

Zest Wish List

Beep beep beep beep, I shut the alarm off, sit up, feet hitting the floor, I smile as a new day begins, brush my mouth, wash my face, it's going to be a fine day, make my bed, feed my fish, smile with the excitement of my fish friends. Do my spiritual work, commune with my Gods, feeling their blessing. Off to work with cheer and a smile. Enjoying being productive, with people very different from myself. Off work and off to the shower. Feeling the essence of life washing over my skin. Smiling as I go back to my cell. Study my spiritual interest. Study other things on Edovo to better my view of life, my place in it. Finally the end of my day. Watch an hour of TV, contemplating my day, my role in life, my future. Time for bed, closing my eyes as I thank the Gods for all the blessings life has given me. As I fall into the realm of mystery, I thank the Gods for another good day behind bars.

Richard H.
Ohio

Thank You FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

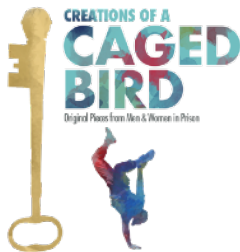
Try writing a similar record of each task of your day, from the moment you wake up until you fall asleep at the end of the day.

How can paying attention to every detail in this way help you find zest in all the moments of your day?

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

**Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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