

Being Sane in Insane Places¹

{Begin excerpted piece}

Question: "If people were committed to a psychiatric hospital by accident, would they be able to convince the staff to let them out?"

David Rosenhan of Stanford University set out to answer this and the related question: "How accurately do psychiatric hospitals distinguish between people who are psychotic, and people who are healthy?". To find out, Rosenhan and several colleagues had themselves committed (Rosenhan, 1973). Entrance to mental hospitals was gained by taking only one symptom. Rosenhan and the others complained of hearing voices which said quote empty", "hollow", and "thud". In 11 out of 12 tries, they were admitted with diagnosis of "schizophrenia".

After being admitted these "pseudo patients" dropped all pretense of mental illness. Yet even though they acted completely normal, none of the researchers was ever recognized by hospital staff as a phony patient. Other patients were not so easily fooled. It was not unusual for a real patient to say to one of the researchers, "You're not crazy, you're just checking up on the hospital", or "You're a journalist."

Rosenhan and the others spent from one to seven weeks of hospitals before being discharged. The hospitals ranged from very modern and plush, to ancient and shoddy. No matter how good the facilities, or how good the hospital's reputation, Rosenhan found some very disturbing conditions.

{Some clinic conditions and staff attitudes are discussed in the article, which are not relevant here}

A situation that sums up Rosenhan's findings better than any other is his note-taking. Rosenhan began taking notes by carefully jotting things on a small piece of paper hidden in his hand. He learned quickly that hiding was totally unnecessary. He was soon walking around with a clipboard and note pads, recording observations and collecting data. No one questioned his behavior. Note taking was simply seen as a symptom of his "illness". As a matter of fact, Rosenhan found that anything he did was ignored. When a staff member manhandled patient (as happened occasionally) Rosenhan would be right there -- taking notes on the whole incident!

¹ Excerpted from Introduction to Psychology -- Denis Coon -- West publishing Co. ISBN # 0-8299-0134-5

These observations can be seen as the failure of staff members to detect the fake patients. Because they were seen in the context of mental ward and because they were labeled "schizophrenic", anything the pseudo patients did was seen as a symptom of their illness. To return to the original hypothetical question about talking your way out of a hypothetical commitment, it should be clear that it could be quite futile to say, "Luck, this is all a mistake. I'm not crazy. You've got to let me out." The response might very well be, "Have you had these paranoid delusions for long?"

Many mental health professionals found the Rosenhan's findings hard to believe. This led to a follow-up study in which the staff of another hospital was warned that one or more pseudo patients were going to try to gain admission over the next three months. Thus alerted, the staff at this hospital try to identify fake incoming patients. Among 193 candidates, 41 were labeled as fakes by at least one staff member, and 19 more were labeled as "suspicious". This only serves to confirm Rosenhan's original findings, since he never sent any patients, fake or otherwise, to this hospital.

It is an important final note that all the normal people who served as pseudo patients in the original studies were discharged as "schizophrenics in remission" (temporarily free of symptoms). In other words, the label that prevented the hospital staff from seeing the normality of the researchers stayed with them when they left...

{End of excerpted piece}

The point of including this article here, is to illustrate how people - even professionals who are supposed to know what they're doing, and were supposed to be objective in their analysis, are misled by labels and preconceived notions (or paradigms) based on textbook knowledge which tends to categorize people, and put them into "cubbyholes" by reasons and methods which are subjective at best. The psychiatry profession is not an exact science; not by any stretch of the imagination. There are few and far between of those professionals who deal in objective fact, and once a "diagnosis" of mental illness has been made (assumed), there is a plethora of theories to justify. This is a proven fact, and a futile belief, well, that speaks to your own paradigms. I deal in facts, and ideal and common sense. Anything more is conjuring and theory which as you see, doesn't hold water.

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A BRUISED REED

Vietnam Veterans, ghetto children, victims of war-torn countries, automobile accidents, and an interminable litany of traumatic events, may suffer long after the trauma has ended... they may have suffered for years, and perhaps decades in silence. The victims of early-life traumas may never even know that they have an engramic aberration that psychiatrists call "Post-Traumatic Stress Disorder (or P.T.S.D., for short) until someone points out the symptoms to them. Oftentimes, the coping strategies that a person used to deal with the trauma, has integrated itself into their personality unnoticed. This is called a "valence", which is defined in Dianetics as "a false identity assumed unwittingly".

For purposes here, we will use the commonly used names, to avoid confusion. What is known as "delayed-onset PTSD" is particularly troublesome, because it often is exacerbated by a number of other traumas with vaguely similar elements. The victim may or may not have presented any symptomology, or may have used a variety of coping strategies ranging from being abusive and/or violent, to withdrawal into the emotional numbing of drug and/or alcohol abuse. I believe that these people are the ones spoken of by the prophet Isaiah:

"A bruised reed shall he (God) not break, and the smoking flax shall he not quench: he shall bring forth judgment unto truth." - Isaiah 42:3, Matthew 12:20(KJV).

I am a Vietnam veteran, and I'm one of the spiritually "walking wounded" that came out of that conflict. I came home without a scratch, but I was emotionally wounded by being so young and ill prepared for the experience of witnessing so much death, and for having an 8 year-old boy bleed to death in my arms. He looked at me with his big almond puppy-dog eyes, and I felt that I let him down; I didn't know how to handle the grief. I never could put it to rest. After a while, I had forgotten WHAT was bothering me; I had buried it that deep!

Fortunately, I'm not as badly bruised as some of my fellow vets. From several years of "therapy" that made things much worse, and a few days of pastoral counseling that helped tremendously, along with extensive study of the subject of emotional trauma, I wrote a thesis on PTSD and this book on my experiences in Vietnam. Writing has enabled me to "get a handle" on my issues, and "talk about" (on paper) things I had never told anybody, for fear "they would never understand". Writing also had two other collateral benefits: A manuscript for a possible best seller, and the opportunity to help others with this problem.

I believe that PTSD has 2 major components: 1) spiritual and 2) intellectual (or mental). Unfortunately, being intelligent and spiritual is a distinct disadvantage, which is validated by the lament of King Solomon, in scripture:

"For in much wisdom is much grief; and he that increaseth knowledge increaseth sorrow." - Ecclesiastes 1:18

This scripture is where we get our obverse saying, *"Ignorance is Bliss."*

You see, the spiritual component is the "mechanism" (if you will), by which the guilt or self-conviction comes about. The "program", if I may be permitted a bit of literary license here, according to the Bible, is built into all of us:

"Thy Word I have hid in my heart; that I might not sin against thee."

- Proverbs 119:11

The conviction is strongest among those who have the highest moral values, or who develop stronger values as they grow up, mature, and become more spiritually conscious. This "development" can cause guilt to arise, which never bothered the person before, or trigger intellectual rationalizations that lead to the false perception of culpability known as "survivor's guilt", and considered intractable by psychiatry.

The intellectual component is the other enemy here. If you have PTSD or suffer from Survivor's Guilt, it is far more intractable in an intelligent person, in my humble, unqualified opinion. The cure is not complex; it just takes someone trained to know what to look for in the therapy session pattern. The Bible tells us:

"Wisdom is the principal thing; therefore get wisdom; and with all thy getting, get understanding." - Proverbs 4:7 (KJV).

The intellect is what enables a veteran, or trauma victim to construct increasingly complex rationalizations about why they are culpable for some atrocity, war-crime, or death of a platoon member; the interminable litany of "what if" and "if only" of Survivor Guilt which many professionals say, is an intractable condition. I even read a book by a noted Ph. D., which advocated convincing the patient that his moral convictions are wrong so that his conscience wouldn't bother him anymore. To extrapolate and state simply what was being proposed was to say to the patient, "... it's OK to betray a friend - if it means saving yourself." This idea is contrary to scripture:

"Greater love hath no man than this; that he lay down his life for his friends."

- John 15:13

If the only solution to Survivor Guilt is that I must convince myself that it is permissible to betray my friends, then I'll live with my PTSD, thank you. Fortunately, there IS a cure for the condition, but it can only be found at the foot of the cross of Jesus Christ.

Post-Traumatic Stress - especially when accompanied by Survivor's Guilt is a spiritual conflict. It is, I believe, a defect in "the Word" that is hidden in our hearts... it is the effect of a relentless and often cruel conscience that knows right from wrong, driven by Satan, who acts as a relentless and unscrupulous District Attorney, indicting us for transgressions - guilty or not (that is why scripture calls him "the accuser of the brethren"). The "Word" that is "wired-in" does not tell us that there is forgiveness and absolution for that guilt whether we are truly guilty or not, and that the forgiveness and removal of the burden is free for the asking:

"If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." - 1 John 1:9

Of course, there always remains the dilemma of the ubiquitous question: "If kindness and mercy is God's nature, then how can He allow so much suffering to exist?"

I believe the question can be answered when one places life in THIS existence in perspective with life in eternity.

Even the (theoretical) cosmological distances and archaeological ages are infinitesimal in comparison, so it is only our perspective as mortals, that makes it seem that God is cruel, sometimes, because "look at all the suffering that goes on in the world."

We can only learn of these things - we can only put these things into their proper perspective through faith. God calls some of us to Him in what may seem to be very strange ways. We may be bruised, but we are not, by any means broken.

A spiritual condition is "wired into" us at birth. This conscience can only be deactivated by the emotional shutdown known as "emotional numbing", or "flat affect", as it is called by psychiatrists; what the scriptures call "a hardened heart". Alcohol and drugs provided a temporary refuge from the conviction - like being "out on bail". Sooner or later, we must appear before the Judge; eventually, we must all come to terms with what we've done, it would be wise to have the best defense possible - to be absolved from all our sins as though they never happened:

"... for I will forgive thy iniquity, and I will remember their sin no more."
- Jeremiah 31:34b

If God himself will not remember our sins, why should we labor over them? If there is a cure for a spiritual problem, then the only way to get healed is to have faith. This is not as easy as it sounds, because intellect gets in the way. Ultimately, you must know that your salvation is real; that it is not something that is "purely in your imagination", as Satan would have you believe. "Faith" is not easy to come by in a "scientific" world that tries to convince us that all of this - all of what was created by the Word of God, just happened "by accident".

"Faith is the substance of things hoped for, the evidence of things not seen..."
- Hebrews 11:1 (KJV).

Reading the next two verses will convince you that the "Big Bang" theory is by no means a new idea. It happened by the will of God. In order to start to heal from this emotional and spiritual injury, the victim needs closure. Often the transgression underlying the problem happened years in the past, and there is no way to make amends to those who were harmed. However, there IS something that you can do to mitigate the pangs of guilt without convincing your conscience that "it's OK to betray a friend, if it saves your hide", as some psychiatrists will advocate.

For the asking, your sins and transgressions have been forgiven and paid for by the blood of Jesus Christ. Symbolic atonement is something each vet and each trauma victim can do to relieve the helpless feeling that comes with Survivor's Guilt. You may have been helpless when the traumatic incident happened, but you are not helpless now! As a human being, with the faults and limitations we have, we must seize the opportunity to do good whenever and wherever we can. We help ourselves when we help others:

"For if they fall, the one will lift up his fellow; but woe unto him that is alone when he falleth; for he hath not another to help him up." - Ecclesiastes 4:10 (KJV)

"And whoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you, he shall in no wise lose his reward."
- Matthew 10:42 (KJV)

The time for healing has come. We may be bruised, but we are not broken. In the trials of life, we are tested in the fire, purified, and tempered. In each other, we have strength when we ask God to bless us. PTSD must be treated holistically - it is a "mind and spirit" thing. Trying to rationalize without treating the spiritual injury avails us nothing - it is an exercise in futility. To heal the soul - where the core of the injury lies, requires the blood of our Lord Jesus Christ, in which we have great abundance and grace. It is up to us to accept our own pardon, which has been secured for us on Calvary's cross.



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THE INQUISITIVE CHILD

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By far, the most enjoyable time we adults can have is being in the company of an inquisitive and curious child. Second only to his instinctive need (and I stress the word "need") for love, affection and attention, a child needs to have, what may seem to be (to us adults, anyway) silly questions answered. Most adults don't understand that when a child asks a question on a subject he is not familiar with, he has no point of reference. If you were to walk into a nuclear physicists convention, could YOU carry on an intelligent discussion?. Could you even ask a question that didn't tip them off immediately that you don't "fit in" with the crowd? Most people couldn't.

A typical 8 to 12 year old will go through several (for lack of a better term) *phases* in the course of a 24 hour period. During the day, when there is lots to do, he may get into mischief as he explores new things (like hunting for frogs), at times testing the patience of his elders. During the late afternoon, as the energy reserves dwindle, he may become cranky and cantankerous, getting bored, wanting to do something else, or wanting to stay up late, etc. At bedtime is usually when the child's mind is still racing, going over the activities of the day and usually thinking about tomorrow's adventures (or planning the morning's mischief). This can be difficult for an adult who wants the child to sleep. Understanding what is going on, even though the child is incapable of communicating it to you, is the key to keeping your nerves from getting worn down to the synapses.

Over the years, I have developed an ability to relate to kids. After Scout mastering a troop of up to 70 boys for 5 years and being around children constantly, it has become almost instinctive or "second nature". Dispensing with the "fad" theories of the day, I can tell you what works for me.

Be a friend, not a "grownup". Every human being has the instinctive need to "belong". The desire to be part of a group, and accepted by peers probably ranks right up there with the need for affection. If you want the child to respond to you, be his peer, not some overwhelming authority figure ready to respond with harsh sanctions at the slightest infraction. Any child will respond more positively, wanting to please and to share his delight with someone he looks up to and admires, rather than out of fear of being punished.

Never get angry with the child. This can be most difficult at times. Children respond to anger by withdrawing. Once you get angry, once you start intimidating or threatening, he will become defensive. If you do lose your cool, try to regain your composure quickly. Take the child aside for a few minutes.

Talk quietly with him. Be rational. Let him know so that there can be no shadow of doubt, that you love him, but make sure he understands that his behavior is not acceptable. Ask leading questions that cause him to admit that what he did was wrong, then ASK him to promise to not do that again.

Be a "KID" yourself. Hey, you only live once! Lighten up! Have FUN. Don't be such an "old fogey". The most fun you'll ever have in your adult life is to see the world through a child's eyes. Keep your adult sensibility, but give in to the child's desire to do silly things. Climbing a tree, swishing across a river on a "Tyrolean Ferry", or exploring a cave may be mundane to you, but to a 10 year old, it's the adventure of a lifetime.

Heighten the adventure. This is particularly easy to do with outdoor sports. Rappelling down a cliff face using a *Petzl Stop* is really not all that dangerous, if you take reasonable precautions. Make the trip or the task SOUND as dangerous, as adventurous, and as difficult as the child will accept. He will talk about it for months, and remember it forever.

Always keep your promises. don't break any promises you've made in the past, as punishment or in retaliation for a recent misdeed. Children aren't stupid. If you break your promise as a punishment for something, the child will resent it, figuring you're just using the punishment as an excuse for not keeping your word.

Almost never use physical force when disciplining a child. I say almost never, because there will be some times where the need for a wee tap on the backside is absolutely warranted. You should never actually hurt the child, and if you do find yourself having to get his attention this way, always hug and cuddle him afterwards. Don't make a habit of doing this however; as the child will learn, that your mood and demeanor are unpredictable from one moment to the next. He will respond either by becoming introverted in your presence or by emulating you, by developing equally unpredictable behavior.

Spanking is definitely *verboden*, is embarrassing and humiliating to the child, borders on child abuse, and is the typical knee-jerk response of a *bona fide* idiot. Spanking a child will instantly cause the child to lose any respect he may have had for you. He may actually hate you. For many children, the first time a parent spansks him is the first time the child experiences the feeling (however tempered by love), of genuine hatred. He may suppress it, he may not articulate it, but you will most definitely have opened a rift between you and that child that may never completely heal.

Have a genuine interest in what the child is doing. How big that tadpole is may not be interesting to you, but to him, it is absolutely fascinating. Letting the child share his enthusiasm with you about such little things and being genuinely and equally enthusiastic rewards the inquisitive mind and the learning experience becomes FUN.

On the other hand, making snide remarks like "So what?" or brushing this spark of innocent enthusiasm aside, dismissing it out of hand as insignificant, absolutely kills the FUN the child is having being naturally curious and sharing his newfound knowledge. Something that's fun is twice the joy if it's shared. It is a hundred times as joyous if it's shared with someone who cares and takes an active part. When you're wrong, admit it, then apologize to the child. Oh, this may scrape the nerves of some of you authoritarians out there who think you're above apologizing to a kid, but if you want to evoke good behavior from a child, try setting the example yourself.

The New SERENITY PRAYER

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"Lord, grant me the strength and the courage to change those things which cannot be changed, the motivation and the concern to change those things that should be changed, and Lord, please grant me the insight and the wisdom to change those things for the better, that I might enjoy the serenity of knowing that I have been used as an instrument of your peace."

You will pardon me for changing the ubiquitous "Serenity Prayer" around a little bit²... the old one was a cop-out from the first line, which says that we should accept the things we cannot change. Obviously, I disagree. There is nothing which man has done under the sun, which cannot be undone, short of bringing back the dead... but give it time.

The trouble is my friends, that people these days, more than ever before in history, have mistaken apathy for serenity. In that sense, "serenity" or the quest for it, has led to the most gruesome and vile atrocities in human history; the Holocaust of WWII, the genocides in Bosnia, Iran and Iraq, the massacres in Africa, starvation in Bangladesh, the persecution of Christians all over the world, and other atrocities, including the 9-11 attacks. This is because "serenity" dictates that it is wise to know that one person acting alone, cannot change these things, and shouldn't bother to try...it may disrupt one's serenity. God forbid!

"Serenity", or what has been mistaken for it, has led to the leviathan of a government we have in this country (US) today: a political and military leech that consumes over half the value of our personal incomes, and has its grimy paws in every aspect of our personal lives. The courts can order parents to give their children dangerous mind-altering drugs³, and take the child from them if they don't comply⁴... Certainly, it is time to start thinking about picking up that Remington 700 and getting some attention.

While true Christianity teaches the principle of non-resistance, some see this and interpret it to mean absolute passivity, which I, personally disagree with. We cannot be "Our Brother's Keeper" if we do not rise up to defend him. Can we change the things that (seemingly) cannot be changed? We can, if we don't trip over our "serenity" in the process. All of us can have our serenity in a tent or a log cabin, way off in the wilderness, alone with God, the nature He created, and our thoughts and quiet prayers. When we return to society, it's time to get busy.

Where would our society be today, if Rosa Parks did not defy the system, decided that she couldn't change it, and for the sake of the serenity of Memphis, she should sit in the back of the bus like all the other "niggers"?

² Also see "Little and Little" in my forthcoming book *"Our True Colors"* - see: <http://www.lulu.com/net4truthusa/> for availability.

³ See: <http://www.cchr.org>

⁴ Buffalo (NY) news-the case of Kyle Carrol, pg. A-12

Where would we be if Martin Luther King did not pursue his dream of equality for all? How many starving children were saved by the tireless efforts and ministry of Mother Teresa? "All that is required for evil to triumph is for good men to sit around and do nothing." That's what the whole world did just before World War 2, and it led directly to the dictatorship of Adolf Hitler, and the most infamous evil empire ever to exist on the face of the planet.

Too often, that is so true! In the name of "freedom", it seems we can do as we please, as long as enough of us want to do it. If 60% of the country decided that they were all going to light up a joint and march down to Washington DC and have another Woodstock festival on the front lawn of the White House, how are they going to stop it? Put everyone in jail? I don't think so! Mr. Clinton would probably join the crowd, and take a few tokes, although he wouldn't inhale :-)

Seriously, folks, we as God-fearing Americans can no longer afford to look at a moral issue and say, "Well, you can't fight City Hall", and let them have their way. We've let it go much too far already, and our collective departure from basic decency, and the power of unity that rallies around the desire to engage in depravity, has cost us the lives of 40+ million souls who have been murdered in vivo by "choice"; aka: abortion on demand. This carnage exceeds the lives lost in WW1, WW2, Korea, and Vietnam combined! Where is "the wall" for them? The Supreme Court decided⁵ that an unborn child is NOT a human being with the Constitutional "right to life". A simple passage from the Bible proves them wrong:

"...For Lo, as soon as the voice of thy salutation sounded in mine ears, the babe in my womb leaped for joy." - Luke 1:44 KJV

If you believe in God's word, AND you agree with the Supreme Court, then you must concede that an "unviable tissue mass" (which is how the court described an embryo) "leaped" in Elizabeth's womb "for joy" in the Bible story. This is, legally speaking, a non-sequiter⁶... It is a boldfaced contradiction... The Supreme Court's view is what psychology would call "a cognitive distortion", and is diametrically opposed to the concept of "One nation under God."

The analysis is simple, yet powerful. I have attacked this issue several times in this book, in other books, articles, and on my web site, because I believe that it is at the core of what has gone terribly awry in this country.

A parallel can be drawn from the court's decision, to the mentality that is required for war. Calling a living soul "an unviable tissue mass" is not that much different than calling an enemy soldier "Kraut", "Jerry", "Charlie", "Gook", "Slant", "Dink", "Slope", "Zipperhead", ad nauseum, which makes them less than human in our eyes. It is therefore easier to kill without conscience, when a "higher authority" justifies our distorted thinking, or more precisely, inflicts the evil upon us by "legalizing" what is intrinsically wrong. Society then hides its collective depravity behind a false veil of

⁵ Roe v. Wade, 410 US 113, 93 S. Ct. 705 (1973)

⁶ Non-sequitur (Latin, legal) - "it does not (logically) follow"

"morality", by the persecution of innocent people, and thereby can claim that they are "protecting children".

I could go off on a tangent here, but I won't; I'll just mention the fact that Roe v. Wade (1973) came into play on the heels of the Vietnam war, and the ten years that it took that conflict to claim 58,149 American lives, and over 3 million Vietnamese lives, is far surpassed by the fact that over 150,000 living souls per month (in the US alone), are murdered before they are born. A baby that can "leap for joy" in the womb is, despite any name you wish to call it, or any status nine Court Justices may arbitrarily bestow upon it; a fetus, inviable⁷ or not, is a living soul, and a human being who has the same right to life, liberty, and freedom as you or I. At some point it becomes sentient enough to "leap for joy", and feel pleasure and pain. Terminating that baby's life is murder, and infanticide.

Politicians, as you will learn, are not concerned with immutable moral principles. Such a stance would preclude their being elected.

In that sense, even John F. Kennedy would have to compromise his principles; when you don't, you end-up out of the realm of "serenity", and like JFK, you may end-up murdered for your trouble⁸.

The bottom line to all of this is that "accepting the things I cannot change" is a coward's cop-out; it is an excuse to fail; it is a set-up for failure. To "compromise" on certain issues may be acceptable, but on other issues, it is NOT. War may be a "necessary evil" to defend our country against aggression, but it should stop there. If the US government wants to control population, it is none of their business. Where in the Constitution does it authorize the government to do this? By enacting laws that legislate morality, or more precisely, remove the natural consequences of immoral or irresponsible behavior, it has, in my opinion, created a self-fulfilling prophecy that requires the law to insure that over 1.5 million people per year (that are the victims of abortion) are NOT added to the US census. What is needed is a Renaissance, and an 'en-masse turning to God.... I am loathe to say it, but don't hold your breath!

"Serenity", as expounded in the original "Serenity Prayer" is nothing more than an illusion; an apparenacy. All of the "Anonymous" organizations; Alcoholics, Gamblers, Sexaholics, Narcotics, et al., have adopted the [old] Serenity Prayer, and outwardly, these organizations are very effective at keeping people from returning to their addictions. However, it is questionable whether the underlying problem that drives the person to his anomalous behavior is ever addressed. It has to be a living hell for an alcoholic to fight the urge to drink; the organization telling him that he has "an incurable disease"; that it is inherited, and that he will be "in recovery" for the rest of his natural life. I don't have a "magic answer" outside the grace of God, but THEIR "answer" without God; with their secular, politically correct "higher power", is certainly wrong.

⁷ Unviable - incapable of sustaining life without the mother.

⁸ See: "Vet's Rap Session 5 & 6" and "Could it be true?" in my forthcoming book *"Roots & Wings - Faith, friendship, and the Vietnam War"* see: <http://www.lulu.com/net4truthusa/> for availability.

Those who are most successful in their "recovery", are those who turn to Jesus Christ for help. His grace is sufficient⁹.

It is ludicrous to believe that serenity can be brought about by just "accepting" anything life throws at you. The prolific author, the late L. Ron Hubbard wrote: "A man is only as sane as he is self-determined." I fail to see, under the [old] "serenity" philosophy, how one can be self-determined if he or she walks the path of serenity towards Stoicism¹⁰.

This book is the result of many, many years of pent-up dissonance, held back by a wall of acceptance. I could not allow that acceptance to continue, and so you read what you see here. That being the case, I wish you NOT to travel the same road I have, but I DO want you to arrive at the same spiritual destination.

Acceptance and "putting your life in God's hands" - without trusting in God; relying on your own understanding - has to have a limit. It is unreasonable to expect that a moral man would not raise a finger to keep his family from harm... Or to protect his neighbor from harm. Those who will not, are not doing what the Bible says; they are not allowing God to use them as a vessel of His peace. Unfortunately, sometimes, in order to have peace, you have to kick some serious ass. A man who will do nothing on his own, expecting God to manage the details of his life is just lazy; he is apt to take his car down the highway one day and say "Here, God, you take the wheel for a while, I need a catnap." God will not do what we can and should do for ourselves. We can't answer EVERY question with "I have faith in God", and shirk our responsibilities behind a cloak of acceptance.

No, my dear friends, I do NOT accept a lot of things in this life. I do NOT accept the answers about the JFK assassination, the Vietnam war, or the terrorist attacks of September 11, 2001-and as sure as I'm sitting here writing this, I certainly take everything the mainstream media tries to tell me with TWICE the proverbial grain of salt. I DON'T condone abortion on demand¹¹, sex education, or Outcome-Based Education, or believe that Attention Deficit Disorder is anything but a figment of a twisted imagination, and a corrupt profession¹². I don't believe that Public Schools, the Federal income Tax, Welfare, or Social Security is authorized by the Constitution, either. Why do we have them? - It's a matter of "accepting the things we cannot change", that's how! I can't change it all - not in my lifetime, but I won't accept it because everyone else seems not to want to rock the boat. I'M ROCKIN' THE BOAT!... I'm "stirring the turd"! Perhaps this will get people to start thinking... If it does, then I'll consider this worth the effort. Perhaps I'll start preaching, I don't know. I'll do whatever it takes; whatever is in my power to do, and my "Serenity" will consist of knowing in my heart that I did the right thing. I won't sit around while evil triumphs and moral antinomy¹³ prevails.

⁹ "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness." - Paul of Tarsus - 2 Corinthians 12:9a (KJV).

¹⁰ Stoic - tending to bear up well.

¹¹ See my book: *"Psychiatry, Mind Control, Genocide, and Infanticide"* on <http://www.lulu.com/content/92111>

¹² see: Psychiatry pamphlets (free download) on <http://www.cchr.org> and <http://www.freedommag.org>

¹³ Antinomy - a paradox caused by a contradiction; "Catch-22" see: "Moral Antinomy and Respondeat Superior" in my forthcoming book *"Our True Colors"*- see: <http://www.lulu.com/net4truthusa/> for availability.

A Winner's Philosophy

In every adversity, lie the seeds of an equal or better benefit. Anything the mind can conceive and believe can be achieved. Stupidity is the pursuit of ignorance. A man with a little bit of ability who will use a lot of it, is much better off than a man with a lot of ability who won't use much of it. When you put your head above the crowd, you get all the tomatoes...you learn to enjoy tomato juice... it ain't bad! Winners will do what losers won't. All true success is built upon helping others achieve success. There is **NO CHANCE** for success, where there is not also a chance for failure. You can't be **AFRAID** to fail. There can't be a victory without a struggle. It is not all the temporary failures and setbacks, but the **LAST GREAT VICTORY** that makes any difference. Be humble enough to learn from your mistakes. God would not give you the desire, unless he also gave you the ability to gain what you dream of. Never take advice from a broke man, unless he has a dream. Education will **NEVER** take the place of determination and persistence...the world is full of educated derelicts. Beside every successful man, stands a woman with a dream...One plus one equals eleven. There is a big difference between **WILLING**, and merely **WISHING**...willing requires **ACTION!** Success is not a destination it's a journey. Nothing in Nature is static...If you are not in the process of growing, you're in the process of dying. If you are not planning to succeed, you are automatically planning to fail. Procrastination is the foundation of failure. Do it **NOW!** No decision at all, is worse than a **BAD** decision. The **LOVE** of money is the root of all evil, not the money itself. A man's idea of success and a woman's idea of success are two different things. Compliment and enhance each other. Get it together, **TOGETHER**. There is no force on Earth that can stop a man and a woman with a dream. A man without vision shall perish. Dream **BIG**, and believe. Faith can move mountains. Faith changes things. Things never change faith. Plan your work, and then work your plan. You live as you speak. Words are power. You are hung by the tongue, snared by the word. Garbage **IN**, garbage **OUT**. Never grow tired or weary with things that **WORK**... keep working them. Something can happen still; it ain't over yet! It ain't over **YET!** You will soon win, if you don't give up.
Never, Never, Never quit.

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The author also does consultations for PC forensics for law enforcement – we recover “lost” files and trace Internet crime, recover “tracks” of “Net Lurkers” who prey on innocent people, and help local police solve missing persons cases that may have started with, or aided by computer use. If you have need of such services, please visit my forensics site at: <http://www.Net4TruthUSA.com/forensics.htm> and watch for the availability of my new book: *“Investigating The Suspect’s Computer”* on <http://www.LuLu.com/Net4TruthUSA/>

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Bible Quotes for the month:

“But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.” – Genesis 50:20

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” – Romans 8:28

“Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” – Malachi 3:10

† Peace and Godspeed - WebPastor David Todeschini