

A Blessing For Joseph^{Troy} Westbrook (Dream)

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I woke up from a dream at 3:47 am this morning. I got up to record it so I wouldn't forget it. In the dream, I was with my celly, Joseph in a fairly large Christian Church auditorium in a meeting. I'm asked to give Joe a blessing in front of them.

I said, "I call upon yesterday's blessing, and add some general things." That's when I woke up.

(separately)
Yesterday, after we went to OMR (tribunal) Joe asked if I would pray for him. Capt. Nelson, in OMR, told him they were moving him back to the section he came from — where his life is now in jeopardy. He asked them to review the cameras to see the event where he was threatened by several gang members who threatened to stab him. (Many of them ganging up.)

I pointed out that he's hanging out with a rough crowd, kind of reaping what he's sown. The only way God's going to hear his plea is if he's committed to repent and change his lifestyle and associations. He didn't want to hear that and said, "I don't need your prayer" (if it requires repentance).

Earlier, I had reprimanded him for taking a girly photo (magazine) from someone at the door. "You know you're not supposed to lust after females — that Jesus admonished this." (We had this conversation a few days ago when I asked him not to have a girly image near our table. (He was storing his coffee^{grains} on top of it.) A few minutes later (after he retracting the prayer request) he gave the girly photo away to someone at the door. (I would have preferred that he ^{take} it up and put it in the trash, so it wouldn't keep tempting inmates.)

(2)

About 5 min. after that, he said ^{to me} something to the effect, "I gave it away, I repented. Now would you please pray for me?"

We knelt on the floor next to the table (and toilet). He put his ^{right} arm on my shoulder, so I put mine on his (right). I had the impression to change position to having him sit down on the table seat, and I'd put my hands on his head, but I st. (wrongfully) shrugged off that impression.

I was a few seconds into the prayer, when he stopped me, and said, "Let's do it this way." He sat on the seat next to him and said, "Put your hands on my head."

^{Before we knelt on the ground,}
I went to turn the lights off. He asked, "What are you doing that for?" I replied, "For some privacy." He bravely said, "No, we need to show a good example" — or something like that.

So I kept the lights on as I stood behind him, my hands on his head, and began the blessing, ⁱⁿ evoking the name of Jesus Christ and by the power of the Melchizedek priesthood. I blessed him with courage, with peace; admonished him to trust in God and His ability to protect. I reminded him that God's protection is usually contingent on a life of dedication to God, not sin. I blessed him with added power to resist temptation. (God would augment that his desires to turn away or say no or redirect His thinking and desires.)

I ^{counseled} ~~counseled~~ him to use discernment in what he says to people, and that sometimes a lie is needed for safety, such as in Nazi Germany when protectors would say they had no Jews, when in fact they did. But at the same time, he needed to be brave to tell the truth when that is what is needed. (Abraham lied about his wife being his sister, or they would have killed him to gain her for their own.) I complimented him on this skill I've seen him use when talking to people at the door:

(Of course, lying in doing his drug wheeling and dealing is not good -
et either the lying or the drugging.)

I also admonished him to remember the eternal principle that
those who pay heed to God will get more wisdom, until they receive
a fulness, while those who turn away from Gods teachings will
have their wisdom taken away until they have nothing, and are
subject to the chains of the devil - it's up to us. (Alma 12:9-11)

I complimented him on his following his impressions of the
Spirit, notwithstanding what others might think, (such as when he
washed my feet, the day after he arrived ~~(at home)~~). I also com-
plimented him on his use of the gift of healing. (He spoke a word
e.g. Earlier in the day,
of knowledge over an inmate who had a hurt leg, praying and pro-
nouncing a blessing on him in the name of Jesus. The guy was on
the other side of a closed door, He's the one Jay later gave
that goofy photo - not discerning the contradiction.)

I prayed a blessing on the officers making the decision
about where to house Joe. Before ending, I used wording I'd heard

After the blessing, we gave each other a hug.

A little later, I told him: "Two important things to remem-
ber: (A) 'Thy will be done'; and (B) 'Thank you for this challenge'.
Those two attitudes will make all the difference in any ^{difficult} situation."

He seemed to appreciate that.

Back to Dream this Morning

That gives you a context for what I how I started the
prayer in my dream: "I call upon

"Joseph Troy Westbrook, in the name of Jesus Christ, and by
the power of the Melchizedek priesthood, First, I call upon yesterday's
blessing, and now add some general things."

<woke up & recorded>

From Joe when he did the word of knowledge earlier. "If there
is anything I've left
out, I ask Spirit to intercede and grant those, too."

After recording that much, and noting the time (my glucometer has an internal light that I can activate), I laid back down to return to sleep. As I laid down, getting blankets over me (sheet & blanket; temp. is ~71°F), the scene of the chapel immediately came to mind, and I was still in the blessing mode. Some additional wording came to mind: "It matters what you do. Seek righteousness in keeping the commandments [including impressions of the spirit and reprimands of the conscience] of God." I got up, noted the time (4:06), jotted that wording down and went back to bed. This same process continued until ~4:56, after which I fell asleep. Sometimes, as ^{my} mind started by drifting, it was a little harder to get back to the chapel auditorium scene (~2k people ish?), but it would come back, and more wording would come to mind (my own thinking, guided by God). Here are the remaining 13 reports / recordings, followed a couple hours later with an impression when I woke up for the day.

4:08 "You're called to be a leader of men."

4:10 "You have a gift of healing, both of yourself [that you don't recognize so much], and of others.* You also have a gift of physical strength." [Today, 15:55, he said he could withstand an army of 10k men as described in Psalms. (This was clarifying something he said a couple of hours ago, along those lines in context of the possibility he could be jumped by that gang.)]

4:12 "You have a gift of faith. You have been called to prepare the way for the Millennial reign and of my advent. (Matt. 3:3) Take this seriously."

4:19 "As you chose yesterday, stop allowing lustful images into your life. Don't objectify women - Respect, nurture, empower [and protect] them."

4:21 "You have a weakness when it comes to drugs. [Something you

planned into your life before you were born, along with God, as something you'd have to overcome with faith in God. Your biggest test for this life, as an old soul incarnated here to rise and shine, No one is guaranteed success. Your test is commensurate with your soul age. Designed to be super difficult. You can fail. You have agency. You must use that agency to rise above your addictions with faith in God. [I could fail, too.]

"I BLESS YOU WITH STRENGTH" [I say very loudly, to get the subconscious mind's ~~sharp~~ attention from the shock/surprise.]

4:20 "You have a gift and a mission to be able to relate to 'the least of these, my brethren', but you are not to stay as such yourself, but to help elevate them." [Your idea for a homeless apartment and garden complex for women and children is along these lines.]

4:26 "You have called Jesus your 'best friend'. Keep it that way always, even when you meet that special lady who will become your wife. You and I may also become best of friends, but your ultimate loyalty should always be to Father in Heaven above."

4:30 "— which is actually your own unveiled spirit, who works in league with God, and with is one with God, and will help you become the same [God], as you achieve the "all in, synced up" status — a joint heir of Christ [= ChofFB], a god, equal with God [D&C 1:38=107], able to access all power, all wisdom, all knowledge in righteousness. Remember that all the [ChofFB] gifts of the Spirit are to be used only within the AF13 boundaries / filter. [Articles of Faith 13 = last ^{omega} verse of LDS scripture, "We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men..." — to only be used for good.]

4:32 "You have the gift of story telling. Embrace and nurture that gift." "You have begun to see the power of Alphabets (AB) [in showing] the power of numbers and the meanings associated with them. Embrace this, and learn to utilize it in righteousness, for good. Don't

(Quit)

resist it out of Satan's skepticism [doubt and faith are incompatible].

4:47 "You have been given certain gifts with the scriptures, including understanding and memorizing. Embrace and nurture those gifts. Practice them [in usage] - a lot."

4:49 "You have a gift of following and being obedient to intuition or divine guidance. You are quick to follow the Spirit. This has been a source of great spiritual growth. The more you follow God's guidance, the more you will receive, until you receive a fullness. [Alma 12:4-11]

~4:52 "You have the gift of fellowship, or of social interaction. Nurture this, but I counsel you to keep focused on lifting others, not coasting or going downhill with them."

4:56 "I bless you with the gift of humility, which you have a measure of, but could use much more. Remember, the only way to be truly great is to be truly humble. All goodness comes from God, not of ourselves."

~6:45 (awake) "I'm going to do an article about 3:3. Pay special and careful attention to this. I have a powerful gift from God in this area of seeing relevance in scripture to a particular topic."

Approach this prayerfully and take it seriously. Few people get this opportunity. [Isa. 55:6]

<when written> (2004) At Joe's ^{initiate} investigation and perpetuation, we've spent

much of the evening with him looking up various instances of 3:3, starting with Genesis and ending with Revelation. In several cases he read the entire chapter (at least), and sometimes even surrounding text (neighboring chapters). He agreed that he was seeing value in AB.

He seemed blown away in a good way. Astonished. It was speaking to him, reprimanding him, encouraging him, telling him of his mission, counselling him.

<18:19 occurred> I especially was amazed by Col. 3:3 "For you have died

[3 times, different scenarios], and came back], and your life is hidden with Christ in God." That calls to mind D&C 86:5, 6 [Jesus'

So, here I'd counseled him in the "Adam" sequence what he essentially ended up doing of his own volition tonight.

descendants, hidden from the world in Christ]; and Isa. 49:2
~ ~~is~~ hidden in the quiver of the Lord for the sure shot of the word
of God.

At around 7pm, at Joe's instigation and administration, we
did encharist / sacrament together. I've not done this since my
excommunication in '93. He had wanted to do it a couple of times
before, but I didn't feel like the time / circumstances were right.
Seemed like his excuse to have one of my crackers (from medical),
sacreligious. But after that scripture session together, I allowed him
to proceed. He had me read 1 Cor. 10, 11 (both chapters). Only 11:25-29
are germane. As I read those verses he handed me part of a cracker,
then some ~~grap-i~~ grape-~~ish~~ juice he made strong.

I then read him the sacrament prayers in Moro. 4, 5. "Good
stuff," he said, even though it came from the BofM. I explained
how the sacrament is administered ~~in~~ by the Church of Jesus
Christ of Latter-day Saints. He seemed impressed.

Then he asked what time it is. I looked at my glucometer:
"19:19". I showed it to him. Last night ~~when~~ I wrote
the story of how he tried to ~~commit~~ commit suicide when he was
19, but the Lord delivered him. He had hung himself out on a forest
by himself ~~to~~ with a tow rope ~~from~~ 40 feet up a pine tree.
After he passed out, he came to on the ground, with the
to ~~not~~ rope smoking where it had severed about 6-8 feet
from his neck. (See that story.)

He then ^{of his own idea} locked up Gen. 19:19, ^{which} ~~which~~ includes this wording:
"Behold, your servant has found favor in your sight, and you have
shown me great kindness in saving my life..."

A few minutes later, another synchronicity unfolded.
I received three letters from my dad, all postmarked

"26 Jan 2026 AM, Salt Lake City" That's (A) Joe's birthday, and (B) the day I went on TRO, meeting him three days later. One of his letters is a Chad GTP description of the broken heart and contrite spirit. It's an excellent report - pulling from the combined wisdom of humanity. It also describes that teaching among members of the Church. Again excellent. Joe wanted me to read it to him. I handed it to him to read, so I could work on this article. He wants me to read it to him. I plan to.

<Target>

Today, I composed a "sinner's prayer" to give as part of my "Hello Antelope!" intro when I arrive there. (OMR yesterday said it would probably be next Wed or Thu. - going to Max.)

See that 2/2, 3 article. I'll urge those who want to do it to "mean it; say it after me, if you agree with the statement, or in your mind if you prefer not to be thus spiritually brave. I'll first read the whole thing, so they know what it says, then read short phrases for them to repeat. Here, I'll separate the phrases with a bullet point:

(Synchrocity)

~~Forth~~ Dear Father, • In the name of Jesus • I come to you. • I'm a sinner. • I have sinned against you • and against humanity. • I'm sorry. • Please forgive me. • I come to you • with a broken heart • and contrite spirit [Dad's letter], • Please give me a new heart, • I want to be good. • I commit myself^a to following you. • Again, I say this • in the name of Jesus Christ, • Amen."

<2/7>

Mighty Change Gone South

I had an amazing day yesterday with Joe. At his instigation, I washed his feet as he'd done for me the day after he arrived. ~~Also~~ while he read those accounts (of feet wash-

ing from the scriptures), reading through the end of John. We also did communion / sacrament together. ^{⟨*⟩} As he read in John about Jesus eating fish with the disciples after his resurrection, Joseph said, "We have fish tonight for dinner" (4-week menu repeats). I reminded him I get the "alt"/vegetarian tray. Synchronistically, as God's hand being revealed, for maybe the second time ever in my 10 years of incarceration, the kitchen inadvertently gave me fish instead of the substitute veggie patty, so we were able to have fish together, as Jesus did.

He then reverted to his old ways, dealing / trading drugs at the door. At around 8pm, he came over to the B table where I was writing, and knelt down by his ^{small} bench, to pray. I bowed my head (didn't feel to kneel with him, ^{because of} being so lukewarm in his obedience to God). Then he offered an extremely heart-felt and scripturally articulate sinner's prayer, asking for God for forgiveness, and to receive a change of heart. Went on 3-5 mins.

¶ He then asked if I wanted to add anything. I knelt, and gave gratitude for Joseph's prayer and asked for him to be given strength in his recovery process. I noted that what seemed to be missing from his prayer was any tears that should accompany a broken heart, contrite spirit sentiment genuinely felt.

He climbed up on his bed, and I read a Chat GPT query my dad did regarding the broken heart and contrite spirit. In this case, it seems like AI pulls from the collective wisdom of humanity to present an excellent distillation. Here's an excerpt.

Chat GPT on Broken Heart, Contrite Spirit

(I'm removing white space due to paper limit. "⟨br⟩" = next line.)

Q. What does it mean to have a broken heart and contrite spirit?

A. The phrase "a broken heart and contrite spirit"

comes from the Bible [and BoFM, co-timed] (esp. Psalm 51:17) [Don't forget Isa. 57:15 (15-19 about healing an addict - me in particular, but applies to everyone who will)] and has a spiritual and emotional meaning, not a physical one. [though spiritual/emotional health carries over into physical well-being.]
 What it means, simply
 It describes an inner attitude of humility, honesty, and repentance - a person who recognizes their own faults and genuinely turns back toward what is right. [Correction: The ~~bro~~ BT&CS focuses on what has been wrong with your walk with God. The mighty change (that results) is what turns us back to God.]

 Breaking it down
 • Broken heart
 This doesn't mean romantic heartbreak. [But it's not completely dissimilar. Our departure from God breaks his (& her) heart, yearning for us to come back; and the person with the broken heart, spiritually, has a yearning to restore a damaged relationship with God.] It means:

- Being deeply aware that you've done wrong [toward God] or fallen short [not "or"; should be "and". Doing wrong causes falling short, spiritually. Inseparable.]

- Feeling sincere sorrow, not excuses or defensiveness [or denial = most common - seared conscience].

- Letting go of pride or self-justifications [These should be listed separately. They're both huge and quite different. Shouldn't be lumped together.]

- Contrite spirit
 "Contrite" means crushed or humbled (in a healthy sense). This refers to:

 - A willingness to change

 - Openness to correction and growth [realizing that when you're uncomfortable is the best time to grow]

 - Choosing humility instead of stubbornness.

 In a spiritual sense
 In the Bible, this phrase teaches that what truly matters to God isn't rituals or appearances, but:

- Honest repentance

- Humility

- A teachable heart [is redundant to earlier. The salient point is the line about rituals and

appearances (good point).]
 It's about coming as you are, ~~at~~ [no, it's about recognizing you've become something alien to who you really are], admitting mistakes [to self.} Also important to repentance generally is to confess to injured parties, and doing what you can to make remedies - can be a long process, whereas the broken heart and contrite spirit is usually more of an event], and being willing to grow. [this whole sentence is quite cliché and lacks depth. Sounds good but ~~it~~ doesn't address the 'brokenness' component.] [Chat GPT lacks this wisdom.]
 In everyday life
 Ever outside religion,

the idea can mean: [I especially appreciated this section - putting it into lay/secular terms, where religious vernacular is not allowed, or unwelcome.]

 • Owning your mistakes instead of blaming others
 • Apologizing sincerely
 • Wanting to become better, not just to avoid consequences [These all lack the crucial component of ^{deep/broken} humility before God. God is who changes the heart. These ^{are} good, but not best remedies.]

In short, a broken heart and contrite spirit means recognizing you're not perfect, caring enough to feel it, and being willing to change. [Again, this is good, but it lacks the deep remorse before God.] // You said [David William query]
 What does it mean to have a broken heart and contrite spirit in an LDS context?

 Chat GPT said: [The following statement applies to the Christian view as well; not limited to LDS.]
 In Latter-day Saint (LDS) theology [Q. would the answer change if the query were to say "The Church of Jesus Christ of Latter-day Saints"?], to offer "a broken heart and a contrite spirit" is to present the kind of sacrifice God now requires in place of ancient animal sacrifice.

It is ^a deeply covenantal, relational, and Christ-centered concept rather than merely an emotional one. [The problem in the LDS culture/dogma is that "covenantal" carries a connotation of

church involvement — the Church is the implied vehicle of salvation, rather ^{than} it being a deeply personal relationship with Christ. In support of the correct relationship, D&C 10(?) says the church is those who repent and come unto Him. It's to be a body of believers with that in common — people who have covenanted with Christ.]

[...] "Broken heart: surrender of the natural man
 A broken heart does not mean despair, low self-worth, or emotional collapse [or shame (self-loathing type)]. Rather, it means:

- The natural man (Msk. 3:19) is humbled and yielded [to God — not an insignificant omission. (intentional that GPT anti-God bias?)]
 • One's will is subordinated to God's will [recognizing God's will to be far superior / better]
 • Pride, self-justification, and rebellion ^[and denial] are relinquished;
 • The ^{heart} becomes soft, teachable, and responsive to the Spirit [BTW, I'm doing this present study during the Superbowl. Nov 3rd Q. 7th min (according to celly, who is watching)]

In this sense, "broken" means broken open, not destroyed — much like a plowed field prepared to receive seed [Great turn of phrase someone was inspired with]

 Elder Neal A. Maxwell frequently described this as placing one's "whole soul on the altar." [all in, synced up]
 "Contrite spirit": godly sorrow that leads to change [This is at the root of the 2 Chron. 7:14 Prayer Event I see coming — a collective & godly sorrow of ~100 M people leading to a collective mighty change (Isa. 66:8), per my ~1985 book, A Mighty Change for a New World.]

A contrite spirit refers to a deeply penitent, submissive, and reverent disposition:

- Awareness of one's dependence on Christ

- Godly sorrow (not shame) that leads to repentance (see 2 Cor. 7:10)

- Willingness to be corrected, refined, and changed

- Quiet trust in the mercy and justice of God

- Contrition includes humility of intellect and spirit — acknowledging that God sees more clearly than we do.

Relationship to repentance and the Atonement
 In LDS doctrine, a broken heart and contrite spirit are:
 • Prerequisite for true repentance
 The means by which the Atonement is applied to the individual [ditto for society at large, as I just mentioned (2 Cor. 7:14; Isa. 66:28; Zech. 3:9; Jer. 33:14, 15 "my law I will write in their heart...")]
 • Required for baptism, sacrament worthiness, and enduring conversion
 They signal that a person has stopped trying to save themselves and has turned fully to Christ.
 This aligns with your own [my dad's] emphasis in your book project on the infinite, cosmic reach of the Atonement [Dad: Our Jesus is the only one in entire universe. Mo2 Each planet like ours has a Savior like ours — need localized, per planet. = "cosmic reach".] = Christ descended "below all things" (D&C 88:6-7), and the only thing He requires in return is the voluntary [continual] yielding of the human will. [to the end, not a one-time event — all-in, synced up → Christ's ultimately]
 A covenantal exchange
 In LDS theology, this offering can be summarized as a sacred exchange:
 We give Christ our broken heart and contrite spirit;
 He gives us a new heart and sanctified spirit. (See Ezk. 36:26; Alma 5) [is the gate we enter, followed by enduring to the end, ideally toward achieving the "all in, synced up" stature by which one becomes a joint heir of Christ]
 In practical terms
 To live with a broken heart and contrite spirit means: ‡
 • Praying with real intent
 † [I see the wording interesting here. I've hitherto thought of this as a turning point 'event', but this phrasing has it as an ongoing frame of mind & heart. It might not be as intense in the ongoing sense, but it is still a continuing maintenance of that initial posture of submission; humility; recognition of our own nothingness; our dependence on God's ~~mercy~~ mercy ~~and~~ direction, correction, power, love.]
 • Repenting quickly and honestly
 • Receiving correction without resentment
 • Partaking of the sacrament with humility
 • Enduring trials without hardening the heart [my celly^{Chris} is really struggling with this, has given up, largely; mad at God, resentful he didn't get things the way he wanted them.]
 Letting Christ change who we are, not just what we do [And the best expression of that ideal is "Ye are gods" (Ps. 82:6; Isa. 42:1-23) "all of you" — who became

all in, synced up.] <2/10>

As a quick tangent, today I found something super significant about ^{my celly's} ~~his~~ birthday. This morning, I had the impression that I could find something about him using AB methodology. This could maybe help him feel more purpose in life. I wish I could write this as a stand-alone article, but he doesn't want his name on it. I asked him, "What's your fav. number?" Nada. "What's your b-day?" A: "April". ^{Me:} "What day?" A: "29th".

I then read p. 429 of the BFD, not knowing exactly what was there, but confident there would be relevance. The admonitions against contention near the end of the page is especially relevant. He has a reputation for "drama" perhaps more than ^{any} anyone I've seen. Doesn't realize he's bringing most of it on himself by his drug wheeling and dealing - Satan's chains controlling his life.

Jesus' administering to the Mephistos relates to my being here in his cell with him as his celly. And he says, "God never does anything good for me." I replied, "You just don't notice. You need to change your complaining attitude to one of gratitude, and you'll start seeing God's hand abundantly in your life."

He says, "I fasted and prayed over and over again for 2 years to have good outcome in my case, but I was given life without parole for aggravated murder. And I didn't do it. It was my wife. God doesn't care about me."

I responded that no one deserved less what he deserved and was hit harder than Jesus. "You need to have a ^{new} 'Thy will be done' attitude of submission. 'I don't know why this is happening to me, but thank you. I'm going to make the most of it that I can.' I'm going to become the best person I can be, the man I was born to be."

I then pointed out that the last verse on the page is 3 Ne. 11:30 - my B-day. So the page of the number of his B-day, ends with the number of ^{my} B-day. "That's huge."

"Here we are cellmates, and the BSM has us together - The entire BSM testifies of this, via God. And ^{you} think God doesn't care about you." (15)

After I read that to him, he said, "Then why does God never answer any of my prayers. Why does he never do anything good for me."

I elevated my voice in rebuke, chiding him for his blindness. "God put us together as cellmates so I could help you see your purpose. He's got your birthday and my birthday on the same page of the BSM, and you still say God's never done anything good for you? Stop complaining, start being noticing and being grateful for all the ~~God~~ good things God is doing for you."

He said, "But why was I charged for something I didn't do, after all that fasting and praying? I wish God would come talk to me and tell me why, and what my mission is."

I said, "I'll do my best. Before you were born, you planned this (with God) for your life. You'd be born in difficult situations, commit many sins, be wrongfully charged ~~for~~ instead of your baby mamma. You'd get bitter, distant from God, hating life, then I'd come along and tell you of your purpose. You'll testify of God's goodness, of his healing your addiction. You'll become an amazing human that people look up to and respect and be motivated by. Many millions will transform their lives because of your example and love for God, and you becoming a joint heir of Christ, notwithstanding all you've been through."

(I added some stuff there that I'd now read to him.) After I said that, he said, "Okay," very matter of factly, as if he always knew that.

I asked if I could read it to him, what I added, he declined. "I'm good" (no thanks). Hard heart. He probably won't transform until I've told out and it's obvious who I really am.

My Born Again Experience

After I read that to Joseph (chat wpt), I told him briefly about my born again experience from when I was in high school, the summer before Senior year.

<2/11> «Back to 3Ne-11, p. 429. That first verse fits very well with Joseph, who was here before my present celly. I see this associating the two as ~~the~~ (A) having a great future destiny, (B) presently embroiled in drug addiction, (C) which leads to a hardened heart, to not see what is right in front of them. This is making Joe's transformation all the more challenging because he's sinning against greater light given.

“{page opening: }^{vs. 15b} going forth one by one until they had all gone forth, and did see with their eyes and did feel with their hands, and did [not] know of a swety and did [not, yet] bear record, that it was he, of whom was written by the prophets [extensively], that should come.”
 “19 And Nephi arose and went forth, and bowed himself before the Lord and did kiss his feet.”

I'm quite sure that after Joseph washed my feet (his instigation - has done it 3x before with other people), he gently kissed each one. He was it in the mode of "bowing", technically, but his humility and sincerity were essentially that. » <end of 'Back to p. 429'>

My dad is friends with the CES speaker and author, Blaine Yurgason, whose book, Angels & Orions (?) had a massive influence on my life. It makes a case for the huge importance of scrutinizing what kind of music and visual (TV, movies) content we subject ourselves to. Whose voice are we listening to? « He invited Blaine to come give a fireside in Boulder, CO, where he (dad) was Stake Pres. »

<Blaine's Fireside is where I had my ~~born~~ born again experience. He told the story of some high school students who were super rude to a homely girl, making fun at her. One day, she wrapped a 'present' for her.

She reluctantly opened it. It was a can of dog food. They laughed, as they left her alone. How can we be so mean?

He then told the story, in detail, over about 30 min.s about Jesus' passion (betrayal, trial, whipping, crucifixion). Tying those two together for me brought it home.

As I was saying that last part, Joseph was in tears, and he began weeping. I said, "Let it come, go with it." He burst out in weeping / sobbing. After about 30-45 sec.s, he got off his bed and knelt down at my bed. I knelt next to him, and he began offering a prayer of contrition, pleading for help with his addiction, for a new heart, for his sins to be forgiven, to be able to start anew. It wasn't a muttering / repeating of some words or meanings. His wording was coming genuinely, as guided by the Spirit, citing the scriptures, with which he is comfortable. That went on for about 5 min.s.

Then, he asked if I wanted to pray. I did, also for about the same amount of time. I spoke of his great future, as he comes alive in Christ, and is obedient to the guidance of God. That's how I felt coming out of my born again experience. I fell in love with the scriptures and the gospel. I shared it after with people around me. I was looking forward to serving a mission.

After the prayers, we stood up and hugged (for the third time that day). Noting the large gathering of inmates in the day room around the laundry distribution, I said it was good they were able to witness this. (He had been sobbing / weeping heavily the whole time.) He agreed. ‡

Then, the next day, we had that incident and he was moved out.

But on the heels of that prayer, I remarked to Joe that "I think this may have been the best week of my life, so far." In hindsight, I'm thinking of other things that surpass it.

‡ Our light was on, so people can easily see in here.

As a token of remembrance of our time together, he gave me his Body Armor, 16 oz, pineapple coconut, green bottle he got from an officer and had me promise I'd never throw it away. I said "I'm living through the Millennium, That's a long time to hang onto something." But I felt it would be worth the commitment as to the significance of our meeting. I came on TRO on his B-day, 1/26, and we've had many amazing AB line-ups together (now including p. 429 BoFM). I can't promise someone else will not inadvertently discard it (e.g. an officer going through my stuff). He also let me take the state clothes he was letting me use when I washed my only set in the shower. But when he moved from the cell, he took those with. I thought it would be a nice remembrance to have his name on my clothes in Max.

From me, he received the book I'd been using as a straight edge that the previous occupants left behind, about ~ "From the first year deal to a life of amazing success (and fulfillment)". He said "God left this here for me." He easily recognizes God's hand.

Joe also took one of my two state-issued blairnets. A low blow, poor taste. Took much of the magic out of the time we shared; made me not care if I ever saw him again in prison. I still haven't received a replacement.

I'm enclosing the note he left me in the cell when he left. The section 4 he speaks of has gang members who had threatened to stab him. Could be some "Protective Karma" in play. Alma 41:15 "For that which you send out [he wanted to wall violently on me] shall return unto you again and be restored." He created that, by what he wanted to do to me, and nearly did, with the officer standing at the closed door, looking in. He pushed me hard, which is when I went to the button, then 2 mins later pushed it as he escalated again, because I washed his saved saboxin down the sink. "Your conscience has legs." "Bze" he said sarcastically as the officer let me out. "Dae to move, Joseph did not review the last

this article

2/7/26 ~ 12:30 m

I was going to ~~to~~ take all the letters ⁽¹⁷⁾
you wrote about me but then I got convicted
by the spirit so I put them here on your bed
I am no thief so I'll be waiting for
my copies after you send them to mary
Please forgive me I just got pissed off at
you for join what you did and just so you know
they moved me back to section 4 where I didn't
want to go so I guess I'll get what I got
coming to me an ass whoppin or maybe I'll
get stabbed who knows I did however take
to cookies cause I won our bet about the box
thing. I do still love you and hope you do get
miraculously released I pray all works out for you
in all your endeavors. Please pray for protection over
me ok. May God Bless + keep you in Jesus christ
amen

Sincerely Yours


AKA Swear



19898926

Date: 10/6/2025 3:53:40 AM

Resident Id: 262576

Name: WESTBROOK, JOSEPH TROY

DOB:

Bed: FHS 2111 T

Bay: 1

Section: PAROLE VIOLATION

Pod: USCF F HIGH SIDE

Building: USCF

Unit: USCF

MH

#

Scan Code	Qty	Description	Price	Ext. Price
53411	1	WHITE RAIN-APPLE BLOSSOM CONDITIONER	\$2.25	\$2.25
56530	1	FRESH SCENT SHAVE CREAM ALCOHOL FREE	\$2.43	\$2.43
58652	1	SOAP DISH HINGED CLEAR	\$1.03	\$1.03

Subtotal

\$5.71

Tax

\$0.44

Total

\$6.15

Sale Exceptions

Scan Code	Qty	Description	Price	Ext. Price
53259	1	GOODY TORTOISE SIDE COMB 2 PK	\$1.51	\$1.51
53260	1	CLUB BRUSH PLASTIC BRISTLE	\$2.03	\$2.03
53287	1	POCKET COMB 5" BLK HEAVY DUTY	\$0.17	\$0.17

53405	1	BLUE MAGIC ARGAN OIL & VITAMIN E LEAV	\$7.71	\$7.71
56542	1	FRESHSCENT 4 OZ. AFTER SHAVE CLEAR BO	\$1.49	\$1.49
58167	1	PEOPLES CHOICE SUPER AMINO ACID 500MG	\$7.01	\$7.01
58172	1	NOW MELATONIN 5MG	\$9.98	\$9.98
59042	1	FOR:VER STAMP	\$0.78	\$0.78

Signature: