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Raylene Jackson

Her Story

Tuesday, August 20, 2002

I came into my room from our process group (in Enloe Behavioral Health). Monroe (a soft cloth monkey) was sitting on the bed. I asked him how it was going? He seemed to be happy to see me. I moved him to a different position. I felt comfort in doing that and knowing he was there.

Monroe doesn't judge me or talk back to me. He loves me. But I love my unanimated monkey as well. I can control Monroe. But I'm not, nor am I ever, cruel to him or my other things I talk to. He never talks back. He is a very good listener and he never judges me, or criticizes anything I may say or do. He can keep a secret. If I'm in a bad mood, he lets me be. I can hold him tight and squeeze him knowing he understands. I do the same with my dogs. I can't yell at them without feeling bad. If, I do, I get them a cookie.

Unconditional love. I never have to appease myself. I can be who ever I want or need to be. I don't have to hold back anything. He is always there when I need him. He never has a bad thing to say, he always has a smile on his face, and I love him for that.

I believe that Wilson kept Tom Hanks alive in Castaway. He had companionship. He felt love for Wilson. That was proven when he risked his life to save him when he went overboard.

So Wilson and Monroe are both lifesavers to us humans. It's important to have an unanimated to talk to. Many people pray to their higher power, which is very important and fulfilling for them. But it seems also very important to have a visual to hold, caress, touch, look into its eyes and know they are looking back.

I was asked to do this assignment by a very important person in my life by the name of Dave Swanson. I met him while I was a patient at the Behavioral Health Center. He taught a Spiritual group. My first reaction was that he reminded me of someone I knew who committed suicide five years ago. I didn't find that [mental association] to be sad or a negative thing. I felt excited and exhilarated

like I was meant to be there [in the spiritual group]. [His DELETE] Dave's voice

was soothing and calming. He told stories of life, I was entranced by him. After the class, I approached him and told him the story of my friend. I asked if I could hug him! I felt such a connection. Since then I have returned ro Behavioral Health two more times. I look forward to Dave's group every time. His words have changed my life. I owe all of my newfound spirituality to him and I will never be able to thank him enough. He has a beautiful, lovely wife named Kristin who works at Behavioral Health. She also has an effect on me. They are beautiful souls. God has given a grand gift by allowing them to share their stories and lives with us.

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