

**PROVERBS FOR THE PEOPLE:
(Wisdom for the common man)**

DAVID HEHN

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poetry

**500 proverbs for the common man
by a student of Life**

**Stanley Correctional Institution
100 Corrections Drive
Stanley WI 54768**

no outside permanent address

dedication

For all my children
I LOVE YOU so much!
I am so sorry I am not there in person to teach you this
Here is what I have learned

For The People
Of The People
By The People

And to you Cory, I didn't forget
I promised you a dedication
if you borrowed me your typewriter
Thanks bro
you came thru!

in memory of

Bo Lozoff

who showed me
that all religions are Beautiful
and that one man can make a difference

introduction

This is my second book of sayings. My first one is called **NOT TOO BLIND TOO SEE**. For almost two years I have been writing inspirational sayings and posting them on the board for everyone to see. The head sergent asked initially for anyone to write original quotes and I stepped up and did it and have been doing it ever since. What a journey it has been. So many people have told me how much they have enjoyed my sayings. Guys write them down and send them to their families, some keep them for themselves. One young guy told me how he was having such a hard time adjusting to prison and that he was severely depressed and that the sayings "get him thru the day". On days I am late in writing the new saying the guys ask me "where's the board quote?" Sometimes I walk around and ask the guys to pick the one I post that day. Often after writing a new one I will ask several people's opinions to see if it is clear enough and to gauge each person's reaction.

Each saying represents a minimum of an hour each, some I have worked on for a whole day. I have learned so much about myself, the world, my Beleifs and other people by writing these proverbs. I keep taking old proverbs out and putting new ones in. The reason the format is different in this book and not in order of subject like the last one is because my best friend Aaron told me that when the proverbs are not listed according to subject matter they are alot more interesting to read. Initially I beleived to keep them in the order they were written would allow the reader to see the logical progression of the creative process but in order to keep the book "interesting" I followed Aaron's wisdom. I hope this book inspires people to sit in a quiet room alone and contemplate their Lives, the world, their Beleifs, their relationship to other people in the world and the meaning of their Lives. It has done that for me. Hopefully this book will get you started in finding your own answers.

Sincerely

David Hehn

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author: DAVID HEHN

Chapter 1

1. It may be hard to tell by the company we keep
but looking back at our Lives can get pretty deep;

When you're doing Time you ponder your mistakes
and seeing how your Life went wrong your heart just aches;

So you vow never to return to prison and see repentance as the key
No, you don't get out for while but that's alright
'cuz your mind's already Free

2. The knowing man sees mischief and leaves;
a fool stays there and gets in trouble

3. We are never alone when
we have our memories to keep us company

4. The measure of a man is his Actions

5. The man who errs and learns from it
is wiser than the man who doesn't err
because he has Experience

6. The right choice is right
not only for you
but for everyone else

7. By being peaceful we are Peace

8. Serenity is realized
thru knowing the Joy of Simplicity

9. Mistakes are only failures if
we don't learn from them

10. There is very little room for compassion
when one is full of cruelty

11. Wisdom is finite
Ignorance is unlimited

Chapter 1

23. No man knows his true character until
he has had his ass kicked,
been seriously ill, lost a Loved one,
and done hard time

24. He who loses his rage
finds a happier Life

25. The difference between
youth and old age is
Experience

26. The more compassion increases
the more selfishness decreases

27. When you dig for gold
you gotta go thru alot of dirt

28. Without ugliness
there can be no Beauty

29. Reading with out thinking leads to
misunderstanding
Acting with out thinking leads to
Trouble

30. The beginning of Wisdom is
Seeing all Life as a lesson

31. A successful man's greatest friend
is
hard work

32. Sometimes the greatest thing you can learn
is
you were wrong

33. The easiest thing to make
is
a mistake

Chapter 2

38. You can measure a man's character
by how easily he gives up
-
39. The more we learn
The more our imagination grows
-
40. If you don't wanna get sick
eating right is half the trick;
but if you also wanna live long
you gotta exercise to stay strong
-
41. How successful you become
is determined by
how ambitious you are
-
42. Great power does not come from muscles
It comes from having a determined mind
-
43. Every time we say "no" to ourselves
we become a little stronger
-
44. Peace
starts from the inside and works its way out
-
45. Like a flying eagle hunting for food
a wiseman searches for knowledge
-
46. Our legacy lies not in how much we
changed the world
But in how much we changed ourselves
-
47. In the deep Silence of Time
we can hear
FOREVER
-
48. Only thru Time
is Time conquered
-
49. He who sees rationally
is blind to rage
-

Chapter 2

-
62. Truly Great plans are like new houses
they take time to be built
-
63. A mind is like a well
if you want it to be clear
get rid of what's making it impure
-
64. With great patience
great things are possible
-
65. The key to having compassion come naturally
is
practice
-
66. The strongest Men are the ones
who can conquer themselves
-
67. What we work on
we become
-
68. The devout man learns to change the world
by learning to change himself
-
69. If kindness grew on trees
everyone would be a farmer
-
70. Being happy is like being in shape:
If you don't do it everyday
it goes away
-
71. He who meditates every day
will learn to keep stress at bay
-
72. Happiness is like sports:
If you practice it everyday
you get good at it
-
73. Those who know how to state a fact
with the least offensive impact
have mastered the art of "tact"
which is all part of being a class act
-

Chapter 3

85. Love as if you're gonna die tomorrow
Give as if you're gonna live forever

86. Excellence starts out as a mindset
then it becomes a way of Life

87. Religions were made so that we would Love one another
not so that we would hate those who are
different from us

88. We see who we are
by what we think
The world sees who we are
by what we do

89. The mark of a big man
is
the ability to raise people up
when they feel small

90. Friends may come and friends may go
But a true friend you will not
out grow

91. The first thing you have to do
to solve a problem
is
See it

92. Serenity
comes from being in harmony with
the world around you
and within you

93. The mark of a little man
is that
he puts others down to feel big

94. Like a tailored suit and a Rolex
manners make you look good

Chapter 3

107. False friends mostly talk
True friends mostly Listen

108. Every man has his own Reality
an insightful man can see another's

109. Wisdom is not only learning
what to see
but what to overlook

110. Even if your heart was in the right place
if your actions were wrong they're hard to erase

111. Holding a grudge
is like picking a scab
the wound never gets a chance to heal

112. The key to having class
is
courtesy

113. The greatest feat of strength
is
biting your tongue when you know you're right

114. The key to kindness is
seeing your neighbor as yourself

115. People meet your attitude
before they meet you;
If they don't like your attitude
they won't like you

116. A person is attracted to kindness
the way a house plant is drawn to
a ray of sunlight

117. The secret to getting along with anyone
is
Patience

Chapter 3

129. Kindness is contagious

130. A compassionate man sees
similarities between himself and other people
not differences

131. You are only as Alive
as the people your Life touches

132. The problem with being an island
is that's it's easy to get washed away

133. The key to having true Empathy is
seeing all people in ourselves
and ourselves in all people

134. He who cannot guard a secret
surrenders the right to be called a friend

135. Words are like hammers
they can be used to build
or destroy

136. People like people who
solve problems

137. When you begin to see yourself
in all Men
All Men will begin to See themselves
in you

138. The more you Listen
The more you Learn

139. When we learn to apologize
we'll look alot better in other's eyes

140. Smart remarks are like ghosts
they may come back to haunt you

Chapter 46

144. An Enlightened man
sees his emotions as just clouds that go by
and he is the mountain that will not be moved.

145. Memories are our recollections of the past
Dreams are our hopes for the future

146. The difference between
a successful man and a unsuccessful man
is
Goals

147. If you want to change your future
change your goals

148. Your mood is not based
on your surroundings;
it's based on what you think

149. Whether you see your Life
as lousy or great
all depends on your mental state

150. True strength starts
when you learn not to be lonely
when you are alone

151. Like a gold chain or a diamond ring
smart words make you shine

152. He who always does his best
lives a Life full of success

153. Egos are like free throws
when you keep them in line
it's easier to make your point

154. A lazy man waits for others to solve his problems
An industrious man solves them himself

Chapter 4

165. The more Life's riddles that we solve
the more our consciousness does evolve

166. Before Success can become a way of life
it must first become a mindset

167. When your back is up against the wall
there's no where to go but forward

168. Without Fear
there can be no true courage

169. A sincere man
is not only truthful with others
but himself

170. We are not paid for our potential
we are paid for our performance

171. If you think today is going to be
a good day or a bad day
you're right

Because that's what you're gonna get

172. Our Reality is whatever we
think is Real

173. Your mood is like a pair of glasses
it affects the way you see the
world

174. Like a salmon heading upstream
an optimistic man will not be deterred

175. Whatever you put into your Mind
is what you're gonna get out of it

176. A smart man collects good ideas
like a bee collects honey

Chapter 4

189. An angry mind is like a bucket of muddy water
but if you leave it alone long enough
it will start to clear

190. The most flattering thing you can wear
that makes everyone look their best
cannot be bought in a store
it is
a smile

191. He who looks deep into his heart
will find that false illusions soon depart

192. For those who hear the calling
Life itself is composed of riddles
that compel them to look for answers

193. What is inside a man's heart
will eventually come out in his Actions

194. Right attitude leads to
Right results

195. For those who hear the calling
this world is full of adventure

196. Birds of a feather flock together
Wolves of a pack together attack

197. An Enlightened man
can see the whole world
without going outside

198. The key to covering all your mistakes
is
Success

199. You can't reach for the stars
with your hands in your pockets

200. It's not what you see
but how you see it

Chapter 4

212. If a man loves courage
but does not practice it
he is a coward

213. Mistakes are like text books
they are only useful
if you learn from them

214. When you bite the hand that feeds you
you may find out
they no longer need you

215. The harder we prepare
The easier we prevail

216. A wise man
not only knows his strengths
but he also knows his weaknesses

Chapter 5

229. Delusions of the ego are like wearing a blindfold
You can't see what's real

230. Watch out if you try to beat someone at their own game afterwards...
you may never be the same

231. The more we can see our Death
The more we can see our Life

232. Big addictions cause strongmen
to become weak

233. When you stop lying to yourself
You start to See the Truth

234. He who asks the most questions
gets the most answers

235. The number of people in our personal world
is directly proportional to the amount
of compassion in our heart

236. SIMPLICITY
is the key to understanding

237. We might not have the power
to change the world
but we do have the power
to change our attitude

238. Hope is an anchor
that keeps you secure in the stormy seas of despair

239. A man without patience
is like a car without oil

240. Words are as beautiful as tigers
and sometimes just as dangerous

Chapter 6

251. Our noble ambitions are little saplings
that when they are fully developed
become giant redwoods

252. Goals make the man

253. There is no force greater than hope
with it
all future realities are possible

254. Our Life is like a car
it goes in the direction we steer it

255. Reality is what
you make of it

256. A man who spends his time learning knowledge
is his own best friend

257. The harder we plan
The easier we progress

258. He who searches the Silence
finds...
Understanding

259. The most powerful man is not the one
who can control others
but himself

260. A wise man chooses his habits like
he chooses his cars

261. If you want to change your future
make steps to change your present

262. Imagine
the future you always wanted
then take the steps to make it
happen

Chapter 6

- 274. They say:
 "Absence makes the heart grow fonder"
 but if you wait too long
 their mind will wander

- 275. Everyone has had good ideas
 successful men acted upon theirs

- 276. To See the Truth
 A man must not be blind to the facts

- 277. If you want to change your world,
 change yourself

- 278. Your Life is like a working car engine,
 all things are connected
 and nothing is without meaning

- 279. Secrets are like pin numbers
 they should be kept to yourself

- 280. Try often!
 It's not the number of shots you missed,
 It's the number of shots you make

- 281. same Actions = same out comes
 different Actions = different out comes

- 282. He who doesn't dare
 never succeeds

- 283. The best way to understand something
 is to do it

- 284. The harder we think about our future in our youth,
 The easier we will have it in our old age

- 285. Change your Mind
 change your Attitude
 change your Life

Chapter 6

298. To be able to see the solution we must first see the problem

299. A future without a plan is like a car without a steering wheel

300. The Doors to a deeper existence are found thru patient persistence You learn how to control you How to handle others too You eventually become so serene You can see what Humanity means: That the real way to satisfaction is to practice compassion in Action

301. The key to organization is SIMPLICITY

302. The person we were if unchanged will be who we become; if all of that was good then great, but if not then that's dumb

303. No matter how bad things may seem No matter how bad things may get; Hope lies in a different tomorrow The future isn't set

304. No man knows his true character until he has been so low that everything looks like an up to him

305. He who watches what he says sees himself staying out of trouble

306. A smart man watches his mouth like he watches his money

307. Selfishness is a one way street to a dead end

Chapter 7

320. It's hard to have room for Love when you're full of judgement

321. Strong men forgive Weak men hold grudges

322. Look at your past and then you will see If you are your friend or your own worst enemy

323. Addictions are just afflictions that we can't see; But if you quit long enough you'll get back your sanity

324. The only thing a quitter builds is a wall of excuses

325. It is easy to argue but difficult to take bad words back

326. The worst thing about society today isn't that no one knows about integrity it's that no one seems to care

327. Temptations are like defective GPSs they take you in the wrong direction

328. There is very little room in your life for others when your life is full of selfishness

329. When you allow others to make you angry you become a puppet on a string

330. The things that annoy us are just a test of Character

331. If people don't like what your attitude has to say they won't want to hear what you've got to say

Chapter 2

343. The worst thing about ridin' the crazy train is:
 your choo-choo goes coo-coo
 your caboose gets loose
 your get-up-and-go goes loco
 your clickety-clack goes off the track
 and man it's hard gettin' back
-
344. Problems are like cars
 if you don't fix them
 they get worse
-
345. Whatever stops your progress
 holds you back
-
346. Failure is to Success
 as cocoa beans are to chocolate
-
347. So you think you're a player and you string women along
 Well there's consequences for wrong actions and they
 can be strong;
 Listen to these words my friends and be forewarned
 "Hell hath no fury like a woman scorned"
 You may think lite of this and you may jest
 But each love affair you enter is only a test;
- many a man has had their Life torn apart and had a hard time
 All becuz' they broke a woman's heart
 and didn't think it a crime.
-
348. Opportunities are never lost
 they are just given away
-
349. Emotions are like horses
 if not controlled they'll run wild
-
350. He who has been there
 knows what to expect
-
351. The worst thing about low expectations
 is
 you get what you wish for

Chapter 8

358. A Man is only as good as his principles

359. Time in the hole does not build character
It reveals it

360. When you do the Right thing
You do Right by you

361. When your down on your luck
and you'd do anything for a buck;
It's best not to be real choosy
even if the job is a real doozy

362. The more we raise our standards
the lower our tolerance for mischief

363. Honesty is the key to morality

364. Sincerity comes from
having a clear conscience

365. When you're on top of the world
it's easy to fall off

366. Our Actions are like boomerangs
they always come back to us

367. There is one thing all Great Men have:
A conscience

368. Life's pain is the catalyst
that forces us to change

369. There is very little room for Love
when one is full of hate

370. No People
are only as "Real"
as you let them be

Chapter 8

382. A wise man knows
It is better to say too little
than to say too much
-
383. Secrets are like attack dogs
They only hurt people if you let them out
-
384. One moment of patience
can save you from a lifetime of sorrow
-
385. Words are like handguns
If they're not kept clean they can
backfire on us
-
386. The greatest gift we can give ourselves
is
a clear conscience
-
387. Spreading gossip is like playing with fireworks
You never know if it will
come back to hurt you
-
388. He who closes his eyes
and searches the Silence
finds...
his Mind alone
waiting patiently for him
-
389. As tools are to a mechanic
Truth is to Justice
-
390. I don't care what they say
WHERE THERE'S A WILL THERE'S A WAY!
you see it every day
good ideas pay
they're always on display
so hurry don't delay
and from your task don't stray
remember if you enjoy it it's not work it's play
the trick is not to let your emotions sway
or your goals you'll betray
Whatever you do don't do it half-way
If you need strength to see it thru- pray
don't let your dreams decay
you're stronger than that- OK?
And when you're finished everyone will say- HURRAY!

Chapter 9

393. The only way you can succeed
is
If you try
-
394. When you have a great imagination
you are never bored
-
395. Religions were made to bring people together
not to tear them apart
-
396. Every fortunate future starts
with a pondered past
-
397. The Lives we make
are based on the opportunities we take
-
398. He who finds himself
is no longer lost
-
399. When we fix our own problems
we're our own best friend
-
400. A happy memory is like gold
It's value keeps increasing with years
-
401. He who keeps the company of fools
gives up having a good reputation
-
402. The harder we prepare
The easier we profit
-
403. We are never alone
when we are our own best friend
-
404. In the space of Silence
we can hear
all of Eternity
-
405. Where ever you are
is where you're at
-

Chapter 9

417. Life is a constant series of choices
of what to do and what not to do;
~~What we choose becomes who we are~~

418. You are only as alive
as your last breath

419. Life is like a treasure hunt:
The world is full of good ideas
~~and it is up to you to find them~~

420. Actions are temporary
Reputations are lasting

421. ~~Old haagsups~~ prevent
new growth

422. ~~To the~~ Enlightened man
every moment has meaning

423. A still Mind Sees the Truth

424. We cannot have a new past
~~but we can make a new future~~

425. The Truth has always been there
~~it is up to us to notice it~~

426. Count yourself lucky if you're never ~~one of the men~~
who has to utter the saddest words ever heard
"It could have been..."

427. For those who hear the calling:
You are only as Alive
as the number of people your Life touches

428. The Life you make
is equal to the opportunities you take

Chapter 9

440. To see an opportunity
You must have your eyes open

441. If you want to keep bad health at bay
exercise every day

442. Life is an endless river of opportunities!
but if we always play it safe and stay on the shore

One day we will realize our youth has floated by
to return to us Nevermore

Chapter 10

453. Only those who pay attention
hear opportunity knocking at their door

454. The Moment is ripe with possibilities;
And the way to harvest it
is
thru the fruit of your labors

455. Crime doesn't pay
no matter what they say
it's not a game you play
it just ends in dismay

Crime doesn't pay
you'll just end up in prison some way
and a criminal record is here to stay
following you every where you go from day-to-day

Crime doesn't pay
even predators become prey
then you could get blown away
all because you went astray

DON'T THROW YOUR LIFE AWAY!
Crime doesn't pay

456. Life is a constant series of choices
of what we should keep or throw away;
others define us by our choices

457. Prayer is like an engine
the more regularly you use it
the better it works

458. Exercise and eat right every day
and you'll keep bad health at bay

459. He who constantly wastes his Time
commits one of Life's most unforgivable crimes;

You might not agree with this when you're young and new
but when you get old you'll say
"WHAT DID I DO???"

Chapter 11

-
471. When aquired Wisdom
becomes second nature
we call it common sense
-
472. A student of Life
sees the world as his classroom
and everyone as his teacher
-
473. The greatest pleasure from learning is
to go over what you have learned
and learn from it again
-
474. Reputations are made by Actions
not by intentions
-
475. The road to mediocrity is littered with
excuses
-
476. Every time you pass the test of patience
you graduate to the next level of
Maturity
-
477. An ordinary man when he looks back at his Life
sees only his accomplishments;
An extra-ordinary man sees all his mistakes
and learns from them
-
478. The most important thing you can give someone
is
kindness
-
479. If you keep "burning your bridges"
you won't be able to get back home
-
480. In order to go forward
we have to part with the people and things
which hold us back
-
481. The more you are aware of your Death
The more you are aware of your Life
-
482. Superstitious men beleive in luck
Rational men beleive in cause and effect
-

Chapter 11

495. What most people don't realize is
we must work for our Wisdom;
It is not entertainment
it is Life's most important job

496. This Life,
in all it's many different forms,
is all the same Life;
It flows in all things,
IT is all things,
It is the Universe,
and we...
are all One

497. When you give your all
and you have no more to give
You know what it is to be Alive
and you have found a reason to Live

498. The past is done and gone
The future no one can really tell;
Tomorrow could be your final song
So before you say farewell;
Live each moment like its your last
because Life goes by pretty fast

499. Oh Life how precious is your kiss
each second of awareness we dare not miss;
Oh Life how passionate is your touch
you bring our senses Alive so much;
Oh Life how soothing is your song
when we feel it our hearts sing along;
Oh Life how perfect is your unconditional Love
it is all we ever wanted and we could ever dream of;
Oh Life how Beautiful and simple is your creed
As long as we respect you, you give us what we need

summary

(my celly asked me to sum up the whole book in eleven proverbs)

He who opens his Mind
shall See

He who opens his heart
shall find compassion

He who learns to be humble
no matter where he goes
will always know the Joy of friends

He who changes his way of Thinking
shall find a different Life

He who studies his past
shall find insight

He who opens up his Life
shall find room for others

He who analyzes his Beliefs
shall find Understanding

He who opens up his imagination
shall find an endless world of possibilities

He who listens to his conscience
shall find Humanity

He who makes Patience his passion
shall find Peace

He who learns
to See the Universe and himself
as being the same
comes to care for all things

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