

## **Our problem**

Dear fellow one-votes,

We live in a spiritual vacuum. This country is a spiritual desert.

We are in a slough of despond. I love that expression. A slough of despair.

Are we happy?

Do we want things to change? Then get out the vacuum cleaner!

I urge you to try this now before you read further. I want to talk about emotions so I want your emotions to be engaged while you read this text. Think of something which is really narking you and blame yourself for it. Even if you don't feel a responsibility towards it. Or you don't think you feel able to do anything about. It doesn't matter. It really annoys you. It could be something in your home life or work or some issue you feel strongly about on a local or national level. It could be about a person at home or at work. Or a friend. Say "it is my fault" "that's my fault" and state the problem or issue out loud. - repeat it many times until you get the message - really mean it! Feel this in your heart and pulse through your body. Charge your emotions up. Please take between 5 and 10 minutes before you return to this. Or more time if you are not used to expressing your emotions. I want you to be moving emotionally.

How do you feel? Do you blame others anymore? I hope you will feel great. It is very cathartic. A regular exercise I hope. Imagine each of us then taking responsibility for the world problems. "All the problems of the world are my fault" being said repeatedly by everybody in the country including children, or especially children because it is primarily their future I am concerned with. This is huge for one person to take responsibility for all the world problems. What about 68 million people doing it together. I blame you sir. No madam it's your fault I think. And they both collapse laughing. That is the energy we all have to create. Laughter is disappearing from this country at an alarming speed - let's get it back now,

I am not attempting to deceive you. I just want you to be feeling something. I will explain the logic behind this later with a real / mythical example so you have clarity. Sometimes I don't know whether I am in the Matrix or not.

This will release us and enable us to recognise and solve problems which we were previously unable to do. We will be empowered. If we do this exercise often we may not notice much at first but gradually we will experience a sense of well-being. We will start to immerse ourselves in our work and hopefully enjoy it more, since one of the tricks of life is to enjoy what we have to do and all else follows from there. For most of us our job is our only source of income so it is fundamental to enjoy it, don't we think? If we don't - get another one that makes us more happy. Simple. We spend 8 hours sleeping, 10 hours at work including the commute, so all we have to worry about is the other 6 hours. Shouldn't be a problem should it? We enjoyed 10 hours and 8 hours we were unconscious. Our time. It's a no brainer. 6 hours playtime. Life is good.

Another thing we have to realise is that where we are now in our lives is entirely the product of our past and present thoughts. Think about it. Nothing else is there. We are a conscious being. Because that is all there is! Dead or alive! We can't start blaming anybody else can we? So let us entirely expunge blame culture from our language. Our current situation is entirely our fault. Time we did something about it. Think. There is no room for nostalgia or worry about our future because we might get run over by a bus. Our thoughts are not in the present tense at that moment. Dangerous. There would be a lot less people in accident and emergency if people stayed in the present tense.

So what did your mother-in-law die of? The death certificate said grievous tractor injuries – but she was always worrying about her future, I kept telling her she didn't have one – and I was right! So who was driving the tractor. Me. She had that glazed look in her eyes - just ran out in front of me. I think she agreed with me after all. It was all for the best.

Go back over the time line of your life, staying in the present tense of course, and reflect upon your experiences and get a feel for how that chimes with your current consciousness. In a life there are no good or bad experiences - just experiences - but they all have consequences – one can't change that! We have to deal with those!

We might regret a decision we made in the past because we didn't like the consequences. Well that is tough isn't it? Take the consequences and stay in the present tense. However if the decision affected another individual adversely then I hope we have apologised because we may be suffering from guilt and not regret. This is part of our journey of self-knowledge. We are all on this planet to learn but we may not be aware at the time of an experience what the lesson is! It is not healthy to regret. It is past tense. Just pay the price and keep ourselves out of outpatients. Stay in the present.

We are all searching for our soulmate. Well it is me! No. Not me you fools. I mean the me that lives within you. The one you call me. We are disconnected from our spirit or soul that resides within us. I think it is time for us all to do some self-enquiry and reacquaint ourselves with our soulmate before we sink deeper into the slough of despond. (Ooohh Love it!)

The soul, soulmate or spirit creates our emotions. The mind creates thoughts for the brain to process. The emotions lead to thoughts and thoughts lead to emotions. Our life is a constant interplay between the two. The mind and soul are in our energy field commonly known as the aura. The brain is for use during our short stay but the soul and mind are for eternity. We are all a bit messed up really when the soul and the mind are not in harmony. So we need to give our soulmate some love and start liking ourselves. Be happy. Your life decisions will be much easier when you are happy and you will start connecting with others and nature. We are spending too much time in our minds and have lost touch with our emotional selves - our soulmates.

Please stop entering marriages/relationships until your soul and mind are in harmony. There is chaos in this country caused by people entering a relationship of dependency where one or both parties is emotionally dependent, especially if children are involved.. They are looking for the other party to heal their emotional weakness rather than doing it themselves first and then deciding upon the relationship. This is based upon laziness or ignorance or the slough of despond (there it is again!). There are too many people lacking self esteem because they have lost contact with their soulmate who will always be there for them – but you have to acknowledge its existence first and then start questioning. Consider what causes your emotions. It is not your brain is it!

We must not classify ourselves because that is effectively putting ourselves into a box. By classify I mean taking our skin colour or religion for instance into our decision-making. This inhibits our highest thoughts because earthly issues are interfering. It diminishes our ability to help others and ourselves and lowers our frequency of vibration.

Yes. the whole universe is vibrating at different frequencies including those things you consider physical like rocks and washing machines. Crystal healing. The rocks are vibrating and so are you. Ever thought that they may interact. Never heard of washing machine healing though. It is not difficult, when having accepted this, to compare it to music which is a sound vibration and its affect on the listener will vary dependent upon the listener's personal frequency of vibration.

We are a conscious being with a mind and soul. It is not concerned with its earthly clothing. We are unlimited. We are a conscious being composed of mind and soul inhabiting a human body. The ultimate dialogue is between two persons speaking on a spiritual level as opposed to mind to mind which most conversations are. I have noted, in conversation with friends, when dialogue has moved from mind-to-mind to spirit-to-spirit after which much laughter ensues.

A gentleman is walking down the road and somebody calls him a “magenta bastard”. He carries on walking and ascends the train at London Bridge, sits down and thinks. Oh I see now. My skin is magenta and he thinks my parents weren't married. Of course they are both true. But there is no need to make a song and dance about it! What did he want me to do? Hit him? Well I didn't even consider it. If I had I would have quickly realised that I am giving him the feedback he desires. So quite unintentionally I gave him indifference. Nasty. We all want attention don't we? He picked on the wrong person that's all. But I wouldn't be surprised if he is waiting for me when I get home and accuses me of being indifferent. I would say to him “did you want my attention?” Well yes! You just ignored me. What did you want me to do precisely? I don't really know. I think I was angry and took my anger out on you because you are different. I certainly am. We are a minority in this country and we don't believe in marriage so you were correct in assuming I am a bastard. Are you are a bastard? Yes. So we have something in common then. Did you know that magenta people

made printing inks. No. Are you still angry? Well not as much as before. You seem like a decent bloke and I am sorry for my behaviour. Apology accepted. Would do you me a favour if you are still angry? Yeah sure! Well we make the best primary colour in inks. Would you be kind enough to rough up some Cyanists for me. Sure where are they. Just go to the end of this road. Turn right at the traffic lights. They live in numbers 12 to 24 on the right-hand side. If some white or black bastard opens the door you have got the wrong address. They should be blue-skinned. It should work this time if you call them “Cyan Bastards” because they are all married and miserable. Well thanks. Pleased to meet you.

OK. The last few lines were my self-indulgence. The message I wish to portray is that the magenta person was completely unaware of his colour since he thinks higher thoughts unencumbered by his earthly trappings. So if people are aware of their own colour or religion every second of their lives then they will not be able to raise their level of thinking. This awareness interferes with the conscious being of mind and soul which is our identity that we all share. This awareness of colour or religion effectively acknowledges the history of the person's race and connects that person with the past. We don't do past tense do we? Why on earth should what happened hundreds of years ago affect the life of an individual living now. Give me one reason. Sure one can use history for its educational value but who wants to live there.

We are on this planet to help raise the vibration of the Earth in the present tense. NOW not THEN or ANY OTHER TIME. The Earth is distressed now because it is vibrating at a very low frequency which I suspect has given rise to a lot of natural disasters. Nature (excluding humans- can't do that one!) lives on the Earth, and it is being destroyed. As humanity is – but that is something else – suicide! It has not learned to get in touch with its spiritual side - in short it does not understand its emotions or spirit. How many years have we lived on this planet? That is pretty slow progress. In addition we have destroyed many civilisations who were in touch with the universe and harmonised with nature such as the American Indians (we give them firewater!). We didn't make any attempt to understand them and tap their wisdom so we have actually destroyed the spiritual races. Tibet is another example. They are the civilisations who have learnt higher thoughts but they are persecuted. Why? Because the people who are threatening them are living in fear. The Tibetans and American Indians didn't live in fear until FEAR arrived on their doorstep. They are smart enough and evolved enough to fear FEAR itself. All the problems of this planet are derived from this four-letter word and it can ONLY be erased by a spiritual solution which involves replacing it with another four-letter word. Guess!

Politics fundamentally is about the “art or science of government” according to Chambers. Sounds great doesn't it. But is not really rocket science. You just need to feed the people and ensure that they are happy and you will receive a positive feedback. In reality we are governed by people who are living in fear. Fear of being dethroned since once the politician is empowered they assume a veneer of hubris which they become attached to and is reflected in their colleagues of the same party. Then they huddle together savouring the comfy feel of the veneer. And F---- us up! Those same people that we put there and pay their salaries. They make no attempt to communicate with us throughout the term of ----- (don't give a damn what it is called).

I think that the lexicographers need to update their politics entry to “art or science (don't give a damn which quite frankly) of controlling people on a mass scale.” Where is there is a state that is not doing this. Where is there a state where the people are not living in fear? If there is one then please tell me. And I will move there.

Listen to Chambers on politic “in accordance with good policy; acting on or proceeding from motives or policy; prudent!!!; discreet!!!; astutely contriving or intriguing (well that is much more like it); political. (that is cool!). Definitely not a word to be used in conversation – could

end up in out-patients!

Watch the SUE elections later this year. A country named Sue. Let's keep the Alice in Wonderland feel going. We must not allow reality to taint our fantasy. Spirits and everything! Don't watch too long though. It will make you physically ill to watch electors jumping up and down and chanting as if something is happening or about to happen at the end of the year. Nothing will happen. The Sue nation will not change unless the voters wish for it. It is deeply disturbing for me to see the Sue electorate willingly participating in a venture whose sole purpose is to feed the egos of the two runners and their parties. Surely they don't want this to happen again. History repeating itself. The spiritual solution to the one-votes in the Sue nation is not to attend any electioneering events or vote in the election. This will be a gesture of indifference to the world of politics in equal measure to that which the electorate have received. BBC 31 December 2020. After the weather forecast. "There was a 1-0 result in the Sue nation elections. I can't remember who won it was such a boring match." The more astute viewers look at each other. Surely it would be a 1-1 draw. Extra time and penalties. BBC "----- because one of the runners forgot to vote. Now the news in your area."

Back to classify. We must not classify others or be judgemental about them because they are complex beings also composed of mind and soul as we are. If we avoid people because of their appearance then we could deny ourselves an opportunity to learn. So we should let in as many people into our lives as we feel we can and our lives will be much richer. If you are of a retiring or shy disposition don't sit at home - take an interest in others and absorb yourself in their problems and see if you can assist them, then gradually yours will disappear. This worked for me when I was 25. That is how to relieve yourself of self-absorption by absorbing yourself into others. If you talk too much, take a break in conversation and watch others and listen to what they are talking about. They are both founded on low self-esteem and are both solvable by the sufferer without outside help - usually. Be aware that a laugh from anybody is less than a second away if you know which button to push. So try and see how many laughs you can get out of others in one day. Lighten up! It is a wonderful expression of the soul.

I have a solution to Racism in football such as chanting "black bastard" which is singularly unimaginative but this is what you expect from bullies. Not that creative as individuals. The stewards and/or police will detain the individual or individuals. At the end of the match they will meet up with the black players who participated in the game in front of the press and hopefully TV. The players would question in a matter of fact way (no aggression) as to why the chanters behave in such a manner. The chanters wanted attention. Now they have it. Bit more than they bargained for, maybe. They are on TV and they are being asked to apologise to the players for their disrespectful behaviour. What the players must do is not just accept an apology which is likely to be given without any eye contact because bullies are cowards. All they want is to slink out of the door. That would be an insincere apology.

The players must actively seek reasons from each of the chanters why they do it and ask whether it would be the same if the players had indigo skins. Do we have to have black skins to be treated with disrespect? If so then why us particularly. There were plenty of other players from other nations - why us? We hope that we have entertained you for 90 minutes. We did the best we can for a 0-0 draw.

The players could ask them if they liked football. No. So you paid £25 to abuse us. I suppose we should be flattered with so much attention but we would be very happy to pay you £50 not to attend the match then we both win. We would have an abuse-free game and you would have more beer money and the taxpayer would also gain in duty and VAT which is much needed now.

The players who are conscious beings comprised of mind and soul are effectively doing a psychoanalysis on chanters who also are conscious beings comprised of mind and soul. Difficult though it may be for the players to do but they must treat the chanters unconditional respect from the start - even shake hands with the chanters and say "how are you – thanks for coming" give them a smile , a bit of love because they probably haven't had much in their life. They need your help. The chanters will be disarmed by this. Disarmed maybe isn't quite strong enough. They sit down at a large table so everybody is comfortable. The black players then question each chanter about their reasons for being disrespectful genuinely wanting to ascertain the story of each chanter. Their time-line. Their history.

So after a few hours one of the cardboardbox- background black players pipes up " I am really sorry that I am black. I mean all you did was call me a "black bastard" which is true. My parents weren't married – not that it is of any importance nowadays. Don't know why we use the word bastard anymore. Bit outdated, really. Your story is much worse than mine. The white folks bring up their kids a lot worse than we do." "Don't worry. Your skin colour doesn't matter. You are cool." says a chanter. Another black player says while looking at his phone "I have found another definition of bastard in Chambers which is "a difficult or unpleasant person or thing." We hope that you don't think of us in such a light considering we haven't met until now. How could you know without meeting us if we were difficult or unpleasant. Chanters chorussed "look we don't know why we said it. We were out of control." Another black player " so after this meeting will you try to control yourselves." Chorus "yes, we feel absolutely gutted inside. Nobody has listened to our story before or even taken an interest. Thanks we will control ourselves. Look we are really sorry we did this. We meant you no harm." Chorus from black players "apology accepted". So everybody exited to apologise to their partners, children, relatives landladies etc. Where have you been? Just making a TV programme. Better than Ofrah Winfrey. So what is it about? Racism. There is no cure for racism. There is now. I think it will go on TV in the next few weeks. By the way I am the one with a white birthmark over my left eyebrow. I know that. You idiot. Can we go to bed now?

Let us the examine this episode in more detail. The episode would not have occurred if the black players were thinking like the magenta man, since the chants would have been like water off a duck's back. Just some ignorants. Ignore. The real crime of the chanters was not the words used but they classified the earthly trappings of black players in an aggressive manner. They classified basically. They failed to recognise that the black players were conscious beings comprised of mind and soul and it is disrespectful to make a judgement on another human based entirely upon their outward appearance. They have feelings. They did this because they were unaware that they themselves are conscious beings comprised of mind and soul. They were floating entities disconnected from their soul and this was their only outlet to gain attention since they had no other gears. They need more help than the black players I think. At least the black players know they are black. It is a start isn't it? The chanters were lost, but as a result of the respectful behaviour of the black players I think the chanters will have been helped enormously. Of course we all want attention. It would not do any harm to observe how you gain attention. These chanters were lucky though. They were completely psychologically gutted by the objects of their derision. Things don't get much better than this in the learning process. We don't want to enjoy our time on this planet being treated with indifference.

A programme depicting this on TV would have huge ramifications if it followed the course above. It is real. Not reality TV. The cast have not met before. It could not only help the black players but could help racism white on black and the other way as well.. It could bring about a reduction in crime in general and be shown in prisons. It should be available on Catch-Up TV for eternity or until TVs cut off after 4 hours, whichever is the earlier. There has to be a spiritual gain for the players, the chanters and the viewers otherwise the exercise will not work. Similar approaches

could be evolved towards, say, murder or grievous bodily harm where the criminal is placed in front of the family of the victim and a psychotherapist or psychiatrist attached to the prison system. The event would take place between conviction and sentencing. The psycho-person would report to the judge their assessment of the healing that took place which is likely to affect the length of the sentence.

The family question the offender in a similar manner to the footballers. Children should not be excluded from this event. Children should be encouraged because they have no fear. Not like parents who have lived long enough on this planet to understand that word. They have longer to live than their parents so they are even more entitled to understand why their sister was killed. A six-year old may pipe up to the offender "you mean your mother did that to you at my age! That is disgusting!" Yes. I hated women after that. Never ever underestimate children. They are being used in many adverts now – even cars! Interesting choice of words that - "they are being used."

It will heal the wounds of the family to quite a large degree because what underlies their grief is not knowing why it happened. It is not positive for the mother to say "why did it happen to me?" Me. Me. Me. She wants to be a celebrity victim. In the local pub they say "how many dead daughters did she have?" "only one" "what was her name?" "Pearl" "but she told me it was Rosemary and she told the landlord it was Mary" "I think she has a very large problem. She is a Poor Me(see later)"

She will carry her grief into the next life if she follows that route. Much time on Earth wasted. She will effectively become a perpetual victim and spread bad vibes wherever she goes. She just has to accept that her daughter was in the wrong place at the wrong time, hard as that may be. The offender had no emotional relationship with the mother so no direct crime was committed against her - just her daughter.

The daughter is now in spirit or, to put it more aptly, her mind and spirit is elsewhere unencumbered by earthly trappings. The mother could pray for her daughter's soul in a church. She has accepted two things. One - the only place to pray which has any value is a church. What is stopping her doing it at home? Why a church? Second that her daughter's soul still exists. Why doesn't she just talk and ask questions of her daughter as she would when she was alive? She does this in the present tense, not while dicing carrots. She loses a finger. It is your fault daughter. No mother it was poor thinking. She mustn't involve the health service unnecessarily! Just to think of her is enough but without a sense of loss. Enjoy the time they had together. Shame it was only 17 years. There is so much bad parenting going on. What if I blamed myself for all the bad parenting in this country? What would happen then \_\_\_\_\_?

The best place for a meeting between the offender and the family is the police station with the same cast as before plus a police officer who will gain spiritually too. The family's home is a no-no. A police car rolls up which alerts the neighbours so after the end of the meeting, the family are forced to explain why there is a police car outside their house after possibly the biggest emotional experience of their lives. Not necessary. The mother will take her and her kids in their car down to the police station as if they were visiting friends so that they can choose what to say and to whom completely in their own time after they have absorbed the emotional experience.

Let us proceed to the near future in the Spiritual Court of Crimes of Disrespect. The only crimes are those of disrespect. The Judge in Session is the Lord Holmethrop-Postlethwaite of Little Whittington ex Lord Chief Justice.

Judge: So how do you feel?

Offender: I feel great.

Judge: So do you think that you have gained anything?

Offender: I feel as if my whole being has been opened out. I feel like a chicken who has been gutted and all the insides have been returned to different places and sewn back in. Your honour.

Judge: I haven't heard that one before. I like it. By the way you can call me Frederick? I think "your honour" is outdated. I feel distinctly uncomfortable hearing it now.

Offender: OK. Frederick.

Judge: You caused crimes of disrespect. Firstly you allowed your mother to take away your own self-respect. Secondly you failed to control your anger and low self-esteem and took no action to repair the damage thereby caused. That in the present environment is quite frankly unacceptable. You accept that you are a conscious being composed of mind and soul?

Offender: Yes I accept that I am a being comprised of mind and soul. I didn't know that then?

Judge: The awakening happened five years ago when you were 17 to remove us from the slough of despond (I've seen that expression before). You were so full of anger. And yet you did nothing about it. I reject your plea, if I may dignify it as such. Sounds more like an excuse. I sentence you to 5 years, equal to the amount of years' neglect of yourself.

Offender: 5 years! That is a bit much Frederick.

Judge: Not only did you disturb the spiritual development of a girl because of your hatred of women but upset four other souls, her mother and children, and all her friends and teachers as well. This is all the consequence of you not doing your spiritual work. Why didn't you do it?

Offender: Well for 16 years all I could feel was rage towards my mother and subsequently rage became my companion. My friend almost.

Judge: In the last 5 years how many times have I heard that. Did your mother ever apologise?

Offender: No. I left home a few weeks before the awakening and lived with a friend rent-free and got part-time work. I have not seen her since.

Judge: Is your friend doing any spiritual work

Offender: Yes but I suspect it is very half-hearted.

Judge: Will he visit you when you are in detention?

Offender: Yes. We are good friends.

Judge: Good. Would you do us a favour by asking him to do a bit more work?

Offender: Certainly Frederick. Yes.

Judge: Back this to this sentence. You realise now, I hope, that I have to sentence you to detention and you clearly understand why? Do you think that you can cure yourself within 3 years?

Offender: Frederick. I can do it quicker than that. Two years.

Judge: Plea bargaining. This is more like crunching a business deal. Pre-awakening, people who committed an offence known as murder in earthly terms, because it involved a body, would have been detained for 12 years, with untold negative spiritual consequences, and they would not have been fortunate enough to be "gutted like a chicken" as you so graphically put it. They went into prison emotionally damaged and received some but inadequate help from psychotherapists attached to the prisons. A lot of prisoners treated them with contempt. They treated it as a fight. So they did not help themselves and, as a consequence, re-offended, armed with knowledge from other prisoners. The Court is working on this.

You are also fortunate that the family of the girl you killed were evolved enough to help others so that everybody gains spiritually including you. If they had not assisted you, probably a sentence of 8 years would have been meted out, since we don't have enough people trained in understanding the emotions. I urge you not to approach the family of the girl after you have finished the sentence. I would consider that a gross intrusion because you don't know where they are in their spiritual development and it most likely could arrest your spiritual development, if you receive an adverse reaction. If you happen to meet one of them by accident and they hesitate upon seeing you then use it as an opportunity to approach them slowly and give your heartfelt thanks to them for saving your life. That is all you need to say. Do you understand?



Offender: Yes I do. Frederick.

Judge: Do you think you can do your work in two and half years?

Offender: I can't thank you enough. Yes. Yes I can. I agree to two and a half years.

Judge: That is true, you can't thank me enough. Please look into my eyes when you repeat these words from your heart . Feel them leaving your mouth :

I HAVE BEEN DISRESPECTFUL TO MYSELF  
I HAVE BEEN DISRESPECTFUL TO OTHERS AS A RESULT  
I HAVE BEEN LAZY IN MY SPIRITUAL DEVELOPMENT  
I AM GRATEFUL FOR THE HELP OF MY VICTIM'S FAMILY  
MORE THAN WORDS CAN EXPRESS

That is great. Now look at my eyes closely and repeat this:

FREDERICK. I THINK YOU ARE FUCKING MARVELLOUS.

Thank you. I really believe you do. My wife has never said that. It brings me great joy. Please take my image into your detainment and those images of your victim's family and be grateful. Now all we have to discuss is your accommodation.

Offender: Accommodation!

Judge: Yes. You have to be detained somewhere. Do you want a single room or a double?

Offender: It really has to be a single. I want two and a half years' silence. My mother had the TV on all day. Never watched it with any interest. She just observed it with no change of expression. And when it cut off after 4 hours I cannot explain to you, Frederick, how beautiful that silence was, when I was so angry with her. Rage and noise together just make me more angry. So what does she do? She flicks her remote and it goes on again. I walk out to my room.

Judge: You see you really missed an opportunity there. You should really have taken her favourite ornaments off the mantelpiece and chucked them at her TV, causing as much destruction as you can thereby invoking your rage to its highest point. Everyone knows the sound of breaking glass. It echoes for ever. Very therapeutic. She will surely be clicked out of her mindless life to recover sufficiently to say "WHY THE FUCK DID YOU DO THAT?" To which you reply "WHY THE FUCK DID YOU ABUSE ME WHEN I WAS SIX YEARS OLD?" The rest will follow on familiar domestic lines.

Offender: Thanks for that. To be honest with you, Frederick I wanted to kill her so many times. I hated women so much. To me they were selfish ignorant creatures beneath contempt. I just cut off my mind at school when a woman teacher entered the room. Fortunately they didn't ask me any questions.

Judge: You do realise that I would have given you 8 years for that.

Offender: 8 years just for killing my mother! Who is no use to anybody?

Judge: Well there is still some rage in you. I suggest you do the first exercises with this in mind before you progress to other matters. The key point here is that you have just killed your mother. So who is left from the victim's family to give you pre-hab. I like that expression . Pre-hab.

Offender: OK. I get it. Me. So I have to cure myself. It's back to square one, isn't it.

Judge: Precisely. It has taken 5 and a half years off your sentence because meeting the victim's family is such an emotional experience for everybody present and the more honest you are about your past then the greater your benefit will be. I must be honest with you. At weekends I have the television on for over twelve hours on Saturday and Sunday because there are normally two golf tournaments in different time zones, and either cricket or football in between. I watch Sky and they also turn that off every 4 hours so on a normal weekend 6 times I have to go to the remote. What is more, sometimes I don't know which remote to use because one is for Sky and the other is for

turning the TV on and off.

Offender: Surely you don't sit down all day for 12 hours.

Judge : I do the Crossword, Kakuro, Samurai Sudoku , read the bridge column and the Jumbo crossword which I normally leave until Sunday. All the while the TV is on and I turn to it if an exciting moment occurs. May I bare my soul you. I play Ffacebook Games.

Offender: What. Which ones?

Judge: Candy Crush and Farm Heroes.

Offender: What! Our generation stopped playing those at age 18! You are a High Court judge in his sixties.

Judge: Yes. But sometimes these games last on average two and a half minutes and the average attention span for somebody your age is about one minute per game. It is no wonder they stopped. They got bored after a minute. The difference between our ages is 40 years or one and a half minutes per game. I have another admission to make. I hate your mother too because of her mindlessness she has destroyed the enjoyment of others who derive pleasure from the programmes. I digress. You will have a single room with no TV in one of four different environments:-

(1) the old prison system where people were incarcerated for crimes such as yours I consider unsuitable for you. You would be able to provide added value with regard to your recent experience but that is all. You are only 22 so you are not worldly wise enough to empathise with repeat offenders aged between 40 and 65. People much more experienced than you are working with them anyway.

(2) there is an open-plan prison for white collar detainees. These are mainly fraudsters and conmen. I find them insufferably egotistical which I find rather amusing considering their current circumstance. These people are generally intelligent. Theoretically they could take you under their wing but the knowledge they wish to impart is likely tainted with arrogance.

(3) there is a holding facility for those who have sentences between 2 and 8 years for crimes such as yours and grievously bodily harm and other offences. This would be suitable for you if you wanted to build up longer term friendships.

(4) there is a holding facility for those who have committed crimes of burglary, burglary with violence, weapon-related crimes and other less serious crimes where the therapists perceive the offender maybe re-offend, which they wish to avert. This is suitable for you if you wish to meet more people but for shorter periods.

Which one would you like?

Offender: I think I will take option (3) because I only have one friend and I think a few good friends is better than more acquaintances.

Judge: A wise choice. So that is settled. So go forth, integrate yourself as quickly as you can. Try and empathise with others and gently ask them about their lives, their time-line and understand the reasons for them sharing the same accommodation as you. This will assist the therapists. Think about what you want to do after you finish and observe which options give you the most joy and then investigate what aspect of you draws you to this particular option. These exercises will assist you in achieving self-knowledge and harmonise your mind and soul.

Your crime was to transfer your personal rage onto others of the same type as your persecutor and slaughter an innocent rather than throwing ornaments at her TV, which is a fine statement, in my opinion to bring about some reconciliation with your mother – the subject of your torment. Your life is so shallow now that, if your mother looked like an armadillo, then you would be slaughtering armadillos and the girl would still be alive. Your rage was so vast. You would still get a custodial

sentence even though it is not a crime to kill an armadillo. It is a clear sign that you have a problem with self-respect. It is disrespectful to the armadillo's family and friends. They have just as much right to live on this earth as you. It is also a sign that you need harmonisation of mind and soul. The armadillo's family, to my knowledge, are incapable of going through your time-line to help you so you may get a larger sentence for killing an armadillo because more balancing work will be required than you do now. You have a glorious time ahead of you. Use it.

The old system was administered by predominantly mind-orientated people who had little understanding of people such as you whose emotions control their minds. Do you know why? They are conscious beings of mind and soul such as you and me – wait for this. And they are not harmonised between mind and soul because their mind rules their emotions. They therefore, because they are not balanced themselves, feel awkward when confronted with you, who has a problem of the opposite polarity. So they remove you from their sight. Prison. For murder. They fail to realise that, from a spiritual perspective, the girl you killed is merely carrying on her spiritual development elsewhere so don't you grieve for her. People, I think, misunderstand the spiritual approach. If they did understand then they wouldn't think that I have just condoned a murder for the spiritual development of another. They think it is all namby-pamby stuff. They fail to recognise that a spirit within them exists for eternity.

Do you know what a NIMBY is?

Offender: No.

Judge: it is an acronym for NOT IN MY BACK YARD. Pretty well the whole world is run on this basis especially by governments. But it is also true on an individual basis. It is OK for genocide to occur elsewhere in the world but we will not take any action or responsibility unless it occurs here then we would punish the religion responsible. Did I say religion? I could go on for hours about that. I would miss the football tonight.

The old courts had adopted this nimby approach to crimes by removing the offender from the sight of the public and very little was done to treat the cause of the crime. They just treated the symptom. They failed to recognise that there was a reason for your crime and felt that incarceration is the only solution for a predetermined amount of time. The detainee will have a lot of time to think if they have a single cell but they will be unable to think constructively until they have the tools of thought to overcome their imbalance. They will re-offend, unless of course they have developed a fear of incarceration which overcomes the urge to repeat an offence. Note the word fear. We don't want them to be in fear. The old system has in fact given the criminal a new fear. Fear of prison. So they entered prison with 37 fears and they leave with 38.

Think about a football team who have just lost 3-2. The team are competing for the championship so nobody says a word in the dressing room afterwards. They all go quietly home. The captain walks up to the left back on the way out of the stadium. The left back lowers his head slightly. The captain says - we didn't get your full attention today, did we? No boss. I am sorry. Is there any reason for that? Well my wife is having problems in her pregnancy. Is that an excuse? Well, I suppose so, I just had a bad game, that is all. That is not all. Can you do anything about your wife's condition? No. It is quite absurd to worry about it then, isn't it? Yes, but I love her? I know you love her. That is really not the point. The team wants your love too. You chose to worry about something in a football match which had nothing to do with your role in the team. That is unacceptable. You were not in the present tense for two seconds so two goals and three points lost. That is a bit harsh. Worry can take you out of the present tense (Authors note: I have just taken my bin bag past the bins and nearly walked into Greggs with it, while I was thinking about the present tense, thereby taking me out of the present tense.!!! I could have been mugged and my bin bag stolen!).

All the team asks of all of us is that we all start the game with our mind and emotions in balance which yours clearly weren't . A responsible decision would have been to inform the manager that you are out of balance. Then that would have let Joe in! Which is why you didn't? So you chose to go on the pitch unbalanced and letting us down and the supporters. All you had to do was focus and erase all other things from your mind except their right winger. It is perfectly permissible to worry about the winger because that is something you can take responsibility for. If you stay in the present tense your whole life, then you give all of yourself to everybody every second of your life. That is a 100% player. By worrying about your wife, you were not in the present tense for us and you forgot to focus your mind and emotions. Will you do the blame exercise and say "it is my fault that my mind and emotions weren't in harmony" until you cry. We play this game for joy. Think of the joy of us winning the title. Yes I certainly will. I think you are better than Joe. I will get in touch with the manager and say we have spoken and plead your case. I can't guarantee anything. I don't pick the team. Thanks a lot boss. I feel much better now. Do the exercise. You will be hard-wired then.

A football team is as good as its weakest player. The court takes a similar approach to those who are not balanced between mind and emotions.

After you have completed your time you will be asked to meet me for a couple of hours to relate your experiences. This will be of more benefit to me than you because I want job satisfaction. I don't want to intern people unnecessarily. I want people to examine themselves by self-enquiry and balance themselves in the harmonious environment of the facility. They would find this very difficult to do surrounded by all the negative influences outside the holding facility which of course is why they are in the facility. This is commonly referred to as real life. But that is people's perception so it is their reality. Sadly.

In this court when a crime of disrespect occurs such as murder in your case. We say why? We want to eradicate fear. I have to ask why did you kill that particular girl? Was it because she looked like an arm-----

Offender : adillo! She looked like my mother and an uncontrollable rage overtook me. They both laughed. About a murder!!!

We will investigate your thoughts about how you can rejoin the real world because they need your help desperately and the type of job you seek. If we are both happy that you have succeeded I will give you a "Certificate of Spiritual Competence" from the Court of Disrespect which you will carry for the rest of your life. I will give you a open letter setting out the types of work which will suit you and incorporates your strengths and weaknesses.

I mentioned fear earlier. It reminds me of a story I heard about a Tibetan couple who took their six- year old daughter to a foreign country. After a few days the daughter rushes up to her mother and cries "I don't want to come here again" "Why's that dear?" "There is so much, much -----" "FEAR." "Yes yes that's it mummy. I don't like it" Darling, we only brought you here because we wanted you to experience it, now you are old enough. It is equally important for you to experience what you don't want as to experience what you do want. This will balance you.

Offender: that is a wonderful story. Frederick

Judge: I think of it every day. Not during a football match you understand, I am a 100% spectator. They laugh again.

Judge: I think we are about finished now. I give you my best wishes.

Offender: You feel like a father to me . You have been so helpful.

Judge: The father of a common criminal! Think of my reputation!

They both just roll about laughing for a few minutes.

Offender: I can't thank you enough.

Judge: The best thanks you can give me is doing the work and improving yourself so I will not be the father of a criminal.

More laughter.

Judge: Good luck. Officer Perkins will show you out.

Offender: Goodbye Frederick.

Attention seeking methods. I read in a book somewhere that there are four major methods of gaining attention which I suspect we all use to a certain extent. One is Bully. Two is Poor Me. Three is Aloof. Four is Interrogator. These arise in childhood and may change or disappear throughout one's life. One and two are on the same polarity. So if our parents were bullies then we could become bullies by imitation because that is all we know. We could decide to cower and become a Poor Me as a reaction to the bullying. Conversely the parents could be Poor Me so we could follow this course by imitation or become a Bully because they are so pathetic that bullying them is the only course to extract information and I am fed up with their whining.

Aloof and Interrogator are also on the same polarity. If our parents are aloof then we don't get much information so we could become Aloof by imitation. I thought everybody was aloof until I got to university! Or we, to overcome this barrier, become an Interrogator. I want answers please. I don't do Aloof. If our parents are interrogators then we could become interrogators also, or become aloof to shut ourselves off from constant questioning. We are making fundamental decisions early in our lives.

The magenta man, who is way above this anyway, could have been an interrogator in which case he would have approached the bully in a completely non-aggressive manner and enquired why he made his comment. The bully is disarmed by this because his upbringing is not consistent with being questioned. Nobody consulted him. He probably doesn't know so the interrogator has defused the bully. If the magenta man was aloof he would probably say "sorry don't do abuse. I am a bit late for work, if you don't mind. Must go." - and march along head down because he abhors violence. The bully is once again defused because he got a response and doesn't understand it because he is on a polarity with violence, physical or mental. It is not complete indifference which was given by the magenta man.

If the magenta man was poor me then the bully would notice the slight change in step of a poor me. He understands the polarity. So magenta man may get beaten up for his quality of magentanness without retaliating as he has always done.

If magenta man was a bully then a variety of things could happen which is by no means exhaustive. One could be "I am a bully too. Do you want to fight?" This is an excellent reply because it is a combination of interrogator and bully and implies that a bully has been spotted.. A fight may not ensue. The recipient of the abuse may approach the bully with his own special form of abuse and they face off beak to beak like cockerels to see who is the strongest. One may prevail in which case a fight is avoided. They may find that they have equal strength. A fight is too risky for both of them. Do you fancy bullying together. Yeah. I think this unlikely since bullies like to be in control of their own domain. They always want to pick on people weaker than themselves. But yeah this could work although there could be a problem with sharing the spoils later. The last alternative I can think of is feathers flying.

We haven't looked at the Bully and Poor Me and the Aloof/ Interrogator polarity. The Aloof and Interrogator defusing the bully has been demonstrated. But not the other way round. The Aloof

and Interrogator are essentially non violent and they have decided they are not going to be Poor Me. But if they are confronted by a Bully in a lasting environment such as being their partner or their boss at work then it is probably not enough to be Aloof or an Interrogator as described above with magenta man - which was only a fleeting meeting. Maybe I have to change if I want this relationship to continue. Your choice. The Bully can defuse the Aloof by saying that you always keep yourself to yourself why don't you talk to me? Using intimidation . Aloof gives up aloof. So Aloof pours out a story of woe about all these questions that were fired in Aloof's direction during childhood. Who do you think you are? Why haven't you done this? How do you expect me to put up with this? I just shut off when I was 16, I just couldn't handle it anymore. I became aloof. Shut myself off. Until now. I am dealoofed. The Bully can defuse the interrogator. I am fed up with your questions – can't I have a private life in my own thoughts? Using an intimidatory tone. The Interrogator goes into a sulk and relates a rather miserable neglected childhood because there was no conversation. The only way to survive was to ask questions to learn anything so I became an Interrogator.

The Poor Me can spot bullies a mile off. Poor Me understands emotions because of the bullying or whining (Poor Me parents) that took place in childhood. Poor Me will look for compassionate people to gain attention from. Makes sense doesn't it? Their interaction with other Poor Mes is likely to be empathetic but I don't think they will get much attention from each other. They are likely to spend most of their lives with Aloof and Interrogator since they won't be given a hard time. They also can defuse the Aloof and Interrogator because of their emotional maturity. They can also play the sympathy vote. Well that is the essence of Poor Me.

Two aloofs together. Best just to put some music on? Two Interrogators together. So long as they answer the other's questions honestly then this could be fruitful. There could be a danger of boredom settling in after the interrogation process has been completed. They are both Interrogators so they may seek attention from others who do not mind being interrogated since, generally speaking, people like talking about themselves. Interrogator and Aloof together. Well we don't want to live our childhoods again.

We dictate our own feedback. How we behave is noticed by others and they act towards us accordingly. The trick of life is to behave in such a way to achieve the feedback we desire. If this is not working then is it likely to be us, but not necessarily so. We need to observe our reflection in the faces of others. If they give you a quick glance and look away quickly then we have a problem. It could be something trivial like our skin colour or our clothing which conspicuously displays our religion. Normal! But it could be something else. It may be how we disport ourselves. Maybe we are depressed. Maybe we look ill. Look inside yourself for the answer. It may be them. But at least you looked inside yourself first – you must always do that before taking a view about others.

When you have moved into a new area or have just immigrated, check out different walks and expressions to see what reaction you get. Fun! Most people walking on the pavement generally don't make eye contact. They look about them as if through a wide angle lens presumably to check for any threats (bailiffs?). But if you get the same reaction from several people then check it out with your soulmate. So match what you emanate to the feedback you desire.

Much publicity is given to Black Lives Matter at present. Of course they do! Equal to any other human on this planet. Racism is not always perpetrated by the majority or white people. I have personally experienced black on white. It works both ways. It is no different to sexism, homophobiaism (Ha Ha!) or any another “ism”. The “isms” mainly derive from “ists” and are demonstrations of lack of respect from one conscious being to another because it is a form of

classify. He is an alcoholic. He therefore suffers from alcoholism. This implies that he habitually takes alcohol and is not a binge drinker (which is OK). He is classified and not worthy of making contact with. But a War Correspondent who is writing about the Iraq war could have missed an opportunity because that alcoholic, who he didn't give any money to, witnessed three of his mates blown to pieces in Iraq right in front of him. He cannot erase that image from his mind. He has received little help from the state. So he has drifted and found that alcohol gives him some relief even though over the long-term alcohol is a depressant. He is a conscious being comprised of mind and soul – just like us. He has a story to tell. If one proceeds through life bracketing or classifying people to avoid - then one restricts oneself and one's capacity to learn - so gradually one can become a recluse and stop learning. You are here to learn. Be curious about things that happen around you and this will enlighten your mind. The Interrogator within you will find the answers.

Somebody around you may call themselves a Marxist. Your classify says avoid them. Your Interrogator says approach him - I am curious. So you ask if he has read Karl Marx since you have a vague interest in politics. He says no. Further enquiry elicits that he is not really a Marxist at all but he attends violent demonstrations with some people who have read Karl Marx. So he has attached a label to himself thereby classifying himself as something he is clearly not. He does not habitually follow the teachings of Karl Marx. He is not a Marxist. He is in fact a bully and a weak person who, to give some meaning to his life, has attached himself to a group.

The conversation could go another way. He says he is not really a Marxist but he is unhappy with the democratic system in this country and he read Karl Marx and found it stimulating as he propounded some good ideas. So six pints later the barman says "last orders please". You go home buzzing with your curiosity satisfied and you may have found a friend.

Let us draw a line here in this country and start treating each other with unconditional respect. We will receive equal respect in return. If we want to be loved then we give love to others and it will be returned. I don't mean going around kissing everybody. I mean creating a warmth in our hearts towards others and try to empathise with them. We are all different so there are lots of people to learn from. It would be pretty dull if we were all the same - so let us enjoy our differences because we all have something to contribute. Let us forget the past and just live in the present because that is all there is. NOW. Change the way we think if necessary to obtain the required feedback. The source of most of our problems is poor thinking.

I do not see strangers anymore. I just see them as people I haven't met on this trip to Earth. The word stranger is interesting. The Chambers dictionary mentions "alien" or "from elsewhere" for the word strange. So a stranger is even more alien and even more from elsewhere. Could be a Martian or somebody from the neighbouring borough. It has a sinister connotation because film culture portrays aliens as evil. The key word in discussing racism or any other ism is fear. Somebody I met in a village told me that they are all racist here because they don't know anything else. I suspect they had a lot of other "ists" as well. Effectively, I understood him to mean that we don't know how to deal with strangers. He is admitting that they are not flexible (a very useful quality) enough to accommodate a stranger in their midst. They are embarrassed by this so they turn that fear outwards towards the stranger in an aggressive manner to conceal their embarrassment. The Racism can hardly be personal if they don't even know the stranger. In any event if one is moving to another district or country then the onus should be on the incomer to integrate - not the residents to lay out a red carpet. When in Rome.

Choice. We all have choice. This is great for people who want to take responsibility for their

choices but not for those who want to skive through life without putting anything back. A problem is our generous benefits system which means that the lazy don't have any great incentive to work with their rent being free and a large chunk of their council tax being paid. It is no wonder Britain has been a popular destination for immigrants for over 50 years. So they are out of touch with their soulmate because they are too lazy. Lazy woman. Easy. Have a kid as early as possible. Sorted. Until the kid grows up. Oh shit! I have got to get a job. I am only 35. Drugs? The woman will have to be closely watched by the social workers because it may be cheaper for the country to put the child in care or adoption and get the mother into work for her own mental health and the babe's. Once word gets around that this is going on, late teenagers may reconsider trying this trick.

Lazy man. Manufacture some mysterious mental condition. Become an alcoholic. And a druggie. Bit of violence thrown in. Nobody wants to touch him now. Not the police. Not the social workers. Bit of burglary to finance the drugs. He has become antisocial which is the feedback he desires, but he gets depressed because he cannot find his soulmate anywhere. Behind the cupboards. Under the bed. Everywhere but inside his body. Well, there is another waster dead at 42. No use to anyone. There is a huge queue of spirits waiting to inhabit human bodies who want to contribute to this planet. Selfish bastard. Queue barger.

The selfish bastard is getting more and more depressed because we are a gregarious species and to join the crowd there is an unwritten agreement that we have to put something back i.e. get a job. Why should they pay for his alcohol and drugs habit. He has given up on himself. He is beyond help. One can't help somebody that won't help themselves. Best to leave his body and go back to spirit and let somebody else have a go.

The criminal has a similar problem because of the gregarious nature of humanity because they are not contributing to society - although a criminal is likely to be putting quite a lot back in VAT and duty provided they stay in this country. To my knowledge they pay no other taxes. This lack of contribution to society depresses the spirit of the criminal further on a daily basis in addition to the diminution caused by every crime they commit. They are completely out of touch with their soulmate, they have few friends, cannot laugh, get depressed, and blame all and sundry for their demise. Another life wasted. They worship Mammon so I call them Mammarchs. Yes they may get themselves enough money to survive usually with rent and council tax paid by the council. But were they happy? So crime may pay from the financial point of view but on the other hand not from the spiritual perspective. Be happy. I would rather be happy and poor than rich and miserable.

Another point about choice is that we have progressed to that stage where we are feeding and housing ourselves although we have borrowed about £1,000 billion in the last 10 years - £1 trillion, that is excluding a probable £300 billion for coronavirus. We all have a mobile phone (except me because I hate them). There are so many silly gadgets available to mess with your head. We all have TVs that cut off every four hours. So we are a bit bored. There must be more to life than material things. We don't know what to choose next. Our spirits have already started searching because that is why we are in (wait for it) a slough of despond. So the next stage is to raise your spirit up a few notches by blaming yourself for as much as you possibly can. The more the merrier. The more things that you blame yourself for, the more able you will be to do something about it, because it is your fault and you want to make amends. You know that. I know that. You are as guilty as hell. All 68 million of you. If you are working in one of the world's crisis areas then focus your blame on that area, hopefully you will get some epiphanies.

So if you wish to take this route then you could blame yourself for not liking your job. Be grateful for it, because not everybody has one. Try and laugh as much as possible but preferably not while you are eating. Not dignified! Best to take a recyclable bag into a restaurant or cafe to put over



your mouth because a laugh is less than a second away. Particularly necessary if you are drinking because that makes you do silly things. I encourage you to do silly things especially in public because you have a bigger audience. I wish you to be freely expressing your soul (spirit) after contacting your soulmate as I am doing in this piece. My soul is bare. Try to make everybody laugh around you, if doing silly things doesn't work then try and be sensible for once - see how that goes.

Those of you that live by yourself, change it to I live with myself. Don't tell the landlord. He might put your rent up!

I wish to avoid any misunderstanding between us when I use the words soul, soulmate and spirit. Your understanding of them may differ from mine. These are terms I use to express our emotional selves. If someone says they are spiritual my interpretation is that they are aware of the importance of emotions and they call this spirit. That is all. It will probably be completely different to their interpretation. If someone says that they are spiritualist or interested in spiritualism my eyelids start to feel heavy. I think you know why by now. The Chambers goes on for ages about spirit so I expect that out of 68 million people there will be 1 million different interpretations.

So we are a conscious being comprised of mind and emotions. If you deny the existence of your emotions you have a serious problem. So let us assume that you haven't. Your task - should you choose to accept it is to try and understand your emotions. It is not Mission Impossible! You have a mind and emotions which is all you have. You have a body of course which you inhabit but the mind and emotions jointly determine how it is used. The mind and emotions rule your accent, your speech, the words that you use, the way you walk, your friendships, choice of partners, choice of job, what you show to other people, blaa, blaa, blaa. The list is endless.

So if you wish to change your life in a particular way which your mind proposes then your emotional self has to weigh the consequences. It has to consider whether you will be happy, have you overstretched yourself, can you cope emotionally with failure and the feeling of depression that could be caused. As Clint Eastwood famously said "a man's got to know his limitations." It has to take into account the emotional impact of collateral damage in relationships with others. It has to decide whether the increase in happiness by the removal of a negative influence counterbalances with the alternative.

Imagine a girl who was sexually abused by her father when she was 15. She couldn't tell her mother about this because she wouldn't believe it. The daughter knew she would side with her husband because her mother couldn't come to terms with being married to a rapist. Her mother obviously knew something had happened because her daughter has become Aloof overnight - completely shut off. Her mother tried to dialogue with the daughter and probably suspected what had happened but couldn't reconcile herself with her fear, so her attempts at dialogue were half-hearted when faced with the aloofness of her daughter. So the inevitable happened. The daughter left home with a schoolmate who had a similar experience. They split up a few months afterwards.

So after a few ridiculous relationships, short-term jobs, seedy bedsits and a bit too much alcohol, she came to the conclusion that:

- (a) I am living in the past tense
- (b) I am letting someone else live my life.
- (c) I am going nowhere. I am moving in a train without a driver.
- (d) I am not contributing effectively to society in a way that fulfils me

So what do think, emotional self? Well this anger is hard to handle. I am even showing anger to

people that have nothing to do with us. We are getting out of control. Anger can be constructive but it mustn't be our ultimate destination. So any plan will do. But I don't know much about anything? Well that is not entirely true. What do you mean? Well I am still suffering from the emotional impact of what happened when we were 15. Couldn't you use that in some way in our future? You mean help others who have had similar experiences? Sounds like a great idea to me.

So she took a three-year course on social studies to give herself some legitimacy in the job market. Then managed to swing a paid job with a charity that helped abused women. She needn't have bothered to get the certificate but she probably wouldn't have got the job. She quickly rose to the top because all she had to know was what to say to the abused women and she had learned how to speak in capital letters:

DO YOU WANT TO LIVE IN THE PAST TENSE?  
DO YOU WANT SOMEBODY ELSE TO LIVE YOUR LIFE FOR YOU?

REPEAT AFTER ME UNTIL IT SINKS IN.

DO YOU WANT TO LIVE IN THE PAST TENSE?  
DO YOU WANT SOMEBODY ELSE TO LIVE YOUR LIFE FOR YOU?

REPEAT AFTER ME UNTIL IT SINKS IN.

WHO ARE YOU?

I AM A CONSCIOUS BEING COMPRISED OF MIND AND SOUL.

Next one please.

People talk about forgiveness sometimes involving victims of crime. The girl did not need to forgive her father but she could have taken her hands off his throat. She did take her hands off his throat because she removed the emotional connection by not allowing her father to live her life for her anymore by removing him from the forefront of her consciousness to some distant memory. She did not forgive him, needless to say.

I have met five women who have been raped. These are short extracts of the experiences of two of them. Woman one courageously went through the whole court process and the offender was jailed. Many years later she is whining like a Poor Me. I hate men. Don't want anything to do with them. She is blaming just under half the human race - about 3.5 billion people for an assault on her person. The judicial system was not enough for her. See above solution.

Woman two is quite a different story. Incredible to most of us but gels with what I am writing about. When her body was about to be abused she left her body and witnessed the whole event from above! No emotional damage at all. Off to work next day as if nothing happened. So her mind and emotional self are not part of her body. The assault was on her body and not her mind and soul. Is it the same for you? What do you think?

Woman two works with spirit. I won't say more than that because I am not capable. She told me a story of her crossing the road and being run over by a lorry in front of quite a lot of witnesses. They gathered around her afterwards and said "but you were run over by a lorry". She said in a matter of fact way "it wasn't in my consciousness" and walked off. Rightttt! I said after she told me her story.

There is so much we have to learn about the universe so I recommend some reading at the end of this piece. We have destroyed spiritually advanced civilisations such as the American Indians, Aztecs, Egyptians, Incas, Mayans and many others and we wonder at what they achieved and we spend ages digging up their remains to discover what lies within ourselves NOW. Just looking in the wrong place that is all. So sell your spades. Or get somebody to steal them. Cheaper than paying dump fees.

This is all really silly. Why didn't we just ask when we met them – after overcoming the language barrier of course. Some firewater in exchange for a bit of spiritual knowledge. Nudge, nudge. White man speaks with forked tongue. You calling me a liar. Yup. How do you know? We checked your wagons. There is no firewater. We have things much more powerful. Why would we need firewater? What do you mean? It is pearls before swine. We eat swine. I think I would spit you out. Right. We are going to kill you, your people and confiscate your continent. OK. Go ahead but you cannot harm us if that is your intention. After a few moments of thought that is precisely what happened and the SUE nation was born. Nothing changed but the spelling.

Two prominent historians of the time were enjoying a mind-bending experience feasting upon the leaves of a plant they found in a chief's tent. George, do you think that was genocide? Well there were only about 2 million of them. They were all savages anyway. But their leaders had so much dignity and all tribe members seemed to respect them. And everybody seemed at one with nature. I get the feeling that the planet has lost something. Abraham. It is the leaves. At one with nature. What does that mean? Who cares about the planet? We will be long gone before it blows up. In 200 years we will be making TVs that cut off after 4 hours. What would they have been watching? They wouldn't have had Winchester rifles by then. The winners write history, Abraham. Why do you think that is? Abraham, you can be such a idiot at times. You can't write history when you are dead. When we have recovered from these leaves let us get our quills out and start writing the Winners Story. OK.

Civilisation is going backwards not forwards. Those ancient civilisations are still way ahead of us because they knew THEN what we lack NOW. Why didn't they keep records? Er yeah- but we burnt them or they burnt them which is more likely since it was clear to them that the information which they recorded could be misused by an inferior species i.e. us!

Another word about emotions. The worst of them all is JEALOUSY. If you suffer from this get rid of it immediately. It festers inside you like a cancer. It usually involves money, material possessions or sex. It really does not exist in the spirit world. It is strictly a human construct. The way round this is to look at your possessions and think to yourself “how many of these do I actually need?” Look at your direct debits and standing orders, “do I need all of these?” The precursors of jealousy are GREED and ENVY.

You may fancy Mrs. Jones's husband and love to have their new BMW. But really deep down you want both. What you have AND what they have. Deep down other people don't care whether your Renault has underfloor heating or not - so why worry about what they think? They don't give a damn! You will never ever be happy if you are jealous. Where does it stop? What about Mrs. Jenkinson in number 44, her husband's rather dishy and they have a lovely boat. Well, for your information Mr. Jenkinson can't stand you because he thinks you are greedy and how the hell are you going to get a boat that size to the coast using your clapped out Renault. Just cut it out and remove your attachment to material possessions and be happy with your lot. When you are happy you will spread it and attract happy people and have some fun!

Concentrate on your feedback from others. After a time you will feel more connected with people.

Which is cool! You can change the way you think any time. You have choice. So this country is a curious mixture of humans who share a consciousness involving interplay between mind and spirit, have a heart the same colour, they bleed, urinate and defecate. So you have a lot to catch up on. Enjoy! You have a lot of work to do to make this country a happier place to live. There is no such thing as a free meal. I am not expecting you to part the Red Sea or turn water into wine. But using the correct recycling bins would help. Take some bags with you when you go shopping so you don't have to buy a plastic one. Minor variations in consciousness would be a great help when multiplied by 68 million.

I consider the most important aspect to this piece is observing our emotions which are our spirit and through self-enquiry we will discover why we experience certain emotions such as greed and jealousy. And get rid of them once we understand why we feel them. This may be tough for somebody who has a deep-seated emotion. Aardvaark never killed anyone. If we want to be happy we have to do the hours!

On page one I mentioned the exercise of blaming yourself for all the problems happening around you. Some of you might consider this quite absurd. How can I be to blame for that? That is the council's responsibility or the government's. You have missed the point of what I am trying to say. I have mentioned many times, quite deliberately, to say that we are conscious beings comprised of mind and emotional self. Effectively what I am doing is asking you to self-programme yourselves just like learning the times table at school or poetry to recite in class the next day.

Learning by repetition is exclusively an activity for the mind since you don't recite the times table with much emotional content. If you want to programme your spirit as well you have to use emotion to communicate with it. So the work you put into your exercise on the emotional aspect will give an equivalent return to the input. What you are doing is releasing the creative force of your spirit which is unlimited. By posing a problem that is already affecting you emotionally and programming your mind AND spirit with this, it will empower both mind and spirit to be aware of this problem and work on it together. You are then balanced. After you have done the work, then just return to your previous activity and start becoming more aware of what is going on around you for the rest of your life.

Your perception is your reality. Change your perception. Change your reality.

Just a thought in passing. Our most lasting memories involve emotion (spirit). So the stronger the emotion you feel at the time the longer it will last. The horror of the soldier in Iraq, your 10th birthday present, the joy you felt, the wonder of the scene of mountains covered in snow, the look on somebody's face who has just conned you. It just occurred to me that the blame exercise might improve memory.

Most decisions made on this planet are just mind-related which is basically the world problem. There is only one solution and that is a spiritual one which no government or combinations thereof can solve. Governments' decisions are virtually all mind-related with no love, compassion or empathy with the electorate. This is because a political party is incapable of feeling these emotions. How can you feed the homeless without empathy? How can you accommodate refugees without love? How can you look after the elderly without compassion? Only the world population (including politicians) can do it working together by raising the vibrational frequency of this planet.

Let me give you an example of the exercise. Mrs. Bakewell, aged 64, lives alone over the main

street and has always been complaining about the litter on the street to the council. So she has read this and being enthusiastic she put a lot of emotion into it “it is my fault this street is dirty” “ it is my fault this street is filthy (change the words for more value)” She jumps up and down in her living room reciting these words again and again.. She feels quite exhilarated but is not sure why. She wakes up at 6am on a Sunday morning and looks out of her window in horror to witness a heap of rubbish outside the pub which is one Mrs. Bakewell high. There had a been local celebration. So she puts her shoes on and rushes across the road to put the rubbish into bins and into neat piles next to them. This takes her about 45 minutes and she returns to her bathroom to clean her hands, looks into the mirror. Oh my God! I never go out without combing my hair! Hope nobody saw me. So Mrs. Bakewell's phone bill has now gone down and she is regularly seen on the streets clearing litter which she does with relish. It has given her a purpose in life now and she has had many interesting conversations with local residents. Want any help, love? No this is my responsibility.

Mrs. Bakewell identified a problem. The inefficiency of the council worker. She took responsibility for this upon herself and her action was instinctive because she had hard -wired herself. They sometimes meet and she will say. “you've missed a bit there”.

There could be ramifications such as the council worker explaining about Mrs Bakewell to his boss and his hours have now been cut by 50% and the council worker has more time for joinery as he is steadily building up a customer base. The town where Mrs Bakewell lives may have tourists. Where shall we go this year? Lets go again to where Mrs. Bakewell lives. They don't know her of course. That town was so clean. Because of Mrs. Bakewell doing her exercise, she has purpose in her life, the council (government) have saved money and the hotel, restaurant and cafe trade will be boosted. And the council worker has made a large step towards financial independence.

This may seem a very trivial example but if you start thinking about multipliers across the country you get very significant savings. For instance if each street had a householder whose responsibility is to arrange the cleaning of their street by a rota or if some lad or lass was unemployed they might offer to do it until they get a job. So all small towns and villages will contact the council and say they don't need the cleaning service anymore. In addition the local cleaners will feel prouder about their environment so will be able to spot and reprimand those that create the litter. I am not sure how this would work in cities. Imagine 68 million people, all different, self-programming themselves and eradicating fear. Wow!

Fear is an absence of love similar to darkness being an absence of light. So bathe yourself in light. This is fun to do when you are trying to get to sleep. Just imagine that you are covered in a bright light and then take it further so that you imagine all the molecules in your body are composed of light. The stronger your imagination the more uplifted you will feel. Just fun!

In summary, please do not in any way assume that I am giving you a quick fix. So please don't give up on me. That would be lazy. Your life would carry on the same way as before. OK if you don't want to improve yourself. Your choice. We can all improve because if that were not true then we would be perfect like God. Your choice. The process of harmonisation of mind and soul can take many many lives to complete so there there is no need to rush. You will know when you go around without fear. The fears we all have are myriad. Fear of losing a job, fear of strangers, fear of losing your partner, fear of being caught, fear of putting on weight, fear of being raped, fear of being mugged, fear of the neighbour's children. The list is endless. So please do the blame exercise whenever you wish to hard-wire yourself about anything but always with emotional content for optimal return.

This is a good exercise to do to develop your imagination and general awareness. Think of a sentence and observe your emotions when you recite it.

The cat sat on the mat. All too sedate for me, I didn't feel anything. Me neither.

Dog pissed on my carpet. Feel anything. Anything you want to talk about?

Dog. I love dogs. Why do I love them? Whose dog? Mine. Neighbour's dog? Stray? Can't tell from the piss. How did they get in? It is God spelt backwards. Is that a coincidence that they both give you unconditional love.

Pissed is the most important word for me. We euphemistically call it urination because we don't like to discuss waste matter from our bodies. Shit is another we euphemistically call defecation. Sex is another. Messy business. Lots of excretions. "Gladys, which positions did you try with your husband last night." "49 and 62." "I haven't tried those." "Bloody awkward. Look at the pictures. Read a book afterwards." "What was that?" "The Kamasutra." "Not many words in that." "Actions speak louder than words." Snot. Periods. Blood. Puss. Puke.

Just to finish on bodily excretions. Every bodily excretion is treated with disdain. A taboo subject. Ever thought why? Could it be because we are conscious beings comprised of mind and soul who resent being in this body? The discussion of bodily functions is an assault on the consciousness of the mind and soul who want to think higher thoughts. Your choice to take a body. Tough shit! How is that for negative hypothesis?

Think about dreams. I do. I like trying to analyse them, but only when they are vivid. This is our mind and soul going on their adventures by escaping the body while we sleep. The poor brain tries to give us its interpretation for things it doesn't understand and that is what we get. Sometimes, very rarely, one gets a dream that is so strong that one remembers it for life. I woke up one morning in December last year and my exact words were "What the fuck was that!" So I went for a slash. Still with the dream in my mind. Back to bed. Another dream of only two images but so powerful and wonderful to me that I will never forget it. So I get up. Have a cigarette and then a few more while walking up and down. I thought something wonderful had happened. They have abolished the party system at last. Then my brother phoned at 9 am to inform me our father had died. This is probably the best euphemism used in the written form. We had an interactional breakdown a month before he passed away. I interpreted this dream to mean "son. Sorry I couldn't email you because I have just died. This is the only way I could do it. Things are fine with us." "thanks dad. You never used telepathy when you were alive – always the email. Where did you learn it so quickly?"

When my mother died in 2004 in hospital I was there with my father. After she passed away I gave her a kiss on the cheek and asked her to keep in touch. Bit strange to do that to a dead body. Anyway she appeared in a succession of dreams but always played a static role. Never said a word. I went to see a medium a while afterwards knowing she would come through. "your mother is coming through" After a while in the conversation she says "I feel like I have L-plates on my chest. I am not used to this. My father is helping me." I am laughing so much as I am writing this - it was so like her. A spirit using earthly language to explain her incompetence as a spirit. I went for a Tarot reading with a friend who is very psychic and he said "somebody is saying why are you not responding to my messages?" What messages does my mother mean? Does she mean all the dreams where she didn't say anything. Or something else that I missed? I remember walking across the road towards the local cafe and I suddenly felt very faint. In fact for a split second. I thought this was the cessation of my mortality. I limped to the cafe and collapsed at the table in front of a friend of mine. "I am so faint." I said. My friend blurts out immediately "tell them that you have your life to lead". Fastest diagnosis I have had because she is a medium. She said sometimes spirits get clumsy when they try to make contact. That was lucky. So after saying that I have my life to lead, I recovered slowly over the next hour. It happened once again after that

when I was alone, but of course I knew what to do. It seems that she has tried to contact me many times but keeps cocking up.

I woke up one morning and my watch said 10.38am So about an hour (guess) later it was still 10.38am. My God! Am I in one of those time warp continuum thingamajigs? Imagination don't run away from me - said the mind. So I rewound my watch. It went for two hours. Stopped and then continued for three years. So it wasn't the battery was it, mind? Said the soul. It was exactly to the minute two years after my mother died at 10.38am 24 December 2004. Over to you readers.

OK. I did 50 lines of A4 on pissed, Beat that!

I bet you can't get more than 2 lines on the word "on".

Opposite of off. Opposite of under. A side of the pitch on a cricket field.

OK, you win.

My implies possession, Derives from me. Lots of "me" people. Too into themselves. I can spot them easier now. My goodness. My neighbour always says "MY wife." with emphasis on my. She is treated like a possession. Control freak. Insecure. I can spot those easier now. I could go on.

Carpet. What colour? White! Big stain. How much will it cost to clean? Is it new? Will the culprit ever be found? Doggy DNA tests? Tannoy. We are currently testing the DNA of all dogs between Marsh Lane and Trumpton Street in order to ascertain the owner of the urine stain on Mrs Williams's new snow-white carpet bought last week for two grand. The streets will be closed for 5 hours.

I think you probably know where I am coming from now. You are developing your creative self.

So your perception is your reality, Mine has changed many times writing this. Develop your imagination. Be aware of what is going on around you. And observe your feedback from others. Improve your problem solving using the blame exercise, Be curious. You learn a lot by being curious and using your Interrogator. Observe the interaction between your thoughts and emotions. The only crime is disrespect to others. This includes lack of self-respect. You fail to respect another which is your detached self. If you cannot respect yourself then how can you respect others. Many crimes will ensue. Gradually examine all your fears, understand them and eradicate them.

Your subconscious mind is connected to the whole of the universe as Dolores Cannon discovered when she put subjects under deep hypnosis. The subconscious mind doesn't lie like the conscious one. I thoroughly recommend the "Convolution Universe" books one to five. Amazing things happen. She has a huge body of work so there are many books before these. I also recommend "Conversations with God" books one to three by Neale Donald Walsh. They are both hard work but very rewarding to read. The Convolution Universe is a lighter read but not by much. The Conversations with God is probably more suited to a philosopher-type whereas The Convolution Universe is for the adventurer-type.

The knowledge our spirit can access is therefore unlimited.

Your heart is the seat of your soul – your emotional centre- the source of LOVE. We are currently vibrating at a low frequency due to the pandemic of FEAR (not Covid-19). I repeat that FEAR is

the absence of LOVE. We can all help to raise our vibrations by doing the following exercise:

Lie down on the bed or sofa. Close your eyes and block out your conscious mind. Relax yourself. Be aware of your heart only. Feel love and build energy around your heart so that you have enough for yourself. If you find this difficult, then with your eyes still closed, move your hand to your heart and pull all the low frequency energy around your heart and chuck it on the floor. Be really vigorous. Don't want this rubbish anymore - so don't stop until it is all gone. Then move the heart energy around and inside your whole body so you feel really calm. Build up more heart energy and think of your neighbourhood, the people, the flora and fauna. Feel it encased in your love – they need it. Then build up some more energy and think of our planet. Imagine putting the planet into an empty bath (with gold taps, of course) and start running the taps which contain only your heart energy. Feel your energy bathing the planet and permeating into its core. Love it. Enjoy it.

Lastly enhance your connection with the universe and the infinite so build up more heart energy and feel your heart depart this planet. Wonderful. Slowly at first then gathering to a pace as fast as you can stand. Fire your heart energy into the infinite. Until you are knackered.

We earthlings must release ourselves not only for our own benefit but for the benefit of others who will notice the change in our perception from doing this exercise and will benefit from that even though they might not be performing the exercise themselves.

It is fundamental that we all do this once a day or more at this time of great crisis. Even if you don't understand about the frequencies you will feel great. I nearly fell asleep on the keyboard the last time I tried it!

Love you all - fellow one-votes. I could say God bless - but you can bless yourselves now and sleep well.

Ciao

One vote.

15 July 2020



