

How
Do
You
Think

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How Do You Think

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CONTENTS

Chapter 1	How Do We Think	7
Chapter 2	How Do I Think	22
Chapter 3	I Lost My Best Friend	23
Chapter 4	Reference Points	26
Chapter 5	How Is Our Perception Formed	29
Chapter 6	Pre-conception	36
Chapter 7	What Do You Think	38
Chapter 8	It's Not My Fault	48
Chapter 9	Learning	52
Chapter 10	Genetics	55
Chapter 11	Sex Education	57
Chapter 12	Sexuality	59
Chapter 13	Drugs We Use	65
Chapter 14	Bi-polar	68
Chapter 15	Fight or Flight	69
Chapter 16	Drug Induced Mass Psychosis	72
Chapter 17	Lisdexia Or Dyslexia	77
Chapter 18	A.D.D.	78
Chapter 19	Short Term Memory Loss	79
Chapter 20	Déjà Vu	80
Chapter 21	Schizophrenia	81
Chapter 22	Alcoholism	85
Chapter 23	Equality	90
Chapter 24	About The Author	95
Chapter 25	Religion	101
Chapter 26	Taime	103
Chapter 27	www.howdoyouthink.com.au	109
Chapter 28	Why Are We At War	113

Forward

By the time you finish this book you will understand your mind and how it thinks so well. You will have so much knowledge of your own mind, and your life, you will be able to confidently hold your head up high and say with pride.

I'm Not Like Everybody Else.

No matter what, even if I start rambling about my own life I will do my utmost not to tell you what to think. But explain to you how we all think. I have spent the last 22 years working on this one question.

How Do You Think?

It turns out I have an amazing memory my long-term memory is fantastic. But I still sometimes don't know where I put my keys in the morning. So I can bring up my past at a moments notice its like I have a mental personal computer inside my head that always takes notes.

The way I have worked this entire thing out is not by accident but through sheer determination to see something all the way through no matter how hard it became.

I was told at an early age that I would be something that someone else thought I would be. Well I did not want to be that way. So through sheer determination, knowing that they were wrong, and the typical Aussie spirit of don't give up, or simply the fact that I was too pigheaded, too stupid, too stubborn or just plain and simply too daft to accept what I was told. I came to my own conclusions with the answers of others and just didn't give up. I can do anything I set my mind to.

I am hoping that by the time you finish this book you will be able to do the same. Many years ago I heard a cover of a song by an Aussie pub band that I live my life by.

It is a song that it is so very typically me.

I'M NOT LIKE EVERYBODY ELSE

How do you think?

Well it seems that no psychiatrist has ever asked this very relevant question.

Plato told you what he believed. As he perceived it.

Francis Galton gave us his theory. As he perceived it. He also found that our fingerprints are different.

We have structuralism theories.

We have functionalism theories.

We have behaviourism theories.

We have the Gestalt/cognitive theory.

Ivan Pavlov studied dogs then theorised how humans behave. As he perceived it.

Thorndike studied cats then theorised how humans react.

Skinner studied rats. Then theorised how it was relevant to humans. As he perceived it.

All of these psychiatrists made perceived opinions of there own observations of other subjects but at no time did they ask you.

HOW DO YOU THINK?

They watched behavior and made assumptions of the behavior on how they perceived it. Now I was told once by someone dear to me. Never assume.

It makes an ASS.of U.and ME.

Thanks

This book was not written by just one person. It was only typed out by me.

But there were so many people that contributed that I simply cannot name them all. So instead of trying to name them I will not name anyone at all. The reason for this is simple I don't want to leave anyone out. Even you helped write this book without even knowing it.

In today's society people don't try to understand their problems.

We might bitch about our problems but we don't really understand them.

No one tries to understand why we feel the way we do.
It's all about pills pills pills.
I don't want to understand you. Pop this pill.
The very reason for the subject of this book.
This book is all about understanding you.
It's not about men understanding women.
It's not about women understanding men.
It is simply about understanding you.

Its nice and simple every single person that I have ever spoken to in my life has contributed to this book and I thank every single one of you. I listened to every single one of you and I learnt knowledge from every single one of you. I believe I can learn anything from everyone no matter what age from a baby to the elderly.

You are an individual. You're not from Venus or Mars.

YOU'RE NOT LIKE ANYBODY ELSE.

Chapter One

How Do We Think?

All of the animals on this planet learn to adapt to their own individual environment. Whether it is a fish, a whale, a cat or an elephant all animals adapt to their own individual environment.

Human beings on the other hand have the ability to adapt their environment to suit themselves. We have the ability to build dwellings. So do most animals but we do it with a little more style and finesse. As we perceive it. We have the ability to create roads, bridges and vehicles to transport our belongings and ourselves.

We have the ability to create air travel. We even have the ability to travel into space and see and visit other planets.

The most important thing to remember is we adapt to our environment. Sometimes we don't like our environment but we as human beings adapt in any case.

Even when we are sleeping we toss the blanket off when it gets too hot or we cuddle into our blankets or partner when we are too cold. As human beings we can also create heat and cold through air conditioning, refrigeration and heating. Yet at all times we are adapting either ourselves to our environment or our environment to ourselves.

When we put ourselves into certain situations we will always refer to previous learnt responses. We choose to put ourselves into situations and everything we do, we choose to adapt. You choose your career. You choose your partner. You choose to eat a meal whether it was cooked by you or for you. You choose to walk, drive or fly. If you are threatened in any way and your life may be in danger you will choose what may be the better way to survive. You choose to exercise or not exercise. You choose to eat healthy or fatty foods. You choose to take drugs. You choose to drink alcohol. You choose to go to work, or not.

You choose what is best for you to live, thrive and survive. You will always choose what is best for you and you will always justify your own actions to yourself because you know what is best for you.

It is your choice to change and improve your life. It is your choice if you wish to understand the past. It is your choice if you wish to change your future.

If you don't take responsibility for your actions who will?

If you don't understand your past, your future is already written.

This is why it takes a child a couple of times to learn things. If the child doesn't realize it has done it already, the child will make the same mistake again. As a child grows up it encounters all types of new experiences. If you do this as an adult you will make the same mistakes as you did when you were a child.

Each new experience the child will always perceive it from the last experience. This is the child's reference point. If a child falls and hurts itself it is reluctant to do it again. Hence the old saying "you've got to get back on the horse again". So as a child goes through life the child will encounter countless amounts of these situations and always perceive and learn from a previous perception of a situation.

How many of these situations have you encountered. I personally don't think I could count them on 5 billion hands.

We have all had situations where we have been scared or frightened of a situation or experience in our life. You may have been bitten by a dog or scratched by a cat. Kicked by a horse or have a fear of snakes or spiders. You may have fallen off a ladder and now have a fear of heights.

You may have fallen in a pool so you have a fear of water. You may have watched Jaws and now have a fear of sharks. You may have choked on a piece of food so you will never touch that item again. You may have left the house open so now you have to check all the window and door locks twice before you leave.

A parent or caregiver may have yelled at you because they didn't understand you.

That parent or caregiver may have been going through the most traumatic period of their life and you may have felt responsible for their reactions. Your parent or caregiver may have had an alcohol issue or a drug related issue so therefore they may have acted dis-responsdently. It could have been one or both parents or caregivers. Your parent or parents may have been away for long periods of time due to illness or work commitments. Maybe someone wasn't there the day you scratched your knee and you wanted a bandaid. The fact is all of these life experiences shape every single child which we then take these learnt life experiences into our adult lives.

Every single one of us had very different experiences and we all react to these experiences very differently. This is what makes each one of us truly very unique. You will always refer your current perceived situation to a previously perceived reference point.

You did not see my life through my eyes and I certainly did not see your life through your eyes. Therefore how could I or anybody else on this planet judge you on how you react to certain situations. You will always refer to your own perception of your own reference point.

If we always got what we wanted this may shape us to think in a positive frame of mind. Yet if we felt as though we may have missed out on something then this may shape us into thinking that we are always the victim.

This may then give someone a negative attitude and they may only ever focus on what they missed out on or didn't receive. But no matter what, you and only you will know how you perceived it.

No matter how your own perception was formed I believe that an individual can change their perception from a negative to a positive outlook by understanding where and how their own individual reference points were formed.

The reason I know this can be achieved is plain and simple because I did it. I also know others who have changed their lives as well. I can and will achieve anything I set my mind to. I also firmly believe you can and will.

You just have to believe in yourself and anything you set out to achieve, you will achieve it.

I believe that I truly am an individual. I can and do understand my past faults and what caused them. I now know my securities and where my insecurities came from.

My securities I created. My insecurities were created by other people's insecure perceptions of me.

I'm Not Like Everybody Else.
This book is all about you.
Are you like everybody else?

I hope that I'm not boring you yet. This book is all about you so I hope I don't ramble on too much.

Well the way I think is like this. It turns out you do to.

As I go through life I simply scan everything I view into my mind. Every little piece of detail I see, I store into my mind just like I would scan a photo into my computer. If I hold my arms straight out to my sides I have roughly 180-degree vision. With a quick dart left then right it is even greater. My eyes constantly dart around the scene at such a rapid rate I have to concentrate to realise how quickly I am doing it.

I not only scan the image and sounds into my mind but also the voice patterns of different individuals and when I pull up an image or memory of my past I can literally see them and hear their distinct voice pattern. For example I just heard my mother (***)! get inside right now or you'll cop a hiding). So to me, my memory is very good and I can pull up all sorts of memories that are so vivid that sometimes I feel as though I am there again.

For example, I can actually bring up an entire bike ride through the national park dodging trees and getting out of the way of mates as they hurl rocks at me when they roost past. Or pull up a first kiss of a loved one. It is so real it's like I am seeing it for the first time.

To me I think consciously but it turns out that all of the people that I have spoken to only think subconsciously so therefore don't realize that they do it. After explaining to people why they think the way they do it has helped every single one of them to date.

Now there have been times when this vivid memory has tricked me.

Sometimes I might do something wrong in my partner's eyes and they then give me a serve. I would then feel a little down and out so I would go into my mind and try to find a good image to pick myself up. Well my childhood wasn't the best and my mother was always right and I was always wrong, (mother knows best). So it's pretty hard to find a good thought to pick me up. It seems all I have is negative thoughts of my childhood, which are very vivid video images that are very real. So I would then subconsciously confirm to myself that I guess I am a pretty lousy person.

Unfortunately, if you have a couple of lousy days in a row this turns very depressing, then because you're low you can't seem to do anything right in anybody's eyes so then depression sets in. After a while all you can focus on is the negative thoughts in your head, which are very vivid and real just like watching a DVD.

Sometimes you start thinking of these thoughts and try to turn them to positives, but to no avail. At times they totally consume you and you literally have so many negative thoughts running around your head you can't sleep. I learnt that if I drink I slow down the thoughts so that I can try to tackle them one by one (some will say that if you drink the thoughts will still be there tomorrow) but I thought that they would be there for ever not just tomorrow. I just wanted to drink to slow down my

thoughts at that moment. I thought that they would be back tomorrow the next day and a month from Sunday as well.

Well I don't think like that any more. I have control of my mind. It doesn't control me any more. I control my mind.

This book is all about you. I am hoping that by the end of this book you will be in control of your mind as well.

Always remember you're not like everybody else.

Have you ever been deep in your thoughts and your partner says "sorry honey what was that".

And your answer was "just thinking out loud sweetie". Has your child ever had an imaginary friend they talk too. Or a dolly that talks to them. Why do we all know the saying "turn down that racket I can't hear myself think". Simple we think in images and sounds. Why did we all connect with the movie What Women Want. Simple we all know we have thoughts running around inside our heads that we all would love to say but are too scared to say.

We have all probably wanted to actually tell someone what we wanted to say but were too scared or frightened in case we were sacked or cast out of the group. Or you just agreed with someone to get what you wanted. Whatever that may have been only you will know what you wanted to achieve from a situation. Why is a flash back scene in a movie so vital to its plot; because we see what that actor's reference point is. If we didn't know the character's reference point then we wouldn't understand why they would act in the way that they do. Just like you and me we are no different than a story in a book or on film.

If you don't know the reference point the movie makes no sense to you. If you don't know an individual's reference point then you won't understand the way they act or react to certain situations. To you they are acting odd or worse, to you that individual may have a chemical imbalance to act like that. But always remember that is how you perceive it, not how they perceive it.

Why else do we have huge photo billboards and not just typed words on them? So we can recall them later. We can and will visualize them at a later point in our lives. Why else is the Xp desktop so flash because we remember things by vision.

Have you ever been driving along and thinking “how on earth did that guy get his licence. He must be the worst driver I have ever seen on the road”. Then he swerves and just misses a car and you say to yourself “crap buddy learn how to drive”. Aren’t you just thinking out loud the last part of the thought pattern. But to you that’s normal.

Have you ever been so immersed in your thoughts that you have hundreds of ideas and thoughts just spinning around inside your head then suddenly on the radio they start talking about one of those thoughts and you say to yourself “wow that was freaky”.

What if you weren’t as stable as you normally were and life’s pressures were building up. Everyone is a true individual in body and mind. We don’t know what individuals think. That is why we don’t have

Common sense

It seems to me after working out how I think and talking to my father, it is just the same way he thinks. He runs his projections through his mind and thinks out loud.

Now I have walked up to 1000 people and asked these few questions:

(1) Excuse me but do you think a lot.

(2) Do you have a lot of thoughts running around in your head at any one time.

(3) Do you think in images or video like images.

(4) Do you ever run scenarios through your head like:

If I don’t pick up the bread and milk my partner will be angry with me but I don’t have time coz I had to work back.

But she won’t understand, and you work yourself up into a complete frustrated argument through your head because nothing you ever do is good enough or as important as what your partner wants or needs and by the time you get home your angry at your partner.

Well this is called a projection. After all the reading I have done I have only ever read about the receiver's view of a projection. This description is the sender's view. What you are doing in your head is what some people do out loud, you have probably done it out loud as well but to you it is normal.

It seems that all psychology is based on if you think like a psychiatrist then you are sane. But it seems they didn't actually ask anyone else how they thought.

If they did, then, that would have been a more scientific approach. I am not a psychiatrist or a psychologist I am not even a scientist.

I am just an individual that believes that I don't have the right to judge you or anybody else for that matter. I am an individual that doesn't like being lied to or lied about so therefore I don't want to lie to you. I am an individual that believes in myself so therefore I believe in you. I am an individual that believes that I don't have the right to tell you how you should think, what you should think or why you should think. I believe that you have a right to achieve every single goal that you set your mind to, but only after you take other individual's needs and rights into consideration. If you take from, steal from or violate another individual's rights then I believe you should be punished accordingly. I believe if you combine your projections with others and you all achieve what you set out to achieve with the help of others then I believe you deserve your success. Because others also helped you to achieve you have also helped them achieve what they wanted.

Now after a lot of observations through my life, and a lot of reading recently. I have formed my opinion. This is my opinion but it seems to make a great deal of sense to a lot of people that I have spoken to and shared this opinion with.

Well, when we are born we become conscious at a very early age and from that point we live in a total state of confusion. When we cry we get picked up in many different ways - because that person is tired, sad, happy or just confused at why we are crying.

Mum picks us up in one way dad picks us up in another. One-day mum is happy and I get praised, the next day she is grumpy and I get smacked yet I was only doing the same thing. And so on, if you wanted to you could bring up a million thoughts about this subject. If mummy loves me why does she yell at me and smack me? Because daddy loves me and when I see him on the weekend he buys me ice cream and always lets me do what I want. Why is my brother allowed to play football but mum says I can only play soccer coz football's too rough. Why is it on Barney all the kids are nice and polite and helpful and always have lots of fun. But at kindy on the first day you have to sit when you don't want to, someone takes your bag and it seems no one likes you and you don't want to be there. You must not love me, Mummy and Daddy must not either.

Every single thing that we have witnessed in our lives will contribute to our own lives and our perception of our own lives. If your parents worked and you were in child care and all you wanted was your parent or care-giver to look after you then you may well feel let down. This may well shape you into feeling that you are always the victim and you may focus on what you didn't get instead of what you did get from a situation.

No one will ever be able to understand what goes on inside someone else's mind no matter what age that individual is. That is however many years of perceiving and misperceiving their own life has resulted in. The individual that witnesses the event will always refer back to a previous reference point and perception in their own life and judge from that perception. So therefore no one will ever be able to understand someone unless you ask that individual how did you come to your own conclusion and what contributed to your perception.

Hey this book is all about you what do you think?

Do you have the right to tell someone how to think.

Does anyone have the right to tell an individual what to think.

Does the individual have the right to think and perceive how their own life has come about and contributed to their own perception.

Well what do you think?

It seems that we all live in a state of total confusion as children and we have to make up our own mind of what is wrong and right. That is why a child will push or test a parent because the child has so many conflicting things going on in its life that it must make up its own perception of the situation.

When it comes to divorce it seems to get worse. We all go down the road of life and we all get hurt in various ways. Mothers don't want to let fathers see their children. Court cases happen and some even defy the court cases. We get told by our mums that daddy didn't want to see us. But when the courts finally make it happen we get told daddy did want to see us. Again total confusion. As adults we can sort of comprehend.

As children we simply cannot and will not comprehend why mummy and daddy lie to us and don't love us. If you love me you would not lie to me. I was lied to by my mother and father so much as a child. I will not and cannot comprehend why someone that loves me would lie to me. Lies and deceit hurt children and a little boy can not see his daddy.

So if you love me why lie to me?

It seems my parents got divorced simply because they mis-perceived love. My mother had a rough childhood and to her, love was: "hug me, hold me, kiss me, and worship me" and to my father love was support the family. Work long hard hours to bring home the bacon for his kingdom. So, from day one as individuals their marriage was doomed. But in societies eyes they were doing exactly what they were expected to do. See some women want to be Cinderella and men are expected to sweep her off her feet and build a kingdom to share together.

But how can you love me husband in my way when you work all day long. But wife I love you that is why I work all day long. Well you must not love me then. As I perceive it.

Could this be why so many relationships fail. As individuals we all say they didn't love me my way.

“You don't see the side of him that I do”

That is because everyone views someone from their own perception.

You can love someone with all the love you can summon in yourself but if its not the way they want it, or wish to see it, you are doomed from the start. Some people you could give them the world but all they would see is the deserts. That is not how they perceive love. Some may see the oceans but they may perceive that you are trying to drown them.

So it seems to me that all my father's illness is, that he is simply, completely and utterly self absorbed in his own world of rules and regulations and doesn't have any perception of someone else's life. Trying to provide for his wife, but at no time ever perceiving why my mother treated him so badly because to him his rules and regulations (ethics, creed and mottos) were the way to live. So after the trauma of his divorce and losing his children and kingdom he will not, can not ,ever even contemplate the idea of perceiving why she treated him the way she did.

My mother went through life feeling exactly the same way about him as well.

What happens is, as we all go through life we pick out what hurts us and what makes us happy in life so therefore we learn in our own mind how to treat someone and how we don't want to be treated.

We develop our perception because we know what is best for ourselves so therefore it must be best for everyone. This is why most of us cannot and will not comprehend hitting women, murder, rape, abuse to children, war and violence as we do not ever want it to happen to us or our children. So over time during our lives we simply can not and will not perceive why someone would want to do that to us or someone else.

Now children of divorced families seem to develop these pains and rules more so than others. It seems the worse the

childhood the more pain we endure hence more rules. Also the nicer you want to treat someone and be treated by them.

But it seems the less you have been hurt the less you understand how much you can hurt someone else.

We have all seen someone walking down the road waving their hands and talking to themselves. Well next time you see this just look a little closer and you just might be able to see the pain they are in because chances are someone hurt them and they're just trying to work out why. If you have the courage to do it just walk up to that person and say "hey buddy I can see you're in pain would you like to talk about it" and have someone listen and not judge you. But it seems in today's society we simply don't care about others. It is all Me, Me, Me, I, I, I.

We all think in images and sounds and voices and we all have these projections. We all go down life's path picking and choosing our own morals and creeds. We never thought to ask someone else if they did the same. I guess it's just our perception that we assume what is best for me is best for everyone (mother knows best). How many of us have had too many to drink and no matter what anyone says we and only we are right. How could anyone possibly know better than ME. One of those reasons is no matter what we did as children we were wrong because mother knows best. ("Put on a sweater". "But I'm not cold mum". "Do as I say, I know best"). So some have a childhood where we are constantly wrong and our self esteem is shot to shit. We simply over compensate in our adult life and have to be right at every turn because we all know how bad it feels to be told were wrong all the time. This itself may be the prime reason most relationships fail and most likely most marriages.

How can two messiahs live under the name of one god and be equals.

A lot of this attitude comes from the society that we live in. Watch television and it's all about I have the right to this and I have the right to that. The person that was hit, stabbed or shot

doesn't have any rights, but I do. How many times have you alone been told "look out for number one".

No one ever considers number two. It's all about what we didn't get, it's all about what we missed out on. It's all about you. It's all about what you didn't get not what you did get from a situation.

Well this book is all about you. Do you think of number two or do you just worry about number one. Do you only care about you. Or do you love and care about others.

Let's try an exercise

Keep your eyes open. Now picture your front door. Picture yourself putting your hands in your pocket. Pull your keys out and unlock your door. Walk inside and walk throughout your home, you can picture your home as if you are inside it. Turn on the TV to your favorite show and you can hear it. Listen to what is on the TV. You can hear the voices on your TV it could be your favorite late night soap or mtv. Walk up to a flower and try to smell it. Some people can associate a smell or even a taste when they see or think about something. Now try this on all sorts of locations. Your work place, your mate's place or anywhere that is of interest to you.

Picture yourself on a tropical island. Picture yourself flying a plane. Picture your self driving a racing car. Picture yourself as a catwalk model and you are the centre of everyone's attention. Picture yourself climbing a mountain. Or abseiling down a cliff. Picture how you would like people to perceive you.

Now put down this book for a few minutes or a day or two and run those projections through your mind. Close your eyes even and just picture it in your mind.

All of these images and projections are controlled by your mind not your brain.

You are reading a book that you chose to pick up and your thoughts are being controlled by you the individual. Not by chemical reaction not because your genes told you to pick up this book but because you as an individual chose to read this

book and run your projection and thoughts through your mind. At any time you could have chosen to put down the book and do something else but it suited you at the time to read this book.

All of these images and projections in your mind could be referred to as day dreams. Dreams. Thought patterns. Thought. I like to call them projections.

When we are asleep and our body is tired that doesn't mean that our mind is asleep. We run projections through our mind every waking moment of our lives. Sometimes even when we are asleep. We call them dreams or nightmares or astral projections.

In reality it is our mind thinking of other places we would like to be or not like to be.

Nightmares are just projections of our insecurities. This is why we have bad dreams of sharks, spiders, bugs and all sorts of things that we do not understand and fear. Yet a scuba diver or oceanographer understands sharks so therefore they do not have the same fears as you.

How we think is the same, what we think is different.

We all travel through life and do what is best for ourselves. We all think in sight, sound and some in smell and taste. We will always refer back to our life learnt perceptions and mis-perceptions of our own individual lives.

You did not see what I saw. I did not see what you saw

From the mouth of a ten year old when you don't know what she knows. "You're a stoopid head".

Some people don't get past the attitude that because you don't know what they know then they believe that they are smarter than you.

We all learn things, just very different things.

Here is a quote for you:

"If you learn and know more than your teacher

Then your teacher was the greatest teacher of all".

Your teacher taught you to learn more than you were taught.

You did not learn what I learnt. I did not learn what you learnt.

Chapter Two

How Do I Think?

Well it didn't take me long to work this one out. Just twenty-two years, not a particularly long time really. Ha, Ha. To be honest it was the fact that my partner left me that all the pieces of the puzzle actually fell into place. Because I'm not like everybody else. I try to understand if and how I made mistakes. If I made mistakes then I can look at myself in the mirror and say to myself. "I Fucked Up". It is something very important to me. Another very important thing to me as well is I don't lie to myself. If I don't lie to myself then I won't lie to others.

How will I ever become a better person if I deny the fact that I made mistakes. To me if I made a mistake (I fucked up) to you that phrase may offend. To me this phrase makes me improve myself. My year eight science or english teacher once explained to my class that the word fuck was the most versatile word in the English language.

The word fuck describes an adjective, noun, verb, pronoun or adverb. You can fuck. You can be a fucker. You can be fucking. You can be fucked. You can fuck up.

My parents caused a lot of pain to their children simply because they never accepted responsibility for their actions.

(It's not my fault).

It was never either of my parent's fault it was always what the other one had said or had done. Neither parent took responsibility for they're own actions.

To me taking responsibility of my actions and fuck-ups is the most important thing. If I realize that I made a mistake then I can improve. If I blame every one else then how will I learn.

I was very lucky in the fact my ex partner and I had, from the very beginning a very solid friendship to build our relationship on.

Simply put she was not just my lover but my best friend as well. Maybe this is one of the reasons why I was so determined to understand what I had done wrong.

Chapter Three

I Lost My Best Friend

To me losing my best friend because we didn't understand each other was quite possibly the greatest loss of my life. It broke my heart. Now because I like to learn and understand from my mistakes I didn't want to go into another relationship and hurt someone or be hurt in the same way. I went on a gigantic self-discovery. During this time I tripped across a book that was a clinical study of "A destructive narcissistic pattern" from a psychiatrist's perception.

Well I read this book in two nights and said to myself "see it's not my fault she has a personality disorder. Ha".

Well me being me I started to analyze and understand her and relate back to our conversations during our friendship-relationship. Well I started to understand her reference points and why she would have acted in the manner she did at certain times in our relationship. We all have reference points in our lives the things that we don't understand or simply can not comprehend are the things that we mention to others. Kind of like a sounding board. The problem is that our friends want to stay our friends so they all agree with us even if they think we are wrong. They don't want to offend us so they just agree. Then the next problem arises. Everyone agrees with us all the time so I must be right all the time. (It's not my fault).

Well I started to see the same behavior in just about every body I knew. Not the exact same behavior but a definite pattern.

Not long after this I realized I have the same patterns.

I have a personality disorder (it's not my fault).

The same patterns and causes but not exactly the same as others. It turns out we all have personality disorders if you look at it from a psychological point of view.

I couldn't say it's my fault anymore. We both fucked up.

It seems as though psychiatrists don't get out much and meet real people they just read and go to lectures and get told how we should all act and behave. But that isn't the real world it's their world, not ours.

Well because I knew how I think and I can describe it in detail I then understood how my ex partner thinks. The real bonus came later and that's when all of the pieces of the jigsaw puzzle came together.

I was lucky enough to run into my ex and have a coffee and a good talk. If I hadn't found that book and learnt to understand her it would have been a very different scenario. She broke my heart and at first I was very angry with her. I didn't get what I wanted.

Well luckily we could both see that we hurt each other. We both realized it was a two way street and she did realize that she hurt me as much as I hurt her. I knew I hurt her as much as she hurt me. Well, I feel that because our relationship was based on friendship we were able to sit down and talk about where it all went wrong. We talked quite a lot that night. That night was the night that the two of us openly discussed our arguments.

That night I worked out with the help of my best friend what no one had ever worked out before.

I had put all the pieces together and worked out not just the receiver's perception of a projection but a joint effort of a projection. The his and hers version in detail. The individual and individual perception of it all. It was because of the fact that we were honest with each other. We managed to discuss all sides of our arguments. I was now understanding how other people perceive personality disorders and all mental illness.

The difference with me was that I was seeing it from the inside out. In my opinion perception is one of the main reasons we have relationship problems because we will always see it differently than what is actually happening.

But this book is all about you so by the time you finish this book you will make up your own mind. I am not here to force my views on you. This book is all about you.

Because of what happened to me in my childhood I learnt to analyze everything I ever did.

I will go into it in detail later. From the age of thirteen I needed to protect myself from harm. I lived in fear as a child. I do not fear my life anymore. I lived in I a complete state of psycho analysis for twenty-two years of my life.

Well it turns out we may all benefit from it.

Chapter Four

Reference Points We All Have Them.

Some are good

Positive reference point.

Some are bad

Negative reference point.

The way my own memory works is like this when ever someone mentions a subject I will instantly refer back to a previous reference point in my life. It turns out we all think in this way. This is how a chain of thought can run for me. I call it a chain of thought because it is made up of all sorts of links that can go off in all sorts of directions as if the chain had a y link in it. So therefore that y link could lead off to a completely different chain link of thought.

For example out on Pittwater one day someone mentioned that the eutectic pump for the refrigeration unit on a boat was blown. Someone else had mentioned previously that the pump was the same as a normal auto air conditioning unit. Similar to a v6 commodore motor. Which is similar to a v8 chev. Which is actually a 5.7 mercruiser. So when I mentioned that I could probably pick one up at an auto wrecker in Blacktown every one thought I must be nuts because this engine is a marine engine.

Yet no one knew my chain of thought so therefore how could I have possibly come to that conclusion. I must be stupid or nuts. Or have a chemical imbalance.

Well this is how the human mind works.

We will always refer back to our previous learning experience. Good or bad. This is what causes depression in individuals. You will always refer back to what you didn't achieve or what someone else has told you about yourself.

For example if you were always told you were a no good for nothing piece of shit. (This one I can relate to). Then, if you were told it enough then you may believe it.

You may run a projection through your mind that you believe will make everything all better. Yet you will never achieve this projection for whatever reason, you just don't achieve it. Maybe it's just not possible to achieve. It may be a log cabin in the mountains. It may be a mansion on the water. But you feel as though this projection will make you happy. It might be that your parents didn't pay enough attention to you as a child so you go through life saying look at me, look at me, please look at me.

You may go through life and give your children everything you never received. You may well force it on them and they may well resent you for it because you never let your child or children be what they wanted to be.

It may be as simple as you were completely occupied with your own career and never spent time with your child. Then because your child is so used to you not being around that child is looking forward to the school holidays with their friends but you drag them off to do what you want to do on your holiday.

Some parents do not and will not ever understand their children because they will never see it from their child's point of view or perception. Some parents will reach for their goals and drag their children kicking and screaming through life. Then turn around and say that the child was selfish and didn't appreciate what they did for them.

The parent will never see what the child saw. A parent may only care about their own needs and not the needs of the child. To me children are sacred. Children are always first. The reason I never had children is this - I know what damage bad parents can do. I am exhibit (A)

Children will mimic everything they see.

How many children have hurt themselves from falling off buildings because they tried to mimic superman. How many times have you heard Bart Simpson say "I didn't do it, nobody saw me do it, you can't prove a thing". Children mimic their surroundings and adults adapt to their own environment. Good or bad we mimic and adapt.

Watch The Simpsons one night. Buy a copy of the DSM 4 see what is normal and what is normal in society's eyes.

Then if you act like that in front of a psychiatrist. They may well lock you up.

Your children are what you created I believe my father was a kind carefree man. I also believe that is what I am.

Yet my mother was a very cold woman. She was not loved by her mother. See what some parents can do to their children.

Im glad I didn't follow in her footsteps and mimic her. Remember your children mimic you. I chose who I mimic I chose not to be cold and bitter like my mother I chose to be like my father. So if your child is moody or irrational then maybe you are as well. If you are a nice person then maybe your child is as well. If your child is always yelling at someone else did they mimic you or someone else?

If your child is always complaining about it's own life then maybe your child is just mimicking you. Your child had to learn it from somewhere. Did you always complain about everything, about what you missed out on and always complained about what you didn't get? Is your child just like you? Are you just like your parents? Did you follow in the same pattern as your parents and are you teaching your children the same patterns. Did you mimic your mother or your father?

Did your partner mimic their mother or father? Does your child mimic their own mother or father? What did you or your partner teach to your child?

Is your child just like you or your partner? If so how did you teach them to be this way? Which one of your child's parents did they mimic, one or both?

Who are you going to blame? Can you say that you may have fucked up? Will you blame someone else and say they fucked up or do you want to blame genetics just like everybody else. Can you stand in a crowded room or more importantly can you look into the mirror and say this simple phrase.

"I may have fucked up".

This book is all about you. What do you think?

Chapter Five

How Is Our Perception Formed?

Our perception is formed from the time we consciously start to understand and misunderstand our environment.

Now perception is something I am learning to understand in a much, much broader viewpoint. We all have perception. We all perceive what we see in our environment. We all learn from our observations. But here is the hook. What the sender of the message says, we will always perceive it in another way.

Never in the correct way.

We perceive our life from previous life and learning experiences. If you had good or bad experiences this will always play a huge part in how you perceive your world.

If you and I walked into a shopping centre we would both see very different things. Hence the phrase: “are you blind how could you not see that”.

That is because we all have very different life learning experiences. Every one of us will have different interests and different hobbies. So therefore we will all see things with a different perception. Every single individual will perceive life differently. We all have different beliefs; we all have different faiths. We may grow up in the same family yet we are all very different to each other. This is why we are all true individuals.

By the end of this book you will see that you are a true individual, I also hope you will be very proud of that fact as well. So, if you are a true individual and I am a true individual, how many true individuals are there?

Every individual has an individual perception. So how can anyone judge you. By their perception!

I was once told that I will never see my true self, the way other people see me.

I did a lot of research and learnt all about how we never see ourselves for our true self. But because I like to ask why (all the time) I did a lot of research and a lot of self-discovery.

It turns out I know my true self because I will always be true to myself. You will always be true to yourself.

This is a good thing because I know I don't lie to myself I am always honest to myself and I know what is best for me.

I hope you are honest to yourself as well. And I know you will always do what is best for you.

You are the one that will never see my true self.

You will perceive me from your life-learned experiences. Not mine. So in fact you will not see my true self. Because you will always have a previous perceived reference point in your life. And you will without even realizing it say, he or she is just like (so and so).

You will always, always see others through your eyes not their eyes. Because you have seen what you have seen and made your judgment of others you will always perceive someone from your point of view or perception.

Now I have also found out that our mood changes our perception. Depending on what mood you or I are in will always control how we perceive our own lives and also other people's lives.

Writing this book is a great example of perception by mood.

I have looked at this book so differently and with such varying perceptions. All the way from research to print I perceive it differently depending on the various moods I'm in. Good day at work or bad day. Great day at home or, just a little so so.

Now if you and I see things very differently and we both perceive the world through very different eyes and life learned experiences, how many other people do the same thing? Everyone is a true individual so everyone will perceive their life learned experiences differently.

No matter what anyone has said to me over the entire term of my life I have always been true to myself. There have been times of doubt. But all in all I have always believed in myself no matter what someone else thought of me. I knew I was a decent caring honest person that always cared about others. I always knew who I was. I always believed in myself. I truly knew.

I'm not like everybody else.

How many times have we all said, that didn't come out right, or that's not what I meant to say. How many times have we all said their just like so and so? Have you ever walked away from a loved one saying to yourself, "their nuts how did they hear that when I never even said what they think I said".

What they heard was their perception of what they witnessed. This happened to me recently. I had the best day of my life. I had just worked out why my mother and father had divorced. I had worked out they did and do love me. But I had perceived it wrongly. I was on the biggest high of my life, my father does love me. I had just worked out what a two sided view of a projection was. No one had ever done this to my knowledge before. I had caught up with my best friend and was going to have a coffee with that person that afternoon. I was simply having the best day of my life. Yet someone else that I felt knew me quite well said that I had lost my mind and I had a messiah complex. Because that is how they perceived it.

We as human beings all see things very differently to the person in front of us. The other day one of the boys from work caught the train and as soon as he got in the car he says, "you should have seen this loon on the train. He gets on the train and at the top of his lungs tells all on board that there was a prophecy that it was going to hail that afternoon and it was foretold years ago don't take his word for it. It is written that it will happen".

Well my mate was baffled; this guy had obviously lost the plot and was totally nuts. Well to him he was. What I perceive is this. It was forecast that this particular day was going to be 40 odd degrees and a cold front due later. Well in the Sydney basin when we have hot then a sudden cool down we will have thunder storms and some times hail. The fact that he used the term prophecy says he believes in some sort of religion. So what I see is a guy that can't explain it in my

language (perception). He's just a guy that believes in god and understands Sydney weather better than some of us do.

See someone else might have said he's lost his mind and has a messiah complex. Maybe he was just trying to say in his way, "hey dude put your car in the garage tonight".

Here is an example how you can offend someone and not even know it just because of someone else's perception. I sit on my chair with my feet up on the desk when I surf the Internet. My boss sits at his desk the same way. When I did it at the bosses desk one person said don't you have any respect for your boss. My reply was we are both human beings and we both sit the same way at our own desks. So to me I wasn't being disrespectful.

That same person said he felt it was disgusting because everything that I had walked in all day was now on his desk and what if the boss wanted to eat lunch at his desk.

To him all he saw was the desk was now covered with germs. He felt that was offensive. Now about a week later I was out on site and I realized it again after I had done it. I put me legs up on a desk. Not my feet but my calves on the corner of the desk. I apologized to the person whose desk it was and put my feet back on the floor. The person whose desk it was realized I meant no disrespect and said don't worry I do the same at home myself. But this is how you can offend someone without even knowing that you are doing it. I had no intention of offending anyone I was just as comfortable sitting at someone else's desk as I was at my own desk. Never any intention to offend.

His boss saw me do this. I had a call from my boss that I work for as well as my manager. The owner of the business that I put my calves on the desk went ballistic.

How was I to know that in a certain culture it is a sign of disrespect to show the soles of your feet to someone else? I was only told this after the event had unfolded. Isn't hindsight a wonderful thing?

Simply put you can offend someone and not even know it.

So always be careful of what you say because someone else may hear it, see it or perceive it very differently. Whatever you say will always be perceived from that person or persons' perspective not yours. You can offend someone and not even realize that you have done so.

Who is wrong though, the person who is offended or the person that offended. In reality it was just a simple case of not understanding each others customs and not giving either person or persons the right to be an individual with individual beliefs.

Someone or most likely both parties will be offended at each others actions, unless we all try to understand other people and their ways of living. Not everyone is always right. Like it or not someone has to be wrong. We all think in the same way. We may think about different things. But how we think is the same. Our individual perception controls the way we think. Also, our moods play a very large role in the way we act, perceive and view our lives.

Most people cannot explain how they think (they just do). One person I asked said "with my brain". Another said "his mind was split in two; one good side, one bad side and the two were always fighting each other". A little like an angel on our shoulder versus the devil on the other shoulder. Another person I spoke to said that "it was spirits from the other side that are trying to contact schizophrenics". He also believes in a mystical approach to how he perceives his life. Well the way I describe it is from a more scientific approach. My year 8 science teacher would be proud of me. The important thing to realise is that we all have our own perception on how we and others think.

So I have a pretty good grasp on perception and I try wherever possible to see things from another individual's point of view. Because of this attitude to seeing other peoples' views and, understanding them, I get a much better insight to that individual or sometimes even group of people. If you see someone from your perception you will never know that person at all.

One of the reasons that I have been able to come to my conclusions is from understanding others and their view points. I could not have done this if I didn't care about other peoples' ideals and respect their right to be an individual. Just because you believe in something doesn't make it right for me. It is, on the other hand right for you. I respect that.

Each and every one of us has the right to have a faith or a belief. I do not believe that I have the right to take that away from you. Your belief is your belief. So please respect someone else's belief as well or they may not respect your belief either.

So through respect of individuals and understanding and learning from individuals I have learnt all about other people. To me this makes me a better person.

Two people will walk into a shopping centre and walk hand in hand and still see totally different things. And one will say to the other "how could you not see that. You must be blind". Well the reason is simple each individual will look at what is of interest to that particular individual. I will see the computer shops and the car stereo store. You on the other hand might see the Asian market or the hairdresser or the beautician.

So you didn't see the man in the gorilla suit handing out flyers for the new electronics store that just opened. It is all in the perception of the individual. Each and every one of us are individuals. How many times have we all said. "That's not how I would do it". Or "you're doing it all wrong my way is the right way". Or simply "mother knows best, do as I tell you". "Do as I say not as I do". How many times have we all said "I can't possibly understand why they would do that" I would never do that to someone". Well it's all in the perception. Your perception. Not the sender of the message but the receiver of the information. Have you ever said this common line?

"I just can't understand that person"

This happened to me recently. I had the best day of my life. I had just worked out why my mother and father divorced. I had worked out they did and do love me. But I had perceived it wrongly. I was on the biggest high of my life, my daddy does love me. But someone else that I felt knew me quite well said that I had lost my mind and I had a messiah complex. Because that is how they perceived it. So we all as human beings see things very differently to the person in front of us.

This book is all about you.

Have you ever felt misunderstood? Have you ever misunderstood someone else? Have you at any time been walking down the street and said I wonder how someone else may have seen that. Did you feel bad when someone else misunderstood you? If this is the case, do you think that they may have felt bad and low because you misunderstood them? Do you want to try to understand others? Do you want others to understand you?

All of this can be achieved by simply listening to others and learning from others instead of judging from a pre-conceived perception. It can be achieved all you need to do is understand how your mind works. I can achieve anything I set my mind too. I believe you can as well. All you need to do is believe in yourself and put your mind to it and you will achieve everything you ever want too. Hopefully, with the help of others.

Chapter Six

Pre-conception

Do you have a pre-conceived perception of someone else? Do you already think you know that individual in front of you or on the other side of the planet? Did you already have a pre-conceived perception of your partner, your friend or your mate? Do you have a pre-conceived perception of an entire country or race? Do you have a pre-conceived perception of your family? Did it ever occur to you that if you have a pre-conceived perception of that individual, that they may have a pre-conceived perception of you? If you have a pre-conceived perception of an individual and, if that individual has a pre-conceived perception of you, neither of you will ever see the true person in front of you. Which to me is a real shame, because, I know I'm a nice guy. I also know I may be able to give you everything you ever wanted. I just possibly might be your projection. Yours and only yours. But you may never see me because you have already pre-conceived me in your mind. It's a real shame you passed it up. But hey I know another individual will be part of my life. That individual may give me everything I ever needed or wanted in my life. I, on the other hand, may also be able to give that individual all they ever wanted or needed as well. Which, when I think about it, maybe all I want to do is give that individual all they ever wanted. Maybe that is what makes me happy. Maybe giving everything I can to an individual is my true self. Lucky I didn't listen when an individual once said to me.

“Always look out for number one”

Because to me giving to an individual is what makes me happy.

Sorry if I babbled on then. This book is all about you, so what do you think? What actually makes you happy is it giving to an individual? What is an individual to you? Are you an individual? Can you stand in a crowded room and say these three words.

“I FUCKED UP”

Can you look an individual in the eyes and admit that you may have been wrong? Can you stand outside in the open and yell at the top of your lungs.

“I’M NOT LIKE EVERYBODY ELSE”

Can you do all of this in front of a mirror? Are you an individual?

It seems a pity that others may never understand how you feel about them. Wouldn’t it be nice if others saw you as the true individual you are. Then again wouldn’t it be nice if you saw others as true individuals. If you are an individual I hope, that one day our paths will cross. If our paths will cross maybe I could give you something you need and maybe you will give me something I need. Just remember, if you are waiting for one particular individual to cross your path another individual may be doing exactly the same thing as you. Maybe you created your perfect individual in your own mind maybe that individual is only in your imagination. If you always judge others by that image, everyone you meet will always fall short of your perfect image of happiness. So therefore you will focus on what others don’t give you, when, in reality, the person in front of you may be able to give you everything you ever wanted but, you may never give them the chance.

What if they’re doing exactly the same thing to you?

Neither of you will see the true individual in front of you.

So no one will ever get exactly what they want so, therefore, no one will ever be truly happy.

This book is all about you.

Chapter Seven

What Do You Think? My Background Perception

I am only 34 years of age and I have been a part of eight families. Every single one of them, I appreciate what they gave and still give me. That thing is Love. I have lived in 35 dwellings from houses to flats to mobile homes. I have lived in city's suburbs and even in the country. I have witnessed subcultures within cultures within suburbs of Sydney alone. I have met countless amounts of people from almost every socio economic background. I have to date had over 30 jobs involving over 15 occupations. I have not seen it all but boy have I seen a lot.

For thirteen years I worked for a franchise in the Sydney metro area. I have been in retail sales. I have dealt with the general public in many many suburbs. I have dealt with companies and large car dealerships, from the guy that sweeps the floor to the man that writes the cheques. So I have met all types of people and I give them all the same respect. That respect is simple they are all human beings and they are all equal in my eyes from the moment I meet them. My perception may change, but only I will change my perception of that individual. My attitude is this: everyone is something to someone else. Just because someone didn't give you what you wanted and they're a bad person in your eyes, that doesn't mean that I will perceive them the same way.

I do not have pre-perceptions of someone else, they're all human beings. I am just an individual that believes that I don't have the right to judge you or anybody else for that matter. I am an individual that doesn't like being lied to or lied about, so therefore I don't want to lie to you. I am an individual that believes in myself, so, therefore I believe in you. I am an individual that believes that I don't have the right to tell you how you should think, what you should think or why you should think it. I believe that you have a right to achieve every single

goal that you set your mind to achieve but only if you take other individuals needs and rights into consideration. If you take from, steal from or violate another individuals rights then I believe you should be punished accordingly.

I believe if you combine your projections and goals with others and you all achieve what you set out to achieve with the help of others then I believe you deserve your success.

It seems though that I am unique in this manner, it seems that some people will always have a pre-perceived perception of someone else. Recently, when my relationship fell apart my ex partner didn't get what she wanted, so she was angry. She always focused on what she didn't get so when her friends and family came along she would put me down and trash me to make everyone see me from how she perceived me. So eventually everyone that she spoke to believed that I was the most horrible person in the world. This is exactly how my mother treated my father when she filed for divorce. This treatment of my father was what triggered his behaviour patterns that lead him to be diagnosed as having schizophrenia.

He did what we all do when we don't get what we want, we get angry. My father on the other hand didn't want to trash my mother to anybody else so he started trashing her in his own mind and he also did it out loud. So someone else came along not knowing the full circumstances to my father's life and perceived that he had an illness. That illness was being angry and thinking out loud. Well I did it a little differently; at first I was very angry because I could not work out why she treated me the way she did. I tried to understand what I did wrong. I read a lot of books, including a lot of psychology books as well.

One of my mates tried to cheer me up and make me feel better by saying "well dude your better off without her she is just a". I cut him off there and said "hold your tongue that's just your opinion of her not mine". I said "I caught up with her and we are having a coffee to sort out some shit". Do not say anything you may regret. I did send out a text message of facts to her family and friends about why we really split up. They were all facts that she has since admitted and I have accepted the

reasons for which she did them. But I was seen to be the bastard. She was telling lie after lie about me and she now realises what she has done. Yet when I defend myself with facts I am the bastard.

Eventually after a lot of recent conversations and frequent one and two hour mobile calls about a thousand dollars of mobile bills and several meetings and several coffees she realised that I wasn't at all how she perceived me and that I was a nice guy. She realised and admitted to me that she fucked up.

She told me that she had misperceived me but could not admit she was wrong to certain people. Well as you can probably tell by now I have a real hang up of people that can not and will not take responsibility of their actions. We were trying to re-establish what I considered to be the greatest friendship and bond I have ever had in my life yet it wasn't as important to her because she would have to tell other people that she got it wrong and that she perceived and misperceived me incorrectly from her own life learnt reference points. What a fool I had been.

My mum knows not to say anything bad about my ex. My friends know not to say anything about my ex. My sisters and brothers know not to say anything about my ex. When I see people and they ask me what happened I say "I loved her to death, but she perceived it differently".

Her family and friends I treated as if they were my own family and friends I loved them all, yet, when she didn't get what she wanted they were all taught to dislike me. I have never had the perception of a monster in law, I have always accepted my partner's parents as individuals. Did you know that parents are people too? I have always, throughout all of my relationships gotten along quite happily with my partner's parents and brothers and sisters. I have always been open about who I am. I don't lie to myself so I am honest and open to everyone I meet including, my partners parents, siblings and friends no matter which relationship I am in. I once told my ex partners father that I loved him like a father and told her mother that I loved her more than my own mother and I wish that my mother was half

the woman she was. Yet, because my ex didn't get what she wanted because of a negative perception of her own life I am now just a bastard in her parents' and friends' eyes and they will continue to perceive me that way because she chooses to have it this way, because she chose not to admit that she got it wrong.

But then again, in today's society doesn't everyone blame everybody else. It seems that no one wants to admit they got it wrong. It seems that everybody will blame everybody else for their own actions. My grandfather at the age of 70 ish slipped on a floor in a supermarket and sued for there negligence. You would perceive that by the time someone got to the age of 70 and had been walking for 69 of those years that he would be able to assess his own individual environment. He was probably running projections through his own mind instead of concentrating on what he should have been concentrating on.

That is looking out for where you are walking.

He will have justified it in his own mind what he has done. Just like everybody else we justify from our own perspective.

If you don't take responsibility for your own actions and take control of your own life who do you expect to do it for you? You are responsible for your life no one else is so do not blame anyone else for your unhappiness. Do not blame anyone else for your depression. Do not blame anyone else for your perception of life. You chose how to look at life. You chose how to control or not control your own projections. You are the one that chose to see what you did or did not get from life and from other people.

I wish that more people could say these sentences.

I fucked up.

I'm not like everybody else.

Some people will always perceive you from a third person's perception. They will just agree that you must be right. Some people aren't strong enough to stand up and say "no, I

disagree with you. I think that person treated me quite well you just perceived an individual differently”. Either that or they may be just like the individual that gave them that perception.

When I was about thirteen I became involved with a family while I was still living at my fathers. They kinda took me in and treated me like their second son. My mate’s mum is the woman I refer to as mum. For mum I am eternally grateful.

At about the age of fifteen I knew if I stayed at my fathers I would not finish my school certificate so I went and stayed with another mate’s family. If it wasn’t for the generosity of these families who knows where I would be today.

At about seventeen I got a job as an antique furniture restorer and after two months my boss lent me \$900 so that I could buy my first car.

Then at about nineteen our house and my flat mates got rolled over and all of us that lived there decided to get out of that house quickly. The reason was because of my generosity I let two mates that I had just met a couple of weeks earlier move into our share accommodation. Well they weren’t the nicest of people and they broke into and stole from a train station, and several houses in the suburb. One of them only four doors up.

So the one four doors up decided it was payback. They came and did us over. Mind you I had already kicked out the two that were responsible for us being beaten up.

I crashed at a friends for a while after that. I managed to get a job in Hornsby and was doing quite well. Six weeks into my new job I had to find a place to live but I had no cash for bond or a fridge or furniture. Well I had only been there for six weeks, I was being paid \$170 a week and my boss was so generous that he lent me \$800. My current employer has just lent me fifteen hundred dollars so that I could publish this book.

Well all of this generosity from others helped shape me into the person I am today so, whenever I can help someone I will. I know that the generosity of others helped me so if I can do the same I always will.

A few years ago I saw a mate walking down the road and I had not seen him in quite a few years. I pulled up at work and

walked up to say hi. I said “hey dude long time no see. How have you been”? Well his reply was “I have never felt lower in my life, I haven’t eaten in three days. People who I thought were my mates have left me in the lurch I am living in my car. I have six dollars for fuel and I have a job interview tomorrow that I can’t get to”.

I was living in a share accommodation at the time so I couldn’t take him in. So I walked inside grabbed a fifty from my wallet and gave it to him. I then rang another mate who was a mutual friend. Well this third mate put him up for the night and gave him a meal and shower and his wife washed his clothes. He stayed there for two weeks until my previous partner at the time let him rent a room for a few months. Well he didn’t need to go to that job interview because the third mate created a job for him as a labourer in his business.

So what if he had just gone to the pub and got drunk and drowned himself in his own misery because no one ever did anything for him. Well he didn’t. He got his life on track and to this day I heard he is doing quite well. But if he ever needed my help again I would not hesitate to give it to him again. What comes around goes around. I may need his help one-day.

Recently a couple that I know needed a place to stay. We were originally told they had no where to go and had no money for bond. I found out later that they had somewhere to go but she didn’t want to stay at her mother in law’s. I offered them a room and a study area rent free. All I wanted was the difference in the electricity and gas bill. Hey people had done it for me so I will do it for others. They offered fifty a week to my partner so that they didn’t feel bad for staying. Originally it was for two months so that they could save for a bond. In the end they stayed for about 4 months. Then moved to his parents. I guess it suited them this time. During that time they had access to computers and Internet so that they could study for tafe and uni. I told them to move in earlier than we had agreed so that they didn’t pay rent at the other place. If they saved money on rent they could have more cash for their holiday that they had booked.

I had to rebuild two computers because of virus's that they had gotten while surfing. I also rebuilt their computer for them. We changed our way of life and lived around them. I found some textbooks and returned them to her after they had left and had a coffee with her.

I was then told by her that she and her husband agreed that they couldn't see that I had ever done anything for my ex partner or for them either. To them I had done nothing for them.

It seems that I am just a bad person in all their eyes.

Do they expect to be given everything? Do they expect you to drop everything and give them all they want? Will they always look at life and think that they always missed out on something.

So if people have been generous to me and helped me out through my life experiences and this has shaped me into the person I am today, what shaped these peoples' perception? I have good reference points of people giving selflessly to help me out and I try to do the same for others.

What are their reference points? Do they have any good reference points or are they just angry that I didn't give them what they wanted? Are they angry with someone else and they're just taking it out on me?

When you are angry with one person are you really angry with them or are you remembering a previous reference point or person and you are angry with them. Did someone else not give you everything you wanted and the person in front of you reminds you of that reference point. Just like the time your partner said "you're just like my father" or "you're just like my mother". Who are they angry at when they say this? Are you just like " ! " because they're having loving caring thoughts about that person or are you just like " ! " because they're angry with that person because they didn't give them what they wanted?

Is the glass half full or is the glass half-empty?

Well it doesn't matter to me.

I can always walk to the tap and refill the glasses.

All by myself without expecting anyone to do it for me.

Well this book is all about you.

Are you the type of person that expects everyone to do everything for you? Are you the type of person that only thinks of yourself? Are you the type of person that puts others first?

Is your glass half full or half empty?

Do you expect others to refill your glass?

Always remember that if you are running projections of what you didn't achieve and what you didn't get then maybe your partner or maybe even everybody on this planet is doing exactly the same thing. If you are hurting then maybe they are hurting as well.

No one ever thinks that they may have hurt someone else. When was the last time you or a friend that you were listening to actually said "I think I hurt them". It is always about how you were hurt and what they did to you. No one ever considers anybody else's feelings it is always about Me Me Me I I I. It is all about, I have the right to this, I have the right to that.

What about the other person's rights? What about the other person's feelings? Do you actually care about how you may have made the other person feel or do you just care about yourself and what you did or didn't get from a situation?

Do you actually care that you may have destroyed the one person that may have wanted to give you everything you ever wanted just to make you smile? Or, did your past misperceptions

make you only see what you missed out on? Did you see the oceans or the deserts? Then again if you saw the oceans did you think that they were trying to drown you?

Do you see the positive or the negative? What was it in your childhood that shaped you into the person that you are today? Was your family life good but you misperceived it or did you see through the crap, like me, and saw that your parents or care-givers were just interested in their own lives and not your life or needs.

Whatever way it was shaped, whatever way you perceived the world, you can change your perception. You need to break down your life into little itty-bitty pieces.

Hey it's better for you to consciously break it down now than for you to have a break down later. Prevention is better than the cure. Mind you the cure was pretty cool in their day.

When we all understand our past we can then reshape our future. If we push forward and say that it is all in the past, all we are doing is using the same misperceived reference points, and we will never learn. We will always say things like: "He's just like? She's just like?"

All the women will sit together at a bib. All the men will sit together. Men will say all women are the same. Women will say all men are the same.

Well I get pissed off at this because I remember the time your father didn't give you something and he was a bastard. I remember when you said that your boss was a sexist prick. I remember when you told me your brother was an asshole. I remember that you think men rape women. I remember that you said all men are just sexist pigs. I remember when you watched the news and said how could that man do that to a child?

When you said to someone "that all men are the same". All I heard was that I am a bastard, a sexist prick, an asshole, a rapist and a pedophile. Then you go and tell your friends that I reacted like an asshole because you didn't get what you wanted. You didn't even care that you had totally insulted someone else all you cared about was what you didn't get.

Me Me Me I I I . Look out for number one.

I believe that everyone should care about someone else. Everyone should take into account someone else's feelings and perception. This way of only looking out for number one has to be wrong. Everyone still has that feeling in the stomach that we can not get rid of. You know the one that horrible, yucky, crappy, shitty feeling when you lose a loved one or family member or friend.

You know that feeling when you have a relationship breakup. You know that feeling where you just feel like no one loves you and you feel unlovable.

Well most of us still feel unloved and unlovable. Why because we all believe that if you don't love me my way you don't love me. If you don't understand someone else's point of view then you will never see that they love you in their way.

Not your way, but they still love you, in their way.

Yet you will always perceive that they don't love you the way you want to be loved. So therefore they don't love you.

Well I'm gonna let you in on a secret I don't have that feeling of being unloved and unlovable any more.

Why, you ask. Because I understand that others love me in their way and they understand I love them in my way.

I have understanding of my own mind so therefore I have understanding of other peoples' minds. I don't become frustrated when I don't get what I want anymore. I just try to explain it in a way you will understand it. If I try to explain it in a way you understand then maybe I will reduce the amount of stress and misunderstanding, then we will have a happier existence together. What if you tried to do the same?

But hey this book is all about you what do you think?

Chapter Eight

It's Not My Fault

It's never our fault. Look around we all blame someone else for what they did to us but we never take responsibility for our own actions. We will always justify it in our own mind from our own perception of our life learnt experiences. But, then again why shouldn't we. No one else does.

We are told by our parents look out for number one. We are told by society to do the same. Even the American Constitution says that you have the right to a phone call. You have the right to an attorney. You have all the rights in the world. The person who has been abused hit stabbed shot or killed has no rights at all because you have all the rights not them. We all justify our own actions because we all have the right too. As we perceive it. We will all, every single one of us justify why we did something and it will always be because someone did something to us. They did something to me so therefore I can justify what I did to them. No one really says, well I guess I brought it on myself. No one really looks at how their own actions contribute to the perception of a situation. We will always look at it with the perception of how it affected me. Me Me Me I I I.

There will always be ying and yang. There is always a reaction to an action. There are no random acts in this universe. We will always react from a previous life learnt experience. We will always see a situation from our own reference points from our own life. What you see, you saw from your own perception of the situation that unraveled before your eyes. You did not see my life through my eyes. I did not see your life through your eyes. You may try to see your life through my eyes but your mind will always see it through your mind and your perception.

Our insurance companies always say don't admit liability. Doctor's, politician's, lawyers all say it's not our fault. What ever politician is in power at the time will always blame the party before it and that's why you voted in this new party.

Someone will always come along and blame someone else and tell you that their ways are better or their way is the right way. From their perception. Every one seems to feel that they are right all the time and that they have all the answers. A criminal will defend themselves by saying that the circumstances led them to do a crime. A rapist will blame a woman for the way she dresses and that she led him on. But in reality they didn't get what they wanted and they got frustrated. They got angry that they didn't get what they wanted and they stole from another individual. They stole what they wanted.

A criminal or rapist is just someone that didn't get it how they wanted it. They just stole from and violated other individual's rights. No different than when you had an argument with your mother, brother, father, sister, partner or colleague and you got upset and you didn't get what you wanted. You got frustrated, you got angry and you became pissed off. But at any time did you become violent or aggressive at any time did you hurt, harm or injure that person. How we think is the same, what we think is different. Some people become more aggressive and angry at others when they don't get what they want. Some go into depression when they don't achieve what they want. Some hit others. Some play mind games. Some even kill others when they don't get what they want. Some make their partner or ex partner look like the most horrible person in the world to their family and friends just to justify that their partner or ex partner had the problem, not them. Some people may even admit to you that they got it wrong but will never admit to their family and friends because then their family and friends may see that they were wrong and their family and friends may not trust them or their judgment again.

Every single one of us will justify what we did, we usually blame someone else. One of the things I joke about, (but some people take me seriously) if something goes wrong and not the way I wanted it to, I will joke and say "lets blame such and such they're not here to defend themselves". I say it jokingly, some people will say it and actually believe it. Some people will

always blame someone else and not take responsibility for their own actions.

Some people toughen up, some people just want to know the answers but we all feel we missed out on something. Did we actually miss out on something, did we mis-perceive that we missed out on something. Did you only look at the situation from how it affected you? Did you ever take into consideration anyone else's feelings or did you just think about you?

I was at a bbq recently and overheard a conversation that a woman's grandmother was actually happy that her husband had passed away. He was always checking up on her, he was always ringing her friends when she went out for coffee or lunch. To her he was always controlling her. He had to know when she was going out, what time she would be back, how could he contact her. To her he was trying to control her life.

The next part of the conversation is what fascinates me. It turns out they left Russia at the end of world war two. He had served in the army for a period of time during the war and they decided to emigrate to Australia. So while she was thinking all about herself and not understanding her husband and thinking her husband never understood her. This is what I heard.

The man had served time in world war two. Now we have all heard about the freezing temperatures at the Russian front. In a short space of time he probably saw more death, pain and suffering than you or I ever want to witness in our combined lifetimes. All the way through the whole ordeal her image may have never left his mind. He may have done anything to survive just to see the woman that he loved so much. When he got back to her he may have realized how much she meant to him. He may have even said these words.

"I never want to lose you again".

What do you think? Mis-understood or selfish?

Are you the type of person that respects other people's rights and space or are you the type of person that believes you're justified to do whatever is best for you and subsequently do whatever you want and don't care about others? If you find something lying about, do you feel as though it's not yours so you leave it alone? Do you respect other people's property? Are you the type of individual that believes well its just laying about I will just take it for me? If you are like this do you think that others will respect you or trust you ever again? I don't think they will. Other people will then realize that you are only interested in your own needs and don't care about their needs. Soon people will understand you and see you for what you really are, a selfish, self-centred person that will do over any one in your path. You don't have an illness. You don't have a disease. You may drink, but that is by choice, your choice.

No one is holding you down and forcing it on you. You can't blame advertising, you chose to turn on the TV or pick up the paper or a magazine. You can't blame the alcohol gene, because there is no gene that controls alcoholism. You and only you are the person that you can blame. You and only you did what was best suited to your needs. You looked out for number one. You looked out for number one and never even considered the effect that you have on number two. You simply don't care about number two and you only look out for number one.

You will always blame everybody else for what you have done but, all in all, you did it because it suited you at the time. You were only ever looking out for your interests.

No one else's interests, only your own.

This book is all about you.

What do you think?

Chapter Nine

Learning

You can learn from every single individual in the world. From your world or their world. You can learn from any individual at all. Everything you see and listen too you can, and will, learn from them. If you know someone that doesn't know something you're not better than them and they're not better than you.

Both of you have simply seen and listened to different things so, therefore, you have learnt different things, not lesser things. Share your knowledge, give them a helping hand. You can learn from them and they can also learn from you.

If you think you know everything, that, says to me you know nothing. What does it say to someone else?

To me knowledge is everything. Learning from someone else gives me a huge rush and I walk away feeling better about myself. I also know I feel great when someone learns from me. What is your belief?

This is my belief on learning.

If you don't understand something, anything at all, from an instruction manual through to world politics. Maybe you don't even understand your own mind. It doesn't matter what you don't understand.

You simply just don't understand it.

Once you understand something and learn from it you can then go and associate it with other things. Then the learning never ends. If you understand something it all rolls from there. What I understand is my mind. I'm not sure how my brain works but, I know how my mind works. I understand it perfectly. Because I associated with your mind, I learnt to understand you. See how easy something is if you understand it. Learning leads to understanding. Understanding is knowledge.

Not understanding something leads to frustration.

Frustration leads to anger.

Anger is just one letter away from Danger.

When I don't get my way, I get angry. So I learnt to understand. Because I now understand all of this. I'm the happiest I have ever been in my life. When I understand something I feel better. What do you think? What makes you frustrated? What is it that you don't understand?

Is it that someone doesn't understand you and that frustrates you? Are you at the danger point? If you are don't panic this knowledge can work for you as well. If you understand your frustration and if the other party understands their frustration both can learn from each party. Just remember if you understand and you are calm then you no longer threaten an individual. You know in yourself, that if you are not threatened then you will be calm. So to me, backing down and looking at the past misperceptions, analyzing just how the situation was misperceived, analyzing the past and how it happened helped me to understand this knowledge. With this knowledge I have been able to hopefully help you. I hope that with your knowledge, you will understand your past and be able to move forward and hopefully help others. The future will always be the same as the past if you do not understand it. You will always return to a previously misperceived reference point in your life. It doesn't matter if you are frustrated at a jigsaw puzzle. It doesn't matter if it is your partner, your mate, your family, your community or your world. If people understand your life will improve. Even world politics can be understood.

What is it, that didn't happen, the way you wanted it to? If you learn about what is important to yourself then you will be able to understand your own jigsaw puzzle. What is important to me and what is important to you may be different because every individual is different.

What is your jigsaw puzzle? Is it family.

What is family to you? Everyone has a different perception of family.

Is it biological to you? Or is family adoptive or adaptive to you? Everyone has an opinion of family.

This book is all about you so what is family to you?

This is what is important to me, you an individual.

What makes me happy is to see you happy.

What makes you happy?

To me, making an individual happy brings me happiness. If I give happiness I feel good about myself and then I can try to make others happy. From me to you. Please smile and learn to understand others and be happy within yourself.

To me the most important thing is knowledge and understanding. If we start to understand the children of this planet we can learn from them. They may well learn from us.

Hey this is just my opinion but I think the world would be a much nicer place. If only we could understand someone instead of telling someone what we think is right. Then again, when someone tells you what to do, who is it right for? Is it right for them or you?

When someone lies to you who feels better them or you?

Giving is the greatest gift of all.

This book is all about you

What do you think?

Chapter Ten

Genetics

Is being a man or a woman all about genetics or does genetics stop being an issue from birth? From the time we are born we all mimic the behavior of others whether it is our family or friends. It may be wrong to others but it seems to be right if our individual circle of environment is doing it. If there are tests to show how we treat different sexes even from birth we must be shaping that individuals mind from the very earliest time in its life.

I heard of a test that was done with adults and newborn babies crying. It was to test the reaction of the adults to a certain situation. When the baby cried and the adult was told it was a boy a large number said it must be hungry. Yet when they listened to another baby crying and were told it was a girl a large number had said that it must be upset or tired.

All of us from the day we are born get tagged or labeled by a pre-conceived label from within our own little societies. When a child grows up and doesn't behave like that pre-conception we all think that something must be wrong. I spoke to a person the other day that has a little boy. He's about two ish now and he hardly sees his child because the relationship fell apart a long time ago. The child lives with his mother and he sees him every couple of weeks for a day. He said to me that there was something wrong with his child. It was like the child had an illness or something. When I asked him what made him think this.

His reply was "he's nothing like me".

If this person thinks this way how many other people think that there is something wrong with someone else just because they're not like them. We all mimic our surroundings and our environment. The reason he is nothing like him was because he was hardly in that child's environment. So he may well blame

the child or the mother for being responsible for how the child acts. But in reality the child may well be acting perfectly normal for the situation in which the child is being raised.

We are all raised in different ways, in different families, in different communities and in different countries we all form our own perception and perspective on life. So, we will always see and react to different things in many different ways. The question I ask is this:

Who has the right to say that their individual way is right and that someone else's way is wrong?

Who is it wrong for, the person who is trying to control how you think and trying to tell you what is the right way to think and act? Or is it the normal average Joe just going through life and acting out and mimicking what he has witnessed from his perspective?

What if you tried to understand that other person and not try to intimidate or control the way they think and what they think? You may well learn something from them.

Now always remember this book is all about you. If I had always judged and ridiculed others I would never have come to the conclusions that I have made in my own mind. I would never have been able to give you this chance to ask yourself how do you think.

Someone else may have come along and told you how you think in their opinion.

This book is all about you what do you think?

Chapter Eleven

Sex Education

My sex education was pitiful. No information at all. I watched television, I read adult magazines yet no one told me about it. I once went on a school camp and came back with a hickey on my neck my father then said to me “I hope there was girls on that camp”, he laughed and then walked away. Another time he said to me “I hope you haven’t gotten any girls pregnant yet”, again he laughed and then walked away. So from this I deducted that I have sex with girls not boys. He asked about pregnancy, yet didn’t tell me how to prevent it. My mother never told me about sex. Luckily my mum told me to use a condom to prevent pregnancy and the spread of sexually transmitted diseases. I remember when I was about 16 or 17 my mum worked at a women’s health centre and she told me that two young girls had come in to get a pregnancy test to see if they were pregnant. Well, mum said to these girls “when did you last have sex”? Their reply was. ‘We haven’t had sex yet, we just wanted to make sure we weren’t pregnant before we did have sex”. These girls were about 16 at the time. Why couldn’t they ask their own mum or dad? Were they scared to ask their parents?

My first sexual experience was when I was 13. I had no idea what to do I just mimicked what I saw in books and magazines. She was 18. When we had finished (and by the way if she reads this, I did have a good time), I said to her “how was I for my first time? She seemed shocked and said “that couldn’t be your first time”. She said “you really seemed to know what you were doing”. Well how difficult is it to do? I watched, I saw, I mimicked. You put it in, you pull it out, you put in, you pull it out and you try to repeat it as long and often as you can.

So what do the youth of today mimic? Do they have the same misunderstandings of my past or your past? Do they just mimic what they see on TV and movies and hear in music? How

can you teach a child that sex is an important thing between two people that love each other when all they see on there favorite soapy or film clip that sex is just something that people do because they like it and they get a rush, a kick, a thrill or an orgasm from it?

You know how good it feels when you orgasm so why wouldn't someone else when they are ready in themselves want to have sex? The same reason you do. It feels good to you.

The reason we all have sex is because we want to. We all like the feeling of skin on skin, we all like that feeling of attention from others, we all like to orgasm. We all do it because we get a thrill. Some other individual is paying attention to you. You and you alone.

Always remember that no means no. You don't have the right to force your urges onto someone else, no one does. No means no. At any age or any sex, be it male or female no means no. Many years ago I was working at a school installing some security film to the windows. I use an olfa knife to trim the film and a little girl walked up to me and said is that a knife can I play with it. I said quite loudly and abruptly "NO". Without even flinching she said "no means yes". I looked at her and said "sweetie, you are going to have a lot of trouble proving that in court when your about sixteen". What did she see and mimic? We all mimic our surroundings and our environment.

Well this book is all about you how did you perceive your sexual education?

Here is an old joke.

I remember my first orgasm
I was scared It was dark I was alone.

Another one

A sneeze is the closest thing to an orgasm.
What do you use for this problem?
Pepper.

Chapter Twelve

Sexuality

I believe we choose our sexuality although I also believe we are all subconsciously influenced by our environment and our nurturing or lack of nurturing.

If you have an issue with someone and it is subconscious, you never really deal with it. For example you may have been or perceived to have been treated badly by a sibling or parent or caregiver. You will then go throughout your life always comparing everyone you meet to that person. That person or persons will have influenced your reactions and your thought patterns and projections. How many times have you said “they’re just like my mother, they’re just like my father, they’re just like my sibling”? You will never see the true person in front of you. You will always see that person from your perception and your previous reference points. So if you are constantly saying that all men are bastards and all women are bitches, you have a bad reference point in your life. It could be from your teens or your youth or even as far back as your infancy.

However this perception was formed you will always compare what you see to your previous reference point. So, if you are always saying in a bad way that someone is always like someone else, your problem is with whom you are comparing that individual to. It is not the individual in front of you that you are angry or upset with. You may have someone in your family that agrees with you but, they may have the same perception and reference point that you do. It could be your mother, father, sibling or caregiver. They may have seen how badly you were treated so therefore, they have the same reference point and agree that all men are bastards and all women are bitches. This could be because they think that the same individual treated them just as badly. But then again, they might just have a third person perspective that was given by someone else. Maybe, even you.

The real problem is this. You will never see your true love that is in front of you. You will always have a bad reference point to compare to. If it is a woman that treated you badly you may then think all women are bitches so therefore, men might treat you better. If you're angry or upset that all men are bastards because your reference point might be a male or even a father figure, then you may start to feel that maybe women will treat you better.

If we all feel like we have had that pit in the stomach and we all feel mis-understood and mis-percieved then the first person that comes along and gives you love caring, understanding and affection in the way we always wanted it, then we will always do what is best for ourselves. So if it feels right for you then, it is right for you.

The word Genetics gets thrown around so much these days.

To me saying something is genetic and not trying to understand the individual really gets me on edge. It's like a cop out if someone doesn't agree with your love of an individual then they have to say it's unnatural or it's genetic. Is someone trying to find the gay gene because they think your love for an individual is wrong? Why is it wrong to them? Were they told it was unnatural or wrong or did they come to that decision on their own? Did someone else give them a third person perception? Do they see you as a group or did they try to understand you the individual?

Well this book is all about you so what do you think?

Did others not treating you well form your sexual preference or did someone tell you it was wrong so you did it to spite them? Did you have such a bad experience with the opposite sex that you felt that the same sex would treat you the way you wanted to be treated?

How was your sexual preference formed? Did others influence your decision or do you just like the same sex? Are you attracted to the same features or do you simply enjoy there company?

We all go throughout our own lives and do what is best for ourselves. What is best for us, to live, thrive and survive? We all do what is best for us and what makes us feel good.

Well masturbation used to be considered a mental illness but hey we all know why we do it now. It feels good for ourself.

Homosexuality used to be considered a mental illness. But you know why you are who you are. It feels good to you.

People ask me why I like women that are younger than me. Well that is easy to answer now. I used to think that maybe I was a dirty old man. Well now I know the real reason for liking younger women. Look around at the world and the people in it. Any one over the age of thirty mostly frowns because society has broken their spirit because every body else is looking out for number one and no one cares about them.

I like women between the ages of 18 to 26. I'm not saying that they're the only women I like, but between these ages society hasn't broken there spirit yet and they do something that I very much like. I would also like to see you do it.

They smile.

My personal belief on the future is this. My present was controlled by my past so if I do not understand my past. It will repeat.

History will repeat itself.

When it all comes down to it this book is all about you so what do you think?

During my very large Self-discovery, I discovered that the past was so crucial to how I acted in my present.

My past and my perception of the past had shaped the way I reacted to certain situations. At first it shocked me like you would not believe. I now understand that my perception of my past would always control my future unless I learnt to understand it. So if I think like you and you think the same way as me. Is your future controlled by your past? Will you understand your past to change your future?

I am the Mistakes of future's past.

I will not be the Mistakes of futures forth.

What is family?

What is family to you? What is family to me? What is family to someone else?

You will always have a different opinion of family than someone else. How do you perceive family? Is it to you, a partner? Is it to you, a parent? Is it to you, a parent figure? Is it to you, a partner and your children? Is it your parents, your children, their children, and, or, their children? Is it another family you are a part of? Could family be to you a loving group of people that you love, that also, love you? Is family to you, acceptance? Is family to you just plain and simply being accepted by people that you love?

Again, I ask, what is family to you?

Family, to me, is being with people that love me. Family, to me, is they also know I love them. Family, to me, is something so special words can not ever explain it. Family, to me, is people that care about me. Family, to me, is caring for people I love. Belonging to a family, to me is sacred. Some people don't want to be attached to their biological family. To them that biological family isn't actually all that pleasant. To some it is actually the worst thing in the world. Again, something words will never explain.

To some, family is not a good thing. To some people family actually means bad things.

Therefore, some people will never understand when someone else tells them that they had a bad family life. So therefore, they might be making it up and they may be lying about it to get sympathy. Well sometimes it's not about sympathy, they may just need understanding. If you had a good family life you will never want to imagine someone else's horrible life. Hopefully you had a good life. Some people out there aren't so lucky and didn't get it so good.

But to you, if you had a good family life, you will never understand how someone had a bad family life. Therefore, someone who had a bad family life will never understand how you could possibly be happy in your family life.

All it takes is a little understanding of the person that you are listening to because listening is everything. If you listen and do not judge you will hear what the problem is. Then you won't tell them what you perceive is the problem.

We will always perceive a situation from our own previously perceived perceptions of our own life experiences. No matter how you perceive a situation, a projection or a life experience someone will always perceive it differently. If you perceived it one way, by your experiences someone else will perceive it differently by their own life experiences.

Always remember this book is about you.

This book is about how you think. This is not about what someone else thinks. This book is not about what others think. This book is all about you and how you think. Is a mate, to you, family? I have quite possibly the best mates in the world (in my opinion) they love me for what I am. I love them for what they are. They love and support me for what I am. Does that make them family? Well to me they are family. Are your mates family to you?

Will your mates drop anything for you and put you first.

Well you know what, I know my mates and my family will do that for me. Why, because I would do the same for them. To me mateship and family is the same thing. All in all it's pretty much the same thing. People you love, that love you. So to me it's all pretty much the same thing.

This book is all about you so what do you think.

Is family like mateship to you?

What is family to you?

Is there such a thing as mental illness or are individuals just trying to get what they want at any cost to you? If they're only looking out for number one and you always look out for number one, whose interests do they care about? Is it that some individuals just don't care about you or your family? Is it that all they ever care about, is what they want and don't actually care about you at all? Are they just looking out for number one? But, their number one is not your number one.

Could it be they're just doing exactly what you are doing to them? If you know, you look out for number one and do things that are for your best interests.

Are they doing exactly the same to you?

Do they care about your interests?

Could there be a better way? What if you could achieve everything you set out to achieve and someone else would help you? What if by doing this you would never feel bad because it was a combined effort and others contributed to your happiness and you contributed to their happiness?

It sounds cool to me but this book is all about you.

What do you think?

Chapter Thirteen

Drugs We Use And Why Do We Use Them.

Fluoxetine is an antidepressant. It is the prototype of the selective serotonin reuptake inhibitors (SSRIs). The SSRIs are structurally distinct from the other classes of antidepressants (e.g., tricyclic and monoamine oxidase inhibitors).

Fluoxetine was originally approved for the treatment of major depression and was subsequently approved for use in obsessive-compulsive disorder (OCD).

Fluoxetine is used in the treatment of bulimia. A higher-dosage form of fluoxetine (e.g., Lovan) was thought of for the treatment of obesity.

Other uses of fluoxetine have included the treatment of ethanol dependence, anorexia nervosa, borderline personality disorder, other eating disorders, and panic disorder, although these are not approved indications.

Fluoxetine is the most widely prescribed antidepressant in the US. The levo-isomer of fluoxetine is currently undergoing investigation for the prevention of migraine headache.

The drugs used to control schizophrenia don't actually stop the voices in their heads they may slow down the individual's thought process, but the voices are always there. Why is that?

Could it be this simple? Could the voices simply be that person's normal thought pattern but you did not understand that particular person.

Is fluoxetine a placebo?

They make you think you will feel better, so therefore, is Fluoxetine a placebo? Soon everyone will tell you that you are always right and the other party is all to blame, all men are bastards, all women are bitches. And you never understand what happens you just get told your right so you feel better. You will then go into your next disaster (relationship) and compare that

partner to your last reference point. Then you don't get what you want so therefore, all men are bastards and all women are bitches. The lovely merry go round continues.

According to the text books both myself and my ex partner are personality disorders. We don't actually have a personality disorder, but the textbooks say we do. It seems that all a personality disorder is, is two people living together that both believe that they should be treated as number one and that their way is the right way. So it seems to me that every relationship or marriage must be a personality disorder. This is why divorce is so high. This is why poverty is rising and this is why relationships fall apart. This is why we have such a high case of youth suicide.

During my counseling sessions I was repeatedly told to look out for number one, always look out for number one. Well I'm glad I didn't. I also hope you will appreciate it as well because this book may well help you or someone you know. I don't believe in just looking out for number one because then number two, three, four and so on get left out and left behind.

So is Fluoxetine a placebo?

If how we think is the same but what we think is different then anti depressants don't actually do anything. You don't have a personality disorder. No one actually does. It isn't a chemical imbalance in someone else's head. It is a lack of understanding of an individual human being that is the problem. They don't have the problem you do.

Is Schizophrenia a disease of the brain or is it just a disease in someone else's mind?

We all need to understand how our own minds work before we can pass judgment on someone else's mind. If you learn to understand your own mind then you will understand how others think, hurt and feel. The world may actually improve with understanding instead of spirally downward into oblivion.

We need to learn and understand each other. With knowledge comes understanding with understanding comes comfort. When we are comfortable, then we are relaxed and happy.

Sorry if I babbled on again this book is all about you so what do you think? Chemical imbalance or normal thought patterns and projections just like you? Maybe you just didn't understand that others just think the same way as you? How we think is the same what we think is different. How we perceive will always be different, as well. But what do you think?

This book is all about you

Chapter Fourteen

Bi-polar

I have been told by many that my mother was bi-polar.

Is Bi-polar just someone that doesn't have perception for others or their feelings? Bi-polar mood swings are just people running projections through their own minds. Exactly what you and I do, how we think is the same, what we think is different. Is Bi-polar just someone that didn't get his or her own way. Their projection of their life or their day didn't go how they wanted it to go. It didn't turn out like they had projected it would so therefore, they are unhappy with life. They may well take it out on you but in reality it is not you that has the problem it's just that a Bi-polar person may well blame you for their unhappiness.

Once you understand your own mind then you will be able to understand other people's minds. Once you do this you will be able to say confidently that hey you have the problem not me. Once you understand your own mind you will be able to hold your head high and say with pride and know in your heart and also in your mind "I'm not like everybody else". You will also be able to say "don't blame me for your mistakes because I know when I fuck up". You will also know that the Bi-polar person hasn't learnt to say these three lovely words yet. "I Fucked Up". A Bi-polar person may blame others for their unhappiness.

This book is all about you. What do you think?

Is bi polar a chemical imbalance or is it actually just someone that thinks the same way you think but always wants something to go their way. Chemical imbalance and an illness or someone that never admits they Fuck Up.

What do you think?

Chapter Fifteen

Fight or Flight

So what is fight or flight? We all have different levels of pain threshold, we all have a different perception, so what is fight or flight to you?

Is fight or flight when Ugg, the caveman first found fire and was scared of it? Or, is it doing 100 kilometres an hour for the first time on a motorway while learning to drive? Is fight or flight a job interview? Is it an argument with your mother, your father, your siblings or your caregiver? Is fight or flight meeting a deadline or a budget or simply doing your job? Police, firemen and soldiers encounter fight or flight every single day of their career. Once you understand something it's not a fight or flight situation anymore, you just understand it. A fireman understands his environment just like you understand your environment. Yet, if someone didn't understand you then they would mis-perceive you. We would all say that the sane people are running out of the building that is on fire and the insane people are running into the building. If we didn't understand that firemen know their own environment then some of us would presume that firemen must be nuts, crazy, lost their mind or have a chemical imbalance. They are running into a burning building, what else do you want us to think? Some people have nightmares and phobias of this very thing. We train our minds to act and react every moment of our lives. Once you understand what the situation is and you see it for what it really is and not mis-perceive it from your perception then you will always understand it correctly. Is fight or flight when you did something wrong and you know you will get in trouble so therefore you will do and say anything you can so that you don't take responsibility for what you have done? Is fight or flight self-preservation? I believe that fight or flight is self-preservation.

No one likes to get in trouble, no one likes to be smacked or punished so we fight and face the music or we flight and make justifications for what we have done.

We justify it in our own mind by running projections of how it happened the way we saw it happen or how we would like others to see how it happened. Fight or flight is not a chemical reaction it is our own individual mind making crucial self preservation decisions as they happen in our own individual lives. We as individuals will either adapt to our own individual environment or adapt our environment to suit ourselves. I am only 34 years of age and I have been a part of eight families every single one of them I appreciate what they gave and still give me. That thing is Love. I have lived in 35 dwellings from houses to flats to mobile homes. I have lived in cities' suburbs and even in the country. I have met countless amounts of people from almost every socio economic back ground. I have to date had over 30 jobs involving over 15 occupations I have not seen it all but boy have I seen a lot.

When I am bored I do a google search (the most bizarre thing I have ever seen). It is amazing the search results you get. I don't think anything can shock me anymore because whatever I see I try to understand why it happened. A mate of mine once said "I don't think it would be possible to embarrass me". No matter where I have lived worked or leisured I have always and will always adapt to or adapt my environment to me. The other thing that I found out by asking a lot of other people is that you do it too. Everyone adapts to their own personal environment. Everyone. You do it as well. We all want to be loved, we all want to fit in, we all want everyone to like us and agree with us.

No one likes it when we don't get what we want. Some of us even make up stories to make others think badly of someone else just so that everyone agrees with them. Just so that they can justify in their own mind that they got it right. Then if someone else agrees with them, they must be right. In reality, that individual is just bagging out and putting someone down and lying to you about someone else because they didn't get what they wanted and have to justify how their feeling. They feel that because someone didn't give them what they wanted at that very time in their life then that person is a bad person to them.

Some people will then tell every person that listens to them that they are the most horrible person in the world and will do anything in their power to persuade you to believe them. Some people on this planet are just plain and simply not nice.

Some people will always see the negative and only see what you didn't give them. Some people will always complain that their glass is half full yet some people like my self will always get off our arse and walk to the tap or travel to the store or trek across a desert to refill our glass.

It is not nurture that shapes someone and it is not just environment, it is the individual and their own perception of their own individual life that shapes a person's outlook on life. If you always see what you didn't get, then that will shape you. If you appreciate what others have done for you and take responsibility for your own actions then you may have a positive outlook on life. I know what others have done for me and given me I appreciate everything that people have done for me. I am the result of thousands of people's influences good and bad. I choose which of these influences that I mimic. I choose how I wish to live my life I choose how to look at life whether it is positive or negative. I am responsible for my life and my actions, me and me alone.

This book is all about you

What do you choose to do?

Chapter Sixteen

Drug Induced Mass Psychosis

When I was a about fifteen, myself and my mates would experiment with alcohol and marijuana on Friday nights. We would buy a case of beer, the next Friday night a bottle of scotch or a bottle of bourbon some Friday nights some marijuana.

Well one Friday night we decided to get hammered and trashed, pissed and stoned. For those of you that don't understand what I mean we had gotten both drunk and high on marijuana. There were four of us and we had already had a lot to drink and we walked down to the bush tracks to have a smoke. Three of us were beach goers and surfers. The three of us had a healthy fear of sharks. If you have ever sat on a surfboard with your feet dangling in the water for a long period of time then you will understand what I mean about a healthy fear of sharks.

All sorts of things run through your mind out there when sitting on a thin piece of fibreglass. All of these thoughts and projections are visual and very real to your own mind. We had our smoke and the pot was kicking in. If anyone has ever smoked marijuana then you would know how the paranoia sometimes sets in. We were walking down a little bush track surrounded by bamboo, it was about three feet wide and the bamboo was about ten or twelve feet high. It was quite dark, not much moonlight, we were stoned, we were young and of course the paranoia was setting in.

Well someone's paranoia set in a little too much. I don't know who but some little shit yelled out at the top of his lungs "SHARK". Well I shit myself. I started running as fast as I possibly could. Now you are probably wondering why I was freaking out and running from a shark whilst I am walking through a bush track. Well, at the time, I had no idea what I was doing. It has taken me 19 years to be able to explain this to you.

I saw a shark swimming three feet off the ground in the air between some bamboo about five kilometres inland from the ocean. I saw it, and, at the time I truly believed that it was real.

Let's slow this down a little. Picture your front door in your mind. Picture your first kiss. Picture a happy moment in your life. Picture your mother, father or caregiver. Picture your sibling or your best friend or mate.

Well, I was a surfer and I feared sharks. I hated them, I visualized them eating my legs as I was sitting on my board in the middle of the ocean. I visualized a shark coming up from the bottom of the ocean and feasting on my legs just like I feast on some Kentucky fried chicken drumsticks.

Picture yourself sitting on a surfboard or holding onto a life raft with your body submersed in the ocean.

Well, hey I don't know what is going through your mind right now but shit there was a lot of things going through my mind at the time. The marijuana was not helping at all. It just made my mind more active and more visual. Shit dude, I just saw a fricken shark swimming through the air five kilometres from the Fricken Ocean. I must be losing my fricken mind. I'm freaking out a little here. Sharks don't swim in the Australian bush let alone three fricken feet off the ground.

Picture a movie or a documentary. Picture an image of a shark attacking someone, picture an image of a shark sliding through the water. Picture this same image yet the shark is three feet off the ground and in your backyard. Now, that is what I did but, I was pissed and stoned when I did it. Boy was that a very, very vivid, messed up, screwed up vision in my life. I was petrified.

Well, one of the boys swore that a shark must have been there because we all saw the same shark swimming through the air. To him, we all saw the same shark, but to me, I know that there was no shark swimming through the air in the Australian bush. I can now explain it in detail, what we all saw was our own projections of our own insecurities in our own minds. We all had our own reference points and our own visual image. This is why one saw a hammerhead, one saw a white pointer and

what I saw was Jaws. That movie scared the shit out of me and gave me nightmares for years.

A perceived visual or auditory psychosis is just something that we either don't understand or we are not taking responsibility for our own actions. Some people believe that they see sharks swimming through the air and it is real to them until they understand their own mind. Some people try to convince us that voices made them do it because that is justification in their own mind.

A psychiatrist would perceive this as a drug induced mass psychosis yet to me it was a couple of kids that don't understand their own mind and one that understood how my imagination works and that we all think in vision and sound and some in smell and taste also.

This event took place nineteen years ago it has taken 'til now for me to explain it correctly to you. We all have had these projections at times in our lives we call them dreams, we call them day dreams, some call it astral projections. We say that we are off with the fairies or the pixies.

When we have a projection that frightens us we call it a nightmare. When we have a projection and we don't understand it at all, whether it is a childhood nightmare or failing at school exams, whether it is a relationship break up or a divorce when we don't understand something and our life as we wanted it to be falls apart, then we call it a psychosis.

Well at least a psychiatrist would. You might say your life fell apart. Life turned to shit. It didn't go to plan and it took you a while to get over it. You may still be angry at what someone had taken away from you. See to you it may have been a three-month bump in the road of a 15 or 20 or 30 or 40 or 50 year life span.

Yet to someone else's perception, it is what they see everyday and they have been taught their own environment so therefore, they perceive you to have a chemical imbalance or you have had a psychosis. They walked in half way through the movie of your life. They didn't see your flash back scene.

Depression is not a chemical imbalance it is just you running projections of what you didn't get from life as you perceived it. When you have depression keep a journal of your thoughts. Come back a week later and read your thoughts. I'm betting it will all be about what someone else did or didn't do to stop you from being happy. You can control your depression or it will control you. Every negative thought is an image and sound that seems so real that your mind believes it.

Is anorexia just depression and are they visualizing a deadly target. Is depression our mind running projections of what we think will make us happy but we don't achieve them? What if you thought that being thinner would make you happy so you tried so desperately to be thinner, what if you thought and visualized yourself happy but you were thinner?

Some people will always be unhappy if their life doesn't go the way they had projected it. Some people have to have it their way or no way. Some of us will always want the romance, some of us want to be treated like kings or queens yet, will only treat others like peasants. Some people want you to do everything and anything for them yet will never do anything for you.

But what if someone ran a projection through their own individual mind and walked up to someone and said "I was wondering if we could have a coffee" but the other person said "no your too fat for me lose a couple of kilos". What if they lost a couple of kilos and ran another projection and the other person in their projection again said "no your too fat for me lose another couple of kilos".

Let's try an exercise. Picture in your mind someone that you asked out on a date, be it a childhood sweetheart, be it an old flame or someone that you had a crush on for a long time. Now picture this in your mind, how did you feel when it didn't go your way? To you it was devastating your whole world had collapsed. There was no reason to go on. The whole world might as well explode and destroy you and everything about you. You may have even thought of ending it all by your own hand. You may have wanted to book the next flight off this rock for good.

Well, other people go through what you went through as well, they just perceive it differently than you did. Others experience pain and suffering in different volumes and ways than you. How we think is the same, what we think and how we perceive is different. One person's trash is another person's treasure. We are not all equal in every body's eyes. We are all equal in God's eyes. Yet we all perceive god in different ways.

We all perceive our lives from our own perceptions and mis-perceptions through our own eyes.

What if you could learn to understand your own mind and then by doing this understand other people's minds. Think of and visualize all of the good things that you could do for others. Think and visualize what you could achieve for others. You may be able to understand how to explain to another human being in a way that they will perceive and understand you. You may well connect with and teach something to someone else. That someone could have an eating disorder or a learning disorder. That someone could be your partner or your mother or father. You may well learn to understand your child. You may well go on to be your child's greatest teacher. I know my mum was my greatest teacher because she taught me to learn from others.

Chapter Seventeen

Lisdexia or dyslexia

There now we can all read that. Dyslexia is actually pretty easy to explain. Before I went down to my fathers I used to write a lot of stories and read a lot of books as well. As you can probably guess by now, my mind is very vivid so I have a great imagination. I loved reading and writing. When I moved down to my fathers I had so much going through my mind that I didn't write anymore and I had a lot of trouble reading. This was because I had so much on my mind, like, why does my mother treat me like this, why does my father treat me like this. Why did my teacher single me out from the class. My agriculture teacher understood me. If he let me sleep in class I didn't disturb the class.

Well this is how it happened for me I would try to read a line or sentence at a time. I would be reading and my mind would drift off with negative thoughts and projections dozens of things just circling around inside my head with no answers. I would then try to read more and try to focus on the last word that I had read. I would try to see that last word my eyes would scan the page at a very rapid rate up down, down up left then right, right then left it was as if the letters were moving about the page and it was like they were backwards. What it really was my eyes and mind scanning the page too quickly and it was one of the most frustrating things in the world for me when I was going through this stage of my life. I couldn't tell anyone either, I just had to work through it. I didn't read for leisure for a very long time after that because it frustrated me so much. I only read what I had to.

Chapter Eighteen

A.D.D.

Well A.D.D. is just the same all these similar thoughts of what we didn't get and the child is not focusing on what you want the child to focus on. Simply put you are telling your child to focus on what you want and the child is focusing on the child's own projections of what will make that child happy.

Chapter Nineteen

Short Term Memory Loss

Exactly the same we are just focusing on our current projection in our own individual mind. We have a lot to remember in 2005 in our daily lives we need pin numbers for everything from alarms to telephones and atms. I think I have about twenty or so inside my head just for silly things. We have a lot of choices in this year we live in and the more we move forward the more choices we will have. So learn to understand your own mind then you will understand other individual minds and you can be as happy as me, as well. Short term memory loss, is not lost memory. You were just focusing on something else in your mind running projections but someone or something wanted you to focus on something else. You simply didn't focus on what they wanted you to focus on.

Well this book is all about you do you want to help others and learn to understand them. Or do you just want to be treated like a king or queen and treat everyone else like peasants.

Chapter Twenty

Déjà vu

During all my self discovering and being conscious of how I think I managed to work out what Deja vu is.

Déjà vu is simply when we are totally and utterly self absorbed in our own mind and thoughts that we completely immerse ourselves into our own thoughts.

Then when we snap out of our projections and thought process we look up and say wow that's weird I have been here before. You have been there physically all the time but you wandered off in your own mind and projections. Since I am now aware of how my mind works and what my projections and thought patterns are doing, I haven't had déjà vu since that day, almost eight months ago.

Have you ever driven a distance and been totally into what's going on inside your head and totally consumed with your thoughts and your projections. Then you suddenly snap out of it and you ask yourself. How did I get here? I don't even remember driving here. This is how powerful yet dangerous our mind can be. Once you learn to understand your mind it will be the most valuable possession you have.

Chapter Twenty One

Schizophrenia

I understand how I think and I understand how my father thinks I also understand how you think so therefore I looked into the current research methods that are in place today. The Nisad Institute in Sydney, Australia has a register of volunteers so I offered my services for research. I also asked how they conduct their research.

It is conducted in this manner.

Nisad has a list of volunteers from people with Schizophrenia to family members of Schizophrenics. Also, mentally ill patients and also there family members. They also have (normal) volunteers as well.

These (normal) subjects are largely academics or university students. According to current studies Schizophrenics have more rapid eye movement than (normal) subjects do. You will notice that an academic has less eye movement because they have learnt to focus on a book or computer screen for long periods of time.

A Schizophrenic is no different than any one else they are a learner of life through life itself. I do not read about how to live my life. I live it. To my knowledge Nisad has never tested a police officer. A fireman or an S.A.S. officer. All of these professions need rapid eye movement to survive their daily career so that they don't get injured or killed. They also have regular psych tests so that when you mention that they may have the schizophrenia gene they will laugh in your face.

Recently I was involved in a motor vehicle accident. A person ran up the back of my work van. I am also a motorcycle rider as well. Commonly referred to as a temporary Australian. Well I ride as if every body is trying to kill me. When I am on a bike I am very very aware of my surroundings especially when I have a pillion. Well it turns out I'm just as aware when driving a van. I was driving along and I should have been concentrating a little more but suddenly the traffic in front of me stopped dead. Well I hit the brakes and came pretty close to hitting the car in

front of me. What I also did was very quickly checked the right mirror then the left mirror and the rear vision mirror. This all took milli seconds. I then looked back up to see the traffic in front had started to move and flow forward. I knew the car behind would not stop in time I then heard the skid I relaxed put the car in neutral and took my foot off the brake. Well the car hit me and moved me about 5 or 6 feet. I got out of the car I was pretty relaxed. Adrenaline pumping a little and I assessed the damage Well there was a scuff on my van bumper and the person who ran into me their bumper was pushed in a little but no head light or panel damage. The only thing that I think prevented more damage was because I took my foot off the brake and the plastic bumper bars absorbed the impact. Now what prevented the damage was because I am very aware of my surroundings. I take responsibility for my life. When I get into a car or especially, onto a motorcycle anyone could kill me if I'm not aware of my environment that I chose to place myself into. What we need to do is check the eye movement of a huge variety of people from police to fireman to army officers to pilots to bike riders to truck drivers, any occupation that needs rapid assessment of their environment to live thrive and survive.

Here is a little exercise put your hands out to your sides palms facing forwards with your thumbs pointing upwards. Now put them out to about 45 degrees in front of you then move them back fully out stretched but looking forward how far back can you move your arms and still see your thumbs. I have 180 degree vision how good is yours. If I hold my arms fully extended to the left and to the right I have full 180 degree vision if I dart my eyes left then right it is even greater if I turn my head as well my peripheral vision is enormous how good is your peripheral vision.

Human nature is normally to prove a theory that we believe in. Most of us will never wish to disprove a theory that we have. How we think is the same, what we think and how we shaped our own individual perception is what is different.

No one can understand the voices that schizophrenics hear. Well they are just running projections the same as you and I do.

How we think is the same. What we think is different.

How they saw the world and how they perceived their world, no one will ever know unless you ask them and counsel them. It seems schizophrenics are just people that are hurt or upset in their way and you cannot understand in your way. It seems that schizophrenics are just people that think like you and me that is in images sounds smell and taste. It seems that they do not have a grasp on someone else's perception of their world.

They, like you have never been able to explain it in a way that someone else has been able to perceive it. Until now.

The depressive thoughts are just the same depressive projections running through their mind as the same kind of projections that you and I have that cause our own depression.

No one wants to understand anyone. Everyone wants to tell you how you think, everyone else thinks that their way is the right way. No one ever wants to listen to any one else.

This is why the drugs that are used for Schizophrenics do not stop the voices and the delusions. The drugs that are being administered to these people are just destroying their brains. The drugs that are administered are just like a flu shot or similar to any addiction. They slow down the brain at first but after awhile the body mind and brain build up immunity to these drugs. So then another drug is used to control a schizophrenic.

Some Schizophrenics see people that are not there. How many children have imaginary friends? How many children have a dolly or a stuffed toy that talks to them? Well if the child gets away with it the first, second and third times, it may be that they carry it through their life. It seems that no one ever wants to take responsibility for there own actions. It is always about blaming someone else for what happened. Look at the current state of public liability.

It seems that no one wants to take any responsibility for what an individual has done. Why wouldn't someone try it later in life, remember your childhood shapes your entire life. Well I'm going to take that theory a lot further. Every single day of your life shapes your tomorrow. If you do not understand your past you will always repeat your previous mistakes. You will always try to get away with what you got away with yesterday or

the day before or years before that. Do you drive above the speed limit and then when you get caught blame it on revenue raising?

If you run a red light do you say that it was safe to do so and their just revenue raising?

Have you ever taken something and justified it by saying that they shouldn't have left it lying about? Have you ever peaked into a window and justified it by saying they shouldn't have left the curtains open. As a child did you blame your dolly or stuffed toy? I know my Pluto toy copped a hiding for all the things he did. Well the things I did and blamed him for. Did you blame your imaginary friend for something that you did?

If you think like me and I think like you, who else thinks the same. Is someone that says the voices made me do it or the guy sitting in the corner that you can't see did it, or made them do it, are they just like you and think just like you but haven't grown up and accepted that they are responsible for their own actions. Have you ever tried to swindle your way out of something? Have you ever lied or manipulated your way out of a situation? Are they just doing the same thing but on a much larger scale? What if it was someone that you love that they did this to. What if someone you love was hurt, injured or killed by the hand of someone else. Wouldn't you like it if they took responsibility for their actions. Would that give you closure on your loss. If you knew that your loved one was taken from you and the individual that did it had taken responsibility for their own actions, would you feel better in yourself?

Well this book is all about you. What do you think?

Is Schizophrenia a disease of the brain or is it just a disease in someone else's mind?

Is it a disease of the brain or are they just running projections through their own minds in exactly the same way you and I do. How we think is the same, what we think is different.

Are they simply not taking responsibility for their actions and blaming others.

Well what do you think. This book is all about you.

Chapter Twenty Two

Alcoholism

Is someone just an alcoholic or just a drug addict because they didn't understand you and consider your feelings and give you what you wanted.

Didn't you just do exactly the same thing to them. Did you ever wonder why someone drinks or takes drugs. Did you ever wonder why they do what they do or do you just think that they're doing it just to make your life miserable.

Did it ever occur to you that person might be running his or her own projections through their own mind. Did it occur to you that the day you were yelled at when daddy or mommy was drinking that their day was far worse than your day. I'm gonna go with, probably not. It seems everyone I ever talk to seems to feel their day is always so much worse than someone else's day.

Well I'm gonna let you in on a little secret. Every single person on this planet from the age of 1 minute to a hundred years or beyond, every single one of us is running projections through our minds. From good to bad, from what do I cook the kids for dinner, right through to I'm always cooking for these kids I'm sick of it. I wish I never had kids, all I ever wanted to do was travel the world surfing. Right through to what am I going to give my lover for valentines.

Whatever you think is all about your world. It is how you think that makes us all the same. So, if you think your having a bad day someone else may think there day is worse than yours then both of you will think that no one knows what its like to be me, no one ever understands me and you put yourself into a depressive state.

Then you start thinking about all the times that no one else understood you and that's when the depression kicks in. You go and take a pill to make you feel better. Or have a drink or ten.

But in reality it's just a placebo because you are controlling or rather not controlling the thoughts running around inside your mind. You start running a projection of future pain, sorrow and depression.

Then you wonder what is wrong with you.

Someone else comes along and tells you that there's something wrong with you because your not acting in a way they want you to. So it must be depression but no one understands depression.

No one saw what you saw no one perceived it how you perceived it so therefore no one will ever understand your depression but you.

Once you understand how your mind works and why you think the way you do then it's all down hill from there. Once you understand how powerful yet dangerous your mind is then you will learn to control it. In the last however many months I have been doing this and controlling my own thoughts and projections the only thing that changes my moods is me. My moods change with my perception at that moment. Well you may well have worked out that I'm fairly perceptive and my perception changes from minute to minute because I will always look at things with as many points of view as possible.

But before I only knew how my mind worked now I know how other people's minds work as well. I know how other people think, I also know that they will see hear and perceive it in their own way. I don't care what someone thinks of me any more because I know my true self. Once you realize this yourself you can then accomplish anything that you set your mind to. It doesn't matter what someone else thinks of you it's what you think of you that matters. You didn't want insecurities they were instilled in you by others. But that was their mis-perception of you and there life. Maybe you didn't give them what they wanted so they went off at you.

Maybe the times you were yelled at you interrupted someone else's projection. You know what its like when someone interrupts your projections. Its nice and simple how can you be the centre of the universe and be the centre of

attention when every one else on this planet wants to be the centre of the universe.

We all have our own ways of dealing with our own lives. My way is to admit when I fuck up so that I can learn and improve.

Another way I deal with my life problems is I go to counselling on a regular basis and I always have since I was about thirteen. I have been an insomniac ever since I went to my fathers. Insomnia isn't a chemical imbalance to me it is my head running around thinking all sorts of thoughts that I don't understand and need to have the answers for. What are the things that run around inside your head?

At about fourteen I asked my father's doctor to prescribe me some sleeping pills he said to me that by the time I hit twenty that they would be useless. He then told me to ask my father to buy me a bottle of scotch or a case of beer and have one drink not long before I went to bed. Well it worked. I didn't have all the thoughts running around inside my head. It knocked me out and I could get a good nights sleep. So I soon realized that alcohol was good for me. Well just like a flu shot you become immune to the little bit of alcohol. I soon realized that I needed more and more alcohol to put me to sleep. To some you may perceive me to be an alcoholic but I know how much I need to drink so that I can slow down my head and not be lying awake all night tossing and turning.

Someone once asked me what do you think about. My answer was simple.

“Everything”

You will realize this by the time you finish this book. This book is all about you so why do you drink, take drugs or even gamble.

Do you do any or all of the above. Do you do it to sleep, do you do it for a rush or a high. Do you do it because you have that horrible yucky disgusting pit in your stomach and you feel that no one loves you in your way. Do you feel like you need external sources to pick you up, do you need other people and other things in your life to make you happy.

Do you need to have the latest gadgets all the time, do you do it for you. Or do you do it to get attention from others.

Are you good at something and share your knowledge or do you think that your smarter than every one else. Why do you drink is it because a family member drinks so it must be genetic? Did your parent drink and blame it on genetics so therefore it must be genetic? Did you see others doing it and peer group pressure got the best of you? Is it something that you just do? Or is it simply something you need to slow down the thoughts in your head? If so I understand. Whatever reason you drink or take drugs or gamble is because it helps you cope with your own individual life. No one has seen or perceived your life like you have. So no one understands why you do the things you do except YOU. You are the one that can change your life and your future. But always remember that if you don't study and understand your past you will always repeat the mistakes of the past.

I am the mistakes of futures past I will not be the mistakes of futures forth.

If you do not isolate your reference points and understand them you will always refer back to them.

You will always do this subconsciously until you break it all down and understand it all. Remember a situation that you were involved in, a reference point or projection was always from how you perceived it. Not how the situation actually happened. You may have got it right or you may have misunderstood the incident. But you will always perceive it from what you did or didn't get out of the situation you will only ever look at from how it affected YOU. You will never see it from someone else's side of the story. You will only ever perceive it how it affects you. Me Me Me I I I.

When was the last time you or a friend were talking and said I guess it was my entire fault that we had that argument. Not often, I'm guessing. It is always about how you were treated or mistreated. It is always about what you didn't get or what someone else didn't give you. It is never about what you didn't give others. It is never about how you hurt them, it is never

about someone else's feelings. You may have insulted them, you may have hurt their feelings. But, you just don't care about how someone else is feeling. It's all about you.

When you say you're just like my father. Or you're just like my ex. Or you're just like my brother. When you say to someone that all men are the same. All I hear is that I am a bastard, a sexist prick, an asshole, a rapist and a pedophile. What does someone else hear? But if I were to say anything to you it's all about how you were hurt.

Everyone I talk to says that their job is the hardest job in the world. If you disagree with them the usual reply is "you don't know what I have to go through". They're right I don't know what they have to go through and they don't ever want to understand what I went through in my day either. So if they don't want to understand how hard my day was, why should I give a stuff about their day.

So maybe the reason we all drink is to stop all of these double binding thoughts that run through our own individual minds. Maybe it is our environment that we can't understand and we choose to drink to hide or escape from our own thoughts that maybe our own partners are contributing to. Maybe you blame your partner for your unhappiness. Because they don't understand you and we all just want to be understood for who we are not who we are to someone else.

This book is all about you. What do you think? Do you care about other people's feelings or do you just care about you.

Chapter Twenty Three

Equality

Equality is just something that we want when it suits us.

I have met a lot of individuals in my life and it seems that equality is just something that suits us at the time.

Women want to be treated equally at work and want equal pay yet they want you to be a gentleman and give you their seat on the bus or train whilst you are on your way home or on your way to a job that they want equal pay for. Some women want you to open the door for them, some women want you to treat them like a queen, some women want you to go to shops and buy them chocolates. Yet, they won't go to the bottle shop and buy you some beer. Some women won't go to the hardware store because that's a man's job. Some women expect you to help cook and clean yet refuse to mow the lawns. Some men refuse to knit or sew because that's a woman's job. We are not allowed to swear in front of women. It is not politically correct to do this. Some men just want to go to the pub and hang out with their mates. Some men just want to go to another mate's house and build and construct something be it wood, plants or steel. Some men just want to hang with their mates. The common denominator is this, we all just want to do stuff with someone that understands us.

So why don't we all try to understand each other. None of this agree to disagree shit but learning from each other. Understanding each other, listening to how and why we came to our individual conclusions. Learn from each other. This is vital to our own individual and combined survival.

My mum is a very wise individual she taught me a lot and I guess in a lot of ways I mimicked her ways of life. I guess she was one of my teachers possibly my greatest teacher of all.

If you learn from your teacher, then your teacher was the greatest teacher of all.

Your teacher taught you to learn more than you were taught.

My mum once said to me look at it from someone else's point of view.

I think that I went beyond what she meant.

For this I am eternally grateful. My mum is the greatest mum in the world she gave me what I needed and I hope that I gave her what she needed.

When I was about nineteen I had a job as a delivery driver for a food distribution company. I had only been employed for two days when I did a delivery to a supermarket and I pulled up to the docks and reversed the van into the unloading bay. I walked up and rang the buzzer. Well shortly after a woman walked up and said to me because I was the new guy she wanted to lay down some ground rules. No problem I know that everyone has their own little ways. She then said to me that just because she was a woman there was no reason to treat her any differently than anyone else in the dock or delivery area. She was just one of the guys. I said to her that my mum worked for a women's health centre and there was no way I would treat a woman with disrespect or any individual for that matter. My mum taught me well. Fine she said we would get on well.

Well the way it worked was this. At the distribution company warehouse we would weigh the boxes and write in text on top of the boxes the weight of each box. Then when I went to the docks of the delivery address I would unload the box and place it on the scales. That particular dock person would then check the weight on the top of the box and tick off the correct weight on the delivery invoice then move the box from the scales to the pallet behind the scales. I had already done this about twenty times without incidence. It was a tried and tested practice that had worked in many other work places.

What I did was unload by hand the box from the van and place it on the scales for the dock person to check the weight. The dock person would then move the box onto a pallet and then I would place the next box onto the scales. The dock person would then place it on the pallet and so on. I think there was about ten maybe twelve boxes in this delivery. Well after the forward behavior of this individual I was shocked at what

happened next. When I went to place the second box onto the scales the first box had not been moved from the scales to the pallet. I then put the second box into the van again and said to this individual “why didn’t you move the box onto the pallet?”

Her reply was this: “That box weighs 42 kilos and I am a woman, so I can only lift 16 kilos by law.”

I was a bastard for not treating her equally.

Equality is something we all want when it suits us.

I was once in a relationship with a woman that told me that I could not ever understand what it is like to have her hormones racing around and she couldn’t control it. She said to me you don’t understand what it’s like to have all this emotion and all this pain and all of these cramps running around inside me. She told me that I couldn’t possibly understand what it was like to have all of this frustration and anger inside of her because of how she perceived her body to be reacting. She told me: “You just done understand what it is like to be so upset with your body and frustrated with everybody else and all she wanted to do was hit something or someone.” One night she slapped me across the face. I looked at her and said “I hate you for what you just did to me”.

She just gave me an excuse to hit her. I never want an excuse to hit another woman or another individual. Yet she gave me the best excuse in the world to hit her.

You hit me first.

I do not and will not understand how I as a man have the right to use my body as an excuse to treat anyone like shit. I do not and will not ever understand how someone can explain that they have a reason to treat someone like shit.

Where are my five days of the month that I can just treat people like shit and blame it on hormones. How about I justified it by saying “I had a rough life and someone at work treated me like shit today I’m angry and my hormones are raging and what if I just beat someone to a pulp”. What if I shot them. What if I stabbed them. What if I raped them. What if I treated them like shit. What if I said “,hey it’s not my fault it’s my hormones”.

Fuck this shit no one has the right to treat someone else badly. No one. No excuses. What if I just blamed the voices in my head. Someone else made me do it. The voices made me do it. It's not my fault the hormones, the chemicals, the alcohol, the drugs, the imbalance made me do it. The fact is you treated someone else badly and you justify in your own mind that it's not your fault it's always someone else's fault.

The fact is this, you chose to treat someone badly and you tried to justify it in your own mind. You tried to visualize it. You tried to hear it. You tried to manipulate others. Maybe you tried to convince someone that the guy in the corner made you do it, maybe you tried to convince someone it was the voices in your head. See it's the guy in the corner can't you see him he's just there, he made me do it. You tried to influence other people about how you feel. When it all comes down to it, you and only you chose the best way to perceive your life. You and only you made your own decisions. No one else only you made your decisions. You and only you justified them in your own mind.

I deplore rape and violence towards women or men for that matter. I have had two female friends that have been raped and I have been sexually assaulted myself. I was held down by two so called friends both male while one of the males' fiancé pulled down my pants and tried to have her way with me.

One of my friends was drunk and passed out at a party so some guys thought that they could justify what they did. My other friend was walking through a park in the city on her way home and some guys raped her and when she tried to resist they broke her arm with an iron bar. Yet the guys probably justified it by saying that she asked for it. That she led them on and it was all her fault because she walked home after work.

Another friend said that it is a guy thing. Guys rape women and all guys are the same. Does that mean I have the right to say that all men and women are rapists. No I don't because individuals rape people. Not a certain sex, a certain socio economic background, just individuals. Individuals that didn't get what they wanted and they got angry. The men that rape women or hit women will justify in their own mind that

they led them on or they caused them to hit them. They will justify in their own mind their actions and blame someone else for what they did. No different than how we all justify our own actions but these individuals have stolen something and violated someone else's individual rights. For this I feel that they should be punished accordingly

They could have gone to an adult bookstore and bought some adult entertainment. They could have masturbated they could have gone to a sex worker and paid for sex, they could have controlled their sexual urges but they didn't get what they wanted and chose to rape another individual. They could have given the sex worker money for their services and put food on the plate of others. They could have bought some pornography and masturbated and put money in the hands of the storeowner and the hands of the individuals in the adult movie. More people would have food on their own plate.

So is rape about intimidating someone else, is rape about violence, is rape about control or is it just plain and simply that someone didn't get what they wanted and they got angry.

I don't rape individuals but I sure know that I get upset when I don't get what I want. Yet what I want is for people to be able to walk the street and not fear being attacked. What I want is people to take responsibility for their own actions and their own lives.

What I want is for the children of tomorrow to grow up healthy in mind and body. What I want is for the children of the future to grow up without fear of others and without fear of themselves.

This book is all about you.

Should individuals that steal from and violate someone else's rights be punished accordingly?

Chapter Twenty Four

About the author

At an early age as a child I always felt that my parents didn't love me. As I grew older I saw in my own eyes and confirmed in my feelings that it was true my mother hated me and my father was too ill to care for and love me. I had a very lousy loveless childhood where everything I did was wrong - in my Mother's eyes. The children in my family were all treated very badly. For five generations on my Mother's side it seems that almost all of the mothers didn't love their children past the age of 8. Well at least my mother didn't discriminate.

I try to explain the pain we all went through to people but it seems that no one will ever comprehend what actually happened in our lives. I guess in a way I am glad this is the case because I would not wish my early life on my worst enemy. We were six people related to each other by blood and marriage living in the same household. We weren't a family. My mother always seemed to turn us children against each other. It seemed as though we weren't allowed to love or care for each other. It was as if our mother didn't love us so no one else could either.

My mother would use her power of access to my Father's children against him. We were told regularly that my father was a horrible man and Satan's spawn and he was evil. But the worst thing my Mother ever said to me was "your father doesn't want you". I now know that wasn't true but as a child it did put me in a total state of confusion.

It turns out, when we moved from Fairfield to Maitland, my mother only told our Auntie but not another single member of her family. My father had no idea where we had moved. At Fairfield, dad had to pick us up from the park up the street and we were told not to tell dad what house we lived in.

Dad couldn't even contact us directly. My mother turned us against dad by telling us lie after lie after lie about my father

and each other so we didn't know who to turn to or believe. Yet not once did my father say a bad word about my mother. To this day he doesn't even like my grandfather talking badly to me about my Mother. This is why I will only make my own assessment of a person and not judge them on someone else's opinion. He did once say jokingly "do you want a lift to the dragon lady's". Mind you, that was a two hour drive each way and he would of taken me if I had accepted the offer.

It seemed as though if my mother couldn't be loved then we couldn't be loved either. My mother knew how to hurt my father but in the process really, really hurt her own children as well. We grew up being lied to and lied about so often that it was NORMAL for us to be treated that way. We simply didn't know who to trust or believe. I would see my mother have anger towards my father and she would make anyone believe that my father was the most evil man on earth. She didn't care who she told just as long as whoever she was talking to hated him as well. Yet my father never said a bad word about her and told us she was our mother and to love her for that reason. (Why would you love someone that treats you like this)?

Well she's your mother and society says you should love your mother. I now know why people look down on me for not attending my mother's funeral. I also now know that because people judged me on society's rules I was made to feel guilty for not attending her funeral. I would feel guilty and then depression would set in. If you look at my individual life and how she treated me why in hell, would I want to be at her funeral. My mother treated people like shit. That is why not a single brother or sister nor even her aunt or mother went to her funeral.

But hey I must just be a lousy son. (In society's eyes) I draw a line in the sand when I get treated badly and once you reach that line I will cut you out of my life. If my friends treated me as badly as my family they would not be my friends anymore and they would be cut off.

I have reached the line with so many people in my life and cut them off yet there was only one woman that I kept bending the line for. No matter how much she hurt me I kept bending the

line and stretching it that little bit further I didn't understand why (until recently). I cut my mother off because she went over the line but this one special woman that could hurt me like no other had before. I kept bending stretching and twisting the line.

Because of my early childhood I truly know what pain is. My older stepbrother was treated so badly by my mother I would not hold it against him if he wished me Dead. I will always remember 'til the day I die no matter how senile I become the look of fear and terror on my step brother's face the night we were sitting in the lounge room at Fairfield. We were watching TV and joking about, as brothers do, and he heard my mother's car pull into the driveway. I will never forget the look on his face. Ever. He ran to his room and didn't come out all night he didn't eat that night he was so scared of my mother. That is just one of the many times, but that one remains etched in my mind. I always had the utmost respect for my stepfather. He chose to take us kids on. He didn't have to. We weren't his kids he could have travelled the world or simply pissed his life away at the pub but he chose to take on the role of our Stepfather.

For a very long time I respected him for this until one day someone said to me this simple line "at what cost". Well I never thought of it 'til that moment. Then it hit me he threw away his own son for my mother.

What makes a man throw away his own son just so he can get his dick wet? Call me stupid or what you will, but I can not and will not comprehend why he did this. I always felt like a throwaway child all my life. I have always said that "I was too much red wine with dinner". Simply put from all reports my mother, dad and anyone that knew them said they fought like cat and dog constantly. They must have been pissed when they conceived me.

So up till the age of thirteen I constantly felt unwanted, unloved and unlovable.

I was the child even a mother couldn't love. Actually I felt like that 'til I was 33.

At 13 I ran away from home when we lived in Maitland I went to my step brother's friend (the local hoodlum). I remember he said to me "tell my dad the truth and he will work it out and let you stay". Well I lied to his dad and said that my mother and stepfather said I could stay over that night. I was lied to so often to me it was normal. But that night (the local hoodlum) was very pissed at me because I lied to his father. That in itself taught me something.

Well my stepfather found me and took me home and we all had the biggest fight I ever remember and I yelled at him at the top of my lungs "Your not my father, I hate you".

Well that must have hurt him but I didn't care (I wanted to see my father).

For the next two weeks my mother tried to track down my father. During that time she rarely spoke to me I made my own dinner, breakfast and lunch. She didn't wake me for school so if I slept in I had to walk to the next bus stop.

At one point she was so angry she broke a wooden pencil box over my head.

My stepfather had pinned me in the corner and belted me 'til I gave in and wept. I had welts for days. My mother declared me an uncontrollable child at Maitland police station. Isn't the world a wonderful place anyone can fuck and destroy a child's life yet it's the child's fault when the parents turn out to be lousy parents. When they finally got hold of my father they drove me to Erina a two-hour trip. The worst silence I have ever experienced in my life. They dropped me off and my mother didn't say a word to me and drove away. My father and grandfather told me that my father was so glad to see me but he was too sick to look after me and I was better off with my Mother.

Was this more lies, was my Mother right was it true that my father didn't love me? He obviously didn't want me. Again total confusion, remember I'm only 13 at this point. I'm 13 and already no one on this planet wanted me or loved me. My mother even turned my sister and brother against me. My Father dropped me off at Maitland and said to me that I was better off

with my mother but he would see me on weekends. When I walked in the back door my Mother said “what are you doing here you’re meant to be living with your father”. Two night later she called my father to pick me up and that’s when I started living with my father.

Now that I think about it. That was the night she broke the wooden pencil box over my head. Nice going away present.

When I went down to my Fathers I was soon told that the reason my father was sick and couldn’t look after me was because he has schizophrenia. “What does that mean” I said.

Your father hears voices in his head and chances are you will have the same illness as him. Well I was fucking terrified, because to me my father was a walking zombie.

My father was drugged, hospitalized, institutionalized, and simply put a walking zombie. The worst part was, I heard voices in my head too.

Does anybody want to try to understand how I was feeling at this moment. Well let’s clarify this particular moment in my life.

My mother hated me and threw me away. My Father was a walking zombie. I would also turn into that as well. My grandfather was and still is determined to drug me because I must be a schizophrenic. I had counsellors and mental health workers come around and try to find out if I was Mental or not, on a regular basis. I had been lied to all my life by my mother and father and my brothers and sisters had been turned against me by my mother.

Well to me my family had abandoned me. Society was trying to condemn, drug and commit me. Anyone got the picture yet. Hello. Child in pain down here.

So I went into survival mode, trust no one only yourself and be conscious of everything you do. So never judge me by your family values or your society rules because I had to live by my own rules and regulations to survive. I also feel I did a damn fine job getting this far. I have very strong morals and ethics. I know how to treat someone nicely. I also know how I like to be treated.

I went to a special program at school for one period a week called life science to see if I was normal or mental.

Counsellors, nurses and health workers regularly checking on me. But if at any time I said I heard voices in my head I knew that they would lock me up, medicate me and turn me into a zombie like my father.

I was, simply put, totally and utterly petrified and lived in a total state of fear for a large part of my life.

I didn't even tell my mum (my adoptive mum). My adoptive mum was my best mate's mum at that point in my life. Since then I always felt like she was more of a mum to me than my biological mother.

What I did to survive was I simply retreated into my own head. I became completely self immersed to simply survive. I was so scared by this prodding and probing of my mental health, I simply studied everything I did from as many possible directions I could imagine. I literally over examined my entire life in the fear that I would be locked away or drugged. If I picked up a pen I would ask myself why did I do that? If I got upset I would spend days even weeks working out why I became upset. If I got drunk why did I do it?

When I wiped my arse which direction did I wipe in. Why did I sit or stand. There is a reason we do anything and I needed to know what that reason was for my own safety. If I was to be assessed I needed to know every possible answer no ifs or buts. When I was told don't put a knife in your mouth you will cut yourself. Well I taught myself how to do it without cutting myself and which knife would or wouldn't cut me.

I have learnt to study everything I do. And analyze every tiny little detail of my life because of FEAR.

Fear that was instilled in me by my family and society.

I will never have fear again. I am what I have created. I am responsible for my own persona and destiny. Myself and no one else. I will never have fear of myself ever again. I am me. I created me only I can take that away from me. I'm not like everybody else.

Chapter Twenty Five

Religion

Religion is an individual's perception of a group of rules that are to me pretty cool to live by.

Religion to me was a pretty cool idea at the time. A bunch of rules that people would like to live by. Very cool rules but individuals will always perceive these rules of treating others from their own perception. A perception formed from their own individual life learnt experiences and life learnt perception.

If you have a faith or a belief you will always have your own perception and reference points in your life. If you believe in your god and have been forgiven or gotten away with these reference points this will always shape your perception of your god. You and only you have witnessed what you have perceived. To you, your god has witnessed this as well and if you haven't been punished yet you may feel as though you have been forgiven.

But what if you get to the end of your travels and you see the lovely white light. You stand at your perception of the pearly white gates and your god says to you "How in hell did you perceive that you got it right. Though shalt not kill. It doesn't mean you can justify killing just to suit you. Though shalt not steal doesn't mean you can when it suits you. Love thy neighbor doesn't just mean when you need their lawnmower".

What if your god says to you

"You got it wrong"

What if your god would say to you that you completely and utterly fucked up. What if he said that those rules are etched in stone they are not flexible to suit your own needs.

What if your god said that at no time ever is it perceivable to ever kill another one of his children, or bring harm to one of his children, or let one of his children suffer. What if your god felt you perceived it wrong and he is ashamed of you.

We are all created in gods image so if you perceived it wrong and he judges you, maybe he doesn't want to be perceived in your image. Maybe your image isn't what your god wants to be seen as. You don't like people judging you in some one else's image. How pissed off will your god be if you got it completely and utterly wrong and only ever perceived it how it suited you. I'm guessing that whatever you perceive hell to be your god will always have a much, much worse hell than you could ever ever imagine. And you will be there for eternity.

This is just a suggestion but if you mis-perceived someone else and frustrated and angered someone else on this planet just think how much more powerful your god is than that person.

How powerfully pissed off will your god be at you?

How powerfully pissed off will your god be when you take the life of one of the human beings that he created? Maybe your god doesn't have your perception. Maybe your god doesn't perceive that there is any justification to take another human being's life. Picture in your mind your hell, now focus hard and visualize your perception of hell. What if your god's hell is worse. What if your god's perception is ten fold what you perceive.

Well this book is all about you.

How pissed off will your god be if you totally mis-perceived his image?

How pissed off will your god be if you got it wrong?

How pissed off will your god be if you fucked up?

Chapter Twenty Six

Taime

I think the smartest being that I have ever met on this planet was Taime.

Taime is a blue cattle dog that once owned me. I swear to god that Taime is the most intelligent and smartest being that I have ever met in my life. Taime I found in the local paper and paid someone one hundred dollars to take her with me when she was six weeks old. I didn't own her she owned me. I swear she chose to be with me. I had six foot lapped and capped fences around my home yet that didn't stop little Taime. She could jump a six-foot fence as if it wasn't even there. Not only that, she would walk along the top of the capping as well. That animal, dog or being is to date the most intelligent entity that I have ever met on this planet. That dog loved everyone.

Taime was named after my favorite front person from my favorite band at the time. His name was Taime Downe. Now I perceived it as tame me down. But he perceived it as. Tie me down. The band name was Faster Pussycat. Named after an older film of a similar name. The film was Faster Pussycat kill kill kill. Well I named this little dog Taime. Tame me. Well there was no way ever that myself, you or anybody else was going to tame this little blue dog. No one. This little blue bitch was unique. A mate of mine said that she had more character than anyone he had ever met in his life. I believe that. That little dog captured the hearts of many, many people. I tried to have her trained. The trainer I chose had many many qualifications and came highly recommended. He knew dogs and how to train them. He had her for two full weeks of training yet he actually admitted to me that Taime was smarter than he was.

Isn't that scary the one entity that didn't discriminate and loved everybody was actually a bitch with blue hair that chose to hang out with me.

I have had a lot of animals in my life. I have had several dogs, two goats, a cat and several horses I love watching documentaries and I love animal planet. So did my Siberian Husky, Kookai. Kookai would sit on the lounge and watch the television with me. We used to leave animal planet on to keep her company when we went out. When there was a documentary on wolves she would hear them howl and would actually howl back at the wolves that she was watching. I once spoke to a scientist that told me that dogs don't talk so they are inferior to him. You can learn a lot from every animal or being on this planet. You just need to listen, learn and understand.

Every dog I have ever had has communicated to me what it wanted. They bark or howl when you don't feed them at the time they want to be fed. If they don't have water they will bark or howl to get your attention and show you the empty bucket.

My Siberian was just like a child when I moved at one point in my life we had to leave her at the old house for two days till we got organized and setup the house and yard for her. Well she didn't like that and she showed us how angry she was with us. When we got her to the new house she ran around the house sniffing and smelling for familiarity and when she knew it was where we had stayed for two days without her she peed on our bed. Animals get angry too when they don't get what they want. All animals. There were a few times when we put her in a kennel or stayed away over night and she would do the same she would piddle when she didn't get what she wanted. She loved to be around us and if she didn't get what she wanted she let us know.

When it came to training both Kookai and Taime I used positive and negative commands to teach them what to do. If I wanted them to do something and they did it right I said, (in a high pitched happy tone) good girl, good girl. When they were bad I would say in a low angry tone Baaaad. With these simple rules I taught them the basics and then after a while they chose to listen or not. When you think about it aren't we all like this.

If we are good we receive praise if we are bad we are smacked or roused on.

So positive and negative reactions will always shape all of the animals on this planet.

I have seen horses that have taken days to break in and the horse is always very flighty you will never trust that horse probably because the horse will never trust you. One of our horses was given to us and was seventeen hands high. The technical term for explaining this height is fricken ginormous. When I was twelve I would stand feet flat on the ground and arm stretched out as high as I could reach and I could just touch his backbone. Yet to us he was just a very big little puppy dog. He would lick you and behave like a little puppy dog. Yet when we had to let him go and the original owner of this horse came to pick him up, he changed. He got angry, he wouldn't come near anyone and they had to lasso him from a distance. He would not go into the float. At first it took a lot of effort to float him, he was very unhappy. You might say the wild animal came out in him but I know the horse had a reference point that I didn't know. It turned out the original owner of him had a bad reputation for being cruel to horses. The horse just had a bad reference point of the way it had been treated by him.

We had a two-year-old mare that was the loveliest little pony. All of us loved her. Her name was Princess. Our next door neighbor broke her in very gently. She was riding Princess around the paddock within one hour. My sister, who I think was about seven or eight was riding her around the paddock within about two hours and that little pony stayed the most placid animal.

I once watched another documentary but for the life of me I can not remember what it was called. It was on one of Australia's cable networks. It was about a young woman who lived on a property in South Africa. She was going off to university and had to let her pet go free. This pet would walk around the house, it would walk up and put its front paws on the dinner table and see what everyone was eating. Probably no different than your cat or dog in your home. This woman had

raised her pet from a baby, it was bottle fed by the family and raised like any other pet. The documentary was about an hour long so it showed in great detail how this pet co-existed within this family unit.

Whether it was a camera crew or whether it was a family member that was filming this documentary I do not know but the pet just went about its daily life of living and co-existing with this family. This was no wild animal, it was a family pet just another animal that was raised with love and affection that learnt to adapt to its environment. This pet was understood and it understood its environment as well. It just happened to be that this pet also happened to be a cheetah.

Another documentary I saw was Growing up Grizzly 2. The story was about a couple that lived in the mountains and loved grizzly bears. A grizzly bear was shot by hunters and the two cubs had no mother anymore so the local authorities had agreed to give this couple the two grizzly cubs to care for. The grizzly's were three years old and I think were either fully grown or pretty close to it. They had been bottle fed and hand raised from a very young age either a couple of weeks or a couple of months.

Well they showed these grizzly bears running around the yard not chained or tethered, just roaming the yard and splashing in the pond just two or three feet away from the couple and from Jennifer. At one point the man in the documentary and a grown grizzly bear were rolling around on the grass just like you would play wrestle with your children. Yet this was a grown grizzly bear that was treated like a family pet. He said that he had to be very cautious of this because if the grizzly laid on him he could be crushed or suffocated. There was a word or sound that he uses and when he uses it the grizzly backs off and moves away because he then knows he may have hurt the man. These grizzlies are movie stars. They are taught to do things and act in a way so that we can make movies. They are taken around to fairs in the U.S. They are shown to people to communicate to others that grizzlies are just another beautiful animal on this beautiful creation, the third rock from the sun, Earth.

Now all of this says to me that when animals and beings understand each other and learn to interact with each other every animal can communicate not just human beings.

This is why we have horse whisperers this is why dolphins do tricks and train us to feed them. This is why we have pets so that we can talk to them so that we can communicate with them. This is why the elderly and the lonely have pets at least they can talk out loud and think out loud and not be judged by their pet.

We all think out loud at some point in our life whether we do it putting out the rubbish or hanging the clothes on the line. We even do it when we don't get what we want and we get angry we are just thinking out loud. Kookai did it when she heard a wolf on the television. So when we come home at night there is company and we know that at least my pet loves me. It might just love you because you feed it and give it what it wants, but isn't that what we all want. Don't we all just want to be loved and given everything we ever wanted. So to me none of the animals and beings on this planet are really that different, when you break it down to the core of it all. When a human being reacts in a way you don't understand we say that they have a chemical imbalance. When an animal reacts in a way you don't understand we say that it is its nature and it is a wild animal.

We act and react to our own perception of our own environment how we all think is the same what we think is different. Every animal and being on this planet has an individual perception and an individual reference point that is unique to that individual. Only you have seen what you have seen through your eyes and only I have seen what I have seen through my eyes and mind. Your pet is the same.

Just because I do not know what you know it doesn't mean that I am a stupid head. It means that we all learn different things. This is why we have different professions why some are doctors, some are nurses, some are laborers, some are bus drivers, some are train drivers, some are builders or road builders. To be a doctor you have to catch the bus or train at times to get to uni. You had to drive on roads that were built by

others, you have a dwelling built by a builder, you have electricity because of an electrician. You have water because of a plumber. We need trades people just as much as doctors and lawyers. We need janitors to sweep up after us.

A porn star or sex worker may well prevent a woman from being raped. A porn star and a camera crew may spice up your life and you could learn how to be a better lover. You may learn what your partner enjoys instead of doing the same old thing over and over again. Remember no one knows everything. Maybe someone in the oddest or strangest profession from your perception will teach you something.

No one can know everything. But any one can be anything that they put their mind to. All you have to do is set your mind to it and you will achieve everything you set out to achieve.

Because of knowledge, learning and understanding I know that I will achieve whatever I set out to achieve.

I just have to set my mind to it.

If this book has helped you in any way and you feel that it may help educate others in your cause or belief or plight please contact the author and publisher.

Chapter Twenty Seven

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Or

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This book is not about me making money this book is about you understanding your children, your partner, your loved one. This book is about you understanding you. This book is all about you. I have spent my whole life understanding others so that they may understand you. So if you feel that you can express your understanding of a particular plight in a way that others may improve their own life then please contact me. We may well come to an agreement to help educate others about your perception on life.

I do not want anyone forcing their opinions and their perspective on another individual. What I want is people to openly discuss their own individual life experiences and maybe someone else will understand your plight then, maybe they can put it into their own perspective and hopefully learn from it. Maybe then they will understand their own life. I do not want someone to stand on their own soapbox and tell the world to think what they think. What I want is to be able to tell people my message, which is.

Please understand others for what they are.

If I make money from this it is to have the things that make me happy. I wish to travel the globe and promote my message to the individuals that are willing to listen. If someone walks up to me or emails me or rings or contacts me in some way and says “hey dude will you come and talk to my mates or my family we want to hear what you have to say”. I wish to be able do this. If you wish to help in your way then I would appreciate your support and love your help.

Just like anybody else I want my toys. The difference between men and boys is the size of their toys.

There are some toys that I want and I hope that I will achieve them, but never doubt my love for my cause and that is to understand others and to teach understanding of others.

To teach others to understand you.

Every single being on this planet is an individual. Every single being on this planet was created by your god. Please do not upset your god. You know that you get upset and angry when you don't get what you want. What if your god does the same thing to you. Please understand that everyone perceives god in their own way. I believe that my god does not judge me. My god does not fear me. My god understands me. My god understands you. Therefore I do not fear my god. My god has his own perception of what is right and what is wrong. My god does not force his perceptions on me. So therefore I believe in my god but more importantly my god believes in me.

If you believe that you can make a difference and help another being on this planet with the use of this book then feel free to contact me. I may not respond as quickly as you would project but please be patient. Remember all good things come to those that wait. Do not run projections of what you don't get in your mind but take the time and think about how you could perceive another person's perception. Try to look at it from someone else's point of view. The more you understand others the more you will be able to express your own personal message. Try to look at it how you want to be perceived and understood by others. Then understand how they will perceive and understand you.

So if you perceive that you can help others please contact me.

If one mind thinking like many, thinking of others can achieve this much what could more minds thinking alike achieve. The possibilities are endless. We might even find the cure for cancer. If we stay with the current way that we are doing our research we will never find the cause let alone the cure. What we do as human beings is we will always try to prove our theory we will never try to disprove ourselves. No one ever wants to prove him or herself wrong. We will always

justify our own actions in our own minds. This is another reason that we always feel our point of view or perception is the correct one.

I truly believe that what we need to do is get hundreds of different specialists together in a large auditorium and listen and not judge each other. Only when we listen to all of the points of view will we ever come to a total solution. We need to learn what others have learnt. It seems that there are about six billion or so people on this planet. This means that there are about six billion perceptions of mental illness. About six billion perceptions on raising a child. About six billion perceptions of what or who god is. So does that mean that there are six billion perceptions on what cancer is and how to treat it. I don't know much about cancer. I do know a lot about how we form our perception and if we don't learn to realize that we could be wrong in our perception and our decisions then we will never come to a combined decision of what cancer is or what causes it. Every body has a mind don't wait till everybody has cancer to change how we conduct research.

Has anyone ever researched what doesn't cause cancer? Do more athletic people have a lower risk of cancer? Supposedly people in Asian countries that eat a lot of omega three food products don't get cancer as much. What about the rest of their diet do they have more raw and unprocessed foods in their diets? Do they have fewer chemicals in their drink products? I know that a lot of Asian diets have green tea in them. Do they have a lot of soft drinks? Do the chemicals in our food products accumulate and add up inside our bodies? Could different foods and chemicals react and combine just like a chemical reaction inside our bodies?

Remember water is hydrogen and oxygen combined. Could what we eat over long periods of our lives combine these food types and chemicals that we use for food processing and packaging. Could it all be happening on a molecular level. Could what we eat drink and absorb be changing our molecular structure. Could this Me Me Me I I I attitude of our society be causing cancer. Could what's right for me because I know best

actually be wrong. Maybe we are destroying our own bodies because of (I know what's right for me). Maybe we were wrong.

What I do know is this: I worked out my father's illness because of this simple strategy. I don't know everything and I may not always be right. I have in the past and will in the future, fuck up. I know it and I say it with pride. I don't know everything but I do want to learn. I believe we can achieve anything that we set our minds too. The way I worked out my father's illness is by understanding and not judging others. Caring about other people and learning from everybody. Also by believing in myself because I am an individual.

Im Not Like Everybody Else.

Chapter Twenty Eight

Why Are We At War

It comes down to perception if you just want to get through life. Achieve your goals and not harm anybody.

Why would another individual want to oppress and harm another individual? Could that individual be you? Could it be that they are right and you are wrong and they will do anything to prove themselves to you? Do they care about your needs or just that one individual's needs?

Did your leader give you what you needed as an individual? Did that leader give you this so that your leader could get his own needs met?

Do you want to be oppressed, do you want your way of life to be taken from you? Do you want your family to be harmed?

Are you doing exactly the same thing to someone else? Is your way of life better than someone else's? Who is the oppressor? You or them? Who is the terrorist who is the freedom fighter?

What if we just tried to understand others? We may all find that as individuals we all just want the same thing. That may well be, to be left to live our own lives without harming others. Do you want to harm and oppress anybody? Or would you like to understand others?

Is that individual looking out for number one or is he looking out for you and trying to meet your needs. If you don't want to harm an individual why would another individual want to harm you?

When it all comes down to it, do you just want to live your life? To be with your family? Not be judged by others and to live your life the same way.

Do you want to hurt harm or injure someone else? Do you want to be hurt harmed or injured yourself?

This book is all about you. Do you want to hurt, harm or injure someone else or do you want to achieve all you set out to achieve with the help of others and know you helped them.

Did Hitler simply think that he was right? Did he run his own projections through his own mind on how people should be? Did Hitler treat the world like it was wrong and he had the right answer?

Was he just thinking out his projections just like any modern day political leader. That's what he was, the leader of a political party in the 40s. How many modern world political party heads of state believe that their way is right? Did we vote in our heads of state so that we could get better schooling for our children? Did we vote in our heads of state so that we could get better tax cuts and higher wages? Did we vote in our heads of state so that we could get what we as individuals wanted and needed? Did we vote in our heads of state so that we could go to war and oppress and violate other individuals' rights? Did our heads of state give us what we needed and wanted so that they could get what they needed and wanted?

Did you as an individual want to go to war or did your head of state want to go to war and oppress and violate someone else's rights because your head of state gave you what you wanted and needed? For whatever reason that you voted in your head of state did you want to go to war and force your opinions and your way of life onto someone else? Do you believe your way of life is better than someone else's way of life?

Did Hitler think that his way of life and his projection was better than someone else's way of life?

What do you think?

Have we learnt from the past or are we just repeating history over and over again? If we do not understand the mistakes of the past we will always repeat them and take them into our futures forth? Who is the terrorist? Who is the oppressor? Who is the freedom fighter? Why are we at war?

Why do you want to kill someone because they are an individual and believe in something different than you?

Why do you believe your way is right?

Do these people have children just like you?
Do these people believe in god just like you?
There is only one god it is how you perceive him.

Let's try another exercise.

Picture in your mind that you are sitting in an aircraft, a large commercial aircraft. You are sitting there with your mum, your dad, your caregiver, you may picture your siblings, your brother, your sister, your cousin, your aunt or your uncle. Your child or children. Picture all of these people on this plane with you.

Now put down this book for a while close your eyes and imagine these people that you love running around inside your mind on this plane. Focus, think and picture what they are to you.

Now picture the twin towers in your mind. Focus and think, place yourself inside the building and look out and see that plane that you were just on your loved ones still on the plane. Picture it in your mind. Watch as that plane crashes into the building you are standing in now picture yourself on fire and you are burning, you are burning to death. Put down this book and just think of your own horror picture, your loved ones burning in the plane.

Can you justify in your own mind causing that much pain and suffering to another individual or their loved one.

How can someone else justify it in their own mind to do this to you or someone you love.

Now picture your workplace, focus on your workplace, it may be a workshop, it may be a panel shop, it may be a supermarket or mall, it may be a hairdressing salon, it may be a sales job on the road. Just picture your own workplace. Picture the people that you work with. Each and every one of them, picture them in your mind.

Now put down this book for a while close your eyes and imagine your own individual workplace. Your workplace.

Imagine that same plane crashing into your workplace or even your front door. Can you justify someone doing that to you.

Is society to blame or is the individual to blame.

If you think about it, isn't an individual just the first of the building blocks of society.

If you get the first building block wrong what can go wrong from there?

If you are unhappy now because you only ever put you as number one and someone else is unhappy because they only think of number one could there be a better way? What if you and them put your minds together and ran a combined projection through your combined minds. The combined projection may well be achieved because others want to see you happy. Not just you wanting to be happy for yourself but also others would be happy for you.

It is such a shame that this whole concept is based on you not always being number one.

Well this book is all about you. What do you want to do?

Do you want to be number one and possibly unhappy or do you want to help others achieve their goals which may actually bring you happiness and achieve your own goals?

Wouldn't it be nice to achieve every goal we ever set our minds to and achieve that goal with the help of others. Wouldn't it be nice to help others achieve every goal they ever wanted to achieve.

Wouldn't it be nice to be treated as an individual. Wouldn't it be nice to help others achieve the same as what you wanted to achieve.

Wouldn't it be nice if we always thought about how we affect others and always considered others. If you always considered others then maybe they would consider you. If

everyone's needs are taken into consideration we may actually achieve everyone's own personal needs.

Wouldn't it be nice if you could walk through life with you head held high and the people around you would love and support you. Wouldn't it be nice if your family, your friends, your community, and your nation, your world would support you when you walked down the street and said this phrase from the heart and also knew it in your mind.

Im Not Like Everybody Else.

Wouldn't it be nice to hold your head up high and not be judged by others. Wouldn't it be nice if others took the time to understand you. But never expect others to do it if you don't try to understand others as well.

Well to you it may sound like a fantasy world but I gotta admit that it sounds like a pretty cool fantasy to me.

Then again this book is all about you so what do you think?

So if you ever see me drifting off in my own little projection it is just that I'm in my own little world. To me it's a much nicer place so I just hope one day you will be able to see my world, but I guess that it is all up to you.

Wouldn't it be nice if you could just be YOU.

I'm Not Like Everybody Else.

Never

Mis-perceive love

Never doubt love

Love always
Herbie

There is only one god
The difference is how you perceive him
How will he perceive you
I know that my god loves me
I know that I love my god
I know that my god does not want me to kill
another
Human being
I know I believe in god
I know that god believes in me.
I also know that god believes in you.
As long as you don't kill another human being.
God will believe in you.

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