose patience, choose forethought, choose God's love, or choose the darkness of fear.

EPIPHANY — THE ESSENCE OF FAITH (1.9.21 — 5:00 a.m.)

Epiphany is when a light comes on, and an insight or a thought is provoked. This time, the insight promotes absolute faith — the essence of being a Christian. We must truly trust that God is there and will carry us through to our goals, through our trials and storms, and through times of despair.

In the book of Luke, Jesus reached out and touched the leper, healing him of his deadly illness by God's favor and grace. This shows that it's not always just hard work that earns the blessings — it is also faith that can get us that promotion, meet that contact, open those prison doors, heal that sickness, or overcome that addiction. If we have faith and believe, by asking we shall receive the mighty will of God.

GROWING — MATURING IN SPIRIT (1.18.21)

I am on my way to becoming the man God intended me to be. I feel good, though my spirit is exhausted from fighting off the evil one — it's tougher than I thought. I am fasting to ensure my prayers are heard, and I know my mother will be fine, as God takes care of his own. Our fleshly cells are a mere shell of the spiritual love He has for us. This journey is not so much for me as it is for my love for God and my family.

When we talk about growing, we are talking about making sacrifices to become a mature adult. These are sacrifices that mean we have to think not only of ourselves but also of those around us, and of their future. I am so blessed and thankful to be doing what moves my heart — and that is one of the things growth brings us: peace, love, and joy in our own hearts and the hearts of others.

For too long, I have abused and wasted the gifts God has given me. Now I see the truth, not the false assumptions that my mind selfishly portrayed as I blinded my spirit with so many physical desires. I will relent to my spirit and leave behind the ways of my past, for I have fed my flesh selfishly for far too long. My flesh is all grown up; my spirit is but an infant.

It is time to exercise and feed the spirit that it may grow ever strong and wise. As we grow, our emotions will be touched in many ways. We will hear things we normally ignored and see things we've normally turned a blind eye to. Spiritual growth is vital to becoming a man or a woman in this world who can be respected.

THE WEIGHT OF OUR CHOICES — FREE WILL (1.17.21)

Okay, let's talk about choices. The ultimate controlling issue in one's life — whether it be good, bad, great, or miserable — begins with choices. Thank God for free will, because without it, we are simply animals, part of a food chain in which only the dominating mammals survive and thrive.

Choices are the cause-and-effect mechanism that drives one to a house on a hill or a shanty near the gutter. It is the driving force behind a bottle of liquor or a glass pipe, a devastating recreational needle or, worse, a bullet. One simple word — choice — will have enormous and serious consequences or incredible rewards.

What choices have we made that make us great? What choices have we made that make us weak or dominant? What choices have we made that determine whether we are lazy or active? One may ask themselves, "Why has it taken me so long to gain complete control of my choices?" The answer is simple: choice.

A functional addict will stay home from work to get high, or maybe catch up on sleep because they got too buzzed the night before and decided to make the "choice" to affect their credibility and integrity. Those types of choices have a butterfly effect on our future that we may never recover from.

Every human must make the best choices available to them for a successful and abundant lifestyle of joy and happiness. I choose to live more, love more, laugh more, and give more of what God has given me to share with others. This choice goes along with his grace and mercy, and has brought me from the depths of self to the heights of his glory.

It's now that I choose life God's way. I am on one path, making better choices. Truth be told, it is never too late to make the right choice. If you're having a difficult time, the easiest way to know you're making the right choice is to look toward the Heavenly Father, our most Omnipotent God, and ask Him. I assure you that even if you don't hear a verbal, audible answer, your conscience will show you the right way through God's way.

REFLECTION ON RACISM — SEEING ONE HUMAN RACE

When racism comes to mind, I should look at the true reality: the pain, the heartache, the ignorance, and the sad truth that it is learned and taught. It is an affliction that sees no end as long as we allow for the veiling of this in the higher-ups — politicians, police, schools. It's everywhere, and these days, it's virtually invisible.

This is a tough subject for me because a great deal of deeply repressed hurts and feelings come with the issue of race. The struggles to belong, to be accepted, to gain employment, and to enter establishments that are predominantly one race or the other. We're not just talking about white against black, but all around — so many people are judgmental.

The problem goes both ways, yet the long-term effects have weighed heavily on the Black and Hispanic communities. This has created a

generational, cancerous hatred — an almost DNA strand of systematic hatred. So many people have learned to hate a person from their parents before they ever get to know one another. People are often judged by their clothes, style, taste in music, and, most of all, their color.

How are we to be brave enough to step out and step up and see one another as one race: human? Let's only characterize one another by our true character. We must accept growth and value change. Let's allow the teachers to be respected for the lessons they teach and the students for what they've learned. Let's once again become one nation under God, indivisible, with liberty and justice for all. I speak this truth from my spirit, my heart, my experience, my soul, my God, and, most important of all, from love.

THE POWER OF GRATITUDE AND ACTION (5:47 a.m.)

Open your ears, open your eyes, open your heart, open your mind. Being a good friend and a good person begins with observing and being able to listen objectively. So often we get into a conversation, and instead of listening to the person to understand, we find ourselves listening to respond. We allow a subject or word to trigger a dialogue in our own head in reference to what we want to say, not really being mindful of what the other person is actually opening up and saying to us.

Being a good friend is a strong character trait. Understanding a person's needs without enabling takes practice and patience. Giving selflessly, without the need for reciprocation, is a beautiful form of self-growth. One of the best feelings a person can experience is gratitude.

Gratitude is an attitude that pays enormous dividends in self-worth and character. Nothing opens your heart more than being thankful for all you have. It is appreciating your life at any level, because it can surely always be worse. When we put in the effort to work hard for what we want and need, it makes those special moments and possessions that much more desirable, because we appreciate the value and effort it took to get them.

So remember to live more, love more, laugh more, and give more — the blessing to self is worth the effort. As I pray for things in my life to get better, I always see major signs that God is with me on my mission to gather as many souls as I can to join the "live more, love more, laugh more, give more" movement. My Savior has given me the wisdom and strength to forge ahead in dismal circumstances, while shining a beacon of hope on a way out.

He is giving me the intelligence to take a leap of faith and move forward on God's time. He has provided the wisdom to file a writ of habeas corpus upon these prison gates so I may get to work on my books, honoring his Glory. I cannot wait to reap the rewards to share with family and those in need of my help. To finally find security in the talents He's provided, I will establish myself as a child of God, doing the things God wishes me to do with my talents and using them for good. This is my mission: to lead the lost and unsure to God's mercy and serve God by helping as many as I can. I am so ready and full of joy. Thank you, Jesus.

THE CHOICE OF UNCONDITIONAL LOVE (4:28 a.m.)

I realized tonight that I need to just love all people unconditionally. No matter what their reasoning for who they are, their background means nothing. We're all humans. We all started as an infant or an innocent

child and grew up with different references and different things that we've learned and experienced. We need to be given a break for this.

When I feel myself discern or begin to get ugly at people in my heart, I need to realize that everyone is different. Just because I've gained wisdom and learned how not to boast, it doesn't mean that I should turn my nose up at anyone else. I never have the right to judge anyone, as I am just as human and I too have many reasons for people to not like me.

I learned a very valuable lesson in showing God's love and keeping my heart open to all things. God has presented me with such a peaceful heart and outlook, and that is the only way of thinking. I catch myself each day, being aware of my surroundings, and always being mindful of my emotions, not allowing myself to react without thinking. This presence of mind has proved to de-escalate many instances, preventing situations from escalating.

Again, I attribute this temperament first to my Savior, as no better example of keeping a cool head can be found anywhere in history. I also look toward Victor Frankl. What he went through in the Nazi death camps is an amazing testament to the human will, a surefire practice in patience and extraordinary self-control.

He proves without a doubt that humans are the only mammal to recognize a space between stimulus and response, proving that our reactions concerning anger and violence are learned and premeditated. We choose the reaction that we are most accustomed to, or the one we deem appropriate for the situation — how deeply someone invades our personal space or violates our ideals.

It's not always correct to react, but maybe more human to understand what people are actually going through and to realize that we could be going through the same thing. We are all going through something, and understanding is the best way to react to anything.

CLOSING THOUGHTS

There's a flaw in growing old if your main objective is to continue the fun of our youth — but I've also figured that we slow down in our older age so we put our focus back on our Creator. We begin to get closer to God as we get closer to the realization of our ending days. Planned obsolescence. Even in humans. I guess we can say He does know what He is doing.

GOOD MORNING. HOPE ALL IS WELL — your mind is strong and your body in great health. Just want to drop a line and wish you a good week and keep your eyes headed towards the end of this life's learning quest. Although one entity tried to punish and take from us, our higher power shows us a great good for our calculated time.

It's never taken unless abused, and I believe we abuse that precious gift far more in what we've come to believe as freedom — which I've learned is quite contrary, because freedom begins in our hearts and minds, not in our social status. We can only be free if our spirit is. This absolves the use of our most precious gift. I implore you to exercise your gift, as it's more satisfying to have it with a touch of self-satisfying choice to accompany it.

LOVE YOU MY FRIEND. Continue into the blessing of knowledge, which ultimately gifts enlightenment.

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