

## JulesRules #8

### Truth and Wisdom

#### Continues and expands from Ricky

Been a week or so until I was able to touch base with Rick and put together a new edition of **#JulesRules**. He has expanded his outreach to include videos as well; sort of a new aged technique call '[vlogging](#)'. It's all the rave now with the kids. :) In all seriousness, Rick takes you into his path and illuminates the dark side while trying to help others find the light. It's ain't easy but it also ain't impossible.

I enjoy the '[vlog](#)'. Hope you do as well and continue to encourage Ricky to speak his mind and help others in the process.

#### JULESRULES#8

1 - Been a week or so since a Jules Rules edition on the [Kron](#), Rick. I've noticed you have undertaken [vlogs](#) as a part of your outreach. How did you come to this decision.

*I decided to start making the videos to let people see, there is a person behind the words that I write. I am real, I stutter at times, and I want them to see the emotion in my face when I speak. What I speak is truth and not watered down. Also I want to be better at speaking in front of people. A video is the closest thing I can get to that right now. [Maybe the videos will evolve into something bigger](#). I don't know.*

2 - Sometimes, the raw truth you speak hurts to hear...how hard is it to say

***Sometimes the truth is scary to hear or say. Honestly I feel relieved when I share things and I gain strength from it. I don't have it in me to make up lies about myself just to have something to talk about. My past is real and I don't hide from it. Who I am is real, take it or leave it.***

3 - Tough question to ask, Rick. I know the one-year anniversary of London's passing is approaching, and mean this with all due respect, friend. But, it's been almost a year, and learning to know you, I know this will be tremendously hard for you; yet, your Love for your son shines in your writing as you speak of him. Is it your hope that by telling your story it can be of help to others.

***Sure. Anything I speak, I say it in hopes that it may reach someone. I am not naive enough to believe that I am saving the world. I just want to help some along my journey.***

4 - Do you allow others to help you; are there people there for you, in addition to your wonderful wife, Julie

***Oh yeah, people help me often. I am human my friend. I have struggles and needs just like the next man. I understand how pride can lead to self destruction. I am humbled daily in some way. If I need help I ask, that is how I got to this point in my life.***

5 - I will confess to missing our multiple daily conversations, Ricky, and am glad to touch base today. I note there are many Like me who enjoy talking with you. How does that make you feel.

***The thought of people enjoying talking to me is surreal and honestly I don't see myself as that guy. I just enjoy speaking to people and letting them see I can relate to them in some way and I don't condemn them for what they do. Fortunate and blessed, that is how I feel.***

6 - Is there a way our local areas can do more to help those with mental health issues. And, break down the social barriers that prevent people from seeking help

***I am not a doctor so I am only speaking on my opinion and experience. My answer is, "I don't know." From what I have seen, there has been help out there for people. Whether or not a person chooses to take the help, I don't know. I think there are good programs and***

***facilities with good intentions but there will always be that once instance that will over shadow all of the good. There is bad and good in every aspect of life.***

7 - I notice, often, that I feel your words are speaking directly to me even though I know that is not the case. Do others folks relate this to you as well.

***Yes, quite often. The truth of the matter is that in many ways we are all the same, dealing with the same issues. I dealt with mine in some bad ways and I choose to talk about it. I think folks can relate to me because I am able to talk about dark things in a way that doesn't belittle them, if they are guilty of it. I am far from perfect and I don't act like I am.***

BONUS - Fun question, departing from the harsh realities you use for teaching and helping. Mick seems to make you smile. And, Julies as well. What else puts joy in your heart.

***What brings me joy? Seeing other people happy, hands down. I take pride in being the best teammate and friend that I can be. I like mentoring people who look to me for advice or a***

***perspective. I get joy from eating a nice meal. I am a simple man and enjoy simple things. I don't need pretty toys and money to make me happy.***

**[\\*Ed.Note: You can see all of Ricky Johnson Jr.'s, video on You Tube.](#)**

*Ricky Johnson, Jr., lives at Lake Ozark, Mo., with his wife Julie and their mutt, Mick.*

ALLRIGHTSRESERVED:KpKronicleLLC ~ Kevin Pritchett