

# #10.7x321 Blog Update

\*July 4, 2013\*

Susan

My mail was held up so we're just now getting to you.

Re: "My Quest", by: Daniel Labbe

Okay, I understand the idea of being above the games and being a man, but I can't help but wonder if Mr. Labbe feels any embarrassment for having nothing to wipe with, leaving himself in a SHITTY situation.

1) If he could hold it, then it wasn't an emergency to begin with.

2) If he took a shit with no T.P. because someone was playing games and didn't do anything than he's not a man.

3) A man will know when to push, pull, and walk away.

4) If you walk away, allow another to harm you and you're left in bad shape then you're allowed yourself to be a victim.

5) While violence should be avoided, sometimes it's the best tool we have. In the woods you must kill for your food, and survival.

Susan, I'm glad the guy in the story didn't "act out" but disappointed he didn't act at all in a situation he called an emergency.

\* Empower yourself with this affirmation:

"This I know, when I am mindfull I am free to choose how I respond to ALL situations, ...."

"Allow my actions reflect my inner self,  
Allow my actions reflect my inner self,  
Allow my boldness see me through battle,  
Allow my humility to sooth mind problems,  
In the end I remain a passive warrior."

[Who are you gonna feed: the wolf or noble eagle?]

;) Eagles are scavengers - not noble ;)

Susan, thanks for sending me the story.

Who ARE you?

What kind of life do you live?

Always,  
Ann Lampo

