

• Sincere, reforming repentance: "Sincerely feel remorse for the wrong you have committed; return any right you have usurped to its owners; beg the pardon of those you have offended; and resolve not to commit again the wrong you have committed."

• Danielle Sered wrote that "...if we hurt someone we have an obligation to face that pain, to face the person who felt that pain, to answer their questions, to hear how it affected them and their loved ones, to sit in that fire."

• Your life matters and you are loved. You each have your own unique gifts to offer others and the universe.

• If you are among the people who get caught for what you do, the one person who is formally on your side is your defense attorney and the first thing that lawyer tells you to say is "not guilty."

During the guilt-innocence phase of my trial for the murder of Daniel Branch, the prosecution displayed photos of the crime scene on a large screen mounted high in a corner of the courtroom. Situated so as to be visible to everyone, including Daniel's family. As one of those images appeared on the screen, Daniel's mother began to sob and wail. Later that evening, in a cell-like attorney visit booth, separated by a glass panel, my mother asked through her own sobs, "Why did they allow her to do that in front of the jury? Why did she do that?"

