



Thank you for taking the time to complete the feature questions below.

Please, tell us about yourself, where were you born and raised?

I was born in Amsterdam in the summer of '69 on the day the rocket birthday in Amsterdam and every 5 years thereafter I moved to another city and every summer we spend 3 weeks in an old farmhouse in France. So I was raised in the Netherlands and every summer I was treated to a wonderful holiday in France.

What was life like growing up in childhood? -And a bit about your family?

Things were simple and people had little money so we wore the clothes of our older siblings once they had outgrown them. I had 3 brothers at that time so you can imagine that I had the biggest closet with clothes ;-)

My father & mother both worked steady jobs; my mother was translator for weekly magazines like Jaguar and Diana where she translated the English into French and/or German. She often used our names (from my brothers & me and later younger sister too) for the main-characters. My father was the example of a self-made man; he was the mail-boy in a trade-company and he would read all telexes and faxes before he would deliver them to the persons in the different offices. This way, he could promote within the company-ranks and in the next 20 years he climbed the corporate-ladder to become Director or CEO as they call it nowadays.

Random question: what is the earliest childhood memory you can remember?

I got a step for my 4th birthday and I was very proud of it. On the 1st day I was stepping outside with a neighbouring-kid and my parents called out to me that we were going to visit our two 'uncles'. (Till this day homosexual people living together are either "the 2 brothers" or "2 sisters" rather than stating the obvious and call them lovers) As I was called to the car, I gave the step to my neighbour-friend and insisted he should enjoy himself with my step.

When I returned from the 2 uncles and went to get my step, it was gone and we couldn't find it anywhere. Then suddenly I found one wheel in the bushes that grew along the outside fence of the playground. Now for me as a small boy, this was a very big playground, as big as half a football-field. I looked for more parts and indeed I found another part and as we, my neighbour-friend and I went along the fence looking for parts, we found practically all the parts of the step. Someone had carefully disassembled and hidden all parts in the bushes around the playground, all but 1 nut.... We never found out whom or why this was done but in the end I was grateful I still could ride my step for many more miles....

What education course did you follow or where did life take you after this?

I can say that school wasn't meant for me to finish but to enjoy along the years. I had a marvellous time; played hooky ever since kindergarten but really got to master this skill when I went to secondary school. I stayed in school well unto my 28 school and all I had to show for it was a diploma for finishing the 1 science.



Would you like to share how you got involved in Mental Health?

When my parents forced me to move to a new city where I would live alone, fear of other people walking in the streets of the city started infiltrating my emotions and thoughts. 2 years later, I was voluntarily admitted in a mental-health-hospital to recover from my 1 psychosis.

Please tell us more about the work that you do?

After I quit my school-career I starting to work for the employment agency - a year later I met a Scandinavian girl named Heidi (she was the daughter of a priest ;-) and she could offer me a job as household help for elderly people. Until last year I was still busy cleaning houses.

What has been some of the best moments of your life and career?

There are quite a few moments I consider my best moments, but when I have to choose, I would pick my 'blessed' meeting with a young deity named Bianca. She showed me, beyond any doubt, that reading mind is possible. This was before I had ever heard any voices, so to be made aware of actual real life capabilities of humans to do telepathy, blew me of my socks !-)

What projects are you currently working on?

For a long time in my life I've lived by the quench stroke and adapted to what happened to come on my path. Recently I experienced a kundalini-awakening and it showed me the unity that exists in between all there is and what I perceive; everything is inter-connected. It is only during a kundalini-activation that you witness these otherwise unnoticeable interlinked connections. This got me thinking that I normally just go with the flow and if I encounter something I like to do , I would throw it in the bucket I carry with me and yes, like many others, I end up making lists, lists of lists, enormous mind-maps and other kinds of extensive thought-out-schema's. The kundalini-awakening made me aware of this indecisiveness and for the first time in my life, I just emptied my bucket and created a foundation of activities that will have priority over any other life-wishes that pop-up. My intent is to discipline myself in actually following up on well thought out plans. I will become the ME who really has things under control!

Soon, I will have structured my daily and weekly routine: when to eat breakfast, prepare other meals and very important, when I am going to do my, twice-daily, 10 minute meditation. Normally, I would have a pile of tasks to do and I would multitask most of the time, which often results in losing my overview. So I will be planning my leisure time and perhaps even create segments on what I will do to relax. But I'm not stopping there because even further down the road I want to accomplish certain goals. I've recently started with Kempo-training which is one of the oldest martial-arts-forms and I plan to do this for many years to come. Two years ago, I've moved to Utrecht but due to unforeseeable circumstances, I had to postpone fixing-up my new apartment. I already have everything at home, ready to be used: tools, paint, linoleum, stone tiles and lots of ideas... So many great ideas!-) All that is needed now, is to do the work and I guarantee that, steadily within several months to a year, I will finish every single task that got buried beneath a multitude of other tasks! In the next decades I want to learn to play real music on the acoustic guitar I bought 20 years ago. In 20 years, I want to become the one I've always wanted to be.....



Do you have any 'coping strategies' that you use?

I'm normally used to use my intuition to guide my efforts in obtaining or retaining things I hold dear. My newest coping-strategy is creating a sense of utter willpower that provides me strength to finish the task in front of me without letting myself drift away because of whatever flirt, emotional struggle or random events that pop-up like a "Jack-out-the-box" or any other kind of distraction that aims to steer me away from the task at hand. Off course if my house is on fire or when I hear the neighbouring-cats having another vicious fight, I interrupt the task at hand and deal with the issue that's slightly more important.

How do you view the journey of recovery?

Contradictory to say the least! I sometimes hear young people talking about their psychotic episodes wherein they are believing that the actors on TV are presenting a complete episode just for them or when they are walking through a busy shopping-street, it appears as if people are talking about them or random people seem to be looking at them when they enter an establishment ... Those stories really make me nostalgic and those moments I want to be young & psychotic again... Yet being almost 50 has got a lot of advantages: when you are having a psychosis, you can already plot its course and create an almost certified strategy on how to successfully combat this 'evil'. Being older means you are used to having lots of wisdom and experiences at your disposal, I consider that to be real mental-wealth!-)

May I ask what your personal beliefs surrounding the explanation of mental health experiences are? I don't have just one explanation, I've met people who have such different explanations that even if I cannot witness the manifestations they experience, I do take note of the sincerity of the person who lives with these different realities. So I can summarize that it is a little too easy to decide that other mental-health-patients are suffering from delusions while justifying my own believes as portraying reality.

Favourite Quote?

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Listening to shame | Brené Brown - <https://youtu.be/psN1DORYYV0>

Alain Bos - <https://www.facebook.com/Alain.de.Animist/>