

## CHAPTER 12

### **United Society – Vote for US**

It was devastating to be back in the locked admission ward at Graylands after opening new doors in the City of Bunbury to free myself from the mental shackles. Surely Melissa wouldn't have blown the whistle on me, I never upset or disturbed her, on the contrary, I gave her much needed space and encouragement. Besides, she was overwhelmed by her birthday attention and weekly flowers. I found Melissa to be very sincere when she told me,

*“I don't know what to say, no one has ever done this to me, I really appreciate everything. Thanks”*

I found out later that it was Melissa's overly stressed boss who filed the complaint. Was she jealous for not receiving flowers? What's her problem? My file shows the fax Graylands received from the Bunbury Community Mental Nurse, a very warped misinterpretation of reality.

This time around I was landed with another two different shrinks who knew nothing of my history, only to be misled from my file.

By explaining the truth, they only laughed and made mock of me, thinking along common lines of psychiatrists that I was delusional and grandiose with pressured speech and showing no insight????

To explain to them that I had fallen in Love with Melissa on a deep Spiritual level and only showered her symbolically in birthday gifts that ended up costing me my Life at no expense and not the hundreds of dollars they had claimed. Seemed over the top and by telling of the commissions to beautify the City of Bunbury with the youth assisting may sound grandiose. Especially when I added that I had approval from the Mayor to create a sculpture fountain of dolphins and mermaids valued at approximately \$50,000 for the Cities central roundabout. I was in an awkward situation needing some evidence to back my statements.

Dr. Barbara Zawaski in a teasing voice, asked.

*“So you are an artist are you Kelvin?”*

*“Yes” I replied, “Not a bullshit or a con artist that you imply, I am a renowned True Artist, we are rarer than rubies?”*

*“Really, and I suppose you can get thousands of dollars for these masterpieces?”*

*“Certainly can if I choose to, I am capable of earning far more than you and your Prime Minister, but I paint for the Love of it, which is priceless”*

The doctor continued playing with me, saying,

*“And you can win lotto any time too?”*

*“Well, when I need to, not when I want to. Lotto came in to cover Melissa’s birthday gifts because of my gesture”,* seeing this wasn’t going anywhere, making my case more unbelievable, I stood up saying as I left, *“You sick doctors are all the same, seeing is believing for left brain adults”*

I then organised to have a print of ‘Passing Time’ and photocopies of the High School newspaper articles along with the Mayor’s comments posted up to Dr. Zawaski.

The day they arrived, I also received a letter from the Planning Manager of the City of Bunbury acknowledging my commission to start the beautification of the City. On phoning they were prepared to wait for my return.

By now I had had enough of this injustice, neither Melissa or Meeta would phone, feeling lost and lonely, like sitting on a rubbish tip; in desperation I applied for Legal Aid to sue Graylands and the government. Although I had a very strong case, L.A. was not prepared to take on the government over Mental Health issues. I accepted that Knowing the judiciary system is unjust, as the medical profession is sick. The courts accept a psychiatrist's word as gospel over any patient or public.

My passion was deep enough now to attempt to change the system by applying the Art of Politics. With the State Election about to be announced, it was high time the people were given an alternate government to the two main parties. Most voters have lost faith in the politicians they allowed to represent them. Over the decades I have never voted for a politician never finding one to be honest to his or her word. My son Simon received my last Federal Election vote, for he could run the country better than any academic adult who seem to have lost common sense along the way in some form of a degree or another.

Dr. Barbara Zawaski on receiving my material and reading my letter from the City of Bunbury completely changed her tune and transferred me to an open ward. All of a sudden, from a deluded fruitcake, Barbara saw me as a genius walking on a fine line.

*"I'm amazed of the calibre of your art, you certainly are a fine artist. You must invite me to your next exhibition"*

Now she may listen. *"Barbara, I'm no different today than yesterday, it's only the overdose of drugs that make me ill. For seven years my mental health saga has been developed around misconception and misjudgment. Being kind and generous and in love may result in similar symptoms of mania but doesn't mean I'm manic"*

Barbara started to notice the quality and beauty in my colourful coogee vest, overlooking its flamboyant appearance to see me for what I am. It goes to show once our attitudes are open to True Perception, we only need to change the perception of a condition to overcome it, we don't need to change the condition.

From here Barbara and I shared interesting conversations as I endeavoured to widen her vision to include alternate natural methods in medicine. However, most clinical doctors are well entrenched with their pharmaceutical practices, I am aware a few look at drugs as a last resort.

I was hoping for an early discharge but like previous stints, it took a further five long weeks.

Feeling the pressures Melissa was enduring in her endless hours in to her campaign, my mind also focused deep into the essence of politics, so as to offer some sanity back into our society. With the Spiritual guidance and assistance of NGang, WE founded a new alternate party for the people to encompass all. We often see one or two issues but our lives are all affected by a cross section of issues which all need to be addressed at the grass roots.

It was decided to name the foundation or party United Society for that was my/our principal aim to bring people together as ONE. It is abbreviated to US for it is to be OUR government. One of the interested patient's girlfriend offered to typeset my draft to present the introduction as follows:

THE NEW ALTERNATE POLITICAL PARTY

**UNITED SOCIETY    ♪US♪**

WE, the people, are **US**, it is our PARTY put together by **US** for **US** and run by **US**.

We are about to register **U.S. UNITED SOCIETY** through the electoral commission both in State and Federal Parliament.

It will be simply a:-

**PERFECTLY BALANCED RAINBOW GOVERNMENT** combining all the positive, loving aspects of all previous governments including: democracy, communism, socialism, capitalism and native tribal governments, with spiritual overtones. It has been proven that each has not and will not work alone in today's society. WE also incorporate the positive policies of the various parties.

OUR Government has (1) a **VISION** (a future) well beyond the year 10,000 AD. WE have (2) a **GOAL** of PEACE and stepping stone Goals towards it. WE have (3) **PLANS** and strategies to achieve thees goals and with (4) our positive, loving **VALUES** we will succeed. Our positive **ATTITUDES** put into **ACTION** will **ACHIEVE** and be acknowledged.

Current government heads and M.P.'s are too derogative instead of positive – arguing instead of talking and reasoning – concealing ideas instead of sharing for the good of us all. The four (4) most important issues in government are abused the most through ignorance, greed and instability – being:-

#### HEALTH, EDUCATION, LAW & ORDER and ENVIRONMENT

We have laid down an inter-related 40 policies platform, covering all areas in Government. For all of us to contribute, share and participate. The code of ethics and our morals, values and behaviours are based on the Public Sector Standards Commission centred around (a) **JUSTICE** (b) **RESPECT of PERSONS** (c) **RESPONSIBLE CARE** and (d) **FAMILY CODE**.

OUR council with a Chairman/Chairwoman will be represented by a cross section of the public, both male and female with 24 members.

OUR emblem is the **EAGLE** (representing Freedom, Vision, Strength and Spirituality) and the **SNAKE** (representing Healing, Wisdom, Earthliness and Physical).

OUR motto is Vincint Veritas meaning **CONQUERS TRUTH**

OUR flag combines both the Australian and Aboriginal.

OUR song incorporates in an updated modern version of “Waltzing Matilda, Advance Australia Fair and I am – We are Australia”.

Politicians and National Leaders frequently **TALK** about “**CO-EXISTANCE**” and “**COMING TOGETHER**”. Religious people too – so let’s **DO IT** – “**TYME HAZ KUM – 4 a KOOL CHANGE**”. “Be harmoniously joined together in love” (Col 2.2)

**SO COME UNITE IN ONENESS**

**WITH US ALL**

**TIME IS CRITICAL**

**YOU ARE NEEDED**

WILL YOU HELP  
HELP CREATE **PEACE**  
ON EARTH

## *Love Always*

From here I/WE went on to formulate the Constitution in eighteen pages. Those politically minded ones amongst US can see the depth I/WE went into from the index shown here:

### **OUR FOUNDATION**

## **United Society (U.S.)**

# **CONSTITUTION**

### **INDEX**

- 1 GENERAL**
- 2 AIMS and STRATEGIES and IDEOLOGIS**
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During the days of compiling it, I took a walk to the head office of the Liberal and Labour parties to gain access to their platforms and constitutions to compare. Like other artists, I am open to other suggestions but keep my own focus not to become too influenced in others to lose my vision and path. Sure, students spend years studying politics at Universities and teams of politicians have formulated policies over months of work. That doesn't mean I cannot do it in a few weeks without any formal education on politics. The best artists the world has seen are those of US without any formal lessons, who act intuitively from their own worldly resources.

It so happened when my attention was focused on producing OUR code of ethics and OUR code of conduct in our morals, values and behaviours, NGang placed a brochure from the W.A. Public Sector Standards Commission under my nose at a Perth display. On phoning the Commission it was explained their code was drawn from a survey from a cross section of the Public that seem to express my principles, the Public is what United Society is.

The code of ethics is designed to build a better society to establish a process that will develop public and private sector competence in ethics and ownership of ethical policies. Aims to enhance the status of and improve peoples trust and confidence in and amongst ourselves across the board from the individual to the family to develop society as a whole. Society is built on ethics and as such those that are more ethical required less laws.

In recent decades the ethics of the world in particular has become unethical because of the system. A complete turnaround is needed so that our values and ethics will be brought back into line.

The principles discussed here have been mainly developed from the W.A. Public Sector Standards Commission via a highly consultative process incorporating various groups with feedback and discussion papers. From which lay the foundation to United Society. It has been the corruptive, greedy influences, which have placed society out of balance.

The following four principles form the basis for the code of ethics to be translated to workable policy statements, rights and duties. The ethics cannot be developed by edit.

With any community these four principles cannot stand alone. They stand in a community relationship.

The intent is a fair share of power for the common good and takes no discriminatory action. Justice to seek the truth equal opportunities and the fair sharing of social individuals with equitable outcomes.

OUR FOUNDATION

**UNITED SOCIETY            US**

OUR **CODE OF ETHICS** FOR ALL OF US

They are based on the WA Public Sector Standards Commission.

**A) JUSTICE**

**INTENT:**            Be fair, equality, use and share power for the common good, take non-discriminatory action.

**APPLYING THIS PRINCIPLE MEANS:**

- \* Using and sharing power for the common good of both individual and society.
- \* To be a fair law for **ALL** people, no special protect conditions made for professional, government seniors. All people to be entitled to their **HUMAN RIGHTS** and have **EQUAL OPPORTUNITIES**.
- \* Practising universal fairness and equity.
- \* Not treating people as a means to an end.
- \* Not discriminating against, abusing or exploiting people in any way. To be treated as one would want themselves treated.

**B) RESPECT FOR PERSONS**

**INTENT:**            Respect **ALL** the rights of others and act to empower others to claim their rights as humans.

**APPLYING THIS PRINCIPAL MEANS:**

- \* Enabling or empowering others to achieve their potential so people perform and behave on the highest level of self-confidence, esteem with high selfworth.
- \* Promoting the physical, mental, emotional, spiritual and the social well-being of others.
- \* Being totally truthful, trustworthy and sincere when dealing with others.
- \* Show sensitivity, consideration and compassion to others.

- \* Respecting the rights of individuals and groups and their right to be different, and have freedom of speech.
- \* Respecting and encouraging our Human Rights to believe in anything no matter how bazaar as long as we do not force our beliefs on anyone and cause a disturbance, breaking laws.
- \* Ensure we do not use our position for personal profit or gain to feather our own nest. Be prepared to share our good and misfortunes.

### **C) RESPONSIBLE CARE**

**INTENT:** Contribute to the well-being of individuals, and the common good of society. Helping others less fortunate than ourselves.

#### **APPLYING THIS PRINCIPLE MEANS:**

- \* Doing good and not doing harm.
- \* Exercising our duty of care.
- \* Love and respect yourself to in turn you can for others.
- \* Treating others how you and as they, would like to be treated.
- \* Protecting the state's resources.
- \* Upholding the rights of those who are unable to do so.
- \* Acknowledge **ALL** people in a loving, friendly manner, don't forget the occasional "G'day mate".
- \* Advocating for others where required.

### **D) FAMILY CODE**

**INTENT:** Just for today may we practice love, peace and forgiveness in all that we do for both ourselves and others.

#### **APPLYING THIS PRINCIPLE MEANS:**

Just for today do not worry

Just for today to not anger

Honour your parents, teachers and elders

Earn your living honestly

Show gratitude to every living thing

**OUR FOUNDATION**

**UNITED SOCIETY US**

**OUR MORALS, VALUES, BEHAVIOURS**

Based on the loving, good, positive teaching from various religions, formal and non-formal.

In order to meet the requirements of the ethical principle of **JUSTICE, RESPECT FOR PERSONS, RESPONSIBLE CARE** and **FAMILY CODE**, we have the responsibility to comply with the following morals, values and behaviours – refer to section on **CODE OF ETHICS**.

**A) JUSTICE – 1. FAIRNESS & EQUITY:**

We all have a responsibility to:-

- \* Act impartially to serve the common good, while recognising that equity can involve treating people differently according to their circumstances.
- \* Practice universal fairness, and protect peoples right to due process, equal opportunities and equitable outcomes.
- \* Develop and maintain an environment that is free of fear or favour and is open, accountable and impartial.
- \* Provide for advocacy and fair resolution of grievances and complaints brought by employees and public.

**2. LAWFUL OBEDIENCE:**

We all have a responsibility to:-

- \* Uphold the laws of the Commonwealth of Australia and the State.
- \* Faithfully and impartially carry out lawful decisions and policies.

**B) RESPECT FOR PERSONS – 1. HONESTY:**

We all have a responsibility to:-

- \* Behave honestly in all our dealings.
- \* Openly declare matters of private interest that may conflict with the performance of our public duty.
- \* Ensure we do not use our position for personal profit or gain.

**2. OPENNESS:**

We all have a responsibility to:-

- \* Be open about the decisions and actions we take and the reasons for these decisions and actions.
- \* Recognise that others have a right to know about decisions and actions that affect them.
- \* Provide information that enables people to make informed decisions themselves.

**3. RESPECT:**

We **ALL** have a responsibility to respect a person's right to:-

- \* Courtesy, consideration and sensitivity in all their dealings.
- \* Quality service.
- \* Privacy and the confidentiality of records.
- \* Seek independent advice and support, where needed to protect their entitlements.
- \* To have their complaints heard, listened and responded to promptly.

#### **4. LOYALTY:**

We all have a responsibility to:-

- \* Impartially carry out our duties and be loyal to the public, our employer and to each other, without compromising integrity.

#### **5. INTEGRITY:**

We all have a responsibility to:-

- \* Behave in a consistently ethical, competent and reliable manner.
- \* Avoid making commitments that may bias our judgement or compromise the performance of our public duties.
- \* Disclose fraud, corruption and mal-administration to an appropriate authority.
- \* Provide impartial advice to our employer that represents our best understanding of the public interest.

#### **C) RESPONSIBLE CARE – 1. PROTECTIVE CARE:**

We have a responsibility to:-

- \* Exercise a duty of care to the public, to do good to others and to ensure that any potential harm is minimised.
- \* Uphold the interest of all, including those at risk in the community with respect to services provided.
- \* Manage the resources and assets of the State of WA for the benefit of future generations.

#### **2) EFFICIENCY:**

We all have a responsibility to:-

- \* Ensure the efficient and effective use of those resources to minimise costs and avoid waste.
- \* Be publicly accountable for the use of those resources.

#### **3) PERSONAL DEVELOPMENT:**

We **ALL** have a responsibility to:-

- \* Use initiative and be responsible for what we do.
- \* Strive for excellence.
- \* Participate in teamwork, if required.
- \* Maintain our level of competence related to our agencies responsibilities.

#### **4) LEADERSHIP:**

Public leaders and managers have a responsibility to:-

- \* Consult with peers, employers and general public.
- \* Lead by example.
- \* Establish processes that support and monitor ethical behaviour.
- \* Help others to reach their potential.
- \* Consider the potential impact of decisions on colleagues and the community.

**D) FAMILY CODE – 1. DAILY PRACTICES:**

- \* To take the theme of Love, Live, Model it, so we will become IT.
- \* In doing so we need to express the following 13 Aspects (inter-relating) in our daily practices – Care, Concern, Compassion, Understanding, Empathy, Consideration, Friendship, Sharing, Kindness, Service, Co-operation, Passion and ONENESS.
- \* Aim to break the separation we have inherited or set upon ourselves and unite in true Brotherhood and Sisterhood to realise the essence of each of US is the same, we are ONE.
- \* You are me, I am you – why is that such a mystery?

It is ironic that United Society was fundamentally constructed by a mental patient while institutionalised in a mental hospital. The insanity exists out there in society, so I guess this was a good as place as any.

To form this new people's body with balanced male and female energies, a strong structural skeleton needed to be constructed. The Constitution formed a straight and strong backbone, the Code of Ethics with its Morals, Values and Behaviours represent the nervous system and spiritual cord. Now the ribs and limbs needed to be added in a form of active policies. So I went about creating a platform of some 40 main government issues for the public to develop the blood and flesh through its policies. To bring the body of life, it must have a healthy Heart, everything, every cell must be activated by Love.

During this process, Barbara was trying to raise or establish a Lithium level in my blood system, but I wasn't to allow any cloudiness in my thought pattern or lose connection with NGang, so by the power of Light, I was able to keep clean and crystal clear for a little longer.

Normally in silence but on occasions, depending on the attitudes of the nurses, I would openly pronounce an unnecessary ritual during medication time.

*“In the name of the Father, the Son and the Holy Spirit, may you convert this poison into champagne and may I sing and dance with the Angels”*

Annoyed, the nurses would respond, *“For God’s sake Kelvin, just take the bloody medication”*

Mentally, I would go on to think, to resonate my inner Peace with three *NGang*, *NGang*, *NGang*’s prior to swallowing the medicine, licking my lips.

My blood test never registered any Lithium which upset my doctor to a point she would stay back to personally supervise my intake, happy with my consumption into my bloody system, but again not happy with the new blood test.

*“Kelvin”* Barbara insisted, *“Enough of this voodoo magic nonsense, unless we sustain a steady level of Lithium above .05, you will never leave this hospital”*

With the seriousness of that threat of Murchison House, I laid down my Reiki hands to allow the Lithium to enter into my blood system.

Meanwhile, my passion and devotion continued as I developed United Society’s platform under the following headings:

### **Our UNITED SOCIETY Party (U.S.)**

Platform of 40 Transition and inter-related Policies that the people are invited to contribute and help in compiling. US is the people.

1. FAMILY – (children – youth – adults – seniors)
2. HEALTH & WELFARE – WELL BEING
3. EDUCATION & TRAINING
4. LAW & ORDER – JUSTICE & RIGHTS
5. The ARTS
6. SPORTS & RECREATION
7. PRIMARY INDUSTRY & AGRICULTURE

8. ANIMAL PROTECTION & HUSBANDRY
9. ENVIRONMENT, CONSERVATION & REFORESTATION
10. SECUALITY
11. EQUAL STATUS for WOMEN and MEN
12. SUPERANNUATION & RETIREMENT REFORM
13. WORKFORCE & SOLICAL SECURITY
14. VETERANS AFFAIRS
15. URBAN, RURAL and REGIONAL DEVELOPMENT
16. HOUSING & CONSTRUCTION
17. INDUSTRY & COMMERCE – TRADE
18. ECONOMICS
19. SMALL BUSINESS
20. TOURISM
21. NATIONAL HERITAGE
22. AESTHETICS & SOCIAL ENVIRONMENT
23. SCIENCE, TECHNOLOGY & ENGINEERING
24. RESOURCES – MINERALS & ENERGY
25. TRANSPORT & COMMUNICATIONS
26. FOREIGN INVESTMENT & PROPERTY ACQUISITIN
27. IMMIGRATION & MULTICULTURAL AFFAIRS
28. ABORIGINAL & T.S.I. AFFAIRS (Native Title)
29. TAXATION REFORM
30. CONSUMER AFFAIRS
31. LOCAL GOVERNMENT
32. SCOUTING MOVEMENT (M & F)
33. NATIONAL SERVICE & HOMEGUARD – DEFENCE
34. DISASTER RELIEF
35. FREEDOM, EQUALITY & SECURITY
36. REPUBLIC & MONARCHY

37.

38. PARENT & TEACHERS GUIDELINES

39. RELIGIONS in POLITICS

40. P E A C E POLICY

To produce the details of the above is a mammoth exercise equal to producing a book, but who was I to lay down the policies without sufficient experience and full knowledge of each. I was to allow the people, the public, who are directly associated to contribute to their relevant policies. Primarily I was just to present a format, an index to build upon.

Listed below is an example of the Health and Law Policies.

You can see from the above material much was achieved over long hours during September and October. Up until now it was hoped the election would be held in February of '97, but an announcement of an early election on the 10<sup>th</sup> of December dissolved any opportunity I had to register and prepare candidates and a campaign, so all the above was to be pended until I had sufficient time and capital to launch U.S.

Needless to say, I made an attempt to form an alliance with the smaller parties and Melissa's Labour party to contest the government seats of the Liberal coalition.

At this point one of the patient's friends recommended that I should meet up with Allan Cooke, the founder of the Peace Shield Foundation for he said reading my data, it appears identical to what Allan and the Peace Shield is all about.

I was given Allan's phone number, when speaking it was amazing we both felt we were talking to ourselves. The Rainbow Peaceful Warrior with the Peace Shield, going hand in hand needing each other to battle the corruption and injustices of illuminati world to achieve World Peace and Harmony.

I managed day leave to meet Allan in Fremantle, where he showed me his manifesto, which is complimentary to U.S. The Peace Shield Organisation had formed an international political party, named the World Federation Party, we spoke of amalgamating US with the W.F.P.

Soon after, I was finally released on a week's home leave. I returned to Harvey to be even more disappointed to find my house had been ransacked and studio severely damaged. There was no power, cupboards empty of food, a little rotten food in the fridge,

graffitied walls, my terracotta water purifier was smashed all over the floor, a mess everywhere. It was too much for me to handle at this point.

Just prior to being arrested and taken to Graylands, I had advertised to share my house. A desperate aboriginal family applied; treating all as equals, I offered them a free week's trial to see if we were to be compatible with each other. As individuals, the family was fine, but I soon saw it would not be suitable. The landlady was guided by my recommendations. When I phoned her from hospital, I suggested she clear the house and lock it, but the landlady decided to leave them there to pay my rent until I returned. A big mistake once the aborigines invited their relations around over a few drinks, a few too many. I did warn her of the circumstances, I arrived home to a \$700 rent bill as well.

What hurt me the most was the damage that was done to a delightful pastel I produced of Tara when she was only 18 months of age in a blue smoked dress mother Rose made. Cigarette holes were buttered through it. I had it on a bench loosely, to replace the framing. By damaging the pastel, the piercing felt as if it was to both Tara and myself, tears flooded my eyes in disgust.

When reporting it to the police, I learnt that more than fifty aborigines – both black and white – ran a muck; the whole town practically heard the racket and brawling coming out of the alcohol abuse. The police were called in to break it up. I handed in a two page list of stolen goods, but the police remarked that the aborigines only borrowed them.

*“Come on! Borrowed without asking. If I was to do that, you guys would pick me up for stealing. That's it – I want to lay charges on the family that was in my house”*

I visited the house the Street Boys painted where the family was, only to collect two paintings and a few items; the remainder was distributed to the extended relatives. I demanded the rest be returned within 24 hours.

Finding it all too much, I phoned Rene and explained my situation, she didn't hesitate to ask me down to the farm for a while. I caught the bus down for a few days to recover

and adjust back to society with companionship and support. The Slade's as usual, were most loyal and supportive. David and Lyn came up to visit me. George and Rene were saddened to see the damage each hospitalisation caused as this letter outlines:

I had to return to Graylands for discharge, not looking forward to returning to Harvey when I met up with three patients I knew who had also just been discharged to share a house that Graylands except. It fell through, so with nowhere to go, I invited them down to help me rebuild and share living expenses. They were all muso's; the eldest John was the founder and lead guitarist of the successful heavy rock band "Warhorse" from Melbourne, who hit it big throughout Europe during the 80's. The booze, drugs, sex and rock'n'roll pushed John (like so many others) over the edge.

The first week went O.K. as we brought the house back in to order, they enjoyed the openness of a small country town. Then it started to fall apart; all the associated

problems surfaced from the combination of prescribed pharmaceutical drugs and illicit substances with alcohol. As they brought in alcohol and smoked marijuana, the lazier and messier they became. Through the injections, I was rapidly brought down to a defenceless low, stimulated from my situation, circumstances and to what my environment was becoming. I was the only one cooking and cleaning, they had no domestic sense, used to being hand fed in the institutions. I didn't have the energies to rehabilitate the three dopey adults, as I did for the Street Boys.

My only space I had left was in the toilet and my bed, as my home became a house. I was being driven out of my home, I wanted out of here, I had had enough. Mainstream psychiatrists have no idea of the problems they cause in society from their dopey medicine treatment, with combined drugs and alcohol components, it is so damaging. On the other hand, most psychologists and nurses are open to the social problems when the three drugs are used. That's what it took to develop the Coffs Harbour Project, that medical teams and drug rehabilitation houses are starting to address along with educating the police how to address and defuse violent incidents provoked between police and mental health patients. If you asked me the whole medical profession needs educating.

I returned to the Buddhist meditation for some serenity or was it to say my last goodbyes to Melissa and Meeta? They were both very saddened to see me in such a distraught state holding no hope or self worth in my eye. Their concern and compassion gave me a lift to hold onto Life just a little longer.

Back on death row, I was counting the days down, Allan tried to talk me out of suicide, then holding very little hope, I decided to take up an offer to start afresh with an elderly patient I met in Shaw House. Steve Ellies offered me to share in a house in Kununurra in the far north of the Kimberleys, so I could paint the top end of Australia while travelling in partnership with his trade business to the outlining communities and Aboriginal missions. With no other alternative, I packed my bags and a box of art

supplies, stored a few valuable items with Sue, Simon and Tara, the remainder with the three muso's, then bused up to Kununurra over three trying days of heat to arrive late in the morning in 43°C heat; it was unbearable. Steve met me at the bus depot with a cask of wine in one hand and a drunk aboriginal girl in the other. As he staggered towards me, I looked to the heavens and sighed to myself.

*“What in the hell am I doing here, this is definitely the end of my journey,”* I thought, here I am out of the frying pan and into the fire. Matters and the heat got even worse as the day unfolded.

*“It’s so good ya’ve come up, we gonna celebrate”*, Steve slurred all over me. I found a café to buy a drink when he explained that his house was without power, it had nothing, went on to explain he had been ransacked by aborigines while he was down in hospital with me. An all so familiar story I wasn't to wear again. By now it was approaching 45°C, I couldn't survive without a fridge and air conditioner, so I had to draw out my last dollar to pay for the reconnection, only to leave \$20 in my pocket for a little food. I soon felt unwanted in town as the town folk stared straight through me with daggers, being associated with .

By walking over to the police station a little true light put matters in to a clear perspective. I was, as anticipated, conned by the Kimberley Con Man as much of the town's business folk had been.

To my surprise and delight the woman at reception was Catherine “Ging” Hutton – one of the sisters from my first girlfriend out of high school, we recognised each other at a glimpse. The three sisters Wendy, Trish and Ging, back in the early 70's they adopted me as a brother as I did them as sisters; since their marriages, I had lost contact with the family when they moved addresses. Ging explained Steve's reputation in town and warned me to steer clear of him. Ging told me he had ransacked his brothel of a house

before he was sent down to Graylands, trying to claim insurance on it. The police were constantly going to his house and the neighbourhood to stop brawls.

That was the last thing I needed to hear, with nowhere to go back to down south, nothing here, I had had enough of this world, I don't belong to it any longer. I prepared to turn my pilot Light out. I knew Ging would take me in on the short term, but then what? With no money for two weeks, I was stuck as I organised my execution at the rubbish tip.

The taxi driver would not even accept US even when we offered cab fare in advance, he told me,

*“While with Steve , don't expect anything from anyone”*

We slowly walked to his rubbish tip, and that it was, far worse than what I arrived home to in Harvey. The stench was sickening, fortunately the power – as promised – had just been turned back on, so we turned the two air conditioners on. After cleaning the fridge and the kitchen bench, it became livable. Steve showed me my room, of a single mattress surrounded by junk, I cleared the room for my resting place. We both talked for a while; I displayed my disappointment coming from my ordeal of the south, then prepared something to eat.

As the night fell, so did Steve collapse in his room with his air conditioner going. I made a final desperate plea, by reaching out to phone my sister Pauline a little further north in Darwin. Although Pauline was sympathetic and was prepared to help me to restart in the City, she felt her husband would not be so accepting. Tears rolled down my cheeks as I said my goodbye to Pauline.

I returned from the phone booth to write suicide notes to Tara and Simon, Sue, Melissa, Meeta, Noel and Mum, the tears eventually dried up, knowing how upset they would be of my departure. I was now at a point of no return, needing to go to a world where I could freely express my unconditional love to all and be loved equally in return in

an Abuse Free Zone. I no longer belonged here, I had learnt my lesson to develop my soul in to a Rainbow Peace Warrior, I accepted the calling Home. What would you have done in my situation with my past?

Although extremely emotionally painful, I was not afraid but happily relieved to step in to the Light, knowing this wasn't the end but the beginning. I am aware of the disadvantages of the soul, if the personality cut a life short. My time was up, some may say it is selfish, a cowardly act, the easy way out. I can tell you it's the opposite, the greatest gift one can give is him/herself through Love, my Love was so strong and pure, my heart was opened completely to Divine Love, that was demonstrated inwardly and outwardly to Melissa even if she wasn't open to receive it. At this point I asked my soul to return as a Golden Girl on the 13/2/2000 to connect as Melissa's child.

From my bag I gathered a powerful cocktail of tablets, including a bottle of Harapaidol, Lithium and a bottle of Meleril with a mixture of others I saved over the months. Once I closed the door to the kitchen, I decided there was no turning back, I wouldn't allow Tara or anyone to enter my mind, I shut it blank as I filled two glasses of water and quickly gulped more than 100 tablets down, nearly vomiting. Once swallowed, it was as if releasing the chute and the rope was tightening, a strange empty yet full flash of life came upon me. I felt unattached to everyone and everything in a void in between two worlds, it was eerily comfortable, within seconds the drugs took effect, as I staggered down the passage bouncing off the alcatrazes to fall on to the mattress, I curled up in a foetal position.

I was dark with my eyes closed, my giddiness gently faded as Light crept back into my vision, then in a weightless body, I felt myself rise, clarity at this point returned to my mind, as I looked down on my body curled up on the mattress, my travelling clock read 11pm.

For the first time I could see my body as others did, it was not an image, I was really lying there, Resting In Peace.

*“Goodnight All”*