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CHASING DRAGONS. ARE THEY REAL?

By Just McRay

The only thing that matters about the past is what dose to the future.

Mad Doctors release a dangerous patient from Porirua Hospital to teach the Government a lesson about health cuts.

I considered him a friend.....

The Government considered him one of the most dangerous people in the country.....

Sadly I didn't find out until it was too late.....

Oh well that's my life screwed.....or was it the new beginning I needed?

The important thing about this document is not what it says it that I'm not keeping the ~~ir~~ secrets any more.

LONELY

The loneliest place I have ever been.
Realizing I had caused a murder.
A very sad and desolate place.
A whole planet just for me. &\$#:@\$

DECIDE

I decide who I am.
I am not what my past chose for me.
I'm happy with that.
Are you happy with what you decided to be?
My most valuable lesson.

Go back while you still can.....

You can think anything you like,
But you can't do anything you like.

Making tomorrow's past today.....

The first sign of insanity thinking your sane.....

How can you ever find peace if you won't forgive your enemy?

Remember life is too short to be serious.

This document is dedicated to those whose life have
been disrupted by murder.

This is not about a murder, it's about my recovery after witnessing a
murder. After that every idea you had ever had, is up for question.

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To all the doctors that helped me, even the ones that put obstacles in my way.
To all the teachers who thought Bs were not good enough.
To Ian who sent me of in a tangent to find the true meaning of life.

This collection of poems and short stories that explore my issues and solutions,
I hope they help you find your own solutions.

I once thought these events needed to be tied together to form a whole. But
now I see they are just a random string of events, some increasing stress and
some reducing stress. The key being those that increase stress and those that
release it.

I don't expect you to believe all off these stories I lived through them and I'm
not sure I believe them. But in the pit of my stomach I know they are true.

I once tried to stop a friend committing a serious crime, I failed big time.
I just wish I had gone to the police earlier. They have been very helpful since.
After the Commission Of Inquiry several laws were changed.
Since then I have faced the doctors who released my friend many times.
I have persuaded two Doctors to resign from their position. Others are afraid
to ask me questions, but they give me anything I ask for.

A very important part of this document is that I'm no longer keeping secrets
for people who do not deserve to have there secrets kept.

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BACK TO THE FUTURE

I want to get back to where thinking is safe.

UNDERSTAND

The day you understand certain things you are lost.....

You will be able to do those things.....

You will have become the monster you once feared.....

If I say the past is OK,

What chaos is OK for the FUTURE.

We should learn from the past not repeat it.

Something's I will not accept.

Something's I will not understand.

We should learn from the past not repeat it.

REALIZED

I realized my past was making predictions.

That I could not live with.

So, I went to war.

The war of 1980 to 2000!

But I won.

Now my future is mine.

And my past is too scared to tell me to do anything.

GUILT

After years of guilt.

I'm finally guilt free.

This year after 50 years.

I can finally drive down the road.

And feel good about it.

At last I own an electric car.

No more gas guzzling for me.

INTERESTING

I decide what is important to me.
The things that are important to me are what makes me stressed.
When I'm stressed that makes me sick.
Therefore, I have decided to be sick by deciding things are important.

So now I say nothing is important.....

COMPUTERS

The art of making the simple complicated.

OVER TIME

When I started building Computers it was impossible to build a fast computer.
But it was fun to try and get the most out of what we had.
A few years later you could put in a little hard work and use a few tricks and get a modicum of speed.
A few more years and with a little effort you can build quite a quick machine.
Now you must be some sort of idiot to build a slow computer. Just about any combination of new parts will result in a fast computer.
In some ways the fun has gone out of building computers.....
Even though researching the parts so that when you buy them they actually result in a computer that works at all is still fun.

THE EXPERIMENT

Against the opinion of most doctors in the world these fool doctors thought that they knew better they would return a psychopath to the freedom of the world and put him where I worked.
As with all hair brained plans it failed within two and a half years, he committed murder after at least 6 months of planning that I know.

LIES

If I tell you a lie, it's because I believe it to be true.

TIPPING POINT

If the murder wasn't the tipping point.
That turned my life into chaos.
I wouldn't give it another thought.
But it turned my life inside out.
Twisted shattered and destroyed every idea I had ever had.
Thinking about someone else's fool ideas again.
I think they call it survivor's guilt.
I'm sick of this game let's play something else.

WAIT

He will strike.
Somewhere, sometime, someone.
He will.
Will it be me?
Waiting, waiting.
It is just a question of time.

UNREASONABLE

Even when I could not remember who I was.....
I knew my illness.....
Was a reasonable reaction.....
To a very unreasonable situation whatever that maybe.....

CHANGE THE PAST

Every day you change the past you might not know it.
Tomorrow today will be the past.
So, think about what you do today, tomorrow it will be your past.
You don't get a chance to change it again.
So, seize the moment, live your life to the max.
You don't get a second chance.

DARKNESS

There are two types of Darkness that I know.

The first the darkness of night that we all know, this I have always enjoyed.

The second the darkness of the soul hidden by a mask of sanity. The number of people like this is small and most people who know these people don't know of the darkness, but those who see the darkness are either dead or changed forever. They are the people I fear most.

YOU

You take responsibility for your problems.

And I will take responsibility for my problems.

Surprise surprise.

I hardly have a problem worth worrying about.

MYSTERIES

The day I have all the answers.....

It will lead to a new set of questions.....

On and on it goes.....

So, I must learn to live with mystery.....

Its, just a fact of life.....

HE

He decided I should live in fear.....

He decided I would know his murderous ways.....

I have decided otherwise.....

LIFE

It's not a question of what's true or not.....

It is a question of what you believe.....

The whole world is driven by what people believe.....

Right or wrong.....

POP CULTURE

Pop culture sent me on a wild chase,
looking for monsters that weren't there.
But along the way I learnt all sorts of stuff.
Looking for the cause of my illness so I could put it right.
But now I see it is part of me.
If I got rid of it, I will no longer be me.
But I like me just the way I am.
Those who think I need to be cured be damned.

TV

Watching a documentary on tv.
They talk about some horrendous criminal.
Then they talk about his childhood as if that explains something.
Here we go again they are talking about my childhood again.
What are they saying about my future.
Nothing worth mentioning.
I decided not to be a criminal years ago.

PRESENTED

No matter what the issue.....
If it is presented to you as being a threat to your wellbeing.....
You will feel stress until you can prove it is a nonsense.....

NOW I SEE

I was looking for what caused the illness.....
I should have been looking at what the illness caused.....
Yet another wild goose chase.....
I learnt how to make even the most stressful.....
Less of an issue.....

THE PAST

I'm afraid of the past.
Not because of what it is, scary as it maybe.
I'm afraid of the past.
Because of what it may do to my future.

ME THE PHOENIX

You will not understand.
You will not believe.
In my sanity, you will see insanity.
You will believe my reality is unreal.
This is your problem not mine.

I know the truth.
I know what is real.

But more important than that,
I know what of the truth matters.
That is mine all mine.
Interesting.....

For all the doctors who won't face their mistakes.....

GOOD AND EVIL

But what is good?
What is evil?
Hitler thought he was good but the holocaust and others?
Stalin thought he was good, but he killed millions of his own people?
Roosevelt thought he was good and gave the world the atomic bomb?
Churchill though he was good but where is his empire?

FUTURE

With every decision, we make.
We make the future.
Which so quickly slips into the past.
With every decision, we make.
We form the fabric of time.
The memories for the past our hopes form the future.



THE RULE I LIVE BY.

The minimum necessary change
For
The maximum desired effect.

Isaac Asimov 1960s, The End Of Eternity.

GERMAN JEW

One day my grandmother came to me,
In an absolute panic.
You must understand you must you must.
Your mother is a German Jew.

I have never seen her in such a panic, so this must be bad.
But what is a German and what is a Jew?
But now the inventers of google haven't even been born yet.
In the books and films the Germans are always the bad guys.
But what is a Jew.

Then many years later I found a book on the Holocaust Oh My GOD.
What one side of my family did to the other side of my family.
If I say my past is OK what is OK for the future.
Where to from here.....
But is this what scared my grandmother???
She was English French and Russian.....
Who was Napoleon???
An earlier family fight.....
Oh, the joy of being a fifth generation Kiwi.

A T C CADET

The air forces version of scouts, basically scouts with guns.
First you sign the official secrets act..
You learn discipline, marching with guns..
You learn how to care for your weapon..
You learn weapons are always loaded even if you know they are not...
You see films about atomic bombs, these ones you won't see on TV...
You learn about electronics....
You learn how to resist interrogation...
You learn how to make improvised explosives...
You learn to be responsible for your knowledge even if it means you die....

BEAST

My problem is not a single issue but the result of the interaction of several issues resulting in a total beast that is both hard to define and difficult to understand even for me.

But understanding and defining is not what is needed.

What is needed is the insight to see almost all of these issues are the result of someone else's fool ideas and not my responsibility.

SUICIDE

I have been occasionally thinking of Suicide for most of my life.....

Given the right time and place.....

It is the biggest driver in my life.....

What a wild goose chase, the pop culture of the 70's was that you must have had problems in your past.....

While my life is not perfect it wasn't that bad.....

After looking for monsters that aren't there.....

THE VOICE

The voice dose it mean I will turn into the Monster.....

I don't want to, but is that enough.....

Or

Will I again be accused of something I didn't do.....

Again left hung out to dry.....

No none of these.....

Its that stupid kid at school did he know about my Father.....

Did he just make up some nonsense and get a lucky hit.....

Any way he knows if he calls me that again I will demolish him.....

AMNESIA

The Fear of not knowing who I am.

Amnesia hides the worst of the world, so I can grow to cope with it.

Amnesia lost the old me, so I can grow a new me able to cope.

The black knot in the back of my mind surrounded by barbed wire.

Amnesia the thing I fear the most!
What is it hiding now?
Amnesia my friend.
Amnesia my enemy.

RESPONSIBLE

I am responsible for every decision I have made.
Good bad and otherwise.
As are others responsible for their decisions.
Good bad and otherwise.
was the end of my amnesia.
And was replaced by the PTSD.
Well that blows a lot of peoples excuss.

PTSD

Triggers from the past causing fears for today...

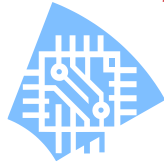
Thoughts of a pre-emptive strike....

Fight or flight....

Flight if I can, fight if I must...

Those that threaten me stand in a place of danger....

Thank god for the part of my brain that realizes it's just PTSD working overtime
again and sends me to my doctor.....



THE BEST WAY

The Best Way to solve a problem.

Is walk away and do something else.

Get back to it later.

The number of things I have fixed after coming back from lunch.....

HERE

You can't get there from here.

But you can get here from there.

Innocence forever lost.

What a cost,

Stolen by evil.

DIFFICULT MEMORIES

Now I see.

The Amnesia was not the result of injury or illness.

It was my subconscious protecting me from things that would ruin my life.

Only thing was in 1982 it thought my whole life would ruin my life.

So

Best Idea my subconscious ever had.

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WHY

You Must Understand You Must,
Make sense of the Senseless,
Find reason in the Unreasonable,
See purpose in the Insanity of Life,
That is what they demand of me.

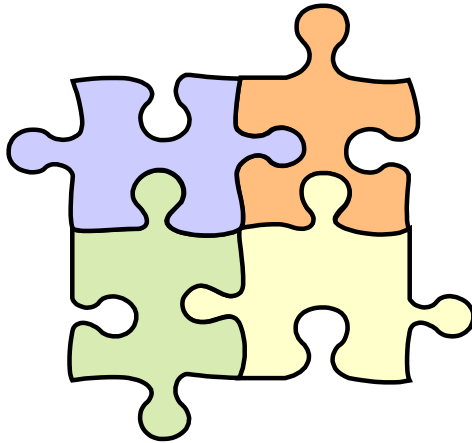
WHY?????

If I say the past is OK,
What chaos is OK for the FUTURE.
We should learn from the past not repeat it.
Something's I will not accept.
Something's I will not understand.
We should learn from the past not repeat it.

|

THE PROBLEM

I have a problem.
That must be solved.
For years they have told me so.
Because of this I have a problem.
Because of that I have a problem.
So, they tell me.
They do.
But now I see I had one and only one problem.
That is that I listened to them.



IT MATTERS

It matters, doesn't it?
Of course, it matters.
If you think it's important.
It matters.
But the big joke is that if you think it's not important it isn't
And it doesn't matter, and it never has.

HEAVEN

The world appears the way you look at it.
The way the world looks no one knows for real.
Everyone decides what they see and what that means to them.
Heaven or hell the choice is yours to make.

REALITY

Reality is whatever you believe it to be.
Everything is as important as you decide it to be.
Everyone sees the world in their own way.
But most think their way is the same as everyone else.
Impossible, those things no one has worked out how to do YET.
Judge people by those things they can change not the things they can't.

SENSELESS

Some things are worth remembering.
Some of these are worth understanding.
But many are not.

The only important thing about the past is how it affects you today.
I have wasted too much of my life trying to make sense of the senseless acts of
others.

The year of fear
That fools asking for help with murder.
The fear a childhood head injury may be more.
The fear where claims I was abused may lead.
The fear of the signs of a brain tumor.
The fear of the voices.
The fear I'm going mad.
The fear I want to commit suicide.
Then I lost my memory and that's the thing I fear most.

THE PROBLEM

Somewhere sometime someone said you can only have one problem.

The Problem.

So, I'm only allowed One.

Well that's yet another problem on the list.

To every problem there is a solution.

To every solution there is yet another problem.

But the good thing is most of these problems belong to some else.

So, they are not my problem any way.

So, maybe my problem is that I don't have a problem for all the fools
who ask what's the problem!!!!!!

WHERE

Where it happened, I had not expected it there.
In a place that should have been safe I found danger
Now I find the places in my life that should be safe feel full of danger.

CAT AND MOUSE

The psychopath was playing with me the same way a cat plays with a mouse.

The only thing that saved my life was that he was caught murdering someone else!#?!!

CUT CUT

I will take your children.

Cut off their hands and mail them home to their parents.

Then the prison warder transferred me to lake Elise.

Said Ian.

Oh my god here am I alone on the night shift with a nut case no wonder
I'm getting stressed.

SCARY

When your in a bad situation.
The only way out is to kill someone.
Your life has taken a real scary turn.

FIGHT

When the best you can hope for is a fight to the death.
You must fight.
Just thinking and deciding what you must do will forever affect you.
But you will never be the same again.
You will no longer be innocent.
You will no longer trust yourself.
If you can't trust yourself who can you trust?

AT RISK

If a psychopathic murder asks you for help in building a car bomb what is at risk?
At risk are the lives of those who he plans to attack.
At risk is your life.
At risk are the wellbeing of those you care about.
At risk is a jail term for you.
At risk is the life of the psychopath for you may have to take it to stop him!!
So what's your next move?

EXPLAIN

Explain the unexplainable.
Once I was in a position where if I had done the right thing.
I would have been safe.
One person would not have been murdered.
One person would not have been shot by police.
And my country would not have gone into shock.

Many years later I still cannot work out what the right thing could be.
Maybe in looking for the right thing I did the wrong thing.
Pushed events in a direction they would not have gone.

But the only person who knows is dead.

Even if he were alive, he would not tell.

That's Life and death.

MONSTERS

The promise of great reward if you can tell them what's the problem?

Turn you inside out trying to work it out.

Add to that that you start felling suicidal what is the cause of that?

Now things are getting important.

You need to find the monster.

You find many monsters

But none seem bad enough.

Then the voice moves in that's a real problem.

A monster by itself.

Then the psychopath enters your life a very very real monster.

That was the start of World War 3 inside my head.

LOST

I'm lost the way ahead is confusing.
Where I have been is strange.
No reason can be found for why I am here.
Here is nowhere that I have ever known.
The rules of here are nothing like any place I have been before.
But for the first time in my life I feel safe.
The walls here do not threaten to attack me.
Buildings do not challenge me.
People do not appear to have hidden plans.
I am lost, and I hope I never find my way back.
I like being lost.

THE MOMENT

Ian would often ask me to do him favors.
I later learned this is a way psychopaths groom people to become their partners in crime.
Ian sat down across the table and asked how would I build a car bomb?
Thinking he was joking I replied put a spark plug in the fuel tank.
Ian became adjugated and excited and said exactly how would that work?
There was something in the way he said it, I knew he wanted to kill someone, no he wanted to kill a lot of people.
I stood up and I said, "No way!" that was my death sentence.
The following week saw Ian on my case every chance he could.
Ian made claims of how he was in prison and he had threatened the warden of the prison that saw him transferred to Lake Alice Hospital.
This was supposed to scare me but then I had never heard of Lake Alice.

When Ian Sits opposite me and Holding up his Watch, Gold Face with
Brown Leather Strap he starts to swing it back and forth. Then
Blackness.

I went to the Police an utter complete waste of time.

The following time is a jumble until I awake in a secure ward in
hospital, I could not even remember my own name.

|

THE RIDE

Here I was riding in Ian's car.
I would have preferred to have walked it wasn't far.
I didn't need a lift.
But Ian had made such a performance at the works Christmas party.
He said he had to take back to the hospital, so everyone heard.
I had little option but to go.
So here I am riding along in the psychopath's car.
Luckily, he is more interested in proving I'm staying in his hospital.
If I had only known the mention of his name it would have started alarms
ringing.

Later the bomb squad would pull the car apart.

THE GUN

Ian asked me to come to his workshop.
Once there he produces what looks like a gun.
It was clear he had made it.
It had a plastic handle, pink in colour I think from a spear gun.
It had a black barrel with a bit of bronze.
He tried to get me to handle it.
I may have lost my memory, but I still had enough sense to say no way.
Months later I saw the gun in a black and white picture on the front page of the
newspaper.

BEFORE

He expected my help to commit murder.
But I refused, that was my death sentence.
I felt I could be the target of his murder.
If I wasn't his target, I may be framed for murders he committed.
I would become a future target of his murder as I knew too much.
I went to the police a total waste of time.
But that is now in the past.

HANDS

Such strong hands.
The hands that attacked me.
Such strong hands.
Hands that would later kill another.
Such strong hands.
They would fight the police to the death.
Such strong hands.
Such a weak mind.
Such strong hands.
Such a fool.
Such strong hands.
Why me

He was only inches from strangling me!!!
What he demanded of me will forever tie me to the person he killed.

HE WAS SHOT BY POLICE IN 1983.....

LITTLE ROBOT

Where the police and army fear to tread.
Afraid of the psychopath.
They send the little robot.
He blows the car door, nothing.
He opens the door, nothing.
He reaches inside, nothing.
He grabs Ian's lifeless body, nothing.
He pulls Ian's body clear of the car, nothing.
Now it's the bomb disposal man's turn.
He opens the boot, nothing.
He finds wires running all over the place.
After some time, he declares it safe.
Good no explosion, Ian didn't get my idea to work.....
The hypnosis didn't work.....

About a year earlier I helped Ian put a reconditioned motor in his car.

SECRET

I know your dirty secret.
But I need you to save my life.
Bloody Psychiatrists.
What am I supposed to do.
Hide your part in MURDER.....
I think not two down who's next.

AFTER

After the murder, I found I had a need to understand.
I was trying to make sense of a senseless act of murder.
Was I trying to say that murder was OK.
That thought would terrify me for many years.

THE JOY OF BEING WRONG

When you thought, the world would end.
Feeling there was no hope.
When all you could hope for was a fast death.
Recovery was not an option.
You were wrong very wrong.
Such joy others will never understand.
You will never be able to put it into Words.
The freedom that comes from being wrong.
In a world where being right is so Important.
How can being wrong feel so great.

LUCKY

I'm lucky I have a murder in my past it puts everything else in my life into
proportion.
About the only stress I have is dealing with the people effected by the murder.
Or when I get in a situation that may lead to another murder.
But even that is getting less stressful for me.

But some Doctors still run away at a mention of it.

|

COMFORT

Murder a normal part of life.
I hope not.
I am almost comfortable that there is a murder in my past.
Yes, I was only a witness to this foul deed.
But I am almost comfortable with murder.
I talk of it as if it were a normal part of life.
Murder a normal part of life.
I hope not.
But I seem to think so.
Somewhere I have lost the plot to life.
Is not murder bad and evil?
I hope so.
But I must be comfortable with murder if I am to ever find peace in my life.
Murder a normal part of life.
I hope not.
If I say the past is ok, what am I saying is ok for the future.

EYES

Eyes open wide.
Is this the real world or am I dreaming?
Hoping it is just a very bad dream.
But knowing it is very real.
Fear like I have never known before.
And then it is gone.
But the seed of fear has only started to grow.

THE END AND THE BEGINNING

The downfall of the Psychopath ended my old life.
The Birth of the IBM PC was the start of my future.

GHOSTS

The horrors of the past are still in my mind.
But now they are just memories of the past.
Not the ghosts of the present.
That I can live with.
The future awaits me a much better place now that the ghosts have lost.
Stronger wiser and free to be me.

MY REALITY

My reality holds a person who murdered a friend of a friend of mine.
Why I don't know.
But I had refused to help him build a car bomb.
I know that was the right thing to do.
But it seems to have cost a life.
That is hard to live with.

ENOUGH SAID.

Make sense of the senseless.
Find reason in the unreasonable.
Explain the unexplainable.
This is what they ask of me,
To free them from their bonds.
If they were only to see their bonds faded long ago.

So, leave me free to live my life.
I have the past behind and the future ahead.
That's all I need.
Enough said.

CORRECT

To get the correct answer you must first ask the correct question.
To ask the correct question you need to look at the correct problem.
To find the correct problem you need to step back and take a wider view.
And then you may see there is no problem at all.

FEAR TO GROW

The fear of not knowing.
To grow we must learn.
To learn we must accept there are things we don't know.
But does this make us smart or stupid.

CHOICES

Some things are worth remembering.
Some of these are worth understanding.
But many are not.

The only important thing about the past is how it affects you today.

You are not what the past has made.
You are what you have chosen to be.
The past only limits your choices.

IMPOSSIBLE

It is Impossible to prove anything is Impossible.
Think about it!

A NORMAL REACTION

Is it a normal reaction to a very abnormal situation or is it an abnormal reaction
to a very normal situation?
So, this makes me normal or does it make me abnormal?
I do not know.
Should I even care?

NORMAL

Everybody wants to be normal.
Why I don't know.
I'm not normal and happy with that.
I'm not normal I'm better than that.

BULLIES

There have been a few.
First was my mum, she made me stand on my own when I was four.
Even when I could not remember the doctors knew
It when class mates worked out my father was ill and I got it there
was the one my friends dragged of my back and gave him a bigger beating
than he gave me.
Then circled by bullies teasing me I grabbed one I pushed up against a wall
and he knocked himself out cold.
Surrounded by his gang he picked fight I had no option so I picked up and
dropped on the ground he went from village villain to village idiot.
Then the triplets all I did was take one theirs bags and drop it off a balcony and
they were a spent force.
Then came Ian he was different he wanted to join his gang.
He wanted me to become the thing I loathed and detested.
He was not prepared to take no for an answer.
I have got new for him.....

STARTING OVER

After the Killing has stopped.
You start to pick up the pieces.
You start to see every value and idea you have ever had are shattered, twisted
and destroyed.
Right has become wrong.
Wrong has become right.
And then Right and wrong have gone.

DARKNESS

Darkness, in the beginning, always darkness.
Starting over all a new,
Pushing forward hurting either yourself or others,
Trying not to hurt anyone but always failing not to.

The struggle for sanity goes on.
But is there a need for a struggle at all.

Accepting the world as perfect with all its faults.
Accepting yourself as perfect with all your faults.
Perfection with faults there is the challenge.
A world of People all perfect in their imperfection.

PERFECT

Nobody is perfect
Therefore, everybody is imperfect
So, a perfect example of a person is imperfect.
So, everybody is Perfect in their imperfection.....

WIN

To win achieve the objectives of the game.
To win the game of life.
There are no objectives so you cant win.
No you make your own.
I know how to win at the game of life do you.

1982

The year of fear
That fools asking for help with murder.
The fear a childhood head injury may be more.
The fear where claims I was abused may lead.
The fear of the signs of a brain tumor.
The fear of the voices.
The fear I'm going mad.
The fear I want to commit suicide.
Then I lost my memory and that's the thing I fear most.
I used to think I had to pick one problem to explain my unwell.
But I was wrong.
It was the stress from my whole life that made me unwell.

MAGIC PROBLEM

You should be doing so much better so what's the problem?

What's the problem?

Of you we expect great things!

What's the problem?



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They have told me if I solve the problem the world will be mine.

But what's the problem?

Finding the problem has driven me mad.

But what's the problem?

But now I see the problem is those who think there is a problem at all.



THE KEY

With this key you will find wisdom and power.

Find the door that it opens.

They Tell Me.

Live your life and find door after door.

But none open with the key.

Will you ever find the door?

Then you find the door.

You open it what will you find, what sets you free.

You find nothing.

You feel lost and disappointed.

Then you see the journey.

A journey of discovery!

FAILED

After your life includes a car bomb, a murder a police shooting and a
commission of inquiry.

I tried to stop it all.

I failed big time.

Nothing else will ever seem important.

It was the best thing to happen.

A valuable lesson.

FORGIVENESS

When I forgave them.

The Murderer and the doctors that set him free and others.

My life became so much simpler.

CRY

Somehow, I forgot how to cry.

But thank god I can now.

The silliest things set me off.

I'm now strong enough to have feelings again.

THE QUIET MIND

The crisis is over.

The sirens have stopped.

After the panic and fear,

The peace of a quiet mind,

A wealth most won't understand.



EXPERIENCE

This experience I would not wish on anyone.
But now the positives outweigh the negatives and I am glad in many ways that
it happened to me.

MY LIFE

I have had a life.
I have been places you would not want to go.
I have seen things you would not wish to see.
I have experienced things you will not.
I have had a life.
You will never understand my sadness, my joy, my life, strengths and
weakness.
My different point of view.
A wisdom you cannot explain.
Able to hurt but strong enough not to.

MY PAST

125 plus
The murder.
The child abuses.

The alcoholic father.
The German Jewish mother.
How can my past ever be OK?
But that's OK.....
I'm OK because that's what I have decided to be....

SANITY

Sanity a measure of how much you believe is true.
Insanity a measure of how much you believe is not true.
Most people are part sane and part insane and that is normal.
Then there is the question of religion.
Which one is true they can't all be.

Doctor Beard 1982

THE PATH TO SANITY

The path to sanity believe nothing doubt everting. 🌈
I'm not sure I want to be sane it sounds too much like hard work.

THE SANITY TEST

A few questions to consider.
Did David Bain kill his family?
Did Scot Watson kill Olivia Hope and Ben Smart?
Did Arthur Allan Thomas kill Harvey and Jeannette Crewe?
A right answer increases your sanity.
A wrong answer decreases your sanity.
It's not that easy is it.
Personally, I have given up trying to work out if I'm sane.
That make life so much simpler.

MAKING

Making the best of a bad situation.....

WHO

What makes me me.

Is it the things I do?

Is it the things I try to do?

Is it the ideas I believe?

Is it the life I have lead?

Is it what I am forced to be?

Is it what I decide to be?

NO

I am a reaction to it all.

A strange mix of everything I have ever experienced and the thoughts
that go with them.

Some experiences I control some I do not.

Most thoughts I control but some I do not.

I control most of who I am.

The rest I fight for control.

Whatever stands in my way stands in a place of danger.

COMMISSION

When the government holds a Commission of Enquiry in to an event in your life.

You know you have escaped something serious.

So, it's ok to be a bit stressed.

This Commission of Enquiry was the first steps to giving doctor's the power to force patients into hospital if they were a danger to themselves or others.

It was also the first step to the Three Strikes Law.

I think there was also a review of how bail was granted to violent offenders.

Hopefully Ian will be the last psychopath to run amuck for so long.

On the one hand this has blown the event all out of proportion.

It makes my reaction to event even though extreme, it looks quite reasonable.

SIMPLY

Live simply,

Love generously,

Care deeply,

Speak kindly.....

Life isn't about waiting for the storm to pass...

It's about learning to dance in the rain.

Author Unknown

The Rollercoaster has closed due to lack of interest.

Some things in life you can run away from.

Some you can't.

Interesting.....

LAW COMMISSION
Community Safety:
Mental Health and Criminal
Justice Issues

Report No 30
E 31V
August 1994
Wellington, New

Restricted status

233 The 1992 Act already contains provisions for identifying and placing additional controls on any patient considered “dangerous”.

These are the provisions for restricted patients in ss 50–56, 78 and 81 of the 1992 Act. The concept of restricted status in the 1992 Act is new, developed as a result of concerns about dangerous mentally disordered people considered in previous inquiries, particularly *The Circumstances of the Release of Ian David Donaldson from a Psychiatric Hospital and of his Subsequent Arrest and Release on Bail—Report of the Commission of Inquiry* (1983). A court may make an order declaring a patient to be a restricted patient if satisfied that the person presents special difficulties because of the danger posed to others and that the order is appropriate (s 55). Consequences of restricted status include limitations on leave (ss 50–52) and specific provisions relating to review and discharge (ss 78 and 81).

D4 *The Circumstances of the Release of Ian David Donaldson from a Psychiatric Hospital and of his Subsequent Arrest and Release on Bail: Report of the Commission of Inquiry* (August 1983)

This inquiry was precipitated by the actions of Ian Donaldson who had a long history of offending and a severe personality disorder. The report said:
[a] group of individuals exist of whom Donaldson was an example, who, though they have a disorder of personality which results in episodes of abnormally aggressive and seriously irresponsible conduct, are not currently provided for under the provisions of the Mental Health legislation. There are at present no adequate means for dealing with this group, either in the prisons or the mental health services. (83)

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THE RIGHT THING

If I don't do the right thing someone will be killed.

He wanted me to build a car bomb.

If I built it for him, I think I can, what would he do with it?

If I stood in his way, who would he do to punish me?

His threats and intimidating stories.

If he attacks me should I kill him?

But How?

Should I not wait and kill him first?

Do the right thing.

But I have no idea what the right thing is.

I even tried the Police a total waste of time!!!

But what is the right thing.

That was then.

This is now.

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When events go wrong.

It feels like I'm back there again.

Fighting the good fight again.

Trying to find the right thing to stop yet another killing!!!

I could run away again.

Will that keep everyone safe?

What is the right thing???

Now I remember what my Gran said.

Forget the dead, worry about the living.

The right thing.....

That's the never ending story of life.....

Maybe its all a joke I should have ignored.....

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