

# How to handle

## Bullies

### A program by Herbie

Just another kid in the sandpit that hates bullies

[www.herbie.com.au](http://www.herbie.com.au)

In every sandpit and every school yard there is a bully, they call you a fatso, a stoopid head, a moron an idjit, they call you all sorts of names to put you down and make you feel lousy

This program will show you how to handle any bully

It will show you how any insult directed at you will run off you like water off a ducks back

And you will feel good inside

You are you

Never let anyone ever take that away from

# You

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## Introduction

Hi my name is Herbie

Today im going to show you a program on how to handle any bully, I have had a fairly rough life, I come from a family with a history of violence, I hate violence yet I have witnessed an excessive amount of it, everyone says my mother was bi-polar and my father was diagnosed schizophrenic and insane, he once told me that he had 6 clinical diagnosed breakdowns and also told me that he had lost a little every time, he said to me, son I would be lucky if I was forty cents to the dollar, at least he kept his sense of humor, my father is a right smart arse I guess that's why I love the boy, over time you will understand that just like the old boy, im a smart arse too

My mother and father used to fight like cat and dog and a long time ago I accepted the fact that I must be too much red wine with dinner, they had to be pissed to conceive me, they separated when I was eighteen months old and by the time I was five my mother was remarried, my mother hated my step brother and my older sister hated my step father, my mother constantly lied to us and told me that my father didn't want or love me so at thirteen I ran away from home coz I wanted to see my old man

That's when my life changed in a big way, I had to learn to stand on my own two feet, that's when I was told I was going to catch the family disease schizophrenia, it scared the crap outta me at the time, but I went on guard and studied the study of psychology and can disprove all their theories, because the scientists have proven there theories scientifically I have disproven science, it is very easy to do, I guess it just comes down to the simple fact that I don't like being told im wrong, I don't like being told how to act or how to behave, a girlfriend of mine, a good mate once said to me, your mister inappropriate, I took it as a compliment, coz im not like everybody else

( Visually explain walking through any house and explain schizophrenia and bi-polar)

Explain the most debilitating disease is as simple as this, the nicest guy on this planet, my father, married the biggest bitch on this planet, my mother, she stole his children and ruined his life so he got the shits, chucked a tantrum waved his hands in the air and started thinking out loud

I now know how he feels I recently fell in love with Satan herself and she literally messed with my head so bad I can totally understand my father, that woman, I use the term lightly, sent me insane, completely insane, im lucky I have some of the best mates n girlfriends you could imagine to help pull me through and also an amazing family that helped as well

When it comes to labels the only one that will stick to me is the one that my mates gave me, Herbie, I claim to be nothing more than a kid in a sandpit that hates bullies, you could try to bully me but the best have tried, hey I have visions of my mother sitting on satans throne bullying him about so not that much phases me anymore, you could try to insult me but the best have tried, Ive seen so much crap that nothing offends me anymore, Ive been through more crap than you can shovel

## **How I like to treat people**

I treat people with this basic ideal

Treat others how you would like others to treat you

Nicely

You will see this at

[www.thetencommandments.com.au](http://www.thetencommandments.com.au)

This is how I view that philosophy

Never start a fight but if someone starts one with you, end it

Never kill another yet if someone attacks you, defend yourself

If someone attacks someone you love, defend them

Never raise your voice to a woman or a child

Never raise your hand to a woman or a child

Never hit a woman or a child

Never force your self onto others

Never force your belief onto others

Never force your sexual urges onto others

If someone forces themselves onto you, defend yourself

Treat people with open love respect and admiration

Always be yourself

Never lie

Say please and thank you

Never back down to an opponent

Always support a mate

When you make a mistake admit it, it's how you will learn

Always look on the bright side of life

## **Blame**

No one ever wants to admit fault or accept the blame for anything they have done, I admit when I stuff up, if I admit I got it wrong I can learn from it and move forward, besides I'm a window tinter, tinter,s get blamed for everything, im used to it, its always the tinters fault

We are taught to be dishonest untruthful and lie, look at when you have a car accident, even if you blatantly run up the back of someone your insurance company tells you not to admit liability

Yet we all need to look into the mirror at times and admit that we have all made mistakes in our past, then we might truly be able to move forward as individuals and together as a community

I wrote How do you think in the hope that one day it might be considered the ultimate self help book, it is a technique taught to me by a professional counselor and an outstanding mum, the mum of my best mate through high school, it is every question she ever made me ask myself, she is the very reason I am here today she is the very reason I didn't take my own life during my teenage years, so she gets the credit for How do you think, lets hope it can help others that are in need as well, she taught me how to admit that at times in my life, I have fucked up

## **Intellect**

Intellect is knowledge

Not just from study and schooling, not just from living and learning but also a mixture  
of the school of hard knocks as well

With knowledge there is no ledge

With knowledge and intellect life is an open book, you can converse with so many,  
about so many topics it really does open up so many new avenues for you

A simple way to explain it is this

If you feel as though you have to break it all down and explain it in exacts to impress,  
that's like tying your shoe laces

If your middle of the road that's like wearing loathers

If you're all about mates, girlfriends and understanding life the universe and  
everything and not forcing your belief and views onto others, become an Aussie and  
learn how to wear thongs

That's the difference between studying and being taught, the difference between  
learning and understanding what knowledge and understanding really are, sometimes  
making mistakes is the best way to learn, Ive made plenty of mistakes, its how I learn  
not to repeat those mistakes again

Learn the difference of being taught and learning and you may go on to be a genius,  
like a lot of people that I know

Question everything never believe what you're told but always believe in yourself

You are you

## **Rational thinker**

Now, I am a very rational thinker and a puzzle solver, I also question everything I am told, simply because of the lies that have been told to me through out my life, so I ask simple child like questions like

If we live in a democracy, why do we get fined if we don't vote?

If there is no gravity on the moon, why are the tides affected by the gravity of the moon?

If we evolved from monkeys, why are there still monkeys?

How could a rocket land on the moon every kid knows it would melt, coz the moon is made of cheese!

If the world span really really fast, wouldn't the water spin off into outer space? Just like water spinning off a childs push bike tire in the rain?

If gravity was caused by mass, wouldn't a helium balloon be sucked to the surface quicker as it is lighter than air?

If Newton's theory of mass was correct, wouldn't a cliff a thousand meters high implode in on itself due to the sheer weight of itself?

How could aids just pop up out of nowhere after thousands of years of evolution? And that whole sex with monkeys is even way too kinky for me

If god was so nice, why did he kick his children out for being hungry?

Maybe Moses parted the reed sea

Even if it did rain for forty days and forty nights, how can the physical mass of the earth just simply go pop and suddenly get bigger

If it all started with Adam and eve, who did they have sex with? That's even to kinky for me to contemplate

If I can give you a mathematical equation that every time you add it up it comes to a different answer, why is it that you get an f and fail if you don't give your math teacher the answer they want?

If there really was an ice age, if the mammoth is just a hairy version of an elephant, how can a mammoth be a carnivore when an elephant is a herbivore?

p's I have a memory like an elephant, I don't forget and I can understand differing and conflicting information, that and I am an Aussie that believes in individuality

These are just little questions that I ask that we will go into in detail later in this program, subject after subject!

## **The basics**

The sun is in the east every morning and sets in the west every evening

There are sixty seconds in a minute

Sixty minutes in an hour

24 hours in a day

365 days in a year

Seven days in a week

52 weeks in year

12 calendar months and 13 lunar months in a year

The third rock from the sun Earth does one full revolution every  
23 hours 56 minutes and 4 seconds, which is why we have one leap year every four  
years

We have many cultures that have different outlooks and different beliefs and different  
calendars, we have the astrological community, the astronomical community and they  
have mapped out the universe millenniums ago, we have had cultures like the Greeks,  
the Syrians, the ancients, the Maya's the Aztecs, the Inca's, the Egyptians they all had  
their own beliefs and they all had their own calendars and religions

Every single person on this planet thinks in sight sound smell taste touch and feel  
when someone wants to control you, stand over you or bully you, they will always try  
to instill their belief into you, if you don't believe what they want you to believe they  
try to instill fear into you, they will try to discredit you, they will try to manipulate  
you, if you do not believe what the Catholics believe, you will burn in hell, you are a  
blaspheme, if you do not believe the Jewish faith then you are an anti-Semite, if you  
don't believe the Muslim faith then you are an infidel, if you don't believe what the  
psychiatrists believe then your nuts, your crazy, your insane, you have a chemical  
imbalance of the brain, if you don't believe what the scientists believe then you are  
stupid dumb and not intelligent and they give you an f and fail you

When it all boils down to it you are you and I will show you how to be yourself and  
never let anyone let you take it away from you

Be proud of who you are no matter where you were born, no matter what nationality,  
no matter what religious belief, no matter color or creed

**YOU ARE YOU**



## **Bullies**

I have had to deal with an excessively large number of bullies in my life, I don't bully others yet so many others have tried to bully me, they've tried too but failed. I am going to show you how you can stand up to any bully, passively

Online and in my previous DVD pilots and also one of my books titled

Turn the page

I explain how I have gone up against bullies and how I have handled them, my own mother was the biggest and worst bully I have ever had to deal with, she constantly lied to me to make me upset and hurt, see my first book titled How do you think, the chapter about the author pages 95 through to 100

I had at one point a tooth ache for about five years because she didn't want to spend money on her own son, I was constantly told that I was satans spawn and I was evil, my fathers name is Paul, my cousins name is Paul, she kept saying, you can never trust a man with the name Paul, I looked at her one day and said, what's my middle name, she replied, exactly what I mean, my middle name is Paul

At thirteen I was told that I was going to catch the family disease, schizophrenia, and watched my father be treated very badly by my grandfather and drugged into submission, more again in about the author

Half way through year nine my father, grandfather, year master, deputy principle and principle asked me to leave school, I stayed on out of spite, half way through year ten

I had to move to a mates family just to get my school certificate, I created my first job, I bugged a guy so bad that he finally gave in and gave me a paper run, by the time I left he had eight paper runs, yet my first full time employer wasn't happy with me so to shake me up he said your fired, you have a weeks notice, they wanted to give me an engineering apprenticeship, I quit three hours later, one employer tried to stand over me and threaten me, an hour later I made three phone calls three hours after that I had the choice of three job offers, my grandfather, councilors, teachers, special education teachers and psychiatrists kept telling me I was gonna catch crazy and inherit the family disease and drug me into submission, partners have tried to lie to me, manipulate me and control me but I never let them, I have a DVD style photographic memory, so I catch out every single lie that they try to tell me, I don't accept being lied too

I have had workmates threaten to kill me, workmates attempt to fight me, a security guard threatened to shoot me with a thirty eight bullet another workmate threatened to put a number three Philips head screwdriver through my chest, a police officer threaten to rub my face in it if I vomited, I've looked a police officer in the eye and said, and you wonder why people refer to you guys as pigs, then walk away

I had my p plates a week and started running prangs, it was a very rough industry, I was about nineteen at the time, I always hitched everywhere during my teens, I once accepted a lift off the opposition towing company, he had done two stints in a mental institution psych ward, I've had a security company owner send up his goon to try to

stand over me and he threatened to take me outside so that the other guard and his dog could tear me apart, as if, I stare down his dog and if his dog ever attacked me I would have it destroyed by the r.s.p.c.a when I realized that the owner sent him up to try and stand over me I waited till the owner was on and had a word with him, he didn't like this and said finish your beer and get outside, I got to the door and said lets go down the tunnel where there's no cameras, we got across the road and he chickened out, he was too scared to come down the tunnel with me, I once worked with a guy that when he was beaten to a prang he got the shits so he poured petrol on the guy and lit him

The way to handle any bully is to understand your bully and a bully is just a scared little child that has to attack you to defend themselves because they are scared of you, very scared of you, you don't need to fear me though, unless of course you attack me, or someone I love, but if you leave me alone I will leave you alone

It's that simple

I hate violence with a passion, yet I am not afraid of violent people, I am actually more comfortable with the crazy's, it seems as though the ones that listen to me calm down, I have even helped security guards when they were in trouble, so I learnt to understand people and here is how you can handle any bully

### **Number one**

Read, Turn the page, to get a grasp of who I am and the people that I have dealt with through out my life and the bullies that tried to bully me

Down loadable for free at

<http://www.herbie.com.au/books.htm>

### **Number two**

Read, The bomb it will explain the lies that we have been told and you will know the truth and not need to argue your opinion as what is in that book is facts, pure facts

Downloadable for free at

<http://www.herbie.com.au/books.htm>

### **Number three**

Read, How do you think

By the time you read it no one will ever be able to tell you you're wrong

Downloadable for free at

<http://www.herbie.com.au/books.htm>

## **Number four**

Read, Herbie just a kid in the sandpit that hates bullies, that never wanted to grow up

And read it to your children

Downloadable for free at

<http://www.herbie.com.au/books.htm>

## **Read your countries constitution and learn the laws**

No one is allowed to hit you, it is assault, no one

I once met a security officer that was dragged up before a judge on assault charges all because he touched his side arm, that is assault

Get your R.s.a, your responsible service of alcohol

There is no definition of intoxication, yet drink wisely and within your limits and don't lose control, always respect the establishment that you drink at and always respect the staffs decision to cut you off tap, if you are asked to leave the venue by security or staff or management, respect that decision and leave the premises in a quiet and orderly manner

A security officer wont hit you, a bouncer can't hit you, if a bouncer tries to bounce you from a venue, say I am not intoxicated, passively fold your arms in front of you and ask for the person that has been serving you the alcohol to determine if you are intoxicated, only the person serving you can deem you intoxicated, not security, if you are deemed intoxicated ask for the manager or staff to escort you off the premises to avoid any incidence with a bouncer and ask for a copy of the incident book to be mailed to you registered post, if a bouncer becomes aggressive make a complaint to your local police station and a written complaint to the licensee of the premises, if that result is unsatisfactory make a complaint to the Australian Hotel association and liquor and gambling, if the venue is known for rough bouncers let the authorities know so that they can bounce the bouncers and they can have their licenses removed from them, if a guards dog even barks at you it is assault, ask the guard to ask his dog to drop, if he refuses too, say I am not violent, ask your dog to drop, I consider this assault, what is your security license number, if your dog attacks and assaults me I will make sure your dog is destroyed by the r.s.p.c.a so it can not assault another individual, if they do not comply with your request get their security license details and make formal complaints in writing to the owner of the establishment, your local police station, the Australian security association and the Australian hotel association by registered post, if no result contact a compensation law form and give them this information

### **Bullies / rules**

We all need rules and regulations and guidelines to live by whether that is family, mates, dating, religion, law, workplace or even sport if we know the rules clearly and they are defined so that we can easily understand, comprehend and comply to these rules, regulations or religions the community as a whole will benefit, socially, morally, ethically and economically so that we can all be very wealthy and healthy, physically and spiritually

The bullies that step out of line should be stomped on immediately and dealt with harshly, as kids, our toys are taken away from us, as teens, we are grounded and as adults, some of us are imprisoned, bullies should be dealt with in the same manner and treated like every five year old child, as when it all boils down to it, that's all they are, scared little children

The law needs to be clear, clarified and concise because to first define criminal you must first define crime, to define crime you must first define law and you cannot define law as law is just shades of grey, which law is correct? state? county? federal? christian? Muslim? Jewish? which law is correct?

I believe in a law that is over twelve thousand years old and I can best define it as the Egyptian book of the dead, what the ten commandments were plagiarized from, my perception of those laws is

treat others how you would like others to treat you

nicely

## **Positive and Negative**

There has always been positive and negative in life the universe and everything

High and low, ying and yang, schizophrenia bi-polar, mental health mental illness, the force the dark side of the force, right and wrong, black and white, up and down, hot and cold, left and right, positive and negative, we all have reference points in our lives, how you look at them is yours and only your perception

Conflicting facts opinions and beliefs,

I can totally understand all of the conflicting information and rationalise an explanation, yet when i fall in love and they try to control me, or rely on me to make it all better, it all goes out the window

## Religion

Men over time have tried to control you and bully you by creating religions that if you don't comply to them they tell you that you are wrong and punish you for not being what they want you to be, yet the only thing you can be is yourself, always remember you are you and never let anyone take that away from you, ever

The cold hard fact is anything from spectacular, the one and only son of god is actually the sun spelt s.u.n and has been celebrated for millenniums on the 25th of December, the sun is in the east every morning and brings light and life to all upon the third rock from the sun, earth, then men want you to behave the way they want you to behave so they create rules and regulations that you have to comply too, i have been asked by quite a few to create my own religion yet i refuse too, as if you didn't comply to the rules and regulations you wouldn't be accepted for being yourself, you are an individual, I believe in individuality

I don't want to control anyone and i really hate being controlled, my ultimate relationship is mates, helping each other and supporting each other with unconditional love, that's how i treat a mate, its how i feel i have been treated by the families that i have been associated with, unfortunately though, not by my family

There's a lot of talk about 2012 being the end of the world because the Mayan calendar ends, my personal belief is pretty simple, when the Spanish invaded, the Mayans weren't immune to disease and were wiped out, wiped out before they finished their calendar, yet every one pumps you with fear, panic panic panic, when i did a Google search on how old the Mayan culture was it came up, two thousand five hundred years before ( Christ ), the Egyptians were two thousand five hundred years before ( Christ ), have you noticed that a lot of religions seem to be, two thousand, two thousand and fifty or even two thousand five hundred years before something? yet all religion is based on this simple sentence

Treat others how you would like others to treat you

It is posted on another website i own

[www.thetencommandments.com.au](http://www.thetencommandments.com.au)

Ten simple words

Now one of the oldest religions is paganism, the worship of the sun of god, i once rang a pagan society and got the director of that society and asked him if he could tell me what a pagan is, he replied, probably not, then went on to explain that if you do not follow the three main religious beliefs, or religions, Christianity, Judaism or Islam then you are a pagan, in other words pagan is a bad word for a non believer of the ( accepted ) religious beliefs, or religions, yet i think you would be hard pressed to find throughout history any records of wars for not being a pagan or sun worshiper because all religions worship the sun of god, the Incas the Aztecs, the Mayans, the Egyptians, the Christians, the Jews, the Muslims all worship gods great creation, except of course the scientists, they tell you if you worship the sun you will get cancer, if you celebrate your sexuality you will catch diseases like herpes, sti,s or aids, the American Indians smoked the peace pipe but if you smoke the scientists tell you that you will get cancers

Paganism has been traced back at least twelve thousand years and has been celebrated on the 25th of December ever since, it was to worship the rebirth of the sun, we know in winter the sun gets lower and lower on the horizon and in summer it gets higher and higher on the horizon, which is probably why daylight savings was introduced? to increase the amount of sunshine in our day

Well on the 22nd of December the sun visibly stops moving any lower on the horizon and in the sky is the brightest star Sirius plus a constellation known as the three kings at the same time the southern cross or crux is in the sky as well

So on the 22nd of December the one and only sun of god, the sun, physically stops moving, to the eye, three days later the one and only sun of god, spelt s.u.n moves one degree north into the summer solstice

So the sun of god dies upon the cross and three days later rises again and rises upon into the heavens and all is witnessed by three kings, the three wise men

It really is that simple

The sun of god dying and being resurrected happens every year, the Egyptians worshiped the rise of the sun, the sun of god on a daily basis with sun gods, the pharaohs that went onto be gods, amen, rah, Horus and the night entity, that destroyed the sun gods every evening, that entity is called set, the next time your in church and say amen, you are actually worshipping an Egyptian sun god

The Egyptians believed in the after life and their bodies were embalmed for the trip to the other side and buried in huge monuments called pyramids, another religion was later formed called Christianity and they worship a man called Jesus Christ yet i never believed in Jesus Christ but i did believe in a wise man called yeh zoos

But it turns out neither of these men actually existed in the flesh

I recently watched a documentary called zeitgeist it is downloadable for free to watch at your leisure, there is a link on the links page of [www.herbie.com.au](http://www.herbie.com.au) it explains the true marketing of Jesus, the twelve disciples, the immaculate conception, the three kings or three wise men, Moses, all of the lies of the marketing of the religions and churches, yet i understand why so many don't want to believe the truth, we all want to believe that someone that nice really existed, yet i have met so many people that are as nice, or i dare say, nicer than that belief of Jesus Christ

I have drank with many of them

Now what the church did was re market the sun of god as the one and only son of god and created Jesus Christ, the word Christ comes from a Greek word, christus, meaning messiah because everyone believes that is what a messiah would do, heal the sick feed the poor, walk on water and so on, but the cold hard fact is someone may have been standing on a raft floating on the same river the catholic church is in, D Nile

Christmas is celebrated on the 25th of December, Christmas combines two words, mass and Christ, the mass of Christ, or Christmas where you go to mass on the 25th of December to celebrate the birth of the one and only son of god, Jesus Christ

Now many if not all religions celebrate the sun of god on the 25th of December the pagans celebrated with feasts and orgies, the Catholics didn't like this, how dare you enjoy yourself your meant to live in fear of god and retribution so they created the last supper, one loaf of bread, one bottle of wine, one fish, all for Jesus and his disciples and an immaculate conception, see, now you don't need feasts and orgies

But due to coca cola's marketing of the 25th of December with the current Santa Claus and Christmas spirit chances are you ate too much, drank too much and maybe got lucky? if you know what i mean? so the church lost out in the end, you have fun they don't, ha ha

There are religions like Hinduism, Judaism, Buddhism, Christianity, Islam even Sikhism and other world faiths like Confucianism, Taoism, Zoroastrianism, Shintoism and the Baha'i faith

With Islam the qoran was written thirty years after Mohammad had passed, i feel he was a peaceful man yet at one point in time with an army of three hundred men took on a city of one thousand men and conquered it in the name of peace during times of trouble

During those times of trouble someone said cover up the misses and escort her to the shops so she is safe, yet it has been blown out of proportion ever since, my personal belief is a woman should be able to dress however she feels fit, whether that is as comfy or as sexy as she wants too and guys should keep their dicks in their pants and never force themselves onto anyone, ever, no excuses what so ever



## **The R.s.a the responsible service of alcohol**

I now have my rsa which now makes me a walking talking contradiction

I started drinking when i was about thirteen, heavily when i was about fourteen or fifteen, i have a mind that works at a million miles an hour, i work best at a million miles an hour in a million directions at once, totally understanding and rationally explaining all sorts of conflicting information, so as you could quite possibly understand i am a total insomniac, so when i went to my fathers doctor and told him i couldn't sleep can you please give me some sleeping tables, he told me that by the time i was twenty they wouldn't work any more, so he said to ask my father to buy me a bottle of scotch or a case of beer and have one drink a night, it worked, but then i needed two, then i needed three, then i needed four, and on the saga continued, now i could have two bottles of wine and you wouldn't even know that Ive had a single glass, it is my one vice i don't do drugs, i used to smoke pot and hash, but i don't do drugs any more i don't even like antibiotics, or cold and flu drugs anymore, yet when i was in my early twenties i would hit the bourbon on a night out with some Tylenol sinus relief tablets, what a rush that was at the time, i drink to slow my mind down and relax and sleep, i have over time worked out that sauvignon blanc works best for me, i tried red wine but all it did was give me heavy hang overs, i am lucky enough to only experience hang overs, maybe once a month, when i do experience one its a doozey though

When i was about fifteen me and a mate would ride up to the local drive through on our bmx,s and ask for a hit flask of scotch, they would ask if we were over eighteen and we would always say, yeah, we even sounded like kids yet they would always serve us our hit flasks, i think they only cost us about five bucks each, aah the good old days

So i have learnt over time the responsible consumption of alcohol which is why it is very rare for me to ever be cut off tap and why i believe kids should be taught the responsible service of alcohol, but more importantly the responsible consumption of alcohol, before they are even legally allowed to drink on licensed premises, i believe that if we teach responsible consumption of alcohol and licensed premises etiquette we can seriously reduce the amount of alcohol fueled violence in pubs clubs and licensed venues

I was once drinking at a pub and got to know the staff, licensee, security and management, i would go out drinking with the manager after she finished her shift at times, Saturday we were meant to go out drinking and she looked at me a couple of hours before we were gonna go drinking and said after that one you can have a water, i started thinking, what did i do? did i do something wrong last time we went drinking? did i say something wrong? i was starting to think that i had done something really wrong, oof

Later one of the patrons walked in that i drank with a fair bit and said, what's he doing on waters, to which she replied, by the time i get to have a drink with him he's partly smashed, by the time i relax and start enjoying myself he goes home, so he's on water so that i can have a few drinks with him as well, phwoo

## **The chemical imbalance of the brain**

That is the biggest crock i have ever heard

It all started with witches and warlocks, boil and bubble, toil and trouble, eye of newt, tongue of toad, take this potion it will cure you of all illness, then we had a story, a very imaginative story written by a very imaginative writer, called doctor Jekyll and mister Hyde, where he took a potion to change from one to another, the split personality, the schizophrenic behavior, but when it all boils down to it we all have many many personality's, you have your family personality, your mate's personality, your partner personality, your workplace personality, your alone personality, we all have multiple personalities, why wouldn't you, what you only have one personality? how boring

We all mimic and adapt to our personal surroundings and environment, everyone tries to fit in, except for me, i have spent my life just trying to be myself

I now am myself, i finally calmed down and accepted who i am, it took me a while, hopefully it doesn't take you quite as long as it took me, a girlfriend of mine, the one that calmed me down, a mate, once said to me, your mister inappropriate, i took it as a compliment because im not like everybody else, hey i cant be doing too much too wrong? we still go drinking together

To me hanging out with a mate is the ultimate, just hanging and enjoying each others company, not judging each other and accepting each other, our strengths weaknesses faults flaws and becomings, this is what strengthens friendships, mate ships, relationships, families and even communities

We all react differently to different situations, hey i was told i was gonna catch the chemical imbalance of the brain, i was gonna catch crazy yet i am quite possibly the most rational person on this planet, yet i recently fell in love with Satan herself, i now know how my father must of felt when my mother stole his children and ruined his life, from that previous relationship i can explain all mental illness and explain away the chemical imbalance of the brain as just another myth fable and fairytale

Not bad for a guy that was gonna catch crazy? huh?

## **Psychology**

Psychology is basically another belief system of rules and regulations that if you don't comply too then you are wrong, then they tell you that your not normal, your nuts, your crazy, your insane, you have a disorder yet your not, you are you and never let anyone take that away from you

The American psychological association was formed and ten members wrote the dsm, their bible for their religion to control you, the diagnostical statistical module, they are now up to version four and working on version five, never believe their diagnoses they feel as though you are inferior to them so they make up tests to prove that they are superior to you, but never believe it, you are you and never force your opinions onto anyone, never tell a child they have a disorder as eventually they may end up believing it

Everyone is an individual and unique, every child is born pure and societies like the psychological society try to beat it out of you, never let them win, always be proud of who you are and never fear any psychiatrist or their diagnoses, the one word that will always beat any diagnoses is ( perception ) use it in these sentences,

That is simply your perception, i do not agree with your opinion, i am me and you are you stop trying to insult me, it isn't working its like water off a ducks back to me, yet if you persist on trying to insult me i will discuss this with a compensation lawyer,  
Good day

## Science

Science is just another language system, belief or religion that if you don't know what they know, you're wrong and you're stupid, dumb and not intelligent

But you are intelligent you are you, you are unique, special and a true individual so don't always believe what you are told

My year eight science teacher tried to tell me that the world spins really really fast to create gravity and if we suddenly stopped spinning we would splatter against the walls, then float off into outer space, which totally conflicted with what my cub leader told me, which was, the sun rises in the east every morning and sets in the west every evening and has done for millions of years, hadn't my science teacher ever been on a gravitron or ridden a push bike in the rain or played on a spinning wheel in a playground, had he simply not even observed a sunset?

The world is not ending, the sky is not falling, so chill out, global warming can't happen, view the Power Point presentation titled global warming myth at

<http://www.herbie.com.au/power.htm>

Men posing as scientists created aids not god, men created influenza; men created myxomatosis to wipe out rabbits, to some sinister and evil minded men you're just another rabbit

Scientists really aren't all that smart and clever they just make up stuff and if you don't give them the answer they want then you're dumb and they give you an f and fail you.

Yet they cant even work out gravity, Darwin's entire theory of evolution was laughed out of court, the single cell organism that he based his entire theory on under a microscope had forty five moving parts, the judge himself said, it is more of a religious belief than scientific fact, they even did an episode of the Simpson's about it, if we evolved from monkeys? Why are there still monkeys? We are different species! The reason they can't find the missing link is simple, there is no link

Newton's theory of mass has been questioned as it doesn't make sense and add up, I was told the mass of a cubic meter of rock multiplied by one thousand rocks, the bottom rock would implode in on itself from the sheer weight of it all

The theory of gravity on the moon is all wrong as it is based on the theory of gravity on earth which is actually incorrect see the Power Point presentation Titled man on the moon at

<http://www.herbie.com.au/power.htm>

So this is why I don't believe anything that has been proven scientifically, you shouldn't either, question everything and decide for yourself

## **Mathematics**

I once had a disagreement with my math teacher, i was correct and he was wrong yet i was suspended from my math class and put down a grade

I really hated doing mathematics it was the most boring subject of all, in year eight i was in B, in year nine i was in C, at the beginning of year ten i was in D after having the run in with my math teacher i was put down to E i had absolutely no interest in mathematics it did not interest me, my year nine teacher was the most un entertaining repetitious and boring educator i have ever met, my year ten math teacher was plain and simply a moron

I could see the faults in maths at an early age, in primary school it is called numbers, in high school it is called mathematics, just different words for another belief system to judge and compare you too, yet if mathematics was correct a plane couldn't take off from Sydney airport see the Power Point presentation titled mathematics at

<http://www.herbie.com.au/power.htm>

I was told that a guy called gaddy proved that the equation for pye was incorrect, still working on that one

## **Lisdexia**

I CAN READ IT! CAN YOU ????

fi yuo cna raed tihs, yuo hvae a sgtrane mnid too.  
Cna yuo raed tihs? Olny 55 plepoe can.

i cdnuolt blveiee taht I cluod aulaclyt yednatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? yaeh and I awlyas tghuhot slpeling was ipmorantt! if you can raed tihs forwrad it.

ONLY FORWARD IF YOU CAN READ THIS

## **The universe**

### **The universe and our solar system**

I was once told that the universe is an ever expanding creation yet if the universe is expanding then that in itself is the universe, so therefore it is not actually expanding

Our solar system has been mapped out for millenniums by ancients, ancient mariners used sextants to navigate by the stars, if you point the 12 of an analogue watch at the sun, the hour hand will point north, the scientists tell us that magnetic north has moved and the axis has tilted, yet the earth does one full rotation of the sun every year, whilst spinning on its own axis every 23 hours 56 minutes and 4 seconds and is tilted at 23.5 degrees and has been for millions of years

The tilt of the axis determines the summer and winter solstice, we also have spring and autumn as well and these climate changes have been happening since recorded time, it's known as El Nino and el Nano look at the Power Point presentation titled global warming myth at

<http://www.herbie.com.au/power.htm>

The scientists tell us that the sun will burn out yet pagans have worshiping the sun for over twelve thousand years so maybe we should move forward into the thirteenth millennium with a positive outlook instead of our previous negative one, never believe what the scientists tell you to believe and question everything

Always way look on the bright side of life

## **Money power and knowledge**

Back when time began there was no money and people used the barter system, kinda like, if you scratch my back I'll scratch yours, so then people started trading chickens for grain, grain for eggs, cows for sheep, goats for pigs and so on.

One day someone decided to use pebbles and shiny trinkets as a system to control others so people would trade shiny pebbles, one day someone came along and said, my pebbles are shinier than your pebbles so I want two of your pebbles for every one of my shiny pebbles, then it was five pebbles then ten pebbles then fifty and up went the amount of pebbles for one of their shiny pebbles.

Along the way knowledge became sale able and some people said, my knowledge is more valuable than your knowledge, so I will charge you for my knowledge. This is why schools colleges and universities charge such high prices for education. Governments then have to give loans to students and charge hecs fees and interest on loans.

I once watched a scene in a movie where a street walker ( sex worker ) walks up to a guy and says, would you like a lady for the night, then says, that's right I ask you every night and you always reply, I don't pay for sex. She then goes on to say, I guess you pay for it the traditional way, chocolates, flowers, dinner, engagement party, wedding ceremony, marriage, car payments, mortgage, school fees, psychiatrists, counseling and finally divorce.

It made me think, when you think about it, at least a sex worker is totally honest and up front, they don't beat about the bush, so to speak, that they are only screwing you for money. Can you honestly say at least one of your previous partners wasn't so honest, and you felt like you were screwed over for all your money.

Some of the loveliest people that I have met in my life have been sex workers, some of the most confident women that I have ever met were exotic dancers, very beautiful very confident women that have no hang ups about their own bodies. When you think about it they are the confident and honest ones.

Always remember money is not important, it is what you do with it that counts.

Here is a way to look at money very differently

This is a mathematical and monetary equation that every time you add it up, it has a different answer

Three guys walk into a bottle shop with \$10 each \$30 dollars in total

They buy a case of beer for \$30 dollars and walk away

The young girl that serves them realizes that the case of beer is on special and is only \$25 so she runs down the driveway and gives the three guys 5 \$1 coins



They try to work out how to divide 5 \$1 coins five ways but it's not possible so they decide to take 1 \$1 coin each and give the young girl a \$2 tip 2 \$1 coins

See honesty does pay

So they work out that they paid \$10 dollars each and got \$1 dollar back so they paid \$9 dollars each for the case of beer, right ?

So \$9 times 3 equals 27, right ?

Plus a \$2 dollar tip for the young girl that served them

\$27 plus \$2 equals \$29 right ?

So they paid \$29 dollars for the case of beer right ?

So where did the \$1 go

## **An open letter to the children of the world**

As a child I always felt we could learn to get along so I set out to explain it to you, You the individual. It is a lot easier to get along and understand each other than arguing yelling and fighting. Along the way I have had many many obstacles placed in my path but I learnt how to side step them. In this letter to You, I will try to express the essence of what I am about, I have never been christened or baptized, and I think I have only been in a church quite possibly three or four times in my life, probably only once by choice, along the way in the travels of my life I have learnt many things, the greatest lesson I have learnt is to respect others for what they are, not what they are to you. I have been lucky enough to have met what I consider the greatest mum on this planet, I hope and wish that you can have the same, also the coolest chick on this rock, also the most confident woman on this planet, someone I once considered my best friend, and also the loveliest calming and relaxing women that ever graced this earth and recently the sweetest little girl that I have ever known and she is also the most beautiful woman that exists, I guess in a lot of ways I have been very lucky, most would not see it that way, but hey I have been told I am overly optimistic, I believed in what three very wise men have said before me Moses, Jesus, Mohammad

Yet I take my hat off to all of the women that have helped me get through the toughest times in my life, one woman in particular, said something to me once that I rarely hear, she said, I know my mum loves me, I am lucky enough to have the same outlook or philosophy on life, but hey I guess it could be as simple as the fact that I picked mum and not because, she picked me.

My parents separated when I was about 18 months old and were divorced shortly afterward, my mother and father both fought for custody of their children, my mother won the court cases, yet would not give my father weekend access to his children, this made my father very angry he lost the plot, the bitch stole his kids and ruined his life, it sent him round the twist, this lead to him being diagnosed by the psychological community as being schizophrenic, a disease, marketed as the most debilitating disease of the brain. Yet all he wanted was his children in his life. The very existence of the reference of a chemical imbalance of the brain comes from a story book; a story created from a very creative imaginative individual, that story is doctor Jekyll and Mister Hyde so I set out to explain to you that science just like any storybook, is just fiction. It was created in peoples minds that felt that they needed you to think that they are smarter than you, but in reality they are not, their dumber than you, they can't even work out where the sun is every morning, that and they think the world spins really really fast to create gravity.

I knew at the age of five that when people don't get what they want they get the shits, some chuck a tantrum think out loud and wave their hands in the air, some mope and keep it to themselves and think inside their head. We all have thought inside our head, positive thought, negative thought, happy thought, sad thought and even conflicting thought. Some call that thought voices. The psychiatrists call it bi-polar or schizophrenia, curable by drugs, we all have our good days and we all have our bad days, we all have highs and lows.

Psychology, the very word means, study of the soul, probably said about the mid 16<sup>th</sup> century from a word called psycho logia break it down to psyche  
Meaning breath, spirit, soul. Plus logia meaning study of, in other words the study of the mind, not the chemical imbalance of the brain

The psychopathic community along with the scientific community have tried to convince us all that we are chemical imbalances of the brain, yet we are not. They have proven it scientifically, yet I can see through science just like I can see through any lie, so I have pointed out the blatant lies in science and disproven every single psychological theory on this planet, for you. Just to prevent you from going through what I had to deal with over the course of my life. So that you can stand tall and say with pride, im not like everybody else I am me and you are you

When I wasn't what my mother wanted me to be I was declared an uncontrollable child at the police station, when I wasn't what my father wanted me to be I was a little shit that ruined his life, when I wasn't what my older sister wanted me to be I hurt her, when I wasn't what my younger sister wanted me to be she told me to fuck off and never come back, when I wasn't what my stepfather wanted me to be he belted me with a leather belt until I wept, when I wasn't what my grandfather wanted me to be I had the same disease as my father. Yet all I ever can, and will be, is me. All you can ever be is you; you are you and never let anybody ever take that away from you.

When you aren't what the catholic church want you to be you are a sinner or blasphemous, when you aren't what the president of the united states of America wants you to be, you are a traitor or worse a terrorist, when you aren't what the psychological community wants you to be, you have a disease, a disease curable by drugs, what the drugs do is knock the victim senseless, so senseless that they are bombed out of their brain so that they don't resist when they are treated badly, notice a pattern yet, when you aren't what someone else wants you to be you are wrong, it is just the language system that they use from different belief systems that differentiates each belief system, they are all different belief systems and so are religions, this in itself proves to me that psychology and science is just another religious belief, yet they force it onto you, the individual, and tell you that if you don't believe their religious belief you are wrong and you are either nuts crazy insane or have a chemical imbalance of the brain or that you are simply wrong.

In reality You are You and never let anybody take that away from You

Along the way I learnt that when I was confused or frustrated I would get angry or upset so I worked out that when I understood something I would no longer be upset, pretty simple when you think about it, along the way I have experienced, loneliness, depression, discrimination, anger, hatred, violence, suicidal tendencies, sexual assault, emotional abuse, physical and psychological abuse and most of it from my own family, yet also from society itself, yet I feel that I do not have the right to ever treat you in the way that I have been treated, ever. I will never tell another soul how they should live their own individual life because you are you and no-one has the right to tell you how you should live your life, no-one should tell you that your personal, religious, spiritual or even sexual preference is wrong, because it is right for you.

I tell this story because it was simply a part of my life, to most it shocks and astounds them that anyone could treat a child in this manner, but hey it was just a part of my life. When I was about seven I borrowed a mates bmx, this was about 1977 when bmx, s were very expensive, I was pedaling this bike around a corner and the pedal hit the ground and dug into the tar, well I went straight over the handle bars and hit the tar, luckily for me, my face absorbed the fall, hey I do have a face for radio, face first into the tar and my right front tooth went into my lip and split it wide open, I now have a fat front lip, as my tooth split my lip, my tooth snapped clean in half, it did not tickle, my mates carried me home, blood all over me and my stepfather decided to wash my mouth out with the hose, ouch, talk about pain an exposed nerve in my tooth and freezing cold water straight onto it, it did not tickle. Have you ever had a bad tooth ache or an exposed nerve, for how long?

Well we went to the dentist the next day and the dentist said that it would be very expensive to fix, but he could put a coating on the tooth and the exposed nerve, so he put this coating on my tooth but it didn't really do much to stop the pain, I kept going back to the dentist every now and again but in reality I lived with this very painful experience, drinking from a glass was painful, brushing my teeth was painful eating a sandwich was painful, I had to break up my food and place it at the back of my mouth to chew, I couldn't bite into an apple because it was painful. Simply put breathing through my mouth on a cold day was painful, saying the word three was painful, I say free, to say three you need to touch your tooth with your tongue, so I developed a habit, even after my tooth was fixed I still say free, an old girlfriends sister gave me heaps about it, especially when I bought a nokia 3330, firty free firty, so I would look at her and say, thuck off.

During this time my mother and my stepfather had their trips to country music festivals, they bought a timeshare in a place up at Tuncurry, so that they could socialize and my stepfather got his twelve foot tinny and the camper van so that he could go fishing, my older sister could go horse riding, I would go and hang out with the engineers, I withdrew from my family because of the anger the hatred and the verbal abuse, I chose to hang out with maintenance guys and mow the lawns and pick up the rubbish and go to the tip, it was much nicer than hanging out with my family.

One day I had some mates over and we camped out in a tent in the back paddock, over night I developed another sore tooth I was in a lot of pain, my mother took me to the dentist the next day, he put me on gas and knocked me out, about two hours later he said to my mother Ive fixed your sons tooth and I can also fix his front tooth by drilling out the nerve and capping the tooth, my mothers reply was I cant afford that, the dentist then replied, well Ive already drilled out the nerve and at least your son is not in pain anymore, my mothers reply was, well how am I going to pay for that. The dentist then told my mother to bring me in next weekend so he could finish the job and that he had a payment plan that could be paid off in small amounts over time, my mother hardly spoke to me all week, because she had to spend money on her own child. A week later I went back and I finally had a full tooth and no pain anymore when I breathed on a cold day, that day was about 1982, finally my five year tooth ache was over.

A few years later I went to a youth center disco and a dude walked up to me and picked a fight, so I defended myself, instantly I had five guys kicking the shit out of

me, later that night my front tooth was missing and I saw double vision because I was told that I was repeatedly kicked by five guys in the head and face for a large amount of time, that might explain the head for radio, luckily for me my head is the thickest part of me, the next day I went home to my fathers and walked in and said, dad can you take me to the hospital I had the shit kicked out of me last night and im seeing double vision, his reply was, im too tired go ask your grandfather. My father was totally bombed out on the three plastic medicine cups full of pills that he was totally wasted, so wasted he couldn't even drive his son to hospital, I went up to my grandfather and asked if he could drive me to hospital, his reply was, what are you doing here with blood all over yourself, don't you know we have company coming over, I said, I was beaten up last night I am seeing double vision could you please drive me to the hospital, his reply was, im busy we have company. I hitchhiked from Erina to Gosford hospital that day because my family was too involved with their own lives to care about anyone else, so learn how to masturbate, you will need to if you ever want to achieve anything in life.

A week later I caught the bus to Gosford, the train to Hamilton, the connecting train to Maitland, then hitchhiked to Largs, when I walked in the front door on the Friday night my mother said her usual greeting, when are you leaving, when I replied she said, what happened to your tooth, I told her how I had been beaten up and been repeatedly kicked about the head and saw double vision for two weeks, her reply was you probably started it, she didn't speak another word all weekend, she didn't even say goodbye when I left on Sunday, don't you just love blood family. This may have led me to come up with the business and marketing plan to create as much money as possible to create a dental plan so that I can prevent another child going through what I went through, either that or I just never like the fact kids have to suffer, you work it out, flip a coin heads you win, tails I lose, love you.

We all go through tough times in our lives, we all have hardship and we all get knocked down, but the reason we fall is to teach us to stand up again, to stand tall stand proud and to stand true, and say this phrase, I'm not like everybody else.

I have been treated very badly by my blood family but I firmly believe that I do not have the right to treat you the same way, I have been very lucky that people have picked me up when I have fallen even the lady at the local takeaway when I was a kid told me even if you have no money and your hungry let me know, I will give you some chips for free. Mum to me is the greatest word on this planet and yet the stoopid bloody Americans can't even spell it correctly, they spell it mom. I personally believe that guys and chicks can get along, we just need to understand each other, men aren't from mars women aren't from Venus the grim reality is, I came from my father's penis. Anyone can be a mother or a father but it takes a special person to be a Mum a Dad or a Mumma or a Dadda, I have never had a monster in law, one of my partners parents, I once told, I wish that my father was half the man he was and I told her mother that I wish my mother was one ten of what she was. Some days after we split up, I wondered if I missed her more, or her family, I know I missed the times on the boat that we spent as a family, or more so as mates, if you don't have good mates, good girlfriends, or more importantly good family, you don't have squat

### **Love, sometimes a dirty four letter word**

I openly love all people, all people all races all colors and all creeds, all religions, yet I once gave my heart to a woman, I do use the term lightly, she is Satan herself and she turned my heart to glass then smashed it into a billion pieces, luckily for me though my father bought me a lot of Lego as a child, so I pieced it back to together again and used a lot of super glue this time around, I still love my mates and my girlfriends but I wont be giving my heart out to any, one, ever again, unless she's a mate, sometimes love really is a dirty four letter word

Sometimes that dirty four letter word can make you experience another four letter word

Hate

Let's hope we can keep hate at bay from now on and please, never grow up to be a scanga or a bouncer

*Love always, Herbie*