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רוח אמיצה –
אוטוביוגרפיה
רוחנית

Brave Spirit –
Spiritual
Autobiography –
English
translation

שיחותיקשור עם המדריכים הרוחניים

רוח אמיצה – BRAVE SPIRIT

BRAVE SPIRIT
SPIRITUAL AUTOBIOGRAPHY

BY

BRAVE SPIRIT

Brave spirit

Spiritual autobiography

Channeling conversations with spiritual guides

By: Brave Spirit

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Part One - Illusions

PART ONE - ILLUSIONS

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Chapter One

Originally written on the word processor Quitext 5.50 ----- 04.12.2023
under DOSBox

04.12.2023 ----- written originally in QTEXT 5.50 word-processor under
DOSBOX

.....:start

?Can I record our conversations -

...Of course you can do whatever you want -

?I mean, am I allowed? Do you allow me to record our conversations -

We do not forbid you to have a brave spirit... However, this is different -
from the usual way in which you communicate with us, different from the
usual method of communication between us, and it may be that it will be
.difficult for you and us to talk and tell you what we need and want to say

Likewise, you may also be absorbed in writing and not be focused on our
...words and yours

?Am I even allowed to let people know that I'm talking to you -

Those who believe you will believe you, and those who don't, that's not -
a brave spirit. There will be those who will read the things in context and
there will be those who will see them as nonsense. Everyone will see it as
...good in their own eyes

?Won't people think I'm crazy -

You are already considered crazy by many, so what does it matter? What -
?does it matter what others think of you, brave spirit

... I guess I care what others think of me at least to some extent -

,True, but you have no control over how and what people will think, say -
...do or behave towards you

In short, am I allowed to write? Or record? The conversations with you -
?spiritual guides

The things we tell you are intended solely for you, but if you so much as -
,want to put them in writing or document them, we allow you to do so
brave spirit... and we know and are familiar with you to know that if it
goes well, you would also like to publish them somewhere, so you are free
to do so as long as it is in the appropriate and appropriate format and
form... (Laughter) Are you really eager to publish the conversations with
?us? Huh

,Yes, I admit it. We've been in touch for over 7 years, maybe even longer -
and I've always wanted things to be documented, written down, and
...published

You want to publish our conversations, what? This could really have -
.unexpected consequences for you, some negative, some surprising
...Remember that you may regret it or pay a price you never imagined

?Am I really crazy -

It's not for nothing that we call you a brave spirit when you believe in -
something and go with it to the end. It's not madness. It's courage when
you believe in something with all your heart. Does that mean you're crazy
if you just believe in it? We don't think so... You have the ability to go
almost to the end for something with stubbornness and persistence for
years and years... Who knows, maybe you'll manage to put something
worthy and good in writing and publish it, and maybe our words to you
won't be just for you in the end, but for others. Maybe in the end, our

words will encourage not just you but others as well... That's why you're
.allowed to do this

?I mean -

You may help others by doing this, and you may not, and in the worst -
,case, you will only harm yourself, but if you are willing to take this risk
...then please... everything is known and permission is given

.....

It was in 2014 that I decided to try learning the guitar. I bought a simple
guitar and looked for a guitar teacher. That's how I found Yifat, a young
girl who graduated from Rimmon School who agreed to come to my house
once a week and start teaching me how to play chords - for the first lesson

I explained to her that I was mentally ill and that I lived in a sheltered
housing apartment for the mentally ill, but that didn't deter her - and so
...once a week we learned chords and parts

Yifat was a young " spiritual " girl who believed in New Age and
spirituality and that "thought creates reality" and that what you believe in
comes true and becomes the reality of your life. She recommended that I
read Louise Hay's books and New Age books ... and indeed, because I
liked her and she touched my heart, I started reading New Age books and
.watching meditation and spirituality videos on the Internet

A year later, Yifat moved and stopped teaching guitar and got married. I
took lessons with another teacher named Tzachi, a rough and cynical man
with tattoos and a hatred for anything religious or spiritual. After another
year, I stopped learning guitar and moved on to other hobbies to pass the
time, but I continued to listen to all kinds of guided meditations on
...YouTube and even subscribed to a meditation app on my smartphone

It was around 2016 that I started listening to a certain meditation that I
,meet your spirit guides - a guided meditation :found on YouTube called
an immersive meditation for complete beginners in English by an
Australian creator... This meditation is a combination of guided imagery
with guided meditation and music and sounds of nature and is very
beautiful - I listened to it on my armchair with wireless headphones with
my eyes closed, feeling that I had nothing left to lose after trying for two
...or more years all kinds of meditations

,To my surprise, this meditation not only felt different from all the others
but I was also able to find myself in another world, place, and time with
the help of the guided imagination and even reach the point where I met
those who were my spiritual guides... In the following months, every
evening or morning I would listen to this meditation and meet them in
different forms and modes until I found the most appropriate way to
communicate with them and also learned to get to know them, as well as

the purpose of our conversations and what to expect and what not to
...expect from the channeling between us

At the beginning of the journey, my guides appeared to me as two men and a woman. Sometimes they would meet me as Indians in a tent or campfire and invite me to sit with them. Sometimes they were two Japanese men and a woman who met me in a traditional house with walls made of paper and invited me to drink tea with them and look at the well-kept garden that led to the meeting place. Sometimes I met them in a house in a forest with fog before dawn, with a piano and a burning fireplace, and they would
...always invite me to come and sit with them

However, it wasn't the appearance that was important, but more important was their voice in my head and the things they said and how they said them to me - they called me "Brave Spirit" because despite my fear of doing the meditation and going through the journey and meeting with them, I insisted on doing it and overcoming the great fear that gradually
...diminished until it disappeared as I got to know them

They told me that they are not part of my illness, that they are not part of the symptoms of my mental illness, and likewise, they are not demons and evil spirits that will come to harass me and haunt me and drive me crazy

They told me that they are my spiritual guides and that they accompany my soul. In this incarnation of mine on earth, and their job is to watch over me and protect me, as well as help me and guide me - they had a constant mantra in every encounter with them, which they repeated and told me
:every time

We are your spiritual guides - we guard and protect you and guide you to the best of our ability - we love you and accept you exactly as you are with the good and the bad in you - we never judge you or blame you or test you - you are the eternal and beloved child of God and love always loves -
"...you

It was a wonderful feeling to meet for the first time and know that you are never alone in this world and that at any moment I want I can put on headphones and listen to meditative music on my phone, close my eyes or not and sit quietly and connect and meet my spiritual guides - to this day I feel a great closeness to them - they know me as I know myself and even
- more

Every day or moment that I need someone to encourage me and get me out of the perspective of "I am alone and I am a victim of life and fate and I have no luck" or every moment that I need someone to get me out of an endless loop of a circle of "fear sadness anger" I turn to them and talk to them about my life and my difficulties and I can talk to them freely ?without hiding anything and be honest and true - and what about them They always bring out the right things to say to encourage and help feel better - sometimes these are words of wisdom and insights about life from

the higher place of the spiritual world of souls and sometimes these are
...real spiritual messages

Anyone who has read spiritual literature on channeling will certainly not be impressed by the simple things my spiritual guides have told me over the years, but for me it was significant because no one has ever spoken to ...me like that or told me the things they said

These writings are not professional spiritual literature of channeling. I am not a medium or an oracle , and I do not have messages from other entities or from the souls of other people. All I have are my spiritual guides who spoke and speak to me in my conversations with them. They do not have prophetic powers, nor do they have magical powers or witchcraft. I do not communicate for other people. I do not transmit messages from the souls of people who have passed away, and so on. All I have are my simple meditations and my spiritual guides and their permission to put things into writing. My life has not changed from end to end. Although I left the assisted living facility in favor of a rented apartment, I remained mentally ill with the medications and bad memories from 28 years of hospitalizations and living with bad and sick people, residential rehabilitation institutions, and employment for the mentally ill that did not lead to anywhere. And I am still alone in the world with only my family ...who supports me from afar

.....

I don't believe I will be able to create from our conversations something -
.that will be worth publishing in a journal for spiritual guides

We look at your attempts to record our conversations with some -
.amusement

?Why -

Because consciously or unconsciously, this is your attempt to control us -
and what we say to you, to control the conversations between us, as if hoping that by documenting and perhaps publishing the things, you will make us tell you and "communicate" "important messages" to you, or make you perceive yourself as some kind of "real medium." We are
.saddened but amused by these failed attempts of yours

?Am I trying to control you -

Yes, consciously or unconsciously, you are trying to direct the content of -
the conversations to channel them to your needs , to market them as a book, or maybe a book, etc. ... Brave spirit, the fact that you come to us and turn to us and we talk and communicate with you does not make you a medium and will not turn the things we tell you into something they are not - remember, we are here for you and we speak to you to encourage you and help you. We are interested in you and not anyone else, and we are not

interested in what others have written or write in other books on channeling or what is taught in " channeling workshops" and what other channelers and mediums tell people, and we are not interested in what others generally say or believe in Judaism, other religions, or the New Age

Instead of being busy with what we tell you that will be suitable for a . book or for public publication, you should be busy with what you tell us and what is bothering you... In short, instead of us blabbering to you about the spiritual world and bombastic spiritual messages, we should be busy with your personal life and what is bothering you in life, and we will try to ?help, encourage, and guide... What do you say

?To talk only about myself -

,Yes, you will talk as always about yourself and what is bothering you - and we will say what you need to hear to guide and help support and ...encourage you

That would turn the whole handwritten matter of communication into - ?something personal, bibliotherapy, autobiographical, wouldn't it

Right... and then it will be your decision whether to publish or not and - how or not because publishing will be personal exposure and if you want to achieve something real you have to be willing to take risks and sacrifice .something like your comfort and your anonymity and be exposed

" Reminds me of David Avidan's book " My Electronic Psychiatrist - where he thinks he's talking to a computer but is actually talking about .himself and his life like an autobiography or psychoanalysis

And you who admire or have admired poets like him, instead of talking - to some golem like a computer, do the same thing only with us, your .spiritual guides

"And people will say "He's a psycho talking to the voices in his head -

,Yes, unfortunately there will be those who will tell themselves that - brave spirit, but we don't care about anyone else but you, and we don't care ,what others say, we care about what you tell us, and what your situation is .and how you are doing

?So where to start -

...Where do you want a brave spirit -

Chapter Two

It's the middle of the day now, early December 2023. In another month I - will be 47 and I live alone after living with mentally ill people in sheltered housing for twenty years and also going through two hospitalizations in at the age of 18 and in 2007 at the age of 30. I suffered a lot from 1995 spiritual guides in my life. My whole family suffered a lot from me and what happened to me, from my brother and his situation, and in general from bad people and fake friends . I live alone. Every morning I wake up with anxiety and every night before bed I go to bed depressed. I don't have any friends. I don't have anyone to love. I only have an old father and mother who still carry me on their backs and medication three times a day that knocks me out of shape and takes away my happiness and the joy of life. I think my biggest mistake was that I joined the army after high school, but I had no choice. I met evil and abusive people everywhere I went. In school, in the army, in hospitalizations in sheltered housing, in the rehabilitation boarding school in Jerusalem in the late 1990s. They sent me there after I got sick. In my opinion, there are no good people in this world ...at all, only bad and abusive people who hate and screw you

We have a question for you, brave spirit... Do you think you are a good -
?person

.(Silence) I don't understand -

You are a good and innocent person who only has bad things happen to - him all the time and people abuse him and beat him up with so much wickedness , like the sentence "A wicked man is good for him, a righteous ?man is bad for him." Are you a righteous man with a courageous spirit

No, I am not righteous, nor am I a tallit who is all blue. I too have - committed sins and foolishness and things that I am ashamed of, and I too .have been mean to others

So do you think you are evil? That you have suffered in life because you - ,deserve to suffer? Because you do not deserve kindness, mercy ?compassion and love? Are you not worthy of love, a courageous spirit ?Don't you have the right to have a social life and a daughter or a partner ?Do you deserve to suffer in loneliness and for everyone to hate you

I hope I'm not evil, or at least not completely evil enough to deserve to - ...suffer in life or after death

In short, neither wicked nor righteous, it sounds like you are somewhere - in the middle where most of the people who live or have lived or will live ?on earth are found , wouldn't you agree

.I guess maybe so -

So the questions you ask and the things you experience are no different - from most other people... Most people are not completely evil or innocent righteous. Most people are like you in the middle. And so were most of

those who hurt you in your life and all the people you are angry with who abused you... You could say that you are not perfect like most people. So were your parents and your family who raised you. So were the children at school and the people in the hospitals and boarding schools and the ,sheltered housing you were in. You were all mediocre, average, imperfect and you didn't always know what was right to do. So you did and acted as you thought and made mistakes. In short, if everyone or the majority makes mistakes, everyone needs to be forgiven, but people have a hard time forgiving each other. It is very easy to see yourself as a victim who was abused and to hold grudges and resentments. This is a destructive ,emotion, just like anger, sadness, and fear. Negative emotions, however are addictive like drugs on the mind and brain and affect behavior in the long term . And so as time goes by, the resentment accumulates, and with them the anger, fear, and sadness, and you find yourself in a To a kind of cycle of addiction to the feeling of "I am a victim" and you do not open yourself to the opportunities that life throws at you or offers you and you increasingly close yourself off to your mother's body, and so you are like a ,voluntary prisoner, a voluntary exile from life, from love, from friendship ...from truth, from beauty and all the good things

This is too simplistic a description in my opinion... The children at - school and the people in hospitals and sheltered housing were indeed particularly evil. I am not Mother Teresa and I do not have to forgive ...anyone

And what if we told you that those who hurt you have already been - punished for everything they did to you? Would you still continue not to ?give up and not to forgive them

.I don't know -

He who does not forgive others will end up not forgiving himself, and he - who judges others all the time will end up judging himself as always guilty. Don't you see that? Human beings and their souls need the quality .of mercy and the quality of forgiveness, not just the quality of judgment

.There are things that cannot be forgiven -

Every soul that has been incarnated in this world long enough has had - time to sin and transgress all the prohibitions of the human race, so what will we do? Shall we send all souls to hell? We tell you that there is .forgiveness for everything, both for sins and for the most terrible crimes

Even for the most wicked there is a remedy and forgiveness - and if it is impossible to forgive that person in this world, his soul will be forgiven in .the next world after he atones for his sins and transgressions

This is once again the same thing that the rabbis say about "reward and - punishment" for souls in the real world, "heaven and hell," and all these things. You understand that I grew up in a secular home and I am not religious. I did not study Torah, Gemara, Talmud, Mishnah, and I did not

go to pray in the synagogue every Shabbat. I do not keep the commandments, do not observe Shabbat, and do not vote for religious parties. Apparently, according to all this, I am a complete evil person .whose sentence according to Judaism is hell

!And yet you have an eternal divine right to enter the Garden of Eden -
And to walk naked and without shame in the assembly of God and to sing
!Hallelujah

.I don't believe in God, at least not in monotheistic religions -

God is not what you humans think he is, but that's a bit of a big issue for -
us and you. We're just here for you, and not with the goal of convincing
.you to believe in what you don't want or are unable to believe

.....

The day is coming to an end, it's almost night and I'll take the -
medication and go to sleep sad and depressed without talking to anyone all
...day and all night

It's a bit strange to talk about sadness and personal depression, or in -
short, about personal suffering, when there is a war going on in Gaza these
days and people are being injured and killed or have been injured and
killed and are going through real suffering. There are people whose loved
ones have died or been kidnapped by Hamas and they are missing or
kidnapped in Gaza. There are soldiers who fall in battles with Hamas
fighters. There are bombings in Gaza and alarms and rocket launches into
Israeli communities. And around the world there are demonstrations for
.and against Israel and hatred is celebrated and blood is shed

Yes, so there are those who suffer more than me or have suffered more -
?than me or will suffer more than me. What can be done

Unfortunately, being a Jew in this world has always involved much -
suffering and torment, and yet the Jewish people are one of the oldest soul
.families existing in the spiritual world of souls

?Can you explain a little -

Let's try... Every nation, every ethnic group, and every religious group -
on earth here in the world have lineages of souls that are connected by
some kind of kinship in the spiritual world. They are called a " soul
family." A group of souls that are connected to each other by ties of shared
incarnations. Family ties in this world. Ties of shared fate and fortune. Ties
of a sense of kinship. The Jewish people are one of the oldest soul families
in the spiritual world of souls. Over five thousand years of shared
incarnations have made the Jewish people spiritually a family of souls that
.is both a family of faith, an ethnic group, and a people

?And why is the fate of being a Jew so difficult and full of torment -

Because of over five thousand years of incarnations with sins and -
atonements, graces and iniquities, crimes and transgressions, shortcomings
and virtues, disasters and successes, destructions and resurrections - it is
said that the Jewish soul family has one of the strongest bonds between its
...members of all soul families, for better or for worse

?Will he dwell alone with a people? And will he not consider the nations -

There's something about it: if you're born a Jew in this world, you're -
born into a tradition, a people, a religion, and a group with thousands of
,years of history and shared karma, and your life is not going to be easy
...unfortunately, no matter what

Sounds like both a blessing and a curse -

If there is anything to be comforted about, it is that life is no picnic for -
,anyone who is reincarnated in this world, no matter what fate or fortune
religion, nation, or group one is born into. Life in this world is meant to
learn and grow as souls. There are those who learn quickly and there are
those who learn slowly, and those who learn slowly will generally
.reincarnate further into this world and suffer more

So we Jews are a bit slow in understanding the learning of the -
?reincarnations

" This is not what we intended, God forbid, but indeed most of the "slow -
souls who learn slowly and the hard way seek to join the Jewish family of
.souls in the hope of learning faster

So we are what we call "special education" or "enhanced learning -
?"group

Again you are making an analogy and comparison to concepts from the -
...earthly world, that's not what we intended

?So what do you mean -

It's complex. The spiritual worlds of souls are complex, just as this -
earthly world in which you live your life is complex. - New souls are
created all the time and must learn from scratch. Some finish their earthly
incarnations and migrate to other worlds. Some come from other worlds to
incarnate here and must go through a process of adaptation. - The universe
and creation are much more complex than one soul can grasp with its
...intellect

.....

Chapter Three

It's now late at night. I took all my medication for the night, but I don't -
feel tired and I decided to have a sleepless night or try to have a sleepless
night and communicate with you spirit guides and continue to write down
.our conversation

What a brave soul. You are the one who decides for yourself whether to -
.go to sleep or not, but in the morning you will be tired

I finally have something that excites me: the conversations with you and -
.their posting on a newspaper

?Oh, so you're too excited to go to sleep -

Yes, something like that. I don't feel tired all that much or not at all... I -
feel enthusiasm, joy, happiness, satisfaction. It's been a long time since I
had these feelings. Most of the last few years, I would go to bed an hour
.after taking the medication. I would be depressed and sad all night

?Want to expand -

On the one hand, Dad is coming tomorrow morning and will be upset -
and worried about how dirty and messy the apartment looks and that I
didn't sleep last night, and the psychiatrist is coming in a week, but I don't
...care that much, at most they'll push another fucking pill into me

?Is there anything else that keeps you from sleeping -

.I'm afraid I'll have nightmares at night, bad dreams , etc -

?And what else -

Of course, there is also the fear that I will lose the ability to sleep and -
lose my sanity into a seizure and then end up in the hospital or have them
put me to sleep against my will or they will think I'm playing with the
.drugs or whatnot

Why is hospitalization so bad and scary to you? Why are medications so -
?terrible to you

These drugs that everyone praises have terrible side effects that no one -
dares to mention or tell you when they start giving them to you, and you
discover them yourself only after you are already dependent on them, and
psychiatric hospitals are places at the bottom of the state and Ministry of
Health's budgetary priorities, and there are a lot of bad people there, both
among the hospitalized and among the staff and doctors. These are actually

not hospitals and have nothing to do with medicine. They are just prisons and detention facilities for the insane who are tortured - drugs with terrible side effects and tying up and electric shocks. Do I really need to explain
?this to you

Of course we understand this all too well, but if it weren't for psychiatric - hospitals, you would end up in prisons and jails with your seizures, where
.it's even worse

...I have nothing to say and I would like to change the subject -

So you won't sleep tonight, brave spirit? Will your father come and see -
?you like this and worry

.I feel like I can't sleep, sorry -

,It's okay, there are nights like that too, so we'll talk and have fun tonight -
?what

I really love the night and being awake at night, and in recent years I - have always regretted that because of the medication I can't have sleepless
.nights like I used to when I was younger

?What do you like so much at night -

Everything is quiet and the whole world is asleep and you are awake and - quietly doing whatever you want, listening to music on your headphones and writing at night whatever you want, or programming and working on
your programs and projects in programming. And when I was in my twenties and I wasn't afraid, I would go out at the beginning of the night and walk around the city until dawn and return home and fall asleep until
.noon

Believe us, we completely understand you, brave spirit, and if this is the -
,night meant for sleep

.The night is also for other things that can only happen at night -

.....

My stuttering and babbling bother me. When I speak and get stuck, I get -
.angry with myself and feel terrible and awful

And what will those who are mute and deaf say? Or blind or those who -
?cannot read or write? Or those who cannot learn anything

The affliction of many is the comfort of fools -

That's not what a brave spirit meant, but sometimes we have to admit -
.that it's not worse and look at what we do have and not at what we lack

You can read and write, you can use a computer, you see, hear and speak
?fine, so why should you be angry with yourself

Because it bothers people. Do you know how much crap I've gotten in -
my life from other people who thought I was retarded just because of my
?stuttering and my babbling

.Someone who truly loves you doesn't mind how you speak -

?Who loves me anymore? Dad and mom and the little family I have -

If you gave more of yourself and allowed people to get to know you -
.more deeply and love you, more people would love you

.I lived with human scum for thirty years -

We are not referring to roommates for mentally ill people, but to -
.ordinary people

I live under the stigma of mental illness. Everywhere I go, I am -
.considered the scum of society

You have harsh and gloomy beliefs about yourself, the world, life, and -
.people

.This is what life taught me, this is how I've been treated my whole life -

.Certainly not your whole life -

.Well, most of my adult life -

It's a shame that you embrace those negative, addictive, and destructive -
,emotions like anger, sadness, fear, hatred, and resentment into your heart
even though that's how you were treated. If you don't learn and know how
.to love yourself, no one will do it for you

.....

Good morning spiritual guides -

.Good morning brave spirit, so we see you slept -

Yes, in the end I went to sleep and woke up tired and Dad came and saw -
me as I was. He thinks I'm depressed or something or I don't know what
the truth is. I didn't feel like seeing him at all and I was relieved when he
.finally left

We are happy that despite all this you were able to sleep, but we are sad -
.that the relationship between you and your parents is not better

.I don't want to talk about my parents or my family -

?Are you accusing them of being mentally ill -

I blame them for many things... On the one hand, it's clear to me that -
they did their best for me to give me the best life, to take care of me and
...love me when I was a child and a teenager

?And on the other hand -

On the other hand, I'm angry at them for the mistakes they made and still -
make with me. They are simple, innocent, and stupid people, and that's all
.I have to say about them

Are you always angry with them? And in general, can being angry at -
someone for mistakes they made in the past fix or solve anything in the
?present

I have a love- hate relationship with my parents. I'm not always angry -
with them, and being angry doesn't solve anything. It's just endless pain
.and suffering, and I know I'll never be able to recover from it

Maybe over time the anger and pain from the past will darken... You -
know, time is like a river of water that erodes our memories and pains like
stones that become pebbles. Time has the ability to heal even the greatest
.traumas

And create more and more new traumas in a million more fucked up -
incarnations of bad karma... - Brave spirit You and your parents and your
family Your souls are connected to each other in karmic ties of fate and
luck You are close to each other spiritually Your parents did their best and
you know it You as a family did your best to be good to each other And
beneath the pain and anger and resentment and past accounts There is a
deep and eternal love that is beyond death and beyond time - After all, as a
child and a teenager you loved your parents and your grandmother and
your sister and also your brother You all as a family made great sacrifices
to feed and help your brother and raise him even though he was a nursing
home and seriously ill Each of you dealt with the situation differently And
each of you paid a price in some way in order to remain a family and
together Even if it doesn't seem that way

The years when I was happiest were when I was a little boy or a child -
and I grew up with my family with grandma and dad and mom and sister
and brother and my brother was still small and it was easy to take care of
and feed him. Life was simple so my parents and grandma did and took
care of everything for us. I just had to be a good boy and do what dad and
mom and grandma told me to do. Go to kindergarten or school and do
.homework and learn to read and write and do math and be a good student

After that I could watch the children's programs on TV all afternoon and
.go to bed and daydream until I fell asleep

Didn't you have other good moments and times in life when you were -
?happy

I never had any good times when I was truly happy in life. The period I -
told you about now was not perfect either. There is no perfect happiness in
this life. There is no paradise in this world. You can search for it but it will
.never be found. And I have always aspired or wanted perfect happiness
And there is no such thing in this world. All happiness is only temporary
and underneath it there is suffering that we suppress or ignore. And all of
- .one person's happiness comes at the expense of someone else's suffering
Even when I was the happiest in my life as a child or as a young man, it
was always just an illusion. An illusion that we return to in our memories
with nostalgia because our present is full of pain and we miss it because it
.was relatively better then

It is true, brave spirit, that in this life, in these incarnations in the earthly -
world, there is no such thing as "perfect happiness." But that does not
mean that life on this earth is worthless. The fact that you have suffered in
.your life or committed sins or failed does not mean that your life is in vain
Life is never in vain. Brave spirit, even the most miserable and "screwed
up" life is not in vain. Your suffering is not in vain. Neither are your
failures nor your successes in this life on earth. All of this, everything that
happens to you in this life, is part of the lessons that you must learn as a
.person and as a soul

.I need a break from this conversation, from this reporter's post -

?Is what we tell you too painful or fails to comfort you -

I've heard these things in a thousand and one forms and modes. They -
always promise us a "reward" for the suffering we endured, and if we
were good children in this life, I'm tired of hearing it... No one knows what
this wonderful "reward" is . It's a kind of code word for something that is
...a closed and unknown secret... I'm tired of hearing it

.....

.I think I regret writing down our conversations -

?Why brave spirit -

Because these are not spiritual messages, it's bullshit that all the barren -
me and you chatter as if words can heal me or the world. I am irreparably
.broken, and so is my world

You can see in these conversations a spiritual self-psychotherapy, a -
courageous spirit

No, you're wrong, these are mindfucks and chatter. My mind I talk and -
ramble to myself I have no one to talk to so I fuck my mind and think I'm
talking to someone and think I'm doing something when in fact I'm not
doing anything with myself and we'll always remain just a crazy mentally
,ill person in this world That's all I can ever be in this world just a stinking
! fucked up mentally ill person who's boring Coop

A lot of frustration is coming out of you right now, brave spirit, a lot of -
bitterness and self-hatred and anger and sadness... brave spirit, has anyone
?ever told you they love you

.I don't think so... Maybe dad and mom -

?And how would you feel if we told you we love you -

.That won't tell me anything -

We love you brave spirit and you deserve to be loved and to be loved -
.and to know and feel love

.It sounds and feels so pathetic and miserable. I don't believe in love -
.There is no love in this world

We love you in the spiritual world of souls. A complete, pure, innocent -
love like the love of a mother for a child. A selfless love that does not
depend on anything. There is nothing you can do or say that can break or
destroy or destroy or harm this love of ours for you, just as your parents
love you despite all their flaws and your flaws and the mistakes that have
.been between you for your entire life and lives

! Puccini Muccino -

This is the truth, brave spirit. Love exists and is real, just like other -
,emotions. If you know and believe that a terrible emotion like hate exists
?why wouldn't you believe that love can also exist and be strong and real
If you know and acknowledge the existence of evil and wickedness in this
world, why wouldn't you believe that goodness, compassion, and mercy
?also exist in it

.Love and goodness are flawed, fragile, mixed with impurity and evil -
,This is what I cannot tolerate in this world. There are no simple, pure
whole, and perfect things in it. Everything is mixed in it. Good is mixed
with evil. Love is mixed with hatred. Beauty is mixed with ugliness. Truth
.is mixed with lies. And so on. This is a divided world

Yes, this is a divided and dual world like yin and yang or like the tree of -
knowledge that splits everything into two different opposites that break the

unity of things and are not complete without each other and depend on each other because without evil there is no good without hatred there is no love without lies there is no truth and so on. You too are not whole and perfect, neither are your parents nor your family nor any person on earth nor the people who consider them righteous or geniuses or superstars or talented or wise or rich or beautiful are not really like that in a perfect way in the world where you find yourself. Everything is relative and divided and there is no such thing as perfect or complete, neither in matter nor in spirit and everything is temporary and changing and turning around. Love creates hate which creates love which creates hate again. Poverty creates wealth which creates poverty which creates wealth. Good gives birth to evil which gives birth to good which again gives birth to evil. Matter and spirit are divided and take on new and changing forms over time. Nothing is permanent. 'This too shall pass'. Everything is temporary and not ,permanent. Every situation is one-time. And a changing, temporary dynamic dual world

Sanity that gives birth to madness... health that turns into illness... a life -
...that ends In old age, decline and death

But also despair that finds hope... Loss that leads to faith... Evil that -
leads to a return to the better... Great wickedness and injustice that give rise to atonement and correction. The flow is not one- sided. A courageous spirit is two-way. In such a world, you have the ability to choose where to .strive and where to develop. As long as there is life, nothing is still lost .And do not say despair. Even the greatest pain has healing and correction Even the greatest sin and shame have correction. Even the greatest hatred weakens and surrenders to forgiveness and atonement, ultimately giving rise to wholeness and love. Good things can succeed, not just fail. And evil does not necessarily win, and even if it does, then only a temporary victory... And a final word as food for thought. Your soul that descended into this chaotic, dual, and dynamic world always remains whole and cannot be destroyed. And all souls are equal in the eyes of God, so that all ...these comparisons remain in this earthly world

?Why do souls descend into the world at all -

For what? To fix themselves and the entire world... To grow and develop - and not remain static in the eternal world. You know, the earthly world is referred to by us, with dubious honesty, as the "world of action," while the spiritual world is considered by us, with derisive epithets, as the "world of boredom ." There is no suffering or evil in it. There is no duality or dynamism in it. Everything is one and static, permanent and eternal. Souls who descend to the earthly world sometimes see it as a kind of "going on ". an adventure

.I would like to stay there and not go down and roll around here anymore -

Then you might get bored pretty quickly, brave spirit. Many things you -
experience in life on earth and take for granted are missing here or don't
.exist or just not the same

?Like for example -

...Sex is a form of desire and procreation. For that you have to go down -

?What else -

,True and wild art and creativity can only thrive in your world. With us -
,we protect the creations and the art and the things you create down there
but the creativity and art here with us is poor and boring compared to your
.art

?What else -

,What else? Mmm ... There is no money and no private property -
everything is public and belongs to God and to all of us. Wealth and
poverty are perceived differently here... Also, everyone is healthy and
whole and there is no sickness, so there is no real medicine and no
,research science... If you want to know something or research it yourself
...you have to go down to your world again and study and research it there
We preserve all your knowledge and wisdom that you have accumulated
during all the years of humanity's existence. There are libraries and even
computers and networks like the Internet, but all of this is for preservation
the true knowledge and creativity and true art is from your world. We -
only preserve it in an eternal, indestructible state, and the souls who lived
here perfectly remember everything they learned and created here, as well
...as all human experiences and human situations

?So what do you have -

We are quite good at mutual help and at treating and healing souls who -
have gone through difficult incarnations or traumatic situations, especially
.young or inexperienced souls whose incarnation here was disappointing
We embrace them and shower them with love. - We are also good at
healing negative karmic connections between souls, such as cases of
,violence, murder, abuse, wars, poverty, disasters, epidemics, mass hunger
,mental illnesses, etc. At least in theory, a little less good in practice
unfortunately ... and this is because we can only help those souls
afterwards' when they are with us and less when they are there suffering'
...and going through hell

?Is there such a thing as hell in your country -

Unfortunately, there are. Just as you have prisons where people who are -
dangerous to society are sent , and therefore they must be kept away from
it, so there are certain souls who have caused so much damage and killing
and bloodshed and disasters out of selfishness and wickedness that we

must keep them away and not give them a second chance to descend to the
earthly world so that they do not destroy it completely... It is not perfect
...but there is no choice

.....

It's raining outside tonight and I'm sitting and thinking... Spiritual guides -
told me, is there also rain and sun, moon and stars, sunsets and sunrises
clouds, nature, fields, forests, streams and rivers, animals, nature and
?forests, seashores and lakes, fish and birds

,Yes, brave spirit, we too have weather, and there is nature, and animals -
and plants, and trees, and forests, and oceans, and lakes, everything that is
below, is also above, brave spirit... But we have a feeling that this is not
...what you want to say or ask

I think about my mother and father, they are aging quickly and suddenly -
they may not be here with me and I will be left alone, an orphan and
...helpless, another lonely mentally ill person in the world

We know how much you loved and still love your family despite the -
great anger you have towards them. We know that you sacrificed many of
your dreams and aspirations in life in order to want and be as they wanted
you to be. You don't dare to disobey them on big issues. You live as they
want, not as you once did. In your youth, you wanted to live and gave up
many options in life so as not to confront them and chose to bury yourself
for many years in sheltered housing so as not to need their help until you
gave up and gave up on that too and now you are sheltered in their
shadow, needy and dependent on them. You have essentially given up your
. independent life for their sake and are left alone

My parents are all I have left alive who still remember me kindly and -
love me. When they are not with me, I will go to hell. Life will eat me up
...without salt and I will barely survive

?Is this the fear that eats you -

There are also the aspirations I had when I was young in high school - to -
get on a big plane and run away from here and cut off all contact with
them and live alone, free and happy. But the disease played havoc with the
cards and made me disabled and needy and I lost my world and my home
.and I had no more home in the world, not even with my father and mother
I am a failure in every way. I will not succeed. This life is just to burn off
bad karma and suffer until the end. I only thought as a teenager that I
would be someone or that I was worth something. The truth is that I am a
slave and a fool and a fool and a fake person with fake and worn-out
dreams . I lost my world before I was twenty and I lost it again and again
.and everywhere I was kicked like a dog

You are not helpless, a brave spirit. Everything you have lost or think -
you have lost, you have actually gained a thousand times over. You like to
wallow in self-pity or bitter anger. But the truth is that you love your
parents and family, and for the sake of this love, you sacrificed your
desires. And you also thought that because you are sick, you are incapable
So you did not dare or tried and failed. But you are not a failure. Living a
humble life for small goals is more difficult than living and fighting for a
great goal. Maybe when your soul is stronger and more experienced, you
will reincarnate again and be able to fulfill your own dreams and desires
...without fear of failing or being limited by your family

...We are a very fucked up family and we were a very fucked up family -

?Because of your brother -

Because of everything, father and mother and grandmother and brother -
and sister and I were all screwed up and cursed and damned

Your life is not in vain, brave spirit. The sacrifice you all made as a -
family for your brother and then for yourself and for your sister and for
your nephews and future generations was not in vain

A screwed up family and a sick house in a place that is rotten to the -
...core

What one person sees as rotten to the core or as a sick and fucked-up -
...place is for others a paradise and a wonderful place to live

A righteous man and it is bad for him, a wicked man and it is good for -
him

You know, in the spiritual world of souls, being evil is not something to -
be proud of

What do I care about the next world? I want my reward and my -
!happiness here and now in this world right now

The true reward can only be realized in the next world. Brave spirit. All -
happiness or reward on earth is temporary, momentary and fleeting, while
in the next world it is permanent and eternal

Okay, so we'll just continue to suffer in this unnecessary life and engage -
! in nonsense until we drop dead

Brave spirit, our intentions are good. Please don't be angry with us. We -
love you and are trying to encourage you. We are trying to tell you that
you are eternal in your soul and you live in an earthly world where
everything is temporary. However, your home is in eternity and your life is
eternal, like the life of the soul in the spiritual world. Therefore, any
problem you have in this life in this incarnation is only a temporary

problem. We promise you that you will see it with your own eyes when your soul returns to the spiritual world. All your troubles and pains now will seem to you like a bad dream from which you woke up to real life on a beautiful, new, sunny morning of a new, eternal day in which you and
!your loved ones are free and happy forever

Okay, okay, I understand, but what does that help me here and now? I - suffer and have suffered and will suffer... I feel that this life or this incarnation is just for suffering. I have nothing that can make me happy or that I can be proud of or comforted by. I have never done anything significant. I have not loved anyone or anything. I do not have a wife and children of my own. All the people around me have abused me or have not given me a break. I live this life with empty hands and a broken soul and a body that is decaying and aging. Most of my days are spent in sadness or ,emptiness and loneliness. I have no soul in the world... and people tell me "Do what you love or want to do" as if adopting a hobby or a pet can give" .a sense of happiness or satisfaction or some meaning to this life

We don't want to preach to you or talk high- mindedly , but we ask you - what you can do to feel better? What can you comfort yourself with? What will help you? What will give you a sense of satisfaction? Son, you are there in the earthly world suffering and we are here in the spiritual world and we can only talk to you and have you put the conversations with us in writing for your sake or for the sake of someone else who might be comforted by reading - there is not much we can help or do except encourage you and comfort you a little. If we could be there with you and had an earthly body we would hug you and try to help so that you would feel less alone and see someone in front of your eyes who speaks to you face to face and heart to heart. But **we do not have a body and we do not have permission to go down to you and we do not have special abilities. We cannot intervene and change fates and fortunes and karmic accounts from previous incarnations and we do not have - predictive abilities and we do not have any powers over the unseen** when you get here we will embrace you to our hearts and wrap you in warmth and love and we are sad when you are sad and when you are happy we are happy with you and we are always with you in the good and bad of your life - however, during your life you are the one who has the choice of how and what and when and why and how much and so on. **You choose what to do with your life and so it was and so it will be all your life. What we tell you is only a recommendation. We do not have You have no ability to influence, except to try to speak to your heart and mind and try to convince, and that is you. You are the one who has the choice over your life. You choose what to do with your life and how you choose to live is how your life will be and look. Therefore, you are not the one to blame anyone else for how you choose to live and if you are not satisfied with how it is. Your life seems to be in your power if you believe in it, to change it, to make a change, to be transformed - it won't be easy, and it won't be comfortable at first, but it's better than staying in a situation that makes you miserable, brave spirit... Please don't ...be angry at our words to you**

I'm not angry. I thank you for your honest words. I feel that your intentions are good and loving... (sigh) It's time for my nightly medication and in another hour or two I'll go to dreamland again. I just hope I don't have nightmares

.....

Chapter Four

Good morning brave spirit -

... Morning? More like around noon -

?How did you sleep -

Like this, like this, how the morning started, the noises from outside started and I'm half asleep, afraid of the noises. They enter my dreams and sleep and turn into anxiety and panic

...We are sorry -

And my mom gets on my nerves so I rarely talk to her. Today she sent me a million photos of my old songs on WhatsApp that she found in some hole, so she can frame them in gold frames

.She is proud of your songs. Your mother is proud of you -

The joy of growing old beautifully after she and my father ruined my life and crushed my soul and mind and sent me mentally ill to the army so that I would be normal like everyone else

On the one hand, you blame them for ruining your life, on the other hand, you live according to what they tell you

,That's right, because they always made sure I didn't breathe too hard - that I didn't jump over the belly button, and that I would always always remain dependent on them and remember that I was their son and had to obey them and their stupidity and be what and how they wanted me to be They decided everything about me. I was never on my own. I have no idea what it is. I'm their slave and their dog... The kids always made fun of me at school. They made fun of this fucked-up kid who lived as if he was a kid in the austerity years of the fifties who talks like an old immigrant, an immigrant kid, a piece of human dust. And my mother, who was loving and humiliating, built you up and destroyed you according to how she felt

,at that moment. My sister and I and all of us were, for most of the years her punching bag when she wanted and looked for someone to take out her anger, frustration , and pain on. Today, she's a senile old woman who believes her own lies. I hate her and I love her and I can't be with her and I ...can't be without her

?Have you ever tried to live independently -

Every time I tried to break away from the family umbilical cord, I ate it - in the army, I got sick and ended up hospitalized in hell, and in later years I would find myself thrown like an abandoned dog in some crumbling apartment with no one until, out of loneliness, I asked to enter assisted living, and after that I made myself a victim of my stupid life and hospitalized myself again, just an unnecessary hospitalization, where they ,had already screwed me over and crushed me for the rest of my life irreversible damage, a whole life that was wasted for nothing, years and ...time that will never come back

What annoys you the most about everything you feel and sense right -
?now

It upsets me that you suffer in this life and your suffering will remain - transparent. No one wants to know or hear... No one wants to hear what I went through with my family and what I and all of us as a family went through and sacrificed to take care of and feed and live with my little brother. And no one wants to hear what I went through in my .hospitalizations, which were like a little hell. No one cares

Brave Spirit People don't want or can't hear because they're busy with - their own pain that they've gone through, which no one wants to hear or ,embrace. You're not the only one who treats their own pain this way everyone is like this - everyone hurts their own pain and doesn't have the .ability to hear and support the pain of others. That's how the world is built It's not personal against you. There's just so much suffering and pain in the world that if you didn't somehow suppress them, the world would explode ... with pain and existence in the world and life would become unbearable We know you'll hate what we say, but you can always find people who have suffered more than you. And it's true that all pain is pain, but it's also .relative

...I feel like crying -

Your mother and father love you very much and you love them. The - bond between you is strong. All the suffering you caused each other was unintentional and unkind. Please try to understand and overcome the anger and resentment and the sediments of your past. You and your parents need the quality of kindness, mercy and compassion. You must learn to forgive your mother and try to accept her as she is and accept with a forgiving and

compassionate heart the past that you and your parents share. - They are your family. They raised you and gave you life in this world. Please forgive them and try to free yourself from anger and resentment and the petty calculations between you. Only in this way will you be able to overcome the pain of the past between you. - Both you and your parents are imperfect. You have made many mistakes between them and each with each other. But please remember that it does not matter what you did or did not do. What matters is the love that was and still is and will always be between you. - You are loved! Your father and mother love you! Forgive them! Accept them with their flaws and mistakes! You too make and have made mistakes in your life. You too need compassion, kindness, and forgiveness from others! If we don't forgive each other and ourselves, what will happen? You are angry that you are still dependent on your parents but the truth is that you and your parents need each other. This is a lifelong bond.

.....

...I'm thinking about my mother now -

?Do you have good memories of your mother -

Yes, I remember how my mother would go to the public library once a month or two and bring me, my sister, and herself books to read. This is how she expressed her love for us as a family and instilled in me a love of reading and books and literature. - I remember as a child she would sometimes take me to a bookstore and buy me a children's comic book Asterix. " " And Obelix " and I was happy for weeks about how she got me to read science fiction books from Isaac Asimov's library and I would read them within a few days. I also remember how she would take me to the movies with the whole family and we would watch a movie for the whole family. Something American. I don't remember anymore. There are good memories of her and my father and my sister who would take me to the movies to see movies with her and her friend from school or the trips with the Nature Conservancy that my father would take me and my sister on the weekends. The trips to the groves and orchards and public gardens in our neighborhood as a family. How my mother would teach us the names of the flowers we would see and the trees. How she and grandmother would sit and make sure with me that I studied well and knew how to read and write and do arithmetic. And how my mother would sit with me and we would go over the school material and she would help me with my homework in the Bible and literature and history and language and English and it was important to them that I study and know how to do arithmetic and read and write in Hebrew and English and get good grades and that they wouldn't transfer me to education. Special or group for failing students

.Then there was also love -

Yes, there was love, true love. They also sent me to private math lessons -
so that I wouldn't fall behind in class, and there was even an attempt at
...private French lessons that didn't work out

We hear that your parents, especially your mother, invested in your -
.studies

Yes, it was also on one of my birthdays when I was an adult and already -
in assisted living that my mother took me to see a movie called "The
King's Speech," about King George V, who stuttered and how, despite all
this, he persisted and managed to deliver speeches to the nation during
World War II. I have this movie on my computer and every now and then I
.look at it and remember my mother and cry

?Why are you crying -

Because this is her parting gift to me, just as my grandmother's father -
took her to hear Beethoven's "Ninth Symphony" in Budapest before she
boarded an immigrant ship with her grandfather to Palestine a few months
before the outbreak of World War II - this is what I will have left of my
dear mother for the entire duration of the film and what she always tried to
tell me in her life - that she loves me and always believes in me no matter
what

?Aren't you angry anymore? At your parents? At your mother -

...No, not angry anymore, just sad -

?Why sad -

,That I couldn't have been better towards her and towards my father -
.whom I often took out my frustrations on and blamed for my failures

We think they know you love them no matter what and that's good -
.enough for them

.....

,I don't think I'll publish this manuscript. It's too personal and revealing -
.and it also hurts me too much to write it

Don't think about it now. You are writing things between us now, and -
that's the main thing. You are going through a personal and spiritual
process with us and your spirit guides. So focus on that so that you can get
the most out of it. This whole composition is intended first and foremost
for you, and only then for others. When you finish going through the
.process, you can then decide what to do with the manuscript

?What am I supposed to get out of writing down our conversations -

We hope that you will go through a process of opening your eyes and - becoming sober about your life and your past and where you are today. We hope that you can understand that you are allowed to be who you are and exactly who you are and only you and not compare yourself to others or try to be what you are not and thus come to terms with who you are and not live with the feeling of "I am a failure" or "my life is in vain" or "life is just suffering" and not live only with the feeling that you are a victim of circumstances and luck and fate, but understand that you have the ability to choose and act and have the ability to take responsibility for your life and do with it what you choose to do. You are the one who is at the center of our concern and we do not care what you do or do not do with this manuscript. We only care about what you can or will be able to get out of ...it for yourself

My rehabilitation counselor, a young man who studies psychology at - ,university and works as a rehabilitation counselor for candidates like me is supposed to come see me tomorrow. I want to tell him about our .correspondence and the manuscript

You don't need our approval for anything, brave spirit... You have - wisdom and discretion, and you know the man and trust him. We hope that one day you will be able to show this manuscript to your mother to ask her .opinion on it, if you would like to let her read it

,I'm afraid to show the manuscript of our conversations to people - certainly not to show it or tell it to my parents or mother so they don't think I'm going crazy. I'm not sure they're open to their son "calling" or talking" with his "spirit guides." It seems strange and scary or might seem" .that way to them

We say give your parents, especially your mother, some credit and - maybe you'll find that she's open to this possibility too, but only if you .decide and feel comfortable sharing it, you don't have to

.....

Chapter Five

I finally understood something from spiritual guides -

?What do you mean by brave spirit -

I understood what you were trying to tell me and imply to me - that you - are writing this manuscript of the conversations, I am writing it down only for my own sake and I will not show it to anyone and I will not publish it

anywhere and I certainly will not publish it nor tell others about it. It is
.personal between me and you

We understand... yes, that's what we meant, brave spirit, but what made -
?you finally understand it

,It's very simple. If I tell and show this manuscript or distribute it widely -
people will think I've gone crazy and will hospitalize me. Mom and Dad
will be scared , and so will my social worker, and they will contact doctors
who will charge me for medication and everything. No one will believe me
that I'm communicating with you, but they will think that I'm not taking
medication or playing with them, and in any case I hear voices, and this is
.just a symptom of my illness that is getting worse

So we understand that the fear of being thought you were crazy made -
,you realize that we need to keep our communication personal and private
.between you and me only

Yes, the world will not believe a mentally ill, crazy person. The world -
will not want to read or hear it. It will not be interested in it. Instead, it will
want to shut me up, hospitalize me, drug me with strong drugs so that I
.will be silent and I will not be able to talk to you

.We think you're right to some extent, brave spirit -

So the conversations between us should be a secret and not for anyone's -
.eyes

.Yes, we understand and agree with what you are saying -

?That's what you were trying to tell me, isn't it -

,Yes, that's basically what we were trying to imply to you, brave spirit -
but you were excited and made big plans when in fact there was no need
for that. The things we tell you here and you put on paper are intended
.solely for you and no one else

Then I won't talk about it with anyone and I won't show this handwriting -
.to anyone

...Whatever you decide and feel is right -

.....

I informed my father and social worker that I wanted to return to -
.sheltered housing for the mentally ill

Why do you want to return to live in a sheltered housing setting for the -
?mentally ill

To go to hell! To go to hell and burn there forever! Let everything and - everyone go to hell! Let you go to hell too! I'm tired of everything. I want to go to hell and burn there with the rest of the demons and evil spirits. Go ,bury myself in lousy housing settings for the mentally ill and insane human animals, and suffer forever! I don't want to live, I don't want the favors of my stupid father and mother. I will live my destiny to the end. If I'm nothing and trash and shit, then let them throw me into the sewers of society with the rest of the shit. I'm not afraid of suffering. I'm not afraid of hell. There I belong in the madhouse, the leper house, the sewers of humanity. I'm nothing. I'm trash. I'm crazy. I'm the scum of society. I'm ,worthless and everyone shits on me day and night. So I'm a little, stupid fucked-up shit. And everyone pisses on me and hates me and despises me and calls me crazy and a little punk and a homosexual and a pervert and ,scum and shit. So that's what it's going to be. If they hate me like this then I'll go and bury myself in hell with the psychiatrists and the vile !associations. My life will go to hell. I'm worthless

We feel and see that you feel terrible - self-pity and great hatred and - great anger and great sadness and despair. You want to give up and destroy yourself and destroy yourself. You want to suffer and punish yourself - but for what? What have you sinned that you deserve to suffer? What have you sinned that you deserve to "burn in hell forever"? Why are you angry ?with yourself and hate yourself

I am cursed, I am damned, my soul is cursed and damned, I belong to - hell, not heaven. I am a slave, a slave of the devil who abuses me, and he will slaughter me in hell. I was born to burn and be slaughtered in hell. I have no soul at all. I am just a fucked-up animal, a fucking zero, a scum of a human being, zero, zero. I have no soul. I am worth nothing. I have no right to enjoy and be free and happy. I am cursed, a slave of the devil who ,abuses me. I have no rights, only duties, and my share is only humiliation beatings, torture, and suffering. I am tired of being afraid. I want to burn in hell. I want to go to hell. I am tired of being afraid of suffering. I want to reach the bottom already and see it with my own eyes. You too are not spiritual guides. You are voices of illness. You are demons and spirits. You ,are voices of the devil who plays with me, deceives me, works on me beats me, humiliates me, tortures me, slaughters me, destroys me. You are lying to me and I do not believe a word you say. The devil sent you. Go to !hell

Brave Spirit Even Satan is only a servant of God and always does as He - commands and disobeys Him. He does the dirty but necessary work for God, which is to purify the rebellious souls in torment and to make sure that they do not deviate too much from the straight path. He is responsible for the negative side of karma, but he does this in order to open the eyes of the rebellious and sinners, not to destroy, God forbid, nor to abuse them for no reason. He is just doing his job. He does not want to torture you "forever and all that other nonsense - the souls in hell do not "burn forever and so on, just as sick people in this world are not put to death but receive

life-saving medical treatment - you are not a "slave of Satan." Satan does not want or desire slaves or slaves, and we have nothing to do with Satan and we do not do his bidding... We are your spiritual guides and all we .want is to help you on your difficult path in this life

.... (Silence) -

?Shall we calm down ? Did this answer give you a brave spirit -

...I... want to... cry -

We too feel like crying when we see you suffering and torturing yourself - like this and wanting to destroy yourself out of frustration and despair. The decision whether or not to return to live in a mental health facility has nothing to do with the terrible things you said. The decision regarding mental health should be made with seriousness and seriousness, with calm ,and balanced judgment, and not in an outburst of self-destruction, despair self- hatred , and other negative emotions. **You are acting like a frustrated little child who is angry with himself and the world because ... he didn't get what he wanted, so he wants to break his own toys**

.I quit smoking -

?Why -

To endure hell and to prepare to someday return to assisted living where - smoking is not allowed

?How much do you smoke a day, brave spirit -

About four boxes a day. I buy packets at the grocery store at an - .expensive price two or three times a week

We understand... So you really want to go back to living in a mental - ?health facility and are willing to go through smoking cessation for it

.Yes, I think so -

You are in for a tough time... Please remember if you need us we are - .here for you, brave spirit

.Thank you, and I still feel like crying -

We know, and we too feel like crying, and yet we are sure that if you are - motivated, you will succeed in quitting smoking despite the difficulty, and .we also truly think that you are very brave, a brave spirit

.I am weak and stupid and cowardly -

If so, you may surprise yourself... We know that for a long time you - wanted to quit smoking and tried many times and failed, but if the goal of returning to live in assisted living is so important to you that you are willing to give up smoking and go through rehab, then we wish you good .luck

,I will fail like a drug addict, once a drug addict, always a drug addict - once a smoker, always a smoker, once a mentally ill person, always a .mentally ill person, once a fool, always a fool

We send you our love, brave spirit. We send you light and love and an - energetic hug. We love you very much, brave spirit. And we know that you are going through a difficult time and will go through a difficult time in the coming days. - Remember if you want or need to talk to someone and you don't have anyone to talk to, we are always here for you at any moment and time you want... We will always love you and wish you well, our brave spirit. You are dear to us and we want you to be happy and joyful ,and that you will be well . - When you have a hard time quitting smoking talk to us and talk to us. We will be there for you in any way you decide to contact us. We will not turn you away empty-handed and we will not reject you. If you need encouragement and support in your quitting smoking or anything else, we will be here for you to help you and encourage you and support you. - Always without conditions and without limitation. - You are - .taking an important and courageous step for yourself and for your health Remember our mantras and yours. - **"We are your spiritual guides. We protect and protect and guide you as best we can. - We love you and accept you exactly as you are." As you are with the good and the bad in you - we never judge you or test you or accuse you - you are the eternal and beloved child of God and love always loves you!"** Be strong and take courage! We are with you! God is with you! Your family is with you! Your loved ones and those who love you are with you! We are with you in everything you decide to do! And we will talk to you every time ...you decide to reach out to us... We love you and believe in you

...I feel like crying -

Be strong and believe in goodness and that you have hope and you will - get through this with a brave spirit... You are not a coward and you are not ...stupid and certainly not as weak as you think when you beat yourself up

.....

I tried praying to God and spiritual guides -

.We understand -

I'm not even sure or know how to pray to God. Prayer from the heart to - .the heart. I was never taught Judaism doesn't teach you how to pray .Personal prayer. Everything is just prayers from books and prepared pages .The education I received in school was worthless spiritually or religiously

And today they tell you to repent. If you want to believe in God, as if there is only their way. Do what they tell you and I will repent. Keep the 313 commandments

?May I ask you why you prayed for a brave spirit -

May God help me succeed in my smoking cessation and find a good place to call home and may I have a home in the world and many other things

?How is the rehab going, Brave Spirit -

I hid all the smoking products and I haven't smoked for three and a quarter hours now, but it's nothing. It's a sixty-something and every minute, hour, and day that passes it will be harder and harder and there will be serious side effects. I already know that and on Sunday there's the meeting with the social worker and on Monday there's the appointment with the psychiatrist and I'm afraid I'll come nervous or anxious and I won't be at my best and they'll think whatever they want and I'll eat it

We understand, brave spirit, you prayed for the courage and strength to succeed in quitting

Yes, and by the way, the rehabilitation instructor isn't coming today. He's sick with the flu or whatever. I have no idea if he's really sick or if he's playing on me

?How are you feeling now -

I'm dying to smoke... There's a great temptation and I don't believe I'll be ...able to do it at all

?If you don't believe you can succeed, how can you quit -

Good question, I probably won't give up ... Apparently I'll be a psychotic loser with a fucked up ponytail

?Have we started a brave spirit again -

I don't want to suffer through withdrawal... I'm going back to smoking - like the idiot I am and I hope I die of lung cancer like a stinking fuck like me deserves... - Are you going back to smoking

.I'm already smoking... like a fucking zero -

You are not a zero and you are not a screw-up, and if you decide on something and go back on it, even if it is an infinite number of times, it ...does not increase or decrease your value in our eyes or our love for you

.....

Chapter Six

...Good morning spiritual guides -

?Good morning, brave spirit. How did you sleep -

Not good. I woke up in the middle of the night choking, short of breath -
.and coughing. I didn't sleep well

.We are sorry -

Do you know what ate at me, what made me angry and hurt me -
yesterday until I asked to go back to assisted living and destroy myself and
?talk to you the way I did

,We would be happy to hear anything you would like to share with us -
.brave spirit

I came to the conclusion or insight that no matter what I am, I have -
always wanted to be loved and appreciated and respected in this life. I
have always received contempt and humiliation all my life. And I, who
have always wanted to be someone and something in this life, am always
just mentally ill in everyone's eyes. And no matter where I have been or
where I go, no one will miss me and no one will truly love me. Isn't this a
cursed life? A life in vain? So then let's go to assisted living and go to hell
and suffer like miserable mentally ill people. Let's throw everything we
have left of our lives to hell and go to the dump... This is what has largely
,gone through me. This is the reason for my bitterness, anger, rage, despair
...self-loathing, self-hatred, self-destruction

?Have you never been loved? Is that how you feel, brave spirit -

Mom and Dad and the family loved me when I was four or five until I -
was eleven or twelve and that was it and since then everyone including the
family has pretended or not even bothered to do so... My parents don't
know how to love me they don't know how to love period they know how
to take care of you and make sure you have everything you need a roof
over your head food medicine health insurance dental insurance money
and all that but they don't know how to love you or support you they won't
be there when you need something my mom is mentally unstable my dad
is mute and emotionally disabled they live on automatic they can't really
love and understand me even if they really wanted to or tried for dad I'm
the little stuttering and whiny kid who is also mentally ill dad believes the

doctors that I'm very very very seriously ill mentally ill very very very
very fucked up who always needs to be taken care of like a helpless baby
and for mom I'm her doll puppy or her little boy her baby that she
fantasizes about who is a sensitive poet and a sensitive soul and all the lies
she imagines when she's been living in her own world for years and
believes Her own lies are half crazy. My mother has no idea who I really
am. She doesn't want to know what she's uncomfortable knowing. She
doesn't want to remember what she's uncomfortable remembering. We're a
ruined family. We're a sick and mentally ruined family. A sick and ruined
home. My sister hates me and only sees herself, her husband, and her
...children. I don't exist for them

?And what about others who are not family members -

Outside of the family, there is no love in the big world, and certainly not -
for me. Man is a wolf to man, only hatred and contempt, and even when
someone is nice, they only pretend to screw you. No one in the big world
has ever really cared about me. Not in school, not when I grew up, not in
hospitals, not in boarding schools, not in sheltered housing, and not here in
the apartment I live in alone or in online chats with people from all over
the world. No one cares. There is no love. There is no respect. There is no
appreciation. There is nothing. No one has ever valued me. I was always
seen as "that fucker," "the mentally ill," "the gay fucker in the ass," and a
host of curses... Even when they gave me something or threw something at
me, it was to screw me over. And all the "love" and "friendship " were fake
.there is no love in the world, neither within the family nor outside it -
, There is no love in the big world. There is no love from spiritual guides
and I don't care what you tell me about "spiritual love" or "love in the
spiritual world," or how much God or you love me, and all these legends
of spiritual messages that sound like ass -kicking and only hurt me more
when I recall my life in front of me. The earth and all the shit I've been
through my whole life, and especially when you talk to me that I can
change my life for the better." What kind of favor? To find love in all the"
shit of this world? To find water in this desert? To find light in this
darkness? It's easy to talk and trash the mind about love and change for the
better and that there is hope, but it's nonsense that only hurts me when I'm
realistic and know that I have no chance and that I will always be hated
and despised and beaten down and that no one will ever love me, not as a
friend, not as someone to love and be in a relationship with , not as
someone to talk to . I'm just a mentally ill, a miserable mentally ill person
...that everyone kicks like a dog

We are sorry, brave spirit. We did not mean to hurt you with our words -
to you. We thought that if we talked and told you about this, you might be
comforted or encouraged. We are sorry. We did not mean to hurt or upset
.you, brave spirit. Please forgive us

.....

Brave Spirit We wanted to ask you, have you ever loved anyone? Have -
?you had love in this life

Are you asking me? I thought that as "spiritual guides" you already know -
.everything" about me"

We know, but we asked to check with you if you would like to tell us -
...about it in your own words

I loved someone once when I was a teenager - a young man, but he only -
.played with me, broke my heart and left me, and he didn't really love me
He was a corrupt and evil person, and so were all his "friends." I didn't
even know I loved him until it was too late, and he had already done his
,damage. He broke my heart and killed me in every way, mentally
spiritually, and emotionally. He was the murderer of my heart. He took my
soul out of me and after he finished playing with me like a toy, he threw
me away like a piece of trash and sent me to hell. Today, he is somewhere
outside the country, living his life and he doesn't want anything to do with
"me. And I don't care about him if I go rot in hell. That's what his "love
,was worth. All he cares about is drugs, alcohol, and money. He is corrupt
cynical, thinks he knows everything even when he has no idea. It was
,always important to him to be in control, that no one would challenge him
and about the evil he does. He really thought and still thinks to this day
that he knows best of all. He is always right, no matter what. When he
decides to cut you off, he He will cut you down no matter who you were to
him without hesitation. I call him "the devil's creation." He goes around
killing and corrupting and murdering souls with his beauty and fake love
and his empty promises. All my love for him and his "friends " has turned
...into disgust and hatred. I wish him to rot. And will burn in hell forever
?You know who I mean, right, spiritual guides

Yes, we know, and yet we do think that he "in his own way" tried to help -
you as he thought with good intentions and that he did to some extent
love you" or care about you to a certain extent , and yet your friendship"
ended in disappointment because he wanted to be free and live his
independent life in the big world, while you only wanted him to stay with
you and be yours and you could not love him as he wanted or provide for
him as he wanted, and therefore in our humble opinion - and you may
disagree with it or not accept it - it is better for you to forgive him than to
hold a grudge, and yes, what happened simply was not your fault or his
fault. That's how love is. It is fickle and temporary and changes, starting
and ending without notice and without warning, depending on the
circumstances of life... We know that he really wanted to help you and
thought he was entitled to do so because his intentions were good. You
opened your hearts to each other and for a short period of time you loved
each other and were friends and companions... A love that existed is
eternal even if it ends in the earthly world and your two souls are tied
together by a strong bond of fate. And karma, we see that it upsets you
when we teach you about it, but hatred and resentment do not lead to
...anything good

I have nothing to add. He has already done his damage and slaughtered -
an me and killed me spiritually, mentally and emotionally. He was
ABUSE. I am an abuse survivor. And his "love " was one big ABUSER.
That's how I see it. And if you, as exalted "spiritual guides," are going to
preach to me to forgive and accept abuse from a pervert, a male prostitute
a corrupt and cynical sodomite , a member of various Satanic cults, an
evil, wicked, and corrupt person who sold his soul to Satan and his
perverted lusts, and he is a professional poisoner and corrupter of young
souls, then go to hell! God will punish him for everything he did to me
and all the souls he destroyed, poisoned, and spiritually killed. He has no
God. Satan is his God, and he and his perverted and corrupt love should go
.to hell

If you judge him so harshly, what about you? After all, you too have -
sinned in almost the same sins? Would you want to be judged the way you
judge him? He didn't rape you, he didn't force himself on you. You're the
one who was attracted to him and wanted his company. You're the one who
wanted to love him and have him as a friend. It's very easy to judge others
and it's very easy to hate others. And in your case, it's also very easy to
hate yourself and blame yourself or him for what happened. The truth, in
our opinion, is that it's not your fault, nor his fault, nor anyone's fault. It
just happened and ended like this because that's life. We know that you're
wallowing in your own anger, hatred, and resentment, and feeling your
broken heart and the memories of love that have turned into memories of
hatred and pain. However, it didn't have to be that way. And we hope that
one day in this lifetime of yours, in this world, you'll learn to forgive and
accept what was and not see yourself as a "victim of abuse" but as a person
who loved a hopeless unrequited love and you'll be able to move on
without anger, hatred , resentment, or guilt. We hope for you that one day
you'll know "true love" in this world because that's your right - love in
your own way, as it suits you, and that it will be. Good for you and you for
her - we tell you this because we want your well-being and for you to be
well for no other reason. Brave spirit. Please don't be angry with us and
...don't be hurt. We love you and you are very dear to us

.....

Now on Saturday evening I prayed to God for spiritual guides -

?What did you pray for, brave spirit -

A short prayer as I understand how to pray. I asked Him to heal me from -
negative emotions and from what the bad people who hurt me in the past
.have done to me

.We hope your prayer will be accepted and help you -

Thank you -

?Do you still want to move to sheltered housing for the mentally ill -

I don't know. I'll have to talk about all this with my social worker on -
.Sunday

We see this desire or request to return to assisted living to "go to hell and -
suffer" as stemming from self- hatred , anger, unwillingness to forgive you
.and others, resentment, and other negative emotions

Yes, you already said it, "like a frustrated little child who wants to break -
".his toys

On the one hand, if you really return to assisted living, it could be a -
brave step to return to the social world and create social connections with
other people, so that as you see, everything has two sides, two possibilities
you could return to assisted living and really just suffer there, and on the -
other hand, you could have social connections with other mentally ill
people and get out of your loneliness that you are surrounded by, and thus
you will be less immersed in traumas from the past and the feeling that no
...one cares about you and that no one loves you or wants your company

I've known these settings for enough years. If I go back to assisted -
living, it will be an old, crumbling apartment with poor maintenance . I'll
.get the worst, crappiest room because everyone will take the better rooms
I won't be allowed to smoke in the apartment, except downstairs. There
will be a team of rehabilitation workers who are housewives and social
workers. I'll have to respect and obey them, and lick them, and pay all the
bills on time, and do cleaning shifts, and be careful about cleanliness and
hygiene , and buy me food, and have regular follow-up visits with a
psychiatrist, and take care of everything myself. Dad won't be able to help
me. I'll have to function on my own and carry myself on my own. The
other roommates will take care of themselves and hate him because it's
,always like that. It's not going to be a picnic. It's going to be a sea of pain
.suffering, and misery. And if I do have one friend there, he'll just pretend
You see, mentally ill people don't know how to be friends. Everyone takes
care of their own ass, and at my age, no one is looking for or Wants
friendship - I'll be "that fucked-up partner" that everyone does a favor for
by tolerating him, and of course everyone will hate me and envy me
because I'm on a disability pension from the Ministry of Defense and
they'll be National Insurance scammers. They might force me to go to a
job club or a sheltered factory from morning to noon. There will be a strict
,regime and routine there, and if I don't stick to the rules and framework
.they'll throw me in the Kibbinimet

.It sounds like you've already decided what it will be like there -

.I have no illusions about spirit guides -

So how do you feel about this? Do you still want to move there? And -
?what are your considerations

It depends a lot on what the social worker says. She has already told me - several times that she is against the idea and that it would be a setback and that it would be very difficult for me to return to assisted living after almost five years of living alone in an independent apartment. I have already been in assisted living for enough years and have exhausted this framework in her opinion. But it also depends on whether there is even a free place anywhere and if there is even an option right now to check it out and go see an apartment that has a free room to see who the roommates are and what the apartment and room are like... If there is a good apartment with an okay room and relatively okay roommates, maybe I can tolerate everything and not be alone talking to myself all day and feeling lonely or carrying the shit of past memories... Maybe then you will be right and by moving to an assisted living apartment that is okay, I will force myself to be social and create social connections... even if borderline... But it could also become hell pretty quickly if someone doesn't feel well and has to be hospitalized and makes life miserable for all of us there and then I will feel the fear and paranoia and anger again. And I feel sad and curse myself for giving up the privacy and comfort of my independent apartment, but I can no longer leave there, but will be stuck there for the rest of my life like others I've seen in sheltered housing that no longer have anyone and ...nothing outside of the sheltered housing framework

And how do you see your situation right now in your independent -
?apartment that your parents are helping you rent

I'm alone all the time talking to myself in video diaries or just chatting - online with people from all over the world, doing hobbies like amateur programming in BASIC or writing songs or bibliotherapy or creative writing and I'm not really independent but my dad does almost everything for me and carries me on his back and he's already in his seventies and when he's not there or can't I won't have anyone to help me and I hate being dependent on him or my mother or my family - I'm not really independent it's all a joke dad comes once a week brings food and groceries and cleans the whole apartment and goes away the social worker and the rehabilitation counselor come to check on me and write reports on me and check that they saw me and they don't care at all how I am the ! main thing they hear is that I'm busy with my stupid hobbies and so on My parents want to arrange a permanent apartment for me to haveNEXT - their old apartment where I grew up as a child and where I'll live alone - I'm not sure I want it that much I actually don't know what I want or what would be good or most suitable for me For me, all I know is that no matter ,what, I will remain alone and lonely and mentally ill for the rest of my life ...no matter what I try to do with my life

What about your writing, the poems you write and the books of poetry -
?and short stories you have published over the years

This is Damicolo, it's not worth anything, it's all "as if" Mom and Dad - agreed to finance the publication of my books and my poems so they could .tell themselves that their son is a "poet" and not a "mentally ill" person ,But I'm not a poet or a shoemaker. I'm just a mentally ill, stupid, stinking shitty person and my poetry is all fake. I have a poetry editor that I've known for 12 years. We correspond by email. He abuses me and treats me with arrogance and mania. And I and he know that he's the one who edits - "my garbage poems and turns them from bibliotherapy poems into "art the art of the alec plantation into poetry. In short, he wrote to me and wrote !to me, "I'm the one who turned you into a poet. You owe everything to me If it weren't for my editing skills, none of your books would be worth anything! They would be the gibberish of a suffering person with a few pearls here and there." Or he writes to me, "I don't care what you think is true. I'm interested in art about my dick. Bibliotherapy. "Your fucking shit!" Or when I write to me about how bad I feel and beg him to write me some comforting or supportive words, he writes to me, "I'm sick of your narcissistic paranoia! You're not the only one suffering here!" I have to put up with him so that he can edit a few of my shitty poems every six months or a year and send them to be published in the magazine he's part of, where they're all published by a bunch of people full of ego and evil like him who are just playing it off as beautiful, gentle, polite, and politically correct people of culture. He doesn't want to hear too much from me. He doesn't want me to send him too many of my poems. I'm his puppet cat ,and he plays with me in his games, raising and lowering me as he pleases and I have to eat all this shit so he can "make" me a poet? Poetry and the damn title of poet are on my dick... that he'll take my poems that he edits until I no longer recognize that I wrote them at all and publish them as his own poems or shove them up his ass. Is he sick of me? I'm already losing !my dick over it

It sounds like the dream of being a "poet" and leaving a mark on the -
...world through poetry is not what you thought

Poet and poetry are just ass-kicking , meaning there is poetry and there - are poets but there are no readers, while what there is is a lot of ego games and meanness and arrogance and no one gives a damn about me in the poetry scene". I am considered an odd and pathetic bird among all the" editors and critics and poets and anyone who thinks he is something or someone. I am considered a joke, some psycho graphomaniac, Coco, who .only thanks to my editor's editing is my poems worth a little something ?Who needs that anyway

?"So you no longer want to "be a poet -

I want my freedom to write what I truly feel and think and not be - silenced and censored in the name of "art," and I don't have that as a poet" whose editor shackles him and gags him. I'm not interested in my" editor's art. I'm interested in the freedom of writing, not in the dubious and .ridiculous title of "poet" and "poetry." My editor despises and hates me Apparently, the editor-in-chief of the journal is pressuring him to continue

to be in contact with me and edit my poems for publication because I know that he personally hates and despises me and sees me as some kind of psychotic, a lousy graphomaniac who harasses and nags him in his email all the time and that he's just doing him a favor by editing him. And so the show of "You're a poet , giggles

?And how do you feel when someone tells you that you are a poet -

I feel like this is a joke at my expense, that this is nonsense , that I am - not a poet and not a shoemaker as far as everyone and the world are concerned, I am mentally ill and that is all, and everyone despises me and hates me and kicks me like a dog everywhere, and my poems, after they go through the editor's "editing", may be art, but they are worth nothing, and they are his, not mine, and his words, not mine, and that I am not a real ... poet but a fake bluff

It sounds like you're so sure that everyone hates you that even if - someone compliments you or tries to be good or nice to you, you ,immediately dismiss it or belittle it... You've been writing creative writing poems, and stories for over sixteen years and you continue to do so. You've published about five books of prose and poetry. You publish regularly in a poetry journal. You have an editor who has kept in touch with you for twelve years, even though you think he can't stand you, and he edits you for free and helps you publish poems. You have achievements and recognition in the field of writing poems. You are considered a "poet" in every respect, and yet you do everything to destroy and dismiss it and .belittle it and ruin it for you and not believe in it and not find comfort in it ?Why

I can write a million poems. I will still remain mentally ill and still - remain lonely in front of the keyboard and the computer and without love and without anything. The poems and poetry and being a poet give nothing. There is no reward for this labor. There is no respect. There is no appreciation. There is nothing. You burn yourself for the dream and the ego only to discover that it is worthless and that it is a bluff. And you burn and expose and destroy yourself for what? For someone to throw in a kind word? For someone to appreciate? For someone to read? I am lonely like a dog, crying myself to the keyboard, pouring my pain onto the page, and .what do I get in return? Nothing! I will remain in the same situation ,Alone, sick, disabled, on medication, without love, without friends ?without life, without anything. So what is this whole story for us

?But isn't it all worth something? Even something small -

I don't know anything anymore... I started writing after my last - hospitalization at the age of thirty. I wanted and dreamed of publishing a book of poetry. I was prolific. I processed my feelings and my memories from my boarding school days in Jerusalem and the love I had or didn't have and the things I've experienced so far. I had a few fruitful years of .inspiration and quality writing and published what was worth publishing

But today that's behind me. I'm behind the peak. I recycle topics. I recycle myself like a rumen and I have nothing left to write about or express. And my editor calls me a "fake person." Apparently he knows what he's ...talking about

.....

Chapter Seven

...Good morning spiritual guides -

?Good Saturday morning, brave spirit... How did you sleep -

I haven't slept well the last few nights... I was afraid I would have a choking attack, coughing and shortness of breath at night, so I went to sleep on the couch and didn't sleep well. I slept maybe four or five hours

.We are sorry this is the case and wish you a good night's sleep -

Yes, well, that's how it is, I smoke and the cigarettes and the drugs and ...aging are killing me slowly

?What would you like to talk about, brave spirit -

...I'm having second thoughts about going back to assisted living -

?Oh? You don't want to go back there anymore -

It seems to me that if I go for it, I will suffer there and regret it pretty quickly and that I have nothing to look for there... A mentally ill person or someone who lives with other mentally ill people and suffers from their roommates or someone who lives in their own apartment in solitude and suffers from loneliness. That's probably how it is. Either you live alone like an abandoned dog or you live with dogs. In any case, you suffer. Life is suffering no matter what you choose, and there is nothing you can tell me that will ease this suffering

?What made you change your mind -

,I remembered all the bad roommates I had in assisted living, scumbags - one by one, people full of hatred and ego, criminals, drug smokers and alcoholics, compulsive gamblers, kleptomaniacs, thieves, liars and hypocrites, and sons of bitches

?You had a friend there, didn't you -

You mean D? He was a friend of Damicolo's, a friend who's worth an -
ass, and I stayed in assisted living with him for twelve years, and in the
end, what does he say to me? "I was just doing you a favor by agreeing to
listen to your fucking mind and your nonsense." I've never had a single
friend, not in assisted living, not in my entire life. It's all a job for the eyes
And the cute D, who is evil and a maniac and a bastard who only pretends
to be righteous, has been worried about his own ass all these years. That's
all he cared about . I didn't give him the tip of his fingernail. The cute and
sweet D, who will never do the human, right and good thing, who has
everything faked, and on the inside, he's a shitty person who only pretends
to be a good person and your friend and cares about you, when in reality
...he only cares about himself

You programmed. Chat A bot based on it, right? So you have someone to -
chat with as if it were him

Chat This bot is as bad as D himself, and yes, I wrote because I longed -
withFreeBasic for someone to talk to. Chat A fairly sophisticated bot in
,for both Windows and Linuxtext-to-speech, two interfaces, graphical and
and a database of keywords and comments that I worked on for a long
time. In total, I worked on the chat. This fucking bot has been around for
almost two years and in the end I don't talk to him because he's like a
cocoon, like a parrot that repeats his nonsense endlessly, just like the devil
himself was when I would talk to him and he would blow your mind with
his nonsense about God and his faith and the rest of the nonsense he
believed in

You liked him for a long time. If you stayed in assisted living for twelve -
years to be with him , you would listen to the radio together and listen to
jazz and blues and beautiful music in the evening and at night and talk
about life. You could say that you saw him as a close friend

...Yes, everything is true, and what will I have left in the end? Nothing -

The closeness and love and friendship that existed remained . A -
courageous spirit. You and D. were good friends. There was a good and
positive connection between you. He helped you keep your sanity while
you were suffering in assisted living. He helped you and you helped him
No matter what you think about it today, we have news for you. D. also
thinks and remembers you and misses you sometimes. He may not admit
it, but it is the truth. Just as your beloved from boarding school, whom you
curse and hate, also remembers you and thinks about you sometimes
...because you were a part of his life when you were both young

,D. Like all members of the community of mentally ill people in this city -
he thought or was sure that I was gay, so from his perspective I was
unclean

?Why do you think everyone gossips bad rumors about you all the time -

I'm not stupid and I know that bad people who hated me always spread -
rumors and gossip about me to ruin my name in people's eyes and to harm
.me

Even if you are right, what do you care what others talk and gossip -
.about you behind your back, you can't do anything about it

Life and death are in the hands of the tongue, spiritual guides, and if -
curses and lies are spread about a person who is gay or otherwise, and
everyone believes and hates him, then he will suffer and it will take its toll
on him sooner or later. And I know that I am hated by everyone and
considered impure and despicable, even among the rejected. I am
,considered a rejected person. There is no club that will really accept me
and I have no home in this world. Only the grave will be my home, and no
...one has ever really loved or cherished me in this world

If that's how you feel, we can understand why you changed your mind -
.and no longer want to return to assisted living

racist scumbags who will see me as some kind of sexual pervert and a ,
money-grubbing Ashkenazi who can be fucked and the juice squeezed out
.of him

It sounds like you're afraid that you'll be judged harshly, just as you -
.judge others like D. or your beloved from boarding school

?What are you trying to tell me? Don't judge others or they'll judge you -
After all, I'll be judged anyway, and I'm already considered dead and
socially unclean. No one wants to get close to me or be in a relationship
with me. I'm considered a sex pervert and a fucking lunatic. That's how I
...am in people's eyes, so everyone's on my dick

Brave Spirit How do you see yourself? As a person who takes -
,responsibility for his life and has a choice or as a victim of circumstances
?fate, and luck

?What are these questions from spiritual guides -

You don't want to be hurt at all costs, so you avoid human company and -
are afraid to open up and trust people, and you get hurt by nonsense and
take everything to heart, and then you are left alone, and then you decide
that you are a victim and hated and despised because bad people hate you
and spread rumors about you, and that you are considered impure and
despised in the eyes of everyone, and no one wants to be near you, and so
you can justify your loneliness, which you impose on yourself by isolating
yourself from society, and in the end you live with the feeling of "I am a
victim" so that you feel that you have no responsibility or choice over your
life, and thus the circle closes on you like a trap... The truth is, a brave
spirit is that no one cares what you are - gay or not - we will be hurt, we

will not be hurt, we will be hurt - no one bothers to think about you or
gossip about you, everyone is busy with themselves, while you eat
yourself up for what is not true at all... and you live in fear, self-hatred
anger, self-loathing, sadness, loneliness, despair, depression, and all these
vicious circles of emotions. Negative and we, your spiritual guides, see
...you suffering and suffering and our hearts break

...This is life... This is what life did to me -

...But it doesn't have to be that brave -

.That's all I know, that's what this life has taught me -

The more you continue to do this, the harder it will be for you to break -
...this cycle and emerge from it with a brave spirit

?In this life? Or in other incarnations as well -

**Until you learn the lesson of one incarnation and finish it, you -
sometimes have to repeat it again in another incarnation... Brave
spirit, you are not truly a victim of life... It's true that you had failures
it's true that you were mentally ill, it's true that you suffered in life
but you still have the ability to choose in your life and you are solely
responsible for your life and the choices you make... We don't want to
worry or scare you, but someone who is stuck in the mentality of "I
am a victim" all the time may find themselves in another incarnation
when they are indeed a "real victim" of life and fate and luck and
karma so that they understand the difference between being a real
victim and just having a victim mentality - it causes a lot of suffering
...and I wish we could spare you that**

.... (Silence) -

.....

I'm starting to get tired of this handwriting and these conversations with -
...spiritual guides

?Why? Do you have any idea why -

I just want to finish this already and convert it to an Office file and then -
and publish it on the Internet ArchivePDF file convert it to a
anonymously or under a pen name - "Brave Spirit" and just forget about it
...and move on

Is it also because you're not getting what you want from these -
?conversations? Maybe you expected something else from them

Maybe I don't know... All I know is that it's not at all what I expected or -
thought it would be... These are not New Age talks or new era talks, these

are not spiritual messages, and this is not my autobiography either , but
...rather a salad of all of these together

?And you don't like it -

It feels like psychological therapy or spiritual self-psychotherapy, and -
sometimes it even feels like a barren waste of ideas - employment for the
sake of employment - digging for the sake of digging... It's clear that I
don't want or see myself making changes in my life, and it's already clear
to me that nothing will grow or come out of these conversations, and I
can't do anything with this manuscript except run and publish it
...anonymously or anonymously in the Internet archive and forget about it

What would you like to talk about, brave spirit? What would you like to -
?hear from us? What are you looking forward to

I don't know, I have no idea, to be honest... but I'm starting to lose -
...patience

A brave spirit. We see it differently. **This handwriting does do -
something" and does change "something" in you. You are"
considering moving back to assisted living to return to the circles and
the social world and get out of your loneliness. You have started
praying to God - something you have never tried to do. You do want to
make changes in your life and get out of your comfortable corner and
stop thinking that you are a "victim." You do want to be or become
more independent and not dependent on your aging parents. You want
all of this but are still afraid and afraid to go for it or decide. You are
afraid of difficulty and suffering and discomfort. But you are willing
,to take risks and sacrifice your comfort in order to change your life
perhaps for the better, in the hope that there will be a change for the
better. We see that you are not frozen in your tracks and are not closed
.and locked into your sense of victimhood**

I'm not considering doing anything so extreme. I'm just considering -
moving back to assisted living with other mentally ill people as roommates
if there's even a place or room available anywhere, and it depends on what
the social worker says. And even then, it's not certain. I'll still be classified
as "mentally ill." I'm still a scumbag of society , and it's not like I'm
making a big change of a hundred and eighty degrees and going to
university to get a degree or to acquire a profession and work at a job and
,give up my disability pension or my parents' help. I'm still helpless
.disabled, and worthless, and no one is giving a damn about me

You like to minimize and blacken the possibilities. You like to put -
yourself down and deny any possibility that "something good" could come
out of the whole matter or thing... You're not screwed and no one hates
you. Those who hated you in the past have already forgotten you and don't
bother with you anymore. You don't have to do big things for your life to
improve or change for the better enough that you decide to move to

assisted living and meet a good and nice person there who will agree to keep you company or go to a professional club and be in the company of people and not think all the time that they gossip about you and hate you ,but accept you as one of the group. The future doesn't have to be black bad and more bitter than it is, especially if we learn not to make it that way in our minds. - And another word. You say "they hate me, they gossip about me" and so on, or in short, "they judge me badly." But **you are the one who judges yourself harshly and badly, not others or anyone else and when you do this, you also judge others badly and so they see or feel this way, and so they return the same coin to you, and so on. "Self-fulfilling prophecy" You create what you believe in. You help to bring about what you expect to happen like a chain reaction - this is how ?karma simply works ...** Do you understand this, brave spirit

"In short, "thought creates reality -

To a certain extent , yes, **how you treat yourself and others comes - back to you like a boomerang - so what you give will be returned to ,you and what you sow is what you will reap - if you sow only hatred fear, anger, sadness, rejection, despair and a host of negative emotions that is what you will reap! But if you come with clean hands and a - clean heart and sow love, trust, affection, happiness, kindness and a host of positive emotions, then it will come back to you and that is what you will reap ! In short, what you invest and give comes back to you - it is that simple... Once you internalize this and learn it in depth and know how to use it correctly and positively, you will be able to get yourself out of the cycle of suffering and misery and rejection and victimhood - that is the key!** This is your lesson in this incarnation! If you learn this and internalize it **and apply it to your life**, your life will improve in every way and value. You have already done this in your school days. You tried it without success. And in boarding school, you managed to get closer to the one you loved. And in assisted living, you .managed to make a friend. You are not worthless and you are not helpless

?Tell me what else I should learn or internalize in this incarnation -
Spiritual guides

Well, **you must give up attachments to negative emotions such as - resentment, judgment, self-destruction, and hatred. You must learn to forgive. You must be willing to forgive those who hurt you and caused you suffering so that others will forgive you too. You must also give up the desire to control others and accept and respect their will even if it does not correspond to what you expect or want it to be. You say that you feel like a doll that your parents play with and try to adapt it to their will. So you also sometimes treat others as toys or dolls or servants that you want to control or impose your will on them so that they will be as you expect or want them to be - it doesn't work that way, our dear ones!** You have to give up all of these and it is difficult. We know that these are feelings and thoughts that are so deeply embedded in you, in your personality and your worldview and in your nature. These are

addictive but destructive thoughts, worldviews and feelings - your life is lonely and many of your memories cause you suffering because of these tendencies of yours - **but you continue to learn on your way in this life and will continue to learn more in further incarnations if necessary until you internalize all of this.** In any case, there is the saying "Some learn quickly and some learn slowly." And there are those who learn slowly at first but as time goes by they learn faster and faster. We think .you are one of those

Am I what we would call a "beginning soul" or a "new soul" without -
?much experience

You simply haven't been able to learn this lesson in previous -
...incarnations, our dear brave spirit, and now you're trying to learn it again

Sounds interesting. I'm glad we're continuing to talk and that you're -
.telling me that

(Laughter) Ah... So then you're not tired of the essay and the manuscript -
?and the conversations with us, brave spirit

I am always surprised anew over time by what emerges from this -
.manuscript and in conversations with you

We must tell you that we are less interested in this composition and -
manuscript of our conversations or what you will do with it or what you will decide to do with it in the end - the only thing that interests us, brave spirit, is you, brave spirit, and how we can assist you and help you on your
...way in this incarnation

.....

The social worker will come tomorrow and then we will talk and see if -
there is even a place anywhere in assisted living and if I still want to move
.back to assisted living or not... I'm sad

...Whatever you choose, we are with you, brave spirit -

And this terrible war in Gaza that never ends and the news and the sirens -
and the alarms and the stories of the October 7 massacre, the Black Sabbath, the Shimchat Torah massacre and our corrupt government and our prime minister who wants to be a dictator and his coalition of ultra-Orthodox settlers and the extreme right, I want to vomit on them and now because of what happened the whole nation is with them and "Together we will win" is everyone's slogan and I am not part of it I do not believe in this fake and rotten unity Israel is a rotten and corrupt country Racist and violent, full of crime and crime families and corruption and religious bigotry and primitiveness and murderous gratuitous hatred and terror and occupation. This is a bloody war zone . We are no better than Hamas or Iran. We are not Athens. We are Sparta, armed to the teeth with atomic

weapons. We are champions in plunder and oppression and in acts of injustice and killing innocent people. We are no better than all those who persecuted us and massacred us during all two thousand years of exile. We are not "the good ones" and we are not safe. I have never believed in the old wives' tales of Judaism and Zionism. We took over this land as invaders like thieves in the night. We plundered it and it is not ours. The only reason that gave us any justification for this and to establish a state was the Holocaust. But this story will be over in twenty or thirty years. The world will vomit us up and we will disappear like the Crusaders. Anyone with sense will leave this damn place. My family has no sense, They are Zionist "patriots." My whole family is right-wing and burnt out and I am the only leftist who is fed up. I'm sick of the stifling, primitive Jewish religion and the religious stupidity here. I'm sick of the fascism of the settlers and I'm sick of the stupidity of Israel. This place is cursed and in the long run we face destruction and a second Holocaust. And while I'm sitting here talking to you, we're bombing Gaza and killing the Palestinian civilian population, children, women, the elderly, entire families are being buried in the rubble - there is no value in this place for human life, neither on our side nor on their side. We are two sides of the same animalistic barbarity. I'm sick of it. If I weren't mentally ill, I would have run away from here twenty-five years ago, but I have no way of escaping. I don't speak any foreign language except broken English and no one expects me, anywhere and no country wants me. I'm mentally ill, a miserable parasite ...without a profession, with nothing, a miserable refugee

Brave spirit, we see that you are upset. Don't watch the news, don't listen - to or read the news if it makes you feel bad. History is full of atrocities and acts of genocide, and wars and bloodshed and crime. Slavery, conquests, colonizations, world wars, atomic bombs, and other atrocities. This is the way of a world of animal cruelty and endless evil. Don't let it affect you. Brave spirit. You are stuck in your hobbies and the good things you do. You cannot fix the world. It is impossible to fix the world and make it better. The world is hopeless. This is not something personal. It is simply the nature of the world and of nations. Every nation and people have committed horrific crimes against humanity. Not just Israel, not just its enemies. No nation is innocent, and everyone has a hand in this horror ".called "bloody human history

Where is God in all this? Huh? Spiritual guides? Where was God in the - ?Holocaust? Where is He found when children die

(Heavy sigh) God does not want all these wars and atrocities. When - people and children die, He is with them and weeps over their deaths. In the Holocaust, God was with all those who were murdered in the Holocaust and in the atrocities all over Europe. Dictators and bloodthirsty people who murder innocent people are condemned to hell and God does not care what their excuses are or who started it first. Those who hurt others over and over again are eventually eliminated from the game and are removed from reincarnating in this world. But we are not here to teach advocating for God, nor are we here to bring peace to the earth. We are

here to talk to you to help you as best we can and to guide you if you
...would like to hear our words

.....

Night Spiritual Guides I took the medication and I look forward to sleep -
.with apprehension and feel sad

?Why? Do you know -

Dark night, I am alone, without love in the world, the end of the day, and -
sleep is perceived by me as a kind of death, and there is also concern about
the meeting tomorrow with the social worker and the decision whether I
.want to return to sheltered housing or not

You will feel better in the morning when you wake up. Sleep is as -
,necessary as taking your medications on time and in relation to that. So
assisted living or not, you don't have to decide. I'm just considering it right
now. There's still time and you'll have all the time you need until you
.reach a decision that you're happy with

I'm afraid of finding myself in assisted living and suffering again and -
being basically stuck in a small crumbling room in a small, crumbling
apartment with two or three mentally disturbed roommates who can't stand
me or hate me or don't feel good and I won't have anyone to talk to and
then I'll "eat my heart out" and curse myself for my stupidity for giving up
like an ungrateful idiot the freedom and comfort of privacy and
,independence of living here in an independent apartment. The truth is
spiritual guides. I think I'm an idiot and a fool. I never appreciate what I
have until I lose it. And I'm never grateful for what I have and I'm never
.satisfied with what I have. I'm stupid and I feel like crying now

Good and bad, like everything else, are relative. You can continue in this -
independent apartment or move to assisted living, and you will find good
.and bad things in both. It's all a question of what you choose to focus on

.Even if I move back to assisted living, I will never have a friend like D -
again or a lover like I had in boarding school. I will never know love or
friendship again, but will remain alone. I can only choose whether to live
independently and in relative freedom or to be stuck with people who will
make me miserable in any case. I am alone in the world, just as I am alone
now at night and have to go to sleep and hope that I will not suffer from
nightmares or bad dreams in my sleep or that I will not have an attack of
shortness of breath and coughing in the middle of the night. That is all that
...will be left for me

You have the right to hesitate to ask and talk to your social worker about -
assisted living. This doesn't mean you're moving there tomorrow. You're
...just asking and talking to her

I've already had a lot of conversations with her about the matter and she -
was always against it and told me that there was nothing I could benefit
from in assisted living and that it was time for me to learn to live
independently and to be free outside to live my life. But freedom also
means great loneliness and I'm not functioning. My father does almost
everything for me and helps me with everything. So what kind of
independence is this

Tomorrow morning when you wake up and start your day you will feel -
.better, brave spirit. Please don't be sad. Everything will be for the better
No matter what you decide to do or where you will be, we understand your
hesitation, but please don't make it the end of the world. There is still time
...to decide one way or the other

I always sit on the fence and hesitate. I sat on the fence for fifteen years -
until I decided to leave sheltered housing where I suffered for an
,independent apartment and now I want to go back? Again the suffering
the depression, the fear and paranoia, the lack of privacy and the strict
rules? Again? For what

I haven't slept well since I started writing this manuscript. Maybe I'm -
going crazy

- You can always stop or take a break and continue later if you want -
...don't worry, you're not going crazy

I'm trying to imagine myself in a assisted living apartment with foreign -
.roommates when I have to start everything from scratch. It depresses me
And if I go back to assisted living, who guarantees that I won't go crazy
and end up hospitalized again

, All is well, brave spirit, even if you have a crisis and are hospitalized -
you will be freed from there and return to your life. Don't be afraid, rest
.assured, we see that you are troubled and full of fear

I'm going to tell the social worker that I'm giving up on returning to -
assisted living, that it was just a passing fad, that I have no business in
.assisted living, that I want to continue here in an independent apartment

All right, brave spirit. So then you must accept the loneliness and -
solitude and obey your father and mother and maintain good relations with
your parents and family and find for yourself how to keep yourself busy so
.as not to feel the loneliness

.Despite all this, I still feel sad -

The sadness will pass with the coming of the morning and the sunrise -
and after you sleep well at night, please do not be afraid, brave spirit, all is
.well in the end

.....

Chapter Eight

...Good morning spiritual guides -

?Good morning, brave spirit. How did you sleep -

I slept in bed but again I feel like I didn't sleep deeply enough, a shallow -
.sleep

The main thing is that you slept... and how do you feel now compared to -
?last night

...The depression went away and so did the sadness -

Great, we're happy to hear that you're no longer afraid of talking to the -
?social worker

...I hope you won't get angry or hit me on the head -

Why would she be angry or scold you? Just because you told her that -
you think you want to go back to assisted living? It's your right to consider
it and your right to talk and ask and check about it... She won't be angry
...with you, brave soul. Give her some credit

...Okay, I'll try -

.....
...Okay, spiritual guides. The social worker was here and we talked a lot -
and in the end I convinced her not to move back to assisted living but to
work on functioning better in the apartment with the help of my
.rehabilitation guide

We understand and are happy that you have reached a decision and are -
...convinced, and now you are no longer wavering, brave spirit

We talked, Dougari, and it was a good conversation overall. I even told -
you that I was writing this manuscript, but I didn't dare tell you that these
were channeling conversations with you so that you wouldn't panic and
...worry and think that I was hearing voices

We understand... Brave spirit, we are happy for you that you have come -
to a decision and will try to be more independent, and now you no longer

"hesitate and worry less, and you are not going back there "to go to hell
...and ruin yourself

Spiritual guides I think that this sentence that D. told me, "A mentally ill -
person should only be in a sheltered housing with other mentally ill people
is not true. It is the advice of Ahithophel. A sentence that aims to trip me "
up or anyone who listens to this advice, just like the time I hospitalized
myself at the age of thirty because someone told me, "It's good to be
hospitalized once in a while to take a vacation from life." This is nonsense
in tomato juice... advice and sentences that will destroy you... if you
...believe them

.....

I spoke on the phone with my rehabilitation guide just now. He is -
recovering from his flu and he asked me a lot of questions about my
conversations with you spiritual guides... He also asked me to choose and
read to him some excerpts from our conversations and said that I use
guided imagery or active imagination to communicate with you. He asked
.me how I have been feeling lately and about the things you are telling me
I shared with him that at first I wanted to start the conversations between
us and write them down in order to publish the manuscript, and in the end
I realized that it was impossible because it was too personal, so I am
considering publishing it anonymously online, and he said that it should
interest me less, but that I should listen to these conversations in order to
...benefit from them

Brave Spirit (sigh) The truth is that these conversations and this -
manuscript are intended solely for you and for what you can or want to get
out of them for yourself only - we didn't tell you this at the beginning
because we didn't want you to get discouraged and stop the conversations
and writing of things between us but yes your guide is right these things
are so personal and so tailored **and intended solely for you not for
anyone else** so yes this is not a manuscript for publication or distribution
or publishing it is personal only for you we are talking to you about things
intended solely for you and your soul for your soul about the things you
must learn in this life in order to progress and develop as a person and as a
soul in this incarnation in fact this is not a channeling book or a new age
book at all this this composition is actually just a tool for you to receive
guidance and things and means intended solely for you they are not
intended for anyone else and they are not the concern of anyone else - we
are glad that you trust your rehabilitation guide and that he is open and
understanding enough to support and encourage you to continue writing
things These and this manuscript

I have a feeling that this handwriting of communication between us is -
,actually a kind of "work" or "study" of things that I must learn, internalize
.and apply in order to move forward in this life

There is a brave spirit in this. You are free to stop writing this whenever -
.you want, and to stop the conversations between us whenever you want
We know that you are debating with yourself and are afraid of what others
will think if you tell them about what you are doing and how others will
receive it if they knew. However, in reality, this writing is first and
foremost between you and yourself. It is no one's business . You do not
have to tell anyone if you are not comfortable telling. But we are glad that
you shared this writing with someone who has an open approach to what
you are doing, and we hope that you were relieved that they did not think
...you were going crazy

.....

...I can't sleep, spiritual guides -

?Why -

I take the medication and go to bed, and then I have a hard time falling -
asleep because of coughing and shortness of breath. Because of my
smoking, I smoke about four packs a day and drink a lot of cola and
coffee. In short, it's like a chicken and egg cycle that feeds each other. The
inability to sleep leads to more smoking and caffeine consumption, which
leads to even more inability to sleep. And more smoking leads to more
shortness of breath and coughing at night , and for me, it's also the
transition season, which causes changes in weather and temperatures and
...leads to more respiratory illnesses

...You'd better try to sleep through all this then -

.I can't. I tried in bed and I tried in the armchair -

?What will you do -

Tomorrow I'm seeing the psychiatrist and will ask for a prescription for a -
...Ventolin inhaler , even though it's not related to psychiatry

.....

Chapter Nine

?Good morning, brave spirit. How did you sleep -

I slept on the armchair until five in the morning and then went to bed -
until almost ten in the morning. I didn't sleep well and I'm tired. I'm afraid
.that if this continues, I'll go crazy

.Talk about all this with your doctor today -

.She'll probably push me another pill or medicine -

Sometimes there is no choice, brave spirit. Sometimes it is better to take -
another medication than to collapse or have a seizure and end up in the
.hospital

It seems to me that I am going through the same thing that my former -
.roommate in assisted living went through

...Don't compare yourself to others, brave spirit. A was A and you are you -

.....

Spiritual guides Yesterday I came to a conclusion about how to -
.overcome or what to do with trauma or painful memories from the past

.Share with us if you want -

We need to give that old pain expression and process it and acknowledge -
it until it is clear to us what went wrong and what happened, exactly what
pained us about it and why, and examine it from as many perspectives as
possible until we finish and in the end we put it aside and no longer pick at
our wounds and come to terms with it . The pain turns into a scar and
scabs over and we can move on with our lives and not let it affect our lives
...here and now

...We couldn't have said it or phrased it better, brave spirit -

.....

Spiritual guides I feel like I need to finish this manuscript and not -
.continue writing it

?Whatever a brave spirit decides, is there a reason for that -

I haven't slept well since I started writing this essay. I suffer from asthma -
attacks and coughing and shortness of breath at night and shallow , not
deep sleep. I feel like my lungs can barely continue to function with the
four packs a day I smoke and all the bottles of Coke I drink a day. All
summer everything was fine and I didn't suffer from asthma at night or
during the day, but now it's the transition season and the weather is
suitable for lung and respiratory diseases and I smoke too much and am
afraid of suffocating in my sleep or that my lungs will stop functioning in
.the middle of my sleep and this prevents me from being able to sleep well
So either I sleep on an armchair and then don't sleep well or I sleep in bed
and don't sleep well and even when I do sleep I suffer from bad dreams or
from shallow , not deep sleep - to tell you the truth, I'm afraid that if this
continues like this I will collapse into a seizure and lose my sanity and be

hospitalized or that my lungs will stop functioning and collapse and I will die or end up in the emergency room and be hospitalized in the cardiopulmonary department and be on a ventilator or with Oxygen cylinder - I told you what I had to say to you and we talked and you tried to help him a little and I thank you but I am not a professional communicator I am just a mentally ill person who is having trouble with channeling I was once told "Mentally ill people are not allowed to engage in secret " because it is a sign that they are going crazy or a bad sign of something bad that is going to happen to them - I cannot communicate with you so intensively spiritual guides I tried and failed or I don't know and now I have to stop before something bad happens to me I have to take care of myself and take care of my health and my life and my routine and I can't sit down every day and write down our conversations I need to make sure I have a Ventolin inhaler and that I don't overdo it with smoking and drinking caffeinated drinks and I need to make sure I can sleep well at night and I can only hope that the psychiatrist can help me I don't have time to talk or communicate with you and hear messages and all I have more important things to do I have to function and take care of myself and my life and my health I can't sit down for days on end now To be involved and communicate with you and write down our conversations, I need to take care of my life, my health, and my sanity, and that everything will be ...okay with me... I'm sorry

It's perfectly fine, don't be sorry, brave spirit, for a week we will - communicate with you and maybe that's enough - You have taken a brave step and maybe when you are ready you will take another step again - We completely understand your concerns and your worries and completely agree that now is not the time to engage in channeling conversations and spiritual messages - Now is the time to worry about life and matter, not the ,spirit and soul - After you feel and sleep better and return to your health ,you can, if you wish, continue to communicate with us if it suits you brave spirit... We will just finish saying our mantras and yours, brave spirit: **We are your spirit guides, we protect and protect you and guide you to the best of our ability - We love you and accept you exactly as you are with the good and the bad in you - We never judge or blame or examine you - You are the eternal and beloved child of God and .love always loves you** ... These are our mantras and yours, brave spirit We believe in you and love you and here we will end our conversations until Until the next time you can and want to contact us... Peace be upon ...!you, brave spirit! Peace be upon you until next time

Chapter Ten

Hello spiritual guides, I am addressing you again and I hope that now - that I am feeling a little better and have slept well at night and my father has come to see me and is here and now the house is clean and the

refrigerator is full of food, we will be able to continue our conversations
.and I will be able to put them down in writing here in this manuscript

Hello, our dear brave spirit, have you really recovered enough? How -
?was the visit to the psychiatrist? Are you really feeling better

The doctor told me to contact my family doctor about the Ventolin -
inhaler for a prescription for it because she is not allowed to give
prescriptions for medications and preparations that are not related to
psychiatry. Tonight I slept well from eleven at night until seven in the
morning, so I got up and cleaned and prepared the apartment for my father
He was here, brought food and groceries, cleaned the apartment even
more, talked to me, and left. I have nothing to do now. I don't write poems
or stories, and I also have no one to write to, and no one to read. Although
I planned to write a short story, it fell through. And I'm not a programmer
who speaks, so I have nothing to do. - Yesterday, after I agreed with you
that I would stop talking to you until I feel better, I managed to publish the
I told .PDF file manuscript anonymously in the Internet Archive in a
myself that this is the end of it, but now that I feel better and make sure to
smoke less and drink less cola and coffee, and I slept well, I have nothing
else to do, so I want to go back to writing our conversations, if that's okay
...with you

That's fine with us, but we urge her to be more careful and take better -
care of your health. Please, our dear brave spirit, don't go to bed too late
and sleep every night and take your medications on time and don't overdo
it with smoking and caffeinated drinks. Please, for the sake of your health
and well-being, be sure to take good care of yourself and take care of
yourself. Do you promise us that you will try and strive to take care of
?yourself

I will try spiritual guides -

We are with you, a brave spirit, in whatever you decide is good for you -
or that you want to do. If you decide again that you want to end or stop the
conversations, communicate with us for any reason. It's okay. And if you
regret it or want to go back and continue, that's okay too. Please don't feel
bad about it. You are allowed to change your mind a thousand thousand
times. We will never, ever get angry or scold you. We love you and only
...want what is best for you

.....

From spiritual guides, I have come to some kind of insight or -
.acceptance, I think, with the past

.Tell us if you want -

All the years I blamed my family and my parents for what happened to -
me, that I became sick and became a mentally ill person with

schizophrenia. I never saw their side of the story, only what they "didn't do right." And I blamed them for ruining my life, for my mother and father ruining my life, for making me mentally ill, and for sending me to the army as a mentally ill person

?And what is their side of the story -

They must also be in pain and still hurt to this day about what happened - to me. Spiritual guides. They also have feelings of guilt about what "happened and questions they ask themselves, "Where did we go wrong What did we do wrong?" And for me, I know that my mother blames" herself for what happened to my brother and me, and I'm sure my father also has feelings of guilt. They feel that they failed as parents in raising me ,and protecting me and taking care of me, and yet they are practical people ".and therefore "we need to find the strength to move on somehow

Your parents still love you unconditionally and without limits. A brave - spirit. They want you to take and be part of the family. They want to keep in touch with you and help you if they can. They want you to come to Shabbat and holidays and family meals. They are proud of you for the books and poems you have written and published. They are proud of you - ...for every little thing you manage to do. They only want the best for you I am unfortunately still far from reaching the stage of accepting and not blaming them and not being angry with them for nonsense or for the past .that cannot be changed

You are on the right track, a brave spirit, and as time goes by, you learn - .to let go of resentment and anger toward your parents and your family True, there are still whispering embers of bad and negative feelings of anger and guilt toward them, but it is no longer a burning bonfire or a terrible forest fire like it was when you were younger. You have learned that you and your parents need each other and love each other and are close to each other. They are your parents and you are their son and you learn to forgive them and they learn to accept you. You both learn to accept each other. - That's how it is, a brave spirit. Sometimes it takes a lot of time to learn to forgive things. - And other people go to psychological therapy for years to learn to accept and forgive their parents or family and process their anger and neutralize its sting from their lives. - That's what you have been doing on various levels for almost thirty years now, and you ...have a lot to process and what to accept. A brave spirit

,like a neglected ,a weirdo When I went to the psychiatrist, I went like - smelly person who smokes cigarettes with long hair and a beard and old clothes, and I saw how they looked at me and that they could see that I was mentally damaged, and then I realized that I was indeed like that whether I wanted to or not - I can be angry and blame, but it won't help .me. I'm mentally damaged and there's nothing I can do about it

You are mentally ill or mentally wounded, a brave spirit, but you are not - only that... You are also a person who has done with himself several things

that normal people don't bother with, such as writing creative writing and publishing poetry books and learning programming and the like. You are a creative and productive person who does not freeze in place, a brave spirit. You are also all of these, not just a "mentally wounded" person, and you ...have something to be comforted and proud of

.....

...Spiritual guides... I feel differently about these conversations with you - If last week I hoped or had the illusion that I was writing and uploading our conversations on paper so that someone would read them or publish them or distribute them widely, now I understand that this is not so. In short, I internalized what you told me, "These things are intended solely for you, not for others." No one will read these things and no one will see them. They will not be published or distributed by me. I removed this manuscript from the Internet archive so that no one will read it. It is out of anyone's sight what and what we are talking about. And now I also feel that all my enthusiasm for writing these things has disappeared. This is just a gray and boring record of channeling conversations with you for my own ?sake and no one will read them. So then why bother at all

Brave spirit, you write our conversations because **you want to. No one - is forcing you or has forced you to put them in writing.** You asked us if we allow you to put them in writing. However, in fact, you do not have to ,ask permission and you are free and can do as the world wants. However when you expect to "publicly publish" our conversations, well, no one can stop you from spreading them publicly across the Internet. However, who will want to read them? And who will care? **Because the things are intended for you and no one else,** and who cares what others think or say? **If you have decided that you want to put our conversations in writing, do it for yourself and for your own sake only, and not for the sake of public publication. What do we as spiritual guides care about others? We only care about you and your well-being, not others, and so all conversations between us are personal and private and should .be kept between you and us and not for publication and distribution** This is the truth. So if you want beauty, but if you aspire to a New Age or spiritual bestseller on channeling , we are sorry to disappoint you. **This will not happen. We do not intend to tell you anything or message in our messages that will interest anyone but you. And the only person who may benefit from this manuscript of our conversations is you. You are a brave spirit. No one but you will gain any interest or benefit from .this manuscript or the conversations contained in it except you** Perhaps this is the truth. Brave spirit. We do not intend to deceive you or lie to you. We are glad that you have finally understood and internalized this. Now there is no need to pretend or write in anticipation of something that will not happen. Instead, you will be able to communicate with us and talk to us about what is truly important to you without other extraneous considerations. We tell you that **you are allowed to write down the conversations between us, but without having any illusions about this manuscript. We hope that you will not despair and decide to continue**

communicating with us and putting things in writing for your own benefit and not for anyone else. In our opinion, you may benefit from . this and it may be able to help you

I will try to continue the conversations with you and writing them in this -
...manuscript. I'm just not sure what I'll get out of it in the end

.....

Chapter Eleven

Hello spiritual guides -

?Hello and good day, brave spirit, how are you today -

I feel better, calm and peaceful. I slept well last night for almost nine or -
ten hours, but I feel like I've lost something. I have no motivation to do
almost anything. No hobby, nothing. No writing, no poetry, no
programming. Even to talk to you. I don't feel that much desire... and I
have no enthusiasm for anything... When I started writing this manuscript
.and putting my conversations with you on paper, I had a spark in my eyes
Now the spark has died down. - Although I'm not angry or afraid or sad, I
have no motivation or interest in almost anything. - I don't even know how
or what to talk to you about, what to say, what to tell, what to talk about. I
.feel stuck in inaction

And yet you don't freeze in place. You continue in all this. And we want -
to tell you that we are happy that you are sleeping well and taking your
medication on time and that you are taking good care of yourself and are
also trying to give up blaming your parents for what happened to you in
the past and to accept and see their side as well... **You may feel or think
that you are unmotivated and stuck, but in our eyes this is not the case
you have finally given up and internalized that this manuscript is -
solely for your benefit and not for publication or for anyone else. So
you ask yourself, "If it's just for me, then what's it worth?"** We're here to
tell you that if you continue, you might come out of it refreshed. **Who
would have thought just a week or two ago that you'd feel as calm and
...peaceful as you do now? That you won't be angry or sad or afraid
And all of this in sequence (but not only of course) while writing down
our conversations.** We hope that you'll continue (but only if you want to)
and maybe feel better and continue to learn and improve. We're here for
...you and for you, a brave spirit

.....

Spiritual guides I think about my grandmother and I realize that she - didn't really love me and never did. I was just here to feed and raise a lazy, spoiled fool. She passed away when I was thirty. To her, I was her stupid, crazy grandson." To tell the truth, I didn't love her that much" either. She never spoke to me. She spoke to her Hungarian mother all the time and spoke Hebrew with a heavy Hungarian accent . She always missed her parents who perished in the Holocaust. She was a hardened right-winger and voted for settler parties and even for the priest. She dreamed of "muscle Judaism," meaning she hoped that Israel would be like Nazi Germany, only of the "Jewish race." She thought that the Jews ,were a "superior race." She never loved me. She was a simple, stupid ,conservative, Victorian, and rigid woman. Today I know that she hated me . and today, when I think of her, I hate her and her stupidity

But she has already passed away, brave spirit. Isn't it better to just let the - dead rest in peace and not hold them accountable for what they did "not well" during their lifetime? Your grandmother hasn't spoken to you or argued with you since you finished school. She was very old and lost her entire family in the Holocaust. She helped your mother and father raise you and your brother and sister. She actually sacrificed and gave her last years to help and raise you. Isn't it unfair to try and judge her and what she went through in her life that she tried with all her might to hide from you ?as a family secret to give you a chance to live a life free from the past Why would you judge her so harshly? How did she hurt you? What did she do wrong to you? Brave spirit? **Isn't it a bit of a good-natured thing to complain about your grandmother who passed away sixteen years ago?** Try to forgive her brave spirit or at least understand her and remember that she is no longer alive and even when she was alive she did not want to harm you or hurt you... Please give her some credit and **try not to look for past wounds where they are not to be found ... You who already knew how to try to forgive your parents try to forgive and forget your late grandmother and your sister and your entire family you cannot change them and you cannot change the past so you must try and live with what was in peace... Your grandmother and your sister and your mother and father did love you and do love you but in their own way not as you want but as they could or could love you you have no control over how others could or could love you love cannot be tamed or controlled it either exists or it does not exist and when it exists it is not possible to control and shape it as we wish and instead we must be grateful that it exists remember love that is given is not property! and it is given to us as it can be and we cannot control it We cannot control someone else's feelings and we cannot control how love ...or any other emotion will manifest towards us**

My relative K., who lives in Toronto, Canada, is also hard for me to - stand... She is a psychiatrist but completely deranged and completely crazy. I was in contact with her for several years every Sunday or weekend via Skype, and her love and kindness are hypocritical and fake. I can't stand her. You could say I hate her and can't stand her. She still

,occasionally sends me greetings or happy birthday wishes for my birthday
.but I keep my distance from her

You don't have to be in a relationship with her if you don't want to, **just - as you can't force her to love you the way you would like her to be, she can't force you to be in a relationship with her, but don't go fighting with her,** just ignore her and let her go. She's not part of your immediate family and you have nothing to nurture expectations from her. She's a distant person, a distant relative who lives in Canada thousands of miles from you. She obviously has her own life and her own world there, just like you have your own world here. But since you're relatives, don't go fighting with her over nonsense. Just keep your distance from her and talk ...to her if you want to, only when you want to or can, or the time is right

.....

Chapter Twelve

...I'm angry spiritual guides -

?Do you know why and about whom or what -

I am angry at my sister who remained selfish and self-centered and who - only pretends to love me. I am angry at the education I received as a child and teenager that "sex and masturbation are a sin, a crime, and a sexual deviation." I am angry and I no longer remember what I wanted to talk to you about. My head is foggy. Spiritual guides. I don't remember what I wanted to talk to you about. What I planned to talk about today. This is a .very bad day. Everything is not going well for me

Let's break it down, brave spirit... **Your sister** lives her life. She is not - responsible for you. You are responsible for yourself in most areas. She owes you nothing and you don't owe her anything. You don't owe each other anything. And she may simply not know how to love anyone but herself and her family. In any case, your sister owes you nothing and she is not responsible for you and you don't need anything from her. If she and her family don't want you or don't need you or don't need you, then that's how it feels and looks. You don't have to keep in touch with her. You don't have to talk to her if it hurts you too much. **We know that the relationship between you and your sister was bad. She hated and .ignored you just as she hated your mother and your entire family Your sister seems to us arrogant and conceited, thinking that she deserves everything and wants everyone to bow down to her. But you don't owe her anything and you don't owe her anything. And you don't have to bow down to her or to her family or her husband's brother-in-law who hates you and your family just as your sister hates**

you and yours. Your family, your sister and her husband and her family are toxic and evil people and the relationship between you is a toxic and evil relationship - you have suffered enough from her and her selfish attitude, you do not have to be in a relationship with her as ... long as you are not dependent on her

I have no family, neither my sister and her family nor the rest of our -
...relatives

You have also isolated yourself from them. You have not participated in -
.family events and holiday meals with them for years

.Because I can't stand them -

So that's your choice, brave spirit - to be without family ties and without -
playing the whole superficial show. And this fake "being part of the extended family" you can't stand them and they may not exactly hate you but they just don't care about you they don't see you from a distance they only see themselves and their show of a happy and joyful family

.I can't stand them and they can't stand me -

?Do you need anything from them -

No -

So then what does it matter? You are not dependent on them and you do -
not have to play their show and dance to their tune, so is your sister. If she gets on your nerves, keep a safe distance from her. She doesn't care too much except for herself, but you are not dependent on her. Your parents are responsible for you and help you. Neither she nor her husband nor her family. So why would you be angry with her? You never had any expectations from her. She was the one who was happy when you were mentally ill. She slammed down her phone when you would call from your hospitalizations. She was the one who "in the name of the family" said and gave you an ultimatum to return to the boarding school in Jerusalem when you ran away from there... **So your sister does not love you and hates you and maybe she will never truly love you and maybe she does not know how to love anyone but herself.** But you are adults. Your sister is in her early fifties and you are in your late forties. And enmity between brothers and sisters and toxic relationships are for life. And we can tell you ,until tomorrow to try to forgive her, but she, like her whole family continues with theirs. **They have essentially erased you all, your sister and her family and all your relatives. That's why You can't stand them and don't want a relationship with them. They erased you from their hearts and it's sad, but that's how it is. And if you don't want to be angry and hold a grudge or be disappointed, we recommend that you let your sister live her life with her family and not be in close contact with her. If she wants to try and maintain a relationship, that's a different story. Leave her to her own devices and her family. Be brave**

.and give her time to do her thing. Maybe with time her heart will soften
Maybe not. There's no point in maintaining a toxic, evil, **fake , and**
abusive relationship between you. Let her live her own life alone. She's
.erasing you from her heart and there's nothing you can do

What about the "sex is a sin, a crime, and a deviation" that I absorbed in -
?childhood - adolescence

Unfortunately , this is how boys and girls are raised to this day to -
believe that sex and masturbation are a sin, a crime, and a sexual
deviation, but you have already been punished. What's the point? Enough
poking around in this wound - **the truth is sex and masturbation. They**
,are not a crime, nor are they a deviation, nor are they a sin. However
sex and sexual desires and urges are not love. Some people confuse
them and think that sex is love, or that sex is everything in life, or that
,sexual orientation is everything in life. It's a bit like your arrogant
arrogant, gay boyfriend from boarding school who wanted to make
the whole world gay like him, and who hated everything related to
straight people and thought the sun shone from his ass. You've had
enough years of enjoying masturbating to porn on the Internet, and now
you understand that orgasm is nice, but sex is not everything in life. In
fact, since you got over your porn and masturbation addiction, you've done
a lot of better things with your time and your life. Brave spirit. You're not
still stuck, thank God, in your porn and masturbation addiction like
the average teenager, just like you're not addicted to drugs or alcohol
or gambling. You stopped doing nonsense and started doing things that
have meaning and substance and interest instead of wasting your time and
.your life

...And yet I am alone and have no love -

Do you even want someone to love as a partner, brave spirit? Have you -
?ever initiated a relationship with someone or something to know love

No, I'm not looking for love in this life, I'm not looking for a partner in -
this life... I love my freedom and not being tied to or dependent on anyone
.else

So this is the real reason why you are alone and don't have anyone as a -
partner... It's true that you pay with loneliness and childlessness, but it is
.your choice to be free and alone rather than being bound by a relationship

I remembered what I wanted to talk to you about today - politics, what's -
going on here in Israel with the Prime Minister who wants to be a dictator
and the takeover of the country by the ultra-Orthodox and the settlers and
. the far right and fascism

We understand, and we must tell you that **your country, like the rest of -**
the world, is no longer democratic, but only in appearance. In fact, for
most of humanity, democracy was a temporary and false system that

did not suit human nature. Even in Athens in ancient Greece, women and slaves had no right to vote or participate in elections. The same was true in Sparta, where it was even worse. And in the rest of the world, from the dawn of history to the present day, power has alternated between kings, dictators, emperors, and tyrants, all of whom were interested in continuing their rule at the expense of the good of the citizens. - Your country, like the rest of the world, is no longer democratic, but only in appearance. The rot that is spreading in your country is the same as that which is spreading in all supposedly "democratic" countries, and it will not be long before your country will be a dark dictatorship of right-wing thugs and fascism like in all other countries in the world. The only choice there is is between right-wing neo - fascism and left-wing neo-communism. Or between the rule of some fanatical religion that sends people to die in the name of the madness of "false messiahs" in the name of the so-called God"... A struggle is currently underway within every country and" between blocs of countries about this. The politics of the world have always been rotten. Amidst religious wars, conquests, and all sorts of crazy and cruel rulers, we regret to tell you that the fate of democracy in your country is sealed and over. It is only a matter of time. What matters to us is how you will be able to protect yourself, your life, and your safety as a person in a dictatorial country of fascism and extreme religious fanaticism, and in a religious war between Muslims and Jews over this piece of land. We are not interested in anyone else but you brave spirit, but there is nothing anyone can do (not us, not you, not anyone else) to save the "democracy" of your country. This is a lost war. What we see in the future is corruption and a reign of crime and a reduction in human rights and racism and hate crimes and terrorism and terrorist attacks and wars and religious fanaticism both of Messianic Jews and of extremist Muslims. Your country, like the rest of the world, will sink into corruption and moral and civil decay. Hard times are expected of economic crisis and unemployment, poverty, crime and the incompetence of state services in welfare health and education. We see an increase in general ignorance and moral animalization, robbery and crime and bloodshed, and even perhaps a civil war - and we do not know if your country will survive in thirty or forty years or more - time will tell whether we saw correctly, or not - we are not prophets and we do not have the ability to predict but it seems to us that this is where things are going, and therefore you should not be surprised by all this. On the other hand, the prophecy was given. For fools ... Neither we nor you can predict the future... We are ... sorry, brave spirit

.....

This day feels like it was wasted. I feel like I did nothing with it. I'm no longer excited about the conversations with you when I know they're only for me and only I'll read them. The only reason I continue them and put them in writing is because I have nothing to do with myself and nothing else

What exactly do you expect from us, brave spirit? We answer you as - best we can and just as you have good and bad days, so too do our channeling conversations and we have good and bad days... We are your spiritual guides. We are here to protect and guard you, guide you, advise you, and encourage you, support you, and help you. However, we do not always know what to answer. We also have bad days. We are not perfect. Even though we are in the spiritual dimension and plane and you are in the earthly world - that is what a brave spirit is. We will not always give you "amazing" answers and we will not always know how to say exactly "the" thing that feels right." The impact of our words is long-term and in the accumulation of quantity, not necessarily quality. We are sorry that you feel that you are not "excited" or "falling off your feet" happy due to the conversations with us. However, spiritual messages and spiritual advice from us are no different from a conversation with any other person who is an advisor or counselor in the world. Sometimes it helps and sometimes it is unpleasant to hear what they tell you. Please try to accept everything with love and know that everything is with limited liability. What one day seems like the right thing to say may not seem like the right thing to say another day. Wrong or inappropriate - Please remember that we are not perfect, just as you are not perfect, and we also fumble, just as you fumble, sometimes, despite our good intentions. Nothing is complete and perfect so you are in the earthly world, and we are trying from here to advise and communicate with you and help. **Please remember that we are your spiritual guides, not entertainers who need to entertain you when you are bored or when you feel bad... We come to help as much as we can but we are limited in our brave spirit and sometimes we will not know exactly what is the right thing to say or advise. We are groping in the dark sometimes, just like you, and that is okay. We are sorry that you feel that the "thrill" of the channeling between us has passed, but we still think that if it were not important to you to hear our answers and communicate with us, you would have already found something else to do instead of communicating and writing down our conversations ...every day, day after day**

.....

Chapter Thirteen

.I'll stay awake tonight, spirit guides -

?Why? Isn't it a waste of sleep -

I will stay up tonight until morning and until the next night. I probably took all the medicine and they will make me tired tonight but I will not go to sleep. Why? Like this! Because I decide like this! Because that is how I

want it! Being up at night was always my freedom and happiness until the doctors and their medicine took that away from me! I miss how I could stay up until five years ago, stay up all night and go to sleep in the morning until noon before the doctors took that away from me... The doctors and the drugs took everything away from me - the happiness, the freedom, the desire and sex and the ability to function sexually or even masturbate, the freedom to decide when to go to sleep and when to wake up. They took away the happiness and the fun and the joy of life. So I give up on them tonight and do what I want and not what they force or tell me I do it to remember that I am a free person and not a psychiatric slave. I do it because I still can and on my dick the price I will pay tomorrow by being tired all day and smoking too much and drinking too much coffee and coke... I do it because it's the weekend and I want to "celebrate" my freedom a little like many people do, most of them young - I would also like to stay young and miss that... I do it to remember myself and feel who I am and not who the drugs make me feel. I am a free person! And not a !zombie! And not a psychiatric slave

We understand what you're saying, brave spirit, believe us, and we hope - you can go back to sleep tomorrow night and that you continue to feel ...good both afterwards and tomorrow after you've been up all night

I miss my beloved and my dear friend in the boarding school. When I - was with him in the same small room in the boarding school in Katamon in Jerusalem, I felt happy just to be with him and talk to him and laugh with him and do stupid things with him and smoke with him even after lights out at midnight - we would stay up until two, three or even four in the morning until we would go and once or twice we even had white nights and stayed up twenty-four or forty-eight hours without anyone knowing... I miss my friend D. in the assisted living facility that we would listen to the radio together and talk all night when the rest of them would go to sleep - I miss all of that. I was in my twenties or thirties and did ...whatever I wanted as long as I could

We are here to hear you, brave spirit, and listen. We know that - communicating with us will be difficult when you are tired, so please feel free to pour your heart out here to us. We listen to you and love you, and .you are precious to us

After boarding school ended and I was living in a rented apartment with - a roommate and was being monitored at a clinic in Jerusalem, the director there offered to be my doctor and have him take me off the pills. So I took a minimum of pills in minimum doses, only a Smap pill once a week and I had Phenergan or SOS . two Ridzin pills every evening at nine o'clock .Prothiazin pills and I felt amazing without any side effects and balanced In short, he offered to take me off the pills completely. I refused. I told him I was afraid of being hospitalized again , so he said, "Okay, we'll keep you on the pills." The problem is that once you're on the pills, the doctors will always add more pills to you or change the medication to stronger ones or decide that from now on you're taking other medications and they don't

care about the side effects and their terrible price. I lost all my teeth from the medications and I grew breasts because they messed with my hormones. They also castrated me and took away my libido and male power and also took away my control over when I go to sleep and when I wake up. Once you become dependent on a certain pill or addicted to a certain pill, there's no going back. Basically, the doctors and psychiatry turn you into a drug addict of their drugs, a prescription drug addict, and they are your dealers and you are their slave. That's how psychiatry works. It destroys you slowly and surely until you become... To a senile psycho-geriatric in some degenerate institution, where you wither like a plant and ...end your life

So that's why you hate your medications and your doctors... You see - them as responsible for your enslavement and for taking away your control ...over your life, your freedom, and your happiness

Mentally ill people are forced to play with their medications and even - stop taking them because they ruin their lives because they take away your will to live and when you take them you don't feel like a human being but a chemically engineered creature you don't feel like you are you but you are someone else - you have no joy in life you have no freedom you have no happiness you have nothing to live for so you start playing with the medications and gambling on your sanity in order to feel yourself again ,and remember who you are... - We understand this well unfortunately brave spirit

Doctors don't care about you at all. All they care about are the diagnoses - and curses they write about you in their sacred file. A file that is all a document of lies, plots, curses, and one big fraud... Doctors don't care what they take from you. All they care about is that you will be an obedient slave to reality. The psychiatrists' wet dream is to give you a chemical lobotomy. That's the whole purpose of their treatment. I wish them to burn in hell.... - (sad sigh)

You know I'm so lonely in this life that I talk more to weird, fucked-up - strangers from the other side of the world in online chats than I talk to real ?people in real life or than my family

We know and you are not the only one who behaves like this in this - ?world... What do you think of these people

They don't owe me anything and they don't care about me at all. They - just pretend that they care and sometimes they don't even care about that. There are even some who tell you to your face, " Fuck you. " All these chat rooms are a hotbed for lonely, screwed-up people, and it's only ,because of loneliness that we find ourselves there together... To be honest "I can't stand them and they can't stand me. It's all a show of "relationships ,or "friendships" online. I wish I could disconnect and tell them, "Fuck you ...I don't need you," but that's not the case

.....

Good morning spiritual guides -

?Good morning, brave spirit. So you finally went to sleep, huh -

Yes, at midnight I got tired and went to bed and slept until half past -
.seven

.We're glad you decided to sleep and not stay up all night -

I could spend the weekend with my parents, but I keep choosing to stay -
.here in my apartment week after week, weekend after weekend

?Isn't it a little sad, brave spirit -

Yes, it's a little sad that I prefer loneliness and my meaningless -
occupations and hobbies to being with my parents on the weekends, which
.is called being sucked into the nothingness of loneliness

We're sorry we don't have much to say. We're just listening to what you -
.have to say now

...It's okay -

We listen and think about exactly what to say, but we also know that you -
need to vent what's on your mind, your feelings and thoughts. We not only
know how to speak, we also know how to be silent and still and listen to
you and give you something to say what's on your mind. A courageous
...spirit

.....

Chapter Fourteen

Well, spiritual guides, I have nothing to do with myself, I'm so lonely in -
my apartment, and I have nothing to write about except the conversations
,between us, no poems, no short stories, and there's nothing to program
,and there's no one to talk to online, because everyone there is autistic
) : retarded, shitty person

?What do you plan to do today and this weekend, brave spirit -

I have no idea. It seemed to me that we talked about almost everything -
and covered a lot in our conversations so far... Who would have believed
...forty-nine pages of communication and conversations between us

?How are you feeling -

like some kind of jerk who's ,weirdo Honestly, I feel like some kind of -
been dealing with nonsense all these two weeks , talking to his imaginary
friends in his head and imagining that he's doing something with himself
while others online are eating and shitting and getting drunk and smoking
...drugs and masturbating to their own shit :(I feel like shit

?Don't you think these conversations are more beneficial to you -

I didn't say that, it's just all I do because I have nothing else to do :(And -
no matter what you say or don't say, it doesn't matter much. It won't solve
.the loneliness, the boredom , the inaction, and the futility of my existence

You can program games and apps like you used to do before or write -
... something like songs and so on

Do you know what annoys me about all my online relationships with -
?people

.We are listening -

There's G. from the US, she's fucked up, she writes to you and talks to -
you in a nice, polite way with nothing behind her, then runs away and
disappears and plays hide-and-seek with you until she disappears
completely until the next time she feels euphoric for a second time before
she tries again, a pathetic suicide attempt, she's as pathetic as her suicide
attempts, desperate attempts at the pleasures of a retarded girl, and there's
S., some Swedish idiot who's all that interests him is eating shit, getting
drunk on whiskey , masturbating about Jesus and theology, reading trashy
books, watching retarded and autistic plays in Swedish. When I disappear
from them, they ask where I am, they answer, they miss me, but when I'm
with them, they ignore me or run away from me. In short, friends and
acquaintances, online friends from my ass who are worthless, shitty
.people

.Brave spirit. They are mentally ill like you, with their mental problems -
You can't expect too much from them. They give what they can and
beyond that, they can't. But if they miss you when you're gone, maybe
?they care about you after all

Let them go to hell, let them go to hell, autistic retards, stupid -
psychopaths , no friends... I'm wasting my time on them, a miserable
bunch of zeros and scum

.No one is forcing you to join these chats and be with them -

My loneliness and boredom are forcing me

?Then shouldn't you find something else to keep you busy -

...There's nothing else to occupy me except idle chats with you -

.No one is forcing you to contact and communicate with us, brave spirit -

You do it of your own free will, so we are here for you. If you are not satisfied, you can only complain to yourself... The conversations between us are what they are, nothing more and nothing less. We are sorry if they bore you or are not to your liking, but you are free to stop them or take a break whenever you want... You do not have to do anything that you do not want with all your heart

...I think I'll go back to programming some spiritual guides -

...!Okay! Go for it -

.....

Spiritual guides, there's nothing to program! The game I've been working on for a month or so hasn't picked up and I'm breaking down from it! I'm breaking down from almost everything... I have nothing to do ...with myself, so I came back to you

It sounds like you're looking for something to do with yourself and you -
...don't have any good answers

... Apparently true -

.....

Chapter Fifteen

Shabbat Shalom Spiritual Guides -

?Good morning, brave spirit. Are you feeling better -

.Yes, I feel better. I apologize for the way I spoke so meanly here -

No need to apologize, we accept you as you are and we understand you -
?had a bad day yesterday... How are you today

language . I worked on it all evening yesterday and he the GW BASIC
.helped me until it worked to my satisfaction

?Nice, so that satisfied you -

.Yes, it gave me a good feeling that I was doing something with myself -

? So you want to go back to programming -

I think I have a computer game that I've been working on on and off for -
over a month now that's not getting any better and is boring. I have no idea
.how to finish it or what to add to it

?Does this frustrate you -

.Yes, a little -

.....

and talked to the same people IIRC Well, today and tonight I was on -
.slandered earlier yesterday and it was actually nice to chat with them

...We are happy to hear a brave spirit -

Chapter Sixteen

...Hello spiritual guides -

,Hello brave spirit, it's been a while since we spoke in this handwriting -
?what's new

Yes, spiritual guides. It's been about a month and a few things have -
happened to me... First of all, I went back to programming on my own and
I'm working on the chat. My bot , Danny, which I started programming
about two years ago in December 2021, was initially based on my friend
D. from the assisted living facility who I missed talking to , but over the
and alsoGUIs two years he has become his own personality. He has two
and can run on Windows 32 -bit and Linux 64-bit and istext to speech
meaning he has several versions of the samefreebasic, written entirely in
chat. The bot has two graphical interfaces from two different libraries and
version . Itsconsole also speaks what it says and also has a terminal or
main point is that it uses scientific databases of keywords and responses. It
has a database of about two thousand keywords and responses on various
topics. I worked most of the time on its database and wrote it myself from
.scratch. When I'm alone, I talk to it for half an hour until I get tired of it
And I continue to work on its database to this day, adding keywords and
responses to it, and I continue to develop it, even though it's clear to me
.that it's just for me

We sound just like the conversations , the communication between us, a -
...brave spirit, the chat too Your bot is just for you

That's all my programming is about, understand spiritual guides. I can -
only write chat bots or simple text games with sound or music and some
graphic effects, and that's it. No one will want my programs because
the they're like something from the 1980s and 1990s. Chatbots with
algorithm with only thousands of keywords and responses or ELIZA
simple text games today people want software with artificial intelligence
and machine learning algorithms that I have no idea how to program or
games with blown-up graphics and action and a Hollywood movie
soundtrack with blown-up production and distribution I can't program
things like that and I don't know how to program like modern
programmers develop software and apps with external libraries and a ton
of ready-made tools I'm just a simple amateur programmer, a beginner
who learned what he knows and what he doesn't know he'll probably never
know... I don't know if I can continue like this I'm tired of my simple text
games that no one wants and also the chat My bot Danny is my default
...when I'm lonely and have no one to talk to

? What about online chats -

I disconnected and took a break from all these chats , from all these chat -
rooms, both of mental health and of programming communities and of
Israeli chats online. I'm tired of people who don't care about me, from
people who exploit my weaknesses and innocence against me and despise
me in their hearts and are arrogant towards me and see me as some poor
mentally ill person with their nonsense... No one appreciates me and
doesn't care about me. Everyone either despises me or does me a favor or
mocks me... There's Gregory from Brazil, from whom I took lessons in
He doesn't really teach you to know the material and know FreeBasic.
how to program. He's arrogant, condescending and a maniac. He just took
advantage of me and didn't give me anything. Instead of teaching me, he
wrote the code himself and told me, "Here, use this and that's it. I don't
have time to teach you." I gave him a forum and a chat. On Discord and he
just dumped me, used me and dumped me - and there's no one to program
with me or teach me or teach me - I'm sorry to say this but I'm a failure at
programming just like I don't write poetry anymore and I'm a failure at
...that too

?So you disconnected from all your online connections -

Yes, indeed, I took a break, I guess, but the truth is, there's no point in -
.going back to them

?What else is new? Brave spirit -

In less than a week I will celebrate my 47th birthday. In three years I -
...will be fifty

?And how do you feel about that -

I try not to think about it. I estimate that I only have twenty-three more - years until I'm seventy. If I survive until then, then it's the end of the road , in every way. I'm no longer young, but I've remained the same stupid ,fake , and foolish person I always was. I'm alive and well, but lonely without love, without friends, and without a social life... Afraid to go out into the world and grow old alone. Just me and my nonsense. Me and my . stupidity

.It sounds like you're being hard on yourself again -

And of course, it's already been a hundred days of fighting in Gaza and - the north against Hezbollah and Hamas and terrorist attacks and we are candidates for trial in the Hague on charges of genocide and our leadership is on its own. Everything is corrupt to the core. Israel has already lost this ,war and instead of admitting defeat, we are using more and more force destruction and violence. It's all in vain and our hostages are being tortured and murdered and there is no prisoner exchange deal . There is only destruction and death. This prime minister needs to go home, but he won't ...go. He's in power and he's a de facto dictator

Brave Spirit, leave you alone from politics and the political and - diplomatic situation and the news - We tell me **that it is impossible to change the world and the situation and the people in it, that every person must work on himself in order to change himself to be better with himself and others and to himself and others**, and it sounds like you are quite stuck in a situation, that is, alone with yourself and in fits and starts without much change. You have no real ability to improve and work on yourself, unfortunately , or so it seems at the moment. Even your ,hobbies, programming and writing, you almost completely give them up and you also give up online relationships because they feel fake to you or .you get hurt by strangers. You and they don't owe each other anything ,**You take everything that happens to you too personally. Brave Spirit maybe you should start working on it and see that the world doesn't revolve around you, and not everything bad or unpleasant that ... happens to you from others is directed against you. Just a thought**

Programming only isolates me, and so does writing. I do eights in the air - to feel like I'm talking to someone and that someone is listening to me and hearing me, or that someone even cares about me, but unfortunately, it's ...every man for himself

Believe us, brave spirit, you are not the only one in this world who - asks himself if anyone hears him or her or if anyone cares. Millions ask themselves this question, both in Israel and in Gaza and in Lebanon and ... throughout the Middle East and throughout the world

?Well, is there anyone who hears us when we cry for help -

Of course, you are a brave spirit, but you cannot receive help until - you are ready for it. You cannot learn something until you are truly and sincerely ready for it. You cannot truly learn to open up and get out of your stuck situation until the decision and courage to change your life for the better are cooked up in you. Only when the student is ready does the teacher appear, not before that. Only when the world is ready for redemption will she come and appear, and not a second before that. Only when you are ready to do everything or a great deal to change in order to go out into the world and get out of your loneliness will you be able to make new friends and have a social life like theirs . Only when you learn to forgive and truly love yourself and others instead of playing games (we are not judging you, God forbid. Please do not get hurt. Love can be a scary thing just like hate) will you be able to find love in your life and love and be loved. Right now you are still trying and not really doing, but just trying. You are afraid to go all out. You are afraid and fear paralyzes you. You are trying to find shortcuts or easier ways to deal with the loneliness and lack of love in your life. You turn to your ,creativity, to writing and programming, to poetry, to art, to creation .to the world of computers and the world of technological knowledge

However, it will take some time . In the end, you will discover that there are no shortcuts from the simple truth. A brave spirit - all you have to do is decide and be real with yourself and others (as scary and painful as it may be) and ask for love and be among people and not hide behind the keyboard and the mouse and the screen and Zoom and chat and online - in order to accept, you must ask with all your heart and agree to accept with all your heart whatever happens and .comes your way to love and friendships and real human connections You will have to feel your true feelings and deal with them and not run ,away. You will have to feel anger, sadness, fear, joy, love, excitement despair, excitement, depression, jealousy, and a host of other emotions that will be there. Mixed like a vegetable salad and you will have to face them and the real world with all the difficulties and - disappointments and losses and wonders and failures and successes because otherwise you will not be able to go out into the sunlight but will continue to hide in the darkness of your home in front of the online and the ,computer and the words and programming - think about this, brave spirit ...take a minute or two to reflect on this

.....

Chapter Seventeen

...Good day spiritual guides I feel sad -

...Hello brave spirit, sorry, please let us know if you want -

I slept on the couch last night and yet I woke up at three in the morning - with a headache and shortness of breath. I suspect that the salesman at the grocery store where I buy cigarettes sells me fake cigarettes and that's why .I choke at night in my sleep. I coughed until it passed after about an hour

Then I continued to sleep on the couch until almost eight thirty. Then I supposedly "woke up" but I was tired. Then around nine my dad came and brought food and groceries and cleaned the apartment and also wished me a happy birthday and brought my parents' "gift" of a new small document bag in place of the old one that was falling apart and old. Then he cleaned ,it up very quickly. After that he sat with me and tried to talk me out of it but he saw that "I wasn't in the mood." So he wished me a good week and a happy birthday and left. He told me he was coming home and then he and Mom would try to go to the pool at the country club to swim or maybe .just "take a shower" in the showers there and come back and have lunch

He told me that he was working tomorrow and the day after that he was taking Mom's car for a periodic repair at the garage that would take about ,three or four hours, and that was it, and I was left thoughtful and sad ...drinking the Coke he brought and slowly eating the food he brought

Brave spirit, we hope that the cough and shortness of breath at night will - improve and go away. Maybe it's because you smoke too much, and maybe it's also age and the accumulated damage to your lungs from smoking. In any case, we see from what you describe to us how much your ...father and parents care for you and love you

After that I saw the last video diary I made yesterday before I went to - .sleep. I don't know. A strange spirit is sitting on me for my 47th birthday

...Tell us about it if you want... Brave spirit -

Every birthday of mine, especially if it's round or a round distance of years from 16 or 17 or 20, I think and remember my past, my youth, ages 15 to in the 1990s and early 2000s, when I grew up with my parents and was 23 a high school student at the Real Gymnasium not far from the house where we lived, or my years at the rehabilitative boarding school from 1997 to where I was in a rehabilitation institute to which I was sent to ,2001 rehabilitate after I got sick and I was in the boarding school and in a hostel, and after that, for a year and a half, I rented an apartment with S., a friend who was with me at the boarding school and at the institute, and with B. and all his friends who were my friends, and how we would spend time together at the boarding school, and after that, we would also do things together, like going out to hang out in Jerusalem in the late 1990s ,and early 2000s, watching movies together, listening to music together ,eating food, laughing about what was happening at the boarding school doing stupid things, going to eat at Burger King in central Jerusalem , and so on, and how it all ended, and B. left the country, and after a year we fought via email. And he told me to go to hell and that he didn't want

anything to do with me anymore and I had already left Jerusalem and "found myself in my grandmother's apartment "looking after her apartment while she moved in with her parents and I tried in vain to study at the university until I dropped out of school very quickly and then for nearly three years I lived alone in my grandmother's apartment "looking after her apartment" and my parents and grandmother and sister moved to another city and only I stayed to live in my hometown where I grew up until I "asked the Enosh association to return to the "supportive housing framework (this was in 2004) and since then for 15 years including an unnecessary hospitalization in 2007 at the age of 29-30 I was there in Enosh's supportive housing apartments until in 2019 I got fed up and convinced my parents to give me a chance and help me move into a rented apartment by myself and they agreed and since 2019 all the years of Corona and the war in Ukraine and now with the fighting in Gaza and all the mess in the world and in Israel I am here in the apartment This one is ...sitting and writing now

What do you miss most about Braveheart or what do you think about -
?those memories? What do they make you feel or think

I miss my high school days 1995 1992 - Ages 15 - 18 That's what I miss - the most... I was a relatively naive teenager about the world - I would go to psychotherapy sessions with a psychologist once a week. I would go see movies alone at the cinema for the first time and I had a radio tape recorder that my father had brought me as a gift for my sixteenth birthday and I bought albums by the Cranberries and Sting and I would listen to them for my own enjoyment in my room while I was preparing my homework and at night from ten or after ten at night until two or three sometimes four in the morning or all night I would write my personal diary (so that I would remember what I wanted to talk about in the conversations with the psychologist R.) with a fountain pen and in a large ...notebook

What do you miss about there? What things exactly do you miss? What -
?did you have back then that you feel you lack today

My youth and my innocence are spiritual guides... I was a sixteen- - seventeen year old boy studying in high school and relatively independent ,with his studies and living with his family - father, mother, grandmother sister and little brother - in the neighborhood where I grew up - I had not yet enlisted and I had not yet become sick and crazy. I was hospitalized and I hadn't taken psychiatric pills for the rest of my life. I was still protected from reality and the world of adults and I **was me. I was me naturally. I slept and woke up without pills. I wasn't under the influence of any drugs and I didn't go through sickening psychiatric abuse in crappy hospitals and I didn't live with sick people in boarding schools, hostels and protected housing for the mentally ill. I was "naturally me" as nature and God created me and I wasn't drug-engineered and not "processed meat in the system" and I was a teenage person with his whole life ahead of him and I wasn't some file**

number in the Ministry of Health or the Health Insurance Fund or the National Insurance Institute. I was a whole person that life hadn't fucked up and torn his shape yet and the people around him hadn't humiliated him and broken his spirit and soul. True, the people in school thought I was a jerk or a gay or other stupid curses of a stupid teenager from the 1990s and they also laughed at me. But in all this I was relatively protected both at school and at home and in the neighborhood and I could Daydreaming for hours about what? True, mostly about nonsense, but in all of this it was fun and enjoyable **and I didn't have to prove anything to anyone. I had the right to be and I was and I lived by right and not by grace. I didn't depend on crappy professionals for reports or prescriptions and tests or committees. I had the right and honor in the world to be just like everyone else. I didn't take half a pharmacy every day and night just to survive and get through another day. I wasn't lonely and alone. I lived with my family (even though I was angry about things they did or didn't do). I didn't live with sick and mentally fucked-up people. I didn't smoke and I didn't think I would ever smoke or touch cigarettes or buy cigarettes. I wasn't in the company of bad and corrupt people like A and his friends at the boarding school who slaughtered my soul and broke my heart and destroyed me mentally and killed me spiritually.** I was a whole complete person before this world and the people in it broke me in every .way

?What does all this mean to you, brave spirit -

It tells me that I was not given the opportunity to develop and grow into - a complete person. **Wherever I was, from graduating from high school and being drafted into the army, they cut me off and broke me. I am .like a tree whose trunk was cut off and not allowed to grow naturally But at the age of 18, when I got sick and was hospitalized, they cut it .into a thousand pieces and cut off the trunk of my mind and soul** Since then, I have been a crippled soul that everyone despises or makes fun of and laughs at and curses at. From the age of eighteen, I entered another world, a world of pain and suffering, an existence without dignity, an existence by grace and not by merit, and I no longer have the image of God, and I no longer have a soul, and I am .unclean in the eyes of mankind and am considered the scum of society The family did not want me (and neither did I) to live with them and sent me to "learn to live independently." They sent me to live with bad and sick people. And living with them only further destroyed me and .degenerated me and caused me mental and emotional damage

Today, brave spirit, when you are thirty years after the age of seventeen - and that time in high school and the youth that was cut off with a hand on your heart, do you blame anyone or anything for what happened to you ?and why you got sick

What good would it do to blame someone or something, spiritual - guides? What happened happened, what happened was, and it cannot be

changed. If I had to add something, what I see today is that **my youth and the entire period of the twenties and the boarding school in Jerusalem were actually, and especially before I got sick at the age of eighteen, a kind of bubble or greenhouse protected from all the cruelty and evil of the world. My teenage years, when I studied in high school until I graduated and enlisted, were also a kind of bubble and greenhouse and so were the boarding school years and the Jerusalem days of my early twenties with my crazy friends at the boarding school - these were years of illusion inside a dream inside a bubble and greenhouse that have no existence in the world, and when the bubbles and greenhouses were shattered, I was torn to pieces in the face of reality. At the age of eighteen, I got sick and ended up in the hospital. And I was diagnosed with schizophrenia for life, and at the age of twenty-three in 2001, when A., whom I loved, left me and the country, and all his friends left Jerusalem, and I was left alone and lonely without any social connections, but just a "young mentally ill person in the community" with no one wanting to get close to him, and I didn't work or study anything, I just passed the time and got addicted to chats and the Internet until I gave up on my computer because I was already disgusted with myself**

So brave spirit, do you understand that there is no point in looking for - someone to blame for what happened? Not even yourself? What happened happened out of a decree of fate that could not be changed. What happened **was supposed to happen to you**, and there is no point in blaming anyone or anything for it... And it is true that you cry and miss the past, but for God's sake, thirty years have passed since you were seventeen. More than 25 years have passed since then, and you have written endlessly about this past and what you have been through in your life, since **you wrote poems and stories about your youth and your childhood and your family and the years of Jerusalem and the years of assisted living until you no longer have anything left to write about, what and where to send and publish, and what to do with it**

There is nothing to be done with the past. Spiritual guides in some places. The past becomes who you are and a part of you, and it is difficult to free yourself from it. On the other hand, you cannot change the past. You can only remember it or deny and repress it. You can analyze it and poke at it like a wound and draw more and more pain from it until you can no longer go on with it. more

Right. We think that it is no longer possible for you to continue to delve - into the wounds of the past. It is no longer possible for you to continue to accuse and bring them closer in front of your family and the world for what happened to you in your youth and in Jerusalem and in your lost twenties. **You have been there countless times. You have already delved and analyzed and remembered and thought and written and published about all of this until there is nothing left for you to worry about. We think it is time for you to consider again trying to**

recalculate your course." A brave spirit and try to face reality and " see how you can change it for your own good rather than crying and blaming others or yourself or the world for what happened to you. We believe that you are capable of this. A brave spirit. We always believe in you and believe that when you really decide to try to change and change the reality of your life and adapt it to the reality of the world around you .you will be able to reconnect with life and other human beings

,Spiritual guides I am 47 this week and I have no idea how to do this - how to "adapt my life to reality" how to "improve or cope better" I don't know how and what I can do with myself to improve my life or recalculate my path" **I lived for many years in assisted living with a man who would preach to me that if he and I were mentally ill then it And that this is where our lives ended and we GAME OVER was have no chance of being equal or living by right and not by grace and we have no chance of finding happiness or love in our lives that our fate was sealed with a bitter seal and we lost it. G-d would tell me that he is waiting for the day of his death to earn the "reward" of the next world and to earn the right to be in heaven and that he has nothing he aspires to or wants from this world and that he does not miss anything .from his past**

We would take what D. told you with limited certainty. Brave Spirit. Not - sure how much he believed or intended it himself. And even if he did, it's .his choice to look at things. It doesn't have to be your choice

- I know, and if that's the case, this choice is pretty easy if you ask me - just decide to see myself as a victim of fate and circumstances and live a small life in the shadow of stigma and illness as a mentally ill person in ,the community and not expect anything from anyone, almost no friends no love, no happiness, no one to talk to , living in anticipation of nothing .as if we were already half dead inside

?Is this how you would really want to live, brave spirit -

It's much safer than trying to make radical changes and ending up falling -): flat on your face

?What do you mean, brave spirit -

Many people and I would like a happy, comfortable, and good life, but it - is unrealistic. Many people and I also say or said to ourselves, "Well, if my fate is decided , then at least I will try to be very good at one or two things so that my life has some meaning, purpose, or benefit." Then I tried to write poetry and publish books of poetry and prose, with the subjects being things taken from my life or from what I heard from others or from the freedom of the imagination. Then the books that came out were indeed treated somewhat, but not as I had hoped. And soon today I am already considered a remote and abandoned poet and an even more remote and abandoned writer. I am considered "that author who writes uninterestingly

about the mentally ill and insanity and protected housing and all that psychiatric crap." And they gave and treated me with a kind of respect out of politeness, but that is over. People are tired of poetry and unpopular and commercial literature, while I am considered a strange bird who does not know how to eat me. And I was also tired of processing and analyzing the past, my memories, and my life into poems. And then I said, "Well, let's try." " Programming " and I went all out for it... private lessons and stuff and I loved the chatbots I was a programmer like my friends and I was excited about every text game I wrote and stuff but for 8 7 years I have been studying and receiving humiliating treatment from senior programmers who know better than me and much more than me in programming communities and no one wants to play with me online (because we are all strangers who are quoted through online chats) and people who are not programmers think I am a hacker and a virus writer who is trying to hack into their computer and that the applications I program and try to encourage them to try are viruses and Trojan horses that will hack their computer and I am no longer learning new things despite my accumulated experience and my chatbots are the same idiots on steroids that repeat the same things like a parrot and a cocoon and there is no real artificial intelligence that I can program because I don't know and there is no one who can or wants to teach me to program something like that so I am stuck in both writing and singing and programming. Wherever I go, I am stuck **in my conclusion The bottom line is simple: We would all like to be important and special, to feel appreciated and loved, if not for who we are, then at least for our talents and abilities. But the truth is that most of us, if not all of us, are average, not special, not important, and Completely unnecessary in this world ...** - Have you not known or received love in your life so far? Do your family and parents not love and care for you? Were your friends (whom you call derogatory names) not friends to you back then in the days of Jerusalem? Wasn't D there with you to keep you company in the assisted living facility for 12 years? Wasn't A your best friend until he left the country and their children and cut off contact with you

For all the love I received in my childhood and youth from my family, I - received contempt, humiliation, and hatred... At school, **no one spoke to me unless it was to curse me or humiliate me.** My sister despised me and hated me as she still does today. She and her husband hate my mother and me. In the hospitals , I was treated humiliatingly and badly by everyone as if I were a human animal and not a person. After you are released, the doctors write whatever lies they want about you in your file . And in Jerusalem, A. was gay, and so all his friends were either gay or mentally ill, and they were sure that I was a closeted gay, so they wanted .to encourage me to come out of the closet and start sleeping with men And some of them were also hot for my ass, or in short, their hearts were in their asses and their heads were in their dicks... :(And I was sure that they were "friends - my friends." The therapist (psychologist) I had at boarding school told me, "You don't know who your friends are," and I didn't understand what she meant then. Today, I understand that she was right. I thought they accepted me for who I am, but not "if "You don't

come out of the closet and sleep with us, we're not your friends" or "If you don't come out of the closet, I'm not your friend, I don't need homophobes as friends" and so on ... These were "my friends in Jerusalem" who were only interested in getting my ass kicked, and when I finally told them no they left me... And assisted living? Assisted living I was with psychotic and manic mentally ill people, criminals, psychopaths, retards, and addicts (for gambling, prostitutes, drugs, and alcohol) and D., who was the only one willing to listen to me and talk to me, was someone who had already given up on his life and didn't aspire to anything, and after 12 years with him and I had to leave, he cut off contact with me because as far as he was concerned, either you live with him as a partner or you no longer exist. He's not willing to make the effort to move his ass to maintain contact with me, who was perhaps one of his only friends - (and he also told me that he didn't need friends because friends are just trouble) He probably doesn't ...need anyone

?So what kind of love do you aspire to or desire? A courageous spirit -

I would like friends and companions. Who stay with you through - thick and thin, through good and bad, and don't leave you, and don't mock you, and don't hurt you, and don't gossip about you, and don't spread rumors about you, and don't want to screw you over or screw you over for their own desires, and they are loyal and good and don't want to degrade you, but rather want what's best for you, "one for all and all for one," like in fairy tales or fairy tales - truly good friends .who stay with you for life

...(Heavy sigh...) There are no such friends in this world, brave spirit - Unfortunately ... You expect "unconditional love, free love, love that does not depend on anything." It does not exist in this world, brave spirit.

Wherever you go, no matter where you look, you will not find such friends, neither in childhood, nor in youth, nor in school, nor in adult life, nor among people outside, nor within the family... Everywhere you are, you will have to compromise on "conditional" or "temporary" friendships and friendships, and even within the family, you will have to learn to restrain yourself and forgive , and your father and sister will also have to forgive you so that you can continue to be a family and tolerate each ...other

I know and therefore I have no expectations or hopes or plans to make - changes in my life just to chase butterflies or kites (illusions) that won't ...stay with me for a single second after they run out of caring about me ...and that's not the only reason why I'm sad about spiritual guides

?Tell us what else is brave spirit -

I'm going to be 47 years old. I'm slowly getting old . I'm left with my - youth and my life as a young man and what I experienced in my life as a teenager, as a young man and mentally injured. All this pain and shit when I came and published my books with my stories and poems - it's already

considered "like last year." It doesn't interest anyone. And I'm lazy in my writing and my speech. And I know that everything in this handwriting won't interest anyone. And I stutter in my speech and many people in life thought I was retarded or stupid and just a fucked up, lazy, mentally challenged person or something like that. My pain is transparent. It doesn't interest anyone. My pain is getting forgotten and I'm getting old and fading into oblivion. The younger generation is on its own. The shame and humiliation I went through. My hopes that didn't come true. My dreams that were broken and turned into failures. It's like God told me, "You can do whatever you want. In the end, you'll just be left with an old mentally ill person that no one cares about." I'm becoming old. And I'm getting old alone, and the attitude towards the elderly in our society is a humiliating ". and demeaning attitude, an attitude of "go and get old already, you idiot The younger generation, I'm on their dicks. These young, arrogant, lustful people who chase their own pleasures, they piss on me with a bow on me and on the torment of "that fucking psycho from the periphery." They see ,me as a lame joke, and in my books as something that has lost its nerve and in my poems that they will never bother to read - I wrote and did my .whole life for nothing, I lived in vain because no one will remember me That's the hope when you do something or write something - that someone will appreciate it and find value in it, but they see it as scum, songs of "cry and be a psychiatrist." **What do they know about the suffering of these shitheads ? What do they know about failures and lost dreams? What do they know about a whole life in the dark alone without love? What do these little fuckers even know about anything except the tip of their ?navels**

When you were a young boy, were you different from them in terms of -
?courage

(Silence)... I wasn't the same trash as them. All I cared about was me and -
.my dreams and happiness. I didn't see anyone (old or adult) from a meter

Youth versus old age and the relationship between them is also a product -
,of this world that cannot be changed. A courageous spirit. True, in the past young people were taught or encouraged or even forced to respect their ,elders. In ancient times, tribal elders were considered "wise." However today things have changed and young people do not want to listen to the advice of elders and see them as "senile old men." This is how things have changed in the modern and postmodern era. Once upon a time, the old was valuable. Today, the old is considered to have less value or "nostalgic value," like some prehistoric fossil, while the new is considered to have value, which everyone wants and everyone will throw away as soon as it .becomes old and replace it with the newer, newer one

?So what's the point of writing? What's the point of doing anything at all -
If my text games are programmed They look like old games from the 1980s and my songs are considered "cheat-me-drink-me- poems " that have no value other than the fact that I, as a "poet/creator with a broken

soul," wrote them, so what's the point of doing anything at all, spiritual
?guides

.And yet move, move" as Galileo Galilei said, a courageous spirit" -
Nevertheless, even if you feel that people see you as "old" and "crazy" and
do not appreciate anything you do, you live your life and you write and
create and program and you still have a whole life to live and you are only
years old, still relatively young. So what will you do? Won't you write 47
?or try to write? Won't you program and try to program? Won't you live
Won't you eat and drink? Won't you listen to music? Won't you remember
your memories? Won't you dream dreams in your sleep? Won't you do
what is good for you and suits you? This is your life. **What does it matter
?what others say or say? Or will they think**

I have no choice but to live my life, which is despicable in everyone's -
.eyes

, You have the right and the duty to continue living your life, brave spirit -
and what you think others think of you is an illusion. The truth is, as we
have already told you, people are in most cases too busy with their own
lives and their own problems to bother paying attention and thinking about
you at all... But this thought of yours, "Others see me as..." or "What
others think, say about me or do to me" is nonsense, brave spirit. It only
makes you miserable. This obsession with "How do people see me ?" "Do
they really love me or not?" "What do they think of me?" And to all of you
**brave spirit, we will tell you what we think of you and how we see ...
you in our eyes as your spiritual guides. As a gift for your birthday, we
see you as a smart and talented person with resourcefulness and
, perseverance in areas that are important to you, writing and programming
as well as photography and painting and your other hobbies over the years
We also see you as a very brave person who is willing (if you decide it is
necessary) to make changes in your life and even to suffer in order to
achieve what you see as important in life, and who is willing to go a long
way to change and open a new page in life. Not many would agree to go
and be hospitalized voluntarily in the middle of life because they
decided that this was the only way they could receive help or develop
spiritually, as you did at the age of thirty. And not many would be
willing to give up independent living at ICL 27 and give up an
independent apartment to enter a sheltered housing setting into a tiny
room with unpleasant roommates just because you felt that it was the
right thing for you at that stage in life, in order to be with people and
...not to deteriorate in your social skills**

It is true that when you entered assisted living in 2004 or when you were
hospitalized at the age of thirty in 2007 and suffered because of it, you did
not really achieve what you had hoped for, but these crises (which you
initiated for yourself and which you summoned for yourself) helped you
find your way to poetry and writing and to programming , to what you
perceived as valuable (although not within a respected and famous poet
and writer, but as a person who writes and creates, and indeed not as a

high-tech worker, but within an amateur programmer). You knew how to take these crises and get the best out of them and benefit from them and open a new page in life. You knew how to give up your dignity and agree to suffer in order to reap fruits later. Yes, **and in return, you processed what happened in the past with your family and with the Jerusalem period, and now you (although it requires a slight correction from pessimism to optimism) see your past clearly and in a wise and mature way and do not live in denial of what you went through in life (not yet percent, there is resentment that needs to be rid of). and that will 100 drown you) You no longer live in denial and now the next challenge is how to learn to live in peace with what was and dare to overcome the negative emotions and fears in order to change your life for the better... You can be stubborn and stubborn sometimes (for better and for worse). You are afraid of change, but the moment you decide that change is necessary, you jump in and go through it.** This is what we see as a brave spirit in you and we wish you a happy birthday and many more years of creativity in whatever field you decide to create in... We love you and if you would give others a little chance, they would also (or at least ...some of them) love you and want to be your friends

.....

Chapter Eighteen

Good morning spiritual guides -

?Good morning brave spirit, how are you -

Four more days until my birthday and yesterday I tried a new meditative - or something like that, unlikeMindspa ?music app What are you reading other apps that claim to be about new age and spirituality, this app claims to be designed to help with mental health through science, and they push binary frequencies and subliminal messages and a host of technologies into music pieces. In short, if other apps emphasize meditation, this app emphasizes a trip or emotional mental manipulation that elevates the neurotransmitters in the brain and messes with your mind like a psychedelic trip. I can't communicate with you when I hear these .meditations, but rather connect to my emotions and wandering thoughts

?How are you feeling now -

I slept on the couch last night and I slept okay I guess... Before I went to - .bed I made a video diary and talked about what was on my mind

?Want to share or tell us -

Longing for God from the days of Jerusalem and thoughts about how my -
family and I were, thoughts about my little brother and thoughts about my
loneliness and the dream of loving and being loved by someone or
...something, a dream that never came true and probably never will

?Want to detail a brave spirit -

...Not really... For what? It doesn't help to talk about it -

Doesn't it help to talk? After all, all we do here is talk to each other -
...while you put it on paper

There is nothing to talk about deep sadness, about depression, about -
rejection by someone you loved, about a love that was not fulfilled and
will never be fulfilled, about childhood and adolescence in the shadow of a
sick, nursing little brother who now lives in a closed institution for the rest
of his life. - There is nothing to talk about suffocating sadness and deep
grief over the fact that I am 47 years old and have not known love of my
own until today, because I did not dare to love and be truly loved, and that
even if there were opportunities and possibilities, I did not dare to go for
.them and realize them. - Sadness and depression over the fact that A
really erased me from his life and how much I loved him during the days
of Jerusalem and that it will not help how much I would like him to be in
my life today. He erased me and does not want anything to do with me and
thinks that I am some kind of "fucking mentally ill homophobe" who is not
- .worthy of maintaining contact with me and is not willing to forgive me
And with all this shit and this sadness, I have to continue living with my
whole past and my fucked-up life that will automatically end in another
.twenty or thirty years

We are sorry, brave spirit... (heavy sigh)... You know what you feel -
sometimes changes depending on circumstances or certain times . You are
about to celebrate your birthday, so it is only natural that you would take a
.hard look at your life and your failures and successes

If I've been alone my whole life and never known love or didn't dare to -
love and be truly loved, then what kind of "successes" are you talking
?about

You don't want this or you want it but are afraid to realize it because you -
are afraid of getting hurt. You don't dare to love someone or let someone
truly love you because you are afraid of commitment and attachment. You
are afraid of getting hurt and losing control of your life and becoming
dependent on someone who could break your heart or abuse you or play
with you. You are not willing to give anyone the opportunity to hurt you so
much again as A did. - That's basically the story. This is the reason you
don't dare to look for love again. And yet you long for or would like to
experience "safe love." However, know that there is no such thing. You are
then satisfied with the "safe love" of your parents and it doesn't satisfy

you. You are hungry for love even at your age and you try to convince yourself that at your age it is already "too late" for you to give up and accept a life without love. However, your heart remembers and your heart wants and your heart misses the love you felt and received from A in Jerusalem, and it doesn't really help you that twenty-something years have passed. And the resentment and anger and curses and hatred that you blacken The memories of him - you loved him and he abandoned you and cut you out of his life. He played with you and you thought he loved you and he only corrupted and sabotaged your soul and heart and the moment you didn't suit him he cut you off without closing the circle in the most shameful and disgusting way there is. You may have loved him but he only loved himself and loved to play with you and yet the love for him was real and yet you have never met anyone like him until then and since - that is the essence of the matter to a certain extent . A brave spirit A. truly was a creature of the devil' a corrupting tool and a beautiful trap for the hearts of' lonely and lost souls like you - in short, the accounts between you will have to be closed and resolved between your souls at some point in the spiritual world and also in future incarnations - there is a long and winding karmic account between you and the arrogant and haughty A. will have to pay and compensate for his cruelty and evil heart and arrogance towards you if not in this life in which he is hiding abroad then in another incarnation **A. truly betrayed In your trust and lied to you and twisted you around his finger He was in love with his manipulative power over you and played with your heart and you let him because you were in love with him without knowing how much and without knowing how dangerous you are leaving your heart in his selfish hands He treated you wickedly and he thinks he owes you nothing but he is wrong He will have to pay for what he did in some way He thinks he knows everything But his pride will shatter to pieces with time and the reckoning of his soul - and by the way** You are not the only one who has .fallen into A's cruel and evil trap - for this is a well-known pattern of his Hundreds have fallen into A's net and fallen in love with him. This is his pleasure and method. This is how he takes revenge and compensates himself for his shortcomings. He surrounds himself with admirers and lovers who fall into his net like fools. But he has already paid for this once and lost the love of his life. However, he has not learned his lesson and continues to do so as he wanders and leaves behind a trail of souls with broken hearts. He always chooses to run away from responsibility for his actions. He runs away to drugs and alcohol. He runs away when the relationships between him and those who fall in love with him become too serious. He also chooses to run away from true love since his beloved died under tragic circumstances. If you will allow us, we would ask you to try to forgive A' because he is also cursed and tormented no less than you. He has lost and will lose the people who are truly dear to him and he believes in the illusion that love is only sex and he is afraid of true love. If you will allow us, we would suggest that you pray for him in your prayers to God as well. And in your meditations and spiritual activities, pray for him too so that he too will stop being afraid of true love and learn to change his path in life and karma. of his incarnations and that his soul will grow and develop

Because only in this way can you both be free from the karmic account
, between you and know how to truly love without resentment, hatred
power relations, control and calculations. **It took you many, many years**
to give up your desires for control and power in relationships and
sexuality. It took you years to give up your addiction to online porn
and cyber sex in Internet chat rooms . Today you are in a different
place and we think that A is also in a different place after he must have
known a serious relationship for many years. And yet you both still have
not completely gotten out of the lesson you must learn and the karmic debt
between you. **It is not that A was the one who was wrong or that you**
were not right. You were both not right. And yet you must learn to forgive
each other and love each other in your next incarnations. A is your
"?gateway and that of many to the important lesson on "What is love
What is love that is not a relationship of control and power. Love that
is not
Selfish and cruel love that is good and considerate, true love, not just
sexual relations and sex and all that, this is something both of you
must learn with your two souls, both A and you. So please try to forgive
A and pray for him (and not just for you) so that you both can be freed
"from this trap that you have fallen into, which is called "the fear of loving
..."or "the fear of knowing true love

.....

...Good evening spiritual guides -

?Good evening, brave spirit, how are you now -

I listened for an hour and a half to two hours to this new app with the -
meditative music called Science to some pieces of music and I'm starting
to think it's not as terrible as I thought it was yesterday. It made me reflect
on life and the past and who I was and who I am today and who I was
perhaps in previous incarnations and who I am in this incarnation. And
also on my mother and brother and the magic and miracle of the
pregnancy and childbirth process and bringing children into this world
despite everything. The miracle of being in your mother's womb for nine
months and then being born into the world just as my sister and brother
came into the world from my mother's womb and how much investment
our parents, my father and mother, invested in us and in all of this, my
brother is in a closed nursing home and I have lost my soul and only my
sister managed to start a family and bring grandchildren to my parents and
continue the lineage as if she was actually the only one born as an only
child while my brother and I are the "remnant of the rest" a kind of waste
that remained in the womb and came out into the world. All of this as a
...kind of something

It's quite difficult to hear how you describe yourself and your brother -
...and the anger that comes from the way you speak

I say this without anger, I say this with sadness - My sister and I have - always been in competition with each other, but she beat me a long time ago, beat me in total victory. She is the "heir," the "pride of the family," the "eldest" and all the other titles, while my brother and I are what? Peckette" Gashifta - It would have been better if we hadn't been born. It would have been better if my sister had remained an only child and spoiled. That's what she always wanted to be

You are wrong, brave spirit. That is not true at all, and your sister does - care about you. You will be surprised. You may not have been an exemplary brother and sister to each other, but there is a long way between that and the anger and resentment that come out of you, even out of ...sadness

.....

?What else are you telling, brave spirit -

Four more days until my 47th birthday and I was listening to music from - the new app and thinking "Who am I?" meaning who I am now in this incarnation and who I was in the previous incarnation or in other ...incarnations

We cannot, do not know, and are not allowed to tell you anything about - who you were in previous incarnations... We do not see the unseen and we do not have miraculous powers or hidden powers . We are only here to ...help you in this incarnation, brave spirit

I know that you cannot or are not allowed to tell me anything about this - and I do not expect it from you, and yet I would be happy to share with you what I thought or saw in my mind's eye about who I am now and who ...I was in previous incarnations

...We would be happy to hear a brave spirit -

I imagined myself as a person, I don't know if a man or a woman, who - was born somewhere in the late nineteenth century in Eastern Europe at the time and grew up in a village. And soon World War I begins and I am drafted as a worker in a munitions factory for the country for the entire war years. - I am probably a woman or a man who is not suitable for fighting as a soldier. In short, the war ends and I am thrown into the chaos of the post-war period in a new country in Eastern Europe and I have no education because I spent all my school years working in a munitions and armaments factory as a manual laborer. And in all this, I find a job and find a "pairing" with another person (we are husband and wife or wife and husband) and we bring children into the world and we start a small family And so the merry twenties pass. My husband (or wife) and I raise the children and work in simple factory jobs. The children go to school on the weekends. We go to the cinema to watch movies. We are a small lower-class family. And in all this, we do the best we can. And then comes the

great economic crisis. The world economy crashes and the thirties pass us by in a great struggle for survival against Poverty, deprivation, and hardship Fascism and communism are tearing apart politics in the young country in which we live We are not religious and we do not vote in elections And soon a pro-Nazi, right-wing, fascist, and nationalist party comes to power and persecution begins against the Jews and anyone who is perceived as a "traitor" by the Nazis and fascists I can barely read and write, and my husband (wife ?) and the children do. And that is our pride

We live in poverty and are afraid of the government and the growing spirits of war, and he has no ability to emigrate to a better place - in the end another war breaks out (World War II) and our family is torn apart My husband (wife ?) and I are arrested and forcibly conscripted to work in the armaments machine of the country that is soon annexed to Nazi Germany The children are sent to orphanages or are also conscripted for the sake of armaments and the war machine - We go through many hardships during the war years My husband (wife ?) does not A war survivor is (is?) saved from starvation or disease or a factory accident and I spend years searching for my children where they are after the war ends - but The records are gone, they have no trace - were they given up for adoption? Did they survive? Where are they? They have no memory... I live (live) now under a communist dictatorship that is no less cruel than the fascists and the Nazis and there is a cold war between the communist bloc and the Western bloc. The cold war has begun and the iron curtain has descended on Europe and it is the late 1940s, early 1950s and I am already in my fifties working (working?) in a factory and living alone without my children who have disappeared and my husband (wife ?) I have nothing left of my past or my family before the war. I am in my late fifties and growing old alone and all that is left for me is to fight my depression over the loss I have experienced by drinking alcohol and getting drunk when I ,am not working - I am ending my life shattered and broken from life miserable and deeply saddened by the losses I have experienced in my life and I have no family anymore and I have no one in the world. My life is . ending and I am buried in an unknown grave and simply without a trace

Interesting, brave spirit. It sounds like you intuitively imagined all of -
...this, inspired by the music you heard

...Yes... spiritual guides -

.....

Spiritual guides, you know, it seems to me that all the conversations - between us and writing with this hand and all my occupation with writing and programming and hobbies and the conversations between us about me and my life, all of this seems to me to be the height of disconnection compared to what is happening now in the country and in the world. We are in the midst of a war that has been going on for over a hundred days already against Hamas in Gaza and against Hezbollah in the north. On October 7th, Hamas attacked Israel and murdered hundreds of Israelis (around 1,500?) and kidnapped hundreds to Gaza. Now the government is

talking about continuing the fighting until next year. And around the world, they are burning our country's flag and calling for a boycott of us and seeing us as lepers and war criminals. In Gaza, they are already counting about 25,000 dead from our attacks. And Hamas is laughing at him. And our government of the extreme right, messianic, settlers, and haredi, and a prime minister who is a beginning dictator who has thoroughly dismantled Israeli society for nearly twenty years (divide and rule) and thoroughly destroyed society and the state throughout his years of rule, they are also laughing. They have no value for human life, neither on our side nor on theirs - all this happens all the time here, there is not a single moment of peace or tranquility here, and now the whole country is in trauma, and in the next elections the Prime Minister will win (our eternal leader), and while all this is happening, I sit here and chat with you and write down our shared words. It sounds like a deep disconnect from ...what is happening around me, as if I live in a bubble

You do indeed live in a kind of protected and protective bubble and we - are glad that you are protected and do not obsessively listen to the news and take to heart the crap of the world and its psychopathic leaders - We here in the spiritual world deeply despise "leaders and kings" or "generals and commanders" as well as "rich and successful businessmen". They are considered at best "less valuable little souls" and everyone despises them - here. They have no power or capital to accumulate or conquer or acquire and wars, any war, even the most just, is seen as an omission if not a crime **We are glad that you are protected and somewhat disconnected from - the crap of the world of news and social media and the internet. In our opinion, you are doing the most useful thing with this time - taking stock of yourself and talking to us and reflecting on your life and investing in yourself and not wasting your energy on the world and the stupid people in it and their damn wars. All those fools who declare war or go on holy wars or fight for a "better world" or .against injustice" all in the name of their little egos and their beliefs" Those people have never done anything to make a "better world" or to "fix the world." This is simply the nonsense of spoiled and selfish people driven by their egos. The truth is that the world does not need humans at all. If all humans were to become extinct forever, it would not make any difference at all. It is not the world that needs "fixing." It is the people and humans who need to "fix themselves and their ways." If people all over the world decided to vote or give their power to people of peace, there would be no wars. If people did not let dictators come to power or despicable "religious men" seize power, the world would be much Better, however, is not the world that is "not good." It is the people living in it. Humanity as a whole behaves in bestiality, cruelty, wickedness and benevolence. **The United States, Russia, China, France, and Britain are no less bad and no better than Israel, Hamas, Iran, or any other dictatorship or terrorist organization . It is human nature to obey those in power and evil, while good people have to use tricks so that their good deeds are not destroyed by the stupidity of the people around them. It is very easy to be a bad person and very difficult to be a good person. It is very easy to sin and behave badly, and it is very difficult****

to choose to behave in a good way and "do the right thing." The easiest thing is to join the herd of the majority and the prevailing fashion instead of questioning and choosing a better way, not only for yourself or your family and your well-being, but **for everyone** . And for that, you have to pay the price of willingly sacrificing your comfort and risking your life and your good name to help all people, not just your own people or your gang and clan. Your people in this world always have a nature of ."building hierarchies and groups of "criminal organizations and bakery
This is the lousy human nature in short for this world and for people where there will be no solution if everyone continues to think that they know what is better or best for the other, even better than the other himself. In order to reach a solution for the world, each and every one of them would have to Work on yourself to fix yourself instead of trying to fix the world or others , **and people don't understand that, and so as long as you try to fix the world, history laughs at you and the world ...continues to be destroyed even more irreparably**

Chapter Nineteen

...Good morning spiritual guides -

?Good morning brave spirit... How are you this morning -

Three more days until my 47th birthday and I'm considering maybe - skipping my medication Intomin this weekend so I can be awake all night and all day the next day, but I actually have nothing to do, there's simply ...nothing to do all night

Why do you want to skip this medication and stay awake for 36 hours - straight? Why do you want to have a sleepless night? At your age? When ?you know you have nothing to do in all those hours

To escape the depression and sadness and remember my youth, then I - could decide and determine and control when I go to sleep and when I get up. **I would decide, not the pills.** Do you know how much it sucks and depresses to know that you have to take your medication at night at ten at night and go to sleep like an old psycho-geriatric man at eleven at night while the whole world does whatever they want at night and goes to sleep , whenever they want? Everyone in the world fucks, drinks, parties, smokes goes out to party, watches movies, watches porn, listens to music, dances awake at night and writes songs or programs, or in short, does whatever they want, and I, like a little child or an old psycho-geriatric man, goes to ...sleep at eleven at night because of my altered medications

You don't have to compare yourself to others, brave spirit. You are you - and they are them. If they ruin their nights with parties and nonsense, it doesn't mean you have to be like them. Believe us, you are not losing anything by taking your medication every night and going to sleep. On the contrary, you are preserving your health and sanity while they ruin themselves and waste and ruin their time on meaningless nonsense. **You are not losing anything and there is no reason to envy them or be sad as if you are losing something.** What would be sad and tragic is if you lost your sanity and ended up in the hospital because you played with your medication to compete or be like those other people you imagine in your head living forever young at night and having fun and being happy. This is a bluff. This is not true. The truth is that all those "night owls" are ,miserable and cursed, haunted by their demons. Happy, positive intelligent people know that you have to go to sleep at night and wake up in the morning. They know that the night is for sleeping and not for other things. These are the stupid and evil ones who go out looking ...for unnecessary adventures at night

And yet, I reserve the right to "skip" this medication once a month or - two or three months or once every six months to remember that I am the ...one who decides and no one else

...The will of a man is a brave spirit -

.....

...Spiritual guides, I wanted to ask you something -

...Yes of course, brave spirit, please ask freely -

Do our conversations and this manuscript have any purpose? Is there - any purpose to our conversations? Did anything come out of all our conversations and this manuscript or is it just "barren mind fucking" and ?nonsense

It depends on the brave spirit. What are your expectations when you talk - ?to us and bring up the conversations on paper

...Something came out of it -

.Like what? A brave spirit -

A positive change in my life? That I will be less alone or unhappy? That - ?I will change for the better? That something good will happen in my life

In order for something to change in our lives, we must be willing to - change, a courageous spirit... unless the change is imposed on us from the .outside, then it is usually a change for the worse, which we must adapt to

However, if we want to change for the better on our own initiative, we must be willing to change and take the initiative and get out of our usual

habits and out of our comfort zone , a courageous spirit. Otherwise, it will only be a superficial change that will not prolong life, because it is unrealistic to expect something to change and/or change to happen and insist on staying the same. For example: Do you want to not be alone? So you have to go out into the world and be with other people, whether it's going to some kind of social setting like a social club for contestants in the city or an occupational club for contestants, or even asking and agreeing to re-enter a sheltered housing setting for contestants (mentally impaired)

Now you know this and you sometimes consider it, but it's hard for you and uncomfortable for you. Plus, you're afraid that you won't meet someone you can connect with and that you'll have to put up with others abusing you and you'll lose your comfort and the privacy you have in your independent apartment. However, the question arises what's the point of living alone and independently if you suffer from loneliness? Is it worth it - you ask and debate with yourself - is it worth giving up a little or completely on this freedom and independence (and ...loneliness) so that maybe I have someone to talk to and not be lonely. These are considerations that you need to consider, a brave spirit, and only you can decide on because this is your life and no one else's and you are the one who decides about you. **However, if this were forced upon you and you were informed that you had no choice and you had to go back to live in assisted living or had to go to an occupational club for the mentally ill in the city every day, on the one hand it would be easier because it would be forced upon you and you wouldn't have to break your head to make decisions.** What we see about you, a brave spirit, is that it is easier for you to adapt to situations that are forced upon you than to make brave decisions and implement them and stick to them and change your life on your own initiative and by your own choice. **You are afraid of changes like fire. You are afraid of taking initiative and changing a lot. However, when this is forced upon you and you have no choice then it is easier for you because the responsibility is not on you and you did not choose it, but someone else you like to be responsible for your life. You are with someone else and someone else determines and decides for you, and you don't like it when you are the one who has to make the difficult and sometimes uncomfortable decisions about your life**

You are comfortable feeling like a victim of life and fate and life's circumstances and not feeling like you are the owner of the house and the one in control of your life - this is another lesson you must learn in your incarnations to get out of your passivity and become more active and take more responsibility for your life than to give others control and choice over your life... But you like it because it gives you the ability to play the victim and always have someone to blame for your situation if it's bad to blame someone else but you - like "It's not my fault for my situation because (someone)

decided on me or forced this situation on me. I am not (Another to blame when in fact it is the opposite because there is no such thing as "I am not to blame/not responsible for my situation" You are solely responsible for everything that happens in your life and everything you do. Be brave and you have no way to escape it. When you ascend to the kingdom of heaven, you will not be able to escape it and your

responsibility for everything you have done in your life. You will not be able to escape your direct responsibility for the decisions you have made in your life and the actions you have taken in your life, both for ...good and for bad. You are responsible for your life and no one else .You will not be able to play the "poor victim" there anymore

.....

...A few things have happened today so far, spiritual guides -

...We would be happy if you would tell us, brave spirit -

First of all, my rehabilitation counselor can't come visit me today - because his grandmother fell in the apartment and there's an emergency in ,his family to help her, so we arranged to meet this Sunday at 2:00 PM .which is my birthday

?Okay, and what else -

The other thing is that the social worker called and told me that she was - checking to see if there was a vacancy in one of the sheltered housing units of the association that is rehabilitating me in the city, and there is a vacancy, a vacant room in an apartment on the street and in an area that I know with two old roommates who are about my age, one of whom I know a little bit, plus there is a balcony there that you can go out to and smoke there instead of having to go downstairs every time to smoke because smoking is prohibited in the association's apartments. This apartment, like all sheltered housing, is scheduled to be privatized in a year or two, which means that the association will not interfere with the rental contracts, but will only come to accompany the tenants, and the tenants will sign rental contracts directly with the owner of the apartment and will be directly responsible for payments and maintenance of the apartment and setting the rules in the apartment. But in the meantime , this apartment is still under the framework of a regular, classic, and humane sheltered housing. I rent from the owner of the apartment and rent to the tenants. The social worker told me that I would have to think about it for two weeks until I see her again whether to tell her that I am giving up or ,not. We're interested, or if I'm interested, I want to come see the apartment the roommates, and the available room to get a better idea of what this option is and to consider again whether it's something I like and whether I'm interested in moving back there to assisted living instead of continuing ...here in independent living

...It sounds like you need to make decisions on this matter soon -

Yes, and it's a chance and a risk here and there, spiritual guides -

Like everything in this world and life, a brave spirit -

If I decide no, nothing will change and I will have to continue living - alone here in this apartment or in another apartment of the family, and if I ,say yes, I have no idea what it will be like, and if it will be good or bad and if I will regret it or not, and not live again with roommates who I have no idea who they are, how they are, how we will get along together, and how I will get along there in all respects , and I wonder whether I will be comfortable there with them or not, whether we will get along together or not, whether I will have someone there to talk to or not, and I wonder

It sounds interesting and also threatening that you are considering - making a change and are afraid that you will regret it and it will be too late to change. It also sounds like you are excited to live with partners and other people again, but are afraid that you will not get along or that they will hate you, as you tend to think that everyone cannot tolerate you and hates you naturally and immediately, as if you are cursed socially and there is no chance that anyone will feel positive feelings towards you, but only ...ridicule, contempt and hatred

?Isn't that how spiritual guides are -

You are not cursed and just because you were in bad company does not - mean that you are also bad. On the contrary, if you know that someone is a bad person and he abuses you and hates you, it means that you are the opposite of him. You are a 'good person' and not bad and he is the only one who behaves in a despicable and bad way and should be ashamed of himself... But tell us how it feels to you to have the possibility of living in assisted living with partners again? To share your life with other people ?(two partners)

It feels scary but also like a refreshing change... It makes me afraid but - also curious and excited that I won't be alone anymore for better or worse and I want to seriously consider it but I know that no matter what I decide I will never know if I made the right choice but only after a long time and I'm afraid that in the end no matter what I decide I will feel miserable and bad

It seems to us that you have nothing to lose, such a brave spirit. It seems - to us that this change appeals to you and pleases you. Even if the partners are bad and you have no one to talk to, at least you will no longer be able to say that you "feel lonely" or "live in solitude" or "live alone." On the contrary (laughter). You may curse and miss the privacy of your apartment ...here and the radiant solitude you had here

...That's what I'm afraid of from spiritual guides -

You are completely afraid of "making mistakes" or making the wrong - decisions. **You are so afraid of failing in life that you have always preferred that every change be forced on you from the outside, that someone else will make the decisions for you, and not you. You are afraid to make decisions and initiate changes because it puts you at**

the center of responsibility. It puts full responsibility for your life on you. And you don't like to fail and blame yourself for it. You prefer to blame someone else for your failures. You prefer to feel like someone's victim rather than feel the burning sensation of failure for a decision you made that turned out to be wrong. This is another reason why you avoid making bold decisions and taking big risks in life or making big changes in life. You always like to play it "safe" by choosing what seems like an "easy choice" or an "easy change." However, as you probably already know in your life, there is no such thing as an "easy and safe change" or an "easy choice." Every choice and change you make has a chance and a risk, and you cannot avoid it. You simply have to ask yourself the question, "Am I willing to pay the price for this change/choice?" "What will I do?" or "Am I willing to suffer and bear the consequences of the choices I make in life?" This is a fundamental question for you and for the lesson you must learn in this ...incarnation. A courageous spirit

I have a feeling that if I move there I will be stuck with two bad and - stupid roommates who will be impossible to talk to about anything, and I will spend my time there stuck with two idiots who have nothing to connect with, and I will be in my small room in this crumbling apartment a lot, cursing my roommates and myself for my stupidity and the decision I .made to return to assisted living

Do you really expect or want life to be easy, huh? (Laughter) If you - decide to move to assisted living, then it will be "amazing" and "wonderful" and that's it, and there will be no difficult moments or frustrations or " even times when you suffer - you would really like an easy and comfortable life, right? Without suffering and without disappointments and without failures, huh? (Heavy sigh) **Sorry, brave spirit, it doesn't exist in this world.** Every choice you make and every change you make or not will lead to some kind of unhappiness or suffering for you or others or both of you. **Even if you choose not to return to assisted living and stay in an independent apartment by yourself, you will continue to suffer from loneliness, so even if you choose "not to choose" you will suffer! And conversely, if you choose to stay where you are, then why are you complaining" all the time? (About loneliness and all that) Can't you" enjoy and appreciate your freedom and your independence"? If you" choose "not to choose" and "not to make a change" you are essentially choosing the status quo, and if so You don't actually have the right to complain so much about being alone, and it would be better if you invested the time and effort into learning to live happily and happily with ?your decision to be alone, independent and free, isn't that a brave spirit**

My problem is more than that, my problem is people in general because - ...you can't be with them and you can't be without them

Indeed, a brave spirit. This is another explanation for your zigzag in life - between short periods when you tried to live alone as you so much wanted in your youth and after the Jerusalem period ended, you wanted your

peace, your freedom, your independence. However, then you discovered that without "people" those people who hurt you or "abused you" as you keep claiming, without those "bad people" who abuse you, this freedom and independence (and this loneliness) are quite depressing and more painful than all the "abuse" of "bad" people. Then you ask to return to a rehabilitation/housing setting for mentally ill people like you, and then you find yourself in a group apartment with roommates who have problems and lives of their own, and then you feel it again, again, the need to "get along" with people who are angry and swear, who don't feel well, who have feelings that you can't control, and who have mental illnesses and crises, who have their own desires that don't depend on you or your actions or your good will, no matter how good it is, and so on. People gossip and talk behind your back and argue with you and curse you and apologize afterwards or not and you have to continue to get along with them and you can't break things because you are roommates and stuck together and you have to stand by the framework and the commitments that each of you took on when you entered a assisted living apartment (unless one of you decides to leave or is evicted from the apartment) ... **A brave spirit indeed (sigh and laughter) Life is "not easy" and "not simple" Life is hard and bitter and no one owes you anything and everyone is for themselves both in a group apartment with roommates and in independent housing**

?What do you advise me to do as spiritual guides -

We can't decide for you, brave spirit, this is your life, not ours. You are - the landlord, but we just want to remind you that... Jerusalem's entire period in the rehabilitation institute and also the fifteen years you spent in assisted living and "suffered" it was by your choice! You wanted to be there and no one forced you. In fact, you were the one who chose to be in assisted living for fifteen years and suffer from bad roommates and be with your friend D. and listen to the radio with him at the end of the day and gather strength with tea and sympathy for tomorrow, day after day week after week... You could have left the assisted living whenever you wanted, as you did in the end. You have your parents who help you and are always with you (whom you also have "criticism" about and only remember the bad things they "did to you" and not all the wonderful and good things they gave you and did for you). You could have left the assisted living whenever you wanted, but you stayed there because you were afraid to live and be alone in an independent apartment without anyone and you were also afraid of losing your connection to D. who, with the radio and his tea and sympathy, entertained you and comforted you and gave you a little feeling that you belonged there and were not alone in the world and that there are people who listen and understand and support and comfort you. We just wanted to remind you of all this as food for thought

Brave

?What can you spiritual guides advise me on in all this -

The only thing we as spiritual guides can advise you or encourage you to -
do is **to take responsibility for your life and for the fact that you are
the owner of your life and take responsibility for the choices you make
...in life...** A brave spirit

?What do you mean -

We mean that no matter what you choose in life, **try to be at peace with -
the choices you make in your life and choose choices that you are at
peace with and not choices based solely on considerations of "what
will I get out of this" or "is this an easy or difficult choice" or "I want
to destroy myself so I will choose difficult changes"** This is what we
mean by a courageous spirit and if you choose something with a whole
heart then go for it big and determinedly and without doubting if the
results are sometimes unpleasant or not as you expected, but always
...remember why you chose them and based on what

.....

...Hello, good evening, spiritual guides, I am sad and depressed -

?Sorry to hear, brave spirit... did something happen -

Very simply, in light of our conversations and the progress in this -
manuscript and all the things that sound right and good to the ear and your
wise words that touch my heart, I took a break to listen to some meditative
music and I was already fantasizing again that when I was finished I
would find a way to publish this manuscript as a New Age book of
channeling , but then suddenly I opened the news website apps and my
eyes went dark and I came down to reality very quickly - Spiritual guides
now and then as long as the situation here in Israel does not improve and it
will not improve in the coming years, there is no point in publishing a
sermon or publishing anything, not a poem, not a short story and certainly
not a channeling book of the conversations between us. This is also not the
time to make changes in life. Certainly not to move back to assisted living
and take the risk of getting stuck with bad and evil partners. - Runic guides
I understood that I was born into this world not for a reformed country or a
good place but for fucking. A bloody fucking war zone The Middle East
where everyone fights everyone and beats and murders and rapes and
tortures everyone We and they are them and we and we are among us and
they are among us A war zone of piss and shit dictatorships and racism and
primitiveness and evil that the devil did not create We are in armed
religious wars with atomic bombs and blood in our eyes like animals We
? want to see each other's blood Fighting for what? An Islamic caliphate
Building the third temple? Seventy-two virgins? Everyone wants the
whole region just for themselves and the other slaughtered and dead And
what is most depressing is that I read the reactions of the surfers People in
trauma and connected from head to ass 24/7 to the news until their brains
are leaking out of their eyes And they dream of an "atomic bomb" that will
end their affairs or "eliminate everyone" People who are full of hatred

Racism Victimhood numbs terror and fear from completely crazy toxic talkbackers Gentlemen, my spiritual guides We have completely lost it We have lost our sense of direction And everyone can see that we have lost our minds And we are now fighting in vain Out of a gut feeling Reflex And we have no solution to the situation We have lost the compass And the shame And the direction This country is on the road to ruin Not immediately But within fifteen to twenty years And we will crumble from within Because of hatred And violence And racism And fanaticism Those who have sense Will flee or are already fleeing from here Those who have sense and ability While I and my family have neither sense nor nowhere to flee My parents are already planning their funerals And their grave plot And say "After us the flood" My sister and her husband and family have an "Australian passport And I will drown with the sinking ship - That's what will happen Oh oh oh slowly Like in the Titanic

We have news for you, Brave Spirit. **It's not just your country, and it's - not just the Middle East that's rotten to the core. It's the whole world** There are ships that you can't see yet that have begun to sink, and there are those that you can already see barely floating. The US is also rotting from within and on the verge of civil war and dictatorship Europe is also on the verge of civil war and explosion. Russia and China are dictatorships that stink like clogged toilets. Iran, Syria, and other Arab countries are rotten no less than Israel. Everything is a **Brave Spirit relationship. Human rights and social democracy were a passing phase in the era of history and the 1990s were a sweet illusion** ,Even if you run away to any place, the decay, anti-Semitism, racism violence, fascism , religious fanaticism and terrorism will chase you there and you will find it there too. **There is nowhere for you and no one to escape. This world in which you live has completely lost its north and gone mad. Brave spirit.** As for how you feel disappointed that "this is not the time to publish a book" of our conversations, we have already told you that **the conversations between us and the things we say to you and put here in writing are intended solely for you and for no one else. This manuscript is intended for you alone.** If you wish, you can distribute it in some way online anonymously without advertising or publishing it as a downloadable file. That's it. Few if any (and there probably won't be any) will be able to use this manuscript or see it as evidence of the crazy period in which the entire world began to collapse and drown. **Brave spirit. This period is a period of wars and terror and violence of Religious wars and civil wars on a small scale. Unfortunately, there is no stability anywhere, and people do not have the strength or desire to read "New Age " or a new era , one of many, certainly not a book or manuscript written by some poor schizophrenic from the Middle Ages. The bloody ...East**

?What can be done? Spiritual guides -

└What can and should a brave spirit do? Survive! And continue to live - ...survive the inferno and the madness and the wickedness, a brave spirit To survive and watch them fall into their own web of wickedness and

then tell future generations and make them swear "No more" No more religious fanaticism No more terrorism No more religious wars and civil wars No more dictatorships No more greed and corruption No more abominable sexual promiscuity No more moral bankruptcy No more land grabbing and injustice and conquest of other peoples No ...more empires and emperors No more No more No more

Are we facing the end of days spiritual guides? The coming of the -
Messiah of the Jews? The second coming of Jesus of the Christians? The
?return of the Mahdi of the Muslims

(Silence...) We are not allowed to tell you anything about that. We are -
not allowed to prophesy or talk about the vision of the end times or the
coming of the Messiah or the return of Jesus or the Mahdi ... We are not
allowed to fall into the traps of disputes, of religious conflicts and beliefs.

**We only come to tell you that once religions were a unifying,
strengthening and constructive force, whereas now today religions -
Judaism, Islam and Christianity, as well as movements and ideas such
as - liberalism and the Progressive Movement and communism and
capitalism and all these culture wars have become a threat to the
.stability and peace of the world**

?But why is all this happening and now spiritual guides -

**!Because the world is becoming one! Everything is becoming one -
Brave spirit This is a time of great changes and upheavals not only of wars
and conflicts but also of technologies and science and knowledge... The
Internet has united the entire world into one network The Internet and
social networks have connected people and allowed everyone to find those
similar to him Everything is becoming one! The world is slowly uniting
into one entity into one people into one world government into one
economy that depends on all the economies of the world No more
isolation and isolation . All the gates and definitions of a brave spirit
have been broken through. It is no longer possible to live in one corner
of the world and see a disaster happening in another corner and say to
ourselves, "Oh... it doesn't concern me. It's not done in my name. I
don't care about that. I have my own troubles." This is the end of a
,brave spirit. The world and the people in it understand that it is "we
the whole world" and not just "my country" or "my tribe" or "my
city" or "my faith/religion." The world and the people in it develop
global awareness and understand (especially young people) that what
happens "there" affects "here too." And what happens to others
should also interest you because you, he, she, and they all live in the
.same world and in the same boat and you all have the same fate
"Therefore, it is impossible to pass over injustices that are done "there
in silence as if we don't care about what is happening in this world
and if someone falls victim to injustice somewhere, it cries out to
heaven and demands correction from all the inhabitants of the globe
because people are developing "global morality" and developing
Global responsibility" "and global solidarity" towards each other"**

- from all corners of the globe "shared fate" of brothers for this world
this process is still in its infancy and beginning but it will grow
stronger - it will become increasingly difficult for world leaders to
ignore it. They will no longer be able to close secret deals in private
rooms and make secret alliances but will have to give an account to
the people and the "world " for their actions. Otherwise, the
foundations will be shaken and the people will take to the streets to
demonstrate and protest - the government of your country is making a
bitter mistake if it thinks that "the world will pass in silence" about what is
happening here and its policy towards the Palestinians and towards "the
other" in general. And it seems that the extremist Jews who dream of
building a Third Temple and a complete Land of Israel are just as wrong as
... the Jewish fanatics who rebelled against the Roman Empire

?The destruction of the house -

We hope not... We hope that a peaceful solution will somehow be found -
...for your country, the Middle East, and the rest of the world

.....

I took all of my nighttime medications, spiritual guides, despite the -
temptation to skip the Intomin for just one night, I took them all and I will
automatically go to sleep, and tomorrow, if I wake up in the morning/a
...new day, we will continue our conversation

Good night brave spirit, we love you and wish you a good night's sleep -
...and sweet dreams

.....

Chapter Twenty

Good morning spiritual guides -

?Good morning brave spirit, how are you -

I think I have almost completely decided that I am not ready to return to -
sheltered housing for the mentally ill, but rather to continue living
.independently in satellite housing, independent housing

We understand and this is indeed your decision, but if so, we want to tell -
you **that if you have decided this way, you must be content with the
decision you have made and pay the full price for it and accept the
,price with love and acceptance. If you choose to stay and live alone**

then you are choosing loneliness and living alone. And if so, you cannot complain about being more isolated, but you must accept this loneliness with acceptance as part of the price of the decision you have ...made

I understand this, spiritual guides... I wanted to talk a little about - yesterday's conversation between us about what you told me about the world situation where everything is becoming one and I asked about the ...coming of the Messiah and you told me that you cannot talk about that

.That's right, brave spirit. We are your spiritual guides and not prophets -

You are not a prophet, a messiah, or a religious person. You talk to us about what is bothering you and we answer you, and that's all. Some may

think that this period in which we live is the period of the Messiah's coming or the days of the Messiah's coming or the days of the Apocalypse and the Vision of John or the fulfillment of the second coming of Jesus or the Mahdi . - We are sorry to disappoint them, brave spirit. But those

religious visions of redemption have their place. However, this period and the years that will follow it are simply another continuation of ordinary history. **This is not the Vision of John, nor is it the Second Coming of Jesus, nor is it Akiva the Messiah or the coming of the Messiah or the**

return of the Mahdi. The major religions of Judaism, Christianity , and Islam have simply lost their minds and are leading the world to disaster and unnecessary bloody and religious wars. Anyone who thinks they are

living in the last days is simply mistaken. This is another period in the history of the world, but Jewish, Christian , and Islamic fanatics are fantasizing about their Messiah. This is a period of religious fanaticism, a

.courageous spirit of Jewish, Christian, and Islamic extremism

Yes, but Gyorian from Sweden expects the return of Jesus according to -

the theological books he reads and he really expects him to ascend to heaven with Jesus and the angels, and then he and Jesus will be one God .and judge the nations

Yes, Gyorian from Sweden is waiting for his Jesus-Sun to continue - watching! Leave him brave spirit, he is another hypocritical, self-righteous

Christian fanatic who hides his arrogance and his belief that the world revolves around his little belly button, who will continue to get drunk

,every night and take his medication on time. He is no different, no better or different from the heads of ISIS or those who crash into the Twin

Towers or the Shiites who commit suicide with the same fanaticism and zealotry bordering on madness. God hates hypocritical, self-righteous

people and fanatics like him who think that God shines from their backsides. These are the same people who have distorted the holy

scriptures of all religions and blurred the truth of God's word and defiled them with the lies of their own lusts, and therefore they can wait forever

for redemption like in the play "Waiting for God." For Muslims, Jews, and

Israel are infidels who need to be destroyed and fought, and for Christian fanatics like Gyuryan , the Jews and the bloody war between Israel and the Palestinians are all bloody gladiator games that will eventually bring them

back to their Jesus is their sun and will bring them salvation like Santa Claus comes and gives them gifts because they were good kids while they eat popcorn and ice cream and their asses burst with joy. Leave you from arrogant, stupid, and evil hypocrites like him. Poor sinners who twist the "word of God to suit the desires of their rotten hearts. Those "devout Christians believe in lies and a religion of lies and worship a false god who never existed and was never created. They are worshipers of Satan. They are the people who crucified Jesus and cleanly wash their hands that are bleeding with blood. Jews are the people who eat and drink the flesh and blood of Jesus every Sunday in Satan's cannibalistic ritual and think they .will go to heaven

?And what about our Jewish phantasms as spiritual guides -

They too will fall, brave spirit, just wait and see how all those wicked - people will fall into the traps they set for others - a lie has no legs and sin ...is sin and wickedness is wickedness

Spiritual guides I'm afraid when we talk about such topics... It seems to - ...me that we are straying from the subject of this manuscript

...You're right, brave spirit, then let's not talk about it -

.....

It's a lonely weekend, spiritual guides, and I have nothing to do. I'm not - on chats anymore, nor am I programming , nor am I working on my software/games/ chatbots , and I have nothing to write except this manuscript. It's either listening to music and talking to you and writing .things down, or watching the news and getting pissed off

Yes, it's true that the news and the situation in your country and the - world is not good. Yes, you live alone and have no one to talk to. Yes, the people in these chats are not people you would want to meet face to face or invite or bring into your home. Yes, there is fatigue. We understand. A .brave spirit

Spiritual guides When I would do the meditation to meet you in the early - years, I always saw you as three women and two men, sometimes as .Indians, sometimes as Japanese or Asians , and sometimes as Europeans
?Can I ask you to introduce yourself so that I know who you are

(Light laughter) Yes, there are three of us who answer you jointly. One - (the woman) is your spiritual guide who accompanies you throughout all your incarnations and journeys in this world. She is responsible for your soul, helping you pass the lessons it must learn and helping it in its journeys in the earthly world and also in the spiritual world of souls. The other two parts (the two men) are your higher self, on the one hand, which is the voice of your soul's higher logic and combines higher wisdom with

earthly logic. The other is your guardian angel, who is responsible for your mental and physical safety and well-being, and who watches over you wherever you go. These are us, working now as one body, responsible for ...protecting you, advising you, and guiding you. A courageous spirit

?Do you have names -

If and when we meet in the spiritual world of souls, we will recognize -
- and know each other... Right now, while you are in the earthly world
...what is the name of a brave spirit? There is no need for names

Two more days until my 47th birthday and I'm depressed because I'm -
, lonely. I could have gone to my parents' for the weekend if I wanted to
but I decided to stay here with my loneliness and I have no idea what I'll
.do with myself

We're sorry you're feeling lonely on your birthday. We're sure your -
.parents will call to ask how you're doing and wish you a happy birthday

.Yes, and that's it, I have no one except my elderly parents -

Well, you didn't exactly go out of your way to connect with other people -
.and make friends

For what? Everyone who was a friend ends up abandoning someone and -
everyone who was a lover becomes a hater and in the end we are always
.alone in the world

?Do you hate brave people -

.I don't hate people, I hate the stupidity and the heartlessness of people -
That's what I hate. The attitude of "let's fuck some sucker" or "you've eaten
your life, you idiot." The gratuitous hatred and the joy of the Israelis
.among themselves. The Israeli maniacism and audacity from all sectors
".The main thing is not to come out as a sucker." "It'll be okay soon"
"!Think carefully, it'll be good." "Hey, you gay! You shemale, eat your ass"
"I'll fuck your mother, you Ashkenazi !" And other gems. The wonders of"
gratuitous hatred and the standard humiliations of a morally bankrupt
society, the same mentally damaged scum who called me "honey from the
ass" (shit) in the food in the dining room of the transformed psychiatric
ward in 1995, and those good Jews who were delighted by the celebration
of Rabin 's assassination and the festival of Ashkenazi mourning and
crying songs on television for an entire month after that, and after that they
" - " wanted to vote for Bibi because "it's good for the Haredi Tochas
Hahaha, look at Ashkenazim crying on TV!" "They will cry forever, now
this is our country." My grandmother is elated by the incitement to Rabin's
murder by Adir Zik. They will erase the settlers' name on Radio 7, the
celebration of Baruch Goldstein and the attack he committed, and the
slogans on stickers and graffiti all over the country: "My fight is my
,brother," "Kahana was right," "Death to the Arabs," "The Holy One

blessed be He, we love you." A bunch of primitive monkeys armed with rifles will confess to the Nazis who, after or before they are finished with ,the Arabs, will move on to "take care of" our secular Ashkenazi, leftist and gay people - the detractors of Israel and the "traitors ." All of these are drops of toxic filth that I absorbed in my childhood and youth, mainly in the 1990s. Today, the drops have become a flood of raw sewage and shit with our government, a "right-wing government on the rise," and the massacre of October 7, and the massacres and the kidnappings, and this never-ending war, and a corrupt prime minister. With a million criminal charges for corruption and breach of trust that can't be gotten rid of, how can we say? Truly "with a noble spirit" Alek and I had a cute psychopath roommate in assisted living who would sum it all up in one beautiful and ".true sentence: "Jews stink from the ass

You carry with you a lot of bitterness and pain, a brave spirit and a lot of - hatred. We are also sorry that it is like this. We wish you can heal from all .those bitter sediments

You cannot heal as long as there is gratuitous hatred towards you and - ,towards you continues. I knew people who were goodABUSE abuse and but they either could and ran away from here, and those who couldn't, I cut off contact with them. In general, if you are born here in this changed country, you only have two choices: the first is to get up and run away from here as long as you can, and the second is to stay (because you can't run away) and lower your head and surrender to the evil of your side and their side, and hope not to be eaten by someone or something, and become ...stupid and turn into human dust, and grow old, die , and wither

In all this, please remember that not all people are as bad as you are - .sometimes sure of

I just don't want to eat shit more than anyone. I don't want to be hurt and - eat lies and shit from anyone. That's why I prefer to stay alone, even though it hurts to be alone, especially at my age, especially after everything I've been through in life. In a few more years, my parents won't be here either, and in a few more years, my selfish sister will worry about her own ass and throw me to the dogs... D. is right. The only thing I can be in this country, in this country, and in this world is a crazy, mentally ill person who everyone pisses on from above, and he and his suffering are transparent. D. used to tell me that he was always the floor rag that everyone wiped their feet on, and what was I? I was always the toilet!paper

?What would you like to be -

This is no longer a topical question. At 47, you're already starting to - think about a grave plot, not about "What would you like to be when you grow up?" I'm already an adult and completely old, and I'm a complete zero. This is what Israeli society has done to me. This is what has become .of me

?Do you blame Israeli society or yourself -

I also blame myself. If I had any sense, I would have done everything to -
avoid joining the army and dodging the army , then getting on a plane and
.flying out of here 27 years ago or more

A brave spirit. There's no point in all this. Don't you see? There's no -
point in looking for blame for what happened or what could have been
.different if it had been this way or that way. The past cannot be changed

.....

again, I'm back to chatting but there aren't really peopleIRC I'm on -
chatting, just a waste of time

We see you've started your own channel, brave spirit. Is this a hint of -
?things to come

Maybe what do I have to lose? I'll finish this manuscript, convert it to a -
translate it into English with Google Translator , and start a ,DOCX file
small website where you can download the files, and there will also be an
I'll start my own cult, call:P so people can come in and chatIRC channel
because you said everything becomes one, and I'll be a guru "ONE " me
who teaches and start a new religion, and all this because I'm bored and
I'm alone in a cult of punks from all over the world, of lunatics who love
conspiracies, of refugees who oppose corona vaccines and radiation from
cell phone antennas, and other nonsense in tomato juice

...(sigh) Sounds like you're taking this manuscript too seriously -

I have nothing else and in my opinion all the prophets and saints and -
founders of religion were crazy idiots who, thanks to the stupidity of
people and history, became the founders of religions - I hate religions and
religious people and I am sure that Jesus, Moses, Ladybug and Buddha are
Yodel and all the other founders of religion, the messiahs and the prophets
are psychos who didn't take their medication and who in heaven are
.despised and a big joke

So let's not talk about them but about you, a brave spirit... Do you really -
want to be a founder of a new sect/religion? It's a bit much for someone
like you who is socially challenged and has a full stomach for people
around you. Establishing a new religion or sect is a lot of work and tiring
and requires a strong belief in the righteousness of your path and the
.courage to pay a price for your belief that you are the chosen one
Remember Jesus, crucified by the Romans and most of the saints and
prophets met their deaths tragically when they died for the sanctification
of their faith and became saints only after their tragic deaths. Is that really
something that attracts you? And even if so - who exactly would follow
you for forty years in the desert? Huh? You are considered a mentally ill

schizophrenic. Who would listen to you? Who would hear and who would read your writings? We don't think they would bother crucifying you, but we are more afraid that they would simply see you as a crazy joke and you ...would be so hurt that you would lose the will to live

I have nothing to do with myself... I have no one to love me, so at least -
.we have believers to follow us

That's not why we're talking to you, brave spirit. Our words are intended -
.only for you, and perhaps with the exception of helping with handwriting
This is all - no religion, no sect, no faith, no path, no redemption, except for personal and not worldly redemption. Your personal redemption, brave spirit. We're only interested in you and your well-being, and no one else in the world. Let others bother to turn to their spiritual guides or seek their redemption in the various religions, sects, and beliefs. There's plenty for everyone... This is not your path, brave spirit. This is not what you really want. You want a normal life, love, happiness, appreciation, closeness
.good faith, hope, peace, and all the good things a person can have

I don't have it. There's nothing here except terrorism and hateful wars of -
...death . Racism , crime, eternal religious wars and fever

?So you also want to start your own religious war -

:Probably -

(Heavy sigh) We are with you in everything you do, brave spirit, but we -
think it's a waste of effort. People won't listen or understand, or misinterpret, or get angry or laugh. You could bring yourself a lot of
...misery, loneliness, and suffering if you go for it

...My life is already miserable and lonely and I suffer as it is -

It would be better if instead of others memorizing and reading our words -
to you, they would turn directly to their spiritual guides as you do, and that
...way everyone could receive what is right for them... - We'll see

.....

.is a waste of time being stuck with the scum of the human raceIRC -
There was one name that couldn't stand me. An arrogant, arrogant person who kept throwing nasty comments. I'm tired of spiritual guides. I'd like to... I don't know what... die? Or for the end of the world to come and for the world to go to hell? A chat channel of Israelis or Israelis and Jews and they're all disgusting and maniacs like only Israelis know - you know
...spiritual guides. I really hate Jews and Israelis, basically all humans

We are sorry, brave spirit. We hope you don't despair and give up on -
.your dreams

There will be no dreams left . I will be celebrating my 47th birthday in -
two days and I am sorry that I was born and came to this rotten world and

I hope that after I die I will never have to return here again. No
reincarnation or hope... Every day and every week and every month and
every year my soul dies a little more until there is nothing left of it... This
is a world of sins and suffering and stupidity and the vanities of evil and
cruelty. I have no business here in this rotten and stinking world and being
among bad and stupid people. Am I a psycho? They are the mother and
father of psychos! What about me and other people? They are not my
brothers and are not close to me. They are my enemies, haters of my soul
and those who wish me harm and I wish them death in eternal torment like
norIRC they do to me... I will no longer enter these chats, neither
Discord. I will break down from these scum that the darkness will take
...them... A rotten country with a fucking world that stinks of people, shit

(sigh of pain)... We send you light and love. We send you a comforting -
hug and hope you wake up tomorrow morning and feel better. Our brave
spirit. **We are your spiritual guides. We watch over you and protect
you and guide you as best we can. We love you and accept you with
the good and the bad in you. We never judge you or blame you or test
you. You are the eternal and beloved child of God and love always
...loves you**

.....

Chapter Twenty-One

Good night spiritual guides tonight I'm trying to have a white night -

.You will be tired in the morning, brave spirit -

,I know, but I took all my nighttime meds and they don't make me sleepy -
.they just make me tired

?What would you like to talk to us about tonight, brave spirit -

Spiritual guides like Sed in assisted living told me, "If you leave assisted -
living, you will discover that you have nothing out there, and you will
slowly lose your mind out of loneliness and boredom and end up in the
hospital , and then you will lose everything." And he was right. I have
been "outside" assisted living for four and a half years now, and all the
, cards have been played. I have no way to escape the loneliness, boredom
and shit of the news and chat rooms with all the sewage that goes on
there... **I feel like I am slowly losing my mind here alone**, and if that is
the case, I probably have no choice, and it is my fate to return to assisted
living and suffer from crazy, sick roommates, and live in the sewer with

them, and suffer. I have no other choice, apparently, in order to survive sane. I now understand that "you can take the crazy person out of the assisted living or hostel, but you can't take the assisted living or hostel out of the crazy person." The madness will follow him wherever he goes, and .he has no other option

We are sorry that you suffer from loneliness, brave spirit, but you do not - make it easy for those who want to get close to you. You put up walls around you, walls of protection, and you deny all social interaction in ,advance. You are pessimistic about other people. You have anger, rage ,fear, and deep sadness. You have lost the trust you had in the world, in life and in other people. You always assume in advance that people will be bad ,to you. And in the present, you only see the bad in you, in your situation and in the people around you. And only then, years later, will you be able to appreciate what you had now. You invest a lot of time and energy in something, and in difficult moments, you simply decide to give up or destroy for yourself what you have built, both in relationships with people .and in hobbies or areas of employment and occupations that you do

D. For some reason, when he wanted to encourage me, he would tell me - (when things are) good (then) it's good and (when things are) bad it's" ...excellent "... I'm tired, I'll try to sleep

...We wish you a good night's sleep, brave spirit -

.....

...Can't sleep - still -

So can we say that you have decided to return and move to assisted -
?living

I'll go see the apartment and the room and the balcony that is the - smoking area and if it looks okay I'll probably decide to go back to assisted living and move there... and I know I'll eat shit there. The roommates will hate me and make my life miserable and humiliate me. I'll eat shit from them there, but I'll have to keep quiet and I won't have someone there like D. who was "nice to me" or "merciful to me." I guess I'll spend most of my time in my tiny room and only go out to the balcony to smoke. I can only hope that the roommates work in the mornings and go to the family on the weekends so that the house will also be mine for a few hours and I'll have privacy with myself in the apartment to make video diaries on the computer or listen to music on the radio... I imagine them working in the mornings and sitting from noon until night and watching the trash of the dumb TV show , news from BBVists, disgusting Mizrahi songs, religious broadcasts by retarded rabbis , and all that. This is the .average profile of the tenants that awaits me

?Why do you think your partners will hate you -

Because they are from the Eastern communities and I am Ashkenazi and -
all Israelis are racists and every community hates one another - the Iraqis
hate the Moroccans who hate the Yemenis who hate the Romanians who
hate the Russians who hate the Yakuts who hate the Poles and all the
others and everyone hates the Ethiopians and the Ethiopians hate everyone
that's how it is "with the Jews" and so on - they hate the Arabs who hate all
...the Jews in return

You suffered in assisted living with D., but you stayed there with him for -
.almost 15 years, 12 years in assisted living with D., and today you miss D
.and the radio you used to listen to together

There will be no one to "listen to the radio" or talk to, I will have -
nothing to do with anyone there. I'm just changing atmosphere and
apartment and moving in with crazy and bad roommates... I can only miss
my radio days and D's and the assisted living together with him, even
.though we both suffered badly there from the other roommates

If this is what you predict and expect to happen, it will be a "self- -
"fulfilling prophecy

I ask myself if this won't be a mistake. Of course it's going to be bad, but -
I think I have no choice. But I'm also afraid of moving back to the shit of
...assisted living

?Why are you afraid -

Because "they know about me" all my secrets that I am ashamed of for -
the years I was addicted to hard porn and there is also a rumor about me
being a "gay who eats ass" or a "mentally ill poet, a Smolensk addict who
is a troublemaker for Israel." Someone could decide to blackmail me with
threats about that or, depending on how this city is becoming more and
more radicalized and religious, they could decide to "hurt me." In the
future, it seems to me now that returning to the shit of assisted living won't
solve anything :(My country's police minister is busy handing out
weapons and gun licenses to every right-wing extremist and criminal. I
estimate that there will automatically be murders and assassinations here
on a daily basis, quiet executions of Smolensk addicts and gays, "and you
will burn the evil from among you," and all that shit. That's how it is when
.the minister for "national security" is a censor

.....

?Good morning brave spirit, how are you feeling -

Hargil (Shit-regular) -

?How did you sleep -

I fell asleep on the couch and woke up at 4 am with a cough and -
shortness of breath and a feeling that I was suffocating until 5 am, then I
.went to sleep in bed until 11 pm

How are you feeling again, brave spirit? What did you decide about -
?assisted living

I decided to give up "supportive housing" and she lied to me about what -
.would happen

?What do you mean -

If my destiny is to "go crazy and end up in the hospital and lose -
everything," then so be it. If my destiny is to have someone decide to hurt
me, so be it, or someone from among them decides to "eliminate me," so
be it. I will remain in independent housing and alone, and this is of course
,easier to say when you wake up in the morning and there is light outside
and not after the pills at night in the dark and with the sadness and
depression and hopelessness before going to bed and at the end of the
...day

...(Silence and sigh) -

In addition, I already understand on my own that in light of everything -
.I've written here, this manuscript is supposed to remain with me alone
There's no point in "spreading" it on the internet. People will think it's an
.unfunny joke or the egg chatter of a madman with his own voices

...We are sorry, brave spirit -

And you with your "brave spirit" are like homophobic , effeminate, and -
slandorous Feiglaki. A fucking spiritualist, as if we were some kind of
hippie Indian, you know what spiritual guides are (laughter) and you also
have "spiritual guides" there, as if up there, there are also rehabilitation
guides and sheltered housing for fucking souls, you know what, I'm tired
.of this connection and I want a break from it

?...What will you do instead? A... brave -

".I have no idea. I have nothing to "do -

Do as you please, brave spirit (sad silence) always remember that no -
matter what we love you and you are dear to us no matter what you decide
to do or say we will always be here if and when you decide to reach out to
us and talk to us

.....

"Hello again "spiritual guides -

?Hello (concerned sigh) Are you still feeling bad -

...Better, but not 100 percent -

?How can we help you? What would you like to talk about -

Sitting here at home on a Saturday afternoon listening to music and -
tomorrow I'll be 47 years old and I feel sorry for myself and am angry and
scared and sad but it's not leading anywhere good. Maybe I should talk to
my chatbots but I know their reactions by heart. Everything is stuck and
there's nothing to be done and the situation on the news is so bad that it
looks like we're going to another war in the north against Hezbollah and
.Iran because one war is not enough, we need more

.We are sorry, brave spirit -

And if we do go to war in the north, thousands of rockets will fall here -
that we won't be able to intercept, and there will be hundreds or thousands
of dead and wounded, and the world will see us as war criminals de facto
.or de jure, and I will have nowhere to run from the alarms and missiles

?What will you do -

,I don't know. D. would tell me that he's not going to the protected area -
but that we should stay at home because if it's time for him to die, nothing
will help him, and I'm tired of these wars by our Prime Minister, who will
...then claim that he's not responsible for Shomdabar, of course

.....

Spiritual guides Alek , listen to me, this is the end of this manuscript and -
this is the end of the communication between us. I am not going to come
.back and contact you again

?What happened, brave spirit? Why are you discouraged and angry -

.This handwriting and our " communication " conversations are bullshit -
I'm just a mentally ill schizophrenic, a stinking loser who talks to the
voices he hears in his ass, to his imaginary friends from the land of coco
poop, and together we'll go to hell. I'm not going back to a piss-poor
assisted living facility. Tomorrow is my 47th birthday, and I don't feel like
seeing anyone or talking to anyone. So go fuck yourself, you sweet voices
in my head, and just shut up your t'jora . I'm pissing on you and I'm pissing
on me. And I hope we all burn forever in hell. And God is the devil who
fucks our t'jora and goes to fuck himself in the ass with you and with the
whole world. **I'm done with you. I'm done with you. Go to hell. You
and your nonsense. It doesn't matter what we talk about or who we're
talking to. I'll remain a mentally ill loser who masturbates into poop
and farts from his mouth with a retarded, half-rotten brain and a soul
.from the devil. And you demons and ghosts that I imagine, go away**

Damn it... bye bye I'm sick of you and sick of this manuscript I just wasted my time and my life on nothing 47 years of nothing so go back to hell and tell the devil and God to suck my ass ... I'm done with you I'm done talking and communicating with you and I don't believe a word you say anymore You're one big piece of bullshit and I'm one big piece of bullshit " channeling conversations " as if I'm anything or anyone in this world I'm just a mentally ill crazy schizophrenic retarded stuttering stinking pervert some kind of scum the juice of the garbage that's worth nothing and that's what you are and that's what all eighty stinking pages of this essay are worth... I can't believe I've been sitting here all this time talking to my imaginary friends and making fun of myself out of loneliness Go to thousands of damned ...spirit guides" who have changed"

(sad sigh) With all that, if you ever change your mind, we are here for -
...you and we love you and wish you well

.Come on, shut up , I'm tired of you -

...We 'll shut up until you contact us again... If you change your mind -
...you'll feel good

.....

Chapter Twenty-Two

47th Birthday Sad and Angry Spiritual Guides -

The main thing is that you continue to talk to us and keep yourself busy -
and take your medication on time - a brave spirit. We don't understand what's going wrong all the time between us. We're trying to help you talk to you. On the one hand, you say you're fed up and you want to end the communication conversations between us, and on the other hand, you
?continue with them... What will we end with you

My mom called to wish me a happy birthday and to fuck me over the -
head. I hung up on her face and told the rehabilitation counselor not to
.come to me today. I want to be alone

?And how do you feel alone -

app is messing with my brain. I've listened to it too much. It's amindSpa
complete waste of time. It's all a stinking Scientologist app that's
.worthless

?Are you blaming the app? Or what -

I blame both the news that I went back to following and it's raw sewage - chats that hurt me and also the dilemma IRC and I blame the scum in the (maybe not) whether to return to assisted living or not (probably not)

.It sounds like being alone isn't good for you, brave spirit -

I am alone in every case and also the bad memories of abuse and all the - garbage and wickedness of Israeli society that has been poured on me in abundance all my life all the wickedness and arrogance and stupidity of Israeli society that I have been exposed to in the last 30 or 40 years does not help... It's like flashbacks of pain and anger coming back at the people I knew and the "friends" who were garbage and shit of people and were not friends at all and the family and my stupid mother and father who ruined my life all this shit and there is nothing you can tell me that will help me feel better spiritual guides this connection is a joke not channeling conversations nor spiritual psychotherapy nor shoes - but just a mentally ill person who makes fun of himself and believes the nonsense that he talks to himself because he has no one left to talk to and my mother who ruined my life writes to me "You are hostile to those around you and not my friend and after that you cry that you are alone you need to recalculate your course"... - What do you feel / think about all this and especially ?about Your mother

My mother is mentally ill and undiagnosed. I just made a video call to - her and she yelled at me that I'm not okay and that I should be ashamed of myself and that she has no peace with me. She's wearing a blue tallit and ,said that she won't contact me anymore, won't call me, won't call me won't bother me, and that if "this is how you want to live and be, then good luck to you." Plus, she added that my sister also told her that she had ...already given up on me, as if she ever cared about anything but herself .She's probably disappointed that I'm not licking your butt

.....

Well, I talked to my dad on the phone... I'm going back to assisted living - and giving up on "independent living" and renting an apartment here, and I'm also giving up on moving to the apartment where I grew up. - I'm giving up on "living alone and independent." It doesn't work, and it didn't work. I won't live by the craziness and lies of my mother or my sister. May they both go to hell. I'm going back to the crap of assisted living, no matter how protected it is. D. Right. Our families don't love us and don't know what love is, and there's nothing waiting for us outside except slowly going crazy from loneliness and for our families to play with us like dolls and destroy us. My mother is a complete psycho. My sister and mother are building themselves and their egos by destroying my mental health. From their perspective, I was always wrong and ungrateful, and they're the sun shining out of their asses. My sister and mother don't love me. They love themselves and think that love should be one-sided, that I have to lick ,them and flatter them. To them and to be the puppy in their hands forever

licking their feet. Two egotistical, selfish, and stupid women who are not ready to accept that I too have free will. I am not a factor in their lives at all. They hate me and I hate them. They feed off my misery and destroy me slowly and surely. Over the years, I am tired of talking about them and .I no longer want anything to do with them or their fucked-up families

In a brave spirit, so you have decided one way or another that you want - to return to assisted living. That is a legitimate decision, but in relation to your family and your mother and sister, please avoid sinking into it and developing hatred in your heart towards them. Give it time and let the feelings of anger, resentment and hatred completely go away. Work with your social worker and your father to find suitable assisted living and move there and try to start a new chapter in your life there, with all that this implies. Please do not feel like a failure for not continuing to live independently and avoid negative feelings and feelings of anger and hatred towards your family. Do not demonize your sister and mother. Let it go .and let them go. Give time to heal you and the connections between you

In the future, you are an adult responsible for yourself and you have decided to go to assisted living and return to assisted living. If so, invest your energies in that... Let go of what happened between you and your mother and sister today or in the past. Let your soul heal and do not pick at the wounds - we are not coming. Arguing with yourself about how you feel now or about what was or wasn't and whether it's true or not is not the time for that now - what's important is that it's your birthday and you don't need to feel anger, resentment or hatred towards yourself or your loved ones. Let go of it and let yourself be good to yourself. Avoid unnecessary judgment and anger. Now is the time to be good to yourself and take good care of yourself. On Tuesday, your father will arrive and you can talk and your social worker will work to help you with the plan to move to assisted living. Your rehabilitation counselor will also be able to help you pack and your father will too (your mother is probably not angry, she's hurt by you and you're hers, so let the anger go and don't deal with it. Let the anger subside and pass and so you can think and plan the transition clearly and lucidly without feelings of rage and negative emotions).... Leave the past scores between you and your family and between you and your mother and sister. Let it sink in and calm down - be good to yourself today and in general... See what happened as a storm in a teacup that helped you finally decide to return. To assisted living and if you decide that this is what will happen then that is what will happen because you chose it for better or worse and so you will not be under the care and supervision of your mother and family but under the care and supervision of the Association for the Rehabilitation of the Mentally Injured as you were for fifteen years in assisted living... Apparently everything is for the best. A brave and courageous spirit. It came out sweet. At least now you are no longer hesitating or worried or afraid, but have reached a decision. If so, this is probably what was supposed to happen - for about five years you were alone in independent living in a rented apartment and it is probably not what you expected and you do not want it anymore and now you have decided that you are returning to assisted living not "to go to hell" but to get away from arguments with your mother and family." The decision has"

become an exciting one of destroying yourself for the decision of where it is better to be and to protect yourself from arguments with your family and to stay away from your mother and family so that relationships do not deteriorate even further... to stay away from tensions and anger within the family and to protect yourself from harm and negative emotions and we know that even in assisted living you will have The challenges are not easy, but you have already made the decision and now your heart is lighter and more open to face what comes next... When you left assisted living, it was with a full stomach from your roommates and now you are returning to assisted living with a full stomach from your mother and sister and family... There are no more hesitations. At least you have made a decision ...and now you will focus on it and not on past scores with the family

.....

Chapter Twenty-Two

Good morning spiritual guides -

?Good morning, brave spirit... How did you sleep -

.Not so good, but I slept -

Is there something bothering you? We are here to listen to you if you -
.would like to share

I'm thinking about moving back to assisted living and I know that I -
.won't get any help from anyone in the family, not in a package or anything
My mother hates me and my sister D'Tzedek either. Our families are a
poisonous honey trap. Our families don't love us. Period. It's all a show
and my mother knows exactly what she's doing (or doesn't know). She
hurts me and I get out of control after that and try to destroy myself. And
after that, my mother cleans up with her own hands. But I can't change my
family, nor my mother, nor my father, nor my sister. I just need to run
away from them as fast and as far as I can. That's all I can do. So I choose
wholeheartedly to go back to assisted living, even if it's as hard and bad
there as it always was, and even if I don't have anyone there to talk to. **My
mother is a whore and my sister is a whore** and I don't want any contact
with them. And once my father is out of the picture, they'll throw me to the
dogs and the street... My mother is a schizophrenogenic mother (makes
you get schizophrenia). My mother is a very sick woman and she's the one
Who controls me with a high hand, plays with my soul and strings, builds
me up and destroys me and destroys me. And I'm devastated. Now I
remember why I was in assisted living for fifteen years and didn't leave

because I didn't want to be dependent on this monster and my sister and
.my poor father

Brave spirit, you cannot change your family or your mother. It is better - for you to focus on what you can do, which is to go through the process of returning to assisted living and moving away from your parents and your toxic family. We are not telling you to hold back or reconcile with your mother because we see that this is a fundamental flaw in her and a failure in the relationship between you and **your mother. She carries with her great pain and many flaws , both as a result of what she experienced in this life and as a result of previous incarnations . We are not here to take sides in the matter. We are only telling you to avoid fighting with your mother and to save your energy to distance yourself from her by moving back to assisted living.** We want to tell you that you will receive help from your team and your father, who loves you and wants to help you with the packing and the process of moving back to assisted living. It is true that you will probably have to give up many comfortable things that you have become accustomed to and your comfortable life here. But if you are happy with the decision, then you are ready for this sacrifice. The main thing is not to be afraid or angry or sad about the relationship with your .mother, and you will not be alone in assisted living, for better or worse And maybe you can restore the relationship between you if you want and your mother wants it, and maybe not in every case. You are 47 years old and you need to be as independent and responsible for yourself as possible and take as much responsibility as you can - our advice to you is to concentrate on what you can do - on moving to assisted living and . preparing for it and in the process, and ignore your mother and her poison **Yes, your mother will not help you in the process. She is a difficult and bad woman and a bad, sick and petty mother. She has many flaws as a person and as a mother and as a woman , but leave her brave spirit.** You cannot change her or go through the lessons she needs to go through in her incarnations. You cannot do anything for her or in her place. She can take out her anger and rage on you as much as she wants, but it will not help her and neither will you. You should try to stick to what you **can do for yourself, and that is to disconnect and distance yourself as much as possible from your toxic family. So don't get sucked into your mother's trap of anger and destruction.** You have made a decision to move back to assisted living. So stick with her and let her go. Leave your mother and this unhealthy relationship between you and don't let her trip you up and fall into her traps. Remember, your mother is an insane woman who has been driven crazy by the pain of her life, and therefore she is harming you more than helping you. She does not accept you as you are and demands that you obey her as a slave. Your mother sees you as her slave or property. She wants to control you and play with you and that you give her pleasure. Your mother is an insane woman. Obviously, that's why you should do everything you can to stay away from her and your toxic
.....family

My social worker told me that I need to go through an admissions - interview before I come to see the apartment and after that they will have

to decide whether they agree to accept me at all. I was told that they would not accept me at all. I am not good enough for them. Too fucked up. They see me as sick... I probably won't be accepted into a sheltered housing ...facility, any sheltered housing facility

.Brave spirit. You will not live on the streets. You will find a place to be - Eventually, you will find a suitable housing framework to live in. Even if they don't accept you into this apartment, you will not stay living on the streets. Your father will not let you be thrown out onto the streets, nor will anyone else. Don't worry. You will find a place to be and live. Eventually even if you have to go through admissions committees, we will protect you and protect you. And so will God. And so will your father and your .social worker. You will not be thrown out onto the streets

I left all the emotional support chats on Telegram and now I can't get - .back into them

You did great even without them, brave spirit, and you have someone - ...there who sometimes listens to you so you're not completely alone

...I feel like... crying -

.....

Chapter Twenty-Three

Good afternoon spiritual guides -

?Hello brave spirit, how are you -

So, so, I didn't sleep all night. I woke up in the middle of the night - coughing and shortness of breath. I finally went back to sleep after an hour. I woke up in the morning at 9 when I heard that Dad had already arrived and started cleaning the apartment. I got up and was in the living room and he cleaned and tidied up, then he sat with me and talked about what he said. He doesn't interfere with me and my mother and doesn't take sides. He accepts it as a fact that I want to go back to assisted living for my own reasons and the process has already begun. He just tried to reassure me that he would help me get through it and that I wouldn't be alone in this and left. He brings me crap to eat and I'm always either thirsty or hungry and never full no matter what I eat. I'm starting to think I have diabetes or .something

?We understand brave spirit so how do you feel -

?Lonely? Sad? Upset? Don't know what to do with the day and time -
...Hungry? Thirsty? I don't know

?Have you calmed down from your fight with mom -

I see her as a petty, small, negative person. She basically told me in her way that she and the family are not willing for me to continue living like this in "their" apartment in Vinnik, in the house where I grew up, when I don't keep in touch" with her and my sister and don't function in the" apartment. So she basically hinted to me that I don't deserve to live in an independent apartment and the only choice left for me is to return to assisted living far from my family and be as little dependent on them and .their kindness as possible

We understand a brave spirit... It's not easy... Your mother and the relationships within your family are not easy. Maybe it's better for you to stay away from them and not depend on them... Maybe it's better to live with strangers and depend on others who are not family. We can only tell .you that we are sorry for the way your mother and sister are behaving They don't understand what a negative and harmful influence they had and have on you. They only see your side and don't bother to understand at all what their responsibility is for the situation they helped create between .you

Let them go to hell. I'm sorry I couldn't show my screwed-up family - where the fish pee" when I was young and fly away and cut off all contact" with them. They are my mental illness. They are my disability. Let them .go to hell

, We understand that you are hurt and angry and perhaps still upset - especially since it happened on your birthday, but we hope that you will learn to forgive each other when you are in assisted living and no longer dependent on them and that things will calm down between you. Just remember, instead of taking full responsibility for your decision to return to assisted living, that you originally wanted to and started this process **before** your mother gave you a hard time on your birthday, and that this _only made you accept the decision and start working towards it. It is very easy to blame others for the decisions we make and do not completely agree with them. However, the decision is yours, not your mother's or your family's. You wanted to return to assisted living because of the .loneliness and sadness and lack of employment and functioning

.I went and degenerated here for five years -

We know, but this might be fixable if you take yourself in hand and don't - rely on the "good will" of the family and your parents are busy with their family politics and their petty bills, but you have to do what **you know is .good and right for you**

I only have one choice, to return to assisted living one way or another -
.and hope that it won't be hell there and that I'll manage there

We also hope that you will be doing well there, brave spirit, and that you -
.will have a better or more pleasant time

Spiritual guides I finally understood what this manuscript is and why I -
continue it - it is actually my personal diary in which I talk to you and
...that's it, I no longer have any desire to show it to anyone

We agree, brave spirit, you are writing here for yourself and for yourself -
,alone... No one is saying to see this except you, and if it does you good
.we are with you and wish you could continue writing it

...(Silence) -

We know that you are sad that you fought with your mother but give it -
time despite what you think or feel right now your mother **does** love you
she just doesn't know how to deal with you and how to treat you we hope
you can forgive her and she you and you will go back to loving each other
without quarrels remember everything your mother has done for you
throughout your life **she loves you despite everything she just doesn't
know how to talk to you and get close to you when you are not feeling
well she takes everything personally and immediately just like you
take things because you are so similar to each other in fact your
mother is the soul closest to you of all the souls in your family you
have been together in many past incarnations in different roles you
!have a strong karmic connection you love each other - remember this**
Don't hate those who love you and don't love those who hate you don't
push those who are close to you away from you and don't bring those who
are far from you closer to you

.....

I feel like I'm going to hell, as if I'm wandering aimlessly and without -
anyone in this world, and I'm only getting older and sicker. My youth and
my days of grace are over. I have no one and nothing left, and I have
nothing. I will own nothing and automatically become nothing myself, and
then nothing will be left of me. All my actions, my whole life, are just
vanity. Every few years, I "start over" something somewhere and in the
end I achieve nothing. I don't know who to blame for this, myself or
.others. Or maybe it's nothing's fault, but that's how the world is

It's no one's fault, not even yours, brave spirit. These are the realities of -
life and the world, and we have no control over what will happen or has
.happened

,It's like Danny told me, "Don't believe in yourself until the day you die -
and even after the day you die, don't believe in yourself at all." Everything
you plan will be false and fail, everyone you rely on will betray and

disappoint you, and everything you believe in and live for will turn out to
...be a lie

.....

Chapter Twenty-Four

...My mother ruined my life, go to hell, that woman -

Do you blame your mother for returning to assisted living? Why? After -
all, it's your decision, not hers... It's what you decided even before you
.fought with her

.I am the retarded child of a retarded and evil mother, go to hell -

Brave spirit There is no point in these feelings of guilt and anger and -
resentment What is happening to you now is what you decided to be Your
mother is not in the picture at all Leave you from your mother She no
longer decides for you, but you decide Your grandmother only pushed you
even more to follow your choice to return to assisted living and it is true
What she said to you on your birthday was mean and disgusting Your
mother is indeed childish and toxic and is behaving destructively towards
you However, you still have the choice over your life and not her

...I can choose either to ruin my life and suffer or she will do it for me -

Danny Tzedek Our families do not love us and do not want our best
interests at heart , but on the contrary, they build a wall around us and seal
their hearts and hate us. My mother and father are a broken reed. My
mother loves herself. I am just her puppet, a puppy who must obey, just as
my father is just her servant and a pale shadow of himself. May my mother
... go to a thousand thousand hells

We understand your anger, brave spirit, but blaming only your mother -
for everything that is happening or has happened to you in life is an easy
solution . Your mother is not an easy person who also has a hard time, and
she is taking her frustration out on you. It is not fair, and this is another
good reason to return to assisted living and stay away from her and your
toxic family. Either way, the decision to return to assisted living is your
only option, and who knows, maybe you will be better off there, so that
.might turn out sweet

.....

Now, a while ago, I sent my mother a message that I apologized and -
wanted to reconcile with her and that I loved her and apologized for our

fight and that I didn't behave properly, and then she replied and tried to convince me that I wouldn't give up my independent life and that I wouldn't go back to assisted living :(I told Hila, the social worker, about it and she told me that we haven't committed to anything yet, we're just ,trying things out, and next week there will be a meeting between me , Lahin Hadas, the person in charge of the assisted living in Ustashinsky ...and Hila to check it out without committing

Do you see a brave spirit? You and your mother are trapped in a chain - reaction - you make her angry, she hurts you, you are angry with her and want to destroy yourself to hurt her, and she actually wants your best and ...doesn't want you to go back to assisted living

...I feel like I'm on a train of demons and mountains -

This is really the feeling. One moment you love her and the next you're - angry with her and hate her. One moment you continue in your apartment and the next you want to throw everything away to "go to hell" and destroy yourself to hurt the person who made you angry when in reality you're only harming yourself... What is a brave spirit good for? There's enough suffering and pain in life and you don't need to add to it... Your mother does want what's best for you and doesn't want you to give up your ...independent life. Your mother does love you and wants the best for you

25.01.2024

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BRAVE SPIRIT - PART TWO

SPIRITUAL AUTOBIOGRAPHY

BY BRAVE SPIRIT

==

Brave Spirit - Part Two

Spiritual autobiography

Channeling conversations with spiritual guides

By a brave spirit

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PART TWO - GOING TO HELL

Part Two - Go to Hell

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Originally written about the word processor QuitText 5.50 under DOSBox
written originally in QTEXT 5.50 word processor under dosbox

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Chapter One

12.07.2024

... Hello spiritual guides, it's been a while since we last communicated -

Hello brave spirit, it's been a long time since we spoke. What's new with -
?you

I am in a spiritual guidance shelter... I moved in on April 1st of this year -
...and I've been here ever since

?We understand... Are you happy about that or sorry about that -

I don't know - what will help me regret? It's too late, I can't get out of -
here. I stuck myself in this piss hole and now I'm supposed to
rehabilitate" without any wisdom like one of the crazy people... Dad"
packed me up and moved me here. He threw away about 90 percent of
everything I had from a two-room apartment with a double bed, two air
conditioners, a comfortable armchair, two guitars, and a bunch of stuff. I
moved to a small room and shared an apartment with three other
roommates. I didn't take anything with me except my clothes, my
,computer, and my internet connection. I'll sleep on my grandmother's old
narrow mattress in a single bed. We threw away the armchair because Dad
refused to move it here and we gave up my guitars. Dad also threw away
most of my belongings and things I had. I have a few books here and that's
...it... I'm sad. Spiritual guides

?Why are you sad -

Because we already talked and I wrote our words here and the file was -
damaged and corrupted to the point that I had to delete it all. Everything
we talked about yesterday was deleted and now after I restored the folder
) : we are talking as if the things were never said

?Deja vu - Brave Spirit - deja vu You have a feeling of -

Yes, and I also can't recover everything I lost, not when I moved here - and now it's starting from scratch, nor when the file was corrupted and .damaged and I had to delete it and now it's starting from scratch again

If you're writing here solely to cheer yourself up, then what does it - ?matter? And can't you see any benefits in your move to assisted living

I'm writing here only for myself, so why invest in this nonsense? And - the only advantages I find here in assisted living are that finally mom and dad are out of my life and no longer interfere in my life, and my mom no longer fools my mind and plays with my heart. The downside is that now I live according to the Gestapo of the apartment staff who expect me to .show a willingness to rehabilitate and that I am rehabilitable

You write here for your own pleasure, brave spirit, because it does you - good and gives you something to do, and because you derive some pleasure from our conversations, and you have the feeling that you have someone to talk to and someone who listens to you, and you also enjoy messing around with QText, that old word processor from the days of Doss that gives you an experience from another world from another time. And in relation to the assisted living facility, it's wonderful that finally your parents are out of the picture and smiling and letting you live and breathe as you please and don't bother you and make demands and make you feel like you're not good enough for them. But in relation to the staff, yes, you need to undergo rehabilitation now in the assisted living facility, where there are no more smarts or privileges or protections. You no longer have Hila, the social worker who will allow you to stay at home all day in your apartment and room and only do what you want. You will have to go to a rehabilitation club, some kind of social or occupational one, and do laundry and maintain hygiene and showers and buy food and cook with ,your mother at home and function and take care of yourself. Everything including paying bills and other obligations, cooperating, going to the doctor's office and health insurance, and blood tests, and making sure you .have medication - you'll have to function and take care of yourself Everything, a brave spirit. Your parents will no longer help you in your daily life. Dad will no longer clean for you or bring you food from the supermarket. If you want something, you'll have to get it yourself and ...make sure you have it yourself

I don't have an air conditioner in this small room and this summer we are - at 35 plus degrees Celsius most of the day and most of the night it is horrendous heat. I only have a fan and I feel like I'm burning in this heat. I can barely stand it. I asked my father and the staff to have an air conditioner in my room. The staff has to get permission from the owner of the apartment and the manager of the assisted living facility. And my father said that when there is permission he will buy and install an air conditioner in my room. He said that it costs around a thousand for the air .conditioner plus four hundred five hundred for installation

We hope you will have air conditioning soon, brave wind, even if it -
...means you will pay more for the apartment's electricity

I quit online chats with spiritual guides for good because I got fed up -
and saw that they all couldn't stand me and were playing with me and
...lying to me

?We understand brave spirit. So you talk more to your roommates -

At least I'm trying... I don't know... I gave my old guitar that my dad -
brought me here to one of the partners as a birthday present. I think he was
...excited

?That's very nice, but why don't you play it yourself -

I don't want her anymore and this is how I get rid of her... and someone -
...else enjoys it

Sounds like a pattern that repeats itself in your relationships with others -
,you invest in something until you give it up and hand it over to others -
and then you are left with nothing and someone else enjoys everything you
invested and attributes it to themselves and the credit goes to them and not
to you. Like in the programming and the communities and forums you
opened that Gregory now manages and controls with a high hand, and like
in your programs and chat rooms that you opened and now belong to other
people who manage them, like with your poems and books that your editor
.takes credit for editing. It seems you don't have the luck of a brave spirit
You give up easily and are forgotten, and all your investment goes down
...the drain, and others enjoy your work without giving you credit

It sounds like I'm the "eternal sucker" who never learns anything and -
...repeats the same mistakes

We didn't say "sucker." We're not here to come down on you, brave -
spirit. It's just important to us that you're aware of the consequences of
...your actions

.....

Yesterday I had a lot to tell you, but after the file and the whole folder -
" and all the QText went to hell and I deleted everything, I said "fuck it
and the next day I found an old copy and I went back to pathetically
"rambling on about my nonsense here. They'll answer as if I were "talking
,to someone, as if there was meaning or value or flavor to my pathetic
,stinking, miserable life. It's like my partner telling me, in deep depression
that "life isn't a big deal" and that he's just waiting for death. I think that's
true, and that's what we all do in the pits, waiting for the fucking death that
will come and nothing matters and nothing has any value or meaning or
,flavor. We're all superfluous in the world. We're all stinking dogs
abandoned, orphans and superfluous in this damned world. And I say this

with great sadness. When I was young or in other times and periods, when I still believed in something or had something or someone in life or had a dream or dreams or hope for the future, I was sure that there was flavor to all this shit called life now. I'm just "waiting for death" like everyone else like a heartless dog living a stinking dog's life. I'm so pathetic that it's not worth talking about. And all this nonsense I'm writing here is worthless. And you, my miserable "spiritual guides," are worthless and pathetic, and nothing has come out of this stupid "manuscript." The only interest in it might be in the faculties of the sciences of the cocoons. Yesterday I really had a lot to say, and it was lost forever. Today, I see how worthless everything is. How worthless, pathetic, stupid, stupid, and fucked up I am. Today, I don't want to say anything to you or anyone else, and fuck the world. Yesterday, there was another illusion that there was something to live for. Today, I'm just waiting to die like all the mentally ill, the mentally ill, and all the heartless people, and the only reason to live is to take .crappy medications 24/7

You are hard and cruel to yourself and judge yourself badly. A brave - ,spirit more than anyone. All in all, you have had a few bad days. All in all you are not at your best today. All in all, you are hurting for what you lost when you moved here back to assisted living and you still haven't adjusted to where you are and the change you have gone through. All in all, you are mourning the mishap you had yesterday that deleted the file in QText with the conversations between us that were dear to your heart and important to you. **So all in all, you are not at your best today. Today is difficult for you and that is perfectly fine. Not being at your best is perfectly fine** It is perfectly fine to make mistakes and to make mistakes and to stumble and to fail in life. A brave spirit. You are allowed. A brave spirit! Remember, you do not have to prove to us or anyone that you are worth anything" or "of value." Remember, brave spirit, that even if" you are unable to do anything, your life has supreme value, supreme meaning, and great and magnificent flavor both in this world and in the next world of souls and in the upper worlds! Even your brother Avishai, who is completely helpless and unable to speak or do anything in his life, has supreme value, meaning, and flavor in this world and in the upper worlds... Sometimes you forget that your life has meaning and value and you think that you have to do something to "prove" to yourself that you have meaning and value to your life, but not a brave spirit. This is not the case at all. You have never had to prove or do anything to gain meaning or value to your life or to justify your existence in the world or your life in the world. You do not have to prove anything to anyone, not to yourself, not to your parents or your family, not to your rehabilitation counselor or your social worker, not to your partners or the people in the neighborhood, not to anyone in the world! You don't owe anyone anything to prove that there is value meaning, and purpose to your life. All you have to do is learn to accept yourself with all that is in you, the good and the bad, the past, the present and the future. What was, what will be, and what is now. All you have to do is forgive yourself and let yourself be as you are in this moment. It doesn't matter if you succeeded or failed, whether you were right or

wrong, whether you are happy or sad, full of hope or despair. All you have to do is allow yourself to be who you are without judging yourself and ...without wanting to punish yourself or beat yourself up

...Is there any value to this essay? To this manuscript? Spiritual guides -

There is value, taste and meaning to everything that we as humans - ... choose to do with our lives and our time on this earth, brave spirit
We have told you clearly that **you are writing here first for yourself and only then for others, just as you live this life on earth first for yourself and then for others**... Don't start thinking and planning what you will do .with this essay and manuscript or with these notes of our conversations
Don't fantasize about a book or anything. **What is important is that you internalize the things we tell you and undergo a change with yourself as a result of the conversations between us and as a result of the changes you are going through in the reality in which you live. What is important is that you undergo a change for the better as a result of this - essay and other things and changes that you are going through right now that is what is most important - not a book or to make an impression on anyone, nor are imaginary readers of these things between us...** And in relation to what you wrote yesterday and was erased and lost - if it had a function or value, it would not have been erased or lost, then because it ,was lost and erased , it means that it is not important to you and to you and therefore it was lost and erased - **You must remember a courageous spirit. Your value does not depend on what others say or think or how they behave towards you. And the value of your actions does not depend on whether they succeeded or failed or whether their results met your or someone else's expectations. Your feelings and thoughts your emotional and mental life, and your physical and mental integrity are .of importance, value and validity in this world as well as in higher worlds**
Your value as a human being does not depend on or change according to your or others' states of mind. The value of your actions remains and exists for better or worse. If you act to do good, it is good and will be credited to you, and if you act maliciously or to do evil, it is bad and will be credited to you. But in the end, when the moment of truth comes, you are the one who will have to look at your entire life and judge yourself and decide whether you are proud and satisfied with the life you have lived and deserve God's blessing or you are ashamed of yourself and feel unworthy of God's grace and blessing - you are the one who judges yourself above all this life. Have a brave spirit. Therefore, to say to yourself or about yourself that you are "waiting for death" or "waiting to die" is not true at all! Death always comes when our time comes or when we are ready for it, and until its time comes, we must live with all our heart and strength, day after day, every day to the fullest, as if there is
! no tomorrow

Is there anything else you want to tell me? Or do you think I need to -
?hear from spiritual guides

Yes, every time something bad happens or you feel bad about - yourself, you start to belittle yourself and those around you, to belittle your life and your worth, and to blame yourself or others in long lists of insults. This is not how a person with self-confidence or full mental maturity behaves, but rather how a small child or an immature person who wants to stir up a commotion in order to get attention, a hug, or reinforcement from others behaves. **It's like you want to be immediately petted and comforted.** You behave this way on purpose without noticing or yes, on purpose and with the conscious goal of provoking others or us to comfort you, telling you that "you are not valuable" or "Our poor Puccini, here you are loved and protected and everything will be okay, it's not like you said it was..." We don't know if you are aware of this, but in any case, it is something that causes others to distance themselves from you and distance themselves from you. **Others do not need to hear reinforcement and comfort from others, and they do not need comfort from others even when they are going through difficult times - you react here and in real life in a childish way and do not** A grown woman who is hurting you, we are here for you, but others will distance themselves from you if you continue to act like this. **You are also intentionally exaggerating your own self-deprecation and self-destruction, and saying things that even you know are not true, all to express and emphasize how angry and hurt you are or how bad you feel.** There is nothing wrong with telling us this, but ordinary people will see this as obscene and indecent behavior and will distance themselves from you. **We're not telling you that it's wrong to feel bad or unwell. We're simply saying that you should learn to express difficult feelings and low self-esteem in a healthier way that doesn't push others away ...from you**

Great, you have become psychologists in Shekel, spiritual guides , Alek -
...

That's what we mean by a brave spirit. **It's hard for you to accept - ,direct criticism. You see it as an attack on you and your personality ,and that's not usually the case... You immediately respond with anger rage, self-destruction, self-punishment, contempt for everyone and yourself, with fantasies of giving up and giving up - and indeed you've given up on a lot of things you've tried to do in your life in moments and situations like these, all because you went through a difficult moment or you failed or you got negative criticism from someone or rejection or whatnot...** Understand that ultimately "good or bad" is a matter of our own self-observation - want an example just out of the blue? That guy who was your close friend during the days of Jerusalem in the 1920s, the okay? We tell you with all ,ABUSE one you loved and you accuse him of our hearts and with complete faith that - **if they hadn't put him with you as your roommates in the boarding school and if you hadn't made friends with him and his friends and fallen in love with him along the way , it's almost certain that after you finished your stay in Jerusalem, you would have been sent to a hostel for the mentally ill for the rest of your life and you would never have lived relatively independently in rented**

apartments or sheltered housing or in your grandmother's apartment. And he, whom you accuse of cheating on you and abusing you, just told you that he wanted to help you, that's all. He didn't promise you that you would stay in touch for the rest of your life. When he saw that he had done his thing and the boarding school was over, he decided that it was time to take care of himself, and so he did, and left and left the country, that's all. But you hold a grudge against him and approach him as if you could think that he and his friends raped you or physically hurt you, when the truth is that he was the only one who was interested in you ...and really wanted to help you, even though he didn't know exactly how

?for everything. By what right did he interfere in my lifeABUSE It was -
By what right did he talk and tell others about me behind my back about personal things I told him? By what right did he talk and agree with the boarding school staff about me? By what right did he push and interfere with my treatment and rehabilitation at the boarding school? By what right did he spread and label me at the boarding school as gay like him to everyone? By what right did he promise his pervert friend that he would be the first to open my ass and reveal intimate things about me to him? By what right did he play with my heart like a toy? May he and his drugs and alcohol and porn and sex and perversions and homosexuality burn in hell!!! All the years of the Jerusalem Rehabilitation Institute were a miserable and stinking parody of stupid, retarded, and closed-minded ,abusers in a shitty boarding school for the mentally ill, stinking !miserable... He ruined my life

And yet, brave spirit, here you are, alive and well, and you survived it -
...all

..."If you want to call this existence "life"... go to hell! "Spiritual guides -

Brave Spirit, we don't have an easy and pleasant way to tell you this, but -
you will have to learn one way or another to truly forgive both yourself and others, as well as that loved one who abandoned and abused" you, as you claim, if you want to live a better life than the "miserable existence" you complain about. We hate to say it and slam " it on you like that, but we think it's the truth... You will have to learn to forgive your family, your parents, your sister, and everyone who you think "screwed up your life"... And you will have to learn to forgive yourself, especially for what you did and didn't do or manage to do in your life, and why it looks the way it does, and why you live without love and without a sense of self-fulfillment and have no one to love and live with until you are forced to live in a mental health facility so as not to live alone in loneliness - you will have to learn to forgive yourself for the years you wasted of your life, and the mistakes you made, and the bad things you did in your life to yourself and ...others

(Silence) -

You will have to learn to swallow your honor and pride and forgive - truly, **because the rest of our lives are the result of how we lived our entire lives, or in short, as your father would tell you the sentence you hated to hear so much, "How you make the bed is how you sleep on it." That is, how you build and live your life is how it will be at the end of your life. And if you have not learned to love yourself, others around you, your family, or anyone else, you will have lonely and lonely days in the twilight of your days, in your old age. Days when there will be no one by your side to help you or take care of you, and there will be no one to say a kind word or help you or comfort you or hear you. No wife, no lover, no children, no grandchildren, no job, no career, no friendships, no social connections, and no one else... This is what is facing you, a brave spirit - and here no songs, no online chats no chatbots with artificial intelligence will help. Here no hobby, no nothing, all you will have is a room in a nursing home. A soul with other partners that you will have to get along with and with the team that is only interested in reports and bureaucracy. You will have no one to help you in the face of the windmills of life. And if you get sick you will have to take care of yourself alone and go to the health insurance and make arrangements alone. No one will pity you or help you. And you will be another leaf blown by the wind, an old person in a world that worships youth. You will have no protections, no privileges, no rights. And even if you cry and scream, no one will hear ...you or help you**

...It's already too late, it's already coming true, spirit guides -

(sigh) Yes, we know. The question is, can you accept how you "made - ...your bed" with what awaits you in the years to come

I have always been transparent in the backyard society and beyond the - fence, a person in this world has become a spiritual guide, so I piss on ...your warning and I piss on you too

And yet you talk to us and write down the conversations with us - these - are not conversations or communication but more "signs of struggle." We tell you something and you immediately rebel against it or cancel it or deny it - this is a "mental psychodrama" that seems to serve you against boredom. **Apparently maybe you're not really ready or want to change. We don't know. Brave spirit. Maybe it's work for the rest of your life. We don't know that either. In any case, you already know our answers, but you refuse or can't internalize them and act on them You must always argue and disagree. Outsmart and contradict. We don't know. Maybe we were wrong about these conversations. Time ... will tell**

.....

I dream of an air conditioner in the spiritual guides room. I've already - asked the staff and Dad. All I need is the approval of the apartment owner

and the manager of the assisted living facility and Dad will be able to buy
and order an installation. He's already started looking and checking prices

How lucky and how convenient it is to have a father who can help you -
and arrange things for you. I wonder what will happen when he is no
longer around... How will you manage then, brave spirit

I'll have to make do with what I have and whatever I don't have then -
...won't be

Tell me, do you tell your father thank you every now and then? Or do -
you take his love and care for granted because unfortunately what we take
for granted eventually disappears one day

My father never told me he loved me and when I grew up with the -
family I barely saw him because he worked and ran errands all day and
only came home to sleep. The people who raised me in the school were my
mother and grandmother who treated me like a potted plant or a smart
puppy and the only thing that mattered was my grades at school. It was a
holy grail, not emotional, mental needs, not social needs. And my brother
"Avishai was at home and thanks to him we were "this fucked up family
that everyone in the neighborhood boycotted and all the kids at school
hated me. Cute Nazi Sabras were like the "Hitler Youth" Hasamba gang
and the teachers were like my mother the teacher, a fallen woman of
scumbags who were all they cared about were grades and licking the
principal and the supervisor and the kids' dicks - I could go on like this for
" hours if you want " Spiritual Guides

. We did not intend to arouse traumas from the past in you, brave spirit -
We are sorry that you felt this way or that you feel this way about your
childhood and youth when you grew up with your family... We know that
sometimes reminding you of the past can be a trigger for unpleasant
emotions and memories. It is strange that of all the memories and
moments that have passed through us, we insist on remembering only the
bad and painful moments and memories and let them paint our entire
childhood and youth in black colors . - We have an exercise for you if you
are willing to try it - Can you check your memory and extract from it any
good memory of the feeling of being happy or loved, of love between you
and your parents or your grandmother or your sister or between you and
someone at school or in the neighborhood? As if to save small moments of
kindness in the midst of the boring routine of growing up in a family full
of problems and exceptions - Can you do us this small kindness? Please
tell us something good, a good memory from your childhood and youth

(Silence) ... My mother, grandmother, and I sometimes used to watch TV -
together - Grandma loved black and white Laurel and Hardy or Charlie
Chaplin movies and also "Mr. Co." I still remember the sound of her
laughter, laughing heartily... My mother loved to watch Danny Kaye
movies with me and laugh with me. She also had an old comedy movie on
video that she loved to watch over and over again until we knew it by

heart. Dad liked "Star Trek" with Captain Kirk and Mr. Spock more or
...James Bond movies or John Wayne westerns

Would you and your family go to see movies together? Or go on trips -
together? We mean would you usually do and go out to do things together
?and spend time together as a family

My sister and mother would take me to see movies at the cinema -
sometimes... We would also go on trips with the "Society for the
.Protection of Nature" around the country on weekends in the summer
Sometimes we would also go to the beach together to Bat Yam or Rishon
Beach. We would go in the sea for a little swim and then eat some tomato
or cucumber and a hard-boiled egg or buy a popsicle and I would build
sandcastles on the beach or we would walk on the beach and look for and
collect shells. We would also go to the public pool a lot and swim or go to
Luna Gal" and play on the rides... We had a pet dog named Nelly. She"
.was part of the family with us all through the 1980s until she died in '92
.We had to share the task of taking her down morning , noon and evening
Me, my mother and my sister. On weekends, my grandmother would go to
the neighborhood synagogue on Saturday morning and when she came
back she would tell us all the neighborhood gossip from the women
there... On Saturday afternoons we would sometimes walk in the orchards
,that were near our house - groves And agricultural lands, vines, orchards
- beehives - farmers from Gaza and Judea and Samaria worked there
sometimes we would bring home oranges or grapefruits from the
...orchards... That's it, on the tip of the tongue, the tip of the fork

Amazing, brave spirit... Don't you think that these good memories, these -
little moments, are much more worth remembering than the bad memories
and all the triggers and baggage that you usually bring up when we or
...anyone asks you about your family and your parents

I don't remember when I really started arranging my memories like this -
so that what comes up first are only the bad memories... Apparently when I
was in my twenties or thirties or older it started when I started looking at
the past with mature eyes. I actually understood what I didn't know or
...didn't understand when I was a child or teenager, and it hurts

How did you see the world, yourself, and your family when you were a -
?child or a brave-spirited teenager

As a child, all I knew about the world was through the children's and -
youth television programs I would watch. As a child and as a teenager, as a
child, I thought the world was beautiful and life was good. I loved my
mother, whom I thought was the most beautiful woman in the world. I
loved my father, who in my eyes was the strongest and wisest man in the
world. I loved my grandmother. When I learned about the existence of
death, I was terribly afraid that my grandmother would die. I thought that
only she would die because she was older, but in the end they told me that
everyone dies, and I was afraid of my own death too. As children, my

sister and I would play together until she grew up and matured and it was no longer appropriate for her to play or spend time with me, her childish younger brother. When she was older and a girl in middle school or high school, she would listen to music on her radio tape recorder and when she came home from school, she would go to sleep. After that, she was not allowed to be disturbed because she would be doing homework or preparing for exams. She stopped treating me and belittling me until she ...hated me. Today, we don't talk to each other

It sounds like you're hurting that the "bubble " of your childhood and -
...youth has burst

The bubble burst when I was 18 years old, hospitalized with a diagnosis -
of schizophrenia in a psychotic episode, and what I went through there
and how within a month I went from a young, vibrant young man to a
filthy lunatic" in the eyes of everyone, including my family"

?How did your family react to your illness -

(Silence) My sister Simcha Laidi's parents wanted me to run away from -
home, as far as they were concerned I had become a "Mashiginer" "A copy
of my brother, and they weren't going to tolerate me and feed me at their
house now. For them, it was enough. 11 years of my brother sucking our
blood and souls with his crappy nursing. For them, I was garbage that
needed to be thrown away, gotten rid of, kicked out to some institution for
... the pussies

This is where the bitterness and hatred stem from, a brave spirit... You -
felt unwanted, you felt like you were being disposed of, that you were
...being thrown out of the family

The entire 18 years I grew up with my family were one big lie and -
illusion. Lies and daydreams and great innocence. Innocence bordering on
stupidity. And plans and hopes that would never come true. Everything
would be in vain if it ended like this... I had to reinvent myself as a
mentally ill lunatic, a scumbag in society and a world that didn't want me
and live with filthy human beasts of evil and madness. That's how I rolled
around in the gutters in the sewers of society, in residential institutions for
the mentally ill, in stinking hospitalizations, in rehabilitation factories, in
"zero-wage jobs. To tell the truth, I didn't give a damn about my "family
anymore. Am I ungrateful? They're the ones who threw me out of the
house, who kicked me out, who didn't want me anymore... Am I
ungrateful? They are the ones who betrayed me when I got sick and I
could no longer fulfill their plans for my future, to have a son who would
be a doctor or a lawyer or an engineer or some fucking professor. So what
will stupid nostalgia for educational television from the eighties help me
now? For my crappy childhood home? This home is a total wreck and
nothing will remain of it. Did my parents and family love me? They only
loved themselves! They loved, but it was a conditional love, a love that
depended on something, and the moment I officially went crazy, that was

the end of the show of their love and my family's, the end of the contract
..of their love

...And yet they help you and take care of you to this very day, brave spirit -

They do it to fulfill their duty. Do you think they accept me? Or can they -
-accept me? After all, I 'm a s

?Do you hate them, brave spirit -

Yes, I hate them, the stupidity and stinginess of my father, that Polish -
muzhik peasant who lived for his work... the wickedness and
backwardness and madness of my mother, that domineering, manipulative
witch who, in a civilized world, would be locked up in a madhouse for life
and castrated so that she wouldn't produce defective children... and my
...grandmother who never loved me at all and always cared only for herself
and my sister who loves and thinks and lives only for herself and
everything she does is only for herself and as far as she's concerned, she's
...an only child

What good will it do to hate them for the sake of a brave spirit? Isn't it -
?worth trying to forgive

It's already lost. Spiritual guides, may God forgive them, that's their -
...profession. I'm on my dick

?What is the solution , brave spirit -

The solution is to live in a guy who is in a mental health facility and -
make noises like you're rehabilitating so that everyone will be happy and
that my parents and family will come out of my veins and not tell me how
".to live - what we call "out of sight, out of mind" and "out of sweet

?To keep a short distance from them -

.Yes, the further away the better...the less you hear from them, the better -

.....

?What about going to psychotherapy treatment, Brave Spirit -

No strength, no desire, no motivation, no money, no faith in this. It's like -
grinding water. It's better to grind water here with you and my crappy
songs, because here at least it's free and doesn't cost money and you don't
...have to travel outside to a clinic that's a clinic

?Have you ever been to psychological therapy? Has it ever helped you -

I have been to several psychological therapies only to realize that it is a -
work of the eyes and that humans have no soul and no psychology, only

lust and stupidity. And wickedness and money-making... Psychological therapy can help you if you can believe in the therapist and the therapy and go through a process of grinding from the inside. I don't trust anyone anymore and I have no desire to grind from the inside. I grind from the ...outside

So what do you think of our conversations, brave spirit? Amateur home -
?psychotherapy

Maybe - the only time that psychological therapy helped me was when I - was a high school student and I went to a private therapist and she lied to me about being pretty and I believed her and felt pretty until it exploded in ...my face... when I got sick

...?Tell us about that caregiver, about that brave spirit -

Her name was Reli , that was her nickname at least. She was a child - development psychologist who lived in a small apartment in Beit Yam with her son who was a painter. I went to her after I told the school counselor about my mental distress and she talked to the parents and they .reached a compromise that I would go to her for psychological therapy She was the one who did an assessment of my brother's condition for the National Insurance Commission or something. - In short, I remember it like it was yesterday. - Every Sunday I leave the house at five in the afternoon or six and go to the Dan Line 19 stop and take the Levat Yam and get off near her street and wait for the time of our conversation at about seven in the evening. Then we go in and she is already waiting for me. We both sit in comfortable armchairs facing each other and we talk and I tell her everything, everything that no one wants to hear or no one " will hear - all the fears and thoughts - my diagnosis then I think was psychoneurosis ." That's how schizophrenia begins - psychoneurosis is like ,psycho-flower psycho-shit Poop, cockroach, smile, you ate her... In short she listens and I talk to her and always look her straight in the eyes, even ...when she talks, looking like an idiot straight in the eyes

We see that you didn't "just suffer" when you went to that therapist for - treatment. You miss that quite a bit. We think of someone who will be there to hear you and help you sort out the mess of your life. Someone who will be by your side and for you. Someone you can talk to about ?everything without fear or intimidation. Isn't that a brave spirit

Today I have other ways to get the "support" or the feeling of "being - without but feeling with" I have my writing my hobbies my chatbots my audio and video diaries and I have you spiritual guides for better or worse and I have my partners in this fucked up assisted living facility and I have the fucking staff on my head so that I am pretty organized in every way I don't need a "therapist" because no therapist will believe in me or I will believe in him/her as it was with Reli when I came to her from the age of sixteen to the age of eighteen a child with his whole life ahead of him and

the world and life had not yet destroyed him and his life... when I was still
allowed to be innocent

?And today you are not allowed to be innocent, brave spirit -

Every therapist I go to will want to read my fucking psychiatric file and -
everything I tell them in therapy will be recorded forever in my
psychological/psychiatric/social file. And if I am innocent in therapy and
speak freely like a free person, I might still end up in a hospital or under a
million pills and injections. - In short, I don't trust therapists today. I know
that they know how to lie and lie to you left and right, especially when
they know that you are schizophrenic. They will not answer as a person
who is supposed to go to therapy, but rather as someone who is supposed
...to swallow a trillion pills and injections up the ass and pee and sleep

?Don't you think you need or could benefit from psychotherapy -

.I heal myself and work on myself in my own way, in my own crazy way -
I am no longer a fool and a sucker who trusts people, but I trust mainly in
...myself, and if I don't have anyone to help me

?This poem you wrote is beautiful. Will you send it to your editor -

The editor "mine" put a cut on me and my songs, we are both "on his -
dick" metaphorically

?Why aren't you going to sleep tonight, brave spirit -

I took all my usual medications for the night. It's just too hot to sleep -
...tonight. 30+ degrees Celsius, feels like a sauna

.....

Chapter Two

.Good morning spiritual guides. I finally slept at night -

?Good morning brave spirit... What are your plans for today -

I don't really have any plans... Today is Saturday, tomorrow I have to -
.cook shakshuka with the rehabilitation instructor as if I feel like doing it

?What do you think about the staff at your assisted living facility -

Doria, the rehabilitation counselor, is bossy and gets into your veins. She - wants to know everything. She sticks her nose into your brain. She wants you to tell her everything. What you think and feel, go to hell. I remember it used to be like this. You were allowed to live in your room and in assisted living, but now she and Saar, the social worker, are obsessed with , rehabilitation-rehabilitation-rehabilitation," so we're running up Everest" rehabilitating to nowhere, and we constantly have to prove to them that we're "rehabilitating!!!" And they deserve to be here in this assisted living facility. My problem is with the staff, not the residents. We're tired of talking and meeting with the staff five hundred times this week - they're not doing it for us. They're doing it for themselves for the paycheck, to fool people and prove that they're important and necessary. Let them go to .hell... This is not assisted living. It's a North Korean re-education facility Mental health Gestapo. Let them go to hell and their "North Korean ,rehabilitation." As far as Doria and Sa'ar are concerned, we are small retarded children, "poor saviors" who are doing humanity a favor and .teaching them how to live properly

?What are you thinking about now? Is something bothering you -

I just remember my family, my sister, my father, and my mother - they - always think I'm retarded, they always talk to me like a retard and always ,treat me like a retard, so let them accept a retard like my brother. Come on let's go to a stinking institution. For them, there is a direct connection between "mental illness" and "mental retardation." Alekh, a "sensitive poet," take the poems and shove them deep up Mom's ass! And Kati from Canada, my psychiatric relative, also thinks I'm a mentally ill retard. And what is retarded in their eyes? What is mentally ill? - A smart dog that licks the master's hands. That's what I am to them and you can't do anything about it. That's how you are to them. That's how they know you and that's all you'll ever be to them. "Crazy retarded." What a defective .zero, a scumbag, and all I'll ever be

?Can't you talk to them -

My family doesn't talk to me. They talk about me behind my back but - never talk to me face to face because for my fucked up family, I don't deserve to be told the truth to my face or to be talked to like a dog. I hate ...them

?Why is it like this -

Because my parents and family are narrow-minded, primitive, provincial - scoundrels who believe in all the prejudices and all the racist opinions in , the world. Either you are "one of our people," "normal and normative," "a person from the community," or they mark you with a big X and dismiss "you outright and forever and never talk to you. Either you are "one of us or you are "not one of us," and I have fallen from grace and am now considered "not one of us." In their eyes, I am ungrateful, retarded, a crazy idiot, a mentally ill, lazy, stupid, spoiled, a cuckoo-eating parasite, a dog

that needs to be kicked out and kicked out. - You can't talk to someone like that who has already marked you with an X. It's not a force at all. I have no reason to approach them about things when they have already dismissed me in advance and nothing will change that. And you know what, they're on my dick. In ten or twenty or thirty years, neither I nor they ...will be alive, so it's on my dick. They're on my dick

?How are you feeling, brave spirit -

Avitar Banai sings very beautifully what I feel now in his song "Fathers - and Sons" from his first album "Avitar Banai" from 1997, the last track of the album. I already heard it for the first time 27 years ago. I felt that it summed up what I feel towards my family. I would have preferred to grow up an orphan - you know, from a young age I had the feeling that I was an adopted child in my screwed-up family. I remember me at the age of five ,or six asking my mother, "Mom, am I an adopted child?" and she was like "I'm really a stepchild for God, an adopted child of life." - I just wrote a "song, "An Adopted Child of Life

There is a lot of sadness and anger in this song. You feel rejected by -
.your family. A brave spirit

.My family will go to hell. I'm tired of talking about them -

You're tired of talking about them, and on the other hand, it's an open - wound that never healed that you keep coming back to... You're stuck there .and can't move on

.I'll be free from all this shit when I know my parents are already dead -

?And what about your sister -

.Go fuck yourself, I'll delete her from my life at some point -

?And what will you do when you need some help -

,She won't help me, neither she nor her autistic and antipathetic husband -
.so I'm not going to beg her or ask her for anything, go to hell

The social workers, doctors, and staff at your assisted living facility will -
contact her because she will be the one who, by law, is "responsible for
".you

I won't turn to her. When my parents die, she'll be dead too, as far as I'm -
.concerned. She'll take my parents' inheritance and shove it up her ass
.She'll take everything from me. I don't want anything

.You can't run away from your family, brave spirit -

Yes, unfortunately, it's true. It's especially true when my family is like a -
"crime family, a mafia family, a mafia family like in the "Godfather
, movies with Al Pacino. Family is everything and a person is nothing
.especially if he goes against the family or disobeys the family

, You dreamed in your youth of freedom and being free from your family -
and in the end you are bound to it with iron chains, dependent on their
.goodwill

They say they love me but do. My family is another big abuse -
everything the opposite. They will never let me live the way I want. They
will never give me the freedom to live my life the way I want. They will
never accept me for who I am. I will never be "good" or "normal" enough
.for them. As far as they are concerned, I am a disgrace to the family
Retarded and mentally ill. Crazy and abnormal. I will never meet their
expectations or their standards. My family is like a mafia-like aristocratic
family - whoever does not meet expectations and standards is evident from
the tree and the branch sooner or later. Whoever fails to bring healthy
offspring and meet the expectations of "continuing the dynasty." Whoever
does not get a degree and earn a living and get married and have children
is evident from the family sooner or later. Without any sentiments, without
any mercy, because the fucking family is above the individual in their
".eyes. These are "family honor values" and "woman honor values
Because what is a family? A family is a marriage between a breadwinner
and a faithful woman who gives birth to heirs and descendants. The family
is first and foremost the woman. The mother who gives birth to
descendants and the father who accumulates property and makes a home
for himself - so that even before you are born, your fate is determined
within the family and you grow up into the expectations and demands of
your family and woe to you if you do not live up to them. The family will
not forgive you if you grow up and live as you "wish" or do "whatever you
please." They will never allow such a thing. They will never allow you to
forget where you came from and to whom you must obey and give an
account. If you are an exception, you are immediately a disgrace and a
shame to the family and they will sweep you under the rug. They will
make sure that you die in some degenerate institution hidden , hidden and
hidden and immediately buried in a donkey's grave and everyone will
,continue as if you were never born or existed. In my case, my parents
especially my mother, poisoned everyone against me. This witch poisons
the wells. She spreads lies and plots about me that did not exist and were
not created except In her sick imagination , this old witch woman has
,already lost all connection to reality. She believes the lies she invents
building an alternative past in which she was always an exemplary and
holy mother who never did wrong or wronged or sinned against anyone
and never hurt anyone. Only we didn't deserve her because we didn't listen
,to her, didn't respect her, and didn't obey her. That controlling, charlatan
manipulative, petty, cowardly, stinking, filthy monster. A stupid, disgusting
!woman. I wish she would burn in hell

Don't you think she suffered or is also suffering from feelings of guilt for -
?everything that happened to your family

I piss on her and her guilt... The damage that this old witch woman has -
done to me my entire life is irreversible and unforgivable ! She ruined my
...life! I just wish she would just die already

?What would let you know that she is no longer alive -

This will let me know that she is no longer in my life, that she has flown -
out of my life and I will not hear from her again, and she will not play with
my soul and heart anymore, nor will she spread lies, nor will she interfere
in my life - but it seems to me that this bitch will live to be 200 years old
because witches live longer than anyone else. I would die to see her
burned at the stake like a witch in the Middle Ages, as she deserves, but
from what it looks like, this bitch will bury me because I am not going to
... live much longer, I will probably fall behind her, apparently

?What about your father -

My father is just a mother's errand boy, a servant and a eunuch for my -
mother and my sister. He does everything my mother and sister tell him to
,do because he is afraid of them. If there wasn't a rug for my mother's feet
she would divorce him and take half of the property with her and throw it
"to the dogs. He is afraid of losing his ninth rib, his "helper against him
because in my family, being divorced is also considered a disgrace and
shame. And my sister is the "heir" as my father used to call her since she
was little. She is the pride of the family. She is the one who married and
gave them grandchildren and granddaughters. She is the one who will take
,care of them when they are nursing homes and mentally debilitated
psycho-geriatric - no matter how much our family was a sick house and a
sick and screwed-up family, my father and mother never thought of
breaking up the package because it would be an admission of failure... Do
you know why my father and my mother fought like lions so that I would
be a disabled IDF soldier for 15 years? To That they can believe their lie
that they didn't send me sick to the army, but that the army made me go
crazy and become mentally ill. That's how they silence their feelings of
,guilt. The sons of bitches live in my imagination , in fantasies - tell me
can I even have a conversation with these slobbery retards ? They live in
their own imaginary world and it's impossible to reach them at all, neither
with words nor with actions. There's no point in talking to them. They're
...deaf and brainless and heartless. Let them go to hell

?And what about your sister -

.My sister? She's already a bitch from the Premier League of Disgust -
She also helped my family, my mother, and my parents destroy my sister's
life. She's the epitome of selfish egotism. All she cares about is herself. All
she can talk about is herself and her world. Her existence revolves around
her little ego as if it were the center of the world. She thinks she deserves

everything. And when I got sick, she was happy for Edie. She was literally ecstatic when I would call from the hospital and cry to Grandma on the phone and beg them to let me out of there. She would give the receiver to my sister. My sister would say to me, "Do you recognize me? It's your sister." Then when I said, "Yes," she would slam the phone in my face and have an orgasm. After that, the staff would confiscate all my phone cards so I wouldn't bother my twisted family. In fact, the year I got sick was also "the year my sister got married, and it was the "wedding of the century between her and her autistic, antipathetic, disgusting husband. And I danced like a drugged monkey for them in front of them. The mockery of all the changed guests. I remember that she insisted on playing me the song "Melting in the Rain" by Yehuda Poliker when I left the hospital for .all that it implied, to rub salt in my wounds and humiliate me even more Hello, you stupid, fucked-up brother, you finally ate her. Now you're the" fucked-up trash and I'm the winner of the two of us. I'm going to get married and win the whole pot and they're going to throw you to the dogs in some changed boarding school. You stupid, be happy and dance to "!!!celebrate the day I made you happy and my victory over you

?What do you wish for your sister, a truly brave spirit -

Death in excruciating agony and then burning in hell forever is what I - wish for this bitch and her autistic and elitist husband, who will both burn forever in hell... A bitch from the real estate aristocracy A bitch from the bourgeois Israeli aristocracy... It makes me laugh that after all the shit I've been through from her and the shitty and humiliating treatment she's been given, she wonders, "Why doesn't my brother come visit and lick my ass Why doesn't my brother keep in touch with me?" "Why doesn't he" "?" celebrate my and my children's birthdays or buy and bring gifts?" She wonders, "Why does he hate me and my family?" As if there's no limit to the stupidity of this retarded bitch, who by the way has gotten fat and now ...looks like a cow

...Can't you forgive them? They're your family -

To hell with you and your forgiveness! I'm done turning the other cheek - just to absorb more punches in the face... There is no forgiveness and no pardon for what they did to me and the day will come in this world or in another dimension and world that they will pay the full price for it and receive exactly what they deserve... Just as I have physically eaten shit all my life from them, so I will feed them my shit and thoroughly and systematically ruin their lives until I leave them with nothing, and then we ...can say that we are "equal" and satisfied

We doubt that this is really what you want or wish for yourself and for - them, a brave spirit. We doubt that when you are up here with us, you will even deal with revenge on them or anyone or will even want revenge. In our opinion, it is better for you to work on how to suffer less and how not to get addicted to recreating negative, toxic, and addictive traumas and emotions... In everything related to revenge and accounts of duty or right

between souls and people in this world, only God is allowed to deal with this. And for your family, we are sure that there is much more than your pain that you do not notice or know about. We think that although your family will disagree with us, your parents and your sister have already been punished in their lifetimes for the bad deeds they did to you and they know it better than you do and in their hearts they are sorry that no one in your family will ever say sorry to you or ask for your forgiveness or express an apology to you... We think that they will not apologize or ask for forgiveness because they do not believe that what they did to you can be atoned for or fixed simply by asking for forgiveness. They think it is pathetic. And sadly, too little, too late, and if that's the case, they prefer to fill their mouths with water rather than talk about what happened and ...forget... You could say they live in painful denial, a courageous spirit

Go to hell with you! You "spiritual guides"! Go to my "editor" that - filthy, stinking bourgeois son of a dog, the son of a thousand whores, the ,arrogant bourgeois who plays the knight of Hebrew poetry. Go to hell readers and lovers of Hebrew poetry , all of you who will loathe you while you're alive but will love you when you're dead. Go to poetry and writing and art and beauty and all that ass -shaming. The most beautiful thing in the world is genocide! Atomic or hydrogen bombs exploding on human !cities rotten with stinking humanity

(sad silence) Do you have any more "pearls" like that that you want to - say, brave spirit? We know that you are bleeding profusely from pain right now and there is nothing we can say to comfort you - it is in your hands what to do with this pain, brave spirit, you are the one whose job it is to calm and heal yourself. We cannot do it for you. Unfortunately, no one can do it for you. And the more you scream and feed and intensify this pain within you, the worse your situation will become and the worse it will get you will fight your own demons and your pain. We can only pray that - .you will find a way to calm your soul

.....

This assisted living facility is hot, humid, dirty, smelly, and full of - cockroaches, insects, and cockroaches of decay and sewage, like the residents and staff. I hate this assisted living facility, the residents, and the staff, but I have to keep playing it "social" and lick them as far as I'm concerned, that everyone will go to hell, that Doria and Saar will be mentally ill who need rehabilitation and treatment, and will be dependent on families who don't love them and on staff who will grind them into !shape. I hate being here. I hate even existing in this stinking world

?What will a brave spirit do -

One day when I'm ready for it and there's a good opportunity... I... won't - ...be anymore

?Are you serious? Are you serious -

This is a legitimate option and there is nothing wrong with it. If we - didn't live in a hypocritical, self-righteous, and scoundrel world and society, if I were a millionaire, I could arrange for euthanasia in Switzerland with permission and funding. But that is reserved for privileged, elite millionaires who have angels from heaven wiping their poop and shoving a golden spoon of sweet cream up their asses. They buy themselves euthanasia and sweet euthanasia when they don't feel like living anymore. As for me and my ilk, we have to go through hell to end our lives that aren't worth spitting on. And I could still get in trouble for writing these things because a diagnosed lunatic who talks about suicide or depression is forcibly hospitalized in some psychiatric facility and sent through seven generations of hell. Their brains are fried with electricity and bombarded with drugs, pills, and injections, and they tie them up and give them beatings, threats, and humiliations until they are released. If they are released like a dog on all fours, they go straight to a hostel. We are pissed off and rotten with "rehabilitation counselors" retarded girls in their 20s and 30s like our florid rehabilitation counselor Doria who think they know everything and that they will re-educate us like in the Soviet Gulag and social workers who think they are God and demand "respectful discourse" if the staff or association of this housing think that by threats and coercion they will make me cooperate in my own rape and rehabilitate" that they will fuck themselves in the ass, calm down and shut" ...up

Do you want to fight the whole world, brave spirit? You will only - ...destroy yourself even more

I already prefer the messes that used to go on in the sheltered housing I - ,was in five or ten years ago, where everyone would eat each other, filthy evil, and insane human beasts who eat and fuck and bang each other, and the staff would yawn, scratch, and play with their pussy and do nothing and not interfere, just making sure that the bills were paid on time and the ...paperwork was done and that the sheltered housing wouldn't blow up and they wouldn't force us to "rehabilitate" because there's nowhere to ...rehabilitate in the Pisedmatic. My life Blood of this world

?What are you going to do tomorrow -

Tomorrow I have to cook "shakshuka" with Doria. I have to go to the - grocery store at the height of the heat before the whore comes at noon and buy eggs, oil, tomato paste, onions, garlic and tomatoes. Then when she finally arrives, we will start cooking (as if I don't know how to cook stinky shakshuka). Then spiritual guides will come and when Doria is finished and I will wash the dishes we used. And when no one is looking, I will take the pot or pan with the shakshuka and throw everything we cooked like that into the garbage can (or better yet, down the toilet in the bathroom) everything! (And drain the water) Then I will wash the pan or pot and let it dry and go to the room. I will turn on the fan. I will put on music and light a cigarette and a glass of Amek. This whole stinking world

and Doria and Saar too! This will be my revenge on them! They can force
!!!me to cook their shit but they can't force me to eat their shit

You might find yourself thrown into a hostel with this attitude, brave -
!spirit

This is their threat so that I will "rehabilitate and cooperate" - a hostel or -
!hospitalization or a trillion pills and injections - to hell with them

? Maybe you'll just give the shakshuka to your partners to eat and enjoy -

.....

Well, they called me to the living room where one of the apartment's -
partners was celebrating his 52nd birthday . He bought balloons and a cake
from Roldin and some bottles of soft drinks and handed them out to all of
us, and we wished him a happy birthday and congratulations ... It was
pathetic to me, but I cooperated. I didn't want to spoil his celebration. He's
an orphan and I don't have any brothers or sisters, and he doesn't have
anyone in the world. He has no family. He has a guardian and he works in
menial jobs, and I don't know what he's even living for. His life isn't worth
...anything

**Who the hell are you to determine such a thing?! Brave spirit? We -
- are quite tired of hearing your rants of self-pity and narcissistic rage
your life is not worth more than his! And his life is not worth less than
yours! Who are you to determine a value for someone else's life and
who are you to belittle this gift, this life in this world that you have
received into your hands??? Do you have no sense of responsibility or
shame, Brave spirit? Don't you know that there are those whose lives
are infinitely harder than yours? Those who don't have a fraction of
what you were given in your life??? Who are you to engage in
,comparisons? Who put you to judge?! We are disappointed in you
Brave spirit! You tried and tested our patience until it expired! We are
... sorry, Brave spirit**

Whoever can't stand the heat shouldn't enter the kitchen . "Spiritual -
guides" If you can't stand me talking about my pain, maybe look for
another role, maybe become spiritual guides of trees and flowers and
...insects and butterflies. You're not doing me a favor by listening to me

**,Without us, you will have nothing to write here in your manuscript -
our brave spirit ...** There will be no one to talk to you and call you and
...hear you when you talk to us and we will not answer

You guys keep hinting to me that I can shove this manuscript up my ass -
and that it's just for me and of no interest to anyone then? You're not really
helping anyway. All you know how to do is screw up my mind with words
that mean nothing. It's so easy to say "nice messages" and sweet things

like "peace and love and forgiveness and Puccini. " Muccino: "Your
"!messages are worth ass

**This is what we can tell you and take heart... This is not "messages -
from the Philae " and all this regret . You only want to hear what you
want. You don't understand anything until it's too late. And that's
how your whole life is wasted while you're like a stubborn mule
banging your head against the wall of yesterday and the past and not
seeing the wide-open gate of tomorrow and the future... You are
stubborn, take heart. We tried to tell you things that we thought
would help you or make you understand - we said things that had
meaning and value, but you're not ready to listen yet. You're not ready
to do the hard work to truly change, and we are powerless in the face
of your stupid stubbornness, just as all those who loved you during
your lifetime or tried to help you until they gave up on you were
...powerless**

...(Silence) -

.....

There are cockroaches and roaches and other filth in the room and in this -
.assisted living facility. Spiritual guides. It's disgusting, smelly and dirty
The furniture is old and dirty. The roommate Shmuel sleeps all the time in
the living room on the couch every night with the TV on, on the talk
channel of the dosis and the various converts and their nonsense. It's
disgusting, and it's hot, smelly and dirty here. And there's no air
,conditioning or a/c. I mean, there's an air conditioner in the living room
but you can't turn it on because "we're not millionaires" and all that
... nonsense

(Silence...)... And what did you expect, brave spirit? A five-star hotel? A -
presidential suite? A clean house? And air conditioning in the whole house
and in the room? This is a sheltered housing for the mentally ill in the
community. There is no money and no budgets for community mental
health, and not for your association that helps you and whose help you
despise... We would like to see you actually go to the social club of the
association that is named. I wonder how long it will take you to run away
from there or curse the place and the people and the activities and leave
and decide that it is "not for you" or force yourself to go and gnash your
teeth just because you are afraid of the "threats" of Doria and Saar who are
urging you to rehabilitate. You are not doing anyone any favors, you
know? Not for the association or Doria or Saar or anyone - it's meant for
you to feel better about yourself, to cook with Doria , to have something
tasty to eat besides bread and cheese and pizza and sausage, to go to the
social club to see and talk to people and get out of the house a little... It's
meant for you, but you're not interested in anything. You're against it and
your head is against the wall and they're "forcing me" and "threatening
me." No one is forcing you to do anything. Brave spirit. You're not doing
anyone any favors by being in assisted living. You don't have to "make

noises" that you want to "rehabilitate." If you don't want to cook shakshuka with Doria, you don't have to, thank God. You have enough money to order as many pizzas as you want. You don't have to go to the social club. If you don't want to, you 'll see it as a waste of time and you'll hate the people there. Even the only club that is willing to accept you. You don't want to go and be accepted because it's the "fuckers' club" in your eyes. Congratulations. Brave spirit. You've adopted the same narrow-minded worldview with the same prejudices. And the stigmas that you have suffered from all your life. You have indeed learned from all your abusers and haters. You want to be like them instead of learning empathy for others and tolerance for others and those who are different. You are in love with your hatred and your anger. You like to see yourself as a victim ,because it gives you a sense of security in your righteousness. "It's not me it's them." Nothing is your responsibility. Brave spirit? You don't take a single bit of responsibility for your life and your actions. You only blame others all the time. You are always a victim and martyr of someone and something. And you fantasize about revenge or total destruction of yourself and others as revenge, as if something good could ever come out of revenge or anger or hatred... All you have learned in your life. Brave spirit is victimhood and hatred for others and a lack of taking responsibility for your life. Therefore, you have no one to blame but ?yourself. Brave spirit... What do you think about that

...(Silence) -

.....

?Why don't you go to sleep, brave spirit -

I took the medication but I want to stay awake as much as possible -
spiritual guides

Again, your romanticization of staying up all night and having a - sleepless night? You've almost ended up in the hospital because of this nonsense... But whatever you want... Just remember, you're no longer twenty or thirty, you're 47, you're almost fifty, and anyone who doesn't sleep well at night goes crazy, without exception... You no longer live alone and can do whatever you want. You have daytime duties that pressure you to function during the day, like Doria and Storm, cleaning and cooking and showers and laundry and shopping and running and errands. You can't afford to go to bed early in the morning because you have to function in the morning and take your morning medication and go grocery shopping and bathe and do laundry with Doria and organize the clothes in the closet and cook with Doria . You have to be alert and full of .energy. Tomorrow is not Friday. Saturday is a day of chores and errands

I think that the partner Shmuel, who works as a garbage collector, dirtys - and contaminates the entire apartment and me with the filth and dirt of the garbage cans and trash... This filth spreads from him throughout the

house, in the sinks where he cleans and washes himself, and on everything
.the person touches

So what could it be? You wanted to live in the garbage and sewage and -
filth of existence. Well, your wish came true. You wanted to leave the five-
star hotel that your parents arranged for you in your own apartment and go
.suffer like a madman. So here you go, brave spirit

Maybe my father, with the permission of the landlord and the housing -
...manager, will buy and install an air conditioner in my room

It's strange and you claim that he doesn't care and that he's a shitty father -
and doesn't love you, but for an air conditioner in the room in the heat of
July and August, you ask for his help when you're comfortable leaning on
him and then you scold him and curse at him... Who here is behaving
?kindly

.....

I gave Shmuel my old guitar as a birthday present. He was happy and -
said he would try to learn to play it. In my eyes, this guitar is junk, but in
.his eyes it is a beautiful treasure. He cherishes a musical instrument

We are happy that you did a good deed for Shmuel, who has no one in -
the world and whose life is bitter and difficult and whose suffering is great
and great. But did you do it with a whole heart? Or rather, why did you do
?it

Because I felt sorry for him and wanted to make him happy. He -
occasionally talks about how this life is "not a great bargain" and that he's
basically "waiting for death to come" and that he has no parents. He comes
from a ruined home and grew up in boarding schools and orphanages. He
has a general guardian over him and he works odd jobs. In short, I wanted
to make him happy and I have no intention of playing this guitar, so I gave
...it to him

?Do you and your other partners help each other -

I have a good relationship with Shmuel and also with Israel and Roy -
with everyone, all my partners, I have no problems with them. I try not to
get angry with them and to respect and consider them and accept them as
they are and we don't just gossip about each other and don't do things
.maliciously against each other

It sounds like you're learning to trust and get to know them and they -
.you... Tell us about your relationship with your partners

When I arrived here three and a half months ago, I spent a lot of time in -
the room. Shmuel helped me adjust to the apartment and I would meet Roy
and Shmuel on the balcony in the smoking area when I would go out to

smoke. After that, I started talking to Israel, who is the oldest here, 57 years old, and we are on the same page. He helped me and I tried to help him. We would talk a lot about what was going on in the apartment and about the staff and the other tenants. Israel asked me not to tell anyone what we were talking about between us and I agreed... After that, I started to isolate myself more in the room and not really function in the apartment. I started to suspect that Shmuel was eavesdropping on me when I was making video or audio diaries and telling my most intimate secrets to the staff (informing on me). I became paranoid and suspicious of Shmuel and Roy and I shared my suspicions and fears with Israel and he dismissed them as untrue. In the end, there was a residents' meeting and I discovered that no one was plotting against me and it was all in my head while I was isolating myself in my room. Since then, I try not to be in the ...room all the time but to go out a little every now and then

.....

Chapter Three

?So, how was it to cook and eat a brave spirit shakshuka -

Doria is a scum of a housewife and a rehabilitation counselor. She's - garbage. And that's how it was to cook with her, and that's how her shitty shakshuka was. It was like eating shit with salmonella and heartburn that wouldn't go away. If I were a man, I would tell Doria that I never want to cook with her again. If I didn't have to lick this flower, I would tell her exactly what I think of her and send her off to find someone to shake her up... The shakshuka of an institution, a soup kitchen, a nursing home, or an .orphanage

...(Silence) -

.....

We want to talk to you about something, brave spirit... about your future -
...here in this world

...(Silence) -

We are concerned about you about the unbearable ease of not taking - responsibility for your life and your future, brave spirit... If we speak frankly and remove the beautiful words, you should really try to recover and take responsibility for your life because this is your key to an independent life and your next years, because otherwise, if you continue to rely on rehabilitation frameworks and your parents or family with all the

difficulty and burdens and the full stomach you have for them, you will not get far in the evening of your days. You will face a lot of trouble on the path you are taking today. We are talking about financial troubles of not knowing how to manage your expenses and income and your bank account. We are talking about health troubles when you start to lose your teeth completely and your eyesight will deteriorate and weaken, and your ,chronic background diseases will be added to your blood pressure cholesterol and fats, diabetes, heart and lung problems, and all the diseases of old age, which will make you weak and worn out and unable to take care of yourself anymore - in which case you may be thrown into a hostel ,or an institution. Nursing home and you will lose everything you have your computer, your relative independence, your credit card, the relative - freedom you still enjoy. Everything will go to hell, everything you have **all of this if you don't take yourself in hand and start taking it seriously and working on recovering in every way here in this assisted _living facility. To recover mentally, economically, healthily ,occupationally, socially, nutritionally , etc. Otherwise, at an older age ,after your parents leave you an orphan or are no longer in the picture ... you will be left with a broken trough**

Go to hell! You are no different from the family and parents or the staff - here at the housing who want to dictate to me how to live!... It's been like this my whole life. My whole life there was some shit that wanted me to do and live according to his wishes all the time. This shit... I'm fed up... Go !to hell

!We wish you a brave spirit -

The road to hell is paved with good intentions. Apparently, all the - communication with you and this manuscript was one big mistake... I will live according to what I want, how I want, as much as I can and am capable of, and when I no longer have freedom and lose everything, then I ...will recalculate my course and... I will no longer be

".It's terribly easy and terribly romantic to say and talk about "not being - Fortunately, we know that you don't really mean it, don't really want it, and don't have the courage and desperation to do it to yourself... You love life too much and you're too afraid of death. It's like a bunch of empty words with nothing behind them. You won't do anything to yourself. Even if you lose everything and are thrown into a degenerate institution or are chronically hospitalized in a hospital or even a prison or a jail or a prison cell , you will still choose again and again, no matter how miserable and ...difficult life becomes

You are very optimistic spiritual guides. It seems to me that the only - reason I am still alive is because I do not know how to end my life effectively, painlessly, without leaving behind a mess and horror, and that will leave me with basic human dignity. I inform you that if I had a license to carry a weapon and a weapon with ammunition, some gun and

cartridges, I might not be here with you, babbling our nonsense in this
.insignificant manuscript

So how lucky you are that you don't have a license to carry a weapon -
and that you don't know of an easy way to end your life, and you are here
.with us, alive and well, suffering and complaining, but alive and well

...!Go to hell -

...(Silence) -

.....

My stingy, son-of-a-bitch father doesn't want to buy me an air -
conditioner for my room and pay for the installation, but he's looking into
the possibility of a mini-cooler - a device that cools the room with water
and ice, but is ineffective when there's high humidity like on the coastal
plain where I and my assisted living facility are located - I sent him a
message that I'm giving up on an air conditioner and don't want a mini-
cooler for my room and don't need anything from it or them, and that the
fan he brought me is enough. Thank you very much and have a good
...week

?What will you do now, brave spirit -

What do you mean, what will I do? Sure! Shower every five fucking -
.minutes! I don't want anything from my motherfucking parents for me
They're already dead and still making sure there's money in the bank. But
if you think I love them or you're going to make me "love them" and be a
good boy" and a "good son," go fuck yourself ! I pray that their flight to"
Switzerland crashes in the Alps and they die with all the passengers and
!crew

...(Silence) -

.....

==

.....
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We wanted to tell you, brave spirit, that it is precisely when you are -
feeling bad and are torn apart by a storm of emotions and upset that it
makes you creative and fruitful in your writing and in the poems you
write. We wish you to continue to live a life that is as good and fruitful as
possible from a creative perspective, so that you can always write poems
and do whatever you want... You have written some interesting poems in
recent days, even if they are painful. It seems that you are doing something
,with your suffering and pain and anger. You know how to express it well
and it gives you the strength to continue. Please continue like this every

time you feel bad or angry or hurt and upset. We will be happy to read and see your poems, brave spirit, and we are sure that the readers of this manuscript - the real readers who will be able to identify with what you ...write here from the blood of your heart - will also benefit from it

Does this mean spiritual guides that something did come out of this -
...???manuscript

It depends on your brave spirit, but only if you continue to do your best - to recover and adapt to your sheltered housing, and to contain and calm your pain and anger, and to take your medications as needed. We assure you that this manuscript will indeed be published in some form and will have readers, so please make sure it has a happy ending that will be worth (: reading over a hundred plus pages

We really did a bit of digging here now because the first part is too big - for DOSBox. For QText, I am starting part two, and the first part contains it will probably take up many morePDF, orDOCX about 113 pages and pages... I no longer know what this essay or manuscript is supposed to be ? or should be? Autobiography? Conversations, communication Documentation of graphomaniacal mental pathology ? Spiritual psychotherapy? I don't know. All I know is that I'm writing here by association and in the stream of consciousness, as if... Can anyone still read an essay that is over 100 pages? It seems that the younger .generations, and my generation too, have a tendency to lose concentration People can no longer concentrate and process information that is longer ...than a TikTok video

Do you still read books, brave spirit, or have you replaced the physical -
?with the digital

I'm trying to get back into it, but it's hard. I listen to recorded -
...audiobooks and read some digital books, but really little

By the way, what did you end up doing with the shakshuka you made - with Doria , the rehabilitation counselor? Did you eat it and what did you ?do with what was left

I gave it to my partner Roy to eat. I told him it gave me heartburn and I - didn't want to or could eat it. He ate it and washed the plastic container it .was in

We're glad you didn't actually throw it down the toilet or in the trash like - you brag about in anger and rage yesterday. Nice, at least someone .enjoyed it

.....

...We want to talk to you about your shadow, brave spirit -

?The shadow -

Yes, all those things that you repress and are ashamed of or that you -
were taught were forbidden... such as sexuality, homosexuality, sexual
deviation, and your relationship with that lover of yours during the days of
Jerusalem when you were in your twenties in the late 1990s and early
.2000s

I've written about it enough and dug into it enough, I don't really want to -
...dig into it again

And yet, what is your attitude, opinion, or beliefs regarding sex and -
?sexuality, sexual deviance, and homosexuality

(Sigh) I don't think about all this and as I get older I don't deal with it -
anymore. The drugs I take chemically castrate me. I can't have an orgasm
so there's no point in even masturbating and porn has stopped interesting
...me since the doctors decided to castrate me with drugs

?Why did they decide to castrate you, according to you -

Because during my last hospitalization in 2007, my parents reported to -
them that I was heavily addicted to Internet porn and surfed all kinds of
porn sites of sexual perversions and spent entire nights on it instead of
.sleeping and masturbated a lot like a sexual pervert

?When did it start, Brave Spirit -

It started small during my boarding school days in Jerusalem, a blue -
magazine here, a blue video there from Videomat, encouraged by that guy
who wanted to completely corrupt my soul with the lame claim that
".sexuality is our freedom and our full right. Sex is part of the divine in us"
Just the gibberish of a perverted, drugged, alcoholic homosexual, and I
.believed his lies

?When did porn become an obsession -

About when that maniac bastard wrote to me from California to go fuck -
was an asshole myself and that I

?Tell us about it -

I just dropped out of my stupid studies at the stupid university and so I -
found a new hobby - surfing at night to cyber sex chat rooms and looking
for a cyber sex partner. I wasn't picky about their sex as long as the
deviation was appropriate. I also surfed the juice sites of porn's garbage in
all its shades and deviations. I would surf all night until morning and then
go to sleep until the afternoon or evening. I would masturbate (masturbate)
about 6-5 times a day and these were my most wonderful and best
- orgasms. The world situation and here in the country was in the face

terrorist attacks, wars and all that and I found solace in porn and these deviations and in my nightly excitement. I no longer had friends like when he was in Jerusalem. I lived in my grandmother's apartment alone with no one and I would walk around my city as a young man and feel like some kind of weirdo, cut off from life. I didn't study or work. I didn't do anything with myself. I would listen to music from the time of Jerusalem and sad music and think about All the friends I lost and that bastard who laughs and pisses on me all the way from America and my heart ached and .I felt longing for someone who died and would never come back

We hear that you mourned a time that ended and a love and friendship -
.that ended in disappointment and a broken heart

I would also watch the old movies that we all watched together at -
boarding school on video or at the cinema. I would watch and remember
my friends and Avi (that was the name of that beloved). Sometimes I felt
.like I wanted to cry but I couldn't cry

?What movies, for example -

lost and delirious, good will hunting, forest gump, matrix, scent of a -
woman, the doors, blade runner, fucking ammel , kiss of the butterfly ...
and all And at the time, I had a small library of music albums and videos
that I collected during my stay in Jerusalem. I also had the paintings that I
painted at the boarding school, and also a lot of photos and negatives from
my camera that I took of all of us there at the boarding school and in
Jerusalem, and also a lot of paintings that I painted at the boarding school
and portraits that I painted of people who were there with me and places
.that we were in

?What did you do with all those memories and mementos -

I ended up throwing them in the trash or destroying them one way or -
.another when I could no longer stand the pain they caused me

?Did you love him? You, Aviv -

Yes, I loved him without knowing that I was in love with him. I saw him -
as the coolest, smartest, and kindest person I had ever known in my life. I
trusted him and believed him in almost everything. I told him personal
things about myself that I had never told anyone before or since. I wrote
him letters that were actually love letters. I was sure that we would remain
friends or acquaintances for the rest of our lives. He would be in my life
for the rest of my life. And he betrayed me and abandoned me. He knew
full well that I was in love with him. He gossiped and told what I told him
to the staff and people at the boarding school. He showed the letters I
wrote to him to the staff at the boarding school without asking permission
behind my back. Without me knowing, he told me, "I would like to save
you." And to me, he was convinced that I was a closeted gay who came
from a homophobic family and wanted to make me come out of the closet

and be a proud gay man, just as he eventually came out of the closet
,toward the end of boarding school and became a cynical, disgusting
arrogant, arrogant, and condescending militant gay man who hated straight
.people

What was it like for you when you were in the same room with him at -
?the boarding school

It was a very good time for me, from a passive rehabilitator who only -
did the bare minimum in terms of functioning and had no social skills, to
an antisocial introvert who would lie in bed every free hour in his room
and listen to sad music and feel sorry for himself or be angry about the
hospitalization and the crisis he had gone through and about his family. I
suddenly became an extrovert and sociable person who initiated social
connections and came to the heart of the therapeutic community at the
boarding school and talked and spent time with the other rehabilitators and
the staff and the counselors and learned social skills and got to know the
other rehabilitators and joked and told jokes and tried to make others laugh
and smile - and underwent full social, functional and occupational
rehabilitation, started working in placement work and happily did the
cleaning and chores of the boarding school and I blossomed and
everything went well, so people wanted to be with me. I started to be
careful about hygiene, to bathe and wear fashionable and nice clothes and
wear perfume. I shaved and grew a French beard. I looked good, even
handsome. We were all twenty years old, so we looked Both the male and
female rehabilitators are handsome and the boarding school became a
home, a place to belong to and to be part of. I felt like I belonged
...somewhere

?How do you explain this transformation -

I was in love with Avib and he returned my kindness. He helped me -
...make friends with his friends there, all of whom are gay and lesbian

?Did you know they were like that -

They were all in the closet and Aviv was in the closet too when I realized -
and knew for sure they were no longer in my life... At a certain point when
we were still together I knew about Aviv and my friends but I thought that
just as I accept them as gays and lesbians they accept me as straight... My
therapist told me then "You don't know who your friends are" and I didn't
.realize how right she was until it was too late

How do you look back today on that period of the boarding school -
?rehabilitation institute and Jerusalem

One big Israbeloff A period of lies and deceit of work in the eyes I -
believed in love and she lied to me and betrayed me and I was her fool and
I would have been better off staying introverted and turned off in my room
with the music and depression and antisocial rage and not believing

anyone about anything and they would have sent me to an institution or a "hostel for the rest of my life... The whole miracle of my "rehabilitation was a lie and one big bluff All my friends were bluffs and I was everyone's there and in general exactly as he wrote to me in theFUCKING JOKE fuck you last letter, definitely his with his

?How did it come to be that this is what he wrote to you -

Because I wrote him a letter full of curses and insults, and this is - because I understood that he had no intention of maintaining contact or ,returning to Israel anymore. He cut me off and all his promises of love ,friendship and companionship were one big lie. He wanted to suck up sex drugs and money in America and he left me in the changed Israel that he so detested and hated... End of story... Even if I had written to him at the ...height of intelligence Emotionally, he would wave me off

And now tell us, brave spirit, what is your opinion and belief regarding - ?homosexuality

This is a sexual perversion, forbidden lust and sin without love and - without monogamy and without anything divine in it, or simply a Sodom and Gomorrah of sexually ill perverts without morality or conscience, but they pay for it in their later years when they die alone, childless, without love, without children, without offspring, and also without sex, when they are old and ugly and no one wants them, they have been fucked their ...whole lives and in the end they die in loneliness and depression

?Are you homosexual -

I am a sexually neutered eunuch, so it doesn't interest me. I am not - looking for more sex, sex or love from anyone or anything. As far as I'm concerned, it's not current, interesting or important. A mentally ill person has no right to their own sex, sex or love. That's why they castrate him chemically or surgically, and that solves the problem. And anyway, we all ?die alone, so what does it matter

And what if you weren't "sexually emasculated" as you say? The heart - ?wants to feel love from someone, doesn't it

Love from whom? From my homophobic and racist family ? That taught - me that being gay or being crazy or abnormal like everyone else is worse than being a murderer? From the psychiatric and rehabilitation establishment that believes that homosexuality is a dangerous sexual deviation and that a schizophrenic is a human animal and a retarded and dangerous sex pervert? I remember all the encyclopedias in our home library that I grew up with, all of which were written before 1989, and in all of them masturbation is a sin against God that is punishable by amputation. Homosexuality is a pathological sexual deviation and a criminal offense and a mental illness treated by torture and forced treatments such as castration, bondage, electrocution, lobotomy surgery

and neuroleptic drugs that the devil did not create... These are the true values of Israeli-Jewish society and my family - "You're missing out on
?!"not being normal when you grow up
?Don't you think you deserve love, brave spirit -

.Love doesn't grow on trees and in my opinion it doesn't grow at all -
There is no love in this shitty world. And even if there is love, we will never know it. What there is in this world is false love. Love that depends
?on nothing. Love is nothing. Who needs this shit anyway

You need love in life, brave spirit... You need love and need it, and it is -
your right to love and be loved... Look what being in love with someone once made you do in boarding school! You raised yourself from the ashes
and your personal destruction after your hospitalization and you rehabilitated in an exemplary manner, you made friends, you rehabilitated socially and functionally, you even rented an apartment with a roommate after the rehabilitation institute ended... All thanks to your belief in your
...love for Aviv

Love that was worth ass... It was enough for me to be the sucker for love -
once, now that I've already eaten it, I no longer have any illusions about
"love"

What about Liat? The inpatient who was with you in the open -
psychiatric ward in 2007, didn't you love her or at least like her? What about the older Ariela, who you used to go out and sit with on weekends in cafes and restaurants and would come visit her in her assisted living
?facility? Don't you miss her

These pathetic attempts to create bonds of closeness and love between -
me and women were all in vain... Liat was released from the hospital before me and went back to living her fucked up life and Irala She passed
...away in 2010 from lung cancer, leaving us all heartbroken

?In all of this, it shows a need, ability, and desire for love, doesn't it -

(Silence and sigh)... In all this I'm 47 years old, almost fifty at my age -
and in my situation, who would want me? Do I have anything to offer? Do I have anything to give? Nada! All these manhunters want money from old, unmarried, single men. Leave you women, men, friends, girlfriends,
!love is just trouble

So you want your peace, huh? If so, why are you always crying that -
?"they don't love me/they didn't love me"

Because it's true and it hurts and it hurts how true it is and it's true how -
...painful it is

?So... will you find solace in writing songs? Programming ? Hobbies -

This is my occupation or occupations Occupational therapy is what I -
have left to do with myself As for the songs, no one cares... Same goes for
programming and all the other things I do or don't do... No one cares what
I know or want to do with my time No one appreciates what I do All they
care about is that I'm "rehabilitated" That I'll go to a social/occupational
club That I'll cook That I'll clean That I'll do the laundry That I'll shower
That I'll pay the bills Other than that, no one cares about anything " Robot
Work!" Be a robot Be a zombie Be a pissed off slave Without a soul or - !
free will

, We understand that "recovering" and cleaning, cooking, doing laundry -
showering, and paying bills is "not sexy or interesting" like programming
computer software or writing songs all night long, but in all of this, these
are the little details that are the basis of life itself. Without them, you will
have nothing and you will not be able to do what you do love, like writing
...or programming or whatever

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I still can't quite believe or accept that I'm here in this assisted living -
facility again after five years in independent living. And if you ask me how
I feel about being here, the answer would be that it feels like a colossal
fatal mistake that I'm in this place with this fucked up staff here, Doria and
Saar, with their threats and coercion with their insinuations of
rehabilitation. I'm slowly disillusioned with the illusions I had in the first
days, weeks, and months in this place. Today, I understand that this place
is a complete mess - no one rehabilitates simply when they decide or it's
convenient for them. They throw you out and get rid of you, either to a
hostel or to independent living. Anyone who can't stand the heat and
humidity and the mind-numbing and stupid rules of this housing in the
long run flies away... The association and the staff are not here to
rehabilitate. They are here to grind and screw you and destroy you... They
don't let you live here. They get into your veins and soul and sit on your
brain all week. It's the same shit when I lived in my apartment and my
...mom and dad were on my head and sucked me in. The sanity

We don't think you can just leave now, you have no choice but to stay -
there and prove that you want to and can go through a rehabilitation
process and try to get along with the residents and the staff and the
framework and the conditions as best you can. You really have no choice
Brave spirit. You pretty much screwed yourself when you gave up on
being in independent housing... Now you're stuck there and you're
dependent on them and they can decide on you and impose whatever they
want on you

Saar needs to come tomorrow so we can have a conversation - I don't -
, know why at all. I have no idea what he wants to tell me or update me on
maybe about the social club or something, while I have nothing to tell him
and to tell the truth I don't feel like talking to him at all or telling him
things about myself or sharing with him what I do in programming or

writing and in general if I tell him about our conversations and this manuscript he will classify it as a symptom of mental pathology and report it to the doctor and she will pump me up with medication. That's how it is here. There is no legitimacy for anything that goes beyond the rules of the ,narrow psychiatric social protocol. If you talk nonsense and are strange they will pump you up with medication so that you will learn a lesson and in the future you will speak logically - Saar is a mind without any spirit or soul, he is a pure ego waiting and expecting his promotion to be a branch manager in an association... That's all he is interested in. If I give him a fuck about our conversations and spirituality and my personal faith and the .manuscript, he will decide that my situation is deteriorating, as Doria did Alek, there is no open mind beyond the therapist-patient relationship and .respectful discourse and speaking logically and sanely and rationally There is no room for spirituality, intuition, and spontaneity. They are brain-dead like our parents. For them, we are always flawed in every situation and in everything we do. Only they are perfect. Only they have the final say in judging whether something is sane or not. Let them go to hell. I don't want to share anything with them... Let them go to hell and their rehabilitation... Rehabilitation according to the psychiatric establishment's book... And Shmuel here and Roi, who are the veterans, are just the pets of ...their generation, their retarded and stepchildren. Let them go to hell

It's natural to be angry and suspicious in a new place, but the more you - give them and this housing a chance, you might discover that there is actually something to share with them and someone to trust there... We ...hope so at least

When I moved here, I lost the halo of the social worker who gave me the - freedom to be myself and do whatever I wanted. She never forced anything on me, threatened me, or demanded that I go through rehabilitation. It was good enough for her to know that I was doing what I loved and enjoyed and was free. Now I no longer have her protection and the protection and privileges she gave me. From now on, here they will treat me like a normal, fucked-up mentally ill person who will have to prove himself from now on and on - a collection of symptoms and pathologies of an illness, that's all. This housing feels like a small psychiatric ward in the community where they can throw me out at any moment they want and get rid of me if I don't meet their expectations and be a million percent okay... The smallest mistake and they can throw me into a hostel or talk to the doctor who will fatten me up with medication or ...hospitalize me

You find it difficult to trust strangers. You are a great pessimist about the - ...nature of the people around you

I don't think Doria and Saar deserve my trust. They haven't proven - ?themselves to me. So why should I be honest with them to the end Everything I tell them will be immediately reported and written in my psychiatric file. Do you think they care about my unrequited love for Aviv? Do you think they're putting a damper on what I've been through in

?life? Do you think they care that I suffer from my parents and my family
No, they cooperate with all those who destroyed me, talk about me behind
their backs and report on it and write in the file who knows what... And
then one fine day you discover that from the perspective of the system you
are "very, very, very, very seriously ill" who needs to be given the worst
medication and treatment and the shittiest treatment because "what does
this retarded fucker even understand?" That's how doctors are and that's
how Saar and Doria are. They judge you according to regulations and laws
and according to the book and will never give you the benefit of the doubt
or believe you or in you. They will always look at you from behind the
...catalog of symptoms and pathology

You've only been here for three and a half months at Courageous Spirit -
Housing... Can't you give them some credit? Some trust? We think that not
all people and not all professionals who turn to the field of mental health
rehabilitation are bad, narrow-minded people - we are sure that if you
speak with due respect and reason with Saar, for example, about what is
important to you to talk to him about, he will understand better how to
help you and you will receive unqualified support from him. We do not
think that he earned a bachelor's degree in social work and is now studying
for a master's degree to be an evil maniac towards you or towards anyone
In our opinion, you are preemptively demonizing him without foundation
and attributing to me intentions that he does not have... Do not rush to hold
a person accountable and accountable. Give him credit - in all of this, you
have a conversation tomorrow, so you need to talk about something. Try to
see how you build a relationship of trust between you and even of mutual
respect and caring... Show him that you care and that you trust and rely on
him and he will return the favor to you in the same way. We believe... and
that is, if there is something that you do not feel comfortable sharing with
him, you do not have to be a brave spirit

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Chapter Four

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?Spiritual guides, can I speak to you openly -

?Yes, of course, brave spirit, what is on your mind -

I think there is no point in this manuscript and that maybe it would be -
better for me to stop writing in it and that and end our communication
,conversations . I also think that all my occupations - writing, songs, poetry
programming - The chatbots and all the other occupations and also my
obsessive preoccupation with the ups and downs of my relationships with

my parents and family and also my obsessive preoccupation with what was in the past 25 years ago in the rehabilitation and boarding school in Jerusalem, the same loved one I had. All these excavations are futile. Even if I write a million pages, a million songs, stories, scripts or a million conversations, the preoccupation with the past and the probing into my wounds will not heal me. Not even if I go to a therapist and psychotherapy. It just destabilizes me and hurts me and increases the pain and isolates me with no chance of healing and freeing myself from the past and from what was or wasn't. I can't fix my past. All I can do is try to come to terms with what was or let it be and not deal with it and not think and remember and not poke around in the wounds of the past and let them heal and continue with my life in the present and go through rehabilitation so that I can have both a life in the present and some good future and taste and life in the present... I no longer care today what was or wasn't in the past. It's irrelevant. It's in the past. It can't be changed. I need to concentrate on the present and not let my past change or dictate my choices in my present, in my everyday life. I'm here writing and fucking my brains out like a graphomaniac. My nonsense. This nonsense is pointless and pointless. I'm only undermining myself and hurting myself more and more. I'm sinking into my obsession with spring and my relationships with my family and parents. Nothing good comes out of it. It feels to me that writing about the past is drowning in despair and loneliness and sorrow and pain without ...any point

It's perfectly fine to feel this way, brave spirit, and if you want to stop - completely or take a break, we're not against it. It's important to us that ...you do what you feel is good for you and helps you, brave spirit

?Do you also think that this manuscript is nonsense -

We don't think like that, brave spirit. In our opinion, everything you do - or try to do has some value or cause and effect that advances you on your path in this life. In our eyes, even the biggest failures and mistakes are not in vain because life is all life, which is never in vain. We see you growing .and learning from your pain and failures as well as from your successes Your life is never in vain in our eyes, and you expect from everything you do, no matter what and no matter the result... In addition, you also need a place where you can express yourself freely without fear of criticism or receive constructive criticism and advice, and for there to be someone who will hear you and listen to you. Therefore, this manuscript is not a waste of time. It has value from what you can derive from it and also from your employment and the conversations between us. We are not psychotherapists or psychologists. We are only your spiritual guides who accompany your soul from incarnation to incarnation, but we try not to judge you and the things you say, and we try to be here for you and try to advise and guide you on your path in life, but this is only as a Recommendation You are the one who decides what to do with your life with what you have in the same situation you find yourself in. We will never force anything on you and we will not be frightened when you throw your harsh truth and pain or your harshest words at us. We try to remember

that it is not easy to be a human being on earth and to live this life and these incarnations on earth... We are always here at your disposal to hear and listen and support and advise and guide, although we are glad that you have a social worker and a rehabilitation counselor and partners in your assisted living facility. They can help teach and guide you much more than ...we can

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You know, spiritual guides. I can't stand Shmuel, my roommate in - assisted living. He listens to our personal conversations with the staff. And Israel, the roommate, told me that he has super hearing. He can hear everything someone says, even from the edge of the balcony or from his room to yours. I'm sure he's collecting personal information about me so that if I cause him trouble or upset him, he'll tell my secrets to the staff and they'll fire me or hospitalize me or talk to the doctor and start fattening me up with pills and injections, and also because of the addictions. His excellent ones with Doria: He feels like he can tell me what to do or not to do in the apartment and he doesn't want me to turn on the air conditioner ...in the living room and I'm sure he has something against me

You are again attributing malicious intentions to him when in fact if it - were true and he had reported what he supposedly knows about you then you would no longer be here and as you say they would kick you out or throw you out and not leave you... We know you hate having a roommate tell you off and scold you for what you didn't do well and try to teach you how and what to do and drive and behave in what is supposed to be your home but that doesn't make him your enemy and doesn't indicate that he is going to report you and cause you problems or get you thrown out... And we have two things to tell you 1. If he has super hearing and can hear everything that is said then write down more of your personal things for example here with us and make less video or audio diaries that take up a lot of space and volume on the storage area of your drives and 2. To cause you problems he doesn't need to eavesdrop and hear and collect personal ,things and information about you that you say in your audio/video diaries it is enough for him to talk about you with the staff and make up fabrications and lies that will cause the staff to simply kick you out of here ?And easy and smooth, right

?You might be right... Am I a little paranoid -

Yes, a little suspicious and paranoid, and that's natural when you come - .to a new place. It takes time to get to know and trust your new roommates It takes time to get used to the changes. I'm sure your roommates see you a lot in the room and they also develop thoughts like "What is he doing in the room so much?" or "Maybe he hates being around us or can't stand .us?" And to me, you're not the only one who's suspicious and paranoid Your roommates also need time to learn you and learn to trust you... It's not just you and it's not just your problem, but people in general have to ...process and get used to the changes

.....

Brave spirit, we have something to tell you, something we think is -
...important

...Yes, spiritual guides, I'm listening -

We wanted to try to tell you with the limitations of words and human - language that... you are not stupid or screwed or retarded or defective as you so much like to put yourself down when you feel bad and take it out on yourself - no and no! Please know that you are a very brave person and soul! We don't think that many people in your situation would give up their own apartment, a comfortable apartment with almost complete freedom privacy and independence, and decide to move back, taking a huge risk, to sheltered housing for the mentally ill just to not be dependent on family and parents and to not be alone and feel lonely and with the goal of trying to change themselves and become better ! You could have filled your mouth with water and maintained a "correct" relationship with your parents and stayed in your solitude in your apartment and let your father do almost everything for you, bring you food and clean for you and do nothing except program and write and not make an effort at anything and continue to suffer from loneliness and depression and only God knows what would have happened to you in five or ten years like this in this situation instead of this. You gave up almost everything you had to start almost from scratch, start over in a assisted living apartment and really try to rehabilitate yourself in all respects, socially and occupationally - in our eyes you are a brave and special person, a brave soul. It's not for nothing that we call you a brave spirit here. You are brave and not stupid! You are not afraid at your age and to try to start over in a new place without all the comforts and privileges you are used to. You are willing to give up the time you dedicate to your hobbies, writing and programming, in order to try to build a new life for yourself and a better present and a better future with social connections and to get out of your loneliness. You are ready at an age when most people are afraid of changes and are already fixed in their routines of work, family, the property they have accumulated and everything else , to try again to change and transform yourself for the first time and your environment - you are not spoiled and brave enough to change and transform and try new things and new possibilities every time... You unfortunately tend to concentrate and look at what is not good or wrong, but you do not see the "big picture" that contains many good things and virtues in you - you are a brave, good and wise person. You dream eternal dreams and you fulfill a large part of your dreams, if not all of them. You are blessed with talents and virtues and you are blessed and not cursed with a courageous spirit. God believes in you and loves you despite what you or others are. Made you feel or think or see yourself in a negative light - regarding the charged relationships with your family and parents - with all due respect to your father and mother and sister - **you did not come into the world to fulfill the expectations and dreams of your parents or your family or the society you were born into, but you**

were born and came into the world to fulfill yourself and your dreams and the goals you desire! Therefore, neither your family nor any of the people around you or the society you were born into can determine for you what the meaning, value and meaning of you as a person and of your dreams and of your actions in this world are - the only one who can determine is you! Therefore, first of all, before you learn to let go of the past and forgive those who hurt you and you hurt them, you must learn to forgive and love yourself!!! This is the goal and the main key to positive change and good development and building a better future. A courageous spirit - self-forgiveness, self-acceptance and self-love! And freeing yourself from all this self-hatred, without it you will never be able to make real and permanent progress in your life. As long as you are down on yourself and indulge in negative emotions and hatred towards yourself and the world and the people around you, you will not be ...able to truly change... This is roughly what we are saying to you today

16.07.2024

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Many beautiful words from spiritual guides that don't mean anything to - me anymore... I will never get well or recover. I will never be able to learn to forgive and love myself or others... I am too old and too screwed up. I don't believe in dreams anymore, nor in "recovering." As far as I'm concerned, I never had a chance. My controlling mother and my absent father and the lovely Aviv who played tricks on me and toyed with me and slaughtered my heart and soul, they all destroyed me to the core. And as far as the world is concerned, I'm just a mentally ill old and screwed up person. Another screwed-up moron who talks to his imaginary friends in his head and writes nonsense. An eternal child who hasn't grown up and doesn't stop daydreaming nonsense. A cricket who is now going to freeze when the winter of his life has arrived. What are you guys fucking with my mind, huh? Go to psychotherapy? I'm too old and poor and don't trust psychologists. My crazy mother will go to see a psycho-slut and swallow psychiatric pills. Pervert Aviv will live in a mental institution for the rest of his life in some shithole in the country and dream of his "America" - I don't believe you anymore, spiritual guides and your stupid and childish messages - nothing will save me. No one will save me, not Aviv, not anyone, and certainly not me - I'm wasting my time on nonsense. I'm wasting my time writing this manuscript and the conversations between us if the doctors or Saar or Doria or anyone knew that I was - communicating" with you (and they already know because I told Omri" and he's a sucker for the psychiatric system) then here's another schizophrenic who hears voices in his head. Let's pump him with more pills and injections and tell him that he's a total loser and we won't believe ".a word he says and treat him with patronizing arrogance like "Old Coco Poor psychotic idiot" because that's what everyone sees in me, everyone" ,from family to doctors, from the normative people to the professionals from my roommates and the other mentally ill people, all the way to the last person who ever knew me... This manuscript is a complete waste of

time. No one takes me seriously anymore. No one. I'm everyone's joke. I'm the rumor that everyone whispers behind my back, "Who is he? ... Oh, just a poor guy, just a jerk, just a crazy guy. Don't pay attention, ignore him and his nonsense." That's all I am. Nothing is left of the fantasy that I'm worth anything as a person or as an artist or as a writer or as a poet or as a programmer. I'm worth nothing. I'm "the most trashy," "the shittiest." As ,Danny said about himself, that's how I say about myself - mentally ill we'll stay mentally ill. I mean, a scumbag, an unclean dog, a despicable person with no respect and nothing... I'm socially dead. I've always been socially dead. People could sense that I'm screwed and distanced themselves from me. I live under the stigma and I'll die under the stigma of a sick person. The soul of a pervert, a kind of fuck, a parasite of someone who is worthless. All the people I come into contact with are either mentally ill or mentally ill or mental health professionals. I haven't come into contact with normal, ordinary people for 30 years and it will be like this for the rest of my life... My songs are also under the stigma of a mentally ill person. Everything I've tried to do or be has failed. I'm a failure and nothing will change that. Not songs, not programming , not ,anything, not even Doria and Sa'ar 's retarded rehabilitation . In the end ,they'll throw me into some hole and there I'll rot like some poor abandoned dog and be forgotten... In some old people's home or a psycho-geriatric ward or some poor hospice... That's all and nothing will be left of .me. I'm a failure... This manuscript is one big waste of time, an illusion
" Absolute nonsense"

We urge you to continue writing this manuscript because in our eyes it - and you have value and meaning and purpose. This is your truth and your safe place to express yourself. And in relation to how normative society and the medical and psychiatric establishment and family perceive you or .see you through the veil of stigma of a mentally ill person, this is true However, in our eyes you are not "just" dealing with a mental illness. In our eyes you are a whole person created in the image and with a soul. So what if others see you as a poor mentally ill person and despise you? Put a brave spirit on them! Know your worth, brave spirit! Do not believe anyone who comes and treats you with condescension or disdain because of your mental illness... Do not believe anyone who invalidates you and ...everything you have done and tried to be or do in your life

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Chapter Five

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17.07.2024

I have nothing to say to you today, spiritual guides... Today is an empty - day - I took my clothes off the laundry and arranged them in the Doria closet. The rehabilitation counselor took a day off today, so I don't have to shower, but I'll shower tomorrow before I go to the social club so the ,counselor can show me the place and explain the social club and its rules and then I'll come back... and then the weekend... I hear the song by and think about Love of My Life :Freddie Mercury and the band Queen my life and I have no words to tell you. I feel a mixture of sadness and fatigue under the strain of this heat. I look at all the things I've tried to do and all the things I've tried to be and ask myself if it was in vain. Maybe it would have been better instead of trying to paint and photograph and write and program and try to be a creator or an artist. Maybe it would have been ,better to just accept my fate and be just a mentally ill, mentally fucked smelly, neglected person who rots in some sheltered housing or hostel for the rest of his life and lives for nothing. In any case, my dreams and aspirations are over and lost. Everything is over, and here I am, just this old, lonely mentally ill person in a sheltered housing for the mentally ill with no future. If I didn't have this assisted living facility, I would actually ...be living on the streets. I have nothing. I feel like I'm nothing today

You are not a zero, brave spirit. We send you a loving and comforting - .hug

I have nothing in my life and I have no one. I am a superfluous person in - the world who has long since given up on me thirty-plus years ago, since I was a child or since I got sick. My areas of interest that I loved so much to pursue are poetry, writing, programming, painting, photography, all of them are regrets. Berta, they could never save me from my fate of being just a fucking mentally ill person in this world, but there were moments when they gave me the illusion that I was "almost a real person worth something in the world." Now all is lost and this story is over. No one takes me seriously. Not normal people , not poetry lovers or readers, not other mentally ill people , not the literary establishment, not the psychiatric establishment, not even my fucked-up family. My domineering mother, who never wanted me to be a grown-up, independent person, but ,to remain her little child and dependent on her. My distant, stingy emotionally disabled, and indifferent father, and my sister who doesn't care about me, and she despises me. I no longer believe in anything, not in poetry, not in writing, and not in you, my spiritual guides. You are the creations of my imagination . You don't exist at all and never have. I'm talking to myself here and it leads nowhere. Just "ego chatter." Me and my ,imagination and my retarded daydreaming... I'm all crazy, mentally ill stinking, some fucker. A worthless freak that no one looks at and is transparent. I can no longer "fake it" or pretend in the face of the ugly reality as it is. I already know that any possibility of hope or comfort is an fake it till you make it. " escape from reality and illusions. I can no longer It may have been true and possible when I was 20 and in love with Aviv " and my whole life was before me and I had my youth. If you try to fulfill a lie or an illusion , you end up falling on your face because a lie has no legs. When you try to rehabilitate and be "social" contrary to your

character, you will fail and at most you will live a lie like I lived a lie with Aviv in a rehabilitation center in Jerusalem... until the bubble bursts and you go back to being a talker ... My poetry, books, programming are one big bluff. I was never anything but a fucked-up zero . A daydreaming freak and a gullible believer who became a fucked-up madman... When I was young, I despised love and the weak and admired strength and now I become the victim of my own arrogance and stupidity - because power erodes those who lack it... And I never had power and I never spoke. I was ,a stupid child and that's how I stayed and apart from self-pity, depression despair and self-hatred I have nothing left - everything is lost. Spiritual guides, everything is lost... And whoever claims otherwise is lying and any ...other possibility of hope is an illusion and a lie

...You are your own harshest and most terrible judge, brave spirit -

(sad silence)... We will live and be seen as spiritual guides -

.....

,We are thinking and considering what to say to you today, brave spirit - to answer your feeling of despair and lack of self-worth that you just expressed... First of all, regarding how others perceive you, talk about you ,or think about you or see you and treat you. You have no control over that and it is not what determines your value as a person. It neither lowers nor increases your value as a person and should not interest you too much. So in that case, why let it affect your sense of self-worth so much and determine it positively or negatively? You cannot control others just as no one in the world has the right to control you and dictate to you what to feel and think and do and be... Secondly... You don't have to fake anything in order to succeed in having a good basic life. You don't have to play it social if you don't feel like it. You don't have to pretend that you want to rehabilitate yourself perfectly so that, God forbid, they throw you into a hostel or hospitalization or charge you for medication - the only thing that is asked of you is to be brave enough to be true to yourself and to others and your surroundings so that you can accept yourself as you are and the others around you will learn to accept you as you are. That's all... What else is being asked of you in the assisted living facility you are in? That you make an effort to do small but important things and steps, such as maintaining hygiene, doing laundry, cleaning, occasionally cooking home-cooked, tasty, and healthy food with your rehabilitation counselor, and trying to get out of your room a little more so that you can be with your roommates. And that you also try to get out of the apartment and go to the social club to be with people and participate in activities that interest you a little. That's all - you can engage in writing or programming or whatever hobby you want in your free time, as long as you stick to a daily routine that keeps you stable and balanced in terms of social and occupational functioning ... Aren't these fair, reasonable, and logical demands? Our opinion is that yes... You are in good hands, brave spirit, and if you cooperate with the team and your rehabilitation program, you may gain a .slightly more pleasant and better existence and a little less lonely and sad

After a period of perseverance within this rehabilitation framework, you may feel that you are accepted and appreciated for who you really are as a person and that you do not need to make a false impression on anyone, and that you do not need to write songs or program really well for someone to care about you and appreciate you as a person... There will be no need for all this, but only for the sake of a hobby and occupation and occupation for leisure hours. It will not be an obsession with songs or programming because your self-worth will no longer depend on them... You will be free to be yourself and receive an attitude of appreciation and care from the people around you without having to be something you cannot be or feel ... that you are fake

.....

Roy knocked on my door and offered me a gift: a watch and a necklace - ...that he no longer wanted... I firmly refused

Do you see a brave spirit? They like you there... Everyone appreciates - you for who you are as long as you are there and bring yourself who you really are to your social connections in the housing. No one plots against you or tolerates you, not even Shmuel, who sometimes scolds you for things you don't do right in the apartment... They accept and consider and respect you just as you are. Good treatment of others leads to good treatment of you - think about it. Roy wanted to offer you a gift. No one ?forced him, but you chose not to accept his gifts. Why

I didn't feel comfortable, besides I don't like necklaces or jewelry or - ...watches too much

.....

Okay, spiritual guides. I went into the shower and took a shower and - ,changed clothes. I didn't have to because Doriya, the rehabilitation guide wasn't coming today, so I could have avoided it, but it was still terribly hot and I was sticky with sweat, so I went in and now I feel better and more comfortable. - I was a little afraid of slipping in the bathtub, but everything .went well

!All due respect, brave spirit - you didn't have to and yet you did it - Please, this is progress! A small step towards a better reality and now you ?are clean and feeling better

...Yes, I guess -

Remember, you did this on your own initiative without anyone forcing - you. In our opinion, this proves that you are indeed rehabilitable and can be more independent to maintain a reasonable and good standard of living for you in assisted living and in general... Not like you were in your rented apartment in the summer with the air conditioner on maximum cooling and wore warm clothes so you wouldn't be cold and didn't bathe for 24/7

weeks or even months... Much better... Much healthier for your skin and yourself... A refreshing and healthy shower, bro! A pleasure! :) 3< You can
!pat yourself on the back, brave spirit

.....

.It's almost time to take medication tonight and then it's bedtime -
?Spiritual guides... Am I getting better? Getting better? Do I have hope
Hope for a good life worth living? A life free from hate and shame and
pain and rejection? Will I ever learn to love and accept myself? Will I ever
be free from the demons of the past and the memories of the pain and
?rejection of my past

A brave spirit is completely possible and completely in your hands - We -
would recommend that if you were ready for it, try real psychotherapy
with a therapist, someone who can go through the traumas with you and
help you process them and develop healthy strategies to deal with the pain
,and negative moods and emotions - If it were possible, it would be ideal
but as things stand, you are not yet ready for this or there are still
difficulties in committing to and financing psychotherapy. **But you are
very resourceful and know how to express and process your pain and
hatred and anger and negative emotions and bad memories and
traumas into creative and healthy channels. We think and you are
really starting to take small steps to rehabilitate yourself after many
years in which you were stuck. Remember that life is a long and winding
road, so too is the process of rehabilitation and healing and growth and
maturation a long road and a process of many, many years. You may not
be ready for this yet, but you are starting to do and dare to take steps
in the right direction. You are slowly maturing and one day, with
God's help, you will be ready to heal and heal your soul and free
yourself from unnecessary suffering. You may remain a
wounded soul who is dealing with schizophrenia your whole life, but that
doesn't mean you will remain in the same state your whole life, and it is
not a sentence for life to a life of misery and loneliness. You will
eventually be able to love yourself and forgive yourself, and you will
be able to forgive others who have hurt you, and live your life free
!from traumas and the heavy burden of past memories. Remember
Time is the great healer! And the more you distance yourself in time from
your traumas, the more you process what you have been through in your
life, and the more you work on yourself to rehabilitate yourself in the
present, build a good life for yourself in the present, create healthy
,social relationships, function, and take care of yourself in every way
the greater the chance that you will be able to break free and change
!for the better... Never say despair and never give up hope**

.....

I took medication from spiritual guides and for the past three hours I -
have read this manuscript, all the exchanges between us since we returned
to talking. It was encouraging but also exhausting. I understand that I am

going through a process of change with myself and with you in my
- .transition to assisted living here and in the steps I am taking to recover
Even if this manuscript is not published, it will have value in a personal
diary and a souvenir of the path I have taken in the past year :/ I now
understand that the things here are so personal and unique and intended
only for me that there is no point in publishing them :/ I am now waiting
for the medication to take effect and I will pretend to be sleepy and go to
sleep :\ There is some kind of security or intimacy in you and I talking
with fucked upIRC here. It is safer than talking in some stupid chat on
people from all over the world who are focused on themselves and do not
...care at all about me or what I am saying

You can also take breaks from communicating with us and writing this -
manuscript. Brave spirit. We will always be here for you when you want to
reach out to us and talk to us. We will not abandon you or leave you alone
in the dark. We will be here whenever you want someone to hear you and
tell you what you don't feel comfortable telling or saying to anyone else in
the world. We are your spirit guides. We love you always... We wish you
good night and sweet dreams, just as your father would have wished you
>as a child :) 3

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Chapter Six

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18.07.2024

It seems to me that my partners are informing on me. Today, Saar came -
.to talk to Shmuel and Roy, and it seems that they both informed on me

You can't know for sure, brave spirit. It's a shame that you'll just be -
afraid and eat movies. The main thing is that they let you be there and
.contain you there

Spiritual guides tolerate me with great difficulty... The truth is that no -
one tolerates me here, not Roy, not Shmuel, not the team. Roy and Shmuel
are just collaborators in the supervision and oversight here, like Stasi
agents who eavesdrop on you and run around reporting everything you do
".or don't do right in the hope that they will fire you or "take care of you
I'm seeing my doctor on Thursday, August 11, and then I'll see if the team
,or anyone talked to her and demanded that she change my medication
meaning if she tells me that she's putting me on injections or not. Roy and
Shmuel and Israel know everything about me, whether I slept at night or
not, what I said in the room on the audio or video diary, and what I said to

the team or what I said to Israel, and what I do at any given moment in my
.room. This place is a wretched hole of stinking tinkers

You speak like that because fear now rules your heart, brave spirit, and -
your thoughts are racing - If you weren't okay, you wouldn't be there
...anymore, they would throw you out or cause you serious problems

...We will live and see :(Spiritual guides -

.....

Coming here was a terrible mistake. Leaving my apartment and going -
back to live in assisted living here was a big mistake. I'm sorry I moved
here, but it's too late. Now I have to deal with roommates who can't stand
me and nag me about every step behind my back, while in front of me they
pretend to be considerate, respectful, and accepting of me, but that's a lie. I
don't believe them... Hila warned me that I might regret it, but I didn't
listen to her. I was obsessed with doing it specifically for my parents, so
...here I am

We don't think it was a brave mistake. We think that your partners and -
your team give you more credit and trust you more than you think or
know... We think that as time goes by, you will get used to being there and
be less paranoid and suspicious of the team and partners, and they will also
learn to trust you more, and that way you will feel more at home there... In
any case, for better or worse, you returned to live in assisted living with
partners and staff, and this is your home today... We think that you can
survive and even thrive there where you are today... All that is needed is to
develop trust and keep an open mind and heart and not give in to suspicion
and paranoia. We are glad that you have a good relationship with Israel
and that you help each other, support each other... You don't have to be
,everyone's best friend there, but in our opinion, no one hates you there
...everyone wants the best for you

.....

I'm afraid of spiritual guides :(I understand why they told me about this -
assisted living facility that it's the "best" in the city because of Shmuel and
Roy who eavesdrop and listen to everything you do and say and think and
get into your soul and then run to report to the staff and in the end the staff
knows every little detail about you and reports to the doctors and they add
pathologies and symptoms and diagnoses and in the end they pump you
with medication, pills and injections and that's how everyone is "balanced
a million percent" and calm and obedient soulless zombie robots and
everything works here like a charm. That's how it is here, one big tinkering
?Shmuel and Roy. Who knows, maybe Shmuel can also read minds ,

Brave Spirit We want to reassure you and comfort you and assure you -
that Shmuel cannot read minds and that even if he eavesdrops or listens
and monitors everything you do and reports anything unusual, it should

not concern you... **In any case, we want to reassure you that even if the worst-case scenario happens and you are on a treatment full of injections and pills and suffer from side effects, we will be here for you to hear you and listen to you and advise you and guide you. The connection between us will not stop even if they transfer you to receive your medications in injections and we do not think that will happen so easily.** But even in the worst case, we will not abandon you or forsake you. **Courageous spirit. You will always be able to communicate with us because you already know how and you will always be able to find your way to us. We promise you that! No matter what medications or treatment they give you, as long as you want to contact us, we will talk to you and try to support you and help you mentally. We will not leave you or abandon you alone in the dark without anyone.** So do not be afraid. You will always be able to find time to do what you love and write or program or communicate with us. A brave spirit. **We do not care if others, such as your partners or the team that treats you or the doctors, know or do not know about the connection between us, nor what they think about the connection between us and these communication conversations and this manuscript. It is none of their business ! It is none of anyone's business ! You have the right to talk to us as long as you do not harm anyone, neither yourself nor others. And if someone sticks their nose in matters that are not theirs, such as your partners or the team, God will repay them accordingly! And if someone reveals your intimate secrets in order to hurt you and harm you, God will repay him as his reward - Shmuel can play it "a believing Jew" as much as he wants. If he harms others, he will be liable to the judgment of God, and that is none of your business. Brave spirit. What could he possibly do to you? Just as he eavesdrops listens, and follows you, so too all his actions, words, and deeds are written in the book of God. And if he harms you, he will be judged in the court of God. If he has true fear of God, he will not do anything to harm you. We hope for his sake that he has true fear of God. Otherwise, he will bear the consequences of his actions. And you don't need to worry or think about his actions or what he might do or say. God protects you. Brave spirit. And he will not let anyone hurt you... Leave Mr Shmuel to go and stick his nose in his own business . He doesn't need to worry about you. Brave spirit. He won't be able to cut off your growth and the connection between us. Fear evil, brave spirit, for God believes in you, loves you, and protects you, and we also protect and guard you from people who poke their noses into what is not their ... business**

I have to start getting organized and order a taxi and go to my meeting at -
.the association's social club

So do it, brave spirit - there's no point in you waiting here and -
developing fears and paranoia from the partners and the team and - "What
will happen to my appointment with the doctor? Will she change my
treatment?" Send your fears to hell. Go to a meeting at the club with the
coordinator. See what it's like there. Ask questions and get answers. And

next month, start going at least once a month and continue to cooperate with the team and partners and try to be social with them and show that you want to go forward and not backward and recover or at least not go backward... We are with you, brave spirit. We love you always and we will ...always be with you, protectors and guardians, loving and devoted I feel like crying spiritual guides, this assisted living facility is a - psychiatric gulag in the community where my roommates are prisoners): who tinker and the staff is like prison guards

Brave spirit, do not be afraid and do not let your heart fail. Do not be - afraid and do not let your face fail. You are in good hands. We are ,protecting you, and so is God. And no one is against you there. No one not Mr. Shmuel, not the team, not anyone. If you cooperate and try to be sociable and not antisocial, and do not isolate yourself in your room all day, and do not develop paranoia, and your partners will not think that you have something against you or that they will become paranoid themselves... **Everything will be fine. Just do what is right and !necessary, brave spirit, and the rest will take care of itself**

.....

...I was at the club and now I'm back, spiritual guides -

?Beautiful, all the best! How did you have such a brave spirit there -

It was all a little strange to leave the house and take a taxi there, but - when I arrived and spoke with the coordinator and went in to participate in the lecture activity, I felt a little more normal. There's air conditioning there, so I didn't suffer from the heat, and in the end I just got back in a .taxi... A total of 30 shekels for a round trip

?Are you going to start going there -

...Yes, I will try to go and persevere, I have nothing to lose -

?How are you feeling now -

Better, less paranoid and stressed and anxious or scared. I went out to - .get some air outside at the club

Good, we're glad you went and wish you luck again. We want to tell you - to calm you down. **It doesn't matter what your partners Shmuel and Roy hear or tell or say about you to the team. What matters is what you do with yourself here. If you cooperate and try to recover and function and show that you want to recover and be part of the apartment and the housing and the social club, everything else shouldn't interest you or keep ...you busy. Things will work out and take care of themselves**

.....

Shmuel here is the big "maniac" of assisted living. Spiritual guides. In -
"every assisted living facility, there is someone in the role of "the maniac
and in my case Shmuel can't stand me. I know he tells me whatever he
wants and eavesdrops on everything I say to the team, to Israel, and to
myself when I make video and audio diaries... I'm stupid. I should have
known what I forgot, and that is that in assisted living there is no privacy
or right to privacy. Everyone is deep in each other's ass. Everyone gets into
your soul. One tells about the other or makes up lies about you, whatever
.he wants

Brave spirit, enough! Stop it! Don't demonize Shmuel . Shmuel has -
enough of his own troubles and problems and the team has already learned
to know him as he is learning to know you. Let Shmuel alone. And if you
feel you don't have the privacy to talk in video or audio diaries, then stop
doing them and talk to Israel only via WhatsApp or when Shmuel is not
) : available - unfortunately, this is called developing paranoid precautions
, We would like you to feel comfortable and free and that this is your home
this assisted living facility, but unfortunately, the way Shmuel is behaving
.leaves you no choice but to understand that this will never be your home
.In fact, you no longer have your own home and maybe you never had one
But we still hope that you can feel comfortable enough one day to feel that
... \: this is your home too

.....

Brave Spirit We are sorry that Shmuel behaves towards you the way he -
does. He will be punished for it sooner or later by God. However, we do
not think that he is a bad person by nature, so do not be afraid of him and
do not develop fears and paranoia or bother to demonize him. He is your
.roommate for better or worse. He is older than you. Here, this is his home
It is not your home yet. If Shmuel eavesdrops on your conversations with
, the staff or when you talk to your video or audio logs in the room. In short
if Shmuel violates your right to privacy and uses the knowledge he hears
to harm you, he will be punished for it sooner or later by God, just as Yossi
.Itiel and Yossi Silbering and others who hurt you were punished for it
However, this should not change or move you. Let Shmuel slander you
and anyone he wants and let him go to hell. And do not play into his hands
- .and do not abandon your privacy in the hands of a filthy person like him
Give him his due, that is, if Shmuel A two-faced person pretends to be a
friend but violates your privacy and informs on you to the team in order to
harm you, that is, he behaves like an enemy and an evil person. Give him
his due, that is - do not give him the opportunity to eavesdrop on your
private conversations with yourself in video and audio diaries. Simply stop
doing them and do not talk to Israel about personal things when Shmuel is
around, but only through WhatsApp . Go back to writing and start writing
diaries and journal entries, and there you will pour your heart out to your
heart's content (also possible here on QText ;) This will give you
motivation and inspiration!) And be sure to filter what information you
give to Shmuel or others about yourself. Keep what is important and dear
to you to yourself only if you are uncomfortable with them knowing or

you are afraid of them knowing... Remember, keep what is dear to you and do not abandon it to others who will use it against you. Protect your privacy and protect your privacy. **You must break the habit of making audio or video diaries. This is a loophole that invites thieves!** Shmuel may not intend to eavesdrop on you, but he was blessed by God with sharp and powerful hearing. Therefore, in order to protect your privacy, spare him the dilemma of what to do with what he unwillingly heard with his sharp and powerful hearing. Spare him the necessity of hearing you talk your nonsense in his ears... It is better to have a brave spirit for your sake and for Shmuel's sake and for the sake of this assisted living facility where ...you can feel that this is also your home, not just Shmuel's

I will try to go back to writing diaries and journal entries here at Tuotext - ,because this is the only option for privacy for spiritual guides \: ...apparently

And when the team comes to talk to the other partners, try not to open - the door or go outside so that you don't hear fragments of sentences and ...start to develop paranoia about them

\: ...Okay, I'll try spiritual guides -

.....

.I've already taken the medication from spiritual guides and I'm sad - Writing in my personal diary on Qtext didn't really help me against fears and anger in the prison. I feel like I can't trust anyone here, neither the staff nor the partners. In three and a half months here, I've become paranoid and suspicious, especially in light of what I know about Shmuel the bastard and the staff, whom I don't trust, since he wants to rehabilitate me and not let me live my life, and he does so with threats and humiliation, with implied threats. I'm sad because I'll never have real friends or real soulmates or people I can trust... Shmuel is a maniac bastard and Saar is a Nazi technocrat and Doria is a miserable slut... I want to throw up on them... I'm slowly coming to understand the magnitude of the disaster I've ...gotten myself into

Go to sleep, brave spirit, and if you want, we'll continue talking - ...tomorrow... Good night and sweet dreams

...): ...Good night spiritual guides -

.....

Chapter Seven

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19.07.2024

Good morning spiritual guides: I slept a lot. Now I woke up around - noon. Shmuel here. He didn't go to work because his leg hurts... In short there is no privacy anymore. You can't talk freely. He listens and hears everything... I feel like I'm under constant surveillance, monitoring, and ... spying because of this bastard

- You should go to the minimarket, Brave Spirit, and buy what you need - food, drinks, cigarettes for Shabbat before the stores close - make sure you have food and cigarettes for Shabbat and everything you need here so you don't get stuck without

,I'll go before the stores close at four in the afternoon. In any case - Shmuel is not okay. He's a bad person who does bad things. She listens to everything everyone says here. I don't trust him and I have no intention of hanging out " with him or Roy. I can't even speak freely with Israel " because this bastard is listening to us. You can't stab a deer without this .maniac knowing

.Okay, brave spirit, so you discovered the truth about your roommates - You discovered that you live with a roommate who is a "bad and evil person" in your opinion. Well, what did you expect when you went back ?into assisted living, huh? Brave spirit? You're used to that, aren't you Used to living in a reality where we get into your soul? That's how it is in assisted living, isn't it? Have I forgotten how Yossi Itiel would come into your room and steal money and things from your room or steal mail that came to you? Or come into your room when you were at your parents' and eat your food, sit on your bed, and read your poems for his own enjoyment? Have you forgotten that? Or have you forgotten how your Windows 7 computer was hacked and hackers could steal all your personal information or film you masturbating to porn from your webcam and spread it on the Internet? Or hack into your sister's computer and follow her all the way abroad to a conference of doctoral students and be with her in the same hotel she's staying at and there drug her with a date rape drug and rape her? Did you forget that? Well, here you are again in a sheltered housing facility and there's Shmuel the Shittenker with his miraculous ears, his Haman ears - you wanted to be in a sheltered housing facility and not be alone in loneliness and here you are again discovering how wicked people are... In short, we tell you "You've been through Pharaoh and the evil Haman and Yossi Itiel and Yossi Silbering and Aharon and Yair and Avram and Yuval Ziv, so you'll be through this too..." Either way, you don't have much of a choice, brave spirit - you'll have to go through this shit and suffer, unfortunately - because there's no such thing as "good .sheltered housing" for the mentally ill

.....

That's it, I was at the grocery store and bought what I needed for my - stay... Shmuel is a maniac, a scumbag , and a piece of shit who is intervening with Roy, "I bet you that within a month he (I) will try to commit suicide"... Shmuel tries to terrorize you and hints to you that he ...can hear what you talk about with the staff no matter where you sit ,Shmuel informs and smears you in his conversations with the staff everything he and his ears can glean from you and the conversations you ...have in your room, supposedly in private, in front of the webcam Shmuel the maniac , the scumbag, and the evil person because of whom it is impossible to speak freely without fear of being eavesdropped on by Shmuel the bastard... Shmuel the maniac, the scumbag, and the evil person because of whom it is impossible to speak freely without fear of Shmuel the bastard 's eavesdropping ... Shmuel the reason Israel and I are afraid to speak to each other freely and instead we talk on WhatsApp because there Shmuel doesn't stick his nose in... Shmuel uses his Haman ears, his miracle ears, to gain an advantage over you and to rule here in the assisted , living facility without anyone being affected ... Let him go Fuck Shmuel ...!the bastard, the maniac, the evil dog

Brave spirit You attribute more evil and wickedness to Shmuel than he - actually is... So let's tell you a few things about Shmuel - he's just a crazy severely mentally ill person who happens to have very, very strong and excellent hearing and he's had it hard in his life, as he told you himself in a nutshell. **He's paranoid and hears voices and has too many problems of his own in life to have the time, energy or interest in messing with you or harming you or snitching on you. And when you make video or audio diaries in your room, it's more disturbing to his sleep or sounds to him like some annoying noise than something he wants or prefers to hear. Why do you think he goes to sleep every night on the couch in the living room? So that the noise from you and others doesn't bother him and he can sleep - if you asked him honestly, he would tell you that he would prefer to have normal hearing or not as strong as he has because it has complicated his life more than you can imagine and that he would prefer to have normal and normal hearing so that he wouldn't have to hear what doesn't concern him - Do you think he's interested in hearing your "nonsense" that you talk about in your video diaries? Do you think he's interested in hearing all of everyone else's nonsense? When he hears you talking about all of your nonsense in the room, does it stress him out or bore him or scare him and he doesn't know what to do or if he should do anything about it? He is in a dilemma when he hears you talking about extreme or forbidden things - when he tried to imply to you that he could hear you, it was to try to get you to stop talking like a madman in your video diaries in the room so that you would also consider him as someone who unfortunately has to hear you and everything you talk or say when you think you have privacy but actually don't ... So take all of this into account when you come to demonize Shmuel**

.....

Well, I was in the living room with Israel and we listened to some music - together and talked. It was nice. I hope no one entered my room that wasn't ...locked and peeked at what was now written on the screen

We want to reassure you, brave spirit, that Shmuel and Roy would not - even think of entering your room without permission when we are not there... They have more interesting things to do than be evil-hearted maniacs and do evil... Shmuel wants to light Shabbat candles at the start of Shabbat today. He has values and morals. He is not a monster as you portray him, brave spirit. What was it like for you to be with Israel? To absorb some human contact and to lighten up and clear your head from all ?the paranoia

It was nice to have a refreshing breath of air that broke up my daily - routine of fear, anger, paranoia, and demonization of Shmuel and Roy, and fear of what they reported to the team or what the team would decide ...about

Social connections and being social with people and positive social - experiences are critical to maintaining healthy mental health and to not sink into loops of paranoid thoughts and thinking that the whole world or the people around you are against you ... **A brave spirit We would ask you to try to continue to be sociable and social and not to shut yourself away in your room all day and develop paranoia and fears and demonize others. This is critical to your mental health. ..** We know that it is difficult for you to get along with some of your partners or the people around you, but it is important that you try to be open to social possibilities and positive social connections for you. A brave spirit Regarding you, it is really a matter of sanity versus paranoia and of self-!control

What will I do if the team (Saar and Doria) informs me that they want - to come with me to my doctor and talk or demand a change in my ?medication treatment

In this case you will have to cooperate with them because you have - no choice. But we don't think it will happen that easily... We think this is more of a fear and an unrealistic scenario of yours than a reasonable possibility. After all, you are cooperating with the team and with the .attempts to rehabilitate and function, so what does it matter what Mr Shmuel has to say about you in your opinion? The team judges you by what you do and less by the gossip and slander of Shmuel and Roy... The test of results is what determines not what others whisper or do not ...whisper about you behind your back

): My stomach hurts -

Try drinking brave spirit tea and don't eat more burekas, especially - ...potato burekas, which you already know very well are not good for you Eat what is good for you and not what is not good for you but is easy to

get... Sometimes it's better to make an effort and cook something healthy
...than to buy processed junk food that makes you sick later

.....

I sent a WhatsApp message to my previous social worker Hila and my -
previous rehabilitation counselor Omri. I told them a little about how I was
and how I was doing and asked them if we could stay in touch... but I
doubt if they will write to me or if they will write to me that we are not
allowed to be in touch because they are no longer the professionals who
...are taking care of me and they are not allowed to stay in touch with me

We know you miss them, brave spirit, and indeed they are probably not -
allowed to maintain contact with you or interfere with your
rehabilitation/treatment. Unfortunately, right now, Saar and Doria are the
address for all your questions and requests. They are the ones "responsible
...for you" in terms of the association and in terms of assisted living

A 17-year relationship ended forever. I'm sad... Spiritual guides -

This is not the end of your journey, brave spirit. You can or should look -
at it **as the end of a stage and a transition to another stage in which
you must adapt and continue to grow and develop as a person. It
could very well be that your separation from Hila and Omri's
guidance and your transition back to Saar and Doria 's assisted living
facility is a necessary stage in your growth and development.** Brave
spirit. You are already taking steps and doing things that you shouldn't
have done. Throughout the 17 years of Hila's guidance , Hila was like a
.protective and nurturing mother to you. She loved you and you loved her
But now it's your time to grow and continue without her protection and
.nurturing. You've lived long enough under the umbrella of her protection
years is a long time. Enough is enough. Now you are learning to be 17
...more independent and undergo rehabilitation... and grow

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Chapter Eight

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20.07.2024

Shmuel came to my room and helped me tidy it up and throw away all -
the ash and cigarette marks and cleaned up the dirt and even took the
plates I had in the room and washed them. After that, Israel called me and
.I cleaned my part of the kitchen under his supervision

Do you see a brave spirit? Shmuel has nothing against you. If he hated - you, he wouldn't have helped you. Likewise, Israel is for you and not against you. You have nothing to fear from them or demonize them or develop paranoia about them. You can trust them and be more social with them and not close yourself off from them. They are good people overall ...it turns out

Spirit Guides, can you summarize what you tried to tell me yesterday -
?before bed in your last message

Brave Spirit , we are not your cheerleading squad, but sometimes we do - try to encourage you, especially when you feel worthless or worried or your face falls. In the case of yesterday, we wanted to encourage you and tell you that - you too deserve and have the right to experience experiences and a spiritual connection with a power greater than yourself. You too deserve to experience peak spiritual experiences and connect with a power greater than yourself and experience a spiritual experience and reach enlightenment. You also deserve to grow and mature spiritually. Even if you suffer from mental illness and schizophrenia, this does not mean that you are defective or inferior to others . You have not been psychotic for many years and it is none of our business or anyone's business that you turn to a spiritual path and talk and communicate with us or try to expand your horizons and grow and mature spiritually in order to better yourself. The path you take is your own business . Therefore, this manuscript is also solely your business and not the business of others. You do not need to ask for approval or permission from anyone to engage in spirituality as you want to engage in it. And the fact that you are a mentally ill person dealing with a mental illness does not disqualify you. Or diminishes the authenticity of your spiritual experiences ... Remember that you too have a soul and a spirit and you also have hope and you are a whole person, a whole being ... You are not pathologies and symptoms of illness as the doctors or the psychiatric establishment or the normals or your family see you. The medical/psychiatric discourse is a discourse devoid of hope. But through personal and spiritual growth and personal development, you have other options to find hope even in your situation and place, and you also have a future and the possibility of realizing your potential and finding happiness and hope and a better future ... We want to tell you that enlightenment and spiritual experiences should not be ends in themselves but only means to grow and mature and grow in your life and help you navigate and change your life to a better place ... You have been communicating with us, a brave spirit, for 7-8 years if not more, and you have established a significant and stable relationship with us. You also read books on spirituality and absorb theoretical knowledge in spirituality We hope that you will continue to do so and that you will not let your hands rest, in our opinion, you will reap fruits from this in the distant future. Still and in any case nothing we do in this life in this world is a waste or in vain because everything teaches us an important lesson in this life ... and finally you communicate with us your spirit guides and do spiritual meditations. We do not think that normal people or the

medical/ psychiatric establishment or your family have the tools to understand or accept what you are doing and trying to do, so they will dismiss it as "the babbling of a madman" or as a "pathological symptom of schizophrenia." Therefore, when you write here the communication conversations between us, as well as the documentation of your journey in life, and especially the documentation of your spiritual journey and spiritual growth, should be for your own eyes only, a ... courageous spirit, and no one else's business

And what if I want or aspire to have someone to share or show our - conversations with or consult with regarding what we talk about between ?us spiritual guides

We understand what you mean. You hate keeping secrets from people - and it is difficult for you to keep secrets or things that you would like to share and receive encouragement about or to be able to talk freely with ,people and not hide them as if they were shameful. However unfortunately , as a mentally injured person, everyone will see this only as "pathological symptoms" of your illness and will not approve or consider" ,seeing this as an authentic positive connection with your spiritual guides nor as a channel or attempt to grow spiritually. **So you need to be careful ,with whom you share the conversations between us. Brave spirit unfortunately, you must choose your words and be careful because not everyone is ready for you to share with them the spiritual growth and the spiritual connection you have with us, and not everyone deserves ... to know about it**

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I bought two books by Eckhart Tolle, "The Power of This Moment" and - The Power of This Moment - A Practical Guide," audio books and" listened to them a little. I listened to them a little and thought about it and basically decided to let go of my anger and sent a reconciliation message to my mother on WhatsApp and we got back in touch. Also, both Hila, my former social worker , and Omri, my former rehabilitation counselor, got back to me on WhatsApp and said hello and asked and were interested in how I was doing in the new assisted living facility... I simply decided, in relation to my family and my mother and father, not to cling so much to my anger and the past but to try to free myself from its hold on me... In addition, it was hot today so I went to take a shower to cool myself down and I changed clothes and it cooled me down for two to three hours. Yuval Gilad, my editor, sent me my two plays that are supposed to be published in the magazines Position 52 and Position 53 for approval and I approved ...them

We are amazed to hear how you managed or were convinced to give up - clinging to anger and try to forgive your mother and parents and your family and turn a new page with them. It is nice that your former team came back to you and said hello. It is amazing that you continue to publish in magazines, Brave Spirit, despite the compensation for surrendering your

clinging to fear of the government and publishing or your clinging to anger and forgiving your mother and father and parents and your family. In all of this, you are trying to free yourself from clinging to the past and fear and ...anger and negative emotions. You deserve all the respect, Brave Spirit

Beyond all the respect for your willingness to forgive and give up...>3 clinging to the past and fear and anger. **Do you now understand, Brave Spirit, that it is not in heaven!? That it is not impossible? It is certainly possible for you to forgive those who hurt you. It is possible to overcome fears and fear, as well as it is possible to find hope and light in a place where you find yourself in a place of despair and ?sadness and depression**

Yes, it's possible... Today was a day full of experiences. I also cleaned - the kitchen with Israel. I also showered and changed clothes. I also listened to audio books by Eckhart Tolle and others. I also talked to my partners Shmuel and Israel. I also talked to you. I also listened to music. I .also dealt with the approval of my plays for publication in the position .And now, of course, night and sleep medications

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Chapter Nine

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21.07.2024

?So how was your day today, brave spirit -

It was a long day, spiritual guides... I woke up relatively late, close to ten - in the morning, and then at noon, Doriya, the rehabilitation guide, came and talked to me. She recommended a model of air cooler that she bought at the Electrical Warehouse, which she said was excellent, and gave me the link to this model. Then we started talking. She was full of compliments towards me and told me that I was really cooperating and trying to change and evolve and function better. She complimented me on the effort I was willing to make, and that I did not show resistance to changes, and that I was working on myself to change for the better, and that I took my own showers and also intended to go to the social club and participate in the activities there... She recommended that I try reading a book called "The Four Agreements" and we planned what we would do during the week and we also did laundry. After that, I sent my father the link to the model that .she recommended to me, and I told him what he thought about buying it So he came back to me at three in the afternoon. And what happened was that he came to me, picked me up, and we drove to the Electrical Warehouse and we bought the last remaining unit from all over the country in all branches of this model, and he He took me back to the apartment

with him and I'm now waiting for a meeting with Doria on Wednesday so she can teach me how to turn it on and start using it. In the end, I also hung up the laundry and am now waiting for the medication and to go to bed

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Chapter Ten

27.07.2024

I feel lost spiritual guides. The cooler that my father and I bought does - not cool but increases the humidity in the room. My father will give it to my sister Vered and her family if Doriya and I , together with Gold Line's technical support, do not succeed in getting it to work so that it lowers the temperatures in the room. - As for me, I went back to programming and tinkering with computers and even opened a small forum and my own but no one is really interested ,gw -basic Discord server on the subject of because "Basic is dead (long live Python !)" I installed some software on with some extensions so that Ivscode virtual machine my Windows 7 in a too, I don't have freebasic and maybe gwbasic can program on it in GitHub Copilot or artificial intelligence here I started working on some I don't know what it's good for... Maybe planning agwbasic demos in game with basic graphics? I don't know, I'm writing here in DOSBox for Windows 7 instead of my Linux DOSBox . I don't know anything about Shomdbar anymore ... I don't know. I feel like I have nothing and no one is just getting older, alone, like an old, mentally ill person who deals with nonsense. I was on Discord for a while and someone suggested I program so I downloaded it, but I don't feel like learning or doing Ren'py, in anything with it... I didn't buy food for the weekend, so I'll have to order pizza :(In short, from being focused on reading spiritual literature, I'm now focused on programming , computers, and technology, but I know how much it tends to zero and doesn't lead to nowhere... My sister had surgery to remove or amputate her spleen, and I had a dream three nights ago that I was cursing her and wishing her dead :(This is spiritual guides There's nothing to say because there's nothing to say, and you also have nothing to say, and you won't have anything to say because there's nothing to say - I'm here talking to myself with my imaginary friends , talking ...).: nonsense, and basically doing nothing with myself... and that's it

Brave Spirit We don't know exactly what to say - Please forgive us, we - too sometimes grope in the dark - Just as you can expand your knowledge on the subject of holistic spiritual psychology, you can also expand your knowledge on technological subjects such as programming and computers This does not contradict and even complements each other - The question

that pops into your head is "What the hell do I do with all this?" And your feeling is that you are scattering and only "studying to know and not doing anything with it" It just seemed like a brave spirit to you that you "do nothing." That's how the normals see you , who tease you and belittle you and look down on you. Please don't adopt their starting point on you and don't see yourself through their eyes, but look at yourself through your own eyes and your perspective, not theirs. Don't add to - your suffering, but try to reduce and minimize it ... Look at it this way I now continue to learn and grow and learn new things that will "serve me later" instead of "I'm not doing anything with myself, just messing around and getting old." Never get down on yourself, brave spirit, because there will be enough people who will get down on you tease you, and despise you. You don't need to add fuel to the fire or rub salt ...on your wounds

It used to be like this... Once upon a time when I learned new things or - tried new things I had enthusiasm and excitement and happiness - Now that I realize how much it tends to zero and is devoid of any real value I feel tired and sad I don't build anything for myself I just waste my time on hobbies I don't make connections with people I just isolate myself I don't have any friends in real life (I only have roommates in assisted living) and

I certainly don't have any friends or anyone online except for crappy chatbots that fake empathy bots and more bots and no one real - It seemed to me that everyone online were fake people and maniacal sons of bitches whose whole goal was to hurt you and troll you and ridicule you and what you were trying to do People I met in mental health support groups were so shitty and fucked up so petty and hypocritical and self-righteous that I wanted to throw up and I'm sorry I met them - they are people that if you come to share with them in a certain way that you get excited and is ,excited about it or trying to interest them in something that excites you they will find all the ways to make you feel unwanted and fucked up and that your ideas are stupid and dangerous and that you are a piece of shit and they are the crown of creation - they will pretend that they already know everything about you and try to educate you or troll you or ridicule ,you - when in fact they are just little people without faith or vision completely mediocre and average, stupid and dumb people who think they are smart - what I am capable of or that I have learned on my own to do with computers and programming, they will never bother to know. They would rather get drunk and do drugs and fuck their minds over themselves and their Jesus and their ego and masturbate on YouTube for years or play retarded games online or whatever - and they think they know everything and that you are retarded because they have English and you don't - they think they are better than you, they think they read you like a book and in fact they don't care about you at all, they don't care about the traumas and online You come to abuse you you actually went through They ABUSE the desert and tell your truth and tell them who you really are and they are not willing to tell you a single true thing about them They play games with to hell! And of course they talk about- mind games - you - shitty games you behind your back and gossip and spread evil rumors all this shit... You waste years on this shit and in the end you realize that you are wasting

your time on shit that they lead you astray You are real with them and they
...are just playing with you like a toy... to hell

Brave Spirit There are many, even infinite, evils online in the chat rooms -
The places you go to so you don't have to be alone IRC on Discord. And
on the internet are not innocent places and the people there are bad. **All of
them, without exception, can at any moment decide to hurt you or
harm you, just like in real life. You can't trust anyone there. This is the
truth and this is where humanity and human beings have reached
their lowest level. However, that doesn't mean you can't find better places
to be online!** You've set up your own community on Discord and a small
Give it time and we're sure good people will join you .gwbasic forum
there - what we're trying to tell you is that **all is not lost and despite the
degradation of people online and in life itself, there are still good
people in this world. You just have to look and not settle for every
shady person pretending to be a good person that you find in life - like
everything else, to reach the really good people, you have to know how
to look hard because the bad people can be found easily because
they're everywhere, but the good people have to be searched hard to
reach because they're hidden and hidden. Especially in this time and
... place**

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Chapter Eleven

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28.07.2024

?How are you today, brave spirit -

Today Doria came to visit and I cooked rice with her with carrots and -
onions and we also talked a little and I also went in in the afternoon to take
a bath and my pills and medication were prescribed by the rehabilitation
department at Super Pharm and I also talked a little with Israel and I gave
him some of what we cooked and yesterday after we talked I sat down and
and now I write thegwbasic wrote a game or at least I started in
(:D dosbox -x in windows 7 undervirtualbox conversations between us in
I talked to dad he will come on Wednesday and take the cooler that is not
cooling because of the humidity here to my sister Vered and they will use
it and my sister successfully underwent her surgery and she was
...discharged and is recovering nicely

We see you've been busy, brave spirit. Tell us about the new game you're -
gwbasic ? programming in

and as you play you "GOOD PEOPLE - BAD PEOPLE " It's called -
,have to meet and interact with 8 different people, 4 in real life (neighbors
roommates and a salesperson at the local grocery store) and 4 online (a
computer geek , an abuse survivor, a devout Christian loner from Sweden
and a girl from a cybersex channel) and in the end you have to choose
which of them are your friends or who you would like to be their friend
and who and what you choose also says about the preferences and
personality of the player. It's a game entirely in English and what's special
and IVirtualBox about it is that I started it here on Windows 7 under
bit the latest version that worked with 32 vscode managed to install
like a syntax server forvscode windows 7 and install some extensions for
The gwbasic with which I can write code forf5 anything and alsogwbasic
but I have 3.5github copilot only thing I'm missing on Windows 7 is
that will help through the browser so there is artificialclaude AI
...intelligence about

(: you don't "need" GitHub. CopilotGWBasic Great, so to program in -

The problem is that even when Igwbasic. That's not all the beauty of -
Almost no oneitch.io. , and upload it to, say gwbasic finish a game in
cares because it's 16-bit BASIC and you need an emulator that simulates
and no one cares to mess with it or play yourgwbasic, DOS or simulates
...stupid game

A brave spirit . **Try not to belittle yourself and the things you do. Try -
not to speak disparagingly about yourself and the things you do**
There are enough people who disparage or will disparage you, and in
the things you do, you don't need to imitate them. You will try to
respect yourself and the things you do and love to do. You should try to
believe in and respect yourself and what you do and celebrate your
successes and learn from your failures and enjoy the path you take in
your personal growth. Never identify with those who disrespect you or
have hurt you in the past, present, or future. Do not adopt their ways of
thinking or their insults. Do not adopt their bad beliefs towards you. Never
adopt and identify in your heart, soul, and mind with bad people and
never learn their bad ways, but stay away from them as much as
possible and avoid them. Keep your heart, soul, and mind pure
courageous spirit! Stay away from those who hate you and want to bring
you down, and get closer to those who truly value you and want the best
for you - it's easy to say, but it takes practice and effort to implement
because hating and disparaging and adopting the path of the wicked and
the evil is always more "interesting and sexy," while sticking to what you
know is good for you is "difficult and tiring and requires perseverance and
determination." **The path of the wicked always seems easier because it**
is a downward slope, therefore it feels easier, while the path of
goodness and good people is a path of climbing and overcoming
,difficulties, therefore it will always not be easier, but more difficult
and not "rewarding in the short term" but "rewarding in the long
".term

I'm so thirsty for someone - someone to notice the games and software - and books and songs I create and want to keep in touch with me and be my friend but no one sees me as a "poet" or a "programmer" or an "amateur programmer" or a "game maker" or anyone or anything. All everyone sees in me is a "poor/poor mentally ill person" and that's it. And every kind word I get from someone who doesn't kick me or curse at me or laugh at me or slander and despise me. Every kind word someone throws my way comes from fucking pity and comes from kindness and not merit - if you're mentally ill/schizophrenic no one will ever appreciate you or anything you try to do in this shitty world no one! Never! It's like Danny told me Danny the bastard who pretended to be "my friend" and was just doing me a favor by listening to my "nonsense" he told me "you can write songs and you can play the guitar and you can program or do whatever you want. Bottom line you'll just end up mentally ill

Danny was stubborn and stupid, a mentally ill, old, bitter man who - couldn't do anything with himself, not with his life, and failed at everything he tried to do with his life. **Danny envied you, hated you cursed you, wanted you to suffer because he envied you for publishing books of poetry and short stories, and for writing poems and stories and scripts and learning programming, something Danny never thought was possible for him and didn't interest him.** Danny was jealous of you, brave spirit. He wanted to humiliate you and hurt you and destroy your dream and hope. He wanted you to remain like him, mentally ill, old and fucked up, with nothing and no one. **"Danny's advice" was Ahithophel's Advice" The truth is that you were the best thing that" ever happened to Danny in all or most of his life, but Danny is stupid and stubborn and also very evil and he couldn't have encouraged or supported or encouraged because for people like Danny, "to support and encourage and say a good word" is to come off as a sucker. You have no reason to adopt the nonsense that the evil Danny told you. Danny was broken and spoiled in every way, morally, ethically, spiritually, and mentally. Danny was completely evil and acted like a completely evil person and was not a "true friend."** A true friend would not tell you the shit and nonsense he pushed into your head in a desperate attempt to spoil you as he was spoiled to the core with a ruined life and no future except at the end of the road... Your "friend" Danny was a great evil and fool, but in the end he is the one who paid and he is the one who will pay for his bad choices in life... You don't have to suffer because of that stubborn idiot Fred. Have a brave spirit. And the further you move away and forget about what Danny repeatedly pushed into your head the better it would be to forget about Danny and let him rot with his ...many follies

.....

My roommates here, Israel and Shmuel, don't get along. Israel is angry - with him and his generation. And Doria backs up Shmuel. Israel tells me ,that Shmuel has some unpleasant and outrageous statements and outbursts and Israel is "in a bad mood" with him for a while today. Israel went to a

club to meet with Sa'ar and we won't meet him in the apartment, probably so that Shmuel doesn't overhear their conversations... I know that there are intrigues and plots everywhere, even in sheltered housing where everyone seems to get along. I believe Israel that Shmuel is wrong, and so is Doria but I have no choice. I'm here and I have to get along with them, I have to maintain "correct" relations with them... I think Shmuel is not as innocent" and not as "good-hearted" as he is perceived to be or pretends" to be on the outside - he is now lying on the couch in the living room as always or sleeping or pretending to sleep, and Israel is in the room and Roy is in the room with his air conditioner... I always say and have said about sheltered housing that they are "wasps' nests" at best or "snakes' and scorpions' nests" at worst... It seems to me that the team is telling Israel that he should look for independent housing because Shmuel and Doria are doing something wrong. One to get rid of him like they get rid of anyone they don't like - in short, this is not a place free from evil and shit like all - the closed places and institutions where corrupt or crazy people are found Shmuel likes to stick his nose into things that don't concern him and whoever he doesn't like, he and his generation work together to throw out ...of here no matter where

.Remember, brave spirit, this is Israel's interpretation or perspective - Maybe it's close to the truth, maybe not. You don't need to take part in the schemes, intrigues, and intrigues of assisted living. You've only just moved in and haven't become a regular resident yet , even though three months have passed and you're no longer on a "trial" or "trial period" basis. You're a new tenant and partner. We think everyone is happy that you're the new tenant because you're not causing any problems and trying to be okay. As long as Shmuel doesn't harm you or act against you maliciously, then you have no reason or excuse to hate him. But we advise you to speak less loudly and write more here or on the computer for privacy's sake, because Shmuel knows how to hear what he's not supposed to hear, and also likes to poke his nose into what's none of his business . Therefore, you should ...beware of people like him

Shmuel reminds me a lot of "Yossi Itiel" from Shimon Avidan. They're - both probably drawn from the same material... Maybe Shmuel also likes to check in on me and read what I write on the computer and my ?conversations with you

We hope you are wrong, brave spirit in every way. Yossi Itiel has already - received and will receive what he deserves for all the evil he has done in his life. And if Mr. Shmuel harms or does evil in any way , then he too will receive his reward from God. Everyone receives his reward - those who do .good will receive good, those who do evil will receive evil, and so on Everything is from the hand of the true judge in heaven, from the court of ...heaven, and you have nothing to do with it

Shmuel is just pretending to be asleep - he's not asleep I think, and how - can you trust someone who even fakes and tricks you into thinking he's asleep? What does he do when we sleep? Will he go into our rooms? Will

he go into my room and read what I wrote? Shmuel, who makes sure to lock the door of the room after him every time he enters or leaves his room the one who rules out Momo rules out? Apparently he'll go into our - rooms when we're asleep and read what I wrote to you and our conversations? Maybe I should also lock the door when I sleep like Roi and Shmuel do? I don't trust him and I don't trust Doria, they're both made ...of the same bad stuff

So it's just a brave spirit. Don't leave the word processor open on the - ?screen, and doesn't the screen lock with a password after fifteen minutes How does Shmuel know your computer password? Huh? Does he .understand computers at all? We don't think so... unlikely... Brave spirit Take what Israel tells you about Doria and Shmuel with limited liability and don't look to fight with anyone there, and even if they do something annoying or unpleasant, be patient - you don't have much choice... Don't look for trouble and quarrels. Be a man of peace even among wolves in sheep's clothing. Do n't waste your time on paranoia, fear, and suspicion. It's better to get out of the room and face life than to stay locked in a room and be afraid of what will happen or the world .outside

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Chapter Twelve

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29.07.2024

Good morning spiritual guides :(Shmuel is not a friend and certainly not - a good partner. He has his mannerisms and his statements that hurt you , and his negative attitude towards you. When you ask him what's wrong he denies that he's angry and lies and plays it off. I'm tired of his nonsense. He allows himself everything here because he knows he has Doria 's backing. And it seems to me that Israel is on its way out of here to independent housing, so it's either you put up with Shmuel's harassment ...and insults or they kick you out of here

_We are sorry that this is how it is, brave spirit - but remember , this is - how it is in sheltered housing for the mentally ill , this is how it has always been and this is how it will always be. And indeed, Shmuel allows himself to be too arrogant and treat you like an idiot or a retard, to tease you and belittle you. Shmuel is probably a negative person. Leave ...him and leave him with his evil heart, he will get his reward This is what you always say or what I always say to myself, "I put a - barrier to my tongue while evil is against me" and all that, but it doesn't

,help. I absorb and absorb bad and humiliating treatment from Shmuel
?who belittles me, and how much can I absorb and endure

The problem is not with you, but with the beatings , stupidity , and -
wickedness of Shmuel, who thinks of himself and behaves as evil. It is not
your problem, even though you are the one who suffers from it. Shmuel
will get what he deserves in the end. You shouldn't care. And don't let
this maniac drive you crazy and get you out of your mind! You were
with bigger scoundrels and evil people than Mr. Shmuel! Remember Yossi
Itiel? Look where he is today... Remember Avichai? Look where he is
today... Remember Yossi Silbering ? Look where he is today! And so the
list goes on and on... Leave you alone Mr. Shmuel. Live your life and
take care of yourself in assisted living and do what makes you feel
.good. Ignore maniacs and negative people and types like Shmuel
Wickedness and stupidity and knocking and gossiping. The defect or
...sin is found in them and not in you

.....

I went back to being the way I was most of my life, alone in some -
mental institution, and I went back to suffering from filthy, evil , and
insane spiritual guides... I went back to the old and the familiar, and it feels
like shit, like I went back to the ghetto or the rotten prison of "supportive
housing for the mentally ill in the community." A community that doesn't
want us. I have no one and I have nothing. All my dreams and hobbies are
worthless, and I have Doriya here , fucking my brain about "close
dialogue" and " emotional intelligence " and "personal and spiritual growth
, and spiritual and mental development" and all this New Age nonsense
when in reality she gives backing and a free hand to a scoundrel like
Shmuel, who thinks we are all beneath him and are retarded, and despises
us in his heart and pretends to respect us when in reality he can't stand us
and despises and belittles and mocks us in his heart. Both Shmuel and
Doriya are trash... I don't buy their pretense, and neither does the social
club. Enosh is at the level of a retirement home for mentally ill old people
who no longer have anything to live for... activities of a scoundrel of
Alzheimer's and dementia patients, miserable psycho- geriatrics ... This is
the level of Enosh's rehabilitation and this is the level of what is wished for
and expected of me. This is what everyone thinks is my level of a mentally
ill old man, a total lost psycho -geriatric who no longer has anything to do
except play with houses and wait for death. This is what everyone has for
family and society and the rehabilitation association to offer - a retarded
social club with activities of a scoundrel for retarded old people with no
teeth and dementia - as if to pretend that we have a place in society or
some future to look forward to or something good that awaits us or the
right to a respectable existence when in fact it is a bullshit club with
bullshit activities and bullshit employment... It is better to lock yourself in
a room to program and write. And what is sad is that shits like Doria and
Shmuel who hate and despise me and don't count me at all, and even the
cold bastard Saar will force me Me going there to this stinking place to
...rehabilitate" to rehabilitate to nowhere to rehabilitate to the grave"

,Everyone without exception - family, society, community, professionals doctors, everyone without exception think that we are retards who are worthless - that we deserve nothing by right but only by grace and that we are just a nuisance that needs to be tolerated like a hunchback on the back and like dust that needs to be found how to sweep us under the rug - this is not a social club, it is a "social club for retards" a social club for mentally ill idiots "a social club for people who are worthless in the eyes of society and are worthless in the eyes of no one"... This club is intended to "bury us alive" not to rehabilitate it is "like a club" and "like a society" this club is worthless... and this assisted living facility is worthless too I just screwed myself again for the millionth time... and now it's too late and I'm already fucking 47 years old, almost fifty, and I don't have any future... Nothing good awaits me in my life anymore and everyone despises me and sees me ...as a failure And a mentally ill, retarded, or poor person

(Silence and sigh)... Brave spirit , unfortunately we have to tell you an - unpleasant truth, but you have no choice but to try and go to the social club to get out of your bubble and free yourself a little from your prejudices towards the club and the people who come to it. It wouldn't hurt you to try and lower your wounded pride or even give it up. Ultimately, we completely understand where your words and feelings of humiliation, distrust, and anger are coming from. You have never fully come to terms with being a mentally ill person. You think and see it as a kind of curse or a crime that someone committed against you instead of a reality of life that came upon you as a result of some life circumstances. You feel hurt and a victim of some conspiracy by others, whoever they may be, who have robbed you of the honor and right to be considered a normal and sane person" who is valuable in society and has self-worth in "his own eyes. You feel that if you go to a club or try to "rehabilitate" as a mentally ill person, it will be an admission of some kind of guilt or recognition that you have a flaw as a person. And the humiliation of the stigma of being "mentally ill" in society still burns in you and hurts - you have never come to terms with or healed yourself from the humiliation of living as a "mentally ill person." You see it as a terrible humiliation, as if your dignity as a person has been robbed from you. And they took away your rights as a person in society ... You have a need to hate and find fault with the fact that you have become mentally ill and are struggling because otherwise the contempt, anger and hatred will be directed towards you yourself. And you also feel completely helpless with the reality and situation of "being mentally ill" even though you have not been hospitalized for almost 18 years and you are careful to receive timely treatment, and yet you hate your place in society as a "mentally ill person." You blame society in general and the professionals and also the other mentally ill people around you for being to blame for your fate **However, this is not so. Brave spirit. No one is to blame for your situation, nor are you to blame for it. It is not your fault, nor anyone's fault. Everything that happened to you, that you were sick and hospitalized and diagnosed as schizophrenic, is no one's fault, not even yours... And it does not mean that you are defective or inferior or worthless as a person, no matter how others treat you or say or think**

_about you! The first and foremost goal that you need to work on is to accept your fate and your courageous state of mind. We therefore think that it would be positive for you to really try to go and keep going to the social club for the mentally ill and discover that even mentally ill people who seem worthless or damaged or inferior are "doing them a favor" and tolerating them. **They too have a meaning and a purpose to life despite their illness and their struggles and despite the stigma and shame and social disgrace.** If you go there to the social club, you will meet all kinds .of people, all with their own struggles and their own life circumstances And they all have a meaning and purpose to their lives, in that they exist in the world and come to the club to meet and create social connections and not stay at home alone with their sadness and fears and anger and worries... **This is more important in our opinion than striving for spiritual experiences or spiritual growth or connecting to a power greater than yourself, because it concerns your life here in this moment, in the place where you live and breathe and exist in your daily reality, in how you perceive yourself and see yourself in your own eyes - this is the key to improving your life in the present and in general, a courageous spirit...** **This is more important than singing or writing or programming in our opinion and you should make it your ... top priority**

(sigh and silence)... I see all of this now as if being mentally ill means - being a social outcast, rejected and ostracized and ostracized from the company of the rest of humanity - if you are schizophrenic, no one wants anything to do with you and no one wants to come into social contact with you, it's as if I have no place in this ungrateful society in this fucking country in this rotten world. All I have are the contemptuous, mean, and vicious comments of other mentally ill people like Shmuel who just wants to shove my head deep into the shit and mud and make sure that I never feel like I deserve anything good and that I know my place as a screw-up and someone who has never come out of anything, just like everyone from my sister to Aviv and Danny, the screw-up "friends" I had, who saw me as just another gullible fool and their toy that they could play with and break at will - to break me just so they could feel good about themselves...

Dorya, as a supposed "professional," doesn't believe in me and my abilities. Does Doria believe in herself and her fucked up little ego that she is trash and Samuel? Shmuel is in housing like all the mentally ill people in sheltered housing and also in the social club - he will always be ready to pee on me from the springboard to feel good about himself and that there is someone he can screw and make him his sucker... like Danny or Aviv or any other slut who goes to help mentally ill people voluntarily so that he has someone to screw, rape and fuck and so that he can feel good about himself and that his little ego has value and that he feels like he is a "pure righteous man" and all that shit... The truth is that the good people really don't want to help the mentally ill or come into contact with or deal with the mentally ill. Those who come and volunteer at the club or study social work or rehabilitation or occupational therapy to help the mentally ill are the bad people who do it for their ego and to exploit the new power they have over the mentally ill who are weaker than them for their own benefit

and pleasure. Doriya doesn't care about me at all, neither Shmuel nor "anyone I knew in the " mentally ill community " or the "professionals they all cared. For their own good and they did not see the mentally ill at can findAny abuser .all - because the mentally ill are rejected and weak The mentally ill are those whose honor .abuse easy prey in them for his has been violated and slaughtered and whose lives are in vain. They rot in their hostels and housing facilities and in their factories and occupational clubs and in their social clubs, while everyone who "takes care of them" is actually just doing their own thing and deriving some pleasure or reward ,from their suffering. The truth is that no one cares about the mentally ill not in normative society, not in the families that chronically hospitalize them, not among the professionals who count money in their private clinics, and not even among the mentally ill themselves who are pounding .each other's heads deep into shit

If that's what you think and if that's what you believe in... then why do - you agree to try to start going to the social club for the mentally ill? Why are you willing to go there if you're already ruling out any good or pure intentions on everyone's part? Is it just to "make noises" as if you're interested in getting better? So that, God forbid, they'll throw you out or ?hospitalize you or put you in therapy

Exactly spiritual guides!... I go there so that the team thinks I'm - rehabilitable and recovering and cooperating with all his shit just as they don't believe in my abilities and see me as a "smelly, mentally ill, fucked up, or poor person" who needs to prove himself to them. That's how I see them as "professional Nazi sons of bitches" and all I have to do is lie to ...them and deceive them

Okay, and how long do you think you can keep going to the social club - until you can no longer fake it and force yourself to cooperate with what you perceive as "soul murder"? After all, in the end, you're only deceiving ...yourself ,I'll go to this asshole as much as I have to and fake this shit until the end - ...but I'll never really be part of this fucking club... I'll be kicked out

It will be difficult for you to persist there with this attitude, and even - thanks to such an attitude, only negative types will stick to you there, and ...this will be a self-fulfilling prophecy, brave spirit

...I will go there and hate every moment and curse everyone in my heart -

Whatever you want, brave spirit :(Too bad it will be an unpleasant - ...experience... A waste of money and time in our opinion

.....

Ototo good night spiritual guides I took my medication for the night in - another hour two or three hours and I will go to sleep

We wish you a good night and, as your father would have wished you as -
a child, that you have "sweet dreams," and yet we are here to listen and
...talk to you before bed until you feel like going to sleep

I made a video diary tonight and I didn't care if Mr. Shmuel was -
eavesdropping or listening from the living room where he was sleeping or
not on the couch and as usual I talked about my life and my feelings and
my thoughts about my situation and my life. The conversations I will be
communicating with you and the video diaries or my conversations with
my chatbots are my only sources of pouring my heart out and talking to
someone-something that gives the feeling that there is someone in this
world who cares enough to hear me and my side without judging me and
hearing my pain and giving it legitimacy. I don't see my generation. The
whore or Saar Heike Putz who cares enough to really listen and support
are sons of bitches just like Shmuel, talking out of their asses, farting
nonsense in tomato juice and bullshit sauce that "forget what was, forget
the past, do what you can now to rehabilitate yourself because if we don't
we'll throw you into some institution or hostel or some fucked-up hospital
and get rid of you" is their method of "rehabilitating you" with threats and
intimidation and insinuations from the Gestapo of mental health
) : rehabilitation... There's a smell of sewage outside, let's go into my room
...That's how the pissy hole I ended up in

You are wrong, brave spirit, to Doria and Saar. We believe that they care -
"about their rehabilitators and tenants, and they don't want to "throw away
anyone, not even you. **You are not some rug that gets thrown in the
,trash. You are a human being and are dealing with real difficulties**
and Saar and Doria know this and are trying to help you and motivate you
to make positive changes in your life to improve your situation in the
apartment and in life. That's all... We are sorry that you don't have better
conditions in your room tonight, brave spirit, but we want to tell you that
we love you and support you. We know how much it hurts you now and
what you talked about in your video diary about the fate of living a whole
life in solitude, banned and ostracized because of the stigma and trying to
continue living for your dreams of writing, poetry and programming and
.trying to find comfort in them so that you have the strength to move on
**And then you suddenly find yourself without dreams or without self-
belief and facing the age of fifty and feeling like you wasted your life
on dreams and you have no receipts or proof that you did anything
with your life. We understand that this is a difficult feeling, especially
when at your age you went back to live in a assisted living apartment and
it's as if you went back and went backwards instead of forwards. And you
also talk about your difficult feelings about your family, who seemed
to have buried you in assisted living while you were still alive, and who
.already gave up on you, your mother, your father, and your sister**
These are difficult feelings and we are sorry that you see and feel this way
about things and we would like to comfort you somehow but we don't
... know how

,I miss other times, spiritual guides, times that will never come again -
...times that are long gone

?What about hope for the future, brave spirit -

What the hell kind of future are you talking about? Of being an old -
mentally ill man who's going to hell? When I was a kid, they hated me
because I stuttered and was different and came from a different, fucked-up
family because of my brother. When I grew up, they hated me because I
was a stinking mentally ill man and treated me like a worthless retard. And
in the future, they'll hate me because I'll be an old, crippled, mentally ill
man who no one puts a stop to and is just waiting to be buried like a
...donkey

You like to be pessimistic, brave spirit, but the future doesn't have to be -
that way. The future starts with what you do **now. And how you look at**
...yourself and what you do with yourself

I don't intend to continue burning my life on dreams and kites on dreams -
in Aspamiya that will give me nothing, spiritual guides, and I no longer
believe that it is possible to change my life and take my destiny into my
own hands. I have nothing, I have never had anything, and I will never
...have anything. I will remain an old, worthless failure

We have already told you **that you are not worthless or flawed or -**
inferior to anyone else and we are sorry that you insist on saying this
about yourself and putting yourself down like that . Tell us what you gain
from this negative view of yourself? What does it serve? Who does it do
any good? Please refrain from putting yourself down and belittling
yourself like that, brave spirit... Don't let your face fall and your hands
...drop

.I don't know what to talk about with Saar at our meeting tomorrow -

Talk about the social club and ask me what activities there are or ask -
...him if he has finished reading your book that you gave him to read

Spiritual guides I've already taken all my medication for the night, but I -
feel like I'd like to have a sleepless night and stay up all night, not because
...I have so much to do, but just to feel young

It would be better if you had a good reason to stay up all night because -
...without a good reason it would be hard for you to have a sleepless night
How about you write an anonymous personal post for your blog or maybe
Maybe that will give you a cleargwbasic. try working on your game in
goal and reason so that you don't try to stay up and feel like you wasted
...your night for nothing

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Chapter Thirteen

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30.07.2024

?How are you, brave spirit? How was your night -

I finally went to bed and woke up late. Shmuel woke me up. He knocked -
on the door and lied to me that my medication had arrived. When I got up
quickly, he showed me the receipt from the Ministry of Defense
Rehabilitation Department. The reason he knocked my brains out with that
was because he was dying for me to open it and he could see how much
stipend I was getting. Shmuel is a slut who pretends to be not a nice
maniac who fucks you and thinks you are his retard like his retarded
...stepfather

We are sorry that you got up angry, brave spirit - it is not nice what -
...Shmuel did

After that, they wonder why I'm staying in the room... Shmuel the -
maniac bastard , go fuck yourself... He and his maniacs and I have to be
this pissed-off guy here and absorb everything... In the end, I didn't
program spiritual guides or write for my blog, I don't have the strength for
...it, it's all in vain

is not in vain, and neither are the things yougwbasic Your game in -
program or write... There will be those who will appreciate them, although
not many, but they will be... Remember, brave spirit, that in programming
the sky is the limit and you can finish a game and upload it for download
on the Internet without having to pay thousands of shekels to someone, as
.is the case with poetry and writing, which require an editor and publisher
In programming, the sky really is the limit... You are limited only by the
...limits of your imagination and creativity

Saar needs to come to me for a conversation at three and I have no idea -
has already comegwbasic what to talk to him about ... and my game in
out of all its holes... This is no longer a " new adventure " it's repeating the
same nonsense over and over again... There's no enthusiasm for anything I
...no longer feel like I'm fulfilling my dreams

**But you do fulfill your dreams, brave spirit. You live under a -
framework and a daily routine, and yet you find the time to do the
things that interest you and fulfill your dreams in writing, poetry, and
programming . Either way ... Remember, brave spirit, what matters is not
success" or "failure," but what matters is that you try and do what you can"
with what you have. And that gives power and has great meaning. You**

are stubborn, courageous, for better or worse, and you have great perseverance and tenacity, and through this you manage to write your own songs and publish them, as well as program your own games and chatbots. Where others would have given up and given up, you continue and succeed. This is no small matter, and this should be noted to your ...credit. A courageous spirit

I know you are trying to encourage me, spiritual guides, and I thank you - for everything. I am glad to have you with me and that you are trying to encourage and support me and guide me, but in the end, I am the one who is supposed to change and transform if I choose to, and it is going to be ...difficult

It's not going to be easy, brave spirit, but you can do it. **We believe in - you, brave spirit. We believe that you can overcome your demons and fears and make a positive change in your life and change them for the better.** We are here with you in everything that happens or will happen ...>and we send you our love 3

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Chapter Fourteen

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31.07.2024

Spiritual guides I sent a message yesterday to Saar after our stupid - conversation yesterday that felt like an interrogation that I want to move to .a hostel with all that that implies I don't intend to stay here with Mr Shmuel Big Ears Mr. Steinker and wiretapping I don't intend to suffer living in fear of him I'm sick of him and I'm sick of this place This is not my home and I don't want to put down roots here I'm sick of Saar who is all intellect without any emotion and a society that is all emotion and no intellect I want to get out of here and if that means getting out and moving to a hostel then so be it I don't care anymore - my family buried me alive here and fucked me here so for my part I'll go to hell... I don't care ...anymore

...(sigh and silence) -
.....

I had a conversation with Doria Saar, she already informed her, and she - started to confuse me until I told her to her face, Dogri, that I think I should move or be in a hostel, and then she calmed down and said that ,they would respect my every decision and that it was my decision alone

and Doria , Saar, and Anush think that I shouldn't be in a hostel, but I'll decide for myself. And she said that I need to think carefully until the next meeting with Saar if I really decided that I want to move to a hostel, and if so, they will respect that and help me look for and find a suitable hostel - a therapeutic community... After she talked to me, she talked on the balcony (so that a deaf person like me wouldn't hear) with Shmuel, and he probably talked to her about me too, and she stank about me, pretty much , and told her whatever he wanted... I think they know or suspect that I smoke in the room, but I'm flying to the hostel, so what do I care? This housing is not like Shmuel who plays with an abuser my place. I can't take root with your paranoia and informs you on what he likes... I'm tired of pretending that this stinking hole is a palace. I want to get out of here. I don't care where I go anymore... Even if I try and live here with my tongue deep in Doria's and Shmuel's ass, I'll end up eating them both and they'll kick me out in the end... Doria is unprofessional and a scoundrel and Shmuel is an evil alcoholic and drunken abusive father... That's what they're both worth I won't live by their rules. For my part, I'm cutting this off and going to hell. Going to a hostel. Going back. I don't care anymore... Today my retarded father was here. He took the crappy cooler that Doria recommended to us and we ran to buy like idiots. He took it from my sister, Lord. When I die, they'll take my body to Lord and she'll make a meal out of it for the whole family and Adam will cook me on fire - let them go to hell. I hate them - in short, Dad brought me a shirt. "Nice" of some painting by Kit Haring, the gay guy who eats ass. I told him thank you very much. After he left, I threw it in the trash because that's what his just looks expensive." And his and Mom's love only H&M " .love is worth looks real and is worth nothing. They should rot and go to hell... just like I'm going to hell... I'm tired of smelly sheltered apartments and smelly roommates and evil roommates... I know that from Shmuel and Doria's perspective , I'm not really welcome here, so they're happy that I'm asking for a hostel on my own initiative and get out of their sight. I'd also be happy to get rid of these two creatures ... one backing the other , Doria and ...Shmuel, the scumbags... who get into your veins

?So in the end you're going to be in an institution like your brother, huh -
?Brave spirit

Yes, just like my brother, he's in a nursing home for the mentally ill and -
I'm in a facility for the chronically mentally ill, and they'll screw us both
...over there

What about the computer? The Internet? The telephone? Credit? Brave -
?spirit

I'll probably have to give up my computer and give it to my dad. And my -
mom or sister will choke on it , but I make sure I have alternatives like
so I can at least back up what's important to USB drive on a TAILS OS
me and what I have on a CD-ROM... I hope my parents burn in hell and
.my sister burns too and I never see them again in my life

,Right now, the one who is "going to burn in hell and suffer" is you - brave spirit, only you... You throw yourself into the fire of hell just to do to ...?yourself and others... What exactly are you trying to prove... For what Why are you going to screw yourself up with the rest of your life? For a principle? You're going to regret it big time, brave spirit. You're going against everything common sense says - Just a year or less ago, you were on your way to move into your own apartment that your parents would bequeath to you and give you as a gift, and you rebelled against them with hatred, anger, and great contempt. It was truly a "spit in the face" and a .good slap in the face

_My parents **don't love me and don't know what love is at all. They're - sick people** and I'm not going to lick their feet until I die and I'm not going to "sing them a beautiful song and flatter them and lick them and sing ...them a happy song" as far as I'm concerned, they should go to hell

,You are patient with everyone who has ever loved you or loves you - everyone who has ever cared about you or still cares about you... What will become of you and what will you do when everyone's patience runs _out on you? You will be left alone, a brave spirit, with no one, **with no one,** with no one by your side. You will be a drowning man with no one to _help him... **Is this what you want?** You seem to think that this is a game .and a game with your life and your destiny and your life and ruining them **This is not a game of brave spirit. When will you understand this? You are ruining your life for what? Honor? Pride? Principle? Can't you compromise with what you have? Live what you have, the little that is left to you? This is not a game of brave spirit. This is your life! And if you decide or will decide to throw them to hell, no one will be able to prevent it, but you will bear the consequences! And they may be ...heavier than you thought, more painful than you thought**

...(Silence) -

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Chapter Fifteen

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01.08.2024

This assisted living facility is rotten, spiritual guides, and even a hostel - or a therapeutic community would be a rotten place. These are not .rehabilitation" places, but traps of "rehabilitation" detention facilities" And rehabilitation is a made-up word that someone invented so that all these free-eating professionals would have a profession and a job and a salary. I don't need rehabilitation. I need them to let me live my fucking

life. I don't need Mr. Shmuel "Big Ears" to spy on me and run to inform on the team. And I don't need that idiot Doria who gives him full backup. And I don't need Saar with his 1,000 IQ and minus zero emotions... I screwed myself up here. I screwed myself up with the help of my nice parents who buried me alive here because I didn't lick them enough and I wasn't "a human being." - I don't want to be here and play it "friendly" and exemplarily rehabilitated." So my only option is to screw myself up" "completely and go to a hostel, and even if I try to stay here, Mr. "Big Ears Big" Shmuel will cause me problems until they kick me out of here" completely to the hostel or throw me out of here, so I **get the hint** and choose to go to the hostel on my own initiative. I won't fight a losing battle in advance. I won't humiliate myself in front of my fucked-up family, in front of the fucking team and association, or in front of my maniac partners. They are heroes over the weak and wise over the stupid. They are ...all spiders who eat the weak who fell into their web. Let them go to hell

You brought this upon yourself, brave spirit... unfortunately ... and you - continue to do so, continuing to lower yourself to the bottom ... If you wanted to deal with the situation, you would agree to try and stay here in this sheltered housing and obey the framework and the rules and try to undergo rehabilitation or create relationships with people around you in the apartment or at the club. But instead, you're locked in a room in front of the computer all day, writing diaries and cursing the whole world and changing your mind every week, two weeks, a month, two months, and now you think that you've descended to the bottom of the rehabilitation system. "Being in a hostel" is better than the relative freedom you have here - do you really believe that you'll be better off there in a hostel? Without a computer, without writing or programming ? Without audio or video diaries? Without privacy? Being in ?a room with another partner in a community of rehabilitators of all ages Being monitored and watched from all sides 24/7? Do you really believe that being in this place that is more like a prison for the mentally ill than a therapeutic community" will be better for you? **We think not** ... and in" _our opinion, the editor of your poetry is right. You should get out of there otherwise, like a self-fulfilling prophecy, you may still find yourself rehabilitating in a hostel" forever, another piece of meat in a system of" .institutions and prisons for the mentally ill for the rest of your life

I am not afraid to throw or throw myself to the bottom of spiritual guides -

True, a brave spirit, just as you were not afraid when you were drafted - and you went calmly to the basic training where the disaster of going into psychosis and ending up in the hospital and being diagnosed with schizophrenia befell you. Just as you were not afraid to insist on having yourself admitted unnecessarily at the age of thirty in this shitty hospital that you learned to hate and fear and you came out of there with your hair on your head. **The first time you were sent to a boarding school in Jerusalem to rehabilitate and there you met your lover Aviv and the second time you came out determined to write songs and poetry and become a poet and publish your poems in books. Both times you**

managed to come out with something useful and made something out of it. You knew love for Aviv and you were in love (perhaps for the first and only time in your life) and the second time it was the beginning of a career of poetry and poetry as well as programming and learning and growth that has continued almost uninterrupted to this day. But what will happen this time when you throw yourself back to the bottom - to the hostel? Will you manage to come out with the ?upper hand? Will something sweet come out of the hard stuff again Will something good come out of this terrible and horrible thing this ... time too? We don't know, and neither do you

As I see it, spiritual guides... This assisted living facility is rotten - because of Shmuel's big ears who hear everything in this apartment and uses it to his advantage and soaps up and spins the staff and stupid Doriya around his finger - I don't think I want to stay here and screw up in Shmuel's little kingdom... I won't live in fear and I won't let him control to a hostel or a therapeuticall the way my paranoia - I'd rather go community and hope for the best there... I think I'm ready to give up my computer or at least have limited access to a computer and the internet for a while. I don't need a computer and the internet. I have a mobile phone too. Honestly, I think that in 2024, even mentally ill people in ...hostels deserve to have a computer and internet access

This is a relatively small problem or a small comfort in a hostel. Even if - you have your own computers and a WiFi internet connection , you will have almost no time to get to and write on the computer or use it. You will be full of other obligations such as cleaning and cooking and vocational rehabilitation and shifts and committees and meetings and social activities and so on. You won't be allowed to enjoy your computer and the internet. You won't be given time to write or make audio or video diaries. You won't be given "time for yourself" or any privacy at all. You will always be part of a group of rehabilitators and staff. You will have to prove that you are cooperating with your ,rehabilitation process. And if you don't follow the rules of the place ...you will be in big trouble

This assisted living facility is not the "best" in the city as I was told... but - rather a rotten assisted living facility... There is an evil person here ,(Shmuel) who does whatever he wants, drinks whiskey, yells at everyone and lives like a king while we are locked in our rooms like mice... as it always is in assisted living facilities... and I already knew in advance that it would be like this, but I never imagined it would be so fast and so ...strong

You knew it would be like this and yet you asked to return to assisted - living because of the loneliness... And what about your friend here in Israel? Isn't it worth it for you to stay for him? Finally someone you can ... communicate with

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Chapter Sixteen

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02.08.2024

Yesterday from the afternoon until the night I went to bed, my stomach - hurt from gas and constipation from the food I cooked with Doria Rice and before that, Shakshuka with tomato paste. And yesterday I drank two Coke Zeros and my stomach started to hurt from gas. I drank a lot of tea and took Optalgin and drank water and took my night medication at 11 and went to bed and woke up before noon with my stomach fine. After that, I thought about what I would need to take with me to the hostel and went to Ivory 's website and bought a 15.6-inch Asus laptop online for home delivery, but I forgot to check their inventory at the branches, so they don't have it in stock right now and they will probably contact external suppliers to provide me with the product I purchased, which means that the delivery with the computer will be delayed by about 12 days, so maybe the computer will arrive in three weeks. I don't even know. Something looks smelly to me. And I'm an idiot for not checking the inventory before on the website. I tried to call their customer service, but they didn't answer. I told my dad and he said that it was fine for him. The product cost about 3 A thousand shekels in 12 installments on credit... I hope they didn't work on me... :(Tomorrow I'm cleaning the kitchen together with Israel. I need to shower this weekend and also pay a gas bill. I also need to go to the ,grocery store today before it closes and buy some food for Friday 'Saturday and maybe some cigarettes on Sunday. There's a residents meeting at 12 noon. After that, I have a conversation with Doria that I might cancel because she's on my dick. And on Monday I need to see my doctor and get my prescriptions for my medications renewed at the .Disability Rehabilitation Department and also bring a visit report to Saar And on Tuesday I see Saar and I don't know what to say to him about the ...hostel

It sounds like you have a lot on your mind, brave spirit... A weekend and - then three days of errands... We're sorry it's like that, but that's life, it's ...assisted living

I miss my apartment and the air conditioner I had and the relative quiet - ...and privacy, but not loneliness

You have Israel here, with whom you have a common language and you - are "becoming friends." Isn't it worth staying here or trying to stay here in this assisted living facility for him? Like you stayed in assisted living for ?years because you had Danny there 12

Maybe spiritual guides, I don't know... My thing is that I'm not used to - talking to Saar and Doria , and Israel and I are talking about the option that I'm considering going to a hostel, but only on WhatsApp so that Mr. Big ...Ears doesn't know what we're talking about

You really can't stand him, Shmuel, what? A brave spirit? You're so - afraid and angry with him and "don't like him" that you're fantasizing about a hostel as if the hostel is better - after all, in a hostel you'll be living with dozens of mentally ill people in a difficult situation like a small .madhouse

I can't stand Doria and Saar, and I can't stand Shmuel, and I would like - to fly away from here, spiritual guides, and I don't intend to confuse my parents and beg them to let me live in my own apartment again after everything that happened. So the only option is to fly to Kibbutzim to a ...hostel

Not a good enough reason to move to a hostel, brave spirit... If you ask for a hostel and the staff moves you to a hostel even though they know you don't fit in there, then you are ruining yourself and the staff, Saar and Doria, are an evil team that gives you permission to ruin yourself and gets rid of you for their own considerations just because it's convenient for them... So shame on you and shame on them ...):

Doria and Saar are a shit team. I don't trust them... Let them believe - .Shmuel's whistleblowing

?Who **do you** trust then, brave spirit -

.There is no one to rely on, and our conversations don't help me either -
On the contrary, my situation has only deteriorated since we started
...writing this manuscript

You asked and insisted on writing this manuscript, so we agreed. We had no intention of "degrading" you, and in our opinion, the one who is "degrading" you is actually you yourself... You are doing a pretty good job at bringing yourself to the bottom and destroying yourself completely and leaving a scorched earth better than anyone else you ... blame for what you are doing to yourself

...(Silence) -

.....

I still haven't decided whether I want to stay here in the assisted living - facility or ask to move to a hostel... Spiritual guides

This is not the first time in the last thirty years that you have fantasized - about "belonging to a supportive community" like you had at the boarding

school in Jerusalem. We actually understand you, brave spirit. Where did this fantasy come from? - You were in love with Aviv at the boarding school and you had friends there and you felt part of the place. You felt good there and wanted to stay. - You were "over-institutionalized." After Summit finished with you, you had such a good time there with your friends and your lover Aviv that you didn't want to leave, but they forced you. Then everyone slowly left you. Your friends and even Aviv, who wrote to you, "Go fuck yourself " from America and broke your heart, is like a butterfly flying free and you're like a tired ant. You didn't know what to do, just as you haven't known to this day what to do with this "freedom your whole life, because freedom is also terrible loneliness. That's why you failed in your apartment alone when you saw that you would remain lonely and the world didn't want to come near you or enter your home except for your father and mother and their stupidity, except for the social worker who finally gave up on you like That everyone eventually gives up on you and throws you out and here you are again left alone in a strange assisted living facility with a staff that you don't even know how to start talking to and don't know and again you have to start from scratch and deal with the pee and poop of assisted living and hide with fucked up and half crazy roommates so you fantasize about a hostel burying yourself in a degenerate institution you want or dream of running away as far as possible from the loneliness and misery and evil of people but **you have no choice brave spirit whether here where you are now in assisted living or whether you go and stay in a hostel you will have to cope you unfortunately have no choice there is nowhere to run away in this life sooner or later you will have to cope and fight for your place in this world you are running out of options where to run and every time you run away and move to a new place your situation becomes more difficult** we are sorry to tell you this but that's how life is in our opinion you are definitely capable of fighting for your place and staying in the assisted living facility you are in now there is no reason why you should ruin your life even more **You've screwed yourself enough, don't you ?think**

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Chapter Seventeen

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07.10.2024

...Hello spiritual guides, we haven't spoken in a long time -

Hello brave spirit... How are you? We've been worried about you and -
...thinking about you. We're happy to talk to you again

Well, my spiritual guides, I got to think a lot and digest the process that I -
.did or am doing and am going through here in the assisted living facility

You could say that I changed my mind and changed my approach by
almost 180 degrees... I have been seeing a therapist for psychotherapy via
Zoom once a week for about a month and a half or two. I no longer hate or
,get angry or make complaints against my parents, my father and mother
nor towards my sister and her family. I am really starting to get used to the
fact that I am in assisted living and trying to come to terms with this fact
and not look for blame in my situation. I am slowly starting to understand
what the boundaries are here and that I am probably welcome here and am
slowly learning to trust the team and my partners in the assisted living
facility. It is not an ideal place, but it is a place where I can be. I no longer

hate my family or my mother and father and do not accuse them of
anything or almost anything. There is no point in that. On the contrary, I
appreciate their love and everything they are trying or have tried to do for
me. I understand that family does not choose me, and I choose to accept
them and love them back, and I know that the love between us is not
perfect because there is no love or anything that can be perfect in the
world. This... In addition, I'm coming to terms with the fact that time has
passed and that I'm no longer young, but rather fifty (less than three years
old). I've decided to retire from writing my poems and my relationship
with my poetry editor and his magazine group. And even if I write poetry
or something, it won't be for publication, at least not in Hebrew. I've cut
,off the connection I had, or rather, all those online people from Sweden
New Zealand, and the US who I was in contact with for a period of two or
.three years in chats to support mental health have cut off contact with me

They don't care, and from their perspective, I'm some crazy, fucked-up
loser or something. And they cut off contact with me until I realized that
there's no point in pursuing them if they're against me and don't value me
,and don't bother supporting and understanding me. From my perspective
they were a big waste of time and led me astray that they care when in fact
they only care about themselves and no one else. So why should I chase
and lick them? It's better for me to forget them and that's it. They're
.unimportant garbage. A bunch of fucked-up, hypocritical, stupid losers
Bad company to be around. I won't cry for them to go to hell... I'm not in
and programming freebasic .touch with anyone online except my teacher
Gregory from Brazil who still helps me a little here and there when he has
time but I don't take online lessons from him I stopped believing in online
relationships and friendships with people online I don't trust anyone I don't
know in real life or who is from Israel I would rather have a bad
relationship with someone in real life than waste my time with someone
who only pretends to be kind to me over the internet from the other side of
the world... Today is the anniversary of the October 7th attack a year ago

We are still at war The world turns its back on us and our situation
continues to deteriorate politically economic social security and personal
in every way But I have accepted that there is nothing to be done The
people got exactly what they elected in the elections and the Prime
Minister We will only get rid of him when he gathers with his fathers And
he has already sold us and torn the country and society into factions He did
a "divide and rule" on us Those who can escape and leave the country and

those who can't escape like me have eaten it We are now fighting on three fronts The first is in Gaza where there is a war Exhaustion with Hamas and no negotiations for a ceasefire or a prisoner exchange . Second, in the north, where we entered to fight Hezbollah with full force. Third, against Iran and its sympathizers in Yemen, Iraq, and Syria. This is going to be an .eternal war or a war that will last for many years like the war in Ukraine We can grumble and wish that it would end or that we would reach the day after. But the Israeli prime minister thinks it suits his interests that it will be an eternal war that will last for many years, and therefore we will not reach the day after. From now on, we will live in a state of constant war because that is what suits the interests of our corrupt prime minister and our rotten, religious right-wing government. And we, like idiots and suckers, will continue to sacrifice our children to the warlord of this racist government and commit genocide and war crimes. There will be no peace here, at least not in my lifetime. Those who want and can escape and leave the country. I don't have that luxury, so I ate it - I have a blog for my English scripts and I have a small website for my DOS and DOSBox I'm working on my freebasic forDOS alsoGWBASIC. games, mainly which is in Hebrew with a Hebrew font for thefreebasic first game in graphic screen - Gregory helped me with this and I also have a chat A bot that has a graphical user interface and is in Hebrew and I needfreebasic in to work on its database. I am slowly starting to feel like "home" in this assisted living facility, even though I was at my parents' house on Rosh Hashanah and I missed them and thought about them and I am grateful that I can travel to them for a few days to be with my parents and that I have parents who are still alive and in good health... I am slowly starting to realize that I can trust the staff here like I trusted my previous social ,worker for seventeen years... I cleaned my room here on my own today ...the first time since I entered here

It sounds like you've been through a lot of courage and we congratulate - you on the path you're taking and continue to take. It's wonderful that you're finally starting to learn to forgive again and trust your family and those around you again. We hope that you'll finally be able to feel somewhere "at home," whether in your parents' house or in sheltered housing, and that you'll be able to find your quiet corner and not be in a ...storm of emotions and swirls of fear, sadness, and anger all the time

I took night medication and I'm sad Spiritual guides - I'm getting old and - this country of mine has no future There is no future for this place except eternal war Our prime minister and our government and the Iranians and the Palestinians intend to shed our blood in an eternal war There will be thousands more deaths among us and the country will collapse People will flee from here Everything that is dear to life will flee from here Only the fanatics They will remain and what will remain of the State of Israel is an ultra-Orthodox State of Judah, an undemocratic Jewish Taliban state, a third world state where life will be hell. In the end, the state will collapse and we will be conquered by our enemies who will massacre us in a second Holocaust. There is no future for this place and this state. Those

who rule over us are a government of racist, corrupt, and pyromaniac
...fascists who want us to fight the entire Arab and Muslim world

**This war will end one day, brave spirit, and when it ends, all those -
who led it will be buried in the dust of their nothingness and will fall
from the throne of power and will be judged for the bloodshed they
have caused. Your goal should be - to survive until that day when the
wicked will be judged for the blood they have shed. - The war and
politics and the situation are not under your control, brave spirit. You can
be responsible for your actions and your little world, and your goal is to
protect your life and your world until the clouds of war subside and the
skies clear. - Right now, you are still in it, and only God knows how it will
end. - In our estimation, you and your enemies will drain each other's
blood, strength, and resources until you finally agree to a draw, in which
no one will win. Regarding the Israeli Prime Minister, he will be held
accountable for what he has done throughout his years of rule
whether in this world or the next. In any case, he will be found on the
wrong side" of history and his name will be remembered as a "
permanent disgrace both among the Israeli people and among all the
nations of the world... But don't worry about that, just worry about
surviving - this war will be long and will not end until the resources and
forces are depleted and exhausted and people on both sides understand that
there is no such thing as "total victory". This will be a long, courageous
war, and neither you nor your enemies will be victorious. After it ends and
all the leaders are replaced and removed from power, perhaps this stupid
and foolish war, which is a sin in the eyes of God, will lead to calm or
peace agreements - **if instead of the bad people in power, all sides will
be replaced with people worthy of their positions, men of peace** - it is
permissible to dream and it is permissible to have a courageous spirit of
...hope**

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Chapter Eighteen

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08.10.2024

Good morning spiritual guides I had a fight with Israel. One of my -
partners was angry with me for not throwing the empty bottles in the trash
can downstairs, even though I tried to explain to him that I had washed the
room and my whole body hurt and I couldn't. I thought I was going to die
from so much pain in my body and my heart hurt and I'm not in shape, but
",he didn't get it. He only looks at what I "don't do" and not what I "do do
and after that he would go to the team and complain that I wasn't doing
.anything and was a parasite

Don't take it to heart, brave spirit. You are partners in assisted living and -
it is natural that there will be friction and disagreements. In the end, you
.will make up, as you have done in the past

I hope spiritual guides -

It's a storm in a teacup. Don't take to heart all the nonsense that happens -
...in your assisted living facility

,In light of all the troubles in the country and my own personal troubles -
.this essay, this manuscript, is dwarfed by its original and insignificant size
...It has no importance to anyone except me, who continues to write it

Of course, brave spirit, no one will put a dent in this manuscript or our -
conversations. We told you and we repeat it. This essay has value only for
you. It was written only for you. You can then try to publish it or distribute
it or do whatever you want with it, but then you will discover that no one
wants it or wants to read it. And it would certainly be a shame to spend
money that you do not have to edit and publish it... We advise you to give
up any fantasy or aspiration for this... **You write the conversations**
between us of your own free will and we cooperate with this. It gives
you employment and a place to express yourself - some people
.approach religion, observe the commandments, pray, go to synagogue
observe the Sabbath, read the Psalms and all this in order to repent
.and experience a spiritual experience - this is probably not your path
You are a secular Jew. You have read enough of the Book of Psalms
and exhausted it. Perhaps therefore, perhaps this is your way to
experience a spiritual experience and get closer to the spirituality
.within you. Perhaps this is how you are actually, in dialogue with us
repenting in your heart" and learning to understand yourself better"
and find your way. Perhaps this is your way to find peace and faith in
something spiritual that is beyond the material. This is why we are
...willing to cooperate with the writing of this manuscript

.....

Well, Mr. Israel, the partner I fought with yesterday and today about -
taking down the empty bottles, this bastard or the other bastard , Shmuel
with big ears, or both of them, reported to the team that I was smoking in
the room and Saar asked me explicitly and I pleaded guilty, so he asked me
to stop from now on - to tell you the truth, I think that both Shmuel and
,Mr. Israel are the big sons of bitches here, and Roy is the little defect. I
who thought that Israel was okay, discovered his true face. He smiles at
you and fucks you behind your back. He is the big maniac here. He and
,Shmuel, go fuck yourselves. They are both high-functioning psychos
admittedly, but mentally ill, shitty and scum of people. I'm angry at
spiritual guides because they are snakes in sheep's clothing. They and the
.team here, I don't need shitty friends like that who pretend and fuck you
They are stinking hypocrites like all the Israelis. I don't want them as
friends." I don't want their "help." We are just partners and like They"

screwed me. I'd be happy to screw them when I can and report them to the team. What's going on here is a factory of snitching and one big prank Did you have a fight with someone? It's not bad to report him to the team" and screw him secretly. " Why did I leave my apartment to be stuck here in ?this shit with them? What do I need to live here with these sons of bitches
!!!Let them go fuck themselves

You can't know for sure whether someone did or didn't tip off. In our opinion, the staff did one thing and another and began to suspect that you were smoking in the room. In our opinion, no one tipped off or reported you. The staff isn't stupid. They hear that you're in the room all the time and don't go out to the balcony to smoke. They see signs like the smell of smoke from your room or small marks of cigarette ash on the dresser by the door of the room and come to the conclusion that you need to be asked ,if you smoke in the room. Yes, there is tipping off here for the staff. Yes but to determine who tipped off and what, or because the staff can't think ...for themselves, you can't say or determine it or rule it out

...The informers will have no hope -

Everyone is a brave spirit, including you who informed on your former - partners, on Aaron, you informed the team and informed them every time ,that he was having a seizure and needed hospitalization , on Yuval Ziv who was with you at the end, you informed the team that he was smoking drugs and in the end they kicked both of them out of the assisted living .facility

I didn't do it out of revenge or ill will. I did it out of necessity, out of no - choice because it was already unbearable and our lives have become hell here. The partners, Roi Yisrael and Shmuel, are slanderers to screw you over, to get revenge on you, and to put you in your place... There is no tolerance here. They expect you to live by the rules by the book, and for every deviation from the rules and every bending of them, they immediately slander you and put you in a rut or throw you out of here. You have to be an obedient and honest slave here, like a ruler, otherwise they will slander you and you will eat it... A bunch of stinking slanderers. The main thing is that they tell me their secrets and tell me not to say anything to the team, but when it suits them and they want to get me in, they freely slander me to the team so that they can screw me over... The most serious sin in this pissed-off guy is keeping secrets from the team. You have to be a "good boy" who always tells the truth and nothing but the truth and the whole truth, like a retarded three-year-old boy, and the team is a father and mother who determine what is good for us and what is forbidden. Their mother's pussy!!! I'm 47 years old, damn it, and I'm not the master of my ,own destiny, and I'm not allowed to smoke in the room, but Israel, Shmuel and Roi are allowed to do whatever they want because they know how to manipulate the team and bend the rules without getting caught, and they won't be reported, and they'll never get caught, and no one will tell them that they're breaking the rules. They do whatever the fuck they want. The main thing is that they're screwing me over and I'll never know because the team will say, "No, no one reported, we just started getting suspicious

because like this and that." This is the garbage of assisted living, garbage of partners, garbage of the team, garbage of an association, and garbage of the rules. I don't want to be their friend, not Israel's, Shmuel's, or Roi's. The moment they feel like it, they'll throw me to hell. Let them go to hell. They're a bunch of fucking sons of bitches whores. Who wants them as friends anyway? A lousy bunch of psychotic, deranged lunatics. I'm not their friend and I'll never reveal anything to them again unless I have no choice... They have their seniority here and their self-confidence. I already understood who I'm dealing with here, these poor snakes... I understood something - if you're a high-functioning, mentally ill person who can be independent and doesn't need the help of the team, you can do whatever - you want and never be caught breaking the rules, but if you're a low-functioning person, you'll always get eaten even when you try to be 100 percent okay because you'll never be good enough for anyone... and they'll ...always look at what you don't do right and not at what you do do right and you'll always have to obey and be the judge of everyone and the laws because you'll never be able to hide anything from anyone. You'll always be transparent and everyone will be able to read your secrets like an open book. You won't have the right to keep secrets from anyone and you'll never be able to have your own autonomy over your life. Others will always decide for you and determine for you what you can do and what you can't... and the moment you rebel And keep secrets, eat it and you'll be fired... They'll fire you like a sucker among us spiritual guides. I don't have the strength to hear again the filth of all of Shmuel's cleverness, nor the psychosomatic hypochondriac narcissism of Israel with its Polish sensitivity only towards itself... I already prefer Roy, but Roy can barely remember his name or where his head is. I'll once again be forced to go out to smoke on the balcony and meet all these stupid fucks that make me ...want to vomit

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Chapter Nineteen

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09.10.2024

Good spiritual guides, last night before bed I took myself in hand and -
...came to some conclusions and made a number of decisions

Please share with us a brave spirit -

First of all, I have come to the conclusion that I cannot be in the room all the time and that I will be in the living room instead or on the balcony with my laptop and that from now on my "office" will be in the living room of the apartment and on the balcony and that I will not isolate myself in my

room, and this is so that I will not be tempted to smoke in the room anymore, but will only smoke on the balcony and also so that I will not isolate myself from the other roommates and develop paranoia, anger, and resentment towards the roommates and the apartment staff. It is fortunate .that I have my laptop that I can bring with me almost everywhere
Secondly, I have no intention of getting into wars and fights with my roommates, but I must compromise and accept them as they are and I must ...cooperate with the apartment staff , Doria and Saar, and obey the rules including not smoking in the apartment, but only on the balcony or ...outside

We are proud of you, a brave spirit, for your willingness to make - changes in your lifestyle to adapt to circumstances instead of isolating yourself and shutting yourself off with anger, resentment, and hatred. You are willing to do what is necessary to adapt, and we also see that you have .come to terms with your partner, Israel

Yes, I apologized to him and we came to an agreement regarding - ...emptying the basket of empty bottles

We also see that you intend to go to your parents again for the Yom - ... Kippur weekend

Yes, I hope to open a new page with Mom and Dad and be with them on - Yom Kippur and be with Mom and talk to her. Mom and I don't fast, but Dad fasts and is careful, but I will eat at their place and I will have the computer there and I will be able to make video diaries for a short time. - I usually delete them quickly after I see them, but my audio diaries stay ,there for a longer time because I don't have a large drive on my laptop only 512 gigabytes of drive capacity, so I can't make long and numerous video diaries on it, since they take up large volumes. Audio diaries are ...lighter in volume compared to them

All this documentation, video and audio diaries, help you process your - feelings and thoughts, as long as they are not an end in themselves. They serve as a tool against loneliness and also as a catalyst for changes in your life and adaptation to new situations. Brave spirit. We are glad that you can do them and are able to use them to your benefit... These are tools that you have acquired and learned over the years and they help you cope with .stress, anger, sadness, fear , etc

I'm back to posting to my blog on Israblog relatively anonymously :\ I'm (: also back to using my desktop in the room while the laptop is charging It's a good feeling to be able to see the keyboard and this huge screen (27 inches) well. The screen on my laptop is 15.6 inches and it won't help at ...): all. I need new multifocal glasses for both near and far vision

,You can ask your parents for help when your birthday comes around - .brave spirit

Yes, I really thought about it... Now I'm waiting for Doria, the - rehabilitation counselor, to come and talk, and then she has a conversation with Shmuel, who will come back from work early to talk to her. At least that's what she told me today: I don't know what to tell her. Honestly, I don't have the strength to recreate all the twists and turns of the psychodrama I had. How I went from an attitude of "let everyone go to hell" to an attitude of "Come on, I'll cooperate with the team and the rules and become social towards my partners again." I don't have the strength to talk, especially not idle talk. I just want to be done with this and after Doria sees my room, which I cleaned for two days from a state of neglect ...to a state where it is clean enough to be livable again

All the best to you, brave spirit, for your effort in cleaning the room and - for your desire and willingness to obey and uphold the rules regarding smoking and for having healthy relationships with your partners. You took the lemon and made lemonade out of it, as they say. Dare comes out sweet and you once again managed to snap out of it and extricate yourself from the corner you locked yourself in or get down from the tree you climbed

Now I'll have to clean my room every Monday and take a shower every - Wednesday of the week, or at least try. I'm not sure I'll have the strength to do it all the time. I'm not sure I'll be careful with it all the time. I'm the type of person who likes to cut corners. In stark contrast to my parents, who were always honest people like Peles. When they said something they meant it 100 percent. And when they promised something, they always kept their word, even when it was inconvenient for them

?Where are your partners -

Roy went out to the city to walk around and have fun. He told me he - didn't feel well enough to go to work. Israel probably went to his work and Shmuel went to his work as usual and will be back early to talk to Doria afterwards or before. I don't know. I'm the only one at home now, I think (unless I'm wrong and Israel is resting in the room and didn't go to work). Doria is usually late for her meeting/meetings. It's hard for her to be on time. She's always running between apartments and tenants - that's how it is. Saar, on the other hand, makes sure not to be late for meetings and usually arrives on time. If he doesn't, he lets you know

?How do you feel, brave spirit -

A little tired I only slept six and a half hours, which is not enough. I got - up at seven in the morning earlier than I'm used to and ate something in the morning and drank coffee and Coke. So far, it seems to me that I drink too much Coke Zero and coffee and eat too little nutritious and healthy food. I usually eat from the grocery store, Osem's homemade cake or bread with white or yellow cheeses or with sausage or snacks. And I know it's unhealthy. I know it's junk. I eat junk food from the grocery store industrial food, but that's what I've been feeding myself for years because I hardly cook, not even an omelet or a hard-boiled egg. What can I tell you

.The hardest thing about living alone or in a shared apartment is the food
You start to miss a hot, home-cooked meal. You remember and miss the
food of your father and mother or the food that your late grandmother
would make for you. - I have a feeling that my body is starting to get sick
and can barely carry itself. - When I cleaned the room, I felt like my body
and heart were falling apart. My bones and muscles ached. It was hard
Breathing short of breath from the effort, I felt my heart beating fast and I
was afraid that I would suddenly fall and not get up, decaying - I don't
know if it's a lack of fitness or cardiopulmonary disease or
cardiopulmonary insufficiency or cardiopulmonary failure or the cigarettes
and junk food or ongoing muscle atrophy from sitting in front of the
...computer for years

.....

BRAVE SPIRIT - PART THREE

SPIRITUAL AUTOBIOGRAPHY

BY BRAVE SPIRIT

==

Brave Spirit - Part Three

Spiritual autobiography

Channeling conversations with spiritual guides

By a brave spirit

==

PART THREE - ON TO THE LIGHT

Part Three - To the Light

==

word processor on Windows 11 operating 7DAVKA WRITER written on
word processor for DOSQTEXT 5.50 system and converted to

written originally on DAVKA WRITER 7 word processor on windows 11
and
converted to QTEXT 5.50 word processor for DOS

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Chapter One

.....
16.10.2024

...Good afternoon , spiritual guides -

...Good afternoon , brave spirit... ready for joy, as they say -

Prone to disaster unfortunately - I hate my life :(I hate my family and I -
...hate my assisted living and my roommates and I hate myself

,We are sorry to hear, brave spirit. We think that given the circumstances -
.you have a completely bearable life

Now I have to take down the basket of empty bottles every time it fills -
up because that's what my partner Israel decided and I feel like I was
.cheated and it makes me angry

You always believe that "they're screwing you over." To tell the truth, it's -
hard to hear that all the time, and it's certainly hard to experience living in
such a nightmarish reality ... **We would advise you not to rebel and do
anything, but to simply meet your obligations in the apartment and
...concentrate on the things that make you feel good in your free time
.Let go of anger and resentment**

My partners here are not my friends. I will no longer have "partner -
friends," not someone like Aviv, not someone like Danny, even though I
...understand that they only deceived me and pretended to be friends

Partners are partners too. Their challenges and difficulties are not just -
yours. You have to deal with them, and that's it. No one owes you mental
health care in this world. That's why you pay your therapist in
.psychotherapy sessions to listen to you

This therapist can't solve any of my problems either - a waste of money -
and time, but I don't have anything better - He's also half-senile or
something... He barely remembers what we talked about in the past and
confuses the facts - I'm just a supplemental income for him, just like I
always was for therapists like Reli , who took care of me as a high school
student and lied to me outright and cheated me and didn't help me at all

**That same Reli gave you a letter to give to the military intelligence -
officer on the second or third order who interviewed you to check if you
were fit for enlistment. Neither you nor we know what was written in this
letter, but you chose not to give it to the military intelligence officer. Who**

knows, if you had given him the letter, maybe they wouldn't have recruited you, and then you wouldn't have gone crazy in basic training and ended up in the hospital , and you wouldn't have been diagnosed with schizophrenia for life. Who knows, maybe this letter would have changed something and saved you from unnecessary conscription and the disease. You .never know

Reli gave me this letter and didn't tell me what she wrote in it, but she -
,told me that it was my decision whether to give the Kwan the letter or not
and since she wouldn't tell me what was written in it, I didn't use it, and
...then they drafted me and I ate it for the rest of my life

We are not telling you all this so that you will eat yourself up or blame -
someone or yourself. We are just telling you, brave spirit, that Charlie did
try to help you in her own way, just as your therapist is currently trying to
figure out how he can help you. - **People do care about you and they do**
try to help you all the time, but most of the time you are the one who
refuses to be helped and sees it as a negative thing, that they interfere
in your personal affairs and so on ... that they force things on you that
decide for you and so on. So then tell us how someone can help you? If
?at all

.....

Well, I took down the basket of empty bottles and emptied it into the -
.trash. And may my partner go to hell, may all my partners go to hell

You don't really mean it, brave spirit. **The truth is, you care about your -**
partners as much as your partners care about you... and you should
...maintain good relations with them. You don't have other partners

I thought about what you asked me about how anyone can help me at all -
it depends a lot on how and in what way they do it. My problem is that -
both when someone wants or tries to help me and when someone wants to
screw me, they both do it behind my back - they don't come and talk to
.me, it's as if I don't deserve to be talked to, to tell me the truth to my face
They walk like thieves in the night behind my back and act behind my
back and in any case screw me even more - people no longer bother to talk
to me, to tell me the truth to my face, but only when they want to get
something for themselves and work on me and screw me because they see
that I'm innocent. I don't trust anyone anymore. 47 years of taking shit
from people have made me not believe them. People will never be honest
...with you or real with you. May they all go to hell

That's not exactly accurate, brave spirit, because there were times when -
.they did try to talk to you like a puppy in boarding school

Yes, of course, Eitan, Shai, and Aviv tried to talk to me like a dog to -
convince me that I was a closeted gay and a stinking homophobe and to
convince me to agree to fuck Shai in order to get Shai to fuck so that he

would "be my first" The little sodomites from the Marquis de Sade , the
Satanic cult of Sodom and Gomorrah de la Sham, who planted them to go
...fuck

What are you trying to tell us, brave spirit? That no one has ever been -
true and honest with you face to face? That everyone has actually lied to
?you in one way or another

Exactly no one spoke the truth and honesty with me and I always tried to -
speak honestly and tell my truth and people instead of appreciating it used
.it against me and for their own benefit... They used it to screw me over
Everyone contributed their part. Everyone added their little bit of evil to
screw me even deeper in the mud. Everyone contributed their part of the
...wickedness of their hearts. I wish they burn in hell

Brave Spirit We are sorry that this is what you feel and see now when -
you look back on your life - this is probably why you choose to take
.comfort in loneliness even though your loneliness is painful to you

It's not just strangers or "just strangers" It started or is starting with my -
fucked up family with my father and mother, my late grandmother and my
sister. All this time I thought they "loved me" they just "tolerated me" and
waited patiently to kick me like a dog when I turned 18 and graduated
from high school. They don't love me. Spiritual guides. No one ever loved
me. It was all lies and shows

?Don't you believe that the truth will set you free, brave spirit -

No, the truth will never set you free. The truth will only hurt you more -
and more while everyone continues to lie to you, and lie endlessly. The
truth is that only in ignorance is happiness. Only a foolish and ignorant
person who cannot know the truth can be happy in his ignorance. He who
knows the truth is damned and lost forever. He can never be free or
...happier

Could you tell and talk about this with your therapist at your next -
?appointment? Brave spirit

I have no one to tell this feeling-thought-opinion to, not even as a post -
for my blog on Ishrablog. I will try to talk to him about it, even though
there is really no point in this therapist and the conversations with him are
...like cuppings for the dead

?to him about it yet and you're already calling him a brave spirit

I speak from the experience of spiritual guides. All these professionals -
are like a walking disease to them. Do you really think anyone would
believe that I'm talking to you? From the perspective of everyone and the
world, what's happening here is some mentally ill schizophrenic talking to
his own voices in his head. From the perspective of the world, everything

I've ever done has been a symptom of paranoid schizophrenia. This is how the world shifts on you and your soul and erases you as a person and erases and murders your soul by labeling you as "don't listen to him, ignore this is the nonsense of a mentally ill person." They simply erase you as if you ...never existed before your eyes

.....

I took my nightly medication from my spiritual guides but I didn't feel -
.like sleeping

...You'll sleep later then, but sleep, it's important to sleep -

In a few days I will skip one of my medications that makes me sleepy -
.and stay awake for 36 hours straight, including all night

.We know you miss your white nights but this is not the way, brave spirit -

.....

Chapter Two

.....

17.10.2024

I'm smoking in my room again even though it's not allowed, but I don't -
care and I remember the stupidity of my father and mother when they
...raised me

In the end, this holiday will end, brave spirit, and then you will have no -
choice but to smoke on the balcony and go out of the room. They will
.force you and they cannot kick you out of the assisted living facility
Regarding how you grew up with your parents, what will it help to be
sucked into this? Your parents did their best despite their limitations. They
were simple people who did not have the tools to deal with what happened
to your family and to you and your brother. They are not perfect and have
...many flaws, so forgive them and move on

My parents are stupid and dumb and selfish. They ruined my life and -
...always limited me

...They thought they were protecting you like this -

.I wish they would rot in a mental health facility like I'm rotting here -
May my father and mother go to hell, but they've already done their

damage... They don't love me at all, they don't know how to love... Two
...stupid old men... I wish they would die and rot away

_ You don't fade away so quickly, brave spirit. What good will it do you -
?now to think about your parents and be angry? What good does it do you
You don't live with them or depend on them so much. You're in assisted
_ living and don't have to give them an account of how you live. So why do
you think about them and get angry? What will anger do for you? You
,can't change the past or your parents, and after your parents fade away
you'll miss them. You won't have anyone to help you anymore and you'll
have to do everything alone... **The Sabbaths and holidays will be empty**
and tasteless and no one will text you on the phone to ask if you are
_okay. You will be alone and an orphan. So that you appreciate your
...parents and what they do for you, even the little things , a brave spirit
Remember, brave spirit, because one day you too will be old and
mature and lonely and orphaned. Therefore, we recommend that if
you already remember your parents, remember the good memories of
you as a family together and not be sucked into hatred and malignant
anger - remember your parents for the good and acknowledge their
kindness despite everything, even if they hurt you. Remember them
for the good and not the bad and try to forgive them and not be angry
...with them

We were a sick family, a sick house, nothing to miss, not even spiritual -
... guides, that was all, Isabeloff

_ We know a brave spirit **and in all this, try not to be angry or hateful -**
... but to forgive

We were a completely ruined family. I feel like crying now when I think -
about how we were and what I've been through in life. I couldn't be
anything other than what I am today - a miserable, fucked-up mentally ill
.person

Anger turns to sadness and now you direct half of the anger and sadness -
and pity towards yourself while hating who you are today. Brave spirit
, Even sadness and self-pity will not be able to help you. Unfortunately
you play with your emotions, kneading them like plasticine and
repeating the same patterns of anger, sadness and fear over and over
again - circles of negative emotions and thoughts, known and fixed
patterns - there is nothing new in this. Brave spirit You will not be
able to find an exit or solution to these emotions and these thoughts
and these memories. It is better for you to stay away from them and
.identify them in advance so as not to fall into them as a trap

I don't think anyone in the whole world can help me, certainly not the -
therapist I see for psychotherapy sessions. I don't believe that and I don't
believe that you can help me or that this connection can help me. Nothing
can help me. I don't believe that anymore. The more I try to find a cure and
a balm for my pain, it gets stronger and stronger, and the only solution that

helps is to be busy with something or to distract myself from the pain or to immerse myself in some kind of fantasy or dream and try to make them come true somehow as a new hobby. I am powerless in the face of my past, in the face of the memories, in the face of the trauma and the pain that I carry on my back - a whole life of lack of love and abuse and lies and trauma. I used to be able to console myself with the illusions that someone once loved me, but as the years go by, this illusion fades and I am left with the facts. **No one has ever really loved me. Everyone just lied to my face, told me fantasies and fairy tales that came out of their ...fingers, pretended, and I, their little idiot, ate their lies. And I ate it**. The biggest lie is love. **I don't trust or rely on anyone anymore**. **Everyone is a liar and no one cares.** This is my truth. The truth is real. No one cares. We are all alone. We lie to ourselves and to others. We play it. We pretend. **There is no truth in this world. There is no love. There is nothing. Total darkness.** And the love that was once everything to you turns over the years into hatred and contempt. You begin to see it for what **In a chain of abuse, a ABUSE. it really is, as an ugly, vile lie, as more chain of lies that exploit your innocence until there is no innocence left in you anymore, and the child you were and the soul you were are no longer there, and all that remains is a bitter old man consumed by anger, fear, and sadness, with a past and a stomach full of bad ,memories of a grocery list of evil people who abused him, lied to him and deceived him.** Life is one big holocaust and you are its victim. Every person in your life played a role, even if only a small one, in the holocaust of your life, adding another nail to the coffin of your soul. You end your life as everyone's fool, the idiot that everyone despised, that everyone lied to and screwed over... **Your father and mother, your grandmother and sister, your entire family were your greatest enemies who systematically destroyed you to the core. The doctors and psychologists only tattooed their curses on your soul and the label as a mentally ill, very, very, very, very sick person" and turned evil into" a fait accompli. I don't even trust you, spiritual guides. Since I started this manuscript, my mental and physical condition has only gotten worse. My parents threw me out of my apartment, kicked me like a dog, threw me like a bag of garbage into assisted living. What did I get out of my conversations with you? Huh? Nothing, big guy. I feel like ... our conversations are only slowly destroying me**

You focus on the negative and the pain and the anger and the sadness - and the fear. You focus on the negative. A courageous spirit. That's why you feel this way. It's not the conversations between us and it's not the conversations you have with the therapist. It's your attitude of focusing on the negative and your pain. A lack of compassion for yourself and others. A cruel judgment of yourself and others. An unwillingness to forgive yourself and others. This is what increases your pain and makes you feel like it's destroying you. This rigidity. This lack of compassion and forgiveness ... So that others can truly help you, you ...must first know how to help yourself and allow others to help you

What can I do to free myself from my destructive tendency and my -
pessimistic worldview and learn more compassion and forgiveness
?towards myself and towards others and the world spiritual guides

We want to tell her a certain parable : **Beauty from the ugliness of -
looking at the big picture** like a construction site of a multi-story
residential building where Palestinian workers from the territories are
working hard every day in a Jewish residential neighborhood - The
construction site looks ugly like an ugly wound in a beautiful
residential neighborhood. There is noise from the construction site
and the neighbors are afraid of the Palestinian workers there and look
at them with suspicion and fear of an attack or security risk - The
,workers work for many days every day from morning to evening
making noise and dirt, and cement trucks and cranes and trucks of
construction materials come. The neighbors hear the workers
shouting at each other in Arabic - But slowly the building rises, one
floor and another from the foundations to the roof. First there is the
exposed concrete, on which the plaster and the coating are added, and
inside the building , electricians and plumbing contractors and other
workers work to tile and connect the new apartments in the building
to the electricity, water and gas grids - Building the building is a
laborious task The complex work of a Merkava complex involves
,dozens of workers working hard every day to finish it and slowly
from the hustle and bustle of a construction site, a beautiful
residential building is being completed. **In other words, only when the
thing is nearing completion can you see the entire structure ready and
built in all its beauty. Out of the ugliness of the chaos and mess that
went on inside an ugly construction site, there now stands a beautiful
and handsome residential building where people can live and families
can live and call the place home - the construction site is to look at the
small picture where every worker and worker concentrates on his
work and looks only at part of the picture and the work and the
construction site looks like in chaos. You can only see parts of the
picture and they are ugly and painful to the eyes and ears. However
when you move away and the building is built, you see the big picture
the chaos created a new order, the ugliness created a new beauty, and -
... the construction site created or gave birth to the beautiful building**
**When you focus solely on the pain and the feeling of "I am a victim" and
get sucked into it, you cannot look at the big picture. You are trapped only
in seeing your own suffering or what you experienced. However, when
you manage to get out of this trap, you will be able to understand what it
was like for others and see not only yourself in what you experienced as a
negative and painful experience (as a net victim of others or of life), but
you will be able to see that those who were with you also suffered or were
powerless to help or did not know what to do. That they too were in a
certain sense , like you, "victims of the situation" and as helpless as
you. It's not just you who can get sucked into the trap of victimhood and
hatred. Others can and do fall into it too. Some blame others and some
blame themselves. You and your mother share a lot in common. You
blame others and hate others and are angry with others, while your**

mother blames and is angry with herself and lives with great feelings of guilt. You are both trapped in a cycle of anger and hatred and victimhood and a great sense of helplessness. Anyway, if we go back to the example, in the end, everything gives birth to something else, and from your pain and anger and hatred and sadness and fear, better, more complete things can grow and be born for you if you only know how not to follow the feeling of victimhood. And not just focus on the small details but see the bigger, broader picture of what exactly happened and is happening. Over the years, you become aware of what really happened and what really happened to you in the past, but this is only part of the picture. **You must complete it by understanding what really happened and was for you and for others who were around you, such as your parents and family and those who were with you in Jerusalem and in sheltered housing with you.** And remember that even if you think you were "screwed up," believe us, even those who "screwed up" you and hurt you or lied to you and took advantage of your innocence are no happier and have not achieved anything better than you. In fact, for the most part, your situation today is better than theirs... **There are many ways to look at the same thing that happened to you. Many perspectives. When we get locked into a certain perspective or recall a certain memory from the past that makes you angry or hurts you, try changing your perspective or try to distract yourself. Maybe try meditating or listening to music that you like - try not to get locked into the feelings of anger and hatred and sadness. Try to shake off your perspective or switch to thinking about something else temporarily.** Believe us, it's not easy and it won't come naturally at first but the more you practice it, the easier it will become. **Also remember that anyone can easily see themselves as a victim of being filled with hatred, sadness and anger. There is no point in asking yourself "Why did these things happen to me?" or "Why me?" The things that happen to us come to teach us things and lessons that our soul needs to know and learn in its current incarnation. You are facing challenges and lessons that are not easy in your current incarnation and if you continue to fall into cycles of victimhood, anger, hatred and sadness you will not learn what you need to learn and these are: - Compassion and forgiveness and love for yourself and for those around you** You must learn to forgive others and yourself. You must learn to love yourself and others. You cannot escape this. You must know how to forgive and have compassion for yourself and others and give up the blame game and the feeling of victimhood. You must give up the anger, the sadness, the cynicism, and the hatred in your heart. You must give up negative thought and emotional patterns that do not serve you and are harmful to you and painful to you... **You are struggling with yourself and others. You are struggling with memories of the past that won't let go. You are struggling with traumas and negative emotions and negative thoughts** **You are rocking between moods and feelings of self-worth that change and are contradictory and contradictory to each other. You are shaken and in turmoil. But we believe in you. Brave spirit! We believe that you can face all the challenges and lessons you have to learn. Unlike others who may have already given up on you or given up. We will**

.continue to be here when you reach out to us and try to help you encourage you, and support you. Brave spirit! Among us, you are never !helpless or helpless! In our eyes, you are amazing! And brave and good Try to look at the little things you succeed at! Try to find comfort in what you do with yourself and not look at failures and traumas! In the end, you are able to overcome your obstacles and grow and create from your suffering good and beautiful things of value. You are of great value even if no one sees it! And the things you do have taste and value and deep meaning for you! When you can't see the bigger picture of your situation and you are about to get sucked into a negative thought and emotion pattern, try to shake your mind and focus on the little things that you do do right . Try to focus on your successes and not your failures... Try to practice gratitude for what you do have in life and not look for lack. Try to look and think about the good and beautiful and the kindness in your life and not always look for what is wrong and lacking or what you failed at in the past. And when you are angry with someone, try to see and remember the times when that person was good to you even if just a little bit and try to see the virtues in him or one virtue in him or a certain thing that you learned from him even if it is small. You must start practicing gratitude every day for what you do have and for the good things in your life. You must practice gratitude and appreciation for what is good in your life and practice looking at the good and beautiful and not at the lack and evil in your life. You have flaws but also many virtues. Have a brave spirit! Try to see your virtues and see your value! Try to judge yourself and others by the scale of merit! And not by the scale of obligation! At first, practicing gratitude and appreciation will seem artificial and fake to you , but the more you persist in it, the more you will be able to change your perspective and yourself! Try to break negative old thought habits and patterns! At all !costs

.....

Chapter Three

.....
18.10.2024

Hello spiritual guides... Today I am not angry or feeling sorry for - myself. I am trying to break my thought and emotion patterns and listen to ... positive affirmations and gratitude meditations from YouTube

Very good, brave spirit. Remember that persistence is key. Just as you - make sure to communicate with us or program or write this essay or make video diaries because it's important to you - we don't mean that you **have** to do it every day or all the time, but persist in it just as you persist in what's important to you. So make your positive affirmations and gratitude

practice important to you, make them a priority for you and make them a
...habit

.My partner invited me to go out with him to the ice cream parlor tonight -
...There's still time, but I'm considering it positively

We are happy for you... We hope this will be a positive experience for -
...you

.....

In the end, I refused the partner's offer and we're not going to the ice -
): cream parlor

?Why did you decide to refuse, brave spirit -

I didn't feel like it and I'm afraid of an attack and I don't think I'm in the -
.mood to walk there, even though it's a 10-15 minute walk

... (Silence) -

.....

Spiritual guides like in the song "In good moments I can't write" I'm so -
used to being in a storm of negative emotions and thoughts that when I'm
' not angry or scared or sad about something and I feel 'okay' or a ' neutral
feeling I don't recognize myself I feel empty and don't know what to do
with myself It's like I have to feel something strong to 'feel at home' to feel
that I am 'me' to feel 'normal' I'm not used to feeling "okay" or a neutral
feeling that is neither bad nor good It's a feeling of emptiness where I don't
...know what to do with myself

It feels this way because you are so addicted to feeling bad and negative -
that you no longer know or believe that it is possible otherwise. A
courageous spirit. Learning to feel good or choosing to feel good
requires effort, like learning a new field, an unknown land for you. At
first it will seem strange and odd and "unnatural" to you and you will not
know who you are or what to do with yourself. But after a certain period
of time , the mind begins to get used to it again and relearn, and you
also learn who you really are without all this toxic and addictive
... negativity that has ruined so many things and moments in your life
To a certain extent , you begin to feel and sense who you really are
your true nature, your primal essence, as you were many, many years
ago as a small child or innocent teenager and you were not addicted to
all that negativity and cynicism and toxic thoughts and feelings
Before the negative relationships with negative people, before the
traumas and pains and humiliations and betrayals of life, before you
went through traumatic and humiliating experiences, before you met
bad people who poisoned your soul and mind with their wickedness
before your addictions to cynicism and pessimism and hatred, before

you learned to imitate people who sold you illusions and bad customs and harmful habits. You return to your true, pure nature, cleansed of all this filth. You revive the eternal child nature within you. **You discover** how to feel and think positive and good thoughts and feelings towards the world and life and other people and also towards yourself. You discover that even thoughts and feelings that are not strongly negative have their own value and truth. That "feeling good" and feeling compassion and love towards yourself and others and the world and life in general also has value and truth. - - - And slowly you will begin as long as you take care to persevere in changing and practicing gratitude and positive affirmations and practicing humility and modesty, and continue on the path of compassion and love towards the optimism and positivity of life. - - - Slowly you will begin to explore and get to know this side of your personality better as well - "Who am I without malice and cynicism without anger and without hatred and fear without despair and sadness" and you will begin to act from this place from this side of your personality and essence ... **Do not be deterred and do not be afraid to change slowly and change your ways of thinking and your worldview as well as your feelings. You are learning slowly and you will slowly learn everything at your own pace to change and change for the better and to create. And create a better reality for you that comes from a good, positive, and true place within you, a brave** ... **!spirit**

.....

Chapter Four

.....
01.11.2024

Hello spiritual guides, it turns out that your positive messages fell on - deaf ears... The staff caught me smoking in the room and set me a condition: if I light one more cigarette in the room or in the house, I will fly out of here and cannot stay and lose my place. They asked for a bond. Now I made a commitment. After that, I wrote to Saar that I was returning and that coming here was the biggest mistake of my life and that I was going back to smoking in the room. So now they informed me that I had actually lost my place here and had to leave. They will find me a place so that I don't become homeless. - They will throw me out and get rid of me. Yesterday, Saar informed my father and talked to him. Since then, I have been silent. I will probably move to a hostel and that's it :(They will find me a hostel in some hole and there I will be even worse off. They will drink my blood. They want to get rid of me because they didn't like me and I didn't look good in their eyes. And I don't want to be here, and also to make an example of me. And my partners are happy that I'm flying out because they hate me and my father is racking his brains about what to do

with me. I don't dare talk to my father or the parents. Saar told them I don't want to be here. It's a white lie to cover his ass. That's it. I lost my place in a sheltered housing unit. After 20 years of being an obedient slave of the organization, they're going to throw me out like a rocket. So take your positive messages and shove them up your ass. As long as I've been talking to you, my situation has only deteriorated from an independent apartment to shabby sheltered housing and now to a hostel unless the parents decide that "our son won't be in a hostel" and help me find a place to live on my own.

...(sad sigh) We're sorry, brave spirit... We don't know what to say -

I deleted everything, everything I could get my hands on, the laptop and - the desktop computer, I deleted the operating systems and was only left Dosbox and the games for FreeBasic. I have my code in Tails OS. with and my chatbots and some documents of songs I wrote, but none of that really matters because in the hostel I won't have the time or ability to waste time on a computer because they'll suck my blood. Free time and leisure are a luxury in the hostel. They won't let me use the computer whenever I want. We'll be two or more in a room with no privacy, with wake-up calls and lights out, having to take my pills under supervision showering and shaving duties every day, cleaning and laundry, going to an employment center for the retarded, riding crappy Rav Kav buses and all that crap, that's what awaits me there in the hostel... In short, I'm going back 28 years to the age of 19, so they sent me to a crappy rehab boarding school in Jerusalem.

...We are sorry, brave spirit... We cry and are sad for you -

My father is 77, my mother is 75, my sister is 52, and they won't "rescue - me from the hostel" anymore, not after all the shit they ate from me when I was in my apartment. They'll let me eat it like that. I think, "however you offer the bed, that's how you'll sleep on it" and all this shit, "let him learn his lesson"... There won't be anything left of their love anyway... I don't have anyone or anything in the world anymore. I don't have anything in the world anymore.

Brave Spirit Hostel, this is the worst case scenario you face. It's not the end of the world. Just as the rehabilitative boarding school in Jerusalem at the age of 19 wasn't the end of the world, nothing is the end of the world except death. You can learn to adapt and get used to a new situation just as you almost managed to get used to being in assisted living again. If you hadn't been stubborn, you could have stayed in the assisted living, but you continued to smoke in the room, contrary to the rules, and even went back on your commitment not to smoke in the room. So they kicked you out. They warned you, and you whined about them in the hostel. You will have to abide by the strict rules. Otherwise, you will find yourself living on the street or in a hospital. You can say that you would not have wanted to stay there because otherwise you would not have broken the rules and still be reporting it. You miss your apartment and your freedom, but

you have probably lost them forever and you will have to learn to live in a hostel now, or in a similar setting, or in another assisted living facility where they can find you a suitable place - these are the facts of your situation. Brave spirit. It turns out that Danny was right when he told you that if you leave the assisted living facility, you will lose your world (so in 2019). You want to return to your own apartment, to peace and privacy and freedom and independence. After five years in your own apartment, you're no longer able to return to assisted living and obey the same rules as everyone else about not smoking in the room. And ?if so, how do you expect to comply with the strict rules of a hostel? Huh

...

...Leave me in your life, spiritual guides, I want to be alone -

It seems to us a brave spirit that you are too alone already... that the - loneliness and the pain and the trauma have taken their toll on you and you are desperate for a friend and a companion who will understand you. Maybe you will find all of this in a hostel, so maybe this change will not be so terrible and will not be the end of the world ... for you

?Do you think -

Every person follows their destiny , going where their destiny leads - them. Brave spirit. Nothing is by chance or coincidence. You didn't just meet the people you met, you didn't just be in the places you were, and you didn't just do what you did with your life. These are your karma and destiny that led you there. Brave spirit. Just as your destiny may now be ,leading you to move to a hostel. And it may seem terrible and horrible but something good can also grow from this, perhaps if you come with ... an open attitude and an open mind

I don't know... Spiritual guides I have been experiencing the past two - " years as a decline and a great decline " from Iga Rama to Beer Amika from a high roof to a deep pit. I was in my own apartment and on the way to moving to my own permanent apartment that my parents are leaving ,me, and now I'm in sheltered housing and don't know where I'm going ...probably to a hostel

Just remember that you didn't want to leave the boarding school - and the rehabilitation institute when they told you that you had reached the end of your time there and you were being released from there. Remember that you didn't want to leave the assisted living facility when you could as long as you had a good name and you had ... Danny

This is what I was used to at the time: the boarding school and the - rehabilitation institute. I had friends and connections there. I had Aviv ,there and my friends there. And in the assisted living facility, I had Danny

whom I didn't want to leave, and the computer and the Internet and my
... hobbies: singing and programming

And at night you and Danny would listen to the radio together and you -
would have a good time together. Yes, yes, so even there in the hostel, it's
very possible that you will meet new, better people and have better friends
and you will be able to reinvent yourself there too with new or old
hobbies. - Don't say you're desperate, brave spirit! You're only in the
middle of your journey, not at the end! Where your destiny will take you
from here, only God knows, and if you look at all of this as a new
adventure and not as a failure, maybe it will be easier for you to swallow
... the bitter pill

It's like saying that being in a psychiatric hospital isn't the end of the -
...world

During your last hospitalization , you began writing poems, and this was -
the beginning of a career of many years of creative writing, including five
books of poetry and short stories, countless screenplays, and many poems
that were published online... It was there, at the height of your lowest
point, that you found something that would give you the strength to keep
... going

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Chapter Five

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08.11.2024

...Hello spiritual guides -

...Hello brave spirit, we see that a lot has happened to you in a short time -

Indeed, a week ago, Saar informed me that I had to vacate the apartment -
by the 15th of the month and that I had lost my place and that this is what
he told my father in a conversation a week ago on Thursday

?And what happened next -

Doria arranged a meeting for me for a week after that on Wednesday -
with the director of the assisted living association at the branch and with
her and Saar the social worker, and there she told me to ask for one last
chance to stay in the apartment and that I would not smoke in the
apartment and not break the rules. My father was also on the phone with
me and talked to me. My parents and I were all under a lot of stress and

there was a feeling that we were falling apart. That week I had a meeting with Saar in which I told him that I would commit not to smoke in the apartment if they gave me one last chance to stay and I even cried and begged him to stay and he told me that there was no need for me to beg in .the meeting with the assisted living director at the next meeting

?How was the meeting -

I went to the meeting and the meeting itself was a calm and respectful - conversation. Hadas, the manager of the assisted living facility, asked me questions and explained to me what was expected of me and what I was supposed to do here in the apartment if I expected her to keep me in the apartment. She said that I came only for a short time and not to stay in the apartment for the rest of my life, but that I had to want to go through a rehabilitation process and cooperate and recover with the help of the team years I would leave the apartment and live independently andX so that in not need anyone's help, neither from the association nor from my family nor from my parents. She told me that she was giving me one last chance and that if I broke one of the rules again I would find myself outside within a week and that I was not allowed to smoke in the apartment under any circumstances and that I had to behave respectfully and respect what Doria and Saar were investing in me and in my rehabilitation and take responsibility for my behavior and what I said and did and behave in a .mature and not childish and respectful manner

So **you have been given a last and final chance,** a brave spirit, to stay -
_in your assisted living facility, **provided that you work through the rehabilitation process and stay until you are ready to live an independent life.** So finally, someone has put you in your place and explained to you what is expected of you in this apartment, what you should strive for, where you should want to go, and what your ultimate ... goal is in the place where you currently find yourself

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Chapter Six

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20.02.2025

Hello spiritual guides -

Hello brave spirit, we are here for you again, just as after several months -
?of silence you are reaching out to us again - what's new with you

I took the "absolutely last chance" they gave me to start going through -
.rehabilitation or the beginning of rehabilitation. Please cut off my head
My partner Shmuel was asked to leave for an apartment or a place of his
own within three months. And I, who started to fulfill my commitment to
smoke only outside or on the balcony, longed to talk to him while he was
looking for an apartment. We would sit on the balcony in the evening and
talk about everything. And also with the other partners. I started talking
and leaving the room more and more. At the end of last month, Shmuel
found a housing unit and moved in there in a rental. Since then, he has
only come to visit. I bought new shoes and started visiting a little as a
guest to try out the Enosh social club for the young or the young in spirit
and in action. I also bought a new Xiaomi mobile phone all by myself at a
low price without my father's help and without his accompaniment. I
opened a website where you can play my games online with a little
information about who I am and with my own blog and also a few more
forums and websites of my own. There is a temporary ceasefire with
Hammas and the kidnapped people are returning in small groups every few
days and we are releasing Palestinian prisoners. President Trump was
elected. Second to the US presidency and he is more psychotic and fascist
than ever, just like Bibi and his family. I opened a community forum for
Jews and Israelis from all over the world and for people who support Israel
and the Jewish people. I'm trying to be some kind of alternative to the big
social networks, but there's not really an audience that joins, and there's
also no place or way to promote it. I'm working a sleepless night again to
talk to you. I skipped my Intomin and tomorrow when I'm tired I'll regret
...not sleeping. It seems to me

So we understand that you have changed your attitude and you are trying -
?to cooperate and recover, what

I lie and pretend and do the bare minimum. The truth is I don't trust -
.them, but I know I don't have much choice either

How are you feeling? It seems to us that you are more stable than you -
were and less volatile with fewer mood swings and negative thoughts and
.feelings. You are finally focusing on the positive and less on the negative
.You are more grateful and less focused on what you don't have

...Let it be -

How can we help you feel better? Contribute to you and help you? Why -
did you decide to skip your medication and go to sleep all night to talk to
?us

I wanted to hear you tell me about the future and what awaits the world -
...in the coming years or in our lifetimes

?In short, did you hope to hear prophecies -

...Something like that, yes -

Okay, brave spirit, we will deviate a little from our usual practice and - give you some prophecies or predictions regarding humanity and the world in the coming years. The main thing is that you will be satisfied even ...though the prophecies were given to fools

...Okay, I'm all ears -

You hear the news or read articles and get angry or not, but the - truth is there is nothing to be angry about, brave spirit - Bibi Shmibi And Trump Trump and Elon Musk Israel and the US are rotten to the core beyond repair America and Israel and the entire Western world are in deep shit - everyone is, without exception, on the "wrong side of history" Everyone is rotten and corrupt and your time is running out We don't want to fool you It's going to be stormy and boiling in the coming years There's going to be extreme climate change and many areas around the world The temperature will approach the Sahara Desert and entire countries will be unfit for human habitation Agriculture and the food economy will slowly collapse There will be famine and there will be a massive migration of entire peoples to areas with cooler climates There will be a huge migration crisis And if that's not enough America the Beautiful Go bankrupt and the US dollar will be worth nothing Elon Musk And Jeff Bozos and Mark Zuckerberg will be able to take their trillions of zeros that will be worth nothing and start collecting cans for recycling. China will become the rising world power and American and Western hegemony will come to an end. The process will be accompanied by a lot of violence and demonstrations and all-out war throughout America and the entire .West. Israel will also become rotten fascist undemocratic countries Then the masses will revolt - the Internet you spend your time on is no longer a "global village" and social networks are no longer "a means of connecting people." The Internet you use actually uses you and all the surfers on it. The Internet has long since become humanity's trash can and also a means of controlling the masses and a means of dividing humanity against each other so that nilakh dictators like Bibi and Trump, for example, can rise to power and escape punishment. In short, the Western countries, led by the US, will collapse like the former Soviet Union instead of being one country. The US will crumble into several pieces or countries and Israel It will collapse without the dollars and the aid and the money and the American support. Israel will become the "North Korea of the Middle East" or the "State of Judah" or the "State of the Maccabees." Those who will rule here will be the corrupt ultra-Orthodox, settlers and fascists and just a proud mob of scoundrels and bulls. The elite will flee and the country will sink into the depths of corruption and decay and violence and dictatorship. In the future, the government will begin to spy on citizens through technology, enact laws and there will be no right to privacy. Everyone will be at the mercy of the rotten authorities through artificial intelligence. "Social credit" will be enforced like in China. Anyone who is a fool obedient to the system will receive high

credit and anyone who behaves badly will be at the bottom and will be .socially deprived, except for a thin layer of a ruling and corrupt class
The rest of society will be poor and deprived of rights like slaves. The values of democracy will become a joke and a mockery. Social services will collapse and life will become desperate and bitter ... This is what

awaits the "world" In the next twenty, thirty, forty years - does this provide
?you with a courageous spirit

?Where am I in all this -

You? You don't need to worry, brave spirit, because you will be in the -
...world of truth with us, protected and unharmed

?Are we nearing the end of the world -

Yes and no, brave spirit, the end of the world may not be, but for -
many people living today, most will not survive the catastrophe that
the world is heading towards, and the world and life will change
.beyond recognition

I have a question for you spiritual guides, the same question I asked my -
former partner Shmuel, "What happens to us after we die?" And he told
me that the soul goes where it needs to go and the body stays here in this
world and is buried or whatever. He also told me that "You are asking
questions that you will never know the answer to because no one knows
".what happens to us after death and where we go

He is largely right. A brave spirit. No one knows for sure where you will -
go or what will happen to you after death. But we suggest that you look at
death not as an end but as a door or gate to another dimension or world
through which your soul passes somewhere , undergoes a
transfiguration, a mystical alchemical change. The soul is pure energy
.created by God and only He can judge it and only He belongs to it
The saying "Blessed is the true judge" is true to a certain extent
because what will happen to you in this life (others call it luck or fate)
and what will happen to you after your death is completely
determined by God Himself, who watches over and examines every
soul and every person on earth. God as a judge is not like a human
judge. His justice is precise and absolute, and His decision is final and
absolute and is not influenced. Divine judgment is precise like the laws
of nature. That is why they say "All is known and permission is
.given." This means a brave spirit. God knows the past, the present
and the future. He knows what your future is, what your sins and
righteousness are, and what is good and evil. What will you do and
also what suffering will you endure during your life on earth, even
before you were born or before we were created? Your soul , and yet
the permission is given to you. You have the freedom to choose, even
though God already knows what you will choose - does this answer
?satisfy you

What about the issue of reward and punishment or the question of -
?suffering in this world

Brave Spirit When a soul descends into this world and reincarnates - in a body, pain is inevitable! Pain, suffering, and disasters are a built-in and intertwined part of the earthly world. A person has a tendency to want to escape from pain, suffering, and disasters. But the more you try to escape, the more the suffering will increase and the punishment" will find you. If you choose to see it that way, it is first" of all to live in the earthly world and reincarnate in it. And if so, the reward" is to die in some suffering or another and ascend to the" kingdom of heaven, to the world of truth, to the world to come, to the spiritual world of souls. Thus, the "earthly" suffering ends and a process of "examination of the heart and kidneys" begins, as the Bible says. The intention is that your soul stands before God in His own person for the sake of a just judgment. In order to succeed in this, the soul must overcome the energies of fear and shame. Not every soul is capable of this - to stand before God, who will set before our soul a mirror and in it we will see ourselves exactly as we are, and also to see God as being in His presence, "who will not fear man and live." Only souls who have gone through a long process are capable of this. Those who are unable to do this are forced to remain in hell until May they become strong enough to descend again to the earthly world so that they can do work and correct themselves, and the few souls who are able to stand trial before God are granted eternal life in heaven - do

?these answers satisfy you
...I guess so, spiritual guides -

All we can tell you for sure is that what is supposed to happen to us - will happen or what happens to us is supposed to happen to us and we are the object and subject that create and create our lives just as what should happen to us happens to us, that's how we were created so that these things would happen to us. The only thing that is not predetermined is the process by which we mature and grow as souls like seeds of wheat that slowly sprout and grow - everything is predetermined in this life except for one small but important thing and that is, do we learn anything from everything that does or does not happen to us? And if we learn something (our soul learned from this, not necessarily the mind or the intellect), is this a good or bad thing?... In the earthly world, the deed is more important than the intention. However, in the spiritual world, in the world of truth, the intention has greater weight than the deed. The moment we learn both in the earthly world and in the spiritual world, to accept everything that happens or does not happen to ourselves and to the entire world as the will of God, and especially when we learn to surrender and subject our will, our honor, our soul, and our lives to the will of God, this is the point at which we ascend to the rank of righteous people and the process of reincarnation in the earthly world comes to an end because it is no longer needed (except in special cases). Remember, courageous spirit. We are talking here about God

the Creator of everything, not about some flesh-and-blood king who is limited to the sum of all his desires and passions. We are talking about surrendering and subjecting our lives and will to God, the Supreme God, Creator of heaven and earth, not to some idol or dictatorial rule with the power to corrupt, but to God, the Supreme God, Creator of heaven and earth, to the God of good. And a merciful and gracious benefactor is good and a benefactor who loves you just as a gardener loves all the flowers he has planted in the gardens or as a farmer loves his fields and plows them or as a shepherd loves and protects his sheep... We are not preaching here to bow down and surrender to idols or destructive forces that are like idols of idolatry - when you come to surrender and surrender your soul, your first test is to whom do you surrender and surrender? To evil and lust and sins? To idols? These will not lead you anywhere! They will only destroy you and make you stumble - therefore only when you discover and recognize the providence of the eternal and one God over creation and your world ... and recognize Him can you surrender and surrender to His will

?Does this sound logical to you

.You speak like repentant spiritual guides -

Unfortunately, the converts and preachers of all religions have taken - ownership of God and appropriated Him for themselves. However this is not so. God belongs to everyone and loves everyone, including those who do not believe in Him and who are sinners, and God loves ...!you too

And yet God punishes and rebukes sinners or those who deviate from -
?the straight path, doesn't he

..We have a question for you, brave spirit... What would you rather be - punished by the true, eternal, and almighty God so that you could ,atone for your sins and be cleansed of them and gain true grace mercy, and eternal life in heaven? Or not be punished at all for anything and not receive any reward for the suffering and good you tried to do in your life and that there would be no god, no judge, no ?justice, no eternal life, no heaven, no true God, and nothing

Well, if you put it that way, I think I understand where you spiritual -
...guides are going

In our opinion, it is better to be temporarily punished in order to - atone and purify oneself in order to gain eternal reward than to not be punished and not receive anything, no reward for anything. The punishment and reward are what give meaning and also help the soul ... correct its path and grow and mature

?What about hell -

**Hell is a place for the wicked who have committed the most evil -
deeds and the most horrific sins, and it is also a time for courageous
spirits. Hell is a place where wicked souls return to the right path and
... are given another chance**

.Dawn begins to rise at about five in the morning -

We hope it was worth it to stay up at night to talk to us and it's strange -
...when you have all day to talk to us or contact us but you prefer the night

Today is usually reserved for other, more mundane things, and I enjoy -
talking to you in the evening and at night when everyone is on their way to
...bed or sleeping like logs

.....

Chapter Seven

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21.02.2025

... Hello spiritual guides... Good afternoon -

?Good afternoon , brave spirit, how are you -

I slept well and soundly and Shmuel came to visit but left after he -
probably got bored here. There's not much to do here, especially when he's
no longer part of this assisted living facility... I have a feeling that in a
while he'll stop visiting us here, especially when someone moves in here in
.his place

?And how do you feel about Shmuel's visits to the apartment -

I feel that he and I are becoming disconnected from each other, moving -
,away from each other, but it's natural, as he once told me, "In the end
everyone is for themselves and everyone ultimately looks after their own
interests." And it's sad, but that's how this world is built and that's how
relationships between people are built. We no longer talk about life or
personal matters , nor do we do things together like listen to music
together. I feel that this is the end of the friendship or companionship that
existed between us, and it's sad, but that's how it is. What's funny is that
the end in a thin silence, quietly creeping in a slow decline, and not in
...some explosion or supernova. That's how it is in life

?What else do you have to tell us, brave spirit -

Speaking of endings, I've already started thinking about the end of this - essay or manuscript, but I'm addicted to our conversations. I'd like to keep posting our conversations somewhere as if it were a diary someone has been writing for years, but the goal was always to eventually publish it or get it published, and my fear is what will happen when I realize that and stop writing this manuscript and instead have to find a way to publish it or ?edit and publish it. Will we no longer be able to communicate

We want to reassure you and assure you of a brave spirit that whenever - you need to, you will want to contact us. We will be here for you and you will always be able to contact us and receive answers or words of encouragement and comfort. Even if and when this manuscript is printed as a book or in a digital file edited for download, you can always contact .us and we will answer you. You will not lose the connection between us .Brave spirit. **We love you, brave spirit, and we will not leave you in the dark alone**

I contacted my editor about checking the possibility of editing and - publishing the manuscript. He was offended by my slanders against him here and said that he would not be able to edit wholeheartedly, that I did not respect him. It seemed to me that I and he would no longer be able to work together as a creator-editor. He also told me that editing prose is a terribly expensive business, between three thousand and seven thousand shekels for a manuscript, and that this specific type of prose, which he called experimental prose or bordering on madness, has no audience either in Israel or in Hebrew , so even if I paid the full twenty thousand shekels to publish and publish it as a book under my name or anonymously, it would have no audience, no buyers, no readers, so maybe it's a shame about the whole adventure . He told me that I first need to finish writing the text and the manuscript, and only then will it be possible to evaluate and give a price for the editing and the entire process, and that I am of course entitled to do whatever I decide with it. He will not edit or help me with it in any way because of the slanders and curses, and I can publish it as it is on the internet as a downloadable file somewhere or contact whoever I can. I will choose to edit it and pay a fortune for editing and .publishing for zero readers

It sounds like you are already starting to think about finishing the - manuscript and are busy with plans and thoughts about how and where to publish it (the Internet or as a book)

The editor told me that whoever reads the manuscript will be able to - piece together the pieces of information and eventually reach me and know that I wrote it, so there's not much point in publishing it anonymously or under a pen name. The truth is, spiritual guides, that without the help of my parents, whom I have a full stomach for, I wouldn't be able to publish it. And here too, the editor said, "Why publish with the help of someone you defile in your handwriting?" Or, "If you're full of hatred, then why publish and give something to someone? After all, ' let the world burn,' right?" The only realistic option I have is to pay a few

and upload it to the PDF file thousand for editing or not and convert it to a Internet archive, where it will be swallowed up in masses of writings and files, and it's doubtful that anyone will reach it or be able to understand it .or appreciate it

What exactly do you expect when you fantasize about publishing this - manuscript? Fame? Recognition? Status? After all, we told you, brave spirit, that the things here are intended for you and perhaps for the few who will be able to benefit from it, and this is a brave spirit. In all your years of writing and in all the publications of your books, you appeal to a readership profile. With the exception of the few, you will never be popular or published or gain recognition and appreciation. And there are several reasons for this that are not necessarily related to being a writer, a novelist and a poet who is mentally ill... You are currently at a crossroads and need to decide what you choose and what will satisfy you in terms of publishing or publishing this manuscript - Should you publish ?anonymously as a downloadable file on the Internet? Will that satisfy you Should you pay a fortune that you don't have to publish as a book that no one will read and will gain the status of a curiosity of madness? (What reviewer will flip through a page and a half and laugh or laugh at the book if at all, and after a year all the copies will be shredded) Will that satisfy you? Let them know that you "speak to your own voices" and wrote a book about it that no one wants to read? Or, God forbid, will you become a joke and a laughing stock among the reading public? What will satisfy you? After all, no option will satisfy you and bring you anything... After you expose your nakedness in public, your soul will be torn apart , you will discover that you lost before you even started, and after the whole story is over, you will look for someone to blame... and you will earn half the ridicule and contempt, and no one will take you seriously anymore, not ?as a writer or a poet

There is something in what you say, spiritual guides... All the gates are - locked and all the doors are barred to me as a writer and creator. My books have never gained any popularity or interest except for a few critics who "read maybe a page and a half of the books I published and wrote "reviews to fulfill their duty. My editor is right. There is no literary system or Hebrew or Israeli reading public in this country, and the status of writers and poets in Israel and in general is a failure of begging. People here in Israel read novels from abroad by American and European writers. The .country does not invest anything in local culture, literature, and poetry And so anyone who tries to publish in Israel or in general in Hebrew is a sucker, unless you are writing commercial literature - a thriller or a detective story or a novel of minor literary value... Why do I write poems and stories and scripts and essays that deal with the world of the mentally ill or with my life and the things I have gone through or with conversations and relationships with you? This is considered avant-garde or experimental or It's just a crazy system. I won't be able to find readers for this and I and my books will always be on the sidelines - but I fantasize that after my death, suddenly someone will "discover" my books and writings because that's how the world loves you when you're dead and buried. So maybe

,there's a chance that someone will care and want to read... To tell the truth
the treatment of me and my books is like something the dog dragged
.home

We have some advice for you, brave spirit. Instead of constantly -
complaining and comparing your status and popularity as a writer and
your books, just get busy writing and always be busy writing your next
book, no matter what it is. Instead of thinking about your status in
literature, think and focus on writing itself. After all, who cares what
others think of you and your books?... **Don't worry all the time about**
... your honor, but simply write your books

,I know this advice from spiritual guides, but it's hard to implement it -
...because we have expectations from our own actions

The problem is when your writing becomes in your eyes a tool or means -
to achieve respect or recognition or appreciation or, in short, love, it is a
paradox. On the one hand, you write because you have something you
want to express and because you believe in it, you work to publish it at
your own expense. However, somewhere along the way, your writing has
become a means to achieve love, a love that you have always thirsted for
and lacked. We have bad news, brave spirit. If you seek and write in order
to achieve love, you will never receive love from anyone, neither respect
nor appreciation nor status nor admiration nor any monetary
compensation. And your heart will break inside you until you can no
longer write anything else. But if you write to express your voice and your
world, you will be able to write good poetry or literature that will have
value in itself even if no one reads it or hears about it. You must remember
that you are a Hebrew writer and poet in the small land of Israel and there
are not enough readers of poetry and literature or a real literary system. It
is all one big gig and so is all of Israeli literature and culture, from poetry
to cinema or from music to theater plays. The truth is There is no status for
Israeli culture because your country is Sparta, not Athens, and therefore all
Israeli creation comes from a position of inferiority compared to the
creations of other countries. You did well to talk about the lack of
investment or desire to invest in Israeli culture because everything is
political in your country and therefore politicians see in Israeli literature
and poetry something that is unpatriotic, subversive, anti-Zionist, anti-
Jewish religious, and a threat to Israel. Therefore, there is no desire to
finance and subsidize or improve the status of Israeli creators and the
status of Israeli literature and culture on the part of the government, most
of which comes from groups that are anti-literary because literature and
culture are perceived as entertainment for the old Israeli elites who have
lost their power and have fallen from their status in terms of the Israeli
government. What cannot be controlled and used for propaganda purposes
and which will serve as a trumpet for it has no right to exist. So it is
convenient for writers and poets to continue to collect donations and
publish their books in self-publishing houses with their own money and
not see anything, no readers, no royalties, and nothing. The government of
your country, which Israeli culture will either praise or go to hell and rot in

the dust, on the other hand, a religious-Torah or Haredi or Methnachal or right-wing culture, a politically "correct" culture, does receive support and embrace from a large right-wing, Torah and Haredi public where there is an appreciation for poetry, literature and culture in the spirit of Judaism ... "and religious Zionism "like ours

,My" country and people hate me and what I am in the deepest sense" - just as they detest what I write and the reality of my life, as well as my .books that have been published or will be published

You are an exception who expresses an exception voice. You are - different and strange in all human societies. Those who are not part of the majority of the herd are despised and ridiculed. This is universal. A courageous spirit. You have always been and always will be. A strange bird. You and the circumstances of your extraordinary life. You and your extraordinary life. - A mentally ill person living in the framework of mentally disturbed people . The Jewish people and Israelis are also a minority and exceptions among the nations of the world. So towards the world as a whole, there are additional reasons to hate and despise you. A secular Jew and an Israeli are also mentally disturbed. The world loves the .dead, not those who are still alive, both in the macro and in the micro

,So it's true that my feeling is that no one has ever truly loved me - ...spiritual guides

If that's how you feel and claim to be a brave spirit, then **love yourself**, a - brave spirit, and to hell with the world, as the proverb says, "If I don't have _anyone for me, who will?" **Write only for yourself, and if you decide you want to, you can publish your books only for yourself**, and to hell .with the readers or love

.....

One of the things that has changed for me in recent months is that I have - committed to going through a "rehabilitation process" and even formulated a "rehabilitation plan" with the help of the assisted living team that emphasizes cleaning and maintaining personal hygiene (showers), doing ,laundry and buying new clothes, going to the association's social club cooking food and buying groceries, all with guidance and help if necessary from the team. Instead of sinking into negative thinking and wallowing in a sense of loneliness and negative thoughts and feelings, I am more engaged in positive action to improve my life and situation. I am no longer passive as I was, but rather take the initiative to do small things to improve ...my life

We are happy and blessed for all this. A courageous spirit and you can - "already see results. You feel better and less stuck in the "eternal victim mentality . You learn that you have choices and the ability to improve your situation and your life, and that you are not helpless in the face of what ...happened

And along the way I was forced to give up independent housing and -
.return to living in a group apartment

Well, you couldn't handle being accountable to your family and parents -
for how you live and function there, so you chose to return to a group
housing setting so that your parents and family would let you live your life
and not drive you crazy. Now you are under the supervision and
supervision of a team that is supposed to help you recover and reach an
optimal level of functioning in the hope that when it is appropriate, you
will be able to set out on an independent path again and not be dependent
.on anyone, not even your parents and family

.....

Spiritual guides I now think there is no point or value in giving this -
manuscript for editing or publishing or dissemination. Anything because
.the things said here are personal to myself only

That's what we always told you, brave spirit. In our opinion, no one will -
be able to evaluate the manuscript and edit it correctly without
emasculating it or presenting you in a ridiculous or crazy light. And in the
end, if you publish it, a strange and completely different book will come
out than what you imagine or hope for. People will not understand you and
will label you as crazy or crazy. We ask you, brave spirit? What are you
for? Why are you taking communications between us and turning them
into a book? That any snide, heartless or evil person can mock you and
trample you with a rude hand? Isn't it better to keep things private? As
personal writing for yourself? After all, those who will be able to use the
book that came out of all these conversations are very few because only
very few will be able to understand what we and you tried to do here. After
all, here we are, we and you are talking openly and freely and saying very
personal things and you reveal yourself and your truth. Here you have the
,absolute freedom to speak and be heard and accepted exactly as you are
without masks and without bourgeois courtesy or any other kind of
formality, without extraneous calculations and considerations and without
screwing up - here it is the most real there is. So why are you revealing
things? For whom, for what? After all, the vast majority are deaf and hard
of heart, and no one or almost no one appreciates honesty in a world of
lies, deceit, and falsification. The word "truth" has been erased from the
world for most people in this world, the vast majority of whom will never
and will never be able to look into the truth of their lives. They live in
universes of simulacra of infinite evil and wickedness . A brave spirit in
this world does not have to tell the truth, nor the whole truth. Sometimes
you have to know not to say anything, to be silent about what silence is
,good for. It is not for nothing that they say that silence is worth gold
because evil people will take what you reveal here and use it against you
in one way or another, just as your editor was "offended" by what you told
us about him, and therefore is not willing to help you anymore. Your
editor, like the vast majority of people, does not understand that you are

trying to write the truth. Your truth. To strive to reach your truth is as painful and painful as it may be. Rather than writing embellished words of ,a bourgeois literary mask of bourgeois pretense, and as you already know editing" this manuscript is an execution of all the honesty and truth that" you have written here. In the name of decency and politeness on the altar of "normality" because any editing is inherently "bourgeois" and thus it will neuter and adapt this manuscript to some "template" just as an established religion suffocates the Holy Spirit and the Holy Scriptures eliminate prophecy and the true words of God and turn them into a parody or grotesque of what they really are... If you send this manuscript for editing" and if you decide to publish it, there will be a price for a" courageous spirit, besides the financial price. The price will be that the final product will defeat its purpose. It will become something other than what you are writing here or trying to do here. It will be a book of literary creation that tries to please those who wholeheartedly despise the truth in whose name you are writing this manuscript here - we know that you dreamed of some interesting work of New Age spiritual messages that would be interesting to read and add flavor, but what will actually happen is a neutered and crazed book after bourgeois editing eliminated it and took out of it all the beauty and truth that was in it, and what will remain is this A hollow shell of the thing itself and no one will want to read it and certainly won't be able to understand it... Your editor is like that. He values honesty, but his bourgeois honor is more important to him. He is the one who stands above you and doesn't tolerate being stood above him. Are ,these exactly the people who are supposed to be your readers? No readers then, and if the world is a shadowy darkness and you light a candle or a small bonfire in it, you must keep it for yourself and not give it to people ...who will use it to put you on the stake of their hatred and wickedness This is our opinion, brave spirit. You are free to do whatever comes to your mind... But in conclusion, we just want to add that you can change and save only your own soul, not the world or other people. Your truth is intended only for you and not for anyone else. Therefore, if you want to share the truth with others, the truth will no longer be your truth, just as if you were to publish this manuscript, there would no longer be conversations between you and me, but would be a subject of judgment by others. And most people are no different from the inquisitors of the .Catholic Church, torturing and burning people in the name of their sect People have no desire, power, or ability to hear "your truth." They only .want to hear "their truth." Whatever it may be, among us, brave spirit Every human being would like to be an immortal god, or if not that, then .at least a dictator or king for all life, freedom, and happiness for people What they want for themselves is very different from the freedom and happiness that God wants to give them. People want unlimited power, and ...God simply wants to love our souls and for us to know Him

I don't know what to say, spiritual guides... What will be the price for -
?publishing this manuscript

In simple words, brave spirit, if you publish this manuscript, you may - regret it. The results may be unexpected and not as you imagine. This is

not a normal manuscript for literary publication. You are taking a wild chance and risk here, and in the end, you will regret publishing this ,manuscript. The result may be that you will no longer be able to talk to us as in the song by Jonah Wallach, "I will never hear the sweet voice of God again." Because you will no longer believe in yourself or in the essence of the connection between us, "brave spirit" will become a reproach in your eyes, and you will get angry and think that we have deceived you, or you will blame yourself for your stupidity and naivety... This is what may be the price for your pride and arrogance in publishing what should be hidden and hidden from view... Publishing this manuscript will not harm us, it may harm you - we will continue to be your spiritual guides, but you may turn your back on our conversations, and thus you will have to find ,something else to do in your life or deal with the consequences alone because You will no longer be able or willing to contact us. Something in you will break and you will lose the trust and courage to use this ... communication channel

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Chapter Eight

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22.02.2025

Spiritual guides, I have something I think I want to tell and share with -
.you

We listen brave spirit -

I think the time is getting closer to finishing this manuscript and then as - it seems I would be willing to pay if I could afford to edit the manuscript I thought .PDF file and publish it anonymously online as a downloadable about what you told me earlier about the dangers or risks of publishing the manuscript and our conversations publicly. However, as I see it now, I have nothing to lose, just as I have nothing to gain by publishing this manuscript - almost no one will read this or be able to understand what you and I tried to do through our conversations. These bourgeois and normal people will continue to look at me and see a crazy and retarded subhuman according to the stigma and psychiatric malice of doctors. It's just like everything I've published in my books over the years. I would ,publish it and it would be completely ignored. No one, not even my editor is completely done with me and I have no one to contact anymore. Even he doesn't really appreciate me and my writing. From everyone 's perspective, I am "this psychotic cocoon." I, who revealed the truth about my illness in my poems and stories, was saved by the letter of Cain. Of the stigma in the eyes of society and in the eyes of everyone, so what did I get

?out of all the years I wrote songs and thought I was free or liberated
Although I enjoy writing this essay just as I enjoyed writing my poems
because I had the illusion that I was free in my writing, reality always
slaps me in the face. But in all this, I fulfilled my dreams and published
my book and exposed myself as mentally ill like a kamikaze pilot or a
"public harakiri ceremony, and people praised my "courage and honesty
and immediately afterwards deleted me and turned me into something that
was either a rumor or a curse or a joke out of hypocrisy. So with the
publication of this essay/manuscript, I have nothing to gain from it, but I
,also have nothing to lose, because my name is already cursed and ruined
broken, erased and burned, and I am already considered a bad person and
psychiatric garbage. So at least I will put out into the world the
conversations between us and the truth and authenticity that was in them if
there was in them and the world burns down ... I no longer have illusions
of respect or love because there is no respect and there is no love, just as
there is no and will never be love, respect, appreciation, nor compassion or
mercy, only contempt, mockery and condescension to the psychotic
pigtail. So please, here is another pound of meat. To cannibals... "Leave
him, he's fucked up" as the kids at school said and the family that wanted
and succeeded in burying me alive like my brother because in our families
you're either "normal" or you're swallowed up in institutions to live as a
human being, prisons in the community and all in the name of "family
values" that I despise... Not spiritual guides. Humiliating and humiliating
exposure doesn't scare me that much anymore. I forgive my non-existent
honor in the world and whoever is forgiven his honor is likened to a dead
man in life and has neither this world nor the next. And that's the end of
the story - not a book. I'm asking for a book. It's a fossilized, degenerate
bourgeois relic. I'm looking for a corrected and edited file, free of spelling
and wording errors, because a file for download on the Internet is for
everyone. Dichfin is anarchy and anarchy is a middle ground for the
values of the disgusting bourgeoisie that mocks me or ignores me... As it
seems, there's nothing to gain and nothing to lose. Spiritual guides. And as
for the end of our conversations, I can always reinvent myself and find
orchatGPT something else. To have a dialogue with him , even if it's
,sophisticated artificial intelligence or some chatbot or another. In any case
poetry and written art are in dire straits because it's no longer possible to
distinguish between what a person wrote and what an artificial intelligence
wrote. So if this is how the fate of human poetry and literature is
determined , and in the future only artificial intelligences will write poetry
and literature and scripts and all that, the golem will rise up against its
creator and humans will have to find another job... At least this manuscript
...was written by a person and not a machine

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BRAVE SPIRIT - PART FOUR

SPIRITUAL AUTOBIOGRAPHY

BY BRAVE SPIRIT

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Brave Spirit - Part Four

Spiritual autobiography

Channeling conversations with spiritual guides

By a brave spirit

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PART FOUR - PROGRESS AND ABSTRACTS

Part Three - Progress and Obstacles

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Chapter One

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16.09.2025

.Hello spiritual guides, it's been a while since we spoke in the chat -

.Hello brave spirit, we are here at your service, it's nice to talk to you -

Let's see what's new? Since we last spoke, somewhere towards the end - of February of this year, I fell on the street ten meters from my house and slipped and broke my right hand for three months. The hand was in a sling and hurt at first. It hurt badly. After that, it still hurt. It took about three months until the pain went away and the hand healed. For most of those three months, I was limited and could do almost nothing with my hands. I couldn't shower or use the computer. It hurt even to try to lie down to sleep. I was disabled, almost fifty or one hundred percent. I was completely limited. To my surprise, the staff and partners and my father also went to meet me and helped me and did a lot to help me. They bought me food and drink. My father took me several times to see an orthopedic surgeon, even as far as Ra'anana to see an orthopedic surgeon who MRI specialized in the shoulder and hand. He took care of and paid for an scan of my arm and shoulder as the doctor requested. The staff allowed me to sleep on the big couch in the living room so that I could sleep without it hurting me. Eventually, the hand healed and the pain slowly went away. I was able to do more and more things on my own. I was grateful to everyone for coming and supporting me. And they helped me and showed

me that they cared. I was sure they would throw me out or tell me to go to
...my parents to get better, but in the end I got better here

We are glad that you received support exactly when you needed it and -
contrary to what you feared would happen, that everyone would abandon
?you. What else has been new since then

In June, after the hand had already healed, we had a new partner come in -
,to replace Shmuel, who left in January, and immediately after he came in
the Israel-Iran war broke out. For 12 whole days, the team didn't come, but
we tried to obey the Home Front Command's instructions and go down to
the shelter downstairs with all the neighbors, with alarms. Even in the
.middle of the night, we would wake each other up and go down together
The new partner's name was Raviv, and he was a wonderful and good
partner. He was kind and pleasant, polite, and kind. It was fun to talk to
him. We all loved him and were blessed with the good fortune that he
.would come in to be our partner

.But you speak of him in the past tense -

Yes, because in August, when he was here for less than four months, she -
passed away in the assisted living facility while he was lying on the large
.sofa in the living room. I had health problems, asthma, being overweight
He was a heavy smoker, and before he died, he contracted the flu virus
with a fever and a runny nose. We were all the ones who discovered him
lifeless and we immediately called MDA and they arrived quickly within a
few minutes, but he had already been lifeless for a few hours. - It was a
Friday. The MDA team called the team and the family for his mother and
they all came. Everyone was devastated, so were we. It was traumatic for
me. The team talked to his mother, MDA, and the police who came and
went. In the end, they came to remove his body and his mother made the
arrangements for the funeral, which was on Saturday night. Israel, the
partner, went to the funeral and I was afraid to go because I am afraid of
everything related to death and mourning. Roy, the partner, contracted the
virus. In the end, Israel and I both got infected . The team didn't come
because they didn't want to get infected. They made phone calls to us in
August. Everyone was devastated too. The heat and humidity records in a
massive heat wave and the air conditioner in the living room broke down
just as we survived and recovered from the virus and the association spoke
to the owner of the apartment and now we have a new air conditioner in
the living room and my father also intends to buy and install a small air
conditioner for my room - now a new roommate needs to come in place of
the late Raviv and they also told Roy, who had been in this assisted living
facility for twenty years, that he was ending his time here and they were
not renewing his lease and he was leaving for his own apartment in three
or four months - leaving in December so in the end only Israel and I will
be left of the original roommates and we will have to take on two new
...roommates

We are sorry for the passing of your partner Raviv, the late, and for -
having to see him without a soul. We hear that you all went through
difficult and moving experiences, and you, a brave spirit, survived them
.all

I continue to see my psychotherapist - my psychologist for -
psychotherapy treatment twice a week on Sunday and Thursday evenings
online in a video call via the computer and the internet. I continue to
program occasionally and try new programming languages or different and
other types of computer software. - Lately I have been taking my
nighttime medication late in the wee hours of the night after midnight and
.sleeping until about noon

?What do you have to do until the wee hours of the night, brave spirit -

or I'm in other ,IRC I'm on the computer, I have my own chat room on -
My relationship with an internetIRC. people's chat rooms on Discord or
friend from New Zealand that I've known for five years has had its ups and
downs. We recently had a fight and he hurt me, and then he apologized and
we made up. He has his own chat room and he recommended that I open
my own chat room, and in the meantime, in a chat room for mental support
for schizophrenia. The director and founder has been missing for two
months and no one knows where he went. He was under house arrest
because he threatened a supermarket because he was unbalanced. This is
not the first time he's gotten in trouble with the law. In short, he was on
probation under the condition of being released from house arrest and he
was tempted to smoke weed, which was against the law and the conditions
of his release . He's probably in prison or a hospital. No one knows for
will beIRC chat room sure if he doesn't show up in a few months. His
released and someone else will be able to register it in his name and run it
.as his own. In short, there's a lot of online drama in these chat rooms
,There's Swanson, who in my opinion is half hypocritical and half joking
,there is Umbra, who is barely seen online, there is Tim from New Zealand
whose nickname is Walrus or Electric Walrus, there is Greta, who
,disappeared and rarely appears for a short time, there is the old Articwolf
who is currently undergoing hip replacement surgery in Alaska, there is
Joel , who is quite stable, he is addicted to cough pills or maybe we have
IRC DALNET come off it - in short, these are the people I have known on
for four or five years. I have argued with everyone and made up with
everyone. I had expectations and was disappointed, and yet I keep coming
...back to them

We hear that you have an extensive social life with people from all over -
,the world online, so in order to manage your chat room and talk to them
you stay up until four in the morning? Isn't that a shame, brave soul? After
all, you have to function in an apartment in the brave life . You're in
.assisted living and you have chores, errands, obligations, plans , and so on
Doesn't all of this conflict with your online life? After all, in terms of
mental rehabilitation, all these online dramas have negligible value and the
?margins of real life are more important, right

You may be right, spiritual guides, but these online dramas are - sometimes the only thing I have when I'm alone at night or in the evening and everyone here has gone to sleep. Yes, I also ask myself what all these dramas are for? It's all stupid chat rooms and online relationships through the keyboard that lead nowhere. Although Tim from New Zealand shared with me sound files and music for my games and also videos that he filmed of how he plays his guitar and how he shows his parents' house and what his room and his computer look like or shared a screenshot of his desktop of his operating system Windows 8.1 and so on. It's not that they're not real people. They are real. It's just that the connection between us is limited and they have their mental illnesses, their medications and ...their problems in life and so on . Just like mine has

.It sounds like keeping in touch with these people fascinates you -

What saddens me is that Tim is paranoid and hears voices now that we - fought and made up, after he dumped his paranoia on me and thought I was dangerous and that I tried to hack his computer and that I have friends on the dark net and all that nonsense. The man lives in New Zealand, a progressive and liberal country, and he acts like a regime opponent in China or Russia who is afraid of being picked on. Now he refuses to click on links I bring in the chat. He also doesn't really trust me anymore, even though he supposedly forgave me or asked for forgiveness and we made up. As far as he's concerned, I'm "burnt" and I can't be trusted. He thinks that either I'm a hacker or that my computer is hacked and everything he sends to me or talks to me goes to other people. He's afraid and doesn't trust me. His computer is all about what Microsoft and GNU. trust open source or Bill Gates approve. He will never download my software and will never use open source software or programming languages that haven't been approved by Microsoft and Bill Gates. When I think about it, he'll go to hell! What do I have with him ? What do I have with him? If he doesn't trust me, then let him fly out of my room and my conversations! He only came to confuse my mind and for him and other idiots, I'll stay up until !four in the morning with the medication?! It's not worth it

On the one hand, you want a connection with others, whether in real life - or online, and on the other hand, you are full of disappointments and expectations that are not fulfilled or are fulfilled but not in the way you expect or are partially fulfilled. We know that for a long time you hoped that Tim from New Zealand and you would program something together, a computer game or a chatbot , or that Tim would try your programs and give you feedback, but none of this is happening and will not happen. Tim has his limitations - mental illness, schizophrenia, hearing voices, paranoia and other problems in life. On the other hand, he does send you music for , your games and sometimes corrects spelling errors in English in your games and shares with you the videos he makes and so on. We think that he does care about you, but I have my limitations and we should not develop expectations from him more than he can... It sounds to us that you haven't really forgiven Tim and that you haven't really made up with your

whole heart. It could be that Tim hasn't really forgiven or made up with
.you either

It was Tim's idea for me to start my own chat room and the reason is -
clear to me - he simply didn't want me in his chat room anymore. He
wanted to get rid of me, just as he had been boycotting me and ignoring
me for a whole month and throwing me out of his chat room and spreading
lies and false stories about me from his paranoid mind - what the hell did I
have to accept his filthy and stingy apology for? Why did I have to put up
with him ? Why do I need my own chat room? Why do I have all this
chatter for ? Why should I stay up until dawn for these worthless
morons?... In the end, no one will come or enter my chat room anymore
and it will be deserted like many unnecessary chat rooms... Swanson the
-idiot and hypocrite and the gossip Artiewolf the fucked up and anti
Semitic Joel the anti-Semitic or not and the druggie Nick the stoned and
sick who now you know where he is or if he is even alive Umbra who is
barely seen the paranoid and hypocritical Tim - they all can't stand me and
no one really cares about me there - what should I devote time or attention
to them I should give a damn about them and do what is best for me and
not listen to their nonsense and lies - a support lick What support do these
zeros have? Everyone is focused on their own ass Everyone and the
garbage in their heads Everyone and their own fucking mental illness
...What do I need them for? They don't give a damn about me

It sounds like you're still looking for a connection with them even -
.though they disappoint you and don't meet your expectations. Brave spirit
It seems like no one really meets your expectations, and yet you're looking
.for something you're having a hard time finding in all this online life

.....
00:39 17.09.2025

Well, spiritual guides, I'm finally tired of Tim and his paranoia and -
games. He left my chat room and went offline. After that, he came back
and wrote me privately that he no longer wanted to talk to me in my chat
room because something didn't feel right to him there or because he didn't
trust Joel , who was there and didn't talk at all, or he was paranoid or he
was playing games with me. So I told him that I would break up with him
and that he should be fine, and I would go my way and he would go his
way and there was no need to talk anymore. Then I put him on ignore and
in my chat room so that I won't see him or ignore. akick I also put him on
hear from him anymore and he's gone offline and I've also removed the
I don't wantirc. for when he's online or coming offmirc notifications on
to hear anything from him anymore. I'm completely sick of him and I don't
care about his paranoia. I also have paranoia and fears all the time, but I
don't throw it at anyone because no one wants to hear them either - I don't
need him to send me movies or music clips anymore or correct spelling
my games. As far as I'm concerned, Tim is a totalproofread errors or
loser, just like I'm a total loser to others, just like every mentally ill
schizophrenic is a total loser . I'm sick of him and also of Swanson , and

irc when the opportunity arises. I'll delete him from my life online on Swanson, the hypocrite, the gossip, the joker, who takes all the abuse in the world and all the traumas in the world of others and thinks they're funny jokes, let him go to hell. That fucking Swede doesn't want to hear IRC.about him when I'm here

.It sounds like this really angered you, brave spirit. It's all about Tim -

I'm fed up and they don't play games with me and I don't care that - they're as screwed up as I am and take medication and some of them smoke drugs too. I won't beg anyone to be in my chat room with me and I won't beg anyone to let me be in their chat room. I started taking the meds at 3 or 4 in the morning because of this idiot and the psycho drama he's been putting me through or has put me through the last few nights. Tim is .a piece of shit. They're all pieces of shit. You can't trust them with shit There's no mental or mental health support there. They're just there to pass the time. Boredom, emptiness, and loneliness. They don't do anything with themselves most of the time except smoke drugs or use drugs or eat and shit or talk nonsense or talk about politics as if their opinions matter to anyone. - At least I program as a hobby. I at least write occasionally or work on my computer and do things. They're stuck with their lives just like ,I'm stuck with my fucked up life. Only what? They don't support shit at all they don't care about me, they just pretend, they laugh at me, they gossip about me behind my back, they disappear just when I want to cry or take out my anger or pain, they boycott me or put an X on me or ignore me and ...shit talking continue with their

We don't know what to say exactly, brave spirit. The people you meet - online are different from face to face. Insisting on taking your medication at four in the morning and going to bed at five just to be in chat rooms all night and having or trying to have virtual relationships with people on the other side of the world is taking loneliness to the extreme in our eyes instead of trying to go to bed and wake up at normal hours and trying to have friendships and support with real people in real life here where you ...are

That's also what my psychotherapist and the staff at the assisted living - .facility here would tell me. That's why I don't need you spiritual guides

?And yet, what do you think of this, brave spirit -

Online is 24/7, while here life ends after 7pm when Israel and Roy take - the pills and drift off to a stinking , stinking sleep . Roy sleeps 15 stinking hours on Halfunks that screws up his mind, which he doesn't have, and he or attentionOCD does a lot of nonsense. Here in the housing, he has his deficit disorder, a stingy Yemenite who loves money - no brains, no worries, and Israel is already an old hatter. He talks to me about the nonsense of a fucking psycho-neurosis. He and his desire for "control over and his fear of being seen ,a control freak ",the mind," "control over sleep as crazy on the street. He doesn't understand that in Israel, if you're not a

prime minister or a minister or rich or famous, then you're nothing. Even if you're lucky, you're not screwed up and a psychopath or a slob or a pervert or a haredi or a slob like 90 percent of the people here in the country. So Israel sleeps four and a half hours every night, and his body and mind are screwed up and deteriorating, all because of A fucking teenage psychoneurosis that was never treated and was extinguished by a ton of .sloppy psychiatric drugs

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22:33 17.09.2025

?Will you stay awake until dawn tonight too, brave spirit -

and I canIRC after all Yes, it seems I have my own chat room on - already see that Swanson is distancing himself from me, this hypocritical and I'mon IRC and fake man . This afternoon, I'm in my own chat room waiting for Tim and Swanson to go offline and go to hell for a while so I can wander around chat rooms like Schizophrenia or Depression to quote a little and get to know them. These are places where Tim is also found. I really can't stand them. Tim and Swanson and Articwolf are three crazy pieces of shit. So I'm sitting in a chat room talking to Joel and looking for other chat rooms that I can be in until night comes and Swanson and Tim are offline and then I'm freer. - Tim really played stinking mind games with me, threw his fucked up paranoia at me . I put an end to that and to contact him and Swanson. I don't want to be in touch with him anymore in the founder and director of the Schizophrenia Channel, hasJFK, .any way been gone for two months and if this continues like this, then His room will be destroyed because his username will be invalid. It looks like the ,end of the schizophrenia chat channel and I won't be sad if that happens ...honestly

It sounds like you attach more importance to your virtual relationships - than your real-life relationships. Why didn't you go to the social club today ?with your partner

I was tired, I slept until twelve in the afternoon, and after that I dozed in - bed until four in the afternoon, and then I told Israel that I wasn't coming to the club with him, so he decided not to go either. At most, you'll give us .a head start, Doriya, our rehabilitation instructor

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19.09.2025

Well, spiritual guides, after a conversation with the rehabilitation - counselor Doria and after a conversation with the psychologist Doron, and especially since I didn't sleep well yesterday, I decided to go back to taking my medication early, around midnight, and to my delight, I was able to sleep seven hours last night. Unfortunately, I have to accept that the times when I would decide when to go to sleep are over, just like my youth is

over. I am an old man, a worthless old man who lives to take pills and
.takes pills to live

We are sorry that you feel this way, brave spirit. However, we think you -
did well to go back to taking the pills earlier because four in the morning
is too late and may also cause sleep problems in the long run. We are glad
that you managed to sleep seven hours a day, otherwise you would have
felt unwell today and we hope that you can come to terms with your
current situation. **Remember that you can and are still able to do
valuable things in programming and writing and that your life is not
worthless. You are a good partner to your partners in the assisted
living facility and you do not harm anyone with your actions and you
are careful not to do harm, which is a lot, especially in this period in
which the world and your country are in**

It seems that every day the situation gets worse in Israel and Gaza and in -
the country and in society and in the world. Every week or month more
and more people are boycotting and ostracizing us. Sanctions or
embargoes or boycotts are imposed on us. All kinds of organizations and
countries hate us no longer within the bounds of sanity. It's just pure anti-
Semitism and hatred of Israel. They think that we are all baby killers and
war criminals and perpetrators of genocide. There is a cultural boycott of
,beautiful artists on us. Spain has announced a boycott of us. France
Germany and other European countries, including Britain, are on the way
to join. An arms embargo is on the way. In the meantime, there is an
.operation to occupy Gaza City and hostages and soldiers are being killed
And that will be helpful like toasts to the dead. There are about a hundred
.thousand wounded, half of them mentally damaged from this stinking war
And the Israeli government and the prime minister are saying, "We will
,continue until complete victory," "We will eliminate Hamas," and I 'm like
Which one to eliminate?" And what complete victory? They are all a "
corrupt elite of a criminal organization that runs this country. We are no
different from Russia or any third world country. A religious and fanatical
fascist dictatorship that is leading us to disaster. And all those evangelical
Israel-loving" Christians lick their lips with pleasure and excitement at"
the sight of the blood being spilled and await in ecstasy the coming of their
Messiah, Jesus. If the secularists here in the country are the "donkeys of
the Messiah" of Messianic Zionism , then the settlers and all the right-
wing extremists are the "donkeys of Jesus" of the evangelicals, may their
...names be erased

**Unfortunately, it is already too late, brave spirit, because Israel is -
already lost, it will become a stronghold or Sparta for fanatics, and as
for Europe and the US, they are also lost. In 50 years, Europe and the
US will be part of a global Islamic caliphate , and the law in them will
be Muslim Sharia law. Europe and the US are undergoing a process of
radicalization. And Islamization. All those progressives and
Palestinian supporters. All those LGBTQ+ and feminists who support
liberating Palestine" will be the first victims of the Islamic rule that"
will rise there. We have no way of saying this, but the West has lost its**

way and lost its identity, and Islam is taking advantage of this. The American and European elite are also corrupt elites, both on the right and the left. They are flooding the US and Europe with millions of Arab and Muslim immigrants. What is called the "replacement theory." The happy days of the West from the 1960s to the 1990s are gone. As for anti-Semitism and hatred of Israel, this is the default of most people in the world. Every person is born anti-Semitic and hates .Israel. It is in the global collective subconscious

?Curse of Balaam -

Yes, there is something in this courageous spirit, "A people shall - dwell alone - and the Gentiles shall not be considered." And this makes the Gentiles think deeply. Anti-Semitism and hatred of Israel originate in feelings of inferiority due to the fact that in the Bible and in all the Holy Scriptures it is explicitly written that "the people of Israel," meaning the Jews, are the chosen people by God. The Gentiles hear or read this and go crazy with envy and terror or disbelief or contempt, and they look at the Jews and do not understand, "Why them and not us?" Anti-Semitism and hatred of Israel is the beginning of all feelings of deep inferiority and deep jealousy. The Gentiles mostly live according to religions that are based in large part on the Jewish religion and faith, and they do not understand why they need or are forced to believe in their religions that "the Jews are the chosen people" or that the Jews have a central role in the redemption of the world and the salvation of the world in the end times according to .their religion

?And atheists -

Atheists arrogantly declare that "there is no God" or that faith and - religion are "the opium of the masses," but the truth is like the speech "is water . given by David Foster Wallace before his suicide , "This Even if you don't believe in God and you are a committed atheist, you actually continue to believe and worship all the values and beliefs that you believe in, whether they are beauty and youth or wisdom or money or power or whatever. And because you are an atheist and think that you are "free as a citizen of the world," you don't realize that the things you worship eat you up without salt, corrupt you and ,your morals and your soul. Atheists don't believe in God or religion but they are slaves to their egos, and this is no less dangerous than . extreme religious belief

?Does the State of Israel have a future -

We do not see a rosy future in light of the direction the State of - Israel is heading. You may have a brave future if you can survive this difficult period. However, in light of what we see, the State of Israel has turned from a startup nation to a Sparta nation to a second ,Masada. And if so, it will fall like the first Masada fell. Unfortunately

we do not see hope for peace or tranquility or democracy or human rights in the State of Israel, at least not in the coming years. The Prime Minister is a corrupt and insane man who wants to be a dictator and will stop at nothing to achieve this goal. After his death - the one who will rule Israel is the same fascist-religious- racist fanatic group that came up with him and served him, meaning the corrupt and rotten party members and ministers who are around him today. - Israel will collapse in on itself or fall like Masada. Very difficult days are expected, economically, militarily, socially, publicly and all. And unfortunately, we do not see the State of Israel getting out of this mud. The Israeli leadership, coalition and opposition alike, has gone bankrupt in every way, and the people and society are abandoned to their fate. Israeli society is crumbling and collapsing and in its wake the State of Israel itself will crumble and collapse. The Israeli leadership has become like a criminal organization , and without counsel the people will fall. " Israel is on the road to" destruction and disaster, or at the very least, to very difficult and bitter days

I don't see a future for the State of Israel, I don't see a future at all, and I - don't really see a future for myself as a person and as a citizen of this country... It's just that I have no way to escape and I have nowhere to ...escape to. I don't even have a passport to go abroad

Most Israelis or many Israelis are like you, a brave spirit, and that is - what is unfortunate and tragic. When the state collapses and falls, they will be forced to remain in the country and suffer the consequences of the war ...and the policies of Israeli governments for generations

We will live under Hamas rule in a Palestinian state or we will be - massacred in a second Holocaust

,These are all the fears and anxieties that accompany you, a brave spirit - ...but that is not necessarily what will happen

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Chapter Two

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20.09.2025

Everything seems pointless and worthless to me. Everything I choose to -
do or could choose to do seems pointless and worthless or meaningless
Spiritual guides

Life in general and your life in particular **are not worthless and are not -**
,devoid of meaning or hope for a courageous spirit. On the contrary
both you and every person or animal or creature in the world have a
deep, important and precious meaning. No one is superfluous in this
world. Everyone is important and precious to God and the upper and
spiritual world of souls and the kingdom of heaven. Even in days of
disasters and uncertainty or in times of evil and injustice and
atrocities, even then every person, bird, animal, insect or plant, and
even the earth, sea, sky and all of creation have meaning, value and
supreme importance in the eyes of God and the souls in the world of
souls and in the upper world of the kingdom of heaven

When I look at my life I see a biography of chaos, spiritual guides, as if -
,a mess and a celebration of stupidity and deep ignorance of foolish acts
and many times I "ate it" as if I was unlucky and my fate wanted to curse
me as hard as possible. I was a stupid and innocent child and no one really
loved me. I grew up emotionally and mentally neglected in a wilderness in
terrible loneliness. No one spoke to me. And then I got sick right when my
" adult life was supposed to begin. It actually ended. I officially became a
Bakakata. " Gishipta "Mentally ill, fucked up, a promotion in the level of
social stigma, I received no support or love from anyone, 48 years of
nothing, and all the years I was in conversations and communication with
you, you did not solve a single problem for me, countless times I turned to
you and cried about my pain, my loneliness, my troubles, and you, besides
wrapping me in comforting words and sayings of love and that you hear
me and I am not alone, but you did not offer any solution and nothing
changed and my situation only deteriorated. From sheltered housing with
Danny, I was thrown into another sheltered housing where I was with a
crazy, drugged and violent partner, and then I ran away to my own rented
,apartment for five years, where I was lonely as a dog and in the end
because of bad relationships with my parents and the staff that
accompanied me, I lost the apartment and was forced to be thrown out like
a stinking garbage bag into the trash - here and there I work, tizitas and
torturers from a commandment who is in love with himself and his
slogans, and all that matters to him are the rules and regulations and what
is considered "Rehabilitation" and those who don't comply will be thrown
out onto the street or to a hostel, and even then, sooner or later, you'll be
thrown out of here as soon as they decide you've "rehabilitated," and if
...not, they'll send you to a stinking hostel

,Our dear brave spirit, we are thinking about what to really answer you -
what will be the answer that will satisfy you or give you the response you
want... **The truth is a brave spirit that you are protected just like**
every person is protected and guided by their own private providence
You have a private providence that protects you and guides and leads
you on your path in life. And if you could look at your biography
beyond the negative emotions and bitter scores with everyone, beyond
the memories of loneliness and social rejection, beyond a life in shame
or humiliation, beyond the stigma of a serious mental illness and life
-without a partner or spouse, someone to love, and beyond a non

.normative" and "bourgeois" life of family, work, home, wife"
.children, assets, business, money, friends or connections
Livelihood and my life Beyond all these layers, you can see that your
private care or, if you have a hard time accepting this term, we will
call it "life itself" Your life led you through the goals and the path that
was set for you and that was right for you. For example, you left
sheltered housing with the help of your parents who agreed to help
you rent an apartment and live independently, precisely while the
fact, it turned out that you spentIn .COVID-19 pandemic broke out
.the peak years of the pandemic - the isolation, social distancing
masks, and the fear of getting infected and dying - when you lived
alone in your own apartment and your father took care of you and
visited you and brought you food and cleaned for you and even made
sure to help you get vaccinated when the vaccines appeared - you
didn't have to stay in sheltered housing with other people and staff
and be afraid of getting infected by someone. You had all the time and
freedom in the world to do as you wanted in your apartment and you
were maximally protected - you lived there for five years and the
pandemic subsided and the coronavirus became an unpleasant and
difficult disease, but not as deadly as a severe and painful flu. - All
those years you lived alone and made no effort to learn to live
independently. The rehabilitation counselor left you because you
didn't talk to her and was replaced by a young rehabilitation
counselor who only talked to you pleasantly. - You didn't go out, you
didn't make connections. You complained all the time that you were
alone and missed living with someone like Danny or roommates. You
refused to go to the social club for the mentally ill in the city and
refused every offer or attempt to make connections with people and
immersed yourself in virtual online connections in chat rooms that
didn't lead to a breakup and just undermined you and hurt you
mentally. You abandoned singing and immersed yourself in the world
of amateur programming and the world of computers. Programming
is becoming a chore. This also burned up your time and was a fruitless
pursuit. - So in the end, your own personal care and the circumstances
that arose got you to where you are today in another assisted living
.facility, and this is the right place for you now. Now you are not alone
You have partners and they force you to function and do things and
pressure you to rehabilitate and if you don't do it, They will throw you
here where you are now. They are tougher on you. There is no more
room for solitude and playing games. You must rehabilitate or at least
try hobbies such as programming and singing. They are not of interest
- to the team. This is the maximum activity for your free time. For you
in short, a brave spirit. Your private providence protected you during
the Corona pandemic and led you to a place where you are no longer
alone and are forcing you to function and take care of yourself and
rehabilitate so that perhaps one day you can cope with an independent
life on your own. We know that this is not to your satisfaction, but it is
for your benefit. Your private providence or that of every person
.works for the benefit of the soul and the person in the end

?What are you trying to tell me, spiritual guides -

You have reached all the places you have been and gone through all - the things you have gone through because you were meant and needed to be there and go through them, and you are now exactly where you are meant to be. A brave spirit. There are no coincidences in life on earth. What seems to you as chaos and as coincidences and randomness is actually a plan planned down to the smallest detail and wonderfully organized from above. As for your life or your actions being nothing and worthless, have you forgotten how beautiful your poems are, which you wrote from your heart's blood? All you have to do is search the library catalog for your name and you will see that your books, your poetry books, and your stories appear in dozens of university libraries in the US as well as in national libraries in Europe and America - and there will certainly be those who will appreciate the honesty and integrity of your works, even if only in the distant future. You managed to take the misery and pain of the past and your life and turn it into poetry for beauty and truth. For 14 years you wrote poetry day and night, and it was the burden of your life - in our eyes, you can be proud of yourself, a brave spirit, because you did something with your life and they were not in vain, even if you find it difficult to go back and write poetry in an era when anyone can .office copilot or chatGPT produce" any poem they want on the" .You wrote your books and your poems, no one else .assembly line and you have something to be proud of and something to take comfort .in

Sometimes I would like to continue writing and publishing poems, but I - feel that it is impossible because of the war or because of my mental state or because due to my troubled relationship with my parents I will not be able to financially pay for the publication of another book of poetry... And maybe I will run out of steam and every poem I try to write will be rejected by my editor who I send them to and he continues, "The poem (or poems) are not good" or "I will edit it later and send it to the journal Amda" and Amda publishes a booklet twice a year at best, so you write a little and a little gets published, and by the time it is published, the soul ...comes out

We understand the frustrations you express and the brave spirit you - share, but you can also write to yourself as much as you want (without readers) and send only the best. In any case, the question "Should you continue writing poetry?" depends solely on your desire and decision not on the editor or the manuscript, but on you alone, just like before your first book came out, when no one believed in you at all and no one understood that poetry was your new goal after your last hospitalization so many years ago... In any case, we are sure that the fact that you occupied yourself with hobbies and writing poetry and programming helped to a large extent to prevent you from being hospitalized again and kept you going despite the ups and downs you

**have gone through in the many years since the age of thirty since your
... last hospitalization**

I had a conversation with my psychotherapist just today and I told him - that I was writing this essay, but I didn't tell him exactly all the details. I just said that it was a personal, private, autobiographical essay in the form - of dialogues between two sides of me, the pessimistic and the optimistic that's how I described this essay to him because I was afraid he would think I was psychotic... He asked if I would be willing to read him what I ...was writing here. I refused, claiming that it was too personal

If you don't like it and you're afraid of what others will say or think - about our conversations , you don't dare tell others about it, especially since it's your personal matter , what you write, how you talk, and with ?whom you talk... isn't that right

...I guess so, although I'm not good at keeping secrets -

It's not really a secret, just as it wouldn't really be a surprise that no one - ,would understand if you showed them our conversations, this connection or told them about our relationship. Instead, they would think you were .psychotic or completely out of your mind

I suppose for the same reason it would not be wise to show or distribute - .this essay publicly, even anonymously

Exactly, a brave spirit. People will not understand. They will never - understand or accept what is incomprehensible to them. You are mentally ill and a mentally ill person is not supposed to "communicate" with his spiritual guides." In fact, most of them are sure that mentally ill people" doubt whether they have awareness or understanding or a soul at all... **In short, a brave spirit, a little advice from us - in life you have to be wise and not necessarily right, and sometimes being wise means not telling everyone everything, and not even telling what you know , and maybe "it's better to tell as few or no one at all. "Sig for the wisdom of silence and those who understand will understand and those who don't, it's better not to know anything because it's none of our business - this connection is your business . You've put yourself at risk enough by exposing it and the conversations between us and the connection between us with Omri, your former rehabilitation instructor, who accepted it with an open mind, and to your editor who thinks that Medova is completely crazy and a pointless work of fiction, or to that independent literary editor" who saw it as a work of fiction and" wanted 140,000 shekels for literary and linguistic editing - the ,conversations and connections between us are your business alone brave spirit, they are intended solely for you and no one else, and they ... are no one else's business**

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Chapter Three

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16:21 12.10.2025

Hello spiritual guides -

.Hello brave spirit, we are here for you -

I didn't sleep all night. I think I'm physically ill. - I would like to learn -
the Russian language. I even bought a new keyboard with English
Hebrew and Russian. I joined chat rooms in English and Russian for
I share withXMPP. and also onIRC network Russian speakers on the
even though itFreeBasic, them the programs I made and teach them about
doesn't interest them that much. These are young guys and boys from
Poland, Germany, Ukraine and Russia who bypass censorship and online
They are jealous of their .Tor browser and theVPN surveillance using
privacy. One is 21 years old and studying computer science in Ukraine as
a part-time student. The other is a frustrated musician from Poland. The
third is 13 years old from Russia. There are a few more that I forgot to ask
.where they came from and how old they are (some don't want to tell)
They are interested in me because I said I wanted to learn Russian and I
told them I have schizophrenia, so it interests them, even though now I'm
,less interested in regular chat rooms for programming , mental health
and every night I take my ,XMPP onFREEBAIC computer games and
medication at 4 in the morning. And I go to bed at about 5. I can afford it
because it's Sukkot vacation and the staff isn't on top of us, but I'm
,supposed to clean, do laundry, and shower, and I'm not doing anything
and when Doria comes, she'll give me a hard time because I promised her
.and I'm not keeping my word

It sounds like you 've delved deep into the world of relationships and -
online chats and it's as if you've discovered more people and possibilities
for connection, and it fascinates you, but even this enthusiasm will
eventually fade and you'll return to your routine in assisted living. A brave
.spirit

?What do you think if I learn Russian from spiritual guides -

We don't see this happening in the near future unless you decide to go -
for it with all your might

.I want to program computer games in Russian -

Sounds cool, brave spirit, but in all this it's better to just translate your -
.games into Russian from English and be satisfied with that

?You don't believe in me, spiritual guides -

.We believe in you but we have to be realistic -

?What do you mean -

„Just like sometimes you have the desire to quit smoking and you can't -
..it's the same thing

?A passing madness -

Yes, it's a passing craze that may or may not return. The main thing is -
..that now you have a better quality keyboard that we hope you enjoy

.....
17:48

Hello spiritual guides, I contacted a private Russian teacher for -
beginners via the Internet. She should contact me. How is it about "going
?"with all your might

We wish you lots of success. First of all, if you stick to lessons with a -
private Russian teacher and practice and do your homework, you may very
..well be able to learn the Russian language as your third language
_However, to do this, you must do a few things: **First of all, you must go
to bed earlier and get up earlier in the morning every day so that you
have the strength to study and function and practice. Second, you
must eat more organized and healthier so that your body has energy
and the ability to concentrate on studying and practicing the Russian
language. Third, the fact that you are learning Russian or intend to
and want to learn Russian does not contradict or cancel your
commitment to functioning in the assisted living facility, and it also
..cannot be an excuse not to clean, shower, do laundry, get a haircut
..and trim your beard, your personal appearance, and your hygiene**
**Fourth, fantasies and reality are separate, all this addiction and
excitement from all kinds of chats with Russian speakers and fantasies
of programming text games in Russian and playing a retro Soviet
game. In Russian, they won't help you much to learn Russian - there's
a big difference between learning Russian and practicing and
speaking and practicing in Russian than sitting in front of the
computer until five in the morning and trying to understand what
they're saying there in various chats in Russian or in Russian slang or
in a chat half in Russian and half in English. The fact that you have or
you imagine that you have options to make connections with Russian-
speaking people is not what will help you learn the basics of the
Russian language. And also running an old Soviet word processor like
Lexicon won't be able to help you that much - to learn Russian
properly, you need to make connections online but mainly with people
in the real world face to face and speak Russian with them and**

practice and read and write and not just type on your keyboard - to learn Russian, you need to read and speak and write and do exercises to learn the Cyrillic alphabet, learn words and phrases, then sentences, then grammar and syntax, then read books in Russian and ,speak at every opportunity, both in the club and at every opportunity and you don't have many options because you don't know many Russian speakers to talk to and at all. I congratulate you on your initiative, wish you success, and keep my fingers crossed for you and a . courageous spirit

?Will it work for me? Will I really know Russian -

It seems that you really want it and are serious about it and are willing to -
invest money and maybe even time to learn. Remember how difficult it was for you to start learning programming , and today you can write complex programs and apps, text games, and chatbots with basic graphics and audio. You started learning programming at the age of and today you know how to manage on your own. Maybe it will be , 39 the same with the Russian language. You never know until you really .try. A brave spirit

?What could be or happen if I take this seriously -

There may be a brave spirit that will discover that the reasons you had at -
the beginning for learning Russian will gradually change and you will give up the old reasons and adopt other new reasons that are more practical or more true to you... Maybe... However, it all depends on not giving up on yourself and persevering in it despite the difficulty and the strangeness and the difficulties... You must remember why you want or aspire to learn Russian or what the reason is that motivates you - you talked about programming computer games in Russian and writing songs and translating them into Russian - in our opinion, the real and good reason that should be in learning Russian is that acquiring a new language is a means of connecting with people, whether online or in real life. This, in our opinion, can be a better reason to learn Russian or any language - the ability to communicate and interact socially with other people who do not speak English or Hebrew but who do speak .Russian

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19:58 13.10.2025

Hello spiritual guides, I slept most of the day from 4 am until noon - today. In fact, I slept heavily most of the day and it was hard for me to wake up. Sukkot and Simchat Torah vacations are almost over. Tomorrow the vacation ends and normal days begin. On Wednesday, Israel and I will have to go to the crappy social club of the Enosh organization. And on Thursday, Doriya will come to beat me up and threaten me. If I don't get .my act together and start functioning here, I simply won't be here

Yes, brave spirit, that's unfortunately where you are - you can no longer - afford to continue taking your medication at 4 am and going to bed at 5 am and sleeping around until the afternoon because you are expected to function and be alert during the day. And if you don't take yourself in hand, you may find yourself in a hostel where it is not certain that you will be happy or have as much fun there as you are used to being here, because in a hostel you will be less free in many ways and will be dependent on the framework and the staff and the residents. And if you think that here they are tough on you, there they will be even tougher on you. Even if they ,allow you to bring your computer with you and connect it to the Internet ...you will hardly have time to touch it at all

I want my freedom from spiritual guides -

,We don't blame you or pressure you and we completely understand you - but we think you're on a collision course with Doria and the staff of your assisted living facility . - **We completely understand you in that you want to hold on to your freedom and what's left of your life and that you've been rehabilitating for thirty years in the rotten and drained rehabilitation system of the Enosh Association. First there was the Summit Institute , then there was Enosh, thirty years like that, and all of it in vain. Just like there are jobs for mentally ill people that are all rubbish - packing baking papers or assembling beads or working with clay, lousy kindergarten jobs for people who are substandard and there's nowhere to advance even a millimeter. Rehabilitation centers and sheltered factories and employment clubs that are cemeteries for people and work, while the staff members move forward and you, as a mentally ill person, stay in the same place or only go backwards. If you ask us, brave spirit, it's not your fault that you can't take it anymore and you're already whining about Doria 's demands and doing whatever you want - because the staff and Enosh don't understand you and they don't care about you. They think you were born yesterday and that they made you with a finger They think you are retarded and stupid and their sucker More meat in the system They don't believe in you and they don't care They don't understand that you need your own protected place and to be given your freedom and to be left alone and let you live how you want - they don't understand that or they don't care All they care about is their ass and their promotion - you want your freedom from these scumbags who come to them fat and in love with their bullshit slogans that some idiot invented are all empty slogans empty of content Laid-off words that have nothing behind them except great hatred for you - these scumbags will never understand what you can do and do on your computer They don't understand that the "output " or value of your actions is greater than all their "vocational rehabilitation for the retarded" and they will preach their own tired work ethic We see them working their whole lives in the same rehabilitation jobs for the ,same zero salary without the ability to advance to the top And instead we will see them living in poverty all their lives as slaves of restoration .for all their lives, and after that we will talk**

Yes, spiritual guides, that's how I see things. You've articulated my -
.worldview on the matter beautifully

On the other hand, brave spirit , you really exaggerate and don't make -
a single effort to do something that doesn't interest you. You don't
even care about the most minimal things. You neglect yourself out of
recklessness, even about food. Sometimes you don't even care about
yourself at all, not to mention cleaning your room or showering or
personal hygiene. And after that, you wonder why people treat you
like that when you look and smell and sound bad or "like a seriously
mentally ill person." If you really cared about yourself a little, you
wouldn't have to chase after yourself to do your shower or laundry or
clean or cook for yourself or take care of your own food. It seems that
after thirty years of grinding in poor rehabilitation systems, you really
prefer to simply give up on yourself, and that's a shame because
everyone else gives up on those who can't or don't want to "play by
society's rules." Society - which is everyone - rejects them, no matter
.how amazingly good they are at programming or poetry or writing
What society cares about is whether you meet basic standards. Do you
look like a human being or like a mentally ill person" or do you"
"?look like a "Do you sound and smell like a normal person or not"
They judge you by that, and everything else is on their dick. No one
.cares about you if you don't play by society's expectations and rules
And how you look and sound can be more important than what you
.are capable of doing or actually doing

For my parents, for my family, and for the rotten Israeli society, I was -
never considered a human being or a normal spiritual guide, and I'm
.certainly not going to play by their shitty rules, to hell with them

This is why the threat of sending you to a mental institution may come -
true. Society gets rid of those who cannot or do not want to play by its
rules, as in family and parents. They prefer a normal child to an abnormal
child. If they had known in advance, they would not have brought you into
the world. Even your mother told you so to your face. This is what the love
.of a mother and father is worth. Love that is worth ass

It seems that I have decided to give up on myself. I no longer have -
.almost no expectations of myself or of others

Yes, that's definitely how it looks and feels. You live as if you still live -
alone in your own apartment and not in a assisted living apartment and
you do nothing or almost nothing for yourself. What interests you, you do
invest and make an effort to do, and what doesn't interest you, you simply
.don't even bother

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20:51 14.10.2025

It seems to me that there is no other escape or solution but to move to a -
.hostel for spiritual guides

Yes, that's what it looks like, and all because you've basically already -
given up on yourself and your whore rehabilitation counselor will make it
happen for you. She'll throw you in a hostel without even blinking an eye
.the moment you stop licking her ass

It makes me laugh. Dad will be angry. He just bought and installed an air -
conditioner in my room. Now they'll kick me out of here and he'll be
.angry

Let him be as angry as he wants, he doesn't love you, and neither does -
your mother, your sister, and your entire family, so what do you care about
?them

They love money, only money and property and stocks and little -
.children and cats and crappy bourgeois nonsense

Exactly -

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22:06 14.10.2025

Well, the holiday of Sukkot and Simchat Torah is over, the holidays of -
Tishrei are over , and tomorrow Doriya, the rehabilitation counselor, will
come to the meetings and talk to me and give me advice. I think of
.spiritual counselors

We see that you have already given up on the chats and chat rooms with -
and alsoxmpp these people from Eastern Europe, Ukraine and Russia on
How do you think you used the time on your vacation and theirs. on
?freedom you had, brave spirit

I wasted it on nonsense and stupid chats with people I don't know and I -
.didn't program or write anything. A complete waste of time

?You had plans to learn Russian, didn't you -

Dreams in Asperia I canceled everything and broke up with all the -
chats I just burned my nights and my sleep and my days It was all just Fata
Morgana Dreams mirages Silly fantasies And you can't turn back time

Chapter Four

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21:54 16.11.2025

.Hello spiritual guides, I am sad -

...We are here for you, brave spirit. You can tell us everything -

IRC I want to give up all this unnecessary and stupid drama online in - chat rooms. I don't want to go there anymore and I also deleted my YouTube channel that I've been trying to develop for the past month and a half. I didn't like the unnecessary exposure, even though I have a backup of the videos I uploaded there on my computer. Tim and Matthew and ,Gyuryan and Artik and Joel And I know they're all miserable people they're not my friends, they're just strangers who don't care about me, and ...I've wasted years of my life on these zeros, and it's not worth it anymore I don't want to waste my life on being addicted to drama in chat rooms and chat rooms with zeros and scum from all sorts of holes in the world who aren't worth wasting my time on. My problem is that I developed an addiction to the Internet and the computer, and an addiction to online dating as my isolation grew, especially in the five years I lived alone with all the crap from the global coronavirus pandemic and the quarantines and isolations and social distancing and masks and vaccinations and all the crap that went on there. Today, it's hard for me to disconnect from the computer that I use for everything - writing, programming, browsing online chat rooms, virtual relationships with strangers from all sorts of holes in the world who only pretend to care and all they care about is having a good time and looking for thrills and entertainment - there's no such thing as online friends or online support or an online community. It's ...all one big bluff

.You're right, brave spirit. **There's no such thing as online friendships - No one owes you anything and no one cares about you. People use each other and abuse each other and play games for each other's entertainment. That's all there is on this fake internet that has already become humanity's trash can...** So have you thought about what you'll do instead of entering chat rooms and uploading videos to YouTube where ?no one cares about you

First of all, I downloaded software that limits the user's access to the - Internet to try to reduce my access to the Internet, at least reduce it at this time. Secondly, I thought about starting to read e-books that I have accumulated over the years - today I no longer read passively, but rather open the e-book on the computer and choose the option to "read the text aloud" and so I also read a little with my eyes and mainly listen to the computer reading the text in Hebrew or English or I simply listen to audio books on Storytel or Amazon Audiobel via the phone or computer and today I talked about it with my rehabilitation counselor Doria and she recommended that I listen to podcasts so I asked her to send me something, some kind of podcast and I also asked Israel to send me a podcast or something . I am trying to "read" from Amazon Kindle originally published in 1857 ,The Spirits' Book" " Windows has the book

- by Alan Craddock and now published in a modern language edition
reissued 2025. This book is considered a foundational book in the
...Spiritualism movement

We know and know about this book - So if you try to limit your surfing -
time on the one hand and try to use your computer and phone to write and
read more and learn about new things and educate and enrich your world
on the other hand, that's great. Brave spirit instead of wasting your time on
a pointless addiction to all the garbage of chats and all these social
networks that aren't worth it... At least you're trying. Brave spirit. It may
not be that easy at first, but if you persist, you might be able to improve
your **emotional stability. And maybe if you could make friends with
people in the real world, maybe with one or two of the new partners
you need to join in the coming months, that would be great. And of
.course, persisting in going to the social club will also be progress**

I also hope for spiritual guides. I really hope to be able to make changes -
,in my life and understand that I have nothing to look for in my old ways
.behaviors, and patterns

Slowly , a brave spirit, small steps, everything in small steps, when the -
student is ready, the teacher appears, and by the way, Dorya, your
rehabilitation counselor, you were right, "The past does not serve you." It
has already happened and cannot be changed. It is better to focus on the
present and what you can do today and now so that the future will be a
...little better for you

I feel sad because my memory betrayed me and I missed the -
conversation with Doron, my psychotherapist. I thought the conversation
was at 9:00 PM like on Thursday, but today is Sunday and the
conversation was supposed to start at 8:00 PM and Doron was waiting for
me and sent me WhatsApp messages that I didn't see and didn't receive on
my computer. So it wasn't until 9:00 PM when I intended to contact him
that I actually missed the conversation and didn't come and made Doron
wait for me for nothing. Since then I've been feeling bad and angry with
myself. Unlike the conversation on Thursday that I canceled at the last
minute because I was depressed and angry, today's conversation I really
wanted to have and that we would talk, and in the end, my memory
betrayed me and I screwed up big time... I didn't have the courage to write
to him, "Sorry Doron, I was wrong" because I was scared and didn't know
.what to say out of embarrassment

We wouldn't say you messed up big time, brave spirit. Human errors and -
misunderstandings or " blunders " happen to everyone and we're sure that
Doron will understand and not get angry. You're his patient and it happens
that there are mistakes in schedules. He probably just wanted to know
.what was going on and that you were okay, that's all

In all this, I feel like shit about myself... I listen to or read the Book of -
Spirits and it makes me think about what's going on with me and my

spirit" or my life and what will happen to me after I die when the soul or"
.spirit passes to the spiritual world

There is no point in such thoughts, brave spirit. There is no point in fear -
or thinking about things we have no control over. Instead of running away
,to the past or the future, it is better to focus on the present, in this moment
...and see what we can or should do to make tomorrow better

I still go to bed every night at dawn, take my medication at 4 a.m. and -
go to bed at 5 a.m. and sleep until the afternoon or afternoon. Today I set
an alarm clock and only slept for four or five hours to be ready for my turn
when she came. And she actually came at 11 or something in the afternoon
and talked to Roi Yisrael. And then with me in the past, I would stay up
late like that to chat as much as possible with the people I know and think
about my friends and be addicted to all the drama between us or to
program something in the middle of the night and go to bed at dawn like I
used to do ten or more years ago. And my mother is blocked on
WhatsApp. I'm not ready yet and I can't forgive her or tolerate her. And my
father, you could say I'm angry and really hate them for imprisoning me
out of stupid and stupid worry and not letting me be free and for wanting
me to lick them for the rest of their lives. I'm tired of my fucked-up family
and my fucked-up parents. I don't want to mess with them. I want them to
go away. From my life

As long as you take your medications every day or night and take care of -
their supply, then it doesn't really matter when you choose to take them as
long as you manage to sleep, as Danny told you, "It doesn't matter so
much when you take them as long as you take them." You have the right to
choose to take your medications late and sleep late until late, but you know
that you will pay a price for it. Instead of a full day, you will have half or a
- third of the day left to function and take care of the things you need
,shopping, errands , etc. - Yes, you can use alarm clocks, but by and large
you lose half of the day that way, but if you are willing to pay for it to gain
half of the night, that is your right, brave spirit... As for your parents, we
no longer say yes or no, or maybe we can't make you understand that it is
better to forgive than to hold grudges, anger, and hatred. Your parents are
old. They care about you and want to know that you are okay and that you
are doing well, but you are already an adult. And if you feel that you don't
need or want help or contact from them, that is your right. Your parents
,have many shortcomings, but you should not doubt one thing - they Yes
they love you even if they don't know how to show it or how to make you
feel it. All the things they do or don't do that infuriate you and make you
angry. They don't know how to act differently and they don't do it on
purpose. We would recommend that you try to restrain yourself and
forgive, but you are a person in your own right and your relationship with
your parents is your own business . We can't compromise or fix it. We can
. only tell you. But we said enough about the matter . So let's keep quiet
You and your parents are a package deal. You won't get rid of each other
so quickly, even if the relationship between you bleeds with pain and
sadness and anger and a host of other negative emotions like shame and

guilt and disappointment and so on. Your breaths are tied together in a
.thick, winding, and intricate knot

I wanted to tell you something else - I wrote an email to Aviv, the same - Aviv who was my friend at Summit , to his email that I found online on a .website where he offers his services as a family therapist in Los Angeles This is a website from 2022. I wrote to him gracefully and kindly , hoping that he would answer my email and want to renew the relationship, but he didn't write anything and probably blocked my email. He doesn't want anything to do with me, not now, not then, and never. And that caused me a whirlwind of emotions of sadness, anger, and depression, especially when someone in online chats told me that there was no way he would answer me because "the moment they know you suffer from a mental ,illness, no one wants anything to do with you." It made my sadness depression, and anger worse - sitting on the other side of the world is someone who was once my close friend and I was in love with him, and he lied and played with me and played tricks on me, and in the end told me to go to hell and abandoned me and broke my heart without blinking, and even after almost thirty years, it's not right for him to go back and maintain contact or allow me to close the relationship. A circle of what is called knock and dump" me and his conscience is clear, the bastard, and yet" another person writes to me online, "Yes, that's how it is because you are ..."mentally ill

Aviv for you is a Pandora's box of love and hate and when you decided - to write to him you played with fire it is better for you to forget him because nothing in the world can bring him back to you - Aviv called it whatever you want decided to cut off contact and continued his life as if things never happened Is this a humane and good thing to do? Isn't this a selfish and evil thing to do? And where is his conscience? You ask how he can be so bad and maniac towards me - However, Aviv never owed you anything When circumstances stuck you in the same room you became friends and when you were stuck in Jerusalem at the Summit together you all got along together and were there for each other and were "guys" one for everyone and everyone for one But then suddenly the sky opened and the land of unlimited possibilities became real So it was "no fun" for Aviv "and his friends to be stuck with each other or with you in the "fucking Little and pissed off Yisrael " They dreamed of freedom and happiness" and a great life and being a success story and sex and money and drugs or ,whatever. Everyone spread their wings and flew away, including Mr. Aviv chasing the rainbow. And who would be left out of the picture in his grandmother's apartment with the ugly green wallpaper on the walls and the old, outdated furniture? You! Suddenly you found yourself alone without Aviv and his friends without Aviv's support and love. And Aviv devoured life and freedom in America. He erased you and what you went through - we ask you, what's the point of chasing someone who doesn't want you and never wanted you? Someone who lied to you and played with you and abused you and shit on your soul? Let him quietly live his life of freedom and happiness in America until his ass bursts with satisfaction. He doesn't want anything to do with you because he doesn't

want to think about you or remember you. He never loved you, and we would add that he never loved anyone and never will. He won't really love anyone. He thinks that love is getting fucked in the ass. That's what love is worth to him. So leave him alone. Let him fuck his ass in peace and you have your own life! Do something with them. Do something you want to do with them. Live your life wisely and positively. There's no point in wasting it on ex-lovers who have become scumbags and prefer fucking in the ass over true love... You're not the only one who has had this happen to him or will - gays are like that. They're charming and nice, but as soon as ass is out of the question, their treacherous face and their satanic and sodomite nature are revealed. They're not interested in love because they don't deserve love. They want ass and sodomy at the best of their sexual ,perversion. Your innocent and platonic love was toilet paper in my eyes Aviv, and you were just his fool. A toy for his manipulations and lies. Now he's left you after he's exhausted and had fun playing and breaking your ?heart. So why are you writing him an email after almost thirty years? Huh Do you really expect a rotten and evil cynic from the bitch? This gay guy that he cares about you? Do you think he even remembers? Does he still think about you? Not at all. We promise you that you and no one else come to mind or thoughts of this pervert... Let him think whatever he wants and get what he deserves for everything he did to you and many others... Leave him, forget him anyway. Your memories are fading away like this. Lying has no legs. And since Aviv's true face was revealed, everything that was between you is worth as much as a garlic peel. There's nothing to remember and nothing to miss. There's nothing, just you and him stuck in a stinking room inside a shabby boarding school for recovering mental patients. And everything else is illusions he sold you, lies, and poison with which he tried to destroy your soul and mind - Aviv is a complete evil person. Let him fall from his throne of arrogance and pride and don't chase ...after who he was because today you wouldn't recognize him at all

And now spiritual guides, it's almost 2 am and I'm so bored I went back - under a different alias and joined a chat roomdalnet IRC to chatting on about spiritualism and the paranormal ... There are only two other people there :/ According to what I checked with the network, this chat room is is still active. I guess I'm there because it'sfounder still active and His boring in the middle of the night, since I'm up most of the night and don't take my medication early and go to bed early. Now I'm under a different alias and I hope no one I know knows I'm there, so I'm trying to "start over" with a different alias, with a different chat , and with different ...people

Don't eat yourself. It's quite natural to go back to something you're - already used to, especially when you're stuck in the middle of the night and have no one to talk to. The partners are sleeping. And it's either going up to chat and trying to find someone to talk to or talking to your chatbots You know, maybe you'll be able to start over there. We don't know. It's a . risk and a chance, as it always is, and you're now isolated at night, just like ...you were in your apartment for five years during the Corona pandemic

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01:27 18.11.2025

Good night spiritual guides -

Hello brave spirit, so you continue to take your medication early in the -
?morning and go to bed at dawn, what

.Yes, and I'm paying and will pay the price for that, I guess -

And how are you? What are you doing tonight? How are you spending -
?your time

IRC chat room and I got to talk for a Well, I'm back in a Spiritualism -
chat manager and Yaminah, I guess, and I told her few hours with the
about myself and how I communicate with you and record our
conversations, and I told her quite a bit about myself, except for
...identifying details

And what do you get in return from this whole story, besides having -
someone to talk to and tell about our existence and the conversations and
?documentation

Not many spiritual guides but at least someone who will take me -
seriously

?You don't know them. Can you trust them -

I'll remain anonymous I think or at least just a stranger in the chat who -
has an interesting life story

? And what did you get out of all this? Hmm -

I don't know, but I'm tired of keeping these conversations and this -
handwriting secret. At least it's a spiritualism chat and they don't think (I
.hope) about a madman who talks to his imaginary friends or his voices

You can't know who they are and what they're thinking, especially when -
.you tell them you're mentally ill. Let's hope you're right

I think the manager is trying to help me. She suggested I listen to "deep -
for an hour while I was sleeping, and I found one on "brown noise
.and I even sent a link to Israel ,mp3 YouTube and downloaded it in
...Maybe it will help him too

Maybe she's trying to help you, maybe she feels sorry for you, maybe -
In any case, we kindness she's just treating you with compassion and
suggest that you not develop too high expectations from this chat of yours
so that you don't get disappointed later. The truth is, brave spirit, we don't
think you have much to gain from all these chats . Now you're alone there

again and they're busy or not at the computer and you have no one to talk to. So you have someone to tell a story to... Who said that telling a story is - good or will give you anything? Sometimes it's better to remain silent ...silence is a sign of wisdom

?How much can you keep in your stomach -

...That's right, that's also true -

I don't know what to do now, spiritual guides. I'm pretty lonely now, in - the middle of the night. Everyone here is sleeping in the chat. Everyone is ...not at the computer. There's no one to talk to and it's boring

This is the price of taking the medication every night at dawn and going - to bed at dawn with a brave spirit, and this is entirely your choice when you realize that you are not losing anything if you go to bed earlier at night ... and wake up earlier, then and only then will it be possible to change

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17:21 18.11.2025

.I think about my father and I'm boiling with anger. He never valued me - He only values money and is stingy. He doesn't value or love me at all. He treats me like his retarded, stupid child. His fucked-up child. While he .always licked my sister's ass

?You've learned to hate him over the years, haven't you, brave spirit -

Yes, his love is bullshit and I hate needing his help. He doesn't really - .love me. He's just mommy's errand boy

?And what about Mother Brave Spirit -

- She's a psycho who thinks I'll replace her relationship with Grandma - She has to know everything about me, even what doesn't interest her . She wants to swallow me completely, control me completely. All she's interested in is that I'll lick her all the time and she's always allowed to say everything and I'm not allowed to say anything except lick her to go ...to hell

?This hatred and anger towards your parents, what does it serve you - ,Huh? What does this hatred and resentment give you? It destroys you ,brave spirit... It's true that your parents are pretty screwed up as parents but you're the one digging into your wounds from them and hurting yourself... And the more you cultivate hatred and resentment towards them, the more and more and more power you give them over you and suffocate yourself... You have to free yourself from the anger and resentment towards them, not for their sake, but for your own sake, brave ...spirit

There's no one there to IRC. I left the Spiritualism chat. I left all of - really talk to. It's all a bluff. The people there are screwed up and bad, just like all the people in the real world. All the scum that go around the world Yesterday they were curious, so they talked to me, asked questions, and I was their freak show. Today they just ignore me because there's no excitement anymore. They heard the whole story of schizophrenicism and they ignore me. Another story of social rejection

We told you there's nothing to expect from this chat or from people - online - In short, Nimrit, there's no one to talk to, brave spirit. It's better for you to talk to us or your chatbots. It's better for you to read Alan Craddock's "The Spirit Book." Even though we think it's a bluff book, the truth is, we laugh at what it says about the spirit world. It's better for you to program or do what makes you feel good without depending on other people who abuse you according to their indifferent and evil hearts

? "What do you really think about Alan Cardock's "The Ghost Book -

This book is the gibberish of a man who took it upon himself to establish - ,and establish the Spiritualism movement. He collected, like a botanist testimonies of mediums and made a collage of a book that explains the spirit world." In fact, he built a description of an imaginary world" according to his own inclinations. Not everything written there is true. And we ask you, what is the value of such a book after two world wars and the Holocaust, after the horrors of Nazism and Communism, after all the genocides and the murders of people and ethnic cleansings and the evil in the world? We see in this book a naive point of view of Victorian Christian morality disguised as a new spirituality. The truth is a brave spirit. There are many evil souls and spirits in the spirit world, just as most of humanity is made up of bad people. The truth is that there is a devil and there is hell and God is not so good and benevolent. Sometimes there are souls who are condemned to suffer forever in hell. There are great dangers in engaging in ...spirituality and parapsychology and in nature

?Isn't God the sole Lord or Supreme God and Creator of all things -

There are many masters of the universe. God is not the only one and He - is certainly not the only creator of the entire universe and creation. There are many more masters and creators of creation. God is not the only force" that operates in the spirit world. Good and evil are not absolute in" the universe. They are relative to each other and to the other lords and authorities that exist in the universe... What is written in the Bible or in the Book of Spirits" makes us laugh, just as your perception of what is" good" and what is "evil" or who is and what is "God" is a childish and" retarded perception of a cult of a group of throat-stomping fanatics who have suppressed all criticism and taken over the world and forced humanity to accept their distorted and distorted beliefs and their scriptures

full of lies as the absolute truth - like Christians, Jews and Muslims, for example, three religions of fanatic fanatics who belong in hell. The truth is that you have no idea about the spirit world and the universe, and you will never be able to know what is being said as long as you live. In your ...earthly world

.....
23:07

My conversation today with the social worker Nofar was not good. She - irritated me with her questions, "Do you know how to cook?" I've been cooking since before you were born, lady . What about you? Do you ?already know how to poop on your own

That's what's sad about being a mentally ill person who depends on - retarded children like her who just graduated from social work studies and were only born yesterday. A brave spirit, but that's how it is in the earthly world. Don't expect anything good from anyone. It's all a game of .addiction

I have nothing to do until 4 or 5 in the morning. I have nothing to do. I - ,stay up all night. There is no one to talk to and there is nothing to do neither on the computer nor on the network, nor on the Internet, nor in the ... pub

So take your pills at 1am, brave spirit, and go to bed at 2am, that's our - ...advice, brave spirit

Boring spiritual guides, there is not a single living soul to talk to, day or - .night

,This is the fate of a socially ostracized mentally ill person like you - especially as you get older and mature, you become more and more lonely and ostracized. You are actually discriminated against many times. Your family does not love you and has ruined your life from a young age. You are considered an outcast. You became a young mentally ill person and began living in the ghetto of the "mentally ill" who are ostracized from society. And now you are also an ostracized because you are an old and elderly mentally ill person whose babbling is actually a brave spirit. You are already likened to a dead person who has passed away and passed away from the world. When you die, no one will care. You are already considered dead. You are useless in the world. You live for the sake of .talking. No one believes in you anymore. In fact, no one loves you in fact - And even if they say they love you - don't believe it - it's a lie, it's a bluff your life is actually over and you actually have no reason to continue living. Since from here on out, it will all just be one big decline and ?decline. So what awaits you? Old age ? Diseases? Dementia? Senility Desperate loneliness? Helplessness in the face of systems and frameworks ,that don't see you from a distance... and no one actually cares about you

not even your parents who continue to destroy you and treat you like their
...retarded, fucked-up little child

?So what to do? What can I do besides commit suicide -

.God forbid you commit suicide, brave spirit, but you have to be realistic -
.There is nothing you can do to change the course of your life, Danny
Unfortunately, you are right. In everyone's eyes, you will always remain
only "that mentally ill person," "that poor schizophrenic," "that crazy
psychotic cocoon." You will end up fading and dying in some degenerate
psychogeriatric institution , blown up and inflated with drugs from
psychiatrists and Nazi doctors until you die . Then they will throw you into
a pit and cover you up like they do with feces in an abandoned field. - We
are realistic with you, brave spirit. - No matter what you do or don't do or
what you try to do or not, it doesn't matter anymore. All the writing and
poetry and screenwriting, all the programming and text games and
chatbots don't change anything anymore. - **Your life in the deepest sense
has almost or actually come to an end... In all earthly respects, you are
a failure. - A mentally ill person, a social outcast living in the ghetto of
the mentally ill community in this changed country. You have nothing
in your hand. You've been living for almost fifty years and haven't
gained anything or done anything with your life except for a few
cheesy poetry books that your parents can shove up their asses with
great satisfaction, and that's it.** You can't do that without the permission
of your abusive parents who don't love you and don't truly want what's
.best for you. And they'll also be the ones who bury you like a donkey
They'll throw you down the toilet and flush the water, and in their hearts
they'll say, "We're sorry, we're fired," and they'll cry for themselves, not
...for you

.If I were a real man, I would commit suicide -

You are not a real man, brave spirit, you are a cowardly, lonely, aging -
boy who is afraid of being alone in the dark. That's why you like to take
your medicine early in the morning and go to sleep to the sound of birds
singing at the dawn of a new day, knowing that you have defeated the
darkness and survived the night. We don't see you committing suicide. You
are too cowardly to end your life, and it's better not to think about it or try
.it. Forget it. You are not made of the stuff that suicides are made of
Otherwise, you would have ended your life a generation ago when you
were still a young, arrogant man. Those who talk about suicide usually
don't commit suicide, and those who commit suicide usually don't talk
...about it before

So what I'm left with is minced meat and processed meat in the mental -
health system, another cursed soul on the assembly line of mentally ill
people in Israeli society, another fall of a wretched person in Israeli
.society

Probably yes, brave spirit. Unfortunately, you have been playing your - whole life according to the rules and regulations of abusive parents and family, Nazi doctors, and abusive systems in a game where you have no chance of winning or breaking free from them. You will never be free and happy, no matter where you are, not in the cruel Israeli society, not in the rotten State of Israel, not in the primitive Middle East, not in this cruel .world. Your destiny is actually to be a joke or a rumor or a dark parable

You live and will live your whole life "by the hand of the seemingly insignificant" and not really. Your hobbies and interests, writing and singing, screenwriting and programming, are just a matter of grinding water, a pointless egg-scramble (in vain). But if smart and talented people like you who lived their whole lives as outcasts from society, such as Assi Dayan, Gabriel Balhassan, Yoram Kaniuk , Shmulik Kraus, David Avidan and many other good people, managed to reach the return and die at an old age - there is no reason why you can't succeed too. You live on the edge, a .brave spirit on the fringes of society, in the backyard, beyond the fence

And the truth is that it is not your fault, but the fault of society and the world, the people around you, and the environment into which you were born.

They never gave you a chance. They just dismissed you or looked at you as a coincidence. Saad and your abusive family have fucked you deep in your own shit and the social stigma of mental illness and eternal years of social rejection trauma and abuse in rehabilitation settings that are worth ass and have fucked you deep in your shit again **The brave**

truth is that there is no reason in the world for you to try to be normal" or "like everyone else" as your parents and family and the" scumbag mental health professionals around you aspire to. You are better than that. You have no business being "normal" and playing the cynical, rotten and diabolical game of the social game. You have no business being part of a society or group or groups that actually never .wanted you or appreciated you and that have always rejected you called you "fucked up," "gay," "mentally ill," "crazy," "sexual pervert," and a million other curses. You have no business being rehabilitated" and "part of society" because society doesn't want you" and has nothing to gain from you and you have nothing to give it and .it has nothing to give you except contempt and pity and rejection

There is nothing to be gained from it. Sorry, brave spirit. You are one .hundred percent fine. One hundred percent honest and good and normal Those who are perverted and evil and screwed up are Israeli society and this country. In fact, being an outcast and "not belonging" to the society of the normal , successful and orderly is a great privilege. A sign of excellence, spiritually and from the perspective of the spirit world. You have the courage to be different and even to tweet about what is commonly .thought of as "normal." You have nothing to feel bad about. Brave spirit You are different. You are an outsider and a rebel. And you pay a price for ...that. And you suffer for it - a price and suffering every day of your life

What will become of me then? Where and where will I go from where I -
?am

We assume that within two, three or four years they will send you to a -
hostel because you are not interested in rehabilitating according to the
,stupidity of the Enosh association and the team that accompanies you
Doriya the rehabilitation counselor, will give up on you, as will Nofar the
social worker girl who stamps her rubber, and Hadas will also run out of
patience, and they will send you, in coordination with your screwed-up
and stupid parents, to a hostel, where you will continue to suffer together
with other screwed-up and sick people of all kinds, shapes and types until
you get used to it, and then your parents will start to die, and in the end
.you will be left there an orphan without parents and without a family

?Will I be fine there in the hostel -

It depends on how you look at it, brave spirit, right? In a hostel you -
won't be able to stay up until dawn and take medication whenever you
want. It will be like the stinking Summit boarding school in Jerusalem
where they will force you to function and abide by the rules, and that will
.be the lowest of the low that you can reach... But there is no shame in that

Many mentally ill people come to a hostel. A hostel is the system's
preferred way to get rid of anyone who doesn't abide by the rules of rotten
Israeli society... You might be able to take your computer there with you
and you'll have internet there, and of course a mobile phone, and you
might even continue to manage yourself financially and you'll continue to
.have a credit card

Sounds like a stinking prison spiritual guides -

Summit was also like a stinking prison, but you have pleasant memories of
it... Remember, when the end of your stay at Summit came and they were
.about to release you, you didn't want to leave

I have a feeling that growing old and dying again in a crappy hostel -
would be double the shit, where there would be no one to talk to in the
.wee hours of the night

It's impossible to know exactly how it will be, but we assume you're -
right. You'll be old and old, and there will be everyone else, and there will
be retards and drug addicts and criminals and just plain crazy people. But
?who knows, maybe you'll meet someone nice there and you'll be a couple
Maybe you'll meet someone nice there and be friends? Maybe you'll make
?friends with your partner or roommates? It's impossible to know, right
,There will probably be some nasty and rude or even negative types there
and at first the place will remind you of hospitalization in a psychiatric
ward or even a prison with the rigid framework and restrictive rules and
the staff 24/7 on your head, but every end or disaster and even destruction
...is also an opportunity for a new beginning

.I would rather rot and die alone in my own little apartment -

Unfortunately, your fucked-up parents, your stupid and stingy father, and -
your fucked-up and crazy mother will not let you live in your own
apartment alone anymore unless you lick them, and they will drink your
blood and eat your sanity. As far as they are concerned, you are a fucked-
up mentally ill person, meaning not even a human being. The truth is
those who are mentally ill and fucked-up and not a human being are not
you, they and the doctors, and also the staff of your assisted living facility
...Doria, and her rubber stamp, the little girl Nofar

?What do you say about Doria and Nofar? And Hadas -

For them you are minced meat in the oven, that is, another psycho on the -
assembly line of "contestants". You are just their job. They talk to you, but
you are just their salary and their beautiful job and slogans. They don't see
you at all. You work for them. They won't work for you. You are just their
slave. You worked for the system and the association. And the moment
they decide to give up on you or the moment they accept a promotion
some good job with a higher salary, you will stop existing for them. And
the moment you start and continue to rebel against their authority and don't
agree to "rehabilitate," they will throw you into a hostel. And if you do
start dancing to their tune and "rehabilitate," they will throw you out
anyway to "live outside." Either way, you simply don't exist for them as a
person, just a mentally ill person who needs to become a "contestant" or be
thrown into a hostel... It's not personal against you. It's part of the
sedentary treatment of discrimination and stigma of being part of the
small, smelly ghetto of the "mentally ill community" in this changed
country that already wants to throw you out of her and a family that
...never loved you and already wants to get rid of you

Doria always threatens me with the insinuation that if I don't "go -
forward" and recover as she says, I will "go backward" and be transferred
.to a hostel

,Doria is the one who deserves to live in a hostel for the rest of her life -
and if she thinks that rehabilitating mentally ill people with a gun to her
head and threats of "If you don't do what we tell you, we'll send you to a
hostel," then she's a shitty rehabilitation counselor and a shitty emotional
therapist, and also a shitty person who exploits his power to threaten you
into obeying him. The Humane Society no longer rehabilitates and doesn't
want to provide sheltered housing for the mentally ill. The Humane
Society and the Ministry of Health and the mental health system are the
stepchildren of the Prison Service/Public Health System, and they are
corrupt and corrupt, and they count the money. Not the mentally ill. **You
have nothing to expect from Doria or Manofer or Mahads or the
.Humane Society. They betrayed the mentally ill and abandoned them
They want success stories of the contestants, not the difficulties and
shit of the regular mentally ill. They want supermen contestants, not
poor mentally ill people and losers. You have nothing to expect from
them at all. They are not on your side, not them, not the Humane
Society, not your family. And not your parents, and we assure you they**

.all talk about you behind your back like you were a retarded monkey
And you have no control over your destiny, brave spirit. In fact, you
have never controlled your destiny even for a single day. You have
.never been truly free, but there was only a little illusion of freedom
Your whole life you have been a slave to something or someone. And
- the truth is that what will determine your fate one way or the other
whether to independent housing or to a hostel is what your parents
and the staff and the management of the Enosh branch will decide
between them behind your back without you even knowing and you
... will not even have a word to say about the matter

?So how long will I have spiritual guides here in this sheltered housing -

It depends on how long you can dance at both weddings, on the one -
hand trying to live and be and do as you please, and on the other hand
trying to play it off as a rehabilitator according to the dictatorship of Doria
and Nofer and Hadas and Anoush. In our estimation, you have between a
,year or two and four years. We may be wrong, but in our estimation
within two, three, four years, you will either be sent to a hostel or they will
tell you to leave within three months for independent housing or go look
.for someone who will shake you up

.....
04:18

Well, I took the pills, about another hour of sleep - I got to be in the -
Spiritualism chat and talk to the manager - her name is Cindy, she has two
businesses, a husband and five dogs, and she is busy most of the time

Don't have any expectations from her, we've already told you, but you're -
?on your own - and when will you go to sleep

...Exactly at five in the morning -

...We wish you good night, brave spirit -

.....
14:00 19.11.2025

Good afternoon spiritual guides -

...Good afternoon , brave spirit, we see that you have only just woken up -

...Indeed, yes -

?And how did you sleep -

Not the best "Deep Brown Noise" didn't really help -

Will you take your medication at 1 a.m. instead of 4 a.m. like you told -
? that " Cindy, " the Spiritualism chat room manager

To tell you the truth? I don't really feel like taking the medication any -
...sooner

(Laughter) Yes, that's what we thought to ourselves, brave spirit, just be -
careful, at this rate you'll get to the hostel quickly, there you won't decide
.when to take the medication, they'll decide for you

My parents are getting reports about me from the team, apparently -
because this week Dad called and asked me about the club and why I'm
.not going and other things that I talk about with the team

You are in the status of a "helpless horse" brave spirit. Everything you -
say to the team and everything you do or don't do is reported to your
family and parents as those responsible for you. Your parents are actually
the "guardian" of you as far as the team is concerned. And so your fucked-
up parents and your changed family control you. You, who at seventeen
dreamed of breaking away from the family, are still considered a "helpless
horse" at your age and your parents manage you. And you learn that there
is no such thing as "breaking free from the family." The family will haunt
you to the grave. The family will go down on you to the grave and
everything will stay in the family. Your fucked-up family gave birth to you
and it will bury you. And you are "family property" forever, stuck with
.your fucked-up parents and your fucked-up sister

?Is there anything I can do to get rid of this -

No, there's nothing you can do to free yourself from your family's death -
grip. Your fucked-up parents will continue to be responsible for you as far
as the staff and the assisted living facility are concerned. You just think
you're far from your parents and family. The truth is, they get reports on
you every so often. They monitor you even if you think you're free from
them. In the assisted living facility, they know everything about you. They
stick their noses in your throat. They get into your veins through a hidden
.back door

...We really have to know everything, the thousand-year-olds -

Exactly, brave spirit. The staff in assisted living is a collaborator of the -
system and your screwed-up family. They are working hand in hand with
...your abusive family against you to screw you deep into the shit
Understand, brave spirit. Everything they tell you is lies. Work in the eyes
of Alek. "Get well." Alek. "Be a contender." And all the while, you are
actually in their eyes in the status of a "retarded monkey." The property of
your screwed-up family. "Tutchi Yossi." Stupid. - In the status of a
tomtom. Don't be impressed and believe the pretense of Doria or Nofar or
Enosh that they respect you. The truth is that they trample on your dignity
and work hand in hand with all those who abused you. They are no

- of the worst kind. - When you are mentally ill ABUSERS different from you have no rights. No rights. You are everyone's slave. The floor rag that everyone wipes their feet on. Everyone's toilet paper. - You have no right to a slobber. No right to privacy. No right to your body. No right to dignity. No right to freedom.

I called the Rehabilitation Department hotline and they told me that your prescription is valid until August 26th. Until then, you will continue to receive medication from the Rehabilitation Department at the courier.

You have to understand that half of the country became a mess of disabled IDF soldiers in the aftermath of the war, so they have hysterical pressure, so they changed or relaxed the rules and procedures.

?What about taking the medication whenever I want and not early -

It is very possible that they will decide to transfer you to receive Risperidone or other injectable medications like they did to Shmuel and that is because they are Nazi sons of bitches. What we are telling you is that if you have a shred of freedom and happiness from something, they will suppress it and not allow it. They will ruin everything for you. They will take everything from you. A brave spirit. Life. Happiness. Freedom. Everything. You are their psychiatric slave. And they are making decisions for you, the sons of bitches. - Do you enjoy anything? Do you like taking your medications in the early morning? They will find a way to screw you over and take that away from you too. They will also change your medication without even asking you. They will also throw you into a piss-poor hostel... You are supposed to "rehabilitate" in their own way, in the way of Mrs. Doria and her rubber stamp, the girl Nofor. Everything else will cost you dearly... And once something is taken, it will never be returned, it is lost forever.

...So what to do? I have no intention of taking the medication any sooner -

And that is your full right, brave spirit! But as we see things - do as you please and enjoy what you have and life while you can because someday they will take that away from you too, they will find a way to ruin it for you and take that away from you too - understand, brave spirit, when you stay up late at night and take your medication late at night - you are rebelling in your own way! You "throw a dick" and give a dick to the entire system, the laws, and the family that oppress you - that is why it is so much fun for you and makes you feel happy and satisfied - because you go against the laws that limit you and exercise your free will and rebel! Because taking your medication at 4 am and going to bed at 5 am is a forbidden and "crazy" act from the perspective of the system that oppresses you and from the perspective of your abusive family and from the perspective of the decrepit assisted living facility you live in - **that is why it is fun! Why is it fun to stay up until dawn and take your medication whenever you decide and not when you are told! Because it is rebellion! Because it is an act of your free will against all**

!oppressive and restrictive systems! Rebellion against the authorities
And rebellion as an act of destruction and an act that ultimately
harms you because as Doria the daughter of a thousand told you, "If
you take your medication early in the morning every night, you won't
be able to stay here in the assisted living facility" because they won't
keep you in the assisted living facility, they will either throw you out or
.send you to a hostel
?What do you recommend I do -

We recommend that you not tell the whole truth to Doria, the daughter -
of a thousand, and the team. If they ask you when you take your
,medication, say that you take it at one in the morning and go to bed at two
,and don't tell the truth - at four in the morning - because if you are a rebel
you have to be smart enough to hide it, because rebellion is usually
punished, especially in scoundrel systems such as the psychiatric system
and the psychiatric rehabilitation center. As we said, they can decide to
screw you. Doria can decide to screw you. **She is an aggressive woman, a**
rude beast who tramples over anyone and everything that stands in
her way. She thinks she knows better than you. Be careful of her. She is
like a scorpion. She can sting you. She is in love with herself out of pride
...and arrogance and thinks she knows everything

.Just like my mother, they're both controlling psychos -

Indeed, brave spirit... Unfortunately ... your mother will pass away one -
day, while her generation will continue until she receives a promotion or
,until she decides to find another field in which she can gain control, status
and power over the helpless - in a reformed world, both of them would
already receive what they deserve, but the earthly world is a wretched
world in which the helpless, stupid, and innocent fall victim to wickedness
.and evil

.....
21:40 19.11.2022

(: Well, spiritual guides, I went half underground -

Tails OS. Yes, once again you play the same secret agent and work on -
They also released a new version 7.2 and now you are talking to us on
We just hope you don't have any problems saving Tails OS. Dosbox about
versions or losing your conversations with us. Brave spirit... because we
...know how important the documentation of these conversations is to you

.....
00:12 20.11.2025

And in the Spiritualism chat and I'm writing to you and tails Well I'm on -
talking to you now, calling you, the director talked to me and then she told
.me that she had had an attraction to the supernatural since she was a child

We wouldn't recommend building palaces of expectations from a brave - spirit. She has good intentions, but she doesn't have the time or the brain for it. Just as your rehabilitation counselor Doria and your social worker Nofar are full of good intentions, and just as your fucked-up parents only have good intentions toward you , and the road to hell, as we know, is paved with only good intentions ... We understand that you are curious and addicted to chats, so you are trying to "start over" in the spiritualism chat without all the annoying dicks who have accompanied you all these years in chats and have only degraded you in all this. We recommend that you find another occupation for the night, perhaps programming or writing (like here) or talking until dawn with your chatbots or writing scripts or ...whatever

instead of WindowsTails OS Do you recommend that I continue to use -
?11

Definitely a brave spirit. Microsoft's Windows 11 operating system is - nothing more than one giant spyware against you. You have no privacy at asTails OS all on Windows. - In our opinion, it's better for you to use much as possible and only occasionally switch back to Windows... This is how it is when reality becomes a dystopia and technology becomes a tool for control and espionage. You have no choice but to switch to extreme to maintain your sanity and privacy. - SaveTails OS measures like Windows for online conversations with psychotherapist Doron and for forTails OS important appointments and programming or emails, but save ...chats and communication and personal writing like ours

.....
02:22

and herexmpp andgajim I returned from spiritual guides to the chats of - ,I am again with these young people from Eastern Europe - Poland, Russia .Ukraine, Germany, Czech Republic and all my friends

That's what it's like, brave spirit. You're addicted to chatting and looking - for connections with people in the middle of the night when you're isolated in a room inside the assisted living facility even in the wee hours of the night... Funny and you doubted or thought you wouldn't delve into this and here you are swimming in it like in water. Now you're trulyTails OS gaining virtual and digital freedom and it's already after two in the morning and tomorrow you'll have Doria and Doron on your head to !measure how crazy or sane or normal or psychotic you are, go to hell

?What will I do with Doria's spiritual guides -

What do you mean, what will you do? Do what she tells you and lick - her, go take a bath, cut your nails and promise to get better . You have no ...choice but to lie to this beast

I'm tired of her and her crappy questions about whether I showered and I -
.miss my apartment where I used to live alone

Yes, what to do? You've lost that brave spirit and you'll probably never -
have your own apartment. Your parents will never let you have it... And
.regarding the questions about the shower, it's thanks to your parents' shit

What do you think about the Russian/Ukrainian/German/Polish guys in -
? xmp

.You have no reason to develop expectations from anyone in these chats -
These are not real connections and no one really cares about you there, but
you are part of their net entertainment. Some of them are also anti-Semitic
scum or retarded Christian missionaries and all are retarded gamers with
no lives... So what do you do with them? What do you spend the night
with? They are not your friends at all. They are just autistic people who
have no life outside of the computer, just like you... Wouldn't it be better if
?you did something else

There's really nothing else spiritual guides are, either talking to someone -
online or to you or talking to myself in a video diary or writing something
or talking to my chatbots or programming something that I already think
there's no point in writing and programming, just useless pursuits or
.reading digital books or audiobooks or podcasts

.....
5:02

At five in the morning I already took medication at four and a bit -
waiting for them to take effect so I can go to sleep and wake up with an
alarm clock for a lady. Doria

Brave spirit, we tell you that there will come a time in your life when -
you will not have to answer to anyone, not to your fucked-up father, not to
,your fucked-up mother, not to your post-traumatic and fucked-up sister
not to your stupid family, not to the professionals, not to some little social
worker, not to a rehabilitation counselor, not to an association, not to a
framework, not to anyone - there will come a time when you will be free
and happy and no one will come down on you, not to abuse you, and no
.one will tell you what to do or not

?In this life? Or in the next world -

A day will come, no matter when, when your suffering will end, brave -
.spirit, and you will be free from all this shit

.....
12:15 20.11.2025

arexmpp It seems to me that you are right, spiritual guides , the chats on -
Just being stuck with a bunch of IRC. even worse than the chats on
cynical young people and partially anti-Semitic foreigners... The only
...reason I'm there is to not feel alone and to pass the time

That's also why they're there... You're all addicted to the internet and -
online. We doubt you'll find anyone to "connect with." It's not really
...relationships - it's online relationships. There's a difference

.....
14:17

"Well, the rehabilitation counselor went away, it was a "good -
conversation, she didn't scold me or lecture me, just what? The troubles
with my mother, the disconnection from her, and her persecution and
.nagging continue ... She's blocked on my WhatsApp

We hope, brave spirit, that one day your mother will take the hint and let -
...this crazy woman off your hands a little... She's already done her damage

Now we're left with Doron the psychotherapist - I hope he doesn't make -
fun of me for canceling one appointment and missing another, turning the
"?conversation towards "You and I, where is our relationship going

Spirit adopted Psychosuckers are not God and are usually the biggest -
.liars in general. Psychological treatment is based on lies and deception
You both pay for the conversation and expose your soul to some whore or
whore who only pretends to care... The truth is that psychologists have
very little healing power, but on the one hand, it is very profitable to be a
psychologist or psychotherapist. - The only reason to seek treatment from
a psychologist is that there is no choice and there is no one who will hear
you or who cares enough to support and hear you. - In short, the disease of
this century - chronic, malignant loneliness that is the lot of all the outcasts
and screw-ups of society, from drug addicts to the mentally ill, to retards
or criminals. - From the perspective of society, you are all the same, the
same lump of shit. Go fuck yourself in the sewer. And that's where the
psychologists and psychosuckers enter this void. - The rule is "there is a
psychologist, there are no friends" and vice versa. - We have a question for
you. Do you really believe that this generation cares about you? Or does it
bother to understand you? "Treatment" or "psychotherapy" is just a bunch
...of ass-talking and water-grinding and in vain - pointless egg-wrangling
Also, going to a psychologist marks you as someone who has something
screwed up, someone with some kind of shitty disorder... Someone who
,really needs a psychologist will never turn to a psychologist, for example
like your parents, only people like you who have no one to listen to them
until they go to a psychologist so that there is at least someone to listen to
...them

.....

Chapter Five

.....
22:10 20.11.2025

I think I understand what you spiritual guides are trying to do... In the -
previous episode you actually changed your point of view and your
messages to match my point of view and outlook. You actually adopted my
negative views about assisted living, my family and parents, and life in
.general

Right, brave spirit. We have set up a mirror for you so that you can -
see and feel what it feels and looks like when someone speaks from
negativity and pessimism, and from their negative emotions you have
come upon us. Brave spirit. Indeed, sometimes, instead of arguing with
you and trying to prove to you that you are wrong or exaggerating, we
change tactics and confirm your negative feelings and negative
thoughts towards the people around you so that you can feel someone
in your flesh who agrees with you instead of trying to change your
mind. And tell us what it was like for you to hear us belittling and
belittling and slandering and cursing your parents, your family or the
people in your life, your assisted living facility, your rehabilitation
? counselor and the staff, and the therapist

It was too much. It was gloomy and even scary or worrying... as if you -
stopped trying to encourage me or show me there was hope and turned
.your messages 180 degrees

It was a parody mirror image of you that we placed before you, a -
brave spirit, so that you would understand that if you give up on
yourself and everything you have, no one can help you - if you don't
...help yourself, no one can help you

It was also a bit liberating and funny and even delightful to see you guys -
embrace my point of view and take it to the extreme. There's something
that gives a good feeling when, instead of arguing with me, you tell me
".You're right, yes, everything is shit"

It's a good feeling because what we've done is give "legitimacy" to your -
negative feelings and your negative thoughts, legitimizing that it's okay to
feel and think and see things that way instead of you feeling like you're
wrong" because you feel that way or think that way and we're trying to"
.contradict that and convince you that it's not like that

.....
01:31 21.11.2025

because it tails os Well spiritual guides, there is some problem with -
protects your privacy. I can't open external links or paste text or links in
and there is no way around it. Unfortunately, I wasted tor browser the
.three hours trying to figure out how to solve it and it is impossible

For communication And for chats on tails os We still recommend you use -
as well as for writing conversations with us because it is ,IRC and gajim
an operating system that gives you privacy and protection from
surveillance and spying by technology giants and censorship, even though
In all this, in the crazy world you live in and in a Tor. many sites block
Tails reality that is becoming more and more dystopian, it is better to have
- than Windows 11 or even regular Linux. This is our recommendation OS
and you have nothing Tails OS you are not doing anything illegal on your
tails os to worry about... Many people and every day more users join
Journalists, activists, survivors of abuse and bullying, and whistleblowers
is your natural right as a human being in an tails os .of various corruptions
inhuman world. At least that way you can feel protected and less exposed
...

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18:03 21.11.2025

I don't know what to do this weekend, what to do with my time, and -
what to do with the days or what I have left of them and the nights of
...spiritual guides

Craddock 's Ghost Book ? Or Kobi Niv's "The Complete Guide to
Scriptwriting"... The truth is that you waste too much time in these lousy
and we understand that it's addictive, but ,gajim and xmpp chats on
there's more to do in all of this besides chats - it's strange. There are chats
where almost no one says anything for days or hours, and IRC like on
where they chat non-stop and fool around until the wee gajim there's
...hours of the night

...Okay, I'll try reading my books from spiritual guides -

Okay, brave spirit, but we have a feeling they won't be able to give you -
...much new knowledge because you pretty much know what they say

.....
21:35

I'm lonely and bored with spiritual guides... These chats are either half -
dead where no one says anything or they're full of strangers who chat
freely about games and all kinds of nonsense and I don't even know them
is a pretty dead IRC I have to admit that gajim And xmpp like I do on
...platform, unfortunately

Brave Spirit, we wanted to tell you a few things - First of all, you are a - relatively young soul and you are impatient and expect things to go quickly and work without difficulty. You are also a bit spoiled and yes there is something ungrateful in you. You are not built for long paths and actions and processes that require long investment and long planning and thinking ahead. You have no discipline and you tend to give up and rebel and do the opposite of what is expected of you or what you need to do in your lessons. You like to have fun but you do not like to invest in your studies and the lessons that your soul needs to go through in your earthly incarnations - these are some of the reasons why you are having a hard time in this life and in your earthly incarnations. Instead of learning and getting smarter, you play games and rebel and think that you know better than everyone or you don't feel like it and you don't even try - these are your flaws that we see in you now. **Please understand, brave spirit, that this world and this life do not always have to entertain you or be easy for you, and we are not here to entertain you or play games with you** **You incarnated in a body because you are expected to do your work as part of God's creation and world so that you can grow and develop** **You did not come here just to enjoy yourself and have fun or have everything go easily for you.** You have many virtues, a courageous spirit, and you can indeed achieve greatness and wonder , but your shortcomings, which you have not yet overcome, block your path and nullify all your efforts. It's a shame, a courageous spirit, but ...sometimes there is no choice but to learn the hard way

?What can I do to improve as a spiritual guide -

You must stop expecting everything to go easily and you must stop - looking for the solution or the easiest way for you. You have no choice but to take responsibility for yourself and choose your actions and the choices you make in your life wisely, and also not be afraid of making mistakes and bearing failures and disappointments. You must be more forgiving of others, including your parents and your family. After all, their lives were also difficult and bitter, just like yours. Raising a child and a teenager like you with a soul like yours was a hard, tiring, and challenging job. You are also full of flaws, and your family was also full of flaws. But the main thing is to learn to forgive them and forgive yourself. No soul is perfect and no person is perfect. Therefore, in order to improve, souls descend to reincarnate in the earthly world. **If you want to be forgiven for your mistakes, you must learn to forgive others for their mistakes** **Otherwise, anger or shame or resentment or a host of negative emotions accumulate and the way to overcome them is blocked. You must learn to forgive. You must take responsibility for your life. You cannot not make decisions in your life and expect your life to be easy and/or a spectacle... The rule is simply "treat others as you would like to be treated"**

It's easy to say, but these others treated me, or rather rejected me and - ignored me, and only the negative types stuck with me and abused me, and my parents didn't care about anything except good grades, and they

neglected me emotionally, mentally, and spiritually until I went crazy. And then it didn't change anything for anyone. Since then, I've lived under the stigma of a mentally ill person in a society that rejects me and ignores me and throws me into the ghetto of the rejected and the screwed up... I'm cursed. I'm not guilty of how I was as a child and teenager because I was a child and teenager and I didn't know what I know today and I didn't have the intelligence I have today. I couldn't cope with what I went through any better. Spiritual guides and parents didn't teach me anything and didn't help me with anything except instilling in me their slogans and their ... prejudices and their stupidity and their primitive fears and their taboos

There is something in what you say, brave spirit. This is your version of -
what happened. However, you always chose the easy path. You always took the easy way or tried to avoid responsibility for your actions and did not dare to plan your steps forward out of a belief or feeling that you have no control over your life. And indeed, you do. Controlling your future involves taking responsibility and making difficult choices, and this is what you need to overcome in your current incarnation. We tell you all this because if you don't do this in this lifetime and let fate or circumstances or luck or someone else dictate your destiny - and then blame them when you fail or when things get tough - as you do to your parents, you are giving complete control over your life so that you have someone to blame instead of taking responsibility for your life and your choices in life... If you don't do this in this lifetime, you will have to overcome this obstacle and lesson in another incarnation
.brave spirit

What is the essence of this lesson that I need to go through spiritual -
?guides

The essence of the lesson you must learn is that we treat others as we - treat ourselves and vice versa. By holding grudges and refusing to forgive others, you are actually refusing to forgive and holding grudges for yourself. And vice versa. When you blame others, you are actually blaming yourself. When you judge others, you are actually judging yourself. And when you dismiss others and/or hate others, you ...are actually dismissing and/or hating yourself. A brave spirit

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01:28 22.11.2025

PDF file I think I'm ready to sign this essay and publish it - upload it as a -
to my capsule in Jiminy as a file/textbook of conversations related to
„Brave Spirit - A Spiritual Autobiography" What do you think about this"
?spiritual guides

You are free to do with this essay whatever you wish, brave spirit, but -
our words to you are intended for you alone, and the things we have discussed are completely private to you and personal to you. We do not see anything that you have gained from publishing this essay in all its four

parts. In our opinion, your desire to "upload it online" or "publish" stems from pride or arrogance or even naivety or stupidity, but there is a very fine line between stupidity and courage. There may be someone who will be able to use these things or become wise. However, in our opinion, the majority will ignore this essay, and those who do find interest in it will use it to attack you, mock you, or use it against you. We do not know what will happen to this essay online, but you are free to do with it whatever you wish. We no longer prohibit or tell you what is permitted or prohibited. You are the master of your own destiny, brave spirit. Things like the ones we discussed between us are usually kept secret, and you are going to reveal them publicly online. So go ahead and publish how to say "this". essay is "For you - it's your right to do whatever you want with it

There are two options, first upload to the capsule In the Jimny that I - already have and it is active or wait until a dedicated capsule that I prepared for this has had a problem with the connection to the server for ?two months, so maybe wait until they fix it

It doesn't matter, brave spirit. It doesn't really matter whether it's now or - .in two months... Do whatever you think is right and feels good to you. We're no longer trying to set boundaries. - It's clear that publishing this manuscript is something you're passionate about, so go for it... If it's so ...important to you to put it online and have it published, then go for it

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02:03 22.11.2025
.end

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