

My Supplemental Addendum Commentary for All Pages and Contents Posted,

Its been very difficult decision whether to post any my daily journals and bundles of pages publicly online.

Most times, the longer I've taken to think all matter over, tend to endup going full circle as I do see many separate possible dualities by my decisions; "Duality/Dualities" to mean varying degrees to polarities that I have thought over or self reflected upon if I post my journal letters online, What if any good or bad longer term consequences may possibly, if at all may later result?

\* However, as often times thought all pertaining matters over. This is not a new matter as during my past decade have near weekly and monthly publicly posted most everything I've written in Journals posted online.

\* Duality is that I do see both good and bad reasons for publicly posting online.

\* At the end of all my decisions, I've contemplated that any this is the same, if similar to anyone else whom uses online Social Media, Daily if by each their own moments publicly posting online their personal opinions, commentaries of thoughts, Experiences Strengths and Hopes Etc..

\* Although as a prisoner daily living under extremely encumbered prison circumstances, I do not have nearly the same personal freedoms to openly express content as others may do in outside society.

\* By any this, It did come to mind that whatever my concerns were to whatever anyone may assume of me, that most all that I've decided to publicly post online, is most certainly mild and tame, \*If compared with all else that Others in the free outside world society has already posted online at all possible social media sites.

\* My Personal Concerns maybe just my own and it does not matter for anyone else. If I am concerned that any one may think bad of me? Is kind of humorous in its own ways, if I consider that I'm already a prisoner.

So what can be more worse that anyone may assume of me? I'm already in prison and there is nothing actually bad that I've written of myself in my daily journals. \*Its just my daily journal letters to Attorneys & Friends.

\*\* It must also be noted that most everything I've written about in all pages are of my personal moments. That most all to any of it may very well been since resolved or changed as the reality in living life is by moment to moments progressions in time, all circumstances and matters will change by any which numbers of ways.

\* This also applies to topics written about prisoners that caused my many distressful annoying moments, that much may have since changed amongst me. With a few to some written about, we have even learned better in living with each other. And in many ways we have no choice but to learn better in living with each other in Peace and Respect, separate to any of our past differences. \*And by the Grace and Spiritual Guidances of GOD and Angelics Spirits, I have accomplished all of that with All prisoners, that I am daily living amongst and with... We live in Peace! Acceptances! And Tolerances of each others unique differences in all possible ways.

\* In Humors but Seriously, None this is to say that if by moments that any amongst me, does not at times can and has annoyed or upset me highly by their personalities and ways. And I am sure in reverse I may at times; (in duality/dualities); That too may unknowingly appear in similar to anyone here as well... We are all different people and unique individuals locked in together in prison. We all do our very best to survive Past our differences.

\* Writing my daily journals helps me to cope is among my alternate outlets...

Sincerely Yours, Dr.Allen Lau,

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