

# Feeling Like the Richest Man in the Universe

Last Tuesday morning, I lit a candle, ran warm water, and took a bath. And for a moment, I felt like the richest man in the universe. The world could have been burning around me, but no flames would have gotten through my High Guard nor my Philly Shell. I was untouchable and impenetrable. I felt smug for a moment as I imagined the leaders of the free world being tugged and pulled and yanked in umpteen different directions as I soaked in peace. I had cultivated immense gratitude in the small bathroom of my one-bedroom apartment. And then, as the feeling of a warm hug came over me, like rays of sunshine touching my skin, I heard, “Be still, and know that I am God.”

# High Guard

A boxing defensive technique.



# Philly Shell

Also, a boxing defensive technique.



Notice the left shoulder guarding the left side of the chin and the left wrist in front of the belly button.

Notice the right hand also guarding the chin and the right elbow touching the left glove

CAREFUL! Don't hurt yourself trying to get into a Philly Shell position. I can't be liable for any damages right now.

With Love,

*Vincent*

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