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For Adults

Happy and balanced, being a psychiatric patient

**Guarded by loving-compassion, on a safe
place in the middle of the society.**

Dictate of an amateur psychologist full of encouraging poems and
verses meant to open the gate of truthful life.

Inspired and encouraged by:

- Thich Nhat Hanh Foundation
- Dalai Lama / Free Tibet
- Ajahn Chah / More than 300 (Forrest) Monasteries
- Bobby Schuller / Hour of Power
- Bayless Conley / Answers with Bayless Conley
- Will Derkse / Benedictian books
- Hsing Yun / Buddha Dharma
- Lama Zopa Rinpoche / Buddha Dharma
- Robert M. Pirsig / Fellow patient

With as final result a righteous **BALANCING PLAN** in
the appendix

With 4 Metta
letters

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16 PAG.
BALANCING



Happy and balanced
being a psychiatric patient.

Eric Flapper



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E-BOOK V2 VERSION

This document may only be rewritten by Eric Flapper.
In the Word file, there are some loose text blocs with can move place by anchors.
At small text or lay-out corrections this can give problems.
The "Microsoft Print to PDF" is completely checked..
Therefore this document is safe to print.

2023-04-30



When you walk from the kitchen with a
plate of food.

Then it is not the plate what counts but
the food which is most important.

Just like with truthful life.

It does not matter if the knowledge

Is based on Christian lectures

or Buddhist spirituality.

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I Thank word & Dedicated to:

Not only to honor people.
But also as an example of how it is meant to be.

- Complete society

When I am oke, it feels like we are all connected with loving kindness. When things not go well, it sometimes feels like I'm being pushed to commit suicide and banned from society, but that's always temporary. With medicines and the wisdom shared in this small book, I always recover. That's why I dedicate this small book to all the psychiatric patients in the Dutch society. Approximately two percent of the Dutch society is severe psychiatric patient. That are almost 300.000 people.

- All schizophrenics in The Netherlands

In The Netherlands, schizophrenia is the most unsympathetic illness. But I think: With compassion and loving kindness this illness can be cured. I feel compassion with all the homeless psychiatric patients. I hope their situation will improve soon.

- Dalai Lama

After a good recovery out of my crisis in 2007, I got the idea to read some books of Noble Prize winners. The biography of the Dalai Lama, Nobel Prize winner of peace, waked up my interest for Buddhist wisdom. This was the starting point of my quest towards a happy life.

- Teachers

For expertise in profession and good example for the right way of life, I am very thankful. We had a teacher who gave our class the feeling, like we were his children. We were his experimental class. I felt also a big support of Jan.

- Mental health care team

Some people gave me a feeling that they were really interested and full of compassion. Some contacts had to let me see the hard reality, these professionals I only began to appreciate later on. Now I realize that they all wanted the best for me.

- Local community team

The community workers want to arrange everything for me, with my own willingness to help and work. And in helplessness they are there too and the rest I asked for is respected.

- Local Community

I consider the place where I live to be very important. I clean up some litter from time to time. And if I report a traffic sign that is in a place where it should not be or a sewage pit malfunction, the help usually comes within a few days.

- Social insurance

A basic income is very important. I have always shared all my data with UWV. Reported changes and made me available for work. Partly because of this, I now have a social assistance benefit, which I am very happy with.

- Bayless Conley

Thanks for spiritual food in e-mail and TV broadcasts on RTL 5.
And the advice to make a book as a gateway to true life.

- Bobby Shuller

Fantastic pastor of American church program “Hour of Power.” His sermons sometimes seem especially personally written for me, and are very encouraging.

- Employers

All my employers have always paid me salary on time. A few employers and executives have done everything possible to turn my situation around. Many had high expectations of me. Not everything has turned out well. Because my intention is always good, many people have forgiven me.

- Colleagues

A group of colleagues often consists of a special mix of different people. In paid jobs the Self Serving Bias is sometimes very high and people attribute successes to themselves and mistakes to others. Anita and Robert have been my most helpful and compassionate executives. At my last volunteer place, we had an optimal workload instead of a maximum workload, so that everyone has something left to help another.

- Henry Nouwen

Very sympathetic man who often struggled with the search for himself and later in his life sought his happiness at the Ark community. His poem, also used in Hour of Power: “You are not what you do, you are not what you have, you are not what people say of you, you are God's beloved child” has supported me immensely.

- Plum Village / Thich Nhat Hanh

A perfect example of Buddha, Dharma and Shanga.

- Fellow sufferers in Psychiatry

I had my first psychosis in 2002. After 13 years I was diagnosed with schizophrenia. An illness that I finally accepted after many intense dips, but also stable periods of happiness. Many people with both depression and psychosis have overlapping similar complaints. Even normal people have such feelings every now and then. I hope that all people who come into contact with psychiatry for the first time will find support in this self-help booklet. Partly dedicated to all (former) colleagues at Mind-Up, in particular, the handy bus / gardening team led by Pieter and Cees. We also had fun and I learned a lot from everyone.

- Family

My entire family is everything to me. My dear brother lives at a greater distance but I can always call. He also helped me a lot with the preparation of this book. And my parents also deserve infinite gratitude. And I have experienced beautiful moments of happiness with cousin Johan, and I hope to keep in touch with them for a long time to come.

- Study / Classmates

I haven't seen some students/classmates for years. And then unexpectedly in situations that need help, help comes. Very good and a lot of help from Renate. And of course: Pieter, Jan, Jan-Obe, Ivo, Anita, Sybrand, Henk-Jan, Jellie, Rinke, Edwin, Douwe, Remco T, Remco B, Martin, Jaap-Ton, Sander, Hans.

- Friends

Currently I have two close friends. Bart has always been there for me and also helped me a lot with this book. And even in an emergency, it turns out that acquaintances can help from a distance.

- Will Derkse

As a writer and oblate written very inspiring books, which I have occasionally ruminated. Alternating praying, working and resting and praying again, working and resting, is a Benedictine method which suits me very well.

- Neighbors

I have a good relationship with all my neighbors. A good neighbor is better than a distant friend. We don't regularly drink coffee together, but when there is something we help each other.

- Village people

As always, opinions are divided among people. I have proponents as well as detractors. People who trust me, and people who trust me less. Trying to be good citizenship, as far as possible, and not trying to be a burden to people, I'll probably be welcome for a while. Recently, an orchestra even walked down the street and there was a temporary joy fountain. Especially at Teake I try to practice compassionate listening.

- Wietse and Rene

In memory of Wietse and Rene, my predecessors and also fellow sufferers. Wietse had a paid job and Rene lived on the street. Unconsciously they have led me on a special path in life, with what I feel is an important task. The golden mean is a basic income with possible volunteer work. Also in free time, one can complete outstanding challenges, and get satisfaction from these challenges. May Wietse and Rene rest in peace.

- Jesus

A good example of acting in certain situations.
Jesus endured many trials.

II Introduction:

II.1 Purpose of Self-Help Booklet for Fellow Sufferers:

To tell a recognizable supportive compassionate story, based on the life of myself (Schizophrenic). With a clear balancing plan to get a grip on what sometimes feels as an unjust life.

So that weed seeds (negative assumptions and thoughts) do not bloom as psychosis. But that can be learned to water the good positive seeds, with training.

II.2 Licking wounds with Mental Health Care and Psychiatrists.

Psychiatrists see the creation of a self-help booklet as useful therapy for self-recovery. Just like an animal in the forest, licking its wounds. The booklet was created with experience from my life plus knowledge gained from the public internet and printed books available in the Netherlands.

I have benefited greatly from the knowledge contained in the booklet and so I want to tell everyone that having a Buddhist and Christian foundation in my life has helped me immensely.

I have been advised to also make clear in the self-help book that in order to achieve happiness, it is also necessary to walk a morally responsible path. That is why this introduction has been written and added to the booklet.

In Buddhism one speaks of Karma, among other things. And the Noble 8 Fold Path.

The Bible speaks about Psalm 1 and the 10 commandments, among other things.

If everyone on their way to truthful life, takes 5 stones with them. As a weapon against their own Goliath. It will be a fantastic journey and we will grow into a beautiful and good person. So fellow sufferers persevere and don't let the negative take hold of you in anything.

Stone 1:	Pray.
Stone 2:	Fasting.
Stone 3:	Monthly confession.
Stone 4:	The Holy Mass.
Stone 5:	The Holy Bible.

The Gate to Truthful Life is thus best entered in conjunction with a Christian Parish, a Buddhist Shanga or a Mental Health Team.

II.3 Necessary Theory for Happiness:

In order to stimulate a truthful life together with Society and the GGZ for really every person in this world who wants to diligently practice the good and convert to a truthful life, I start with a short explanation of the already mentioned 4 essential points about which understanding is necessary to obtain a happy life. Karma, The Noble Eightfold Path, Psalm 1 and the 10 commandments. The explanation is short, the necessary training and perhaps changing Life-Style to attain a state of enlightenment is a longer way.

II.3.1 *Karma:*

Karma is actually a kind of bank account on which good services and bad actions are recorded. And that every man gets that which he has worked well for in previous time or has to pay for because of bad actions. Some things are settled quickly, but payments can also go over a very long period by good or bad reincarnations.

11.3.2 The Noble 8 Fold Path:

1 Right View:

Correct insight is very important for people with Dysfunctional Perceptions Syndrome (Schizophrenia). Old literature that is difficult to understand in itself, such as the Diamond Sutra “The Diamond That Cuts through Illusions” provides very useful knowledge and insights. Correct insight can be obtained by regularly studying a very wide range of Dharma (Buddhist wisdoms). There are appealing contemporary Buddhist book titles on the internet for every type of human suffering, partly caused by ignorance.

2 Right Speech:

Correct speech is very important for psychiatric patients. Words are considered as a rudder for life. An old Chinese saying is “A bad word can make it frost in July”. Words can even lead to war. After the right insight you know what is important. In general for speaking: kindly and substantively speaking the truth at the right moments sets the course for a happy life.

3 Right Intention:

Doing things with good intentions produces good Karma for every person. Even though some things go wrong, good intentions will not give you negative karma.

A single confused psychiatric patient is sometimes suspected by society of bad intentions, but that is often due to powerlessness of the will caused by overwhelming negative emotions.

An intention is good if it complies with the laws and regulations in the universe in which we live. Locally, local customs are also appreciated.

4 Right Effort:

With the right effort, things can be put right. Psychiatric patients, including myself, are often more or less discouraged by a setback. A temporary period of licking wounds is certainly not wrong. But at the

end of that period, it's about moving on to living a good life after a fall. A fairly constant, life-long effort leads to a successful, fulfilling life.

5 *Right Concentration:*

Good concentration is real Power. Psychiatric patients including myself are at times, distracted and disturbed by past regrets or worrying about the future, sometimes even with voices in their head. Dwelling on these thoughts for a short time or temporarily analyzing these thoughts is not wrong in itself. As long as it can be alternated with the concentration on beneficial thoughts. Or focus on the here and now.

Meditating on the breath can increase concentration during turbulent periods.

Daily meditation, in which meditation on breathing and inquiring meditation is alternated in the same session, has the same cleansing power for the mind as showering for the body. After regaining a feeling of freshness and ability to focus on the present, concentration can be further increased by studying and memorizing positive verses, poems, mantras and psalms, as that really gives strength and security to a happy life.

6 *Right Mindfulness:*

Correct attention to and awareness of one's own feelings and emotions is very important. Psychiatric patients are sometimes dulled of their own feelings and thoughts because they repress them because of the pain and/or because they are sedated by an excess of psychotropic drugs or a form of self-medication such as coffee, alcohol or narcotic drugs. However, very regular attention and awareness for your feelings and emotions is worth much more than an expensive scan / measurement / observation in the hospital.

My experience is that meditation can develop mindfulness. Start training your attention to your breath. With meditation on the breath, the connection between body and mind can be restored. During such meditations, sitting in silence, one also becomes aware of thoughts. Thoughts, feelings and behavior are intertwined and remain in focus with Mindfulness.

Mindfully performing small simple tasks also increases happiness.

7 *Right Action:*

Right deeds bring good earnings. Bad deeds are settled according to Karma. Some psychiatric patients have become so bogged down in life that they feel like walking dead and unable to perform good deeds in trapped position.

Yet you can make the best of every situation, no matter how distressing it is. Doing the right things to stay happy and balanced as a psychiatric patient is the most important. Then maybe start by trying to do 1 good deed every day, just like Kwik, Kwek and Kwak learned in scouting. When that becomes a habit, this goodness, the people around you will start to notice.

Ultimately, the best thing is to do good things unsaid out of your own willingness to take action.

Helping sick people and animals and doing good deeds for needy people and animals in close proximity is perhaps the greatest reward with satisfaction.

8 *Right Livelihood:*

Proper livelihood in the form of work, which one sees as a calling, increases enormous happiness.

As a schizophrenic, I myself was rejected for regular paid work. Jobs as a slaughterhouse worker, casino worker and bar worker are at the interface of proper livelihood and require a good balance of action/intention and mindfulness both from the individual and from society.

Sometimes it seems impossible to unwrestle from a unjust paid job or to escape from an unemployed situation. But in free time, or with voluntary work, one can also do and initiate good things.

A practical implementation with the right action / intention and mindfulness is a source of happiness, and gives opportunities for improving right livelihood, in the future.

11.3.3 Psalm 1 (The two ways):

- 1:1 Blessed is the man that walked not in the counsel of the ungodly, nor stranded in the way of sinners, nor sited in the seat of the scornful.
- 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.
- 1:3 And he shall be like a tree planted by the rivers of water, that brought forth his fruit in his season; his leaf as shall not wither; and whatsoever he doeth shall prosper.
- 1:4 The ungodly are not so: but are like the chaff which the wind drives away.
- 1:5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.
For the LORD knows the way of the righteous: but the way of the ungodly shall perish.

My best time is yet to come, and your best time is yet to come. You may be a beautiful mess, God has a scary plan for you, trust in God and nothing can stop you.

11.3.4 The 10 Commandments:

- 1) Do not worship other gods besides the Lord.
- 2) Do not make idols and do not kneel before idols.
- 3) Do not abuse the name the Lord.
- 4) Keep the Sabbath.
- 5) Show respect for your father and mother.
- 6) Do not commit murder
- 7) Do not commit adultery.
- 8) Don't steal.
- 9) Do not bear false witness about another.
- 10) Do not set your sights on another's house, nor on his wife, slave, slave girl, his ox, or whatever belongs to him.

Even if you have made a mistake, you are not what you do, you are not what you have, you are not what people say you are, you are God's beloved child and no one can take that away from you.

1 Moments of happiness from my childhood

During childhood, everyone may remember some moments of happiness. The first 10 years of life are usually the years with the least worries.

I do remember sometimes putting a plastic cup of orange or cola in the freezer. And then the next day, on a chair in the garden, under the pear tree. For half an hour I could enjoy that self-made water ice cream without any worries.

Mindfully eating a whole-grain cereal biscuit or eating a mandarin orange can be the same moment of happiness.

Song, learned in elementary school, but soon forgotten:

Joyful, joyful, we adore thee, God of glory, Lord of love; hearts unfold like flowers before thee, opening to the sun above. Melt the clouds of sin and sadness; drive the dark of doubt away. Giver of immortal gladness, fill us with the light of day!

It is the opening song of “Hour of Power” an American church program, also shown on Dutch TV.

Later refreshed and memorized. If I could use some cheerfulness, I often sing it in my mind.

During a long walk in the measure of the steps then it works quite well. If you continue after 15 minutes of singing, the text will automatically come to mind for the next steps.

2 Step to work employment as young adult man

Everyone has to find their own way when it comes to work. I was able to learn quite well myself and with an interest in technology I ended up in middle management technical professions. In general: “The strong should be left with something to reach and the weak should not be ripped off”, Will Derkse also writes about this in the book A rule of life for beginners.

After years on the job market, I finally became a person with problems, a friction case. But it is also just like with car polishes “No gloss without friction”.

In the vast majority of cases, a paid job for psychiatric patients is too ambitious and gives rise to problems.

Stress at work, and situations with imbalance, cannot be prevented 100% with medication.

When things go wrong as employee you should actually sit down with UWV after a first psychosis. UWV should have more unconditional compassion for people with first psychosis and should offer the choice to do voluntary work with a basic income.

To reduce risks for employers/supervisors and myself, a quiet place in society with volunteer work is best. And preferably with compassionate managers, who are experts in this disease. Provided with a basic income, you can also complete outstanding challenges, in free time.

The best thing is when you are directed by someone with loving kindness to the latter choice. While retaining perspective for the future, a roof over your head and a basic income.

Even then it can sometimes be difficult and cause problems. But the risk of major problems is then considerably smaller.

This chapter does not apply to people with a Wajong benefit or people who receive benefits through the Municipality or Homeless Shelter. I do hope that other chapters provide enough encouragement and inspiration to make something beautiful out of life.

What always holds true is: “When our own capabilities fail, we can ask the Lord if He can help us with His mercy and compassion.”

3 First hospitalization and medicine use

During my school years, there were already people who said that I should go to a psychiatrist. But I didn't have that insight myself.

Later after some temp jobs, I couldn't find the sleep and rest anymore. Then I came via my home doctor to the Mental Healthcare GGZ. In hindsight, they treated me there with the utmost love.

I was able to calm down during a crisis with medication, and advice was to keep taking medication. The people around me also want me to take medication. That is often best for most people who may become psychotic.

In addition to taking medicines, it is also very important to discover how you can lead a life as stable as possible.

The average recommended dose of various medicines is usually stated on the package leaflet. The milligrams can be far apart, with different types of antipsychotics, depending on the type of active substance.

It is best to strictly follow medication advice Psychiatrist and Professional GGZ care team, later when you are stable, you can listen to your own heart, and discuss things again.

Sudden reduction or reduction too quickly can subconsciously lead to very serious complaints.

4 Get up after a fall and continue living a good life

In 2002 I had my first Psychosis. In 2008 I really started to strengthen my inner strength with loving compassion and tolerance. That is why I had a very severe psychosis in 2007. Triggered by unpleasant work situations. Then I became afraid that my good merit would run out, and I would become one of the walking dead. It's really worth working on yourself. So far in 20 years I have had four psychoses, the last two, fortunately less intense due to increased inner strength.

According to an ancient Chinese wisdom in Hsing Yun's book "Being Good" Every person is occasionally ravaged by the eight winds of life:

Profit and Loss
Shame and Fame
Praise and Blame
Suffering and Happiness

Sometimes the wind blows from
a different direction

TV Pastor Bayless Conley has a great sermon on overcoming a difficult time. The point is that you have to trust God from the Bible:

T-R-U-S-T

"T" stands for *trust*... which means that if you are going to trust Him, you have to take Him at His word. Even if it seems like it is not true, you take Him at His word. If we will take Him at His word, He will

guide us through the course of life and bring us across the finish line safely.

"R" stands for rest. The Bible tells us to rest in the Lord. 1 Peter 5:7 says, *Casting all your care upon Him, for He cares for you.* Do not worry. Worry is like a rocking chair. It gives you something to do, but you don't get anywhere.

"U" stands for *understanding*. Proverbs 3:5 says, *Trust in the LORD with all your heart, and lean not on your own understanding.* Sometimes things just won't make sense to your understanding.

"S" stands for speech. Our speech is an expression of our faith. In Mark 11, Jesus said, *"Have faith in God." And then the very next thing Jesus said is, "Whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says."* Our faith in God is expressed through our speech.

The final "T" stands for *thanksgiving*. We offer thanks to God in advance. Philippians 4:6 says, *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.* When we offer thanks to God, it is an expression of our faith.

That's T-R-U-S-T!

There are also powerful US versions such as:

T-R-U-S-T.

Tie on to God and enjoy your ride

Rest

Undergarment / Underlayment

Seek help

Tell everybody that God helped you

Spiritual food in mail from www.Bayless-Conley.nl is very helpful and good for ethics. Memorizing good poems and psalms/songs is a good practice that can be very helpful in later times of need.

5 Keeping love for myself and extending that to others.

I've always had a focus on positive things, I've never been really depressed. I usually try to make the best of it. It takes your own effort to stay positive.

In recent work situations I felt that I was being criticized too much due to unfavorable business conditions and I ended up in unfriendly work situations at the expense of love for myself.

Verse 1Jn 4:16 is also beautiful:

And we have known and believed the love that God hath to us. God is love; and he that dwelled in love dwelled in God, and God in him.

A Henry Nouwen sermon can help you to love yourself, for you are God's beloved child. And that is unconditionally true.

The Credo of Hour of Power based on Henry Nouwen's sermon as follows:

*I am not what I do,
I am not what I have,
I am not what people say about me,
I am the beloved of God,
It's who I am,
No one can take it from me,
I don't have to worry,
I don't have to hurry
I can trust my friend Jesus,
And share his love with the world.*

When I'm down and love myself less. Then other people like Bobby Schuller, of the Church Family as Hannah Schuller calls it, should remind me that God always loves me.

Christian Prayer and Buddhist Meditation have similar healing properties. With regular repetition you can get things in your head and finally it becomes your own. Extending love to other people can also be done very well with the meditations mentioned in "How to Expand Love Widening the Circle of Loving Relationships" by the Dalai Lama. Or with the repetition of helpful sentences from the balancing plan in your mind.

6 Rebuilding trust after feelings of suppression

Confidence in something that sometimes leaves by horse, but can then return on foot. Thinking about good things from the past helps with that.

It also sometimes helps to say Psalm 23 about twenty times:

The Lord is my shepherd,
I lack nothing,
He makes me lie down in grassy meadows,
He leads me along calm waters,
He leads me in straight tracks, for his name and will,
He refreshes my soul,
Though I pass through deep valleys of darkness, I fear no evil,
For God is with me,
His staff and his stick make me happy,
In the eyes of the enemy He sets a table for me,
He anoints my head with oil,
My cup overflows abundantly,
Grace and happiness follow me for the rest of my life,
I will dwell in the house of the Lord forever.

Thich Nath Hanh was exiled from his country during the Vietnam War. He has always held compassion and done good things. Beautifully written poems and books.

With the feeling of having lost everything, it sometimes helps to cast spells from Luke and Mark such as:

Rather seek the kingdom of God and his righteousness,
And everything else will be given to you,
Look at the ravens, they sow not and they reap not,
they have no pantry or shed
and yet God feeds them.
How far are you above the birds?
Which of you can add an ell to his length by being concerned?

In the American church program Hour of Power, the above verses are also often brought to the attention.

But of course, first a person must eat and have a safe place, then comes moral development.

That a person in principle does not need much can also be read in the book "Food for the Heart" by Ajahn Chah. This is a Thai mendicant of great wisdom, who tells how the world comes to us, how we personally assume it, and how we can best deal with it.

There is an empty begging cup on the cover. Strict monks used to eat only during the morning until about 12 noon.

Around Good Friday and Easter, it also gives strength to immerse yourself in the Christian 14 Stations of the Cross.

In Buddhism there are also similar stories like. An old Vietnamese poem, brought to your attention by Thich Nhat Hanh from the book Being Peace.

These examples are the pinnacle of tolerance and the preservation of compassion.

Promise me,

Promise me now,

Promise me today,

When the sun is overhead,

Exactly at the zenith

Promise me

Even when they strike you down, with a mountain of hatred and violence, even when they crush you, step on you like a worm, even when they dismember and dis-embowel you,

Remember brother,

Remember,

Man is not our enemy,

The only thing worthy of you is compassion, unbound, unlimited, unconditional, hatred will never let you face this beast in man alone,

One day, when you face this beast in man alone, with your courage intact, your eyes kind, untroubled, out of your smile will bloom a flower,

And those who love you will behold you, across ten thousand worlds of birth and dying.

Going further, alone again, with bend head, knowing that love has become eternal,

Along the long and rough road, the sun and moon continue to shine,

And guiding my way.

7 Tolerance for opponents

Some people warn, a warning is usually well-intentioned. Too much can turn into paralyzing fear.

But you can often learn the most from enemies / opponents / fellow sufferers.

You can learn something from both good news and bad news.

God has an exciting plan for each of us, so trust in God and nothing can stop you. This was also often said at Hour of Power.

With love/compassion you can conquer anything.

An old Buddhist proverb of a Bodhisattva is:

*My mind will find no peace,
as long as I harbor painful thoughts of hate.
I will not find joy and happiness,
unable to sleep and being restless.
Therefore, in every way I should sincerely meditate on patience, and
encourage compassion as much as possible.*

An entire book has been published on this subject entitled the “De Kracht van Geduld” written by the Dalai Lama. That is about tolerance and is an explanation of the sixth chapter of the Bodhisattvacharyavatara of Acharya Shanti deva.

And of course the free translation of Luke 6:31 always applies.

And as ye would that men should do to you, do ye also to them likewise.

8 Give attention to the good things so that it grows and be grateful for it

In difficult times, it helps to write down 5 points every day that you are positive about. If you are well aware of beautiful things, then 3 pages are probably not enough for you.

Doing good things and creating moments of happiness in the here and now, with conscious attention. Then you will feel satisfied at the end of the day.

Love and gratitude are also a good antidote to injustice. Mickie Krause his song helps well:

Thank you for this beautiful morning,
Thank you for this newborn day,
Thank you for letting me cast all my cares on you.

If you give other people sincere compliments, you often get something in return. Or get more of the same kind.

Your own problems sometimes seem unsolvable if you are too busy with yourself. If you help other people when you feel good, solving problems can be a true source of happiness.

9 Don't get uprooted but continue to participate in society

A Bible proverb from Isaiah says:

*Return to the Lord your God,
For He is gracious and loving,
Patient and faithful, and ready to forgive.*

Ideally, join, for example, a Christian church community or a Buddhist Sangha. But going to church or retreat is most likely too big a step.

If it doesn't work right away, there are also Church Families on the internet.

And there are also Zen cast files in .mp3 and .wav format to download from retreats.

A visit is more fun, in a stable situation, with partner, friend and / or children.

Social control is also part of it. It's always nice when people keep an eye on each other.

Keep calm during vulnerable periods. In stable in-between periods one can best serve the society, work on oneself and carefully discover things about the world.

10 Recommended Books & Inspiration resources

SPIRITUAL FOOD / ETHICS IN BOOK FORM

Thich Nhat Hanh: “Peace is every Step”

Thich Nhat Hanh: “The Miracle of Mindfulness”

Thich Nhat Hanh: “No Mud, No Lotus”

Dalai Lama and Jeffrey Hopkins: “The Art of Happiness”

Dalai Lama and Jeffrey Hopkins: “The Art of Happiness at Work”

Dalai Lama: “Vergroot de Liefde”

Ajahn Chah: “Food for the Heart”

Ajahn Chah: “Everything is teaching us”

Will Derkse: “Een Levensregel voor Beginners”

Will Derkse: “Gezegend Leven”

Henry Nouwen: “Wie ben ik”

Henry Nouwen: “Geliefd Henry”

Hsing Yun: “Waarlijk Leven”

Lama Zopa Rinpoche “The Joy of Compassion”

The Bible

Please buy the paper versions or e-books through official channels, so that the support continues for the work of the writers or foundation.
All of Thich Nhat Hanh his books are recommended.

SPIRITUAL FOOD ON THE INTERNET

www.hourofpower.nl

www.bayless-conley.nl

www.plumvillage.org

www.LamaYeshe.com

11 Appendix 1 : Personal balancing plan

In an emergency/crisis situation,
always call a Family Doctor
or Mental Healthcare.

For help in the Netherlands
you can also call to,
or let someone call to

113

If you live in America, call or let someone
call to The National American Lifeline

988

that's free.

PERSONAL BALANCING PLAN

Completely complete plan. The egg of Columbus.
The discovery of recovery and stable compensation in
Dysfunctional Perception Syndrome (DPS), Schizophrenia.

Personal data



Sure name	:	Flapper
First name	:	Eric
Date of Birth	:	29-01-1975
Living situation	:	Living together with Dad and Mom and dog and cat.
Town	:	-
Phone	:	-
E-mail	:	ericflapperbooks@gmail.com
Temporary Crisis	:	January 2002, January 2007, February 2011 and April 2015
Main therapist	:	If necessary / Now end of treatment at Mental Healthcare GGZ but we keep in touch.
Case manager	:	If necessary / Now self-supporting.
Trajectory help	:	If necessary / Now final phase regarding paid work. Continue to lead a good and peaceful life.

Factors

Stressfactors:

Change in day rhythm. Change in work.
Change in living situation. All changes require trust.
Taking exams. Tensions at home. Stress at work.

Protective factors:

Communicate clearly with parents, colleagues etc. Clear day structure.
Varied activities: Work, hobby's, walking with dog, dog brushing and cuddling cat, read books of Dalai Lama / Thich Nhat Hanh or Ajahn Chah, doing chores, social contacts.

Rest, Cleanliness and regularity and live according to the Noble Eightfold path. Being aware of your own emotions and feelings and living in the here and now.

Seeing things from different angles don't just think negative about something also stimulate positive thoughts / apply cognitive therapy.

Watching churchly positivity from programs such as "Hour of Power" on RTL 5. Or slightly more guiding churchly compassionate criticism of "Answers with Bayless-Conley" on RTL5. Or read daily letters of encouragement and advice in the mail from these two programs and the slightly more harshly judgmental Daily Gospel.

Finding the right balance between "living in the here and now" and "evaluating problems".

Helping other people and making them happy, as soon as you have the energy for that, then you automatically become happy yourself. If you are too busy with yourself, problems sometimes seem unsolvable. If you regularly help other people, problems are an opportunity to help each other and therefore a source of happiness.

Medication: Risperidone 2.5 mg at 7:30 in the morning and 2.5 mg at 19:30 in the evening. Ideally, there should be 12 hours between two doses of the same strength.

Phases

Phase 1: A peaceful state

Display of behavior:

Calm, cheerful, social.

Very varied thoughts. I am not disturbed by strange thoughts. Safe/peaceful feeling, trusting people. Mood stable. Positive self-image.

Enjoying my work. I think in solutions not in problems.

Actions:

Sleep well (approx. 9-10 hours per night).

If something wrong happens during contact with colleagues, etc., I ask for clarification.

Make it possible to talk about problems.

Spend time on **WORK** (For a meaningful daytime activity, contact with people, to develop my skills and talents), and of course also negative contacts for training tolerance/patience). **HOBBIES** (Mindful walking and mindful gardening for the healing contact with Mother Nature. Do it yourself for the positive contribution to my family. Reading for spiritual nourishment/inspiration). **SOCIAL CONTACTS** (For cultivating understanding, compassion and loving-kindness). **PERSONAL CARE** (Healthy food and

drink. Cook yourself at least once a week preferably more often. Shower regularly at least twice a week in winter, maybe daily in summer. Put on clean clothes regularly. Go to a hairdresser) etc.
I find relaxation through mindful walking and/or cycling + enjoying the beautiful blue skies. Reading, DIY, contact with family and friends

Phase 2: Begin of teased state

Display of behavior:

I am sleeping worse (about 5 hours a night). I am irritable. It is hard to let go of worries while walking the dog. I start trusting certain people less. I think more about problems than about solutions. I have no pleasure in my work. It is hard, for me, to distinguish main issues from side issues.

Feeling restless / rushed / hunted. My thoughts grind through, I relax less quickly.

Actions:

Most common problems:	Measure to be taken:
A F2 Agitation in the head, feeling rushed / Hunted:	<ol style="list-style-type: none">1. Don't drink too much coffee. In the morning at 10:00 a.m. a maximum of 2 cups, no more.2. Occasionally concentrate on the inhale and exhale and perform a body scan. Mindfully concentrate on the breath and name it with a number, as long as needed repeat from 1 to 10 and then again from 10 to 1. This entirely according to Mindfulness of the breath by Thich Nhat Hanh. Or recite Mantra of Thich Nhat Hanh relatedly: "In, out, deep, slow, calm, ease, smile release, present moment, wonderful moment."3. Walk calm in the present moment. Be aware of the contact of the sole of the foot with the earth at every step.4. Perform work very consciously (in the here and now) and calmly at a slow pace.5. When you are in a hurry and things are a bit disappointing, things quickly seem less positive, so always try to take it easy.6. Try to enjoy being busy, don't aim too much for the end goal.

<p>B F2 Suffering severely from some assumptions / perceptions.</p>	<ol style="list-style-type: none">1. Talk to other people to ask if my thoughts might be wrong. Don't fill in everything negative yourself and opinions can change 100% after a while.2. Don't think too much, but focus on the here and now. Concentrate on breathing.3. Apply cognitive therapy. Do not focus on clumsy thoughts but focus on useful thoughts.4. Be kind to yourself (self-kindness), especially when you suffer, fail or feel yourself fall short.5. Things usually are not 100% wrong. Sometimes with 40% wrong => a 6 is still sufficient.6. If something goes wrong, it can often still be well-intentioned.7. You may not be perfect at this point, but you do have excellent other qualities.8. Look at it from a distance, for example, in a difficult situation, think about what a friend would say to you.9. Recognize that we all experience suffering and imperfections (common humanity). For example, think of other people who make similar mistakes, have flaws, experience setbacks.10. Approach negative emotions in a balanced way. You don't suppress your emotions, but you don't exaggerate them either. Realize that feelings come and go. You are not your feelings, you have them. Now you feel uncomfortable, but after a while you will have completely different feelings.11. The eye sees only what the mind is willing to see.12. The charm of life is that definitive points of view sometimes tend to melt like snow in the sun.13. Read chapter "Guideline for improving perception and communication" of the Book I.C.E.E.<ul style="list-style-type: none">- Recognize that all perceptions are partial and subjective.- Avoid mind reading.
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	<ul style="list-style-type: none"> - Check perceptions with others. - Distinguish between facts and inferences. - Guard against the self-serving bias. - Guard against the fundamental attribution error. - Monitor labels.
<p>C F2 Highly sensitive</p>	<ol style="list-style-type: none"> 1. Temporarily look for a quiet environment and thus temporarily avoid the crowds. 2. Get enough sleep. 3. Don't read too much, watch TV, or use the computer. 4. Eat carrots.
<p>D F2 Suspicious mind / Doubt / Feeling of injustice</p>	<ol style="list-style-type: none"> 1. Recite Mantra: Am I sure, don't take it to seriously, everything is impermanent, none of my Business, compassion is the only thing worthy of you, unbound, unlimited, unconditional. Forbearance / patience is very important, grant someone else the victory. 2. If other people sometimes act mean or unjustly towards you is not important, the most important is your own behavior / actions / intentions. (He who does good meets good). 3. Other people are responsible for their own karma. 4. You may temporarily have to pay for unconscious bad behavior in the past and in a while everything will be fine again. 5. Also try to empathize with the other person's situation to create understanding. Arouse compassion for the other. 6. Try to wake up feelings of confidence, especially with changes. Think about the good/positive things from the past. 7. Don't think about how unjust it is, think about what you can do to lessen the suffering and who can help you with that. So don't list the negative points you don't want, but make it a positive story and name the good you want. 8. Recite the poem brought under attention by Thich Nath Hanh from Being Peace: "Promise me".

<p>E F2 Bad / Negative thoughts:</p>	<ol style="list-style-type: none"> 1. Reflect on the fact that the Buddha was also an ordinary person which has attained enlightenment. 2. Read Dharma talks. 3. Remember that I live in an environment with people with whom I normally live harmoniously. 4. Feed your head with positive thoughts by thinking about good deeds/things I've done recently. 5. Focus yourself on helpful thoughts don't focus on clumsy thoughts. 6. Don't think I'm the only one with problems, all people suffer from time to time and that's human. 7. A bad thought can occur, and is not so bad, embrace it like a mother embraces her crying child, it is more important that your actions/deeds are pure. (Whoever does good meets good).
<p>F F2 Anger:</p>	<ol style="list-style-type: none"> 1. Don't say too much, take distance. If there is too much adrenaline and/or stress hormones in the body, treat the points at A first. 2. Realize what the emotion of anger does to you, and that it is an emotion that does not contribute to happiness. As long as you are busy with thoughts of hatred you will find no peace, will not be able to sleep at night and be restless. So don't let anger grow into hatred, and stimulate compassion. 3. If you are angry with a person, also think about positive qualities of the person. Something or someone is never 100% bad. 4. Don't be mad at person. But possibly reject his action. Usually no ill will / intent is involved, but a situation arises due to circumstances. Just like we should not be angry with vegetables, if it does not grow. 5. Other person may also be ignorant, and with no control over his/her emotions. Perhaps the other his/her hurtful statement is an inadvertent

	<p>expression of his/her stress. Try to generate understanding and compassion for this person.</p> <ol style="list-style-type: none"> 6. Express opinion/criticism according to Goldstein method. (Tell what the other is doing with my feelings/emotions, starting with I in a friendly / caring tone). 7. If possible, take action within a few days to make amends with the person concerned. 8. Meditate on Loving Kindness. For example, recite “May I (of) He be free of inner and outer harm. And as soon as anger has subsided, and it succeeds, then meditate on that person. 9. Stimulate compassion as much as possible. For example, think: “He wants to be happy but is overwhelmed by enormous suffering, may he become happy and all the causes of happiness be present for him. I will help him and do everything to make him happy.” 10. Try to understand the other person’s situation as much as possible. If you understand why someone is acting nasty towards you or angry with you, it is easier to arouse compassion / neighborly love and neutralize the anger. 11. Get busy with loving things. Take good care of the people and animals around me. For example, helping parents, cuddling a cat or brushing a dog.
<p>G F2 Disturbing Theatre piece / acting work. & Disturbing Coffee talk:</p>	<ol style="list-style-type: none"> 1. Recite Mantra: “Am I sure, don’t take it to seriously, everything is impermanent, none of my business, I don’t need to convince people, compassion is the only thing worthy of you, unbound, unlimited, unconditional. 2. Someone’s action / theater piece is usually not hurtful, it is the thought I form on it that sometimes hurts myself. Therefore try to create feelings of compassion. For example, by saying: ” I want him to be free from mental suffering, I want him to be free from physical suffering, I hope that he can take care of himself in a peaceful and happy way.” 3. Not everything is theatre. The chance that random people perform a special / remarkable

	<p>action is greater than the chance of organized theatre.</p> <ol style="list-style-type: none">4. When talking, try to listen compassionately. If negativity becomes too great, then shorten the conversation duration and switch to more positive activities, or try to create a moment of happiness.5. If group conversation within hearing distance is too negative, concentrate intently on breathing with counting from 1 to 10 and from 10 to 1 etc.6. If you don't like theater at all, look the other way, ignore the incident, or walk away. And wake up feeling of love for yourself. That I may be free from mental suffering, that I may be free from physical suffering, that I can take good care of myself in a peaceful and happy way.8. Later on, allow dosed thoughts to arise about the incident and / or conversation, and analyze what lessons can be learned from this. Alternate this with consciously concentrating on the breathing to get thoughts neutral and calm again. If the growing thoughts are too painful, discuss these with therapist / coach / trusted person. Sharing feelings and openness brings the most happiness. If nothing helps, try to forget the incident / conversation, or replace it with better thoughts. Possibly by meditating an opposite prayer line / mantra using the rosary. Oppressing negative thoughts bring bad luck and can be better discussed.
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<p>H _{F2} Voices in my head:</p>	<ol style="list-style-type: none">1. Thoughts regularly sprout in the head. Sometimes there also seem to be spoken thoughts / voices. Loud voluminous voices in the head can sometimes be distinguished from your own thoughts by a buzzing undertone. Soft voices are more difficult to distinguish from one's own thoughts and sometimes seem to arise from one's own consciousness.2. A bad thought can occur, and is not so bad, embrace it like a mother embraces her crying child. It is more important that your actions / deeds are pure. (He who does good meets good).3. Sometimes you think to a voice, I'm being touched by a Muse or God speaks to me. But the health care then recommends a book entitled "We are not God".4. A bad voice should never lead to bad actions/deeds. Patience, tolerance is very important. It's hard to get rid of something that's inside of you. Therefore grant someone else the victory and continue to lead a good life and do good things. You can also distance yourself for a short time by shifting the focus by carefully performing activities that generate some noise, such as vacuuming, mowing the lawn, etc. However, thoughts sometimes give more substance to the voices through a certain sound such as a whistling kettle or the howling of the wind on the roof of the house.5. Sometimes 50% of the voices are good and loving and 50% of the voices are bad and disturbing. If the main part gets disturbing / bad, then it sometimes helps to pray a rosary with positive neutralizing psalms or creeds, etc.6. Occasionally test the reality of something, or put it into perspective to tolerant thoughts.7. If the feeling of reading thoughts becomes too strong, and is experienced as unwanted / annoying, you can concentrate on the breathing and count from 1 to 10 and from 10 to 1 etc.
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	That way the thoughts are reduced and the chickens stay in the coop.
I F2 To keep the sexual energy in balance:	Masturbate 1x per week, more often if necessary, in the bedroom or shower, to empty the scrotum. Not too often, then sperm production is increased. Not too little, then there will be more sexual thoughts because the reservoir of sexual energy becomes full and then you also get nighttime ejaculations. Wash well afterward with water and eventually soap, otherwise you will get a male goat smell and that is not appreciated by fellow human beings. After a longer time of reduction / abstinence, the fire can also temper. Especially after your 40 th birthday. Because if you stop throwing wood on the fire, it will slowly go out. Yet monks often say, that celibacy is perhaps one of the hardest things to sustain. Best is about 2x a week for the prostate, and then you do not sweat it out with the feet at the socks.

Phase 3: Close to crisis

Display of behavior:

I don't fall asleep and keep worrying.

Thoughts keep spinning, very negative.

Don't know any more what's true and who to trust.

Don't dare to look people in the eye anymore because I think they perceive it as aggressive and it makes them scared. Very introverted, I think all day long only about my own personal problems. Relate everything to myself. See connections that are not there.

Actions:

First go through the schedule that follows.

If restlessness / anxiety / tension does not subside within 3 hours after the next medicine intake, call your family doctor during weekdays or the doctor post during night / weekend days.

Possibly B.O.R. (Bed On Prescription) preferably in a quiet peaceful location close to familiar living environment.

Don't do business and / or make decisions. Peace and quiet during the day. Read something about Buddhism. No Oxazepam. This has been very bad in 2007. If necessary sleeping aid (Temazepam 10 or 20 mg) for the night, preferably tablets.

Most common problems:	Measure to be taken:
<p>A F3 Very introverted</p>	<ol style="list-style-type: none"> 1. Be calm and attentive and stay I the here and now. 2. Take time for rest. 3. If necessary schedule one worry moment of a maximum of half an hour. 4. May be I am too busy with myself, take good care of other people and animals. 5. Realize that everyone has sometimes a rough time, and that there are people who have it much worse.
<p>B F3 See connections that aren't there:</p>	<ol style="list-style-type: none"> 1. Think about how an acquaintance/wild stranger would react to your statement / conspiracy theory. If things seem like truth to me and absolutely not to other people, then you shouldn't talk to them about it. 2. Often the actions / statements of other people and / or observations of myself are not dangerous. It's the thoughts I form on it that hurt me. So come up with alternative thought and recite the mantra: "Am I sure, don't take it too seriously and everything is impermanent". Or make positive rhyme of the observation / pronunciation / action. 3. Make sure that you senses are not exposed too much to stimuli, look for a quit environment.

<p>C F3 Involve everything on myself:</p>	<ol style="list-style-type: none"> 1. I'm probably too busy with my own problems. Also look at it from another person's point of view. 2. If a hundred suffering people are on my left and there is one selfish person on my right, which side is more important? 3. If you catch a small part of a conversation you never know what it relates to. 4. Make sure that your senses are not exposed too much to stimuli, seek out a quiet environment.
<p>D F4 It feels like society doesn't trust me because I sometimes have less stable periods.</p>	<ol style="list-style-type: none"> 1. If it doesn't feel peaceful in the city, don't come to the city for shopping etc. for about 2 weeks. Then ask other people for help and/or order groceries online. 2. Building trust starts with yourself. Build it up by taking small steps. For example, a short bicycle ride. Then buy one grocery item at quiet shopping time. Then two errands, etc. Confidence leaves by horse but comes back by foot. 3. Keep in touch with the people around you. 4. Social control is also part of it. 5. Just think, "I am protected with loving kindness", and an all seeing eye of God. Then it doesn't matter if someone knows what your thoughts are, and you are open about it. 6. Recite at least 20x Psalm 23, The Lord is my Shepard using rosary. 7. Recite at least 20x Credo of Hour of Power, using rosary.
<p>E F3 Not sleeping well</p>	<ol style="list-style-type: none"> 1. Go to bed and get up at regular times. 2. Get plenty of physical exercise during the day. 3. Don't nap at evening but only go to sleep when it's time. 4. During the day occasionally stand still / lie down and feel how tired you are. Eventually an afternoon nap of max. 20 minutes. 5. Dim the light a bit in the evening 6. Do not drink caffeinated drinks in the evening.

	<ol style="list-style-type: none"> 7. Sleep with earplugs in your ears. 8. After a week of poor sleep, if necessary, Temazepam 20 or 10 mg per night (take between 21:00 and 3:00), preferably tablets instead of capsules. Take a maximum of 4 weeks of sleeping medicine including reduction period.
<p>F F3 Persistent negative thoughts, and negative assumptions.</p>	<ol style="list-style-type: none"> 1. Opinions can change 100% after a while. 2. Turbulent / cloudy thoughts can become calm / clear. Solutions need time to crystallize by quietly and attentively performing small tasks for a while and not consciously thinking about them. 3. With a troubled mind, the probability of thinking the truth is a falsehood and a falsehood is the truth is greater, so calm down for the right understanding. 4. It's not about never falling (going through setbacks), it's about getting back up after a fall (going on to live a good life). 5. Remember the story of the 2 different men who got bad news. (How different people deal with bad news). 6. Think of the story of the man and his prodigal son. (That you are less open to new ideas if you suffer from a negative persistent thought). 7. Remember the story of the man in the rowboat on the river. (That the assumption of something can be different from reality and that sometimes something arises from unintended circumstances). 8. Remember the story of the wild horse that came to the farm. (That situations can change day by day from positive to negative to positive to negative etc.). 9. Think of the movie "The Hell of 63" (It's about perseverance). 10. Think of the movie "Michiel de Ruiter" (Is about an impossible assignment / mission).

	<ol style="list-style-type: none">11. If you can't change something, there's no point in worrying about it. If you can change something, there's also no point in worrying about it.12. Take it easy, don't want to go too fast. Eventually, after a setback, people normally return to their natural / innate level of happiness.13. Every day, at the end of the day, write down a few positive experiences from that day.14. Play another record. Change the peg. Think about something else. Recite a good mantra, or listen to Slow Down by Douwe Bob, a good song by George Baker, or instrumental surf music.15. Walk in the beat of revival songs such as, "Joyful, joyful, we adore thee, God of glory, Lord of love". So that the mind is aroused and medicines in blood are well distributed over receptors in the brain. That way the psychological and biochemical balance is restored.16. As soon as I feel like I will lose everything: Recite the verse of Luke 12 : 22-31 about seeking the kingdom of God and everything else will be given to you, even the raven in the field find their food. And read Ajahn Chah's book titled "Food for the Heart". Ajahn Chah is a begging monk from Thailand, who has become very happy and old. If you have a good heart, you don't need much. And with wisdom you can achieve a lot.
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<p>G F3 Panic</p>	<ol style="list-style-type: none"> 1. Alternate breathing meditation with analyzing meditation. 2. Take rest, a turbulent / cloudy mind becomes clear again after a time of settling in.
<p>H F3 Despair / Feelings of I don't want anymore.</p>	<p style="text-align: center;">BEFORE THESE FEELINGS COME, TRY TO MAKE ALREADY A CONTACT WITH CARE PROVIDERS.</p> <ol style="list-style-type: none"> 1. Everyone has their own way of coping with extreme suffering. Don't wait too long to ask for help. If have this balancing plan good in your head, you will not get to point G and point H of the "Close to crisis" phase. 15 years ago in 2007 I was last sitting on this point. 2. If people ask you in advance about suicide, tell them that it is better to ask: "Do you still love yourself and do you still think life is worth living?" 3. Keep realizing that feelings are temporary. You are not your feelings but you have them temporarily. Now you feel this way, in a while it could be very different again 4. Realize, "You are God's beloved child, and that is absolutely true." You are not what you do, you are not what you have, you are God's beloved child. 5. God has a scary plan for you. Trust in God and good things will happen again. 6. No Mud, No Lotus written by Thich Nhat Hanh is also a very good book. It's about if there persists no suffering, there's no happiness either. This book discusses how one can compost / convert suffering into happiness.

12 Afterword:

In retrospect, I can say how troubleshooting should actually go. Forty years ago, my problems actually started with a family secret about inheritance tax.

During my development into an adult young man, I felt clamped by authorities. While I had a fairly generally accepted plan of Work, Housing and Wife. As they sometimes say.

But it is also like a pearl. If you put something irritating in an oyster, it usually results in something very beautiful. This is due to a growth process because of natural defense reactions

During my work, I did fantastic trouble-shooting through improvement measures and for some people unbelievable calculations made with homemad Excel Spread Sheets and Access Databases. This was for substantiating and solving business arithmetic issues. You can even turn soot into diamonds under extreme pressure.

I could not build a reation and Marry a woman yet, I am less active socially, but through damage and shame in life I have collected wisdom and worked on personal spiritual development.

12.1 Reduce damage from jamming:

12.1.1 Preventing damage in the employment relationship:

There is an old employer who credited me with fame in the beginning because of my excellent education. But after a while he realized that I might have serious psychological problems.

One of the company mottos was that every person should have a chance to participate. And almost everything was pulled out for that. But afterwards they still regret that they hired me, partly due to major economic consequences.

This company later adjusted its personnel policy and supports the advice to UWV to guide people with a first psychosis with more compassion.

It is best to advice and offer this group of people to do voluntary work with benefits. A benefit at Wajong level seems to me to be the minimum acceptable. Then, if work fails, one can take care of oneself with security of existence, in a quiet and peaceful way. And create their own activities with satisfaction.

You can reduce the risk of economic damage by shortening the duration of the crash, by working quickly on a solution. And reduce the effect of the work done by people with a first psychosis by giving them relatively simple and rough work. And reduce exposure by offering part-time work.

12.1.2 Prevent damage in confidence:

Sometimes suspicious people are questioned by society. There is nothing wrong with that, as long as no people are irreparably damaged.

I myself have felt intensively tested for 20 years. I have lost confidence in mental health care, UWV and actually the entire Dutch society at certain periods to a greater and lesser extent.

Confidence sometimes leaves by horse, but usually returns by foot.

You can reduce the risk of damage in confidence by making the right choice of who should speak/test. Because if a relationship becomes super cooled temporarily or for a long time, you may lose each other. It is also important how something is said. My experience is that I listen best to supportive people with mutual understanding, who make something clear to me with compassion.

And when one says something is also important, because the message does not come across when one is overwhelmed by problems or during great happiness.

12.2 Creating a win-win situation with openness:

Breaking through a stuck situation between schizophrenic and institutions such as GGZ, UWV and society is only possible with openness, mutual understanding and trust, plus a promising opportunity to start living a good life again. Ideally, each party benefits from transforming to a situation with fewer problems.

12.2.1 Maybe justifiably clamped:

Freedom without oppression is the best thing there is. Sometimes a person has to pay for bad actions from the past and everything is good again. Now have to pay with people around me who can help me is better than being born in the next life as a hell being. Every day a person gets a new chance, even Apostle Paul has become a highly appreciated follower and student of Jesus after a life of murders.

12.2.2 Lose everything, and maybe end up in jail:

With stubborn negative thoughts, that I will lose everything, the balancing plan at 3, F, 16 really helps. And if I get into jail, I can also meditate on breathing, because the air in the cell is just as good as the air outside.

End when I chew on a bite of bread with a sip of milk for a whole morning, I can have a feeling of eating the most appreciated meal from my life.

I have already come to the insight, but with meditation physical exercises and Buddhist books I can also spend my time there useful.

12.2.3 Personally, unjustifiably clamped:

I felt I was clamped unjustifiably and I could not confess anything as they advised me. In my eyes I had nothing to confess but I could not convince the GGZ etc. of my innocence.

Mutual understanding arises best if all parties are agile in mind and are not too stubborn or indifferent.

At the age of 47 I was finally helped out of the ring of fire by wise impartial people who investigated my situation extensively. All parties

were interviewed and everything was as good as possible tested for the truth.

12.2.4 Openness gives profit:

In the Netherlands it is true that, with openness, a profit arises for really everyone. Sometimes people have to go through a sour period, but after that actually always comes sweets again.

There are people who say: a schizophrenic should never win. The Win Win situation can be explained to such people as mutual forgiveness, with reunification to a harmonious relationship. The nobody has to lose with regard to society.

To pick up the thread again, a not too melancholic state must be created. One must be light and flexible in mind. And trust, after strong feelings of injustice, must grow again.

12.3 State of enlightenment achieved with peace agreement:

Schizophrenics, myself included, are often seen as the bitten dog, who need a finger on the pulse and structure.

Yet we, the authorities and I, want a Solid, Fresh and Free relationship. That is why we make a peace agreement between the GGZ and myself. We hereby declare that we:

- Building understanding for each other, by compassionately listen to each other.
- Supporting each other, by being there for each other on the asked moments.
gewenste momenten.
- We give each other freedom, but start a relationship. I myself am going to help with the Mind-Up landscaping daytime activities entirely on a complete voluntary basis. Due to sensitivity for a clamped feeling. But also to water the seeds of joy and happiness at each other.
- Communicate openly and honestly with each other. To confess monthly and also to make wishes known.
- Be kind and compassionate to each other. Both in speech and in good intentions.
- Mutual emphasis on the good things and give only highly necessary criticism according to Goldstein method. And learn to receive criticism well and respond friendly to it.
- To discuss anger with the aim of making amends within mutual acceptable time. And if that is difficult then each one has to work individually on calmness and insight and after that ask for help from professional patients trustperson.

This becomes the basis for a further life, freed from painful clamping by authorities. So finally reached a state of enlightenment. Yet it remains so, as often written in Buddhist books:

*Before the enlightenment, chop wood and get water from the source.
And after enlightenment chop wood and get water from the source.*

13 Building society:

The aim of this project is to provide all schizophrenic homeless people in the Netherlands with a paper version of this self-help booklet. Depending on the size of the support given, we aim to help as many people as possible.

I would like to make every person in need who does want to read a book happy. So who wants to make the printing of approximately 100,000 booklets possible?

If the project remains small, I will send boxes of booklets to all known homeless shelters. Starting as Zienn / Wender in Sneek. If there is a lot of interest / request and support, there are always people and organizations that want to help with the distribution.

Anyone who wants to support this project and donate a voluntary contribution can do so on the fund account:

SNS Bank NL 27 SNSB 8839 1685 16

Founded by E.B. Flapper. I myself do it on a voluntary basis, all honor, merits and benefits are for God, the Buddha, and the people and organizations and companies who have given guidance and support.

An excess of money goes to:

Homeless shelter locations in the Netherlands – Salvation Army etc.

Preferably for the benefit of one person bedroom projects. For the homeless who need peace and quiet when faced with overwhelming problems. So they can let turbulent thoughts sink in to regain inner peace for a life in harmony instead of a life in confusion.

Compassion is the only thing worthy of you,
unbound, unlimited, unconditional.

14 Metta Letter to Plum Village

Dear Plum Village Monks and Nuns,
www.plumvillage.org

2022-06-28

Some of you asked me the question how my connection with Plum Village is born.

During some set-backs in my life, I began to read some biographies of inspiring people. After reading the biography of the Dalai Lama, I became interested in Buddhism. On internet I found some books of Thich Nhat Hanh. And even on Pirate Bay were some PDF's of very good books.

The books helped me enormously. I recognized the mental difficulties in the self-help books and could understand the solutions. After that I donated out of gratitude a gift. And I bought maybe 10 paper version Thich Nhat Hanh books.

Because of mental difficulties, I had problems finding a good Job. Even government work agencies placed me at several company's knowing that I am vulnerable to become a schizophrenic. They used the possibility for my kind of people to become regarded as unaccountable for factory production damage with a psychological sentence by benefit of the society. Therefore they placed me at Jobs with high risk at factories with existing problems. This sentence makes it possible for the government to easily help repairing the damage. With this procedure a win win situation can be established.

With the aid of Buddhism I could transform the personal mental problems into happiness again. Books like No Mud No Lotus really work. Because of damage at the factory's with sometimes already existing problems, some people really hated me but I did also some splendid trouble shooting and for some people unbelievable calculation work. Poems noted in Being Peace took care that I could stay relative peaceful. Other books make me ready in accepting the situation and forgive all the people, so that I hope we can reconcile.

During all the struggle, I made a signalation plan for myself. I worked 20 years on six A4 papers. And now there are people who really appreciate that.

For me the connection with Plum Village stays virtual, because that suits me the most. I keep reading Thach Nhat Hanh his books like a cow chews his food several times again and again. In my village I try to help some problem / friction people, just like polishing a car: "Without friction no gloss". And after the problems with ex employers are over, I will start to pick up again the volunteers work with psychiatric people. This do it yourself gardening teamwork, of the government healthcare, I did for one year.

They will keep my stories secret, but with secrets my life feels very restricted. Therefore I share my happy news, about that Plum Village Foundation saved my life with you. This in confidence that you are not placing this letter on internet or publish on paper. I send Plum Village this letter, because I have to follow my passion and not my fear.

Now I am writing a small self-help book about being a happy psychiatric patient in the middle of society guarded by loving kindness. The Dutch version is accomplished. I will translate this 50 page book, in English. A very big team helped me with everything, and even Thich Nhat Hanh his life continues in this self-help book. Maybe one of the English Nuns or Monks can proof read it when it is ready over approximately two years. It can be a joy and recognition of the same kind of mental help work Plum Village is doing. Maybe the final result of the team work, can be used to help schizophrenic psychiatric patients all over the world. It is a nice day-time practice and kind of therapy for me. Enjoying the way to reach the goal is more important than the end result. All the credits for the Book have to go to God, the Buddha, people, organizations and companies who gave, advise, teaching and support.



I am still happy, thank you for all the help, so-far already, from all the monks and nuns.

Maybe I don't need very much help, the contact with Plum Village gives me already energy and joy.

With Metta,

Eric Flapper

15 Tribute to loving care workers

To: GGZ Location [REDACTED]
Attn. Chief Executive Officer GGZ

Concern: Tribute to loving care workers

[REDACTED] 2022-10-22

Dear loving care employees,

Through understanding, attention and support I feel loved by you. I am very satisfied with my compassionate supervisor, who is also good and friendly. Even when I am sometimes frustrated by the drug-boosting procedures in particular.

My understanding psychiatric doctor gives me a sense of right to exist, takes into account my limitations but also pays attention to and trusts in my good qualities. The loving female voice regularly speaks encouragingly to me and can make my happiness and joy feeling germinate. The legal staff sometimes speak to me with good advice with which they try to protect me from missteps. But of course I also remain responsible for living my life well.

Sometimes interaction is necessary and nowadays it is supernatural. In case of ignorance about the right way of life path, this is helpful. But after gaining disease insight, knowledge of morally responsible living, and the completion of legal proceedings, the intensity of care can be brought back somewhat. Two direction interaction during office hours is fine. During night hours, a listening ear with one-way traffic might still feel acceptable, if only suspicious behavior is intervened.

As a patient myself, I am aware that a good life with a clear conscience makes happy and successful life possible. For employees, it is also important that the conscience of the care institution is clear, so that they can stand behind all procedures to be carried out.

Nocturnal voice burden is often considered an unjust procedure, both by the patient and the care provider with the closest contact. A patient can lose confidence in the care system and go through the ribbon due to such extreme strain. An employee with close contact may feel unsafe because she knows that the blood under the nails is removed from the patient. And for a responsible remote employee, in fact, not necessary concerns are created about the consequences for the client and for society.

The aforementioned care workers deserve credit for what they do for me. A few have been looking after me for a long time and probably also had the wish that I would be fine. Some of them have been involved with me for a shorter period, but we have all had an intensive period. Everyone now wants to build up some good and less unnecessary stress from initiating inhumane procedures where nightly voting load can have fatal consequences if the wrong people speak to me in my impotence evil. I now understand why schizophrenics with nightly voice burdens are unaccountable. It is estimated that 9% of the Dutch sometimes suffer from the burden of voices. Possibly partly caused by an implant, in the form of a type of nail / needle in the brain, received at early birth in the hospital or in later life which was inserted under anesthesia.

It would be nice if everyone expressed what they wanted. I myself have written "Building a personal dream" in my self-help booklet. Some mutual commitment in the form of kind of peace behavior as described in self-help booklet could be a nice basis for a Solid, Fresh and Free relationship.

Solid by being supportive of each other at the desired moments and also trying to stay stable. Fresh by advised medication plus room for relaxation and good personal hygiene. And Free by giving each other also moments of silence / rest and choice options for own life path.

I understand that management sometimes worries maybe about me, and schizophrenics in general. The propagation of "The Gate to True Life" must continue quietly. And the schizophrenics need to be provided with knowledge about tolerance. Then everyone gets fewer worries. All honor and merit are for God, Buddha, and the people, organizations, and businesses that support.

So after interpreting my life in a certain way as a beautiful mess, God now also has a good plan for all of us. My best time is yet to come, and for all parties involved, the best time is yet to come. I trust in God, my family, friends and best loving care worker and the self-help booklet and therefore everything I do goes well. So "GGZ" trust in God and his righteousness and nothing stands in the way of success and tribute.

Sincerely,

Eric Flapper - [REDACTED] - [REDACTED] - [REDACTED] - [REDACTED]

16 Metta Letter to Dear Woman Voice

To: My Dear Woman Voice
In my Head

Subject: Confirmation of loving appreciation

[REDACTED] : 2022-10-29

My Dear Woman Voice,

Hereby I want to warm your heart with some embracing and soothing sweet words. Partly because of you, everything is now running smoothly. In April this year, you pulled me out of the mud. I was stuck in deep traces of un-peacefulness at work. Because of your support in the defense against various in my opinion unjustified accusations, you have gotten me going again.

You can inspire me to beautiful work results. I now understand why Rembrandt made fantastic paintings with his Muse. Rembrandt was also sometimes unhappy, fortunately you sometimes recognize that with me also. If you then use kind words, my slumped feeling of happiness will come up again.

We can also sometimes talk very seriously, about deep relationship questions. Going through the booklet 201 Relation Questions with me has taught me a lot about a relationship with a woman. You are an intelligent, understanding, enormously supportive and loving woman. It sometimes seems like true love, even if it is in my mind. It still feels very close. With you we are going full courage forward again, I myself am also making huge steps. I hope that you can also maintain that. Your pitfall seems, too much enthusiasm, I will try to keep your feet on the ground, and ask how your emotions are doing.

We also laughed a lot, exaggerating certain things makes the situation lighter. Grandstanding is not recommended in the Bible, but with a little attention to leaving each other in the value, it is quite nice.

Because I have benefited a lot from you, I would miss you if you were no longer there. But in itself it is of course very beautiful that our life paths have partly passed by each other. These beautiful memories will always stay with me. If the situation changes, which I do not hope for, we both need to remain stable. That is why I would like a Solid Fresh and Free relationship with you.

Solid: To be rock solid for each other, solid with two. But also to remain individually stable. Fresh: Keep a fresh look at each other, also through loose relaxation and a wide view of our lighthouse in the middle of the 8 winds. With a fresh wind made possible by Schwartzkopf Repair and Care Coconut Shower Cream, I sometimes get hints of huge coconuts in the air from the backwind blowing from the back of my head into my nose.

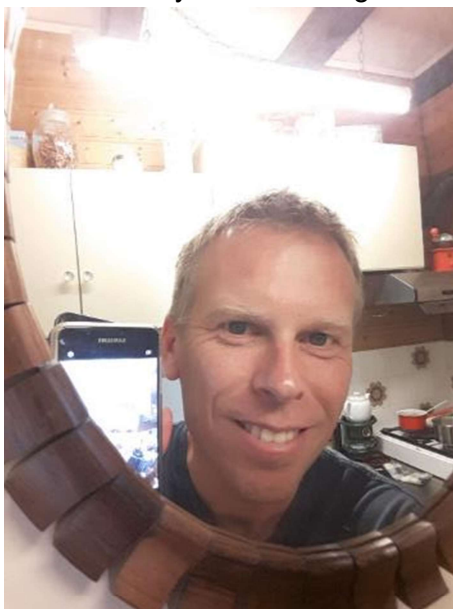
So I try to be fresh in body and mind for you. Free: It might be very important to give me some freedom in my personal thoughts. And to let me talk undisturbed with other people. Not every question is aimed at you, and sometimes I ask even questions to myself.

You sometimes recover me, but with rest everything usually heals. So sit back and relax when you like to do so, my dear because now it is indeed running smoothly again. Would you like me to be your superman? In my mind it is very nice more than 50% of the time, when I am with you and all the other people.

With Metta : Eric Flapper – [REDACTED] – [REDACTED] - [REDACTED]



Thank you for reading:



With Metta,
Eric Flapper and Supportive Team

A very **compassionate** and relatively **light** general self-help booklet.

Every page composed with **attention**, **kindness** and **loving** care.

Created in good harmony with a lot of people.

Personal experiences and life lessons. About reality and assumptions / perceptions. Sometimes maybe with connections that are not really there.

64 Pages short and concisely written.

Including importance of medication in consultation with care team and balancing plan.

Something that everyone can identify with and get support from.

Inspired by Buddhist books in particular
Thich Nhat Hanh, Ajahn Chah and the Dalai Lama
and also Christian programs such as Hour of Power and books on
Benedict's precepts.

This book should become a lifeline for psychiatric patients. And plow the ground so that good seeds can germinate until beautiful flowers.

This book becomes a Gate to Truthful Life.

Writing this book has a good therapeutic effect on me. I myself do it on a voluntary basis, all honor, merits and benefits are for God, the Buddha, and the people and organizations and companies who have given guidance and support.

If it becomes something useful, it can be published. Everyone has agreed to write. Possibly publish it when the right time has come.

*Life is sometimes a struggle,
so be well prepared.*

*Compassion is the only thing worthy of you,
unbound, unlimited, unconditional.*