

# THE LUNATICS STORY'S



Dragons real or not it is up to you???

## **HAPPY 2020**

It's not about where you have been.

It's not about what has hurt you.

It's not about what you have lost.

It's not about what you have found.

It is about finding a way to laugh at it all.....

## **LONELY 1983**

The loneliest place I have ever been.

Realizing I had caused a murder.

An incredibly sad and desolate place.

A whole planet just for me. &\$#:@\$

I am sharing my writing so that you may think outside the box and help you find the solutions you may need for your life.

My solutions work for my life. But will probably not work for you. But read them and I hope they will help you find the way to peace in your life.

Machines and Robots.

I grew up reading about time machines and robots.

Oh, for a time machine I would change so much of my past.

But then I would not be me.

Given the chance I love to fix things first it was Textile machines and now its computers.

Due to my past I love to be involved with Te Ara Korowai after 20 years in the wilderness it is so good to somewhere I fit in.

It takes a lot of effort with the right support to put what is in this document. But if can get just some of it to work you will be glad you did.

I'm blue but what do I mean, not what you think, what I mean carful now. Now you see maybe the crazy game we are playing. Have Fun.

I have learnt a very different way to look at the world, a better way than most people.

Some people say the glass is half full some say its half empty. I know the glass is both!!!!

My life.



## **BLACK FRIDAY**

Friday I saw him I knew trouble was coming I felt so powerless.

Monday watching tv. The program Judy comes on. Its not the news.

His Picture was on, she said I should stay away from him I had knew  
that for some time.

But how I worked with Him.

Tuesday, I see a Doctor. On the new It was all about him the armed  
offenders and the bomb squad.

Wednesday another doctor I mentioned him he tells me so much and  
says I must get a lot stronger then I must confront as many of his  
doctors as I can find.

Thursday another doctor I found out how he had hurt my best doctor.  
But at least but it was not as bad as I was expecting so much more.

A few weeks earlier he had come so close to taking my life.

For seven years I spoke to no one about him.

His sister apologised I know where his is now safety.

The government talked him for an age then they did what governments  
do.

The I started to talk to Doctors and magic just a few words and they  
disappeared. Such fun.

Its so annoying when the people who should help run away screaming.

A tough month.

## **FEEL**

It's not your life that matters.

What matters is how you feel about your life.

We can change how you feel.

That is the game we should play for ever more.

## **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.

## **I AM LOST**

I have no idea where I am.

I am lost again.

I feel great.

Lost again.

How cool.

If I do not know where I am.

How will the people who hurt me find me?

## **PROBLEMS**

Well everyone asks what's the problem?

But that's another problem.

There is the list of problems my parents gave me.

Then the problems the psychopath gave me.

I'm bit smart so everyone wants me to have their problems.

Now I have learnt about suicide prevention I had some success and  
some failures.

Luckily, I have learned a new way to look at the world.

I still have the problems.

Now they make me strong and happy.

## **NORMAL.**

No, I am not normal.

I am better than that.

I am mentally ill.

If you had lived my life so would you be mentally ill to.

But I have survived.

I am Better than normal.

## **NEEDLE**

It is like looking for a needle in a haystack.

When you do not know what a needle is.

## **UNREASONABLE**

Even when I could not remember who I was.....

I knew my illness.....

Was a reasonable reaction.....

To very unreasonable situations whatever they maybe.....

## **LIFE RULE**

It is not a question of knowing all the answers!

It is a question of knowing where to look for the answer you need.

## **STRONG**

Are you strong enough to be kind and gentle?

## **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 is all I need.

Enough said.

## **MY PAST**

The murder.

The child abuses.

The alcoholic father.

The German Jewish mother.

And more.

How can my past ever be OK?

But that is OK.....

I am OK because that is what I have decided to be.....

## **DECIDE**

I decide who I am.

I am not what my past chose for me.

I happy with that.

Are you happy with what you decided to be?

My most valuable lesson.

## **VIEW**

While you cannot change the past.

You can change your view of the past.

That can set you free.

To live the life, you deserve.

Interesting.

## **CRAZY**

I am crazy just like everyone else!!!!

## **PEACE**

You cannot appreciate the peace until you have been to war.



## **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.

This was one off the biggest brake throughs of my life.

My grandmother always complained I never stood up straight.

After I received the inspiration about responsibility.

I stopped feeling responsible for my father's illness, the way my mother treated me and the murder plus a whole lot more.

After all that, my back straitened and it felt as if two metal rods were inserted down my back.

When I drove home that day I could feel my back was so different.

Interesting.

## **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.

Somethings I will not accept.

Somethings I will not understand.

We should learn from the past not repeat it.

## **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.....  
It's just a fact of life.....

## **IRRELEVANT**

It's good to know about your past.  
It makes it easy to.  
Prove it totally irrelevant.  
Be who you decide to be.  
Not who the past tells you to be.

## **THOUGHTS FOR THE DAY**

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.

Making tomorrow's past today.....

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

How can you ever find peace if you will not forgive your enemy?

Remember life is too short to be serious.

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

## **PEACE**

You cannot appreciate the peace until you have been to war.

## **HOW CAN YOU EVER FIND PEACE WITH AN ENEMY YOU WILL NOT FORGIVE?**

### **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.

### **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.

## **MY PAST**

The murder.

The child abuses.

The alcoholic father.

The German Jewish mother.

How can my past ever be OK?

But that is OK.....

I am OK because that is what I have decided to be.....

## **EQUAL**

In everything that is important we are equal.

Anything we are not equal in, clearly that does not matter.

So, judge me on what matters. Then Judge yourself.

## **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.

## **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 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 have not 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.

If I say my past is OK what is OK for the future.

Where to from here.....

## **LEADERS**

Often the person who wants to be a leader.

Is often the worst leader ever.

## **GUILT**

After years of guilt.

I am 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.

## **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 what to do.

## **THE PAST**

I am afraid of the past.

Not because of what it is, scary as it maybe.

I am afraid of the past.

Because of what it may do to my future.

## **PAST**

I can remember the past and fell I have coped with it and this makes me  
feel capable.

## **THE PAST**

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

With insight you can change even this.

It is not set in stone it is our memory and we can change how we see  
that.

Freedom from the past is ours to find.

## **DIFFICULT EVENT.**

The event may be bad enough.

But its safely in the past.

It is the idea it will happen again.

That will drive you to despair.

## **NOTHING**

Nothing in the past.

Is worth.

Destroying my future for.

## **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.....



## **THE BLACK BIRD.**

I see a Black Bird



Yes, it defiantly is black.

Yes, it defiantly is a bird.

But the question is....

Is it a Black Bird????

Dose it really matter???

An idea that has been in my head for years.

It is one side of mental illness.

## **WORDS**

They are more worried about the words I use.

Than what I'm was trying to say.

## **INTERESTING**

I decide what is important to me.

The things that are important to me are what makes me stressed.

When I am stressed that makes me sick.

Therefore, I have decided to be sick by deciding things are important.

Interesting.

So now I do not let anything be important.

## **TO GET THE RIGHT ANSWER. FIRST, YOU MUST ASK THE RIGHT QUESTION!**

They were always asking what's the problem? My mistake was I when I started looking for the problem.

All of a sudden, all the rubbish in my life that I had managed ignore suddenly was so important.

## **GOD**

Is there a god.

I people believe there is a god there is.

Even if god is not real.