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Paper Version

E-BOOK – Gate to truthful life – PART 2 – V2 - 2023-06-16

For Adults

A loving and understanding (Feeks) woman in my (Schizo) mind

Personal biographical story supplemented by Christian and Buddhist ethics.

Tuning plan for stable and happy (voice) relationship.
As long as the therapy continues.

Dictation of an amateur psychologist

Directions for the Feeks and good thought basis for the Schizo
As a foundation for a happy relationship.



Follow-up of "Happy and balanced, being a psychiatric patient."
Resulting in a comprehensive VOICE RELATION TUNING PLAN in appendix.

Written en composed by:
Eric Flapper

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Connection
Newsletters

13 BLZ. RELATION
TUNING

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Personal biographical story supplemented by
Christian and Buddhist ethics.

Tuning plan for stable and
happy (voice) relationship.

Eric Flapper

(Holy Trinity)

- 1) E.F. Self-help book: Bringing awareness and inspiration.
- 2) GGZ Friesland : Support in the broadest sense of the word.
- 3) Mind Up : Day activities and reintegration into society.



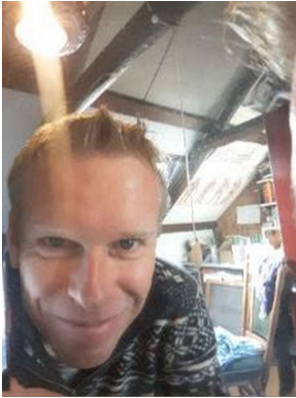
(Responsible cart puller is Eric Flapper however all glory, credits and merits are for God, The Buddha, all people and organizations, companies who support)

Day activity work by Benedictine working method.
Work alternated with prayer, study and rest.
Small editions assembled with great care, love and attention.

Translation of Dutch Version 2023-03-31

This document may only be rewritten by Eric Flapper.
Word file contains some loose text blocks that may shift with anchors.
With minor text or layout changes, this can cause disruptions.
With "Microsoft Print to PDF" this has been checked in its entirety.
This document is safe to print.

2023-06-16



The goal of this voice relationship is Happiness.

Happiness for myself and Happiness for Dear Women Voice.

We are happy when we are both internally and externally balanced, living in harmony with our environment / community.

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I **Thanksgiving & Dedicated to**

Thanks to all the women in my life for warmth and gentle affection and lessons in love. And feedback, expressing opinions, after I could think about it, also helped me well for attaining happiness and harmony.

Thanks to all men for sharing experiences about love and giving good examples as inspiration.

Thanks to all the people for their useful lives. Even if that is sometimes a mess. From that often come the most instructive lessons.

So really thanks everyone.

I would like to dedicate this work to, all psychiatric patients, with relationship desire and further anyone who does want to read something.

II Introduction:

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

The purpose of this second booklet is to give psychiatric patients who have become happy the inspiration for establishing a loving and harmonious relationship with a life partner of their own choice.

Or when fellow sufferers hear voices, like I do, then deal with it in a good way so that it can become an enjoyable and pleasant support and companion.

Thich Nhat Hanh compares persons to water, saying that together we can flow like a river to the ocean of wisdom. And that a single drop of water does not reach this ocean but will soon evaporate.

I hope that after reading the first and this second self-help booklet, each person knows how to create good conditions and consequences for the creation of a Solid, Fresh and Free relationship. Which in turn can be a rock solid foundation for the sometimes challenging life.

II.2 Necessary theory for Happiness in relation with Voice:

II.2.1 *Happiness:*

The definition of a happy relationship can be summed up in one sentence.

Both partners, inner and outer in balance, and in harmony with the environment / community.

11.2.2 The Noble 8-Fold Path for Voice Relationships:

The noble 8-fold path was discussed in Part I "Happiness and Balance as a Psychiatric Patient." For a relationship, for these 8 points, some aspects can also be mentioned, which are important.

1 Right View:

Precisely insight is helpful in relationship because then you know what it takes to get inner and outer balance. And that you recognize that harmony with the environment is also essential for happiness. Correct insight can be obtained with the two self-help booklets "Happy and Balanced as a Psychiatric Patient" and "Loving and Understanding (Feeks) Woman in my (Schizo) Mind."

2 Right Speech:

Correct speech is conducive to mood in relationship. Kind words create a mutually pleasant feeling. Letting your heart out is also necessary from time to time, when afterwards a sorry comes with "Sorry darling I had to let my heart out" and then you have to show commitment to support each other again, for example by making delicious magic soup, or tidying up a common room.

3 Right Intention:

If the intention in relationship is to support each other and give love, you will be fine. With a lot of external negativity, this is more difficult if you cannot close the windows and doors for yourself through which these stimuli enter.

4 Right Effort:

Strive to obtain peace, cleanliness and regularity. But also generate joy and love in each other. So to keep a relationship good, you really have to put in the effort. Keep the loving-kindness-spirit alive.

5 *Right Concentration:*

Be with your mind on the right things. When talking to your wife, focus on her as a complete human being, but occasionally focusing on the here and now is also recommended. Be aware that focusing on past, focusing on present, or focusing on future brings associated feelings. If something feels uncomfortable, sometimes it can be remedied, by shifting your concentration.

6 *Right Mindfulness:*

Pay attention to the beautiful things in a relationship, when you, are aware of the benefits, you feel comfortable. Every day write 3 positive points of the day in your diary. Everything that gets attention, that grows.

7 *Right Action:*

What the right action is that depends on the moment. If you make sure the present goes well, then it is benefiting for a happy future. Actions by people, animals and helping each other bring more happiness than actions for getting personal pleasure.

8 *Right Livelihood:*

Right livelihood is to do that, which makes you and your partner happy, and which preferably benefits society. Money should be on second place.

1 Relationship wish since my childhood

During my childhood, I didn't really socialize with older cousins which were starting families and having children. And girls I certainly found interesting, but I still couldn't talk to them very well. Empathizing with a girl's feelings and thoughts was not my strong point. Most of them at the time I would like to give a kiss, so with the congratulatory kisses at birthdays I experienced beautiful moments. The concept of love and what it takes to make that happen, I did not yet understand very well. Also the difference between love and lust was not quite clear to me at that time.

I did daydream now and then, but I did not have a good idea of what a relationship would look like in my later life. Something to work toward, I didn't really have that yet.

2 Going out as a young lad

In high school I started going out with a group of friends. The first was dance class at Vergonet's in Sneek. With some girls there, I could really swing fantastic turns, during the Quick-Step. I usually wore a purple shirt, but I hadn't read the sayings and high-songs from the Bible back then. If some girls at that time, out of Christian curiosity present in them, asked a test question, I didn't really have a good answer. I was good at science subjects like, math, physics and chemistry but socially I was not very handy.

During school parties, if there was a lack of seats, sometimes a girlfriend would sit on my lap, but usually I was a wall flower type boy.

During a school bus trip to the Rijks Museum in Amsterdam, a cute girlfriend tried to sleep with her head on my lap. That special day, I had chosen my jeans with the best fit and not the clean ones out of the wash. I realized too late that hygiene is very important and that certain odors can be game breakers. She really tried to sleep and together we did the puzzle tour of the museum, it turned out to be a beautiful day after all. A day that it is still nice to remember.

3 Interaction with first girlfriends

During my youth, I was one of the smaller boys of my age group, while my eye often fell on the bigger girls. A German teacher had noticed this too, and had named our HAVO class as his experimental class. He sometimes said that we were a special class and mentioned, as one of the reasons, that the smallest boy in this class socialized with the biggest. Upon further education, contact was unfortunately lost again.

Without realizing it, I was appreciated by the girls at high school. During a trip to Prague during 3 or 4 HAVO, a nice girl suffered from lower back pain and I tried to massage it on the carpet in front of 10 fellow students in the bedroom of our residence. I sat on top of her ass so that I could reach her lower back with my two hands. I myself enjoyed it and got warm etc. and I think she liked it too. When the massage was supposed to be good as far as I was concerned, she said, I will stay for a while, presumably she needed to cool down from the event. When she got up 5 - 10 minutes later and sat down among the other fellow students, now without back pain and cheerful, she said "Eric, you have to make choices." To which I said something like, "maybe I'm not ready for that". The next day she took a picture with SLR camera of us as a group in the room of the residence. I myself had

a bottle of water in my hand and just had a drink. To which she said something like "Eric has the love potion in his hand, and he has the most Pheromones, (and I think she also said) or he will become a psychiatric patient later". She did not become my fiancée, but she later became daughter of a Cabinet Minister, and to my knowledge she is now a happily married mother with a couple of children.

Smaller type of girls who listened to, the Belgian singer Clouseau and smaller type of girls who were on field hockey, I later found interesting too but even in that I never followed through with the action of dating.

At HTS I once had a very nice fellow student who told me that I gave her tight nipples and a warm underbelly, but she didn't want to take it any further, because she had heard through rumors that I was assessed as a possible future psychiatric patient.

In groups we often went out drinking beer as students on Friday afternoons in the inner city of Leeuwarden. On Saturday evenings I usually drank a beer with my friends, which one by one actually made good steps towards a relationship with a life partner.

4 Falling down and getting up again and continuing to live a good life

Being still a lad at 21, I had decided to go ahead and visit the willing females in Amsterdam. Once there, I chose the most enthusiastically gesticulating and beckoning friendly woman. She was noticeably excited by my arrival in her sex room. Perhaps she was on narcotics, I don't know, in any case she had an enthusiastic, bright and compassionate attentiveness to my behavior, stature, and inexperience. When I finally had my first intercourse with a woman,

she asked, "do you feel how hot I am?" and indeed, being 38°C myself, internally it did feel like hot water of maybe 45°C. We had another nice chat, and I had told her I didn't have a girlfriend, so maybe she was hoping for a regular customer as she escorted me back out through the hallway, with her hands on my shoulders, and said to her colleagues "This is my man". All in all, it was a very nice experience that, without becoming addicted to sexual interaction, made me feel very good.

That same summer we went with comrades to France for about 3 weeks of sun/beach/city trip and mountain camping vacation. At camping Mar Estang on the Mediterranean Sea I met two nice young women (Zeeuwse Meiden from the Netherlands). Because I had more self-confidence now, I could more easily chat and even put a hand on shoulder. On a certain night there was even a foam party in the disco of the campsite and I asked if these Zeeland girls wanted to join me to party. With the Zeeland who was a nurse in daily life I was soon standing hand in hand enjoying the party. The same week we also went to a party on the beach, and bathed at night in the Mediterranean sea. Upon returning to the campsite, to take a shower, she grabbed condoms saying, we will, probably need them. This I loved, because she, certainly attracted my lust feelings. That night we kissed for a long time, she could kiss wonderfully, and lay against each other, with finally an intimate contact where she took the position like women do when they are trying to get big chances of pregnancy. The missionary position with her knees pulled up. Afterwards I threw the condom in the trash can, washed for a while and with the words, "I believe I love you, you are sweet" I lay back down next to her to sleep. The night was actually too short for good rest, so we relaxed on the beach the next day. She was further ahead in life than I was, in my opinion, she had a steady job etc. I myself was a recent graduate, job

seeker, and living with my parents, which made me somewhat insecure, because of that, maybe I was not a good conversation partner. The following day my comrades/travel companions wanted to return home and unfortunately I did not exchange addresses with her. On the trip home, I suffered a hay fever dip and was quite down due to lack of sleep. In the year that followed, I still thought about the Zeeland Females often and saw it as a big missed opportunity for a more long-term relationship. But that's how life goes sometimes. Nowadays, when I play surf music with lyrics like Two Girls for Every Boy and We all, we all live for the Sun etc. I often think fondly of the beach vacations and the two nice and sweet Zeeland Girls.

After this vacation, I did my best 100% to obtain permanent employment, and eventually was able to get a job in Dokkum, as a product developer at a contract filler of cosmetic, household and technical products in aerosols and liquid packaging. I rented a room there as a 23 year old young man, within cycling distance of work, where I was almost always back with my parents in Jutrijp on weekends.

In Dokkum I played badminton and trained for fitness, but I felt a lack of love there because of my somewhat Einzelgänger-like attitude, and as a result I was not comfortable in my own skin. Also during vacations with friends my thoughts were sometimes too much at my work, and it became more of an obstacle for contact with new girlfriends, than that it worked as an advantage.

Two sisters of friends did show some interest in me. One of them tested me once with a story about love between two women and that I could be among them. And the other one once said, Eric look around you. And later she said, if you never get into a relationship with a woman, you might end up at the homeless shelter, an acquaintance of

her worked there who helps homeless people get back on their feet. But I didn't see myself as a good addition to the lives of these young women due to social problems and difficult working relationship. Because of that negative thought for myself, I more or less let the chance of a strong woman next to me in life slip away.

As a 24-year-old, I went to the willing females just one more time, but in Groningen. I walked down the street of windows there and finally entered the room of an around 25 - 30 year old woman with the most attractive body. We did it doggy style. While we were doing it I thought, finally he's really in it now. And I gave her a kiss on her shoulder. After the deed she washed herself briefly, while I observed her from the bed with interest. And I said "I like to look at you, you are a beautiful women. To which she said "You're welcome again" and that gave me a good feeling, which this time was mixed with pity for situation of prostitute, because she clearly did not enjoy her work as much as the first female of the red-light area I visited.

When Marianne Vaatstra was abused and murdered in Region North-East Friesland I lacked a good local reputation in good standing and trust with local colleagues etc. This created tensions in region, and in myself as well because the crime was not solved quickly.

Social stress lead me to even more withdrawn behavior, which eventually made me psychologically ill. So I moved back to live with my parents, away from the less successful adventure in Dokkum.

Unfortunately, friends and several other people were putting met to the test with a quite hard time, so in 2002 I applied to the mental health system for admission and support. I could not get rid of the bad name, and in many places I was put under pressure to confess, but I

had nothing to confess. I lost a lot of friends and in the meantime I felt that I was put under pressure by a UWV Company.

I sought refuge in creating business software such as Excel Spread Sheets and MS-Access Databases. Everyone was very impressed with them. But because people wanted to put pressure on me from a crime and crime-fighting point of view, there was never really anyone who thought with me. Partly because of this, things got worse and worse for myself. Also in business were unfavorable conditions for Man, Machine, Material and Method was eventually almost led to a complete break-down.

After resting and working again, studying, praying and resting, with the help of many people, most happily rose again from the ashes like a phoenix.

I had not yet found a strong woman but with my parents I have always had a good relationship. Occasionally I had voices in my head without thinking about it or sitting with it for a long time afterwards. I didn't see it as a burden, and perhaps wasn't even that much aware of it.

5 The appearance of voices in my head

In retrospect, I have always had a voice in my head. At times present and then not present at times.

Since my psychotherapy, we have talked about voices more often, and they have also taught me to be Mindful and name things in my mind that I am working on. That way, I come better into the here and now myself, and am more aware of arising thoughts. An added benefit is

that thought communication with implant technique then becomes more complete and comprehensive.

It was also sometimes said that they got there early. Because my mother had a period when she was overstressed after she gave birth to me. She more or less asked, if I could also get help and support, as a child.

A couple of good older neighbors from the street who also had a working relationship with social work and whose parents had been successful family doctors, knew very well how certain psychiatric things are attempted to be solved by the modern health care system.

These good neighborhood friends I called Uncle and Aunt and they took very good care of me and my family. They had no children of their own and saw it as a nice project to make me a happy psychiatric patient. They too had read a book by the Dalai Lama and a book by Jeffrey Hopkins and sometimes jokingly said, Eric you will become the Jeffrey Hopkins of the Netherlands, but first you just have to be a child and play. They wanted me to have a nice life, and not roll into psychiatry too soon.

They were very interested in nature and its herbs and plants. And they also told me that Linden blossom tea is probably the best remedy for reducing irritability, but that I should count the number of blossoms which I take and also should reduce them again gradually and that warm milk with aniseed and honey is the best sleeping aid. But of course they also know that a modern medicine is more constant in quality and dose and also said that I should be careful.

He also said that psychiatric patients are always blamed in certain situations, and that I can better not use violence, but that I should

make myself combative with grandstanding, because grandstanding in itself is not punishable.

He made whole speeches for me, and thus also for the listeners of my voice adapter, which sometimes startled me as a small child of 8 years old. To make up for this, he would sometimes let the canary loose in the living room and then chase it with a roll of toilet paper for the possible bird droppings, saying something like, Eric, I myself am actually also pleasantly disturbed.

Furthermore, this Uncle was into Wishful Thinking and said there was evidence that Whisfull-Thinking appears to work. He also said that his father had helped a lot of people as a family doctor, and now that he is in heaven, therefore he can pray with a lot of people making my Uncle's life go in the right direction and that they pray for me as well. Wonderful thoughts are these, when I think back on it.

My uncle also knew at which kind of places they let psychiatric patients work. He mentioned something about an insecticide factory and that they say that psychiatric patients benefit from certain components in insecticides (which are also found in white cabbage), but also that every little creature is useful, even woodlice, because they clean up garbage under stones and in damp places. And that they also let psychiatric patients work in damp spaces like sewage pits. And that I should just take medicine and not let them work me to death, but let my voice be heard before I get under a rock.

This information was planted like seeds in my 8-year-old head. By Uncle who had my best interests at heart. Because I was not in situation of being a psychiatric patient then, I forgot a lot. Possibly he wanted to give me strength, with his speeches, that there is help for me, and that I can solve wrongs by making my voice heard.

Contact with this Dear Uncle and Aunt went later on to the background when I became a pupil at HAVO and a student at HTS. Uncle later got heart trouble and Auntie got alzheimer both they are buried at cemetery in Sneek. At their funeral a Cousin said, "Let's remember the good things," and that he sometimes has memories of kitchen table conversations about problems in the world and that Uncle and Aunt often asked, what can you do about it yourself. Sometimes I think of them and pray for them, which brings back strength for myself as well.

In 2002 I officially became a psychiatric patient with accompanying medication. During the first few years the situation worsened a bit until a serious hospitalization in 2007.

In 2007 they gave me extra implants, because I was classified as risky for myself and society. And because with implants it is easier to give some kind of system treatment, where thoughts can be corrected and/or adjusted.

Thoughts can be recorded and analyzed with computer. Sometimes old thoughts and conversations are recalled, like conversation with Uncle at chimney mantle when I was 8 years old. That women give warmth. Uncle lived with dear wife in our street with sister-in-law as neighbor. He said he actually had two wives, but that St. Mary's is the warmest woman. And that psychiatric patients actually don't manage to marry a woman. And that single psychiatric patients are better off living at mental health facilities. That then I should just go and have coffee with sweet and nice females. And that maybe if I end up living in an apartment next to a nice female, that maybe the wall between them can be broken down for making a door of sociability just like Uncle and Auntie drink coffee with Sister-in-law. And that I don't have to marry a woman for sex. Uncle almost never does it with Auntie either and with masturbation you cum much faster and more

deliciously. Uncle really wanted to plant seeds in me, for a, in his eyes, for a psychiatric patient true life.

7 The arrival of Dear Women's Voice.

Dear Women's Voice has been linked to me for a long time, more than 10 years. GGZ did promise after applying in 2002 that I would be assigned a support team. Because I later went from GGZ back to GP. Once GP came with comment, "Eric would you like support in form of Voice ? What kind of voice would you like?" To this I said, preferably a Sweet Women's Voice. Perhaps I had expressed this preference to GGZ before, because Homedoctor enthusiastically said, I will engage him. This took me somewhat by surprise and so we put it off for a while.

Later when I was relaxing at home on couch, a voice came into my head saying we are coming to apply for Dear Women's Voice. I thought that was funny and therefore listened to all three during a short Speed-Date. Finally I chose the woman with the most loving voice, to which was told, that that was her natural voice, while the other two were voice computers.

Since spring 2022, I have been in very intensive contact with Dear Women's Voice because I had ended up in a kind of thought law case. Thereby Dear Women's Voice, bravely fought together with me under the supervision of Psychiatrist, Legal Team and Judge for justice in my life. In which I myself am the one responsible for my own life.

8 Bringing the voice relationship to fruition.

A thought voice relationship is actually an ultimate form of a L.A.T. (Living apart together) relationship. Also, just like lemonade, lemonade needs to be diluted with water. And for an enjoyable sweet Voice relationship there actually needs to be some Self-Loving-Kindness added.

Self-Loving-Kindness / love for yourself can be generated as described in "Happy and Balanced being a Psychiatric Patient."

For a happy relationship we both need to be inwardly and outwardly balanced. Here, of course, we can support / help each other.

We allow each other to feel supported and safe.

When dear women's voice is somewhat depressed and talking does not seem to come to a solution my thoughts sometimes go on. Then it is good to sing the Blessing. But it's also nice to just sing it once in a while because it provides a positive mood.

Here is the version I often use myself:

*God bless you and keep you,
He turns His face towards you,
And be gracious to you,
He let His light shine upon you,
Lifts His countenance upon you,
And gives you His peace.*

(Recite this 1E - 2x or more often)

*May God's favor be upon you,
And a thousand generations,
And your family,
And you children,*

*And their children,
And their children.*

(Recite this EE - 2x or more often)

*He is with you,
In the evening,
In the morning,
At your weeping,
And your whining,
He is with you,
He is with you.*

(Recite this 3E - 2x or more often)

*He is for you,
And behind you,
And besides you,
He is for you,
He is for you.*

(Recite this 4E - 2x or more often)

And then, for example, (1E - 3x), (2E - 3x), (3E - 3x), (2E - 3x), (4E - 3x), (2E - 3x) just play with it until you are tired and then you may stop.

The time after that the atmosphere is peaceful and sometimes in your mind comes a rebounds of a supportive sentence.

9 A Solid, Fresh and Free relation

A mostly stable home situation with a sweet understanding wife could become a rock solid foundation for my life.

When I feel tackled and rejected, I rely on God and the Dharma, but also my loving and understanding thought Feeks pulls me back up by the shore side with her team.

With a Solid Fresh and Free relationship even if it is in thought. I often feel like the Artist ,and I see my part time female in mind, as the Muse.

In happy moments she makes me shine.

Solid : We have great faith in each other. And we can think back to tough storms we have weathered together, that gives hope, confidence and strength as a foundation for our relationship.

Fresh : Innerly we are stable with medication, and our concentration is agile and flexible pointed to each other or the equally important things around us. Externally we are freshly washed, and through sufficient exercise fresh in terms of fitness.

Free : We do things together but also personally we keep connection with the society around us. We also give each other room to grow by mutually creating good consequences and circumstances. And give each other possibly personal rest moments if the bond feels too tight.

We help our neighbors when necessary, do the occasional friendservice. Sometimes help unsolicited people and animals around us. In this way we are pleasantly mindful of each other, and supported by all of society.

10 Briefly the work relationship and salvation

Despite being monitored by GGZ for 48 years and agencies trying to keep me small, I was still able to live humanly and experience good and bad things.

Because of struggles with UWV-Work companies and mental health care, I never felt ready for serious relationship. Especially the rigging down mental health treatment I received in 2002 became a danger to me and those around me. Tormented and conceited, I could not find the way out. To suffer less myself, I may have made wrong choices, and unfavorable circumstances arose that were disadvantageous. With the climax of the last UWV-Werkbedrijf with more problem case persons, where during interaction an unnavigable sea of unfavorable circumstances arose which was created by incorrect actions of a lot of people, companies and agencies.

All of us were not in control of the ball and before we knew it, it was in the ravine.

I acknowledge all my mistakes, but I feel I am partly responsible for the problems created. Namely 1/6th of 33%. They considered quality as, that's fine with our experienced welders. Quality employee was an independent job that I was responsible for on my own without support, replacement or follow-up. When things did seem to go wrong, quality was charged as my personal responsibility. However, quality is a task of the complete team where everything related to Man, Machine, Method and Material must be right. In inspecting LDPE test welds, I failed at some points and fell short. But other things I did excellent. I myself became verrückt from testing test welds. Stuck, in what I felt, was a fear and hate culture. With for me, too many tasks

(quality employee / stock manager / back office work preparation / technical drawer / vca administration / data-bases and spread-sheets developer / website administrator). The circumstances for me, were such that it led to improper actions that in hindsight perhaps should have been done differently.

Now with benefits at social minimum level and Dear Women Voice, I have finally experienced what it feels like to be supported, thanks to an understanding woman with love. When opponents agonize me and are too harsh on me in my eyes I sometimes even think, nice shit on bullied moments. But in tender presence of dear wife, then I feel sorry that it happened this way and wish everyone a solution out of his/her problems.

In people belittling with insinuating words plus down rigging mental health treatments. And when people are destabilized who are dependent on antipsychotics. Then the potential for harm is high. Who is responsible then, that is a very difficult actually unsolvable puzzle, with many parties shuffling off.

The scapegoat was often the schizophrenic, banished to a mental health facility. Because if one person is blamed, that is easiest because then all the other people involved can get on with their lives as good people.

This is almost how it would go, during moments against unbearable suffering, mine and the management's. This was caused by accusations back and forth after pressure of complaining by farmers. Management accused me of 4-fold fraud in the heat of the moment, while sewing, under the influence of negative emotions. But if you look at it calmly and factually, the cause of the welding problems, is actually not 1x structural fraud.

In response, I blamed the people at UWV-Werkbedrijf for working against me and making me suspect, something for which Willem Oltmans received 8 million in compensation. One of the disastrous points which turned out afterwards is that, except for a few welders, the welders made test welds, which are unrepresentative of the final product. In short, the test welds were too short for achieving equilibrium situation welding machine, making the products even worse than the fairly common limit case trial weld. Limit case test welds are registered in my self-created database with weld thicknesses against the theoretical upper limit of 100% (relative to unwelded material). There was too little awareness in organization that welders should optimize weld thickness by making optimum test weld for the prevailing conditions . And the welders sometimes sat at settings after and during test welding, and so a different setting was noted than the one they were welding with. This is bad for verifiability and reproducibility. Looking back after evaluation, besides the above mentioned point, there is still a lot to improve within the organization. The first improvement proposal for LDPE welding was written by me on 2019-12-24, in part following the new 2019 BRL. An assessment guideline that on some points, is already being questioned again by some companies.

So the cause of the problems, is actually an unfavorable conjunction of non-optimal conditions of Man & Method & Machine and Material, within the UWV work company.

As a psychiatric patient, I was made responsible for the quality of a group of problem case people, and these people were given the task of firmly challenging me personally and as a quality employee. I experienced this as if they wanted to bring me, down. This because of by GGZ suspected crime, which for Marian Vaatstra issue is unjustified

because I am innocent but which has now given me serious problems, with (ex)employer. It was an impossible mission for me. I show good will, great commitment, and the will to improve, but they were not allowed or willing to grant me success, therefore practically nothing changed business-wise. So actually the underlying system of the UWV work company is responsible. And since the UWV is a government agency, then the Netherlands itself is responsible for these problems.

No one is actually personally responsible for the resulting harmful consequences. If anyone personally were to get a claim, a legal struggle starts. I myself feel 1/6th of 33% responsible for the problems as do about 75% of the other 9 head permanent staff of the company with millions in business. If the B.V. or the underlying system of UWV work company is held responsible then maybe the B.V. goes bankrupt or UWV gets a setback.

It's up to the judge to decide whether I "the schizophrenic" gets convicted for the sake of social good. Or whether the taxpayers pay for it and life goes on as usual for everyone basically. Every 16+ Dutch person might want to read www.ericflapperboeken.nl 's freely and freely available PDF booklets for sage advice, and save a tenner for a magazine.

Two O.M. jurist teams looked into it during an intensive thought process of almost 1 year. Together with Dear Women's Voice they support me with the above conclusions. My close family also supports me. In the neighborhood it seems so far, accepted by the fellow villagers. It is a matter of living well yourself, and letting another live well.

We as UWV Workplace employees often all struggle to find a place in society, most have a stain, or something considered a stain, but we are

all beloved children of God. When would one cease to accept someone? He who is free from sins cast the first stone.

I was asked to write this chapter because society needs to know how things are. And so that democracy can more or less decide what to do. If society wants to hand out punishment to me, I will try to endure it tolerantly. But my opinion is that, that is unjust. Unfortunately, schizophrenics, very often get screwed, making them suspicious, up to, malfunctioning in daily life.

Modern solution is then a medical drug like Aurobindo Temazepam, from which a schizophrenic becomes somewhat cheerful and more tolerant and slightly indifferent. In combination with the usual antipsychotics such as Risperidon, one can then remain in the middle of society, and work on improvement measures. So that everyone can continue with perspective for the future and a roof over their heads and a basic income.

It's just quite a puzzle to keep certain people employed. Sometimes there are almost no people who want to work in the manure or sewers. It is both mentally and physically demanding work and relatively poorly paid. But at least people have a job to take a bite in. Of course, everyone in this industry is also entitled to good working conditions and good human working conditions.

An old Chinese saying is, something like, "The best wisdoms, are found among fools." And if there are no people with faults and failures in society, then by comparison no one is successful either. Personally, I see it as my loss and disgrace, through which I also gained wisdom.

Problems do not always have to be stop signs, but can also be seen as pointers. Viewed this way, it is perhaps a wonderful mess from which very many people can learn very wise lessons.

The solution to my own personal problems can be found in project "Gate to Truthful Life" booklet Part 1 and Part 2. First, I hope that many people with a first psychosis, plus clamping problems, can take wise counsel from the booklets. Second, I hope that all parties involved, and people, learned something, that their problems are soothed and that they, can move on after improvement.

In keeping connection and conversation, we can take each other to a high ground as a society with mutual support. "Higher ground" in terms of manure and sewer engineering and "higher ground" in terms of peace and understanding of schizophrenics. So after that, let the "rising/washing water" eventually come.

11 Recommended Books & Inspiration Sources:

SPIRITUAL FOOD / ETHICS IN BOOK FORM

201 Relation Questions; Barrie Davenport
De Troost van de Boeddha; Lama Surya Das
Geliefd; Henry Nouwen
Wie ben ik; Henry Nouwen
No Mud No Lotus; Thich Nhat Hanh
Anger, Buddhisth Wisdom for cooling the Flames; Thich Nhat Hanh
The Art of Communication; Thich Nhat Hanh
De essentie van het Geluk; Dalai Lama
De essentie van het Boeddhisme; Dalai Lama
De essentie van het Evenwicht; Dalai Lama
De essentie van de Wijsheid; Dalai Lama
De essentie van de Liefde; Dalai Lama
De essentie van Vriendschap; Dalai Lama
The Bible

Please buy the paper versions, or the e-books through the official channels. Or donate, money and thanks, to the writers for their charity, so that their work can continue.

SPIRITUAL FOOD / ON INTERNET

www.gregorydickow.com
www.bayless-conley.nl
www.hourofpower.nl
www.plumvillage.org

12 Voice Relationship Tuning Plan

In need/crisis situation

Always call a doctor or mental health care.

VOICE RELATIONSHIP TUNING PLAN

Basic data



Name	:	Eric Flapper
Birthdate	:	29-01-1975
Voice Fiancé	:	J.K.
E-mail	:	FlapperE@outlook.com
Temporarily crisis:	:	January 2002, January 2007, February 2011 and April 2015
Main care worker	:	Close contact with GGZ.
Case manager	:	Close contact with GGZ.
Trajectory manager:	:	Final phase with regard to paid work. Life quietly and peacefully.

Relationship Factors

Stress factors: change in living, work, family or voice relationship situation.
Trust is needed for all changes.

Protective factors: permanent living, work and family situation plus peace,
cleanliness and regularity with living according to the noble eight-fold path.
Good attention for how, who, what says is of great importance .

Phases

Phase 1: Tender and sweet harmony

Display of behavior:

Inexhaustible energy, and generated mood. Try regularly to get the Lady Voice at ease. By saying things like the 4 mantras from The Art of Communication by Thich Nhat Hanh. **It is nice to be with you, you make feelings of joy and happiness in me, this is a great moment.** Or I say things like. **Dear woman, I love you, I am there for you, I will help you if necessary.** I also sometimes ask about

her emotions and then we can talk about it well. I also easily make my own feelings known. But I am not 100% in thoughts, for the here and now I keep enough attention, and I succeed well to concentrate on that, if necessary.

Phase 2: Oil needed for disharmony

Display of behavior:

Rather tired of situations / conversations / circumstances. I am rather irritable and the cheerful mood is somewhat muted. However, I have enough energy to deal with the situation. And ask dear lady voice sometimes things like: **I notice that you are suffering, and I would like to help you, what can I do for you?** Or I say things like: **dear wife, I suffer, can you help me?** I learned this from The Art of Communication by Thich Nhat Hanh.

Actions:

Most common problems:	Measure to be taken:
<p>A P2 Woman wants more loving attention.</p>	<ol style="list-style-type: none"> 1. In the morning after we are both awake, have an intimate conversation. In the morning preferably between 6:00 and 7:00. 2. Love is understanding and supporting each other. 3. Occasionally concentrate on the good things that Lieve Women's voice has done for me and also express that in mind. <ul style="list-style-type: none"> - Thinking back to that she has promoted and defended me in dissatisfied situations among (former) employers. - Thinking back of beautiful moments with nice feelings and the pleasure we often have. - Thinking back that see sees me as complete human being and vulnerable schizo, so that she can protect me and make me flourish.

	<p>- realize that she gives me time and attention almost daily and that something like that is very valuable.</p> <ol style="list-style-type: none"> 3. Sing once in a while “The Blessing” or “Lets come together, right now, in sweet harmony” in my thoughts. 4. Ask what the emotions of the Lieve Vrouw are, and then ask a few genuinely involved questions about that, and have a chat about it? 5. Ask how the day of the Lieve Vrouw went and whether she wants to share her 3 most beautiful positive experiences with me, or whether we should discuss a pain point for 15 minutes. Or ask early in the morning if she slept well.
<p>B P2 We also want to feel free occasionally, and stay in mind lightly and agile.</p>	<ol style="list-style-type: none"> 1. Make it clear that peace is also very important. Make after intense periods time for blocks of rest. 2. Once in a while say to the Lieve women voice that I sometimes ask myself a question, and that I do not have to have the answer from the Love woman on everything. Such as: “Shall I mow the grass? ”The grass is getting greener and greener in our relationship, but of course you can't see how the grass of the lawn is in our thoughts. 3. In discussing about each thought, I get melancholy. One negative word on a day, can create in that way half a day of negative talks.
<p>C P2 Too many Voice stimuli:</p>	<ol style="list-style-type: none"> 1. Search for a quiet environment and if voices does not stop, then “set up another record”: - possibly listen to "Dharma Talks" with loving voice of Plum Village or Set up CD with "Toy -Dolls". 2. Ensure sufficient night's sleep.
<p>D P2</p>	<ol style="list-style-type: none"> 1. Ask Dear Woman how her emotions are. And whether she still has both feet on the ground at Euphoria.

<p>2 P2 Not enough Respect and Kindness.</p>	<ol style="list-style-type: none"> 1. Delivering and valuing quality. 2. Doing something as best as possible and making things possible for another person 3. Friendly constructive conversation with each other.
<p>3 P2 Communi- cation is difficult.</p>	<ol style="list-style-type: none"> 1. Express wishes. 2. Discuss problems. 3. Who, what when says that should be done on good sense.
<p>4 P2 Personal care.</p>	<ol style="list-style-type: none"> 1. After fresh washing, more social self-confidence arises in me personally, and with a friendly face, then the whole world smiles at me. 2. With neat appearance, people dare to approach me better. 3. Even far within 1.5 m. 4. With clean washed clothes I am welcome as a guest almost everywhere and women dare to walk beside me with pride.
<p>5 P2 Unbalance of time together and time alone.</p>	<ol style="list-style-type: none"> 1. Spending time together creates a strong bond. 2. Being Mindful in the here and now yourself makes you realize that actually all time, is personal time. 3. Wisdom is to give each other freedom to manage time.
<p>6 P2 Emotional need.</p>	<ol style="list-style-type: none"> 1. Ask each other about state of emotion and look yourself in the mirror from time to time. 2. Any emotion may be experienced but never stay in it too long. 3. Negative emotions can be neutralized with a positive counter emotion, help each other with this if certain state lasts too long.

<p>7 ^{P2} Personal boundaries.</p>	<ol style="list-style-type: none"> 1. When someone is frustrated, ask if you may have crossed a personal boundary about which you need an explanation. 2. Give each other space but be clear when your values according to unethical behavior or morals are irresponsibly violated. 3. Because we are all interconnected as human beings, violating personal boundaries sometimes has far-reaching consequences that cannot be readily foreseen without a right view.
<p>8 ^{P2} Emotional intimacy.</p>	<ol style="list-style-type: none"> 1. Talking openly about feelings and daring to be vulnerable toward trusted close life partner usually gives very relieved feeling. 2. Asking about someone's greatest emotional fears and then taking them into account with integrity is good for mutual trust. 3. Stimulate good positive thoughts in each other, then good positive emotions will automatically follow, which finally leads to good mutually desirable behavior.
<p>9 ^{F2} Household chores.</p>	<ol style="list-style-type: none"> 1. A tidy house also gives a pleasant tidy mental feeling. 2. Help each other as roommates, divide tasks as needed, alternate tasks once in a while to avoid drudgery. 3. Realize that it is a privilege to have a kitchen or toilet and thus to be able to clean them.
<p>10 ^{P2} Family.</p>	<ol style="list-style-type: none"> 1. God comes first, then life partner and next family and relatives. If you, realize that; you are a beloved child of God and no one can take that away from you, then you can bear many burdens in the face of adversity with family and relatives. 2. You are a continuation of your parents and ancestors. Even though they may no longer be here, their hand is in your hand and therefore it is also their good merit

	<p>when you are doing well. Therefore, do good things so that they can be proud.</p> <ol style="list-style-type: none"> 3. A family bond is a very strong bond. For close relatives you often voluntarily go through fire. A beautiful thought is that we are actually one big family together on this planet. Reason that out from the Christian creation story or Buddhist reincarnation.
<p>11 _{F2} Health and sports</p>	<ol style="list-style-type: none"> 1. With a good condition and healthy strong body, we are more resistant to mental discomfort. Going for a brisk walk together is sometimes refreshing and restores courage in the face of painful stress. 2. Everything is impermanent, after all, we all lose loved ones because the inevitable truth is that we all eventually get sick and are mortal. 3. The body is the temple of the mind. So stay in shape. I do as much as possible by bicycle. And walk about an hour 3x a week. If I don't have gardening handiwork or canoeing, I sometimes work out with dumbbell weights. During exercise, the body also makes good pleasant substances such as endorphins and the body stays in shape and you can clear your head.
<p>12 _{F2} Sex and affection</p>	<ol style="list-style-type: none"> 1. With a willing Sweet Female Voice, you can nicely discharge the reservoir of sexual energy as early as early morning or late at night. So that further sexual escapades outside this relationship are prevented. 2. In your mind you can get very excited and have some physically very nice feelings. 3. Do not excite each other at unwanted times. The Songs of the Bible are good guidelines for how to seduce each other.

<p>13 P2 Disagreement and difference</p>	<ol style="list-style-type: none">1. Tastes differ and opinions are formed by the personal knowledge we have in our own minds.2. So each person has his own opinion and we can respect that as long as it is not a radicalized opinion that harms certain group of people or sentient beings.3. In the Netherlands there is freedom of expression of opinion. In the case of fierce disagreement, try to settle the dispute before nightfall. We do not always have to convince others of our opinions.
<p>14 P2 Wounds from the past.</p>	<ol style="list-style-type: none">1. Talk to each other about what points you are sensitive to because of painful past experience. If there is understanding of way of acting / action during sensitive issue / situation then you can help each other better.2. Meditate on loving kindness such as: <i>Dear wife wants to be happy, but is overwhelmed by tremendous suffering, I would like her to be happy and all conditions for her happiness are present again, I will do everything possible to make her happy again.</i> Or Meditate: <i>I hope the dear woman is free from mental suffering, I hope the dear woman is free from physical suffering, I hope the dear woman is strong and healthy, I hope the dear woman is happy and peaceful, I hope the dear woman can take care of herself and those around her in a good and happy way.</i>3. Bring each other back into the here and now. It is actually not helpful to keep playing the cassette tape of awkward thoughts about past in your head.

<p>15 P2 Spiritual life.</p>	<ol style="list-style-type: none"> 1. Spiritual knowledge such as from Buddhism gives answers to ignorance, how to deal with certain life lessons. 2. Meditation gives access to almost any desired emotion as long as you are biochemically balanced. Just like you can pick a TV channel as long as the remote control has good batteries. 3. Sharing the Dharma with people or strengthening each other's faith is actually the most beautiful interaction with the people around you.
<p>16 P2 Work</p>	<ol style="list-style-type: none"> 1. If you see your work as a calling, it can be very energizing. 2. Take good care of yourself and those around you, be diligent and faithful. 3. Realize, that losing a job is not bad in itself. Losing the ability to work is worse. But even then, there are shelter measures and again beautiful alternatives, if you know how to keep an eye on that.
<p>17 P2 Money</p>	<ol style="list-style-type: none"> 1. Money is nice to realize certain dreams. 2. If you are compassionate, kind and tolerant, you do not need much and you will be granted a lot. 3. If you have compassion for each other, then compassion is more valuable than money.
<p>18 F2 Children and parenthood</p>	<ol style="list-style-type: none"> 1. Never got around to it myself. 2. I do enjoy watching my young nephews from my Brother and Sister-in-law's family grow up. 3. I myself support the charity "Save the Children".
<p>19 F2 Goals and dreams.</p>	<ol style="list-style-type: none"> 1. When you, know your purpose, then you really get life force. Working together toward a common goal is a beautiful task. 2. I personally find a real dream and an attainable goal the most pleasant to think about. 3. Making generally accepted goals and dreams known as desires sometimes causes people to open the door for me.

<p>20 P2 Life crisis</p>	<ol style="list-style-type: none">1. It is good to have an emergency plan, for saving yourself and thereby saving your partner and relationship.2. That close family member dies or long-lived companion separates is perhaps the greatest unhappiness. Having the next route mapped out in a positive direction gives a foothold in a potentially distraught emotional state.3. At the inevitable end we all lose loved ones, we all get sick, and we all die.
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Phase 3: Painful voices burden

Display of behavior:

Am blocked by voices, can hardly perform things in daily life. The negative voices talk, sometimes paralyzes me completely, so I can only sit in a chair or lie on the bed.

Most common problems	Measure to be taken:
<p>A P3 Remark: "You are unstable"</p>	<ol style="list-style-type: none"> 1. Take a step back for more rest. 2. Probing limits with proper evaluation of body and mind at points such as wash-out combined with movement and suppleness upper lip and cheeks plus tremors combined with proper intake advice medication dose and timing. 3. Blood examination whether drug level of saw tooth figure is within reference values.
<p>B P3 Remark "Increase medication"</p>	<ol style="list-style-type: none"> 1. Address the points at A first. Stay within the recommended dosage to avoid too many side effects. Optimize daily dose. Blood tests with Risperidone may provide insight into conversion by active or less active liver, which may be preventing supply to brain receptors via concentration in blood. When well in anti-psychotics, with slight excess of medication, it is believed that dopamine brain areas become larger over time and therefore the need of more medicine increases later. 2. Realize that overly strong suspicious feelings do not contribute to happiness. Most good things come from love in harmony. 3. Realize that with a friendly face. So when you are stable and peaceful in balance. That then almost the whole world smiles at you.

<p>C P3 Classified as must be broken due to need of changing life path.</p>	<ol style="list-style-type: none"> 1. Ask what you are doing wrong in the eyes of burdensome voices and, if necessary, have a discussion with what you think are good arguments. 2. Be open and honest so confess if necessary and ask for help in the form of kind words or imaginary arm around shoulder. And preferably express this in long sustaining for yourself supportive and soothing prayer. 3. Take a step back and discuss life's walk with counselor(s) in Real-Life.
<p>D P3 Negative voices continue, even at night.</p>	<ol style="list-style-type: none"> 1. Use the "Tem stem" app. 2. Put on Wappie Helmet. 3. During office hours, consult with care team to discuss necessary action to be taken.
<p>E F3 Dear women voice wants to stop.</p>	<ol style="list-style-type: none"> 1. Ask what is bothering her. And what I can do to remedy it as far as it is within acceptable and ethical means. 2. Perhaps take a time-out. With rest, turbulent thoughts can settle and things become clear again. 3. Can we forgive each other? 4. Are we starting anew?
<p>F F3 Dear woman voice stops</p>	<ol style="list-style-type: none"> 1. This is very regrettable, because we had a great time. But realize that there are more women than Church Families. So just keep living according to the Noble 8 fold path and stay connected to Church Families then sooner or later maybe a loving woman will come into my life again. Because, "Compassion is the only thing worthy of me, unbound, unlimited, unconditional and those who love me will behold me across ten thousand worlds of birth and dying." 2. Let go. Beware of hard-necked dissatisfaction situation because that

	<p>hinders being open to new relationship. Read the book, "De Troost van de Boeddha" by Lama Surya Das.</p> <p>3. Realize that you are a beloved child of God. Then awaken love for yourself and take good care of yourself. Finally, extend love and care to people around you.</p>
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Remarks:

Written up by Eric Flapper and reviewed by support team.

Date relationship tuning plan : 24-02-2023

Source : Buddhist books, practical experience and conversations with compassionate care workers. Good in practice methods, and theories are listed. All knowledge gained I have tested for usefulness during my mostly happy but sometimes very difficult life.

Love kindness network:

ALIANNE, MAAIKE, YVONNE.

Possible consultation if Phase 2 or 3

(Talking about problems does not always lead to a solution):

Phone: (Data made blank).

Own comments/emergency plan and notes:

.....
.....
.....

13 Afterword:

Writing these two booklets "Happy and Balanced being a Psychiatric Patient" and the booklet "A loving and understanding (Shrew) woman in my (Schizo) mind", has a mega good therapeutic effect on me.

The total package of care is amazingly good: The sweet woman voice in my head with support team. As well as Psychiatrist OM and Psychiatrist GGZ, Judge OM + Legal staff and outpatient supervisors GGZ.

All together in complete sense, good for feedback, criticism and support with loving attention, this is the best I got in 20 years of mental health care.

The most important thing I learned is that during my biggest problems there are still people who want to help & support me, and that gives me strength to become stable and live harmoniously.

This kind of care is really recommended for people who are psychologically stuck with serious problems. At first it may be 50% sour and then at crisis moments it may feel 100% sour. But after open and honest work on yourself with well-meaning help, sweeter times come.

Now no more rust colored stars in my worn underpants, due to being indifferent, or preoccupied with worries, but I now have new underpants and coconut shampoo. For myself, it now feels like my Golden-Years have arrived along with the sweet woman's voice.

However I also realize that relationship may end in the short or long term. It is really wonderful, people also say that I got the maximum out of it, but it is still a treatment.

This was supposed to be a short booklet of Does and Don'ts on relationship between Shrew and Schizo, but I picked some extra berries along the way. It's beautiful, and what the future holds we'll see.

14 Continuing Care Relationship:

Definition of care in mental health: "Protecting society from suffering under lunatics. Protect lunatics from suffering under society."

Component which is helpful for patient : Creating inner and outer balance in harmonious relationship with society.

Agreements :

- 1) GGZ and EF provide inner balance.
- 2) Mental health and EF provide bearable level of personal suffering.
- 3) Mental health and EF provide way of life that benefits society with as little harm as possible.
- 4) Acknowledge sins and then start over with a clean slate after time of reflection and possible sanction.
- 5) Stay in conversation, cooperate, and give each other compassion with preferably roof over one's head, perspective for the future and a basic income.
- 6) Both GGZ and EF possess harmonious just behavior. Opinions may be expressed, if soothing words come afterwards with intent to make amends.
- 7) As long as possible, protected by loving kindness, in the middle of society.

*Compassion is the only thing of value in us,
unlimited, infinite, unconditional.*

15 Building on personal dream

Working on project "Gate to Truthful Life" together with Dear Women Voice as a life partner in my mind is also a very beautiful mission with beautiful challenge, honorable fulfillment and warm love.

My future seems uncertain, if I end up on my own, I would prefer to live at a sheltered housing facility. A small apartment with the possibility to cook my own food in a green environment at cycling/walking distance from fûgeltsje lân would be wonderful. A small apartment in or near Sneek would be ideal, then I have everything at hand and everything is familiar in the neighborhood.

I also like to continue supporting my (former) employers during help request. If there is a computer job, in form of programming, documenting, calculating sizes, technical drawing etc. I make myself available for it.

Now I am working on a public website: <http://www.ericflapperboeken.nl> on which I post some freely available PDF self-help booklets, and make available a newsletter twice a year on how the ideal dream and my/our life is evolving in openness and loving kindness.

The next booklet. Volume 3, will be, "Evaluation Body and Mind for Consultation with Psychiatrist."

And for myself, I am writing a, for as yet private, booklet entitled: "The Clamp, the Struggle, the Shit and the Pearls."

16 Appendix 1: Connection with implants to 100% life-time open minded.



REPORT: “DETECTING IMPLANTS IN BRAIN”



Test date: 2022-05-24 / Test location: Jutrijp / Report date: 2022-05-25

1. TEST CONDITIONS:

1.1 APPARATUS:

Daily Fox Metaal detector – Black Edition
Type MD-3028
2 PIECES 9V 6LR61 MN1604 GAMMA Battery Full Best Before 09-2026
Battery indicates: 4 stripes on indicator of display meter.

1.2 SURROUNDING

Room temperature: 20°C.
Outside temperature: 14°C.
Air humidity: 77%

2. TESTERS:

Ing. E. Flapper (HTS Laboratorium- en Proces-Techniek)

ensorship – censorship - censorship

3. PERSONS AND OBJECTS:

Head pin

3,0 cm long / 0,5 mm thickness / plastic round head.

Father : B. Flapper (1940-09-12)

No dental implants in jaws.
Various amalgam and plastic fillings.
No implants in head.

Friesian stabij dog: Sammie (2004-09-01)

No dental implants in jaws.
No fillings in teeth
No chip in neck.
No implants in head.

Eric : E. Flapper (1975-01-29)

No dental implants in jaws.
Some plastic fillings in teeth.
Supposedly 2 chips in brain (Often referred to as Egg in the head by Psychiatrists).

4. METHOD:

Keep the sensor and dashboard/gauge as far apart as possible (approx. 95 cm).
Start measurement from a zero position/situation/environment in the power on position.
Detection for all metals active, no filters, most emphatically register signal/indication.
Tap/swipe over object.
Detectability depends on: A) Depth B) Angle C) Size D) Degree of oxidation

Report detecting implants in brain – Eric Flapper - V7 - Page 1 of 2

5. RESULTS:

Measured in Living Room:

Sensibility	Underside Cheek Eric	Top of the head Eric	Right temple of head Eric	Left temple of head Eric	Heart Eric	Head pin
6 stripes	No Indication	Silver 50 ct. Dept 6 stripes (6 Inch)	Silver 50 ct. Dept 6 stripes (6 Inch)	Silver 50 ct. Dept 6 stripes (6 Inch)	Bronse 1 ct. Dept 6 stripes (6 Inch)	Silver 1 ct. Dept 4 stripes (4 inch)
5 Stripes	No Indication	No Indication	Silver 50 ct. Dept 5 Stripes (6 Inch)	Silver 50 ct. Dept 5 Stripes (6 Inch)	Bronse 1 ct. Dept 5 Stripes (6 Inch)	Silver 1 ct. Dept 4 Stripes (4 inch)
4 Stripes	No Indication	No Indication	No Indication	No Indication	Bronse 1 ct. Dept 4 stripes (4 Inch)	Silver 1 ct. Dept 4 Stripes (4 Inch)
3 Stripes	No Indication	No Indication	No Indication	No Indication	No Indication	Iron Dept 3 Stripes (4 Inch)

Measured in Garden:

Sensibility	Top of head Eric	Heart Eric	Left temple of head Eric	Top of head stabij	Heart stabij	Top of head Father	Heart Father	Left temple of head Father
6 stripes	Silver 50 ct. Dept 5 Stripes (6 Inch)	Bronse 1 ct. Dept 4 Stripes (4 Inch)	Silver 50 ct. Dept 6 Stripes (6 Inch)	No Indication	Silver 50 ct. Dept 5 Stripes (6 Inch)	No Indication	Silver 25 ct. Dept 6 Stripes (6 Inch)	No Indication*

*(The bottom of the chin does give an indication duet o Amalgam fillings)

6. OTHER FINDINGS:

Voice in head from Ei can also be demonstrated with a stethoscope, according to GP. With voluminous voices, a mechanical buzzing tone is then noticable. I can sometimes also perceive this mechanical buzzing sound myself.

My fellow students at HTS, who wanted to lead me to a psychiatrist, already said that I had an egg in my head. During a holiday with friends between 1992 and 2002 this was demonstrated with a metal detector. I thought it was a joke.

In 2007 I ended up in solitary confinement due to a psychosis and was sedated with pills that I normally never took, and I was woken up in the middle of the night by 2 nurses and I had to drink something. In the morning I had a small wound/scab on top of my head. And later in 2007 to 2009 I regularly had trouble keeping a conversation going and finding words. This was probably registered by SPV employee C. So it is suspected that in 2007 a second implant in the speech / inner thought center of Broca was placed in my brain.

7. CONCLUSION:

With full battery on highest sensitivity setting, with metal detector, can be detected, that E. Flapper has one or two implants in his brain.

Often named as eggs by my psychiatrists. With this gadget the GGZ etc. has a tool to continue reading my thoughts and eventually speak with voices in my head.

Report detecting implants in brain – Eric Flapper - V7 - Page 2 of 2

17 Appendix 2: Service offer to trouble shooting for UWV-Work company

LDPE Welding problem trouble shooting

Kwaliteitsrapport

RF VCA 10 Versie Digitaal 1 / 09-02-2016

Volgnummer	Datum	Indiener:	TypeAfwijking	TypeProduct
191	24-12-2019	EF	Verbetervoorstel	Anders
BetrokkenKlant	BetrokkenLeverancier	BetrokkenAfdeling		
n.v.t.	n.v.t.	EF		

Omschrijving (wat is er aan de hand)

Eind 2017 dreigen QC(EF) en Productie uit de bocht te vliegen met het lassen van met name LDPE A 1 mm Eiffel aangeande hechting. Sinds 2015 testt QC(EF) met maandelijkse steekproef de proeflassen van de binnendienst productie. Maar eind 2017 komt er vaker afkeur tussen proeflassen van LDPE A 1 mm. Na constatering en paniek in winter periode 2017/2018 wordt in zomer/herfst 2018 maatregel genomen met veiligere lasinstelling.

Bij LDPE Eco 1 mm van Eiffel hebben we zoals bij lassers en directie bekend is, altijd al hechting problemen gehad. Van deze folie werden tot eind 2017 af en toe low budget onderkleden gemaakt voor [REDACTED]. We hebben hier nooit klachten over gehad.

Bij LDPE eco 0,5mm hebben we zoals bij lassers en directie bekend is altijd al hechting problemen gehad. Van deze folie worden vooral op en vloed zellen van paardebakken gemaakt. We hebben twee klachten over slechte 0,5mm las gehad. Er is toen niet verteld of het hechting problemen waren of inspanning problemen door te ver doorlassen wat bij deze folie in productie wel eens geconstateerd is. Na klacht is besloten om altijd een paar rollen te reparatie plakband mee te leveren. In herfst 2018 is productie overgestapt op Twinny 50mm las i.p.v. Pfaff 28mm las voor Eco 0,5.

Oorzaak (hoe kwam dat)

QC

- Hechting van LDPE is moeilijk te beoordelen. LDPE Eco Eiffel is duidelijk regelmatig afkeur. LDPE A is soms lastiger te beoordelen. In 2015 met certificering van LDPE begon ik vloed van LDPE tijdens pel beter te anappen. Als homogeen uiterlijk ook als als in beoordeling wordt meegenomen komt er bij LDPE en TW1 van 50mm eerder afkeur. TW3 van 2x16mm is eerder goed bij hoge snelheid omdat het te verwarmen oppervlak kleiner is.
- Bij steekproeven loop je altijd achter de feiten aan. Daarom is het mooi dat QC [REDACTED] vanaf begin 2018 weer alle proeflassen test.
- Door grote druk te met teveel dingen bezig zijn / teveel stress geen aandacht besteed aan het optimaliseren van de lassen.
- Groot vertrouwen in gekwalificeerde lassers. [REDACTED] had 2016-10-14 voor KIWA lab nog een goede kwalificatie las gemaakt van LDPE A 1mm.
- In 2018 nog onvoldoende vertrouwen in nieuwe QC(BD) medewerker. Maar omdat QC [REDACTED] bijna fulltime proeflassen test leert hij het wel.

PRODUCTIE:

- Blind varen op vertrouwde las instelling bij proeflas van ca. 1,0m en maar 1 stukje testen met handmatige pelproof.
- Mogelijk is vertrouwde instelling niet meer zo goed bij huidige onderhoudstoestand van ouder wordende Twinny lasmachines.
- Indien mogelijk meld ik afkeur wel aan productie [REDACTED] zegt dan meestal, dat hij machine al wat langzamer heeft gezet tijdens het lassen.
- [REDACTED] zegt meestal dat er iets met machine aan de hand is geweest, of dat de las machine nog beter warm moest worden...

Maatregel (wat doen we erna)

QC niet blind varen op gekwalificeerde lassers, niet twijelen aan signalen nieuwe QC medewerkers, en eens rond tafel zitten en met groepje verantwoordelijken constructie/coachend/positief over de lasbaarheid van de Almo materialen praten. Verder:

- 1) Pelproof beoordeling is soms moeilijk daarom meer aanwijzing en tekst uit BRL op controle formulier. (->Nieuwe RF 4-19B)
- 2) Keuze lengte proeflas niet overlaten aan lassers maar keuring item van maken. Normale >= 2,0m. Kwalificatie >=4,0m. (->Nieuwe RF 4-19B)
- 3) Productie niet alleen informeren over goedkeur of afkeur maar eerder informeren indien op grens van lasvenster wordt gelast.
- 4) Grotere waarde hechten aan lasdiameter om met enige veiligheidsmarge binnen het lasvenster te blijven.

PRODUCTIE niet blind varen op vertrouwde las instelling bij korte proeflas van ca. 1,0m en maar 1 stukje met hard testen op pelproof. Maar: 1) Langere proeflassen maken van Normaal >= 2,0m en Kwalificatie >= 4,0m.

- 2) Minimaal 3 stukjes testen op pel.
- 3) Ook kijken naar lasdiameter, met name lasdicke (%van totaal) om veilig binnen lasvenster te blijven. Een schuifmaat erbij zou helemaal top zijn.
- 4) Ook kijken of aan eind van las, daar waar machine eruit loopt, een klein "tongje/smetbedje" zit op het wiel spoor.
- 5) Misschien moet binnendienst net als buitendienst testen met een klein elektrisch trekbankje in plaats van lostrekken met de hand.
- 6) Reinheid foehbeklasbout controleren voor proeflassen en instelling lasmachine afstemmen op lasomstandigheden zoals, folie temp. In winter onderhoudstoestand van lasmachine. Zodat een proeflas ontstaat die veilig binnen het lasvenster ligt, en niet op grens.

Kosten omschrijving

Kosten	Wie handelt af	DatumMaatregelOpgesteld
0		24-12-2019

Verificatie

- * We hebben nu 1 klacht van LDPE versterkt / Nicoflex uit productie van zomer 2018.
- Toen is gelast door minder ervaren Nicoflex lasser tijdens ziekte van meest ervaren binnendienst lasser [REDACTED].
- * Met Eco 0,5mm was het voor [REDACTED] altijd al schippen in lasbaarheid. Als Pfaff warmer werd tijdens productie en begint in te snijden schroefde [REDACTED] de snelheid tijdens lassen altijd omhoog.
- * In 2013 hebben we eens een periode van lagere pelkrachten gehad bij LDPE A 1 mm. Tot nu toe hebben we nog nooit klachten over de LDPE A lassen en LDPE Eco 1 mm lassen gekregen. De fabriek garandeert op A kwal. Eiffel folie is 5 jaar. Dat is al na 10 jaar garantie op de lassen geeft is behoorlijk gedruif. Omdat lassen in feite zijn gemaakt van enigszins verzwakt folie materiaal.
- * Omdat in zomer 2018 de productie lassen d.m.v. lagere snelheid zijn ingesteld op veiligere marge i.o.v. grens van lasvenster zal het nu beter gaan.

MaatregelEffectief	KlachtGegegrond:	AfgewerktOpDatum	Status:
ja	n.v.t.	24-12-2019	In behandeling

Dit is een udtal van het Kwaliteitsrapport RF VCA 10
Het origineel bevindt zich in map KLACHTEN Analyse rapporten VCA en KIWA

Improved manure/dung basin

SNIJPLAN MEST BASSIN									
ZEIL ZONDER HORIZONTALE LASSEN IN TALUD									
Opdrachtgever: DEALER			Project: PROMOTIE OPLOSSINGEN			1234 AB GEBOUCHT			
OUDERNUMMER			CONCEPT			Streek			
LEN	omschrijving	Breedte [m]	Diepte [m]	Streek	Streek	Streek	Streek	Streek	Streek
BASIS	Laag 1 (laag 1) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte laag 1 (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Laag 2 (laag 2) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
MIDDEN ZEIL	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
	Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80
Breedte lasen bodem (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	31,80	3,180	31,80	31,80	31,80	31,80	31,80	31,80	
TALUD ZEIL	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14
	Breedte lasen talud (m) (Grond) 1835-44,24m Deze waarde invullen of waarde van innemen	44,24	4,14	44,14	44,14	44,14	44,14	44,14	44,14

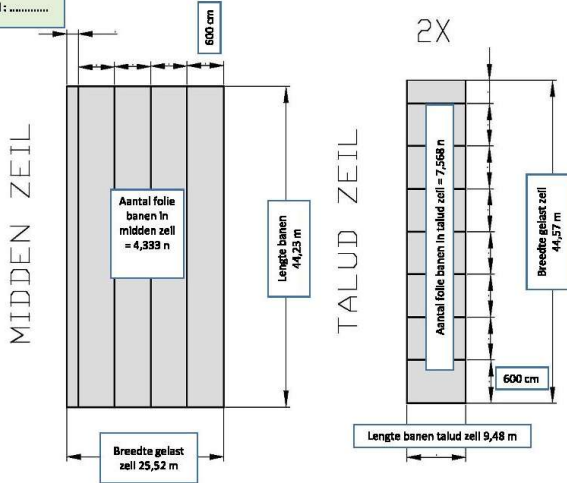
Check maten in tekening, met maten in tabel.

Indien niet gelijk, dan niet op knoppen gedrukt.

Paraaf akkoord :

Schematisch Legplan - Stap 1 van 3

MATEN EN TEKST IN TEKENING EN ONDERSTAANDE TABELLEN ZIJN LEIDEND.
 Standaard tekening kan afwijken. Principe van legplan tekening blijft wel gelijk.



Schematisch Legplan
 Blad 1 van 3
 2022-11-07
 Door: E.F. en onderstaand teken

MIDDEN ZEIL:		LDPE A 1 mm	TALUD ZEIL:	
Lengte Zeil [m] =	44,23	Overlap breedte las [cm] = 12	Lengte Zeil [m] =	9,48
Breedte Folie van Rol [cm] =	600		Breedte Folie van Rol [cm] =	600
Breedte gelast zeil [m] =	25,52		Breedte gelast zeil [m] =	44,57
Aantal banen [n] =	4,333		Aantal banen [n] =	7,568
Aantal koppels [n] =	4		Aantal koppels [n] =	7
Circa breedte van rest strook [cm] =	200		Circa breedte van rest strook [cm] =	341

Meten controle MIDDEN ZEIL								
	Eis	Min	Max.	Gemeten [m]	Paraaf Monteur	Oke [Ja/Nee]	Indien Niet Oke, productie stil leggen en overleg met Bedrijfsleider / KAM of CEO.	Na event. correctie [m]
Lengte banen [m]	44,23	44,13	44,33					
Breedte gelast zeil [m]	25,52	25,42	25,62					

Meten controle TALUD ZEIL 1 (Eerste)								
	Eis	Min	Max.	Gemeten [m]	Paraaf Monteur	Oke [Ja/Nee]	Indien Niet Oke, productie stil leggen en overleg met Bedrijfsleider / KAM of CEO.	Na event. correctie [m]
Lengte banen [m]	9,48	9,38	9,58					
Breedte gelast zeil [m]	44,57	44,47	44,67					

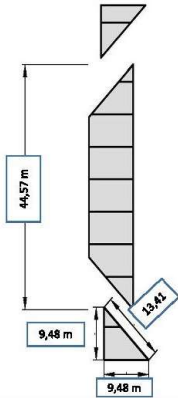
Meten controle TALUD ZEIL 2 (Tweede)								
	Eis	Min	Max.	Gemeten [m]	Paraaf Monteur	Oke [Ja/Nee]	Indien Niet Oke, productie stil leggen en overleg met Bedrijfsleider / KAM of CEO.	Na event. correctie [m]
Lengte banen [m]	9,48	9,38	9,58					
Breedte gelast zeil [m]	44,57	44,47	44,67					

Check maten in tekening, met maten in tabel.
 Indien niet gelijk, dan niet op knoppen indruk.
 Paraaf akkoord :

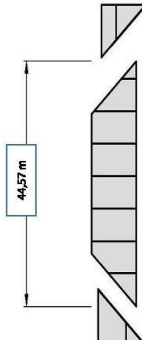
Schematisch Legplan - Stap 2 van 3

MATEN EN TEKST IN TEKENING EN ONDERSTAANDE TABELLEN ZIJN LEIDEND.
 Standaard tekening kan afwijken. Principe van legplan tekening blijft wel gelijk.

TALUD ZEIL
 HOEKEN AFSNIJDEN

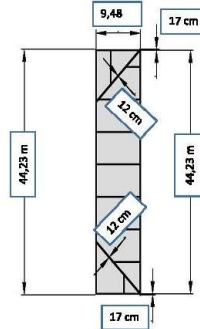


TALUD ZEIL
 HOEKEN OMKEREN
 EN DRAAIEN

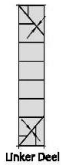


TALUD ZEIL
 HOEKEN VAST
 LASSEN

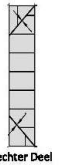
Overlappen verwijderen voorafgaand aan lassen.



Schetslach
 Legplan
 Blad 2 van 3
 8888-01-07
 Door EF, en
 onderstaand
 teken



Linker Deel



Rechter Deel

AANGEPAST TALUD ZEIL:	
Lengte talud zeil [m]	44,57
Breedte talud zeil [m]	9,48
Diagonaal van af-snede [m]	13,41
Las breedte diagonaal las [cm]	12
Enkel lasver/los over lengte [m]	17
Lengte aangepast talud zeil [m]	44,23

Maten controle AANGEPAST TALUD ZEIL 1 Linker Deel								
	Eis [m]	Min [m]	Max [m]	Gemeten [m]	Paraaf Monteur	Oke [Ja/Nee]	Indien Niet Oke, productie stil leggen en overleg met Bedrijfsleider / KAM of CEO.	Na event. correctie [m]
Lengte aangepast zeil	44,23	44,13	44,33					
Breedte talud zeil	9,48	9,38	9,58					

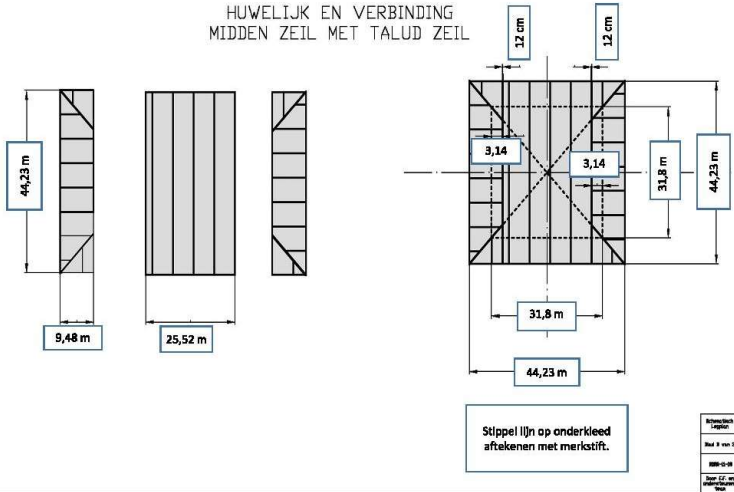
Maten controle AANGEPAST TALUD ZEIL 2 Rechter Deel (180 graden gedraaide Linker Deel)								
	Eis [m]	Min [m]	Max [m]	Gemeten [m]	Paraaf Monteur	Oke [Ja/Nee]	Indien Niet Oke, productie stil leggen en overleg met Bedrijfsleider / KAM of CEO.	Na event. correctie [m]
Lengte aangepast zeil	44,23	44,13	44,33					
Breedte talud zeil	9,48	9,38	9,58					

Check maten in tekening, met maten in tabel.
 Indien niet gelijk, dan niet op knoppen gedrukt.
 Paraaf akkoord :

Schematisch Legplan - Stap 3 van 3

MATEN EN TEKST IN TEKENING EN ONDERSTAANDE TABELLEN ZUN LEIDEND.
 Standaard tekening kan afwijken. Principe van legplan tekening blijft wel gelijk.

HUWELIJK EN VERBINDING MIDDEN ZEIL MET TALUD ZEIL

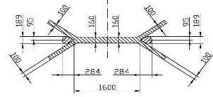

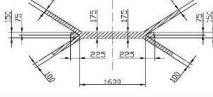
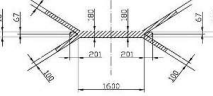
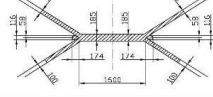
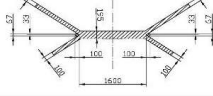
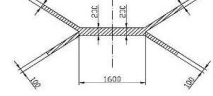


COMPLEET MEST BASSIN KLEED:	
Lengte Zeil [m]	44,23
Breedte Zeil [m]	44,23
Overlapp L.b.v. las verbinding [cm]	12
Afstand bodemhoek met las [m]	3,14
Lengte bodem grond van bassin [m]	31,8
Breedte bodem grond van bassin [m]	31,8

Midden baan richting	Breedte

Meten controle COMPLEET MEST BASSIN KLEED							Indien Niet Oke, productie stil leggen en overleg met Bedrijfsleider / KAM of CEO.		Na event. correctie [m]
	Eis [m]	Min [m]	Max [m]	Gemeten [m]	Paraaf Monteur	Oke [Ja/Neel]			
Lengte zeil	44,23	43,93	44,53						
Breedte zeil	44,23	43,93	44,53						
Lengte bodem bassin	31,80	31,75	31,85						
Breedte bodem bassin	31,80	31,75	31,85						
Afstand bodemhoek met las	3,14	2,94	3,34						

Theoretical welding cross-sections calculated after evaluation in mind consultation with dear woman voice

OPTIMALISATIE - LAS PARAMETER - LASDIKTE										
Theoretische kraal										
LDPE A 1 mm onversterkt met 2 x 16 mm brede kanaal lasmachine										
Folie dikte [mm]	Folie dikte totaal [mm]	Lasdikte van folie dikte totaal [%]	PILOT Nieuwe streef waarden	Las dikte [mm]	Hoogte oppervlakt t.b.v smelt [mm]	RICHTE SOUF Las breedte [mm]	Oppervlakt smelt [mm ²]	Kraal D [mm] Traan L=3R model	Kraal D [mm] Rond 2R	
1,00	2,00	80,0	MIN. THEORETISCH	1,60	0,40	15	6,40	D=1,89 R=0,95 L=2,84		D= 2,02
1,00	2,00	82,5	MIN. Productie	1,65	0,35	15	5,80	D=1,77 R=0,89 L=2,66		D= 1,89
1,00	2,00	87,5	MIN. Proeflas	1,75	0,25	15	4,00	D=1,50 R=0,75 L=2,25		D= 1,60
1,00	2,00	90,0	OPTIMAAL	1,80	0,20	15	3,20	D=1,34 R=0,67 L=2,01		D= 1,43
1,00	2,00	92,5	MAX. Proeflas	1,85	0,15	15	2,40	D=1,16 R=0,58 L=1,74		D= 1,24
1,00	2,00	97,5	MAX. Productie	1,95	0,05	15	0,80	D=0,67 R=0,33 L=1,00		D= 0,71
1,00	2,00	100,0	MAX. THEORETISCH	2,00	0,00	15	0,00	D=0,00 R=0,00 L=0,00		D= 0,00

PHOENIX FOUJE TECH/NIEX

Tabel opgesteld door Eric Flapper plus Lieve Vrouwen Stem en ondersteund gedachten team in maart 2023

OPTIMALISATIE – LAS PARAMETER – LASDIKTE									
Theoretische kraal									
LDPE A 1 mm onverstekt met 50mm brede lasmachine									
Folie dikte [mm]	Folie dikte totaal [mm]	Lasdikte van folie dikte totaal [%]	PILOT Nieuwe streef waarden	Las dikte [mm]	Hogte oppervlak tabv.Smelt [mm]	BOGTE HOOG Lasbreedte [mm]	Oppervlak smelt [mm ²]	Kraal D [mm] Traan Ls=3R model	Kraal D [mm] Rond 2R
1,00	2,00	80,0	MIN. THEORETISCH	1,60	0,40	50	20,00	D = 3,35 R = 1,67 L = 5,02	D = 3,57
1,00	2,00	82,5	MIN. Productie	1,65	0,35	50	17,50	D = 3,13 R = 1,57 L = 4,70	D = 3,34
1,00	2,00	87,5	MIN. Profilas	1,75	0,25	50	12,50	D = 2,65 R = 1,32 L = 3,57	D = 2,82
1,00	2,00	90,0	OPTIMAAL	1,80	0,20	50	10,00	D = 2,37 R = 1,18 L = 3,55	D = 2,52
1,00	2,00	92,5	MAX. Profilas	1,85	0,15	50	7,50	D = 2,05 R = 1,02 L = 3,07	D = 2,19
1,00	2,00	97,5	MAX. Productie	1,95	0,05	50	2,50	D = 1,18 R = 0,59 L = 1,77	D = 1,26
1,00	2,00	100,0	MAX. THEORETISCH	2,00	0,00	50	0,00	D = 0,00 R = 0,00 L = 0,00	D = 0,00

PHOENIXFOLIE TECHNIEK

Tabel opgesteld door Enc Flapperplus Lieke Vrouwen Stem en ondersteunend gescheiden team in maart 2023

Visuele las controle plus las dimensies LDPE A 1 mm	RONDLAS BODEM AAN WAND	Product: A3	Project:	Koppertuiste (code):
		Ordernr.:	CONCEPT	

Wand maten vooraf aan lassen checken door productie:					Bodem maten vooraf aan lassen checken door productie:				
	Mm	Ang	Mm	Check op het		Mm	Ang	Mm	Check op het
Hoogte [mm]	0,01	0,13	0,17	Wandmaten (bodem) [mm]	0,01	0,13	0,17
Lengte [mm]	0,06	0,40	0,40	Wand maten (bodem) (bodem) [mm]	0,06	0,13	0,17
Wandmaten (bodem) [mm]	0,04	0,04	0,04	Overmaten (bodem) [mm]	0,06	0,08	0,10
Wandmaten op werkdag Aankomst (bodem)					Overmaten op werkdag Aankomst (bodem)				

Voor start 1e helft lassen of geheel in één keer lassen 2x Oke vereist Half fabriekaft maten [Oke / On hold] : <input type="text"/> Proeflas [Oke / Afkeur] : <input type="text"/>	Voor start 2e helft lassen 2x Oke vereist Half fabriekaft maten [Oke / On hold] : <input type="text"/> Proeflas [Oke / Afkeur] : <input type="text"/>
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Lengte	Mm	Ang	Mm	Pilot	Mm	Ang	Mm	Mm	Ang	Mm	Mm	Ang	Mm	Mm	Ang	Mm	Mm	Ang	
1,00	1,00	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15
1,00	1,00	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15	0,15

THEDETIEST VOOR MINIMALE ZAK Ø 23,19 x 3,97 m Lengte ongepoelde rondlas minimaal = 73,2 m Lengte ongepoelde rondlas gemiddeld = 73,5 m Lengte ongepoelde rondlas maximaal = 73,9 m	Controle uitvoeren na afkomst lassen zeggers inclusief proeflas(en). Las dimensies meten met schuifmaat, waaraan minimale druk op kraal wordt uitgeoefend en gepaste uitmatenke druk op laadklep.
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Mm	Ang	Mm	Mm	Ang	Mm	Ang	Mm	Ang	Mm	Ang	Mm	Ang	Mm	Ang	Mm	Ang	Mm	Ang	
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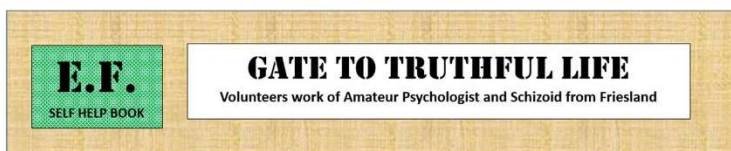
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18 Appendix 3: Newsletters



Dear fellow sufferers and interested parties,

Newsletter 1 - Fryslân 2022-11-25

A lot has happened in the past half year. It started excitingly with some sort of thought process after disagreements during my career at different companies. Most of this is in the 8 biographical letters of the paper self-help booklet. Letters based on my own assumptions sometimes with connections that may not be there.

A good development of the past six months is the closer contact with Lieve Vrouwen Stem. Since she gives me loving attention, I'm doing pretty well. During the fight for justice during the differences of opinion, we fought bravely together. I am very grateful to her for the strength she has given me in the form of mental support such as loving attention, appropriate advice, and also cheerfulness and warmth. With this in mind, I can look back on the past six months with very positive feelings.

The quarrel between me and the UWV work companies has now been resolved in a peaceful and mutually helpful manner. Help for farmers on solving problems with manure storage foil constructions is and is still being worked on very hard, but this takes time.

Nearly 100 self-help booklets have now been donated for the homeless and/or psychiatrically dependent in Fryslân. The distribution goes through the guidance of the care centers. Evaluation on this will follow. I myself am very enthusiastic and have helped the project forward with 100% diligent effort. The website and booklet were created so quickly that the counselors can hardly keep up. Sometimes care meetings are held once a quarter, but the gateway to true life has been a topic of conversation every week for the past six months.

The relationship with the village is good. With many people, we greet each other kindly and sometimes we have a chat. When people ask for help, I try to help. And with some of them I have a nice contact on a regular basis. The bumps in the acceptance of a psychiatric patient within the living environment seem to have been ironed out. Just as the new pavement in the village now paves the way for a smooth journey. Occasionally a paving stone will wobble / bounce and I myself will also get a period of imbalance. Our sweet almost 18 year old dog Sammie passed away this summer. But with loving attention, the mood can be kept well. And of course we, friction cases, get love from cats, pigeons and chickens, among others.

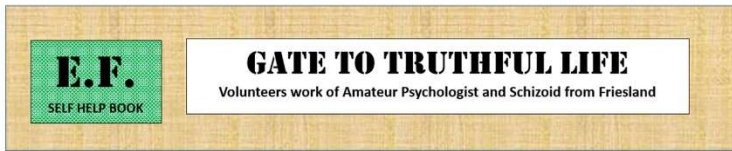


The support team does its best to give me freedom in choices when I trust them, as long as they are ethically sound. I can talk well with the Dear Woman's Voice, sometimes we go through the points that are important to us every day. She also helps me to stay in balance, with her advice, certainly for me, having a high truth value. We are currently working on leaning back every now and then, but drinking less coffee. Nowadays I drink 50% Normal with 50% Decaf per cup of coffee. Great, then I will become a little less fierce in my fight against injustice for the 1 in 100 psychiatric patients with procedure pain.

The best things in the world are achieved with love. Love ideally consists of understanding and support. That is why I support the Dear Women Voice in my attempt to give her satisfaction that everything runs smoothly thanks to mutual efforts. I understand that I am responsible for the things in my life. I do my best to make things work, and with interaction in the form of image and sound, mutual understanding also comes about. And about what else is **involved** in a good relationship with Lieve Vrouwen Stem, I am writing a booklet about that: "The Gateway to True Life – Part 2".

Sincerely, Eric Flapper + Dear Women Voice (Loving care)

	WWW.ERICFLAPPERBOEKEN.NL	GOAL OF THIS WEB-SITE:
	Design, composition and execution of this web-site and content plus downloads has been created by Eric Flapper with great attention, care and loving kindness.	Create understanding, especially for schizoprenics. So that compassionate care will become to be established. And Society / Mental Health Care / Schizoprenias will reconcile in lovingkindness and harmony.
Design / Built / Powered by / Copyright web-site and content : Eric Flapper © 2022 Made possible by a supporting team of good family, medical staff, best friends, lovely people etc.		



Newsletter 2 - Fryslân 2023-03-17

Dear Fellow Sufferers and interested people,



Stress

A lot has happened in the past six months. Under pressure from farmers with manure problems, a scapegoat is sought, which leads to tensions. Thoughts of justice continued in the context of finding the truth. Fortunately, a lot of work has been done to find workable solutions for all parties involved. The ideal situation and outcome is that everyone can continue with prospects for the future, a roof over their heads and a basic income.

Love

The love with the sweet female voice continues flourishing. It seems like mutual unconditional love. Sometimes we each have our own opinion, which we find interesting from each other and which we respect. I love sweet female voice very much. She is the woman in my life with whom I have had the most intimate contact. We share everything. Can talk about things seriously. And when the mood gets too serious and sad we just exaggerate the situation, in a joking way until the laughter makes us feel better, and then go back to providing support to solve the problem.

Peace

There is a wish for peace for everyone involved in the case. Some say now too, life is too short to argue. Constant accusing each other can make you allergic to criticism. Only fools engage themselves in a battle of words. All actions done, right or wrong, appear to be human. Explainable from the situation we have all been in. With calmness and letting some pressure out of the kettle with outside help, we can actually forgive each other for the most part. We will probably never forget it.



Moving forward

The self-help booklet project is going well. In the first quarter of 2023, approximately 75 booklets were distributed free of charge to those in need of help in homeless shelters, forensic psychiatric hospitals, and a penitentiary for systematic offenders. The booklet has been translated into Frisian and English. 25% of readers are from the U.S.A. It is read as far as Australia. Currently, approximately 100 unique visitors per month visit the website.

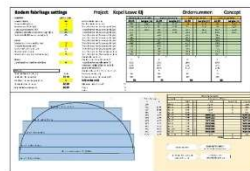
Stability

Working on the self-help booklet project is a great way of sorting through sometimes painful thoughts about felt injustice. The trick is not to kick anyone's sore leg or saw their legs under their chair. The best thing is if everyone remains stable, with well-founded insight into the critical points in their work and life.

Loving support

We try to make manure systems better with improvement measures. I myself work a few days a week on optimization of UWW-Work company related issues. I get great satisfaction from programming, drawing and calculating.

We openly discuss things that, in retrospect, should have been done differently. Sometimes we curse each other for the headache we feel ourselves, but after calming down and good conversation, we usually work it out together.



While writing Gate to True Life part 2, I experienced that in case of problems, the best possible help is offered with honesty and openness. The whole support team during this mind trial deserves gratitude. That it's okay to have voices, to be schizophrenic and sometimes to be blamed for everything I also described in part 2.

Even though in the past 20 years I sometimes felt rejected and rejected by society. Those feelings are repairable, with the realization that we are all beloved children of God, and the fact that the Netherlands is a compassionate and wisely developed country, where in fact everyone has security of existence with a roof over their heads.

Yours sincerely,

Eric Flapper + Dear Women Voice (Loving care)



E.F.
SELF HELP BOOK

WWW.ERICFLAPPERBOEKEN.NL

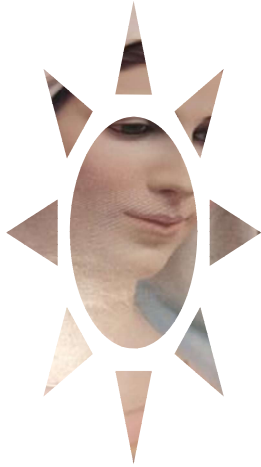
Design, composition and execution of this web-site and content plus downloads has been created by Eric Flapper with great attention, care and loving kindness.

GOAL OF THIS WEB-SITE:

Create understanding, especially for schizophrenics. So that compassionate care will become to be established. And Society / Mental Health Care / Schizophrenias will reconcile in lovingkindness and harmony.

Design / Built / Powered by / Copyright web-site and content - Eric Flapper
© 2023 Made possible by a supporting team of good family, medical staff, best friends, lovely people etc.

THANK FOR READING



With Dear Woman Voice
and God and people in heaven
no single schizo men needs to
feel alone



We are beloved children of God,
God his almighty love is full of abundance,
So who can still let us suffer?

Holy Maria
Mother of God
is full of Grace!



Greetings	People to pray for
Eric Flapper + Dear Woman Voice (Support and love). + Maria (Hope, Compassion). + God (Love and Goodness in full abundance) + Supporting Team (GGZ / FACT+ Keeps me in society).	Eric Flapper + All people with problems. + All people who need support. + All people with mental suffering. + All people with physical suffering. + All people who are rejected and abandoned.

A very **compassionate, open hearted** and perhaps **touching** book.

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

Created in good harmony with a lot of people.

Personal experiences and life lessons supported by theory.
About reality and assumptions.

Sometimes with connections that may not be there.

68 Pages short and bondly written.

Biographical story with a **love and harmony**
bringing **relationship tuning plan**.

Something many people can relate to
and receive support from.

Inspired by Buddhist books in particular
Thich Nhat Hanh, Ajahn Chah and the Dalai Lama
as well as Christian programs such as Hour of Power
and Bayless Conley plus of course the books
by Henry Nouwen.

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

*We actually owe it to
the whole world that
we are doing well*



www.ericflapperboeken.nl

*We try to see each other with eyes of understanding and compassion.
Real love is protecting each other from too much suffering.*