

To Boddah pronounced

Speaking from the tongue of an experienced simpleton who obviously would be rather be an emasculated, infantile complaineer. This note should be pretty easy to understand. All warnings from the punk rock 101 courses over the years.

Since my first introduction to the, shall we say, ethics involved with independence and embracement of your community has proven to be very true. I haven't felt the excitement of listening to as well as creating music along with reading and writing for too many years now. I feel guilty beyond words about these things. For example when we're backstage and the lights go out and the manic roar of crowd begins it doesn't affect the way in which it did for Freddy Mercury who seemed to love. (?) relish in the love and adoration from the crowd. Which is something I totally admire and envy. The fact is I can't fool you. It simply isn't fair to you or me. The worst crime I can think of would be to rip people off by fucking it and pretending as I'm having 100% fun. Sometimes I feel as if I should have a punch in time clock before I walk on stage.

I've tried everything within my power to appreciate it, and I do. God, believe me I do but it's not enough. I appreciate the fact that I and we have effected and entertained a lot. of people. I must be one of those narcissists who only appreciate things when they're gone.

I'm too sensitive. I need to be slightly numb in order to regain the enthusiasm I once had as a child. On our last three tours I've had much better appreciation for all the people I've known personally and as fans of our music, but I still can't get over the frustration, the guilt and empathy I have for everyone. There's good in all of us and I think I simply love people too much. So much that makes me feel too fucking sad. The sad little, sensitive, unappreciative, pises, Jesus man! Why don't you just enjoy it? I don't know. I have goddess of a wife who sweats ambition and empathy and a daughter who reminds me too much of what I used to be. Full of love and enjoy kissing every person she meets because everyone is good and will do her harm. And that terrifies me to point to where I can barely function. I can't stand the thought Frances becoming the miserable self-destructive death rocker that I've become.

I have it good, very good, and I'm grateful, but since the age of seven I've become hateful towards all humans in general.

Only because it seems so easy for people to get along, and have empathy. Empathy! Only because I love and feel for people too much

I guess. Thank you all from the pit of my burning nauseous stomach for moody baby!

I don't have the passion anymore and so remember, it's better to burn out than to fade away.

peace, love, empathy.

Kurt Cobain

Frances and Courtney, I'll be at your alter.

Please keep going Courtney

For Frances

For her life which will be so much happier without me. I love you. I love You!

