

BECOMING YOUR DESTINY

"Your life is like a coin. You can spend it anyway you want, but only once. Make sure you invest it and don't waste it. Invest it in something that matters to you and matters for eternity."

Tony Evens

"You must be the change you wish to see in this world"

Mahatma Gandhi

"One Love, one Heart, one Destiny"

Robert Marley



"My story is written to help others make important decisions about what to do with the rest of their lives in a Post-Pandemic world."

Greg Malpass - Greg has a BSc in Civil Engineering from the City University London and studied for an MBA at London Business School and New York University. His career spanned 40 years as an International Businessman, working with Multi-National Groups in Infrastructure Sectors and the UK Government's Department for International Trade. In 2017, he left the UK and took out Spanish Residency after separation from his wife. During the Global COVID 19 Pandemic, he launched his new career as a Writer and Speaker on Personal Development.



Greg Malpass

This Book will help you 'Reflect on Life, Discover Real Purpose and Become your true Destiny'. Profound betterment at the personal level requires radical soul-searching and employment of the book's unique blueprint for personality analysis and self-discovery.

'Inward-thinking' philosophies for individuals and 'outward-looking' ideas for both individuals and societies are explored for transformational change in a New World Order free from War and the Global 2020-22 COVID 19 Pandemic.

The Author bares his soul, writing in anecdotes, drawing on his personal experience of global business, political and business corruption, personal dysfunction, promiscuous sex, addictions, and the personal ego.

But his stories of both the positive and negative traits of human nature and behaviour seem to help answer so many of life's Big Questions about our world, our origins, who we've become, and where we should be going as individuals and a global society.



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'THE PROBLEM'

POWER, POLITICS & CORRUPTION



'THE EGO'

LUST, GREED & ADDICTION



'THE SECRET'

SELF-DISCOVERY & INNER-CALLING



'THE BLUEPRINT'

KNOWLEDGE, PASSION & PURPOSE

**Jo Bloggs
Books**

**OUT OF DARKNESS
COMMENTH LIGHT**

**By Greg
Malpass**

**OUT OF
DARKNESS
COMETH LIGHT**

GREG MALPASS

*“Reading this book may
change the way you think
about the world and
yourself”*

DISCOVERING REAL PURPOSE

“Destiny is not a matter of chance it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved”

William Jennings Bryan

**“It is not in the stars to hold our
Destiny, but in ourselves”**

William Shakespeare

“Your life cannot be repeated. It is now or never, so find out who you are, what your heart longs to achieve, and then sail away from safe harbours and explore your greatest dreams.”

Kenneth O' Foster



“I would recommend anyone, whatever their age, to read this book before deciding how to lead the rest of his or her life.”

Sukanya Atthorj - “I always admired Greg for his heart. The book’s vivid anecdotes touched me. Some are personal, others are poignantly serious or purposely flippant. The messages are provocative, whether being about life and love, the effects of addictions on relationships, right and wrong, or truth and falsehoods. They seem to transcend all prejudices and cultures and provoke thought about seeking a new personal path. Post Covid-19 I think the book will be inspirational for all.”



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FROM THE AUTHOR.**



“Out of Darkness Cometh Light”

“Post Tenebras Spero Lucem”

Greg Malpass

Editor: Rustler Whittington

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'Your Real Destiny' – Synopsis

Greg Malpass' three Books- '*Out of Darkness Cometh Light*', '*Your Real Destiny*' and '*Destiny of an Author*' are a trilogy of the wings and tail to the same body theme: "How to help the individual take his or her life's reality and, through a process of self-discovery, explore new meaning, purpose and value to human existence and find Personal Destiny."

The contention is that humankind, in the 21st century, is on a journey of 'hopeless fulfilment'. Continued political strife, economic and environmental turmoil, exponential wealth divide and the birth of a new 'useless class' of redundant skilled workers and professionals will lead to cultural revolution. The human experience of social networking, virtual reality and artificial intelligence will also lead to increased anguish and confusion in an apparent meaninglessness of the world at the personal level.

The solution is for the individual, and ultimately the wider world, to re-assess and re-create him/herself and live-in accordance with this new self to its fullest- passionately, sincerely and authentically, moulded on concrete human experience, personality, qualities, gifts and guilts.

This requires embarking on a spiritual, *a-religious, a-political*, existential, yet practical journey of self-discovery employing the Books' 'New Life Blueprint for finding Personal Purpose, Destiny and Happiness.'

'*Out of Darkness Cometh Light*' maps the 'Route to Self-Awareness' by analysing the 'Global Problem of Power, Politics and Addictions'; and applying the concepts and analysis to help the reader in 'Self-Discovery of Personality, Values and Destiny'. The conclusion provides a 'New Life Blueprint for finding Personal Purpose, Destiny and Happiness'; as well as promoting Societal Changes in the World.

'*Your Real Destiny*' is a unique and bespoke 'Self-Discovery Manual' for the individual providing a stage-by-stage program of analytical tools to assess Personality Traits, Character based Values, Skills Set/Needs and Desires, and culminates with a Personal Blueprint for 'Identification of New Purpose and a Personal Destiny/ Inner-Calling'.

'*The Destiny of an Author*' is an autobiographical factual account of the Author's 'Personal and Professional Life Journey'. It provides a 'Real Life Case Study' of the Application of the sister books' philosophies and processes in the generation of a 'New Life Blueprint' – leading to the search for 'Real Destiny'.

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“About The Enneagram Institute®”

The Enneagram Institute®, formed in 1997 by the late Don Richard Riso and by Russ Hudson, was formed to further research and development of the Enneagram, one of the most powerful and insightful tools for understanding ourselves and others. At its core, the Enneagram helps us to see ourselves at a deeper, more objective level and can be of invaluable assistance on our path to self-knowledge. It is recommended that the reader undertakes the personality test at Enneagram Institute on-line prior to reading Part Four, ‘The Secret’ at <https://tests.enneagraminstitute.com>

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Dedications

"Written during and inspired by 'Reflection during the Covid 19 Lockdown'"

In Memory of: All those who lost their lives in the 2020/21 Covid 19 Global Pandemic

Dedicated to: My Daughters- Jamie and Cindy



**"YOU BRING THE SUN OUT"
(Randy Crawford)**

<https://www.youtube.com/watch?v=35lgHfpa1AY>

*"You Bring the Sun Out
You bring the sun out
To warm my life up
To make my love grow everyday"*



Written for: Members of the Human Race- All Atheists, Christians, Muslims, Hindus, Buddhists, Jews, Sikhs, Traditional Religionists, or Irreligious Agnostics; Men, Women and Cross-Genders of all Races, Colours, Cultures, Ages, Social Classes, Sexual Orientations, and levels of Ability or Disability.

"The Human Spirit is a component of Human Philosophy, Psychology, and Knowledge. It's a Powerful thing. My Passion to Speak my Truth and share my Knowledge I hope will help Individuals Awaken their Spirits on the Path of Action to Personal Betterment."

Foreword

LIFE IS FICKLE AND NO MAN KNOWETH THE DAY NOR THE HOUR. but in our quest to understand our lives inevitably we seek wisdom with the passage of time. Our ancestors turned to their tribal elders to glean wisdom to guide their lives, later many creeds of people developed around the world who followed the written Scriptures of their new-found Faiths. These days Science and Technology and social media seem to provide the source, if not meaning of everything for some. The future we are told will be focused on Artificial Intelligence and Algorithms. But maybe the 2020 Pandemic refocused our priorities. Happiness is really rooted in the state of our personal relationships and our wider inclusiveness in communities, nations and humanity- and our 'Purpose in Life'. Being kind and loving is all we need to achieve so much. The Pandemic brought out the best in the human spirit in our communities. But this in itself is not enough. A Human Being's soul seeks individual Destiny. What is yours?

To avoid the Big Questions and their Answers we all-too-often wallow in our egos, trivialities, habits and addictions, and our daily lives of work play and social networking. Meanwhile money and relationship problems dominate the viscous cycle of highs and lows in our lives.

Not to reach one's full potential is a life crime against oneself, one's loved ones and potentially wider society. Maybe the Author found his Inner-Calling in the writing of this Book and the sharing of some of its life messages. Without pious calls for Social Justice, Fair Trade, Religious Tolerance and Inclusiveness; the Author writes about 'Corruption and Sex and Addictions' and 'Wayward Lifestyles' to make the reading more relevant to the individual not just the State. Maybe unwittingly he focuses on the Positive, our Children, our natural commitment to them, and our quest for Personal Destiny. The declared mission is to help the reader find Destiny.

"Children are the living message we send to a time we will not see"
- Neil Postman

The Book is written in anecdotes and occasionally in pseudonyms within the context of the Author's 40 years of experience of Global Travel, witnessing Abuse of Power and Flawed Politics, Business Corruption, Sexual Promiscuity and Scandal. But it's not all about Money, Sex and Corruption. Having experienced overwhelming positive examples of human nature at

its best – the best shines out. There is a way for all of us to 'Go Beyond our own personal Egos' and shortcomings in the search for that illusive 'Inner-Calling'. There is Destiny in all of us and the human soul is Divine. Please read this book with an open mind. It will require a deep unbiased and honest self-analysis to release the fire left in your soul. Your Destiny is not to live an Ordinary Life, unless you choose it to be so.

*"The most powerful weapon on earth is the human soul on fire."
– Ferdinand Foch*

'Out of Darkness Cometh Light'- From the depths of global (and personal) depression we can all find new light and new meaning. We spend too much time being subservient to our Political leaders and Company Bosses. It's we collectively as engaged individuals and our beliefs and actions, rather than those of leaders of the day, who will pave the right way forward for humanity in the long term. We are more empowered than we know as traditional political and economic structures falter, global connectivity, home working and social networking prevail, and a New World Order evolves. And, rather like the roaring twenties after World War I, more music and jollity in our post Covid-19 lives would be a good start - '*spiritus animalis*'. So, the pages of this Book are punctuated with the author's input of self-indulgent musical tributes, the odd relevant anecdote and occasional quip, as I have helped edit in all seriousness. But the author wasn't having my suggested Title.

*"How to find a Lover and become a Billionaire"
-Rustler Whittington*

Rustler Whittington
Editor

Tell Me a Story About a Virus

This book was written by the Author during the protracted 'Lockdown' in Spain during the COVID 19 Pandemic in 2020/21.

"I had to do something, or I would have gone mad. All the bars were closed."

One of the unique factors in this very socially and politically polarized time is that a virus does not discriminate according to status nor political beliefs. There is truly nowhere to escape during a public health crisis, and so we are forced to confront what is right in front of us. The Post-Pandemic opportunity is- to demand a different approach from our politicians and from ourselves. Existential stuff where we all question whether our lives have real meaning, purpose or value. Not Depression but Enlightenment. This Book's focus is on finding the right path for our continued journey. ["Let's Sail Away, Spain 2020"]; ["Great Expectations", Tom Foolery]



"LET'S SAIL AWAY" (SPAIN, 2020)

"After all it really is all of humanity that is under threat during a pandemic." - Margaret Chan

"You expected to be sad in the fall. Part of you died each year when the leaves fell from the trees and their branches were bare against the wind and the cold, wintery light. But you knew there would always be the spring, as you knew the river would flow again after it was frozen. When the cold rains kept on and killed the spring, it was as though a young person died for no reason"- Ernest Hemingway

"When spring came, even the false spring, there were no problems

except where to be happiest. The only thing that could spoil a day was people and if you could keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as spring itself.”- Ernest Hemingway,

*“And she thought then how strange it was that disaster—the sort of disaster that drained the blood from your body and took the air out of your lungs and hit you again and again in the face—could be at times, such a thing of beauty.”
- Anita Shreve*

“The normal and the everyday are often amazingly unstoppable, and what is unimaginable is the cessation of them. The world is resilient, and, no matter what interruptions occur, people so badly want to return to their lives and get on with them. A veneer of civilization descends quickly, like a shining rain. Dust is settled.”- Lorrie Moore

“You can't spend the rest of your life tiptoeing around to try and avert disaster. It won't work. You'll just end up missing the life you have.”- Kim Edwards

'The Great Revelation' posted as a YouTube Video by Tom Roberts as 'A Father's Bed-Time Story to his Son' went 'Viral' in May 2020 with millions of viewers within days, touching the souls of the masses with its 'Message'. It drew the attention of American Actor Jake Gyllenhaal, who saw its Story as a Potential Book. The 'Inspiring Prose' was not written by Roberts and the YouTube video was removed pending a Copy-Right claim. As that might be, it was written to inspire, and it has. In an imaginary time after the Coronavirus Pandemic has passed, it sets the scene for this Book so beautifully, and I'm thankful for that:



**"GREAT EXPECTATIONS"
(TOM FOOLERY)**

*"Tell me the one about the virus again, then I'll go to bed.
But my boy, you're growing weary, sleepy thoughts about your head. Please!
That one's my favourite. I promise just once more.*

*Okay, snuggle down my boy, though I know you know full well
The story starts before then, in a world I once would dwell*

*It was a world of waste and wonder, of poverty and plenty
back before we understood why hindsight's 2020*

*You see the people came up with companies to trade across all lands.
But they swelled and got much bigger than we could ever have planned
We'd always had our wants, but now it got so quick.
You could have everything you dreamed of in a day and with a click.*

*We noticed families had stopped talking. That's not to say they never spoke.
But the meaning must have melted and the work life balance broke.
And the children's eyes got squarer and every toddler had a phone.
They filtered out the imperfections but amidst the noise, they felt alone.*

*And every day the skies grew thicker, till we couldn't see the stars.
So, we flew in planes to find them while down below we filled our cars.
We'd drive around all day in circles. We'd forgotten how to run.
We swapped the grass for tarmac, shrunk the parks till there were none.*

*We filled the sea with plastic because our waste was never capped.
Until each day when you went fishing, you'd pull them out already wrapped.
And while we drank and smoked and gambled, our leaders taught us why,
It's best to not upset the lobbies, more convenient to die.*

But then in 2020, a new virus came our way.

*The governments reacted and told us all to hide away.
But while all we were hidden, amidst the fear and all the while,
The people dusted off their instincts, they remembered how to smile.*

*They started clapping to say thank you and calling up their mums.
And while the cars keys gathered dust, they would look forward to their runs.
And with the skies less full of voyagers, the earth began to breathe.
And the beaches bore new wildlife that scattered off into the seas.*

*Some people started dancing, some were singing, some were baking.
We'd grown so used to bad news, but some good news was in the making.
And so, when we found the cure and were allowed to go outside,
We all preferred the world we found to the one we'd left behind.*

*Old habits became extinct, and they made way for the new.
And every simple act of kindness was now given its due.
But why did it take a virus to bring the people back together?'
Well, sometimes, you've got to get sick, my boy, before you start feeling better.*

*Now lie down, and dream of tomorrow, and all the things that we can do.
And who knows, maybe if you dream hard enough, make some of them will
come true.*

*We now call it the 'Great Realisation', and yes, since then there have been
many.*

But that's the story of how it started, and why hindsight's 2020."

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=great+expectation+tom+foolery#id=54&vid=cf648774c20d293643ccfd9a0da6e000&action=click>

The Most Important Thing is Life Itself

As I immerse myself in the reflective writings of this book, I realise the 'Healing Power of Human Connection' and the 'Sheer Beauty of Life Itself'. So, as we all look to the future, 'Let's Sail Away and Find Ourselves'. ["Sail Away, David Gray]; ["Find Yourself", Brad Paisley]. Done writing, Let's start Growing and Really Living.

"We don't heal in isolation but in community" – S. Kelley Harrell



"SAIL AWAY" (DAVID GRAY)

<https://www.youtube.com/watch?v=DRkKaj2JAjA>

*"I've been talking drunken gibberish
Falling in and out of bars
Trying to get some explanation here
For the way some people are
How did it ever come so far?"*

**"FIND YOURSELF"
(BRAD PAISLEY)**

<https://www.youtube.com/watch?v=XxXY2-44bCs>

*"To rethink some things
You start to sense
That slowly you're becoming someone else
And then you find yourself"*

"OUT OF DARKNESS COMETH LIGHT"

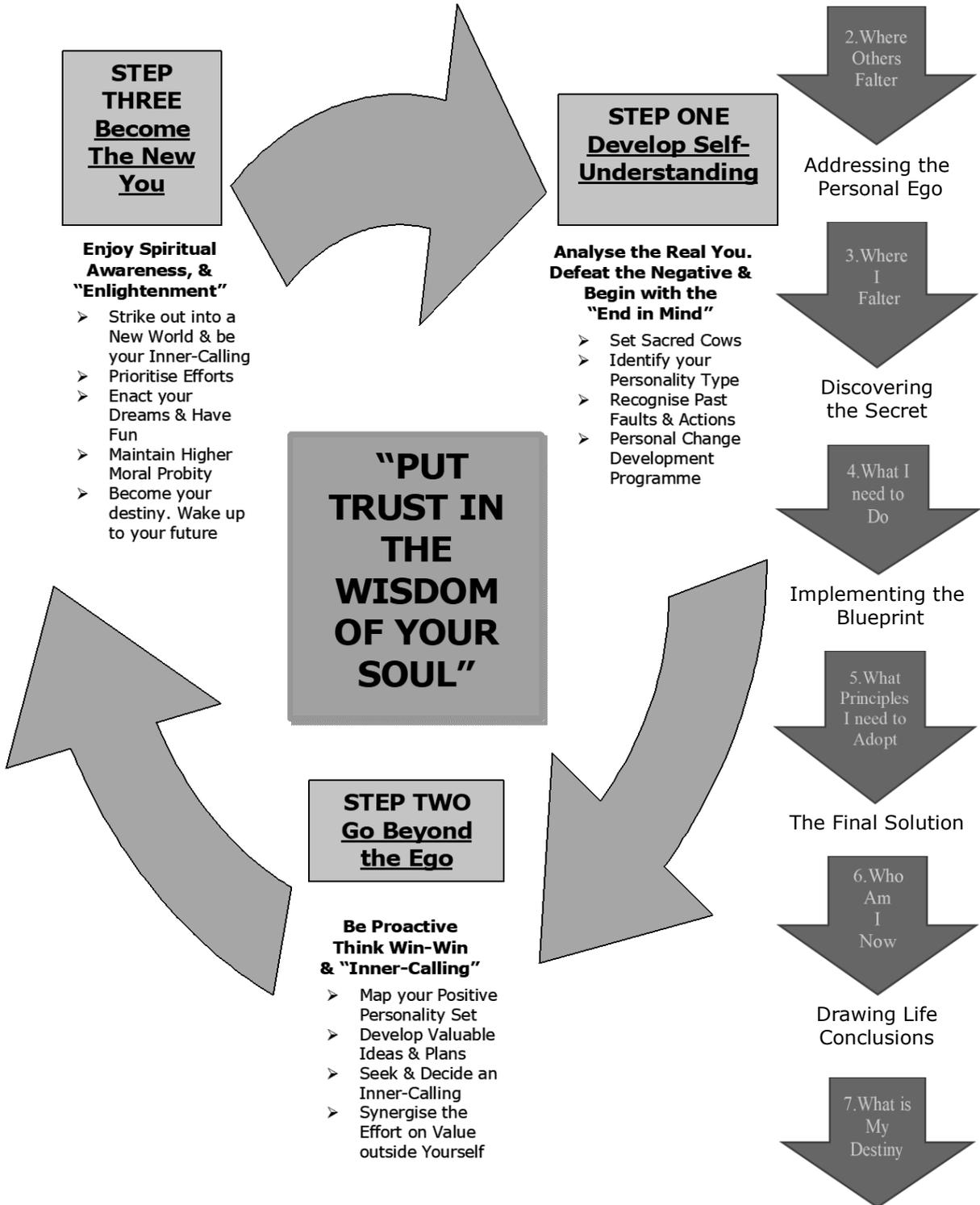


*"The evil that men do lives after them;
The good is oft interred with their bones;
So, let it be with Caesar."*

- *Marc Antony*

The Steps to find Yourself & Become your Destiny

Post-Pandemic Journey to "The New You" ©



Part One

Route to Self-Awareness

VALUES



*"Happiness is not something you postpone for the future,
it is something you design for the present."*

- *Jim Rohn*

1

The Art and Evolution of Self-Discovery

YOU ARE INQUISITIVE, INTUITIVE, ACCOMPLISHED AND ON THE surface a content and happy enough individual, relatively satisfied with your achievements in life, while knowing and mindful of your failings and shortcomings. But you've hitherto never contemplated even the concept of exploring your deepest inner-self and inner-calling. This book has been written with the expressed intent to inspire you to do just that and explore yourself and the world we live in more closely and deeply and seek quantum positive change for yourself and all you love in this world, whatever your age or stage in life. The purpose is not only to encourage personal development but to be a guide for the future direction for us all in the way we lead, treat each other and especially how we nurture our children. While it's a serious message, there is no point in it all, unless it's also fun.

And that's me – "Mr Fun" – always a wise crack, trying to be witty and a fool with a heart. Never take life seriously, what would be the point – nobody wants it, especially in a bar where the man with the sharpest wit wins. If you are going to be serious, do it in private, or write a book. And what is easier – to take three seconds to pour scorn on someone and their thoughts – or take a year out and write a book. To be cynical of course. So- "Now then, Go back to the Day Job, the Pay Job and the Real World. Don't let yourself Fairy-Dream." You are one of our illustrious Do-er/ Leader Types- well respected, down-to-earth, rich, in charge, wise – and/or smug.

If not, consider whether - 'A World living on Credit, moving towards Virtual Reality, powered by Social Networking and Computer Games'– is really the 'Real World'. At some point, not the bubble but the dam might burst. So before it does, why not take a few hours to read my take on the benefit of learning a new perspective on yourself and our world, one day it may prove more real than you think.

Such an ambitious work of passion requires the use of emotion, frankness, hyperbole, anecdote, critical assessment, music (and thankfully at least some humour). Most importantly it required me to face up to my own personal gremlins and path to change. I'm no saint, do-gooder nor writer, but a King Edward VI Grammar School education provides a superb foundation in Life, Life's more important Ethics and Values set, and most importantly of course for a writer - The Three "R's".

Most would-be buyers of a book read just its cover summary and book reviews before purchase or dismissal. Let us assume you are a more discerning reader and have done not only that but read thus far with more than passing interest. That makes at least two of us potentially committed to a path of open-minded self-discovery. As much as it goes against my inbred instincts- the seriousness and sincerity are essential – or else I'll head for the nearest bar where I can make a fool of the cleverest intellectual on my home turf.

If you don't marvel at, or care about, the miracle of life, and the wonders of the universe, nor are open to the concept and need for deeper self-understanding, a personal inner-calling and search for life purpose, then this book is probably not for you. Freudian theory is that the unconscious mind governs behaviour to a greater degree than people suspect. And, of course, he purported, life and thought are all about sex, so if you don't marvel at either thought or sex, this book will disappoint. Furthermore, if you are content with your lot, what would be the purpose in thinking about thinking, or living a new life purpose, or thanking God for the joys of something more than physical or sexual, let alone seeking a higher inner calling. That's just waffle isn't it, some may think. Bye to a few of you.

This Book is essentially all about dysfunction, political and business corruption, promiscuous sex and the personal ego. I explore 'inward-thinking' philosophies for individuals to understand themselves and their personalities better and combat their 'Ego'; and 'outward-looking' ideas for societies to seek transformational change in 'Political Systems' and their broader social purpose. (See Sections 14 and 21). But if this analysis were not backed up with frank life experiences, it would likely at best be considered conjecture, or at worst labelled as irrelevant.

How will Reading About my Life Story Help You

I'm setting the scene here for a 800-page Book. If you've already reached ultimate contentment, you are blessed and maybe you should write your own book. If on your death bed you will just thank God for having lived such a blessed and full life, you are a special person and owe it to us to share your experiences of how you got there. If, however you're open to the premise that there is something, however intangible, very fundamental missing in most of our lives, irrespective of our outward happiness, loves and successes so far, then please consider the worth of this book's purchase and time commitment to read on. Life is not a dress rehearsal. There is

stuff yet for all of us to learn as the world and our lives change. Reading about my stories may not prove the panacea to your enlightenment. But I believe I have a *Unique Message* and I have been willing to get personal disclosing my gremlins, shortcomings, inner-feelings, and debilities. This I trust will afford me some respect from readers, rather than just easy criticism or cynicism and armchair rhetoric and opinion.

My pledge is to guide you through a unique process designed to help deliver a self-understanding, and the discovery of the power of consciousness and inclusivity, irrespective of your sex, age, creed, culture or level of cynicism or apathy. 'Awaken the fire in your soul' maybe a slightly annoying Catch Phrase but the message isn't. I use a mix of personal stories and anecdotes in auto-biographical form coupled with my personal take on world politics, corruption and analysis of human behaviour to answer some of life's Big Questions about our world, our origins and who we've become. In telling my story and offering a Global Blueprint for self-analysis it is hoped a new meaning and purpose will emerge for you as an individual, and particularly those of you who embrace the over-riding truths and key messages at the end of each Section to the Seven Parts of the Book.

Part One sets the scene to get you to pin-point your own personal areas for the need for change in your thinking and priorities. Parts Two and Three tell the story of global politics, economics and business and their failings and effects on us all - External effects created by others impacting on our lives over which we have no control nor influence. The Nature or Nurture, Genes or Environment internal effects over which we have some control result in the consequential dark side of our own Egos as we struggle to combat our inner demons and habits and instincts. The 'Secret' unfolds in Parts Four and Five with a deeper understanding of our unique personalities, aided by the Enneagram, and a route to going beyond our Egos to find true Destiny. There are some guiding principles and truths about how to find true success and happiness explained along the way. 'Lessons learned' Section by Section are summarised and pulled together in Part Six and Seven to map your personal 'Steps to your Future & Life's True Riches' hopefully with new meaning. No money back guarantee, but you'll likely get out of it what you put into it.

The path to true fulfilment and happiness is indeed an elusive one, curiously often only achieved by those who don't seek it but focus on helping others achieve their happiness. Thinkers and helpers seem to have the ability to develop a deeper in-sight into their own lives and personalities. Leaders

and does 'Just Do It', by instinct and nature, and seek no inner purpose. Inner commitment to development requires a complete change in mindset. Albert Einstein stated that -"You can't solve a problem with the same mind that created the problem". Finding real life purpose requires profound insight, and intent on change. Being a high achiever or just a loving family member is not enough. It's not worth contemplating in-sight without total commitment. And just being a good person or an average achiever is certainly not enough in business, family or life. A life of mediocrity is an injustice to the miracle of our birth and the 25,000 days on average we consume our time here until death. Time is precious so why wait until retirement to set aside the time to adjust our consciousness and moral compass on-route to real life purpose and fulfilment. There is no magic solution, it requires commitment to a process and far more than just reading a book. But Mystics who say there is no purpose to life- *it just is*- are wrong.

"You can be a sincere person devoting yourself to your wife, husband, child, or boss, but your sincerity cannot and will not fill the gap in your knowledge about your life purpose" — Sunday Adelaja

Within each of us is a kingdom of serenity. We are our own thoughts, past present and future, and our future will be the sum of these thoughts going forward whatever has been planted in our minds and manifested so far. Linking thoughts with actions is more difficult. What we do every day at work might not define who we really are when we reflect on life over a night-cap brandy. And yes, we wake up slightly hung-over and go to work, slightly disgusted by our pointless nightly daydreaming. Daydreaming is never pointless. It sets a scene. Nightly dreams unravel what we've done so far, and sometimes in mysterious ways.

Incurable cynics rarely find their souls, nor aspire to do so, they just get on with life. The graveyards are full of them with less than inspiring head stones. In today's busy world many might consider the concept of a soul as nebulous and meaningless as they focus with fervour on daily life and making a living and generating wealth and checking social network sites every hour. Spiritual people also make a living, but their legacies are invariably not based on monetary wealth, nor cumulative hits on Facebook postings. They are based usually on how much they loved and how much they touched us. It's simple.

Self-assessment is not about talent matching and seeking more. Many of our ambitions are based on financial goals, and the search for recognition

and achievement or status. They ultimately create drama and negativity, especially in relationships, because those relationships are often put secondary to the fame or financial goals. I was a case in point on my life path from birth to the nowhere of eternity until my own redemption came with two job sabbaticals. The first became the sacrifice of my early career to become a single father, the second being my forced move to Spain after the breakdown of my second marriage and financial melt-down. In-between these experiences, there was indeed the day-to-day madness and outrageousness of my international business career and lifestyle. Re-focusing on my first daughter's needs made me, at that time, a focused, driven and complex person, the loss of a progressive career in Asia being an almost irrelevant sacrifice. Man is made by his beliefs, as he believes so he is. In the end, along the path, we will only regret the changes we didn't make with the knowledge on our death beds of those we could have. The hardest decisions we did make will be the ones we cherish.

Thoughts always precede action, and all things are possible. Ambition with humility is a virtue and a true personal success story based on the right action which may well, by the way, also lead to financial wealth. They are not mutually exclusive concepts; we all love the idea of having great wealth. If you find your true passion, you can invariably make a living out of it. There is no poison to wealth, only if abused. Most paths to wealth will benefit your family.

"The whole secret of a successful life is to find out what is one's destiny to do, and then do it." -Henry Ford

Failure is just the opportunity to start again with a more intelligent plan. With my own humble scholarly accomplishments in science, mathematics and business, I was taught to base learning on facts and proof and theories. Sir Isaac Newton defined and proved the laws of physics, gravity and forces. Albert Einstein theorised about special relativity and the structure of spacetime. The laws of physics are the same for all observers in uniform motion relative to one another was his principle of relativity.

Relatively speaking, any search for an understanding of the wonders of the universe or meaning of life eluded me other than my rudimentary knowledge of biology and physics. As far as philosophy and religion were concerned, I considered myself a relatively dutiful, charitable and likeable person, without the need to label myself a Christian or deep thinker, that was enough to get through life. In 2020 at 63, and in the grip of the Covid 19 virus 'Lockdown' I abandoned tiresome reality and immersed myself in

amateur self-searching and personal philosophy. Life experiences come and go- birth, childhood, love and sex, marriage, career, fatherhood, divorce, retirement, death- isn't it? While we plan for what's next, until they've all gone, and we find we didn't plan for death, and we missed the real point of all of them on-route.

"Life is What Happens to You While You're Busy Making Other Plans"
- John Lennon

A good starting point is reflection on the power of giving and helping. "I'd rather give than receive; I'd rather make a friend than an enemy; I'd rather receive criticism than give it; I'd rather be caring than combative." You know the rhetoric. That is not to say that we shouldn't be assertive and stand our ground when a situation calls for it. Never surrender something important to you. But some of us find it natural to give and help when it's part of our personality DNA. It's nice to be nice and to be kind and good fun to be with, most decent people aspire to that. Loving parents tend to raise loving children. "If more people in the world were like Greg, it would be a far better world in which to live," stated my father in his speech at my wedding. A kind attribution. But sometimes we should question whether some of our life decisions are made not on altruism as we elude ourselves, but driven by a narcissistic ego, pride, self-interest and self-gratification, rather than self-efficacy of doing things for a greater good. Sometimes the duty of helping others can be about getting a personal buzz. I can't explain the personal buzz I got recently from gifting a lady the money to solve her chronic skin disease. We label it as being good, while maybe it is not so, or least not as we perceive. Being a likeable junky can be quirky, but the action of an unassuming but seemingly lost soul who seeks to be charitable without any recognition other than quiet inner-reward is probably an unusual one, to which most of us can only aspire ["The Unassuming Tramp"].



**"THE UNASSUMING TRAMP"
(UK – 1974)**

"In a remote village in Staffordshire, England in the early 1970's I was more interested in girls, music and rugby than listening to stories by a local reverend, member of the clergy and Religious Education teacher at the King Edward VI Grammar School I attended. But the message was a profound one, that still touches me today.

Sunday prayers and the Vicar stopped the service. 'We can't all pray with the rain pouring in through the hole in our parish church roof, and the funding's not been forthcoming to patch the £3,000 hole. Praying is not enough, we as a community must raise our own Repair Funds'.

Three weeks later, jumble sales, lotteries and the like had raised just £365. More distressing was that Mrs Jones had alienated everybody with her dominant nature and righteous self-importance. Furthermore, she was most dissatisfied with the picture and write-up she had been given on the front page of the parish gazette for her sterling efforts of leadership and charitable donations of everything from cup-cakes to second-hand books. The Vicar was tired and burned out on a Tuesday night in the Vicarage with thunder and lightning no doubt creating a deluge among the church pews next door. As he contemplated his soup the Vicarage doorbell sounded, 'Oh no' he thought aloud, 'that will be bloody Mrs Jones with yet more disgruntled ramblings.'

No, it was an old tramp, drenched and smelling like hell itself. But as a God-fearing man the Vicar reluctantly invited the tramp to the kitchen to devour his soup, opening windows to relieve the odours.

But everyone's charity has its limits and the Vicar was forced to show the tramp the door at 8pm despite the weather. The vicar offered the tramp an umbrella, but the Tramp insisted that he was OK, and as a mark of gratitude offered the Vicar his rain -soaked newspaper as a token of appreciation for the charity the Vicar had shown. The Vicar humbly accepted, and the Tramp went on his way.

The Vicar sighed with relief and decided he deserved a stiff night cap whisky before bed. He sat in the kitchen, peeled open the folded soaked Sun newspaper at Page 3. You guessed it- £3,000 in cash!"



Re-Examining Yourself

To whatever greater cause you may aspire, each individual's reflective interpretation of himself or herself, and plan of action for change will vary according to many criteria- life story and experiences, up-bringing, environment, personality type, intelligence and ability, opportunity, personal belief structure, religion and culture. Common themes will evolve despite the diversity of interactive parameters. All will become more aware of themselves, more proactive and focused on things that they as individuals can influence for the better.

"The secret of success is honesty and fair dealing. If you can fake these you've got it made" - Mark Twain

Being focused on ensuring priority is given to the most important elements of life is not done at the expense of the big picture and greater cause. Many will have valuable ideas and dreams which they harbour, but upon which they have never acted, thinking it self-indulgent to do so, even though they might ultimately help others in the process.

Through the writing and sharing of my life experiences in this book with more intellectual rigour than I have hitherto attempted, it is hoped that readers will be inspired to re-examine themselves closer to good effect and lead to life changes that will truly last. The greatest good we may ever accomplish may be through someone else whose life we have influenced.

When good teachings work, they can inspire people to achieve. Tell a good story and it can live with people all their lives. My daughter is a successful international business lady and wonderful daughter, wife and amazing person. Once she was an innocent spritely eleven-year-old. Yes, it's natural for fathers to be anxious about their children leaving the protection of a Preparatory School, or the family and home to go to college, or spreading wings in the way teenagers invariably do. Change is inevitable. But as we reflect on the considerable achievements of our off springs we should not bulk at properly thanking and encouraging those who help them along their safe path of early life ["Dear Head Mistress" UK 1999]. By the way, my protective fatherly manner, and apparent gentle soul helped me win the hearts and souls of a few of the mothers with whom I waited at the school gate. And one or two chose to bear more than their soul to me. Not manipulation, nor opportunism, just life, consenting adults- he reflects. A sincere 'Thank You' costs nothing. (Whether to Newbridge School teachers or the Newbridge School Mothers).

A major, if secondary goal, for most of us is to create wealth along life and career paths. Who doesn't aspire to life's comforts and the joy they offer. But to what ultimate end. I sought to provide my daughters a financially secure future, so they can pursue their dreams unencumbered by worry about money which plagued my own life and relationships. Life is tough and full of hardships for many of us, but what makes it so much better is individuals finding inner peace within their families which fosters love, acceptance & inclusiveness in communities and between all humankind. I provided love and paid the private school fees for my girls as they grew-up while I travelled the world. But it doesn't end there. We should all rise to the challenge of making a new future not just of love but also wealth to share with our families and others should we so chose ["Up where we belong", Joe Crocker]. You have never accomplished what you want until you know you have.

Lifted from the Shadows

So, the song goes, 'Love will lift us up where we belong', from the difficult world in which we live, a world of pandemics, wars, conflict, hate, judgment, prejudice, discrimination, and resistance. But songs are songs and life is life. We can't indulge too long in melancholy reflection on songs' lyrics to seek change, we've got a life to live. Not unless we are children. They can sing and dream through almost anything. And children in the long run, are the future and in many ways are already ahead of us in pioneering change. Most children are happy despite circumstances. Were you not happier at the age of five, than you are now?

*"And these children that you spit on, as they try to change their worlds are immune to your consultations."
– David Bowie*

When we think what we think and do is right, often it's not. Sometimes I don't know what I think until I've seen what I said. High ideals are fine, if tempered by a healthy level of humility and acceptable cynicism of oneself. Some of us will aspire to become powerful leaders. But we live in a dangerous world with plenty of examples of selfish political and business egos and acts, religious fundamentalism and the potential for conflict of Armageddon proportions. From US President Donald Trump's 'Narcissist' style and 'Kick Ass' bully boy culture, to Kim Jong-Un's ego and ISIS atrocities in Syria, there seemed in 2018 a lessening of an understanding

of, or compassion for, the diversity of cultures and belief structures that cause conflict and prevalence of evil doings. Little improvement by 2020 and then the Pandemic hit the world, and the world changed.

While we nauseously, at least some may consider, contemplate and self-indulge in our lives' purpose, the end of the world is as close as it's ever been, so said some before the Pandemic. At least that was according to the *Bulletin of the Atomic Scientists*, which advanced its Doomsday Clock to two minutes until midnight; and then we edged to one minute to midnight during the Pandemic crisis.

Even in the 'Darkest of Days' there is a place for appropriate humour. Social media was quickly awash with some inappropriate jokes and skits about the 2020 global Pandemic, until the death toll started to rise exponentially. In the 1990's I got hold of a copy of a letter to the UK Foreign Office from the British Ambassador in Moscow in 1943. ["Dark Days in Moscow" Russia 1996]. As I faxed it to my CEO and Company Secretary Dirk from the Middle East, they were anxious about its contents as it transmitted. They were in the middle of a very difficult corporate negotiation for the company. I'm not sure they appreciated the message once received. Dark Days sometimes require Dark Humour.

Political and business leaders will continue to come and go in the new world order. Historically evil leaders particularly have always faltered over time, and the types of leadership styles that promote conflict have their place in history, not the future. Religious, territorial and politically inspired conflicts are all universally ill-judged and misled. We only have a leasehold on the world, its ideologies and belief structures and our children will be the custodians of that leasehold going forward. Maybe we should turn off tomorrow's negative television news about Post Pandemic political strife, economic meltdown and the end of the world conspiracy theories and focus on ourselves and our children and life itself. History is full of predictions and emphasis on negative rhetoric. Why not just reflect on life as a song or sight or experience of pure and simple beauty, in a world where love survives ["Caribbean Eutopia" Aruba 1984]. And thank God for the music. ["Thank you for the Music", ABBA].

"Not all who wander, are lost."- Rick McCharles.

Aruba and an anonymous young mother at its airport reminded me of the beauty of all the other destinations I had frequented in the Caribbean and Latin America, including the stunning natural bay of Rio de Janeiro in Brazil

and valley of Urubamba in Peru and of course the Ipanema beach where I always chose to stay to admire many-a "Garota de Ipanema." ["Girl from Ipanema, Astrud Gilberto]. The beauties of Latin America draw many of us men back, and it's not only to do with the ladies.

Set Your Own Standards & Priorities

So much did I appreciate the beauties and finer things in life in the Caribbean and Latin America, that later working with the British Foreign Office I learned that even UK Ministers leading Overseas Missions did too. President of the Board of Trade Michael Heseltine, the the cabinet minister in charge of the DTI in the 1990's, had announced over 100 appointees to a team of Export Promoters temporarily seconded from Blue-chip British companies to provide practical help with overseas trade. I became one later when his successor, now Lord Mandelson, headed up the UK's Department of Trade & Industry (DTI).

Many a Minister had enjoyed lavish trips to Latin America, and occasionally extra-curricula activity was on red-blooded Ministers' minds more often than even Private Eye, the Spectator or Guardian could have been aware of to reveal. British Ambassadors often frowned upon, discouraged, or forbid Ministers to leave their hotels at night after official engagements, in interest of security of course. A potential scandal for the use of tax-payers money to assist and protect Ministers on such late-night excursions was more to the point. On one occasion I had agreed to jump the wall at the back of a hotel to avoid Her Majesty's Embassy's security staff, and act as personal 'guide' so a Minister could enjoy the back-street night life of a Latin American capital city. All up to a point of course. Dressed as delinquent backpackers we avoided detection by security, kidnappers or thieves, and with my language skills I could always stave off approaches from the worst of the ladies of the night, or even worse- their 'Agents'.



**"DEAR HEAD MISTRESS"
(UK- 1999)**

"An end of term note to extend my thanks to you and all the staff at Newbridge Preparatory School for the work that has gone into Jamie's education over the last seven years.

There can be no equal to the contribution your school has made to the development of my daughter. I am proud of her maturity, sense of values, dedication, academic achievement, and most importantly her good nature and happy disposition. Newbridge School has made its mark in the most impressionable years of her character formation.

No doubt she will find the less protected world ahead challenging, but the grounding your Preparatory School has provided for her is fundamental, and I am very grateful. It would not be right for her to pass this milestone without recording my thanks, and you passing those thanks on to all who have contributed.

I trust my gratitude and the value I place on the education at Newbridge will act as encouragement for your staff to continue their important work to benefit girls in years to come."



**"UP WHERE WE BELONG"
(JOE COCKER)**

<https://www.youtube.com/watch?v=JERSTbzpvYE>

*"Some hang on to used to be
Live their lives looking behind
All we have is here and now
All our lives, out there to find
The road is long...
Love lifts us up where we belong"*



**"DARK DAYS IN MOSCOW"
(RUSSIA- 1996)**

Lord Pembroke
The Foreign Office
LONDON

6th April 1943

" My Dear Reggie,

In these dark days, man tends to look for little shafts of light that spill from heaven. My days are probably darker than yours, and I need, my God I do, all the light I can get. But I am a decent fellow, and I do not want to be mean and selfish about what little brightness is shed upon me from time to time. So I propose to share with you a tiny flash that has illuminated my sombre life and tell you that God has given me a new Turkish colleague whose card tells me that he is called Mustapha Kunt.

We all feel like that, Reggie, now and then, especially when spring is upon us, but few of us would care to put it on our cards, it takes a Turk to do that."

Sir Archibald Clerk Kerr
British Ambassador



**"THANK YOU FOR THE MUSIC"
(ABBA, All the joy they are bringing)**

https://www.youtube.com/watch?v=1n_1nOFTx5E

"So I say
Thank you for the music, the songs I'm singing
Thanks for all the joy they're bringing
Who can live without it, I ask in all honesty
What would life be?"

Often, we found harmless fun in other escapades- like at an ambassador's reception in Peru for a UK Minister of Trade and Scottish Football fanatic, the Rt Hon Brian Wilson. The Commercial Secretary and I lined up the three Peruvian goal scorers who knocked Scotland out of the 1978 World Cup to greet the Minister and proceeded to play the goals on monitors throughout the formal Trade Reception. "You Buggers" joked the Minister. Even that event which ended with fun, was relayed in the next morning's Scotsman Newspaper back in Scotland with an out-of-context picture of the Minister looking as though he was getting rowdy while he was actually swapping his evening jacket for a Peruvian football shirt and receiving a football signed by seven of the original hero players. A photo-shoot opportunity where all publicity should have been good for bilateral trade and diplomacy at its best, but instead an opportunistic photographer takes advantage. We were unfairly judged upon return to the Foreign Office in London. As in life, we should go our way, not that as we think others think we should, or judge us for. We alone are the custodians of our own morals and standards, not the tabloid press, nor ill-informed bosses.

But Ministers accused of having official or unofficial overseas jollies, bad behaviour or misuse of office has caused resignations. A prominent Minister's career, for example had been blighted by the revelation in 1997 that he had enjoyed free holidays courtesy of the daughter of a PLO official and the ruler of Abu Dhabi. Another leading political figure's five-month reign as Secretary of State for Trade at the DTI was short-lived when in the UK it was revealed he had taken a secret loan of £373,000 from the Paymaster General to buy a house in London without declaring it on his mortgage application. Fair and square public accountability I hear you think.

What was not known to the public but was common gossip between Embassy officials at an Americas conference in Miami, was the "hear-say" that one of the same Ministers had originally requested assistance of UK Consulate staff in Sao Paulo Brazil in regard to a meet-up with his future Brazilian lover. The post-graduate languages student came to Britain in 1996 on a student visa, lived with the Minister for much of that time, and then gained the early benefit of being granted British citizenship in 2005, which led to complaints from Conservative MPs. The Boy from Ipanema obviously caught the Minister's eye. In itself nothing wrong with that, and I have no issue with a Minister pursuing private interests during time off, which are of no relevance to his or her office. My problem is with the far more serious abuse of office for personal financial gain which is prevalent

across the world of politics, particularly in the Third World where my travels have taken me most. That's the problem, not tittle-tattle about UK Ministers' private lives. 'Ye who has not sinned cast the first stone'.



**"CARIBBEAN EUTOPIA"
(ARUBA- 1984)**

"If you are lucky enough to visit Aruba, nicknamed One Happy Island you've found Paradise. There is no sense of war or bully bosses or threat of the end of the world in the sea air there. Although I imagined it must be so, maybe it's not a perfect society or state of existence or place of supreme happiness- but its first impressions touched me. Aruba is an amalgamate of the various cultures that have occupied and lived on the island, including indigenous peoples of South America, descendants of African slaves, and Spanish and Dutch colonialists. The earliest inhabitants of the island were a peace-loving tribe, the Arawak Indians.

I had been travelling to and from South America on a contract for two years and considered the best of stop-overs on Air France and KLM were Manaus in the heart of the Brazilian Amazon, and Aruba the tiny Caribbean island that is home to people from at least 40 different nationalities. The Arubans are a people of striking appearance and known for their warm and friendly personality. I was struck by the smile on everyone's faces at the airport. The playful happy little girl with her stunningly beautiful mother of black African origin; the unusually pleasant and courteous immigration staff; the cleaning lady singing what sounded like a native Indian song to herself, and everyone else, each one remarkable. Admiring and enjoying the ambiance and serene atmosphere for a short period was enough of a tonic for me to momentarily forget about the world's strife and problems, and my own responsibilities for delivery of a major construction project in Peru that had just suffered a double-whammy disaster of both a major fire and port crane collapse into the Port's bay.

In a very real sense Beauty is synonymous with Consciousness. The more conscious we are that we are creatures created by an Incomprehensible Creator, the more perfect is the beauty we perceive. And the more beauty we perceive, the more beauty we project. Just as people from so many cultures live harmoniously, so it could be with those of others if only we could all put things in perspective more often than we do in our busy lives. And believe me, that tall and tanned young mother was a picture of beauty, harmony and gentleness, oozing sexuality."



"GIRL FROM IPANEMA- ASTRUD GILBERTO"

<https://www.youtube.com/watch?v=c5QfXjsoNe4>

*"But I watch her so sadly
Porque tudo to triste
Yes, I would give my heart gladly
But each day, when she walks to the sea
She looks straight ahead, not at me"*

Tall and tanned and young and lovely
The girl from Ipanema goes walking ... I sang to myself
Short and fat and bald and ugly
The boy from Wolverhampton goes a-wondering... She replied

In a world of wars, conflict, hate, judgment, prejudice, discrimination, and resistance a serious political and social response is demanded. Our fine institutions and Law and Britishness have upheld social justice for years. But in repose, minor indiscretions of Government officials really should be put in their context, and not automatically vilified by Britain's tabloid press or liberal politically correct "Guardianistas". Storm-in-a-teacup reports can fuel the views held by negative stereotypes of some working class and middle class, earnest and politically correct arm-chair commentators. Having worked in the field of international business development in infrastructure sectors funded by the public purse I feel qualified to pour scorn more appropriately and vehemently at the doorstep of corrupt officials. Finding a way to deal with corrupt governments and individuals of this magnitude is more likely to lift society out of the shadows. I discuss the effects of corruption in depth in Part Two. The goal is to set your own

standards, without necessarily declaring it to others, and never with reference to others and their own standards.

The interim reforms to the UK system of MPs' expenses unveiled in 2009 were designed to stop some of the abuses exposed by the Telegraph's investigation. It was said that a "clear test of reasonableness" would be applied to all claims. That sounds pragmatic. My experience of expense claiming under civil service rules was quite draconian, despite loopholes clearly found by some politicians. For example, gifts from foreign diplomats or government officials or private companies over £10 in value or in-kind had to be declared even by the Prime Minister.

Meanwhile Donald Trump escapes impeachment with loss of office, and displays narcissism, disagreeableness, grandiosity, and the most outrageous personality of possibly all 44 -previous US Past-Presidents. Not does he just get away with it, he receives adulation and an exalted status in the eyes of some.

Meanwhile lavish travel and questionable gifts loom over Trump officials, and the President considers himself and his administration copper plated. 'Oh- you hypocrite' Trump supporters may say. 'First remove the beam out of your own eye, and then you can see clearly to remove the speck out of your brother's eye.' I think before I delve into the corruption abyss of governments around the world described in Part Two, I will point out it's not all black and white. There are caveats and exceptions worthy of leniency sometimes which are blindingly obvious before we hold everyone to account except ourselves ["Carlos The Commercial Officer- 2000"]. So maybe in setting standards for ourselves we should be pragmatic not dogmatic. But in our own minds, set them we must. Without foundation we cannot build a future with moral probity worthy of the pursuit of our goals.

As an officer of Her Majesty's Diplomatic Service, you're employed by the Foreign and Commonwealth Office (FCO), which has a network of 270 diplomatic posts in 160 countries. In my experience the 'locally engaged' and usually native Commercial Officer has invariably got his or her ear to the ground on political events and business networks, while the Ambassador and First Secretary Commercial, or International Trade Officer as they are now known are invariably in the throws of induction into their roles without in depth knowledge of the culture, language or nuances of doing trade in the country of their posting.

Lead by Your own Example

Churchill was far from politically correct. Another entry in my thumbs-up political quotes is for a put-down delivered when he received a call from the Lord Privy Seal about a meeting, while sat on the toilet: "Tell him I can only deal with one shit at a time."

"A good speech should be like a woman's skirt- long enough to cover the subject and short enough to create interest." – Sir Winston Churchill

Whatever your personal views of Sir Winston Churchill and his political incorrectness, he was an outstanding leader, who through his command of the English language, purpose and tenacity led his nation in defence against the spread of Nazi fascism to Great Britain and the wider world, and we owe him a great debt of gratitude for our freedom ["Britain's Saviour in its Hour of Need: Sir Winston Churchill- May 1945"].

The reader may be somewhat perplexed by my seeming adulation of Sir Winston Churchill. His character was very different to that of my own, but like myself he was very much a flawed character on a mission. He claimed to take more out of drink than drink took out of him, and he suffered from depression, his 'Black Dog'. After the massacre in the Dardanelles during World War I under his command as First Lord of the Admiralty, he had to live with his decision in World War II to bomb the French fleet, the bombing of Dresden, the mobilisation of 250,000 allied troops to the beaches of Normandy, many to certain death. I'm sure he did all this with a heavy heart. (See Section 9).



"CARLOS THE COMMERCIAL OFFICER" (SOUTH AMERICA – 2000)

"Carlos was a proud locally engaged Commercial Officer, twenty-four years in service and proud "to carry his business card boasting the

Royal Coat of Arms, representing the UK's interests among his peers in the cafes of the capital. He knew everyone and everything that an un-initiated exporter needed to know. But when I sought his wise counsel as I always did when I was in town, there he was gone. One perk that the lowly paid job offered was a bi-annual re-familiarisation trip to the UK to visit the DTI, or Department for International Trade (DIT) as it is now, and the British export community to keep up to speed with developments in the UK. All expenses paid including entitlement for a business-class return airline ticket.

Carlos had cashed in his business-class ticket and purchased two economy returns so that his wife could accompany him to do her Christmas shopping at Harrods in London. The new Ambassador learned of the indiscretion and Carlos was fired on the spot for dishonesty and misuse of public funds, and sent with his tail between his legs, and no-doubt an impaired pension. The 'air' in the Embassy was toxic and far from the Caribbean air of 'eutopia' I remembered back in '84 when I was a young engineer travelling in the region enjoying the ambience and naïve to such acts of unadulterated corruption. Sometimes self-righteous British political correctness infuriates me. There is a time to throw political correctness and rule adherence to the wind. Sir Winston Churchill's exchanges with Lady Astor were classics which today would probably demand a resignation. When accused by her in the House of Commons of being 'disgustingly drunk' the Conservative Prime Minister responded: 'My dear, you are ugly, and what's more, you are disgustingly ugly. But tomorrow I shall be sober and you will still be disgustingly ugly.' The drunken Politician's leadership went on to save his Nation."

"BRITAIN'S SAVIOUR IN ITS HOUR OF NEED"



*"Beset by Cabinet boxes, telegrams
And many callers, most with dismal news,
His face exuded confidence and strength.
He puffed at his cigar, and sipped a drink,
Quite calm amidst a myriad of cares.
His very presence countenanced no fear;
His voice inspired; his speech moved men to act
With no regard for personal consequence."*

– Brian Hodgkinson

Sir Winston Churchill (30 November 1874 – 24 January 1965)

Lady Constance Lytton summed him up appropriately by saying "The first time you meet Winston Churchill you see all his faults, and the rest of your

life you spend discovering his virtues." He had a mission, a life calling, determination and a cause. Mistakes should not get in the way of doing what is right and generous. He summed this philosophy up: ["Britain's Saviour in its Hour of Need"].

"You will make all kinds of mistakes but as long as you are generous and true and also fierce, you cannot hurt the world or even distress her." – Sir Winston Churchill

Be Not a Follower of Leaders

On 8 May 1945 Winston Churchill stood on a Whitehall balcony and addressed the excited crowd below. "In all our long history," he said, "we have never seen a greater day than this." Churchill had stood against Hitler and won – the day was his. He had lived his Inner-Calling which was his Destiny and became his enduring legacy. But leaders' times come and go.

Over half a century on from his death, Churchill is considered by many to be the greatest Briton. But his legacy didn't always look so secure. From trouble at school to errors in office, Churchill's path to greatness was often a rocky one. Leaders are far from perfect.

I suspect, for example, many of today's great leaders and captains of industry take little real spiritual time out to focus on their wives and children, solving the world's problems does not afford them the time. Those leaders, political military business or religious, who allow themselves the God-given right to indulge fully in having a family of their own are often seen as going astray in commitment to their daily duties to the State, Corporation, or the Church. Would, for example, either institution accept the idea of a leader taking a day off each week to dedicate to his children. No way. He has the weekend and the summer break to attend to the family and all their needs. His key responsibility lies in delivery of his duty to the institution he leads, (see Section 28).

The headline message for this section is 'Lead by your own Example'. We have all had role models and leaders to follow. They are the ones to look up to. But do they portray always what is right. Some religious leaders can be perpetrators of conflict misinterpreting the very teachings their religions try to instil. Islamic extremists who believe in suicide bombing as martyrdom expect rewards in the afterlife, based on their own misguided interpretation of Al Quran.

It's time for us to lead ourselves, what do those who profess to know more really know. Find your own way, and your own love and route to fulfilment. Gutfeel over economics and political or religious dogma. Have you ever benefited from a leader who touched your soul? Leadership based on humility rather than self-righteousness and aggression is always more effective in the longer term (see Section 9). Leadership by example is also a convincing track. Ex-drug addict celebrities for example lecture youth under the influence far better than those who purvey perfection or preach a pure lifestyle. My daughter was lectured at school on the subject by Robert Plant, lead singer of Led Zeppelin, as a case in point, and to my knowledge she thankfully never struggled with drugs. Alcoholics Anonymous is also a peer group organisation without domineering leadership. There are two general types of leaders: those who push their subjects to the limit, *drivers*, and those who offer support and constructive criticism, *enhancers*. Drivers demand excellence, while enhancers are more of a role model, treating subjects like actual people. Whether engaged in military conflict or company boardroom management, good leaders with highly engaged subjects know how to demand a great deal, but are also seen as considerate, trusting, collaborative, and great developers of people. I develop concepts of the role of leadership in Part Two Section 6 on 'Conflict, Ethics and Accountability' and Section 9 'Inspiration from Leaders who made history.' My advice is not to follow a leader who maybe gleefully right today in terms of economics or policy, even though he may be proven wrong tomorrow, but find a mentor who you respect and to whom you can relate at a personal level and learn from her. I jest, but in Section 4 I cite evidence that women often depict better Decision-Making Skills of Leadership.

When leaders overindulge in themselves and their 'egos' they often miss the bigger picture they profess to represent. The problems caused in society by Perversions of Power, flawed politics and economic strategies are a key theme of Part Two. The solution comes down to matters of love, not ego. The types of leaders and characters and egos who become our leaders and captains of industry are often flawed characters with a few marked exceptions.

A large and rapidly growing body of research shows that people's temperament, their characteristic motivations and goals, and their internal perceptions of themselves are powerful predictors of what they will feel, think, and do in the future, and powerful aids in explaining why. In the realm of politics, psychologists have recently demonstrated how

fundamental features of human personality—such as extroversion and narcissism—shaped the distinctive leadership styles of past U. S. presidents, and the decisions they made. While a range of factors, such as world events and political realities, determine what political leaders can and will do in office, foundational tendencies in human personality, which differ dramatically from one leader to the next, are among them.

A comparison of recent US Presidents is a case study in point, not least the stark differences between Presidents Donald Trump and Barack Obama. ["Dear Mr President", Pink]. The former first lady, Michelle Obama, albeit gratefully biased, used a parenting analogy to describe the differences between President Barack Obama and President Donald Trump. She likened Obama to the "good parent," who encourages healthy behaviour, and Trump as "the other parent," who takes a lax approach to the things of which he's in charge ["Choose your President Wisely"]. Take care of our children, and they will take care of the future. Either you get it or you don't. If you prefer the wisdom of a Reality TV star, so be it.

I was once asked in an interview in Singapore, by the Chief Executive with probing eyes, what was my best achievement to-date. "My daughter," I said. Rolling his eyes he said he was talking business. Rolling my eyes I said "Oh, I thought you were talking life."

Great governments and great people might aspire to share the newest political and economic models or social trends to best create improved institutions, judicial systems, better health care, and tackle poverty and corruption. But the average person in the street is more and more sceptical about, and disengaged with the political elite, hence the prevalence of new politics represented by leaders like Donald Trump.

But just listen to Tony Schwartz who wrote Donald Trump's best Selling Book - 'The Art of The Deal'. He since has said his 'Calling' was to say about Trump what he knew, what kind of man he is.

https://www.youtube.com/watch?v=qxF_CDDJ0YI

"He represents such a dangerous threat to the future of our Planet"

"CHOOSE YOUR PRESIDENT WISELY"



**"DEAR MR PRESIDENT"
(PINK)**

<https://www.youtube.com/watch?v=1f8S5u01E0Y>

*"Dear Mr. President,
Come take a walk with me.
Let's pretend we're just two people and
You're not better than me.
I'd like to ask you some questions if we can speak honestly."*

But it's the individuals, so my philosophy goes, who seek inner well-being and pursue worthy callings who will more likely unite inclusively to nurture these leaders and people with influence in the future, to take action that reduces suffering, hatred, egoism, jealousy, selfishness and greed around the world. It won't be the leaders who lead change for the better, it will be us as individuals and jointly all of us as the masses in what we do. We must do more than just vote for leaders and their manifestos. Let's focus more on ourselves and what we can do. Social networking is one medium to achieve bottom-up political influence. These concepts are developed further in Part Five, and my take on 'Wealth Creation and Moral Sentiment' (Section 21).

Focus on Your own Self-Discovery

I have written this book not to try and change the world per se but to help you focus on your self-discovery and your personal route to finding true happiness whatever your age. The mechanics of re-examining yourself are mundane, not in themselves enlightening. To lift yourself from the shadows needs something more fundamental. The starting point is to stop being a follower. It is good to learn from wise mentors, but at some stage we need to go it alone based on accumulated knowledge and a new mission, like a bird flying the nest. To assist you on this journey I track and highlight what I perceive as the *Global Problem*, created by others; the *Ego* being the corollary as personal problems; and then offer my take on the *Secret* to individual self-discovery and the *Global Blueprint* to inner-peace and success for all. These are just the 'Headings', read the content before you judge.

Parts Three and Four explore the cause and effect of the ego in all we do, and the secret of understanding ourselves and our personalities.

Money has been used historically to build empires and develop weapons to achieve and defend them. In modern history the role of economics has been more about achieving economic growth, and the availability of credit to achieve that for the betterment of countries and their peoples' lifestyles. It's the credit, and banking system, which has aided and abetted the growth. Growth and resultant wealth can be good but craving it at a personal level less so. The Human Condition and propensity for conflict and corruption born out of the desire for money and power leads to further examples of bad leaders, bullies and bad behaviour on a scale of grandeur in most societies and cultures (see Section 5).

Part Five draws on the wider concept of 'Great Principles Shared' by

humanity, the days of early man to present day society with some conclusions about 'Wealth with Moral Sentiment' originally pioneered by Adam Smith, with the invention of a form of this philosophy which I re-classify or give the terminology as 'Social Capitalism'. These conclusions are challenged in terms of how individuals can self-assess and buck the trend in the search for a more meaningful inner purpose. Social Capitalism, I conclude, in many ways maybe the best way 'Back to the Future'.

There will never be common deliverance of collective new purpose or higher order across the world. However, understanding humanity in the 21st century while focusing more on our children is a simple but powerful social message, promoted in Parts Seven, Section 28, and aims to deliver a message for real social change worldwide. Ultimately what do political leaders and economists know that we and our mothers and fathers don't. Following leaders' guidance 'to a tee' is a fatal flaw for trying to find inner fulfilment and inner meaning.

In a Post Pandemic world, some still predict a global collapse of the banking system which would lead to a protracted economic and social implosion far worse than 2008 or the Great Depression of 1929. A key theme of this book is to encourage the individual to focus on his or her own purpose, not global politics or economies. The old order may well be dead. The premise is that with the re-birth of Social Capitalism- our collective efforts will serve our own happiness and will help to manifest actions by others that lead to more global kindness. In the meantime, global leaders need to find the means to avert the military or financial Domsday scenarios suggested and focus on economic revival and on *poverty* reduction, *disease* avoidance, and stamping out *corruption*. Lower levels of corruption exist in countries which have less of all the above-mentioned demons and pay their politicians the market rate their office deserves. And guess what- their people tend to be happier. There are compelling conclusions about the correlation between corruption and discord and unhappiness in society, given in Section 5 'The Human State'.

"Another axis of evil in the world is poverty and ignorance, disease and environmental disorder, corruption and political oppression."- Al Gore

Consider the End Goal

Relationships make us happy or unhappy, not things neither matters of business decisions, career achievements or material gain or losses. No-one regrets on their death bed that they didn't spend enough time working or

focusing on money. We live in a spiritual world created for life, not strife. The first awakening for many will be the opening of closed hearts, especially the self-opinionated, self-righteous among us. It's about your new ideas and vision, not what people think. I make no apology for the attempt to mix humour, psychology with personality, and life purpose in my quest to open peoples' hearts and minds.

"Surround yourself with people who talk about visions and ideas, not other people."- Buddha

Cognitive psychology says, "What we think is who we are." Later I explore how our thoughts have transpired from life experiences, bound by our personalities, and our environments, and how drivers are required for spiritual change and actions. God was never quoted as saying "Oh I give up, I'm depressed" when he contemplated us. Rather she encouraged positive thoughts. But one of the most difficult tasks is convincing a cynic, that maybe he's wrong in his thinking. Personality analysis is a powerful tool and *Understanding the Enneagram*¹ (Part Four, Sections 14) will help readers achieve self-examination and use the analysis as a positive tool for change.

"Whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything is worthy of praise, dwell on these things."- Philipians 4.8

Lao Tzu's philosophy is even more poignant. He said, "Watch your thoughts because they become your words, watch your words because they become your actions, watch your actions because they become your habits, watch your habits because they become your character, watch your character because it becomes your destiny."

You may consider all this just a play on words, although that would be a negative view. It is so easy to be negative sometimes, and I am a past-master, and revelled in it as it fuelled my self-deprecating sense of humour. When does satire become cynicism. It was Christmas, I was in the middle of a company political storm that threatened my job, plagued at home amidst marital turmoil, and generally feeling depressed and negative with mounting debt. I wrote an Xmas message, had it framed and gifted copies to a few male colleagues. Maybe just a poorly judged truth, and example of my cynical disposition at the time. My take on the beautiful *Desiderata* poem about life desires, the original of which I framed and gifted a few lady friends and the wives and partners of these male colleagues. No point in burdening the fairer sex with my cynicism, ["Desiderata", Max Ehrmann;

“Inconsiderata”]

But not all my X-Mas messages have been so dark and negative [“An Xmas Message 2008”]. The 2008 global financial crisis brought an abrupt end to many peoples’ livelihoods, including precipitation of my own redundancy. It brought to an end my \$250 a-night two year stay in Abu Dhabi’s Meridien Hotel, and it was time to be charitable to those hotel staff and friends who were close to me at that time, before I left for Christmas [“Driving Home for Xmas- Chris Re”]. Little did I know then that the 2008 global financial crisis would be dwarfed by the 2020 Pandemic crisis.

“You will find as you look back on life that the moments that stand out above everything else are the moments when you have done things in a spirit of love”- Henry Drummond

The Xmas Message- Whether it’s a school report, redundancy, financial ruin, missed loved one, or health problems bugging you- cheer up and have a drink and remember ‘things could always be worse’ than they are today. Enjoy Xmas. Well wasn’t I right?

**“DESIDERATA”
(MAX EHRMANN)**



<https://www.youtube.com/watch?v=3bUTCy6w2Rw>

*“Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly; and listen to others,
even the dull and the ignorant; they too have their story....”*

**“INCONSIDERATA- ‘A Cynical Rendition’
(UK- 2010)**

“Go cautiously amid the hypocrisy, sloth and shite, and remember what peace there may be in owning a shotgun. As far as possible avoid naivety and be indifferent to both newcomers and known troublemakers. Speak your truth and take no shit, and listen to others, unless they bear earrings and tattoos, as they are invariably dodgy.

Avoid all company bullies and arse-lickers, they are low lives and vexatious to the spirit. Prove yourself better than others, and you will become the target of snipers, for always there will be lesser persons than yourself looking to take you out.

Enjoy your achievements before others get chance to take the kudos, and pay attention to your peers' motivations, however petty, for they will show their true colours with the misfortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to the apparent virtuous, many persons strive to be seen striving for high ideals, the reality is they are self-righteous pricks.

Be yourself and fuck everybody else. Especially do not feign affection or bribery, embrace them. Neither be cynical about using your position to get as much sex as possible, for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully shagging as many young women as you can while you are still able.

Nurture and appease your creditors to shield yourself in sudden misfortune. But do not distress yourself with imaginings, many fears are born of inability to pay debts- It doesn't matter, fuck them too.

Beyond a wholesome daily shagging, be gentle with yourself. You are a universal nobody, and much less than an illegal immigrant, you have no rights under the law. And whether or not it is clear to you, no doubt CCTV is monitoring everything you do. Therefore, be at peace with 'Big Brother', whatever contempt you harbour for him, and whatever your skeletons and crimes, in the conspiracy of life, keep peace with your dog.

With all its shitty fir and smelly breath, it is still a beautiful animal. Be cheerful, strive to be happy- at least you can trust him"



**"DRIVING HOME FOR CHRISTMAS"
(CHRIS RE)**

A Thousand Memories & Charity at Xmas

<https://www.youtube.com/watch?v=DDt3u2Ev1cI>

*"Top to toe in tailbacks
Oh, I got red lights all around
I'm driving home for Christmas, yea
Get my feet on holy ground
So I sing for you."*



"AN XMAS MESSAGE" (ABU DHABI 2008)

The World's economy was falling apart and with a spirit of love in mind, I borrowed a few Hotel pens from Le Meridien and shared them (recycled them) with staff and friends with a Christmas box and a message.

Xmas 2008 was no time for superficial gifting, so the focus was on charitable gifts to a few people in greater need as I headed back to UK to an uncertain future of my own, after notice of redundancy:

- *A lowly paid loyal and honest employee and friend living a long way from his family in India*
- *A friend in Africa struck by typhoid and made homeless and jobless as a result*
- *A proud old man in South America distanced from his family members and humbled by poverty & critical illness*
- *A homeless and foolish young lady with her life turned up-side-down, duped and victim of an Asian Pyramid national Mafia scam*
- *A quiet dutiful widow and mother, whose alcoholic husband had died, and estranged from her children in Philippines and working two jobs to support them*

And ...A 2008 XMAS JOKE TO LIGHTEN THE MOMENT

"A father passing by his son's bedroom was astonished to see the bed was nicely made and everything was picked up. Then he saw an envelope propped up prominently on the pillow. It was addressed 'Dad'. With the worst premonition he opened the envelope and read the letter, his hands trembling.

"Dear Dad, it is with great regret and sorrow that I'm writing you. I had to elope with my first girlfriend, because I wanted to avoid a scene with mom and you. I've been finding real passion with Stacy, and she

is so nice, but I knew you would not approve of her, because of her piercings, tattoos, her tight motorcycle clothes, and because she is so much older than I.

But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods and has a stack of firewood for the whole winter. We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it ourselves, and trading it with other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it. Don't worry Dad, I'm 15 now, and I know how to take care of myself. Someday I'm sure we'll be back to visit, so you can get to know your grandchildren. Love your son, Joshua.

PS. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report which is on the kitchen table. Call me when it's safe for me to come home."

Anyone Can Achieve Inner-Peace

Those engineers and scientists among us tend not to be blessed with a deep understanding of the meaning of life or modern psychology. I considered my matter-of-fact science education as an asset to help me understand the material world. If a river needs a crossing the solution is a bridge, tunnel, ferry or an Olympic swim. There is no philosophy required in that. An understanding of cognitive psychology is not my forte. Comprehension of mental processes, sensory stimulation and the overt expression of behaviour- are matters for medical study and clinical analysis. However, I have extended family members who have been diagnosed with Asperger's syndrome, characterized by abnormalities of social interaction and communication. Their personalities are challenging. But I believe that most everybody, except the most challenged, has the rich skill to find inner peace and a personal God, therein providing purpose for my writings irrespective of the intellectual ability or personality abnormalities of any reader. After all what is normal and should we all strive to achieve that defined normality. Sometimes the truths of an Asperger sufferer are truly a breath of fresh air ["Out of Mouths of Babes"].

"I run to breathe the fresh air. I run to explore. I run to escape the ordinary."

— Dean Karnaze.

Mental health and personality types can be inter-related issues in the search for a psychological framework which illuminates human nature's spiritual dimensions. If that sounds like psychological mumbo-jumbo just consider discovering one's true self and finding fulfilment as a goal worth pursuing for all, however personally challenged (*cf.* *'Date with Destiny'*). My own personality type, defined in the Enneagram¹ as Type Two- 'The Helper' (see Section 14) is shared by some far more notable individuals than myself, including religious leaders, wives of political leaders, and melody singers: Pope John XXIII, Bishop Desmond Tutu, Eleanor Roosevelt, Nancy Reagan, Luciano Pavarotti, John Denver, Lionel Richie, Stevie Wonder, Dolly Parton, and Josh Groban.

The analysis of all nine personality types, see Section 14, can help all with personal development. It helped me develop my positive skills of showing empathy and love, with humour, and minimise my negative tendencies. Development of my personality had hitherto been restricted to the workplace and social encounters and banter in bars around the world. In an attempt to try and put this to rights with more responsible engagement, I have engaged in the personality development led by the Enneagram¹ Institute and written about how you can engage in your own personality analysis in this book. I recommend use of the Enneagram¹ Personality Test and analysis as an essential tool in the journey of self-discovery.

Finally, no *'auto-biography-self-help'* book would be complete without utmost honesty. Part Three discloses with personal frankness the effects of our vices in terms of the ego, promiscuous sex, greed, bad diet, alcoholism, sloth, misguided purpose and other addictions from playing games on the internet to the habitual taking of selfies. We are all guilty in some way and to some extent, in denial of the darker sides of ourselves. And it's relevant to the raising of the bar. All that is good in me was born from my mother, and 'Yes I too miss my mom!' ["Million Years Ago"- Adele].



**"OUT OF MOUTHS OF BABES"
(UK- 2016)**

"My Asperger challenged 18-year-old nephew welcomed me in the UK when I decided to detox there for three months at my sister's home, and meanwhile write a three-hundred-page dossier and analysis of the UK and global industry I had worked in for forty years. I was on a mission to achieve that, and I did.

Day one at a local bar he announced to the unknown barmaid in a matter of fact statement that I was a bankrupt alcoholic who had come back from Spain to sponge off his mother. He went on to declare that I had absconded to Spain leaving creditors and an estranged wife, but that I remained his favourite uncle.

When subsequently questioned by the barmaid whether he had a girlfriend to talk with instead, to divert him from further character assassination of his favourite uncle, he replied that he settled for his right hand. To top it all, with her eyebrows already raised, he went on to assert that his mother knew all about it, as she often heard his lustful groanings in the early hours. It all went silent at the bar. As on-listeners looked at each other.

In Psalms 8:2, God ordains strength out of the mouth of babes and sucklings. Indeed, out of the mouths of babes, drunks, and autistic youths often come brutal truths, but often not with malintent. The spoken word is not always indicative of the speaker's intent; and that is never more true than in the case of most politicians"



**"MILLION YEARS AGO"
(ADELE)**

https://www.youtube.com/watch?v=9_pIaI93YGY

*"Deep down I must have always known
That this would be inevitable
To earn my stripes I'd have to pay
And bear my soul"*

This Section 1 of Part One, the 'Art and Evolution of Self Discovery' was written to set the foundation for change and attempts to explain why I have written this Book. The introduction of the concept of self-examination is not new, and many self-help books offer secrets of a successful life. Where my beliefs may differ is in the process.

"If we seek to lift ourselves from the shadows, we should not focus on our daily realities, we should re-examine ourselves. We should dream more and seek to love more as the first safe haven. Involve others first. We should never follow leaders, often flawed as they are, we should set our own standards and priorities and self-discover, which requires going beyond the ego, and our earthly ambitions. We should become our own leader. The inner-peace that can deliver is achievable by all, even the most challenged."

The Global 'Blue-Print' to Success is explored in Part Five as "Reciprocity & Inclusiveness." Simply stated- If we seek to shape ourselves and our 'futures' we need to do so not alone but inclusively with everyone with whom we interact. The "Law of Reciprocity" is the culmination and wisdom of the ages and was least practiced Pre-Pandemic than ever as we live our lives in the modern age.

In Section 2 of Part One we will now explore whether you know what it is you are looking for, and once focus is established, how to get there, stage by stage, 'Sacred Cow by Sacred Cow'. It's a touch of 'class', bear with me. Listen to it all! ["A touch of Jazz", Sting].



**"A TOUCH OF CLASS"
(STING)**

<https://www.youtube.com/watch?v=bCFO8wLqZPo>

"One Day you'll meet a stranger, with a million dreams to fill."

Lessons Learned



SECTION 1- LESSONS LEARNED "The Art & Evolution of Self-Discovery"

1. KEY MESSAGE: A life of mediocrity is an injustice to the miracle of our birth and the 25,000 days on average we consume our time here until death. Time is precious so why wait until retirement to set aside the time to adjust our consciousness and moral compass on-route to real life purpose and fulfilment. All or nothing. ["Mediocrity Sucks"]
2. *If you don't marvel at, or care about, the miracle of life, and the wonders of the universe, nor are open to the concept and need for deeper self-understanding, a personal inner-calling and search for life purpose, then you are not the 'Spiritual' type person who will likely benefit from this book.*
3. *It's better to be truly good than going out of one's way to be seen as being good. What's the point in that; people are often suspicious of do-gooders. ["Unassuming Tramp"]. The greatest good we may ever accomplish may be through someone else whose life we have influenced. ["Dear Head Mistress"]*
4. *In a very real sense beauty is synonymous with consciousness. The more conscious we are that we are creatures created by an Incomprehensible Creator, the more perfect is the beauty we perceive. And the more beauty we perceive, the more beauty we project. ["Caribbean Eutopia"]*
5. *In setting standards for ourselves we should be pragmatic and lead by our own example, not that of flawed leaders and focus on our own self-discovery. A key theme of this book is to encourage the individual to focus on his or her own purpose, and standards, not global politics or economies nor company politics. ["Carlos the Commercial Officer"]*
6. *You will find as you look back on life that the moments that stand out above everything else are the moments when you have done things in*

a spirit of love. ["Xmas Message"]

- 7. Anyone can achieve inner peace irrespective of the intellectual ability or personality normalities or abnormalities of any individual ["Out of the mouths of babes"]. If we seek to lift ourselves from the shadows, we should not focus on our daily realities We should dream more and seek to love more as the first safe haven. Involve others first. Following leaders is a fatal flaw.*

MISSION STATEMENT: "As I seek to lift myself from the shadows, I shall not focus on the mundane daily realities, I shall re-examine myself. I shall dream more, make my dreams reality and seek to love even more in the process. Most importantly I shall set my own standards and priorities and become my own leader. I don't need or want any more bosses. Whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything is worthy of praise, I shall dwell on these things."

2.

Identify What's Sacred to You

WE ARE ALL DIFFERENT, AND IT IS EASY FOR MANY TO DISCARD philosophical discussion as irrelevant to our daily lives and problems. But if life is worth living it is worth living better. Everybody has opportunity to discover the human and spiritual values that seem so lacking in the material world of today, even if the fundamental questions of existence differ for people from culture to culture and religion to religion. Many may not even care until the day of their death. Whatever an individual's beliefs, determination of self-concept will lead to healing of past mistakes and the likely ridding of the inflated ego that was likely prevalent in some actions past taken.

"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending." -Carl Bard

There is wide commonality in most religious doctrines in relation to *love*. Some religious fanatics follow the words of their scriptures to the letter, not the spirit of their writings. Much can be learned by embracing the golden rules which are common to all major religious teachings, whether it be Christianity, Islam, Hinduism, Buddhism, Shinto, Sikhism or Judaism. These concepts are explored in depth in Part Five of the book, 'Great Principles Shared.' (See Section 19).

These rules include such doctrine as: Doing unto others that which one would have done unto oneself; honouring parents and speaking the truth; being charitable and loving thy neighbour and doing no harm to others. Listen up suicide bombers, and religious fanatics who seek to indiscriminately kill the innocent. Your interpretation of the scriptures amounts to abomination and mental illness. Be careful in who's God's name people are killed. Fanaticism of the Christian faith has been as bad with the Crusades and Religious wars being responsible for more deaths of millions. We all reap what we sow. What we become, is determined by our volitional actions, which inevitably have consequences for all of us. That's simply 'Karma'.

'The Satanic Verses', Salman Rushdie's novel was inspired in part by the life of Muhammad. However, major controversy ensued as Muslims

accused it of blasphemy and mocking their faith. The outrage among Muslims resulted in a *fatwā* calling for Rushdie's death issued by Ayatollah Khomeini, then Supreme Leader of Iran. How Godly an act was that. Christians to their credit are more tolerant. 'My favourite part of the Bible was when Jesus was raw-dogging a porn star while his third wife was nursing their child.' Now castigate me for that inappropriate ism.

All formal religions are systems of human norm and values that are founded on belief in a superhuman order. But atheists can depict equally high moral standards. Football is yet to become a religion (although some treat it as such) because nobody argues that its rules reflect superhuman edicts. We are citizens of the universe, whose existence cannot be denied as something greater than ourselves. We can't survive on our own, in this ocean of abundance and only a pitiful existence will pervade those who deny the universe. It sounds like an advertising motto, but as Gary Zukav once said, "When your personality comes to serve the energy of your soul, that becomes authentic empowerment". There is no place in this world for ethnic cleansing, religious killings or jihad in the future. They are cruel lessons learned and were the abominable corollary of actions taken by psychopathic leaders, religious fanatics, whose actions deny anyone's God's word, common sense and human decency, and they eradicate any hope of a legacy of love for our children. Yet war and aggression make up the majority of modern history and idolisation of heroes. Time now for a *quantum change* in thinking about what will be perceived as 'great' in the future, and act upon it while relative peace prevails across the world. As there are no objective criteria for "greatness", the persistence of using the designation greatly varies. Wikipedia lists dozens, from 'Alexander the Great' of Macedon to the 'Great Khan', Genghis Khan. Invariably each was involved in oppressive and violent domination of others.

Let's hope in future violence-influenced either by power seeking, expansionist national leaders with nuclear capability, or potential religiously motivated jihadists alike, get their own Eureka moment that stops them committing atrocity against humanity, irrespective of their motivation, or provocation. There is no worth in apportionment of blame for people's hatred of each other. I called my path to enlightenment not a Eureka moment but the stage-by-stage pursuit of changes motivated by my own four bedrocks for development which I called my Sacred Cows ["Sacred Cows"]. Sacred cows for me are based on the core values which were the most important for my personal development and moving on. The gates which need opening and govern the path to personal and spiritual awareness, self-transcendence and that word again- 'Enlightenment'. They

are so engrained in my belief structure for improvement, that seeking any new inner calling would have no basis, unless it accommodates them. The Reader will need to decide his or her own Sacred Cows in the setting the foundation for a self-development programme, prior to any Personality Analysis undertaken in Part Four. An explanation of the process of Selecting your Sacred Cows is given at the end of this Section, but they are fundamental to all that follows in this book, I explain their importance by example. My Sacred Cows come from personal reflection, the teachings of my beloved mother and the values I set myself as a young man. Follow my Story and see how Life Experiences can flush out one's Sacred Cows. Make notes of your own relevant memorable experiences as you read through 'My Story of Sacred Cows'.

My Story of Sacred Cows

I believe it is difficult to know what one's purpose is when we all inevitably focus so much in early life on achieving and providing for our families, without questioning allocation of our time and emphasis. The question, 'What should I do with my life' cannot be answered by books, or intellectual study alone. It comes down to knowing, with precision, what is valued most by oneself as an individual, and what needs to be done to leave the legacy to which we aspire. We live in an era of relative peace in the west, and rather than being sent to our deaths in the trenches of France as a seventeen-year-old in 1914, we have time. And in the wake of a global Pandemic, how much more does that resonate with us all.

Values are important because they are the compass used to navigate life. Values not only shape an individual's life, but they shape our culture. The focus values I set myself, after considerable contemplation I should say, were '*Faith, Tolerance, Love, and Hope*'. I had lost all Gods, lost my wife, and become cynically reckless, with no vision, nor hope, other than immersing myself in intellectual bar banter and alcohol to get by and make new friends. I was widely loved by many, but so what. I needed to re-focus on these chosen core values, in order to move on. I needed to find new faith, stop being judgemental of others, focus on my family again after lapsing in that area, and persevere with both hope and action to achieve new goals. These values set my compass and became my four Sacred Cows. If one lives one's values, eventually actions taken will lead to the right path.

Faith for me finally meant not just faith in myself but ultimately an unquestionable 'Belief in a Higher Power' not a sceptical curiosity, but

neither a traditional God, otherwise what's the point of it all. We all die. *Tolerance* means being more accepting of others however dull and ignorant (and I'm having to cut down on some of the bar jokes and expletives on the Spanish roads); *Love* means putting my family and closest friends first from now on in everything I do like I used to. My love had been distributed too broadly and despite good intent families suffer as a result. I can't save the world, but I can give my family and friends all the love they deserve (and maybe more money in the process). Finally, *Hope*, is the will to live fully again and never give up. My own sister became an inspiration for me and many others in this regard. Diagnosed with a Grade 4 brain tumour and given twelve months to live, she fought off her cancer with a combination of surgery, diet, faith and hope. She went on to write her own novel on her experiences entitled 'The Hope that I have, to Remission and Beyond.' I didn't have cancer. My cancer was my loss of hope itself. It had become my worst crime. I'd given up and was spending out my pension pot, getting cheap laughs in every bar I frequented. Never consider it too late to find new life meaning, nor win back lost loves, provided pursued in a positive and realistic manner, anything is achievable.

Rendezvousing with my wife was goal No1 [Hope] I set myself, not to go back to the past but to go back to the future as friends if not future partners. Goal No2 [Love] was to continue loving my family but like never before, and to love, help and participate in my Spanish home community and close circle of friends. Goal No3 [Faith] was to write this book, believe in it, and then promote its key message globally. Goal No4 [Tolerance] was to train myself to tolerate and not quickly judge the dull, thick, prejudiced, bad and ill-informed.

In this day and age, most of us, particularly in the west, have been conditioned to believe that we are the purposeless product of blind chance operating in a haphazard universe, with neither soul nor a future destiny. We need money, we need a mobile phone, and we need to chase after experiences to seek satisfaction like hamsters on a wheel or kids on computer games. So, there is no inherent purpose to our existence. A psychology denying that man was purposely made takes away the human soul. Man, without a soul will know little of life, love, and laughter. I do not purport that my belief in this regard is necessarily a prerequisite for others to achieve their own transformation, but I think it probably is. It's not necessary to believe in a personal God, nor relate to a specific religion, but a fundamental belief that there exists an intelligence behind the universe that transports energy to and interacts with our souls is fundamental to

self-understanding. Someone or something to which we can pray. To deny that seems to deny existence. Ask any cynic that on his death bed.

"Over 6 % of Atheists and Agnostics pray daily, and over 11%, weekly or monthly."- Pew Research Centre, USA.

Four Sacred Cows



Sacred Cow One

Sacred Cows are not the panacea to success, they are the prerequisite building blocks to self-awareness and acceptance of areas of need for change. My chosen sacred cows are only my examples which precipitated my own focus for change. You need to choose those that are most pertinent to you – not adopt mine. Use my examples and explanation for selection of my four Sacred Cows to help you replicate the process in the selection of your own.

Sacred Cow Number One- *Faith*. The Universe is proven to exist. It is proven to be expanding and growing. It therefore had a beginning, a birth, a 'Big Bang' start. Everything which is born, is born from something or someone. If the Universe was born it has a creator. All living things on earth have a creator, a mother (and father), ancestors. But only humans have true consciousness, and more than instinct, have the propensity to *love* as encouraged coincidentally by most scriptures of very recent years in man's evolution. This makes us unique. Like a unique intelligent child, we should be humbled and strive to explore our minds and the world and Universe around us to learn more and to love and to do good. We as homo sapiens do not have sufficient intelligence nor emotional capacity to understand our Universe nor our creator. I choose to believe in an unknown creator, without following any scriptures to the letter. This is because my existence and my logic lead me to do so. Your decision is within yourself and nobody else. You will need *faith* or open-minded curiosity to be a believer, because there will be no given proof to you in your lifetime of the existence of

anything beyond a Big Bang. Our cognitive revolution 60,000 years ago has only led us so far enough to explore our minds, physics and question the unknown, and experiment and theorise, and invent- but no more than that.

Faith is so much more than belief in a God, if you believe in one. It's about belief in the miracle of *life*. Even for those without faith, who wouldn't occasionally search for grace and protection from a higher power and be touched upon reflection by the simple beauty of that desire and relish life itself, all Said in a Prayer ["The Prayer"- Andrea Bocelli & Heather Headley]. This is the song I rate highest in my repertoire. By far. Wow.



**THE PRAYER,
(ANDREA BOCELLI & HEATHER HEADLEY)**

<https://www.youtube.com/watch?v=G7MD7f1MsGs>

*"I pray you'll be our eyes
And watch us where we go
And help us to be wise
In times when we don't know."*

No living person's life is over. Choosing not to die incomplete is taking control. Risks are only thoughts that convince people they are impossible to achieve through action. Harmony will only come from living more purposely. If you are a purposeful human being, and adapt your personality, you will reach and create ultimate fulfilment, and no doubt those around you, and hopefully your extended family, community, or even the world will benefit too.

Change may require a permanent digression from all that was previously held important and all that was hitherto done in the search for happiness. If so, Sacred Cows will redefine the path. I left behind, not by choice, a 6-bedroom home of 25 years, my wife, and career, and a wide circle of friends and acquaintances. I felt threatened, worried and anxious by the imposed changes and my financial dilemma. I felt inadequate. I was in personal turmoil for three years, depressed and lost in an alcoholic haze. Further change was not on the agenda, but it was forced upon me by my financial demise, and failure of yet another business venture involved in helping avert the financial demise of a major UK listed company with which I had had a thirty-year relationship.

"It's not the strongest of species that survive, nor the most intelligent, but the ones most responsive to change."- Charles Darwin

It was the spring of 2014. I was 57 years old and walking through the emotional valley of the shadow of death, with a profound sense of sadness, loss and depression. I had no plan to look for a job and had become a victim, blaming the world for my problems. I mixed mostly with lower social classes prevalent in the area rather than picking myself up and getting back in the rat race at the so-called 'top'. I felt comfortable in their friendly company. But I slept for long periods of time, lacked motivation, drank very heavily, serially womanised often with the least reputable of ladies, stumbled through four meaningful live-in relationships with quality ladies from Brazil, Malaysia, Peru and Venezuela, but again failed to realise that these further losses were due to my habitual drinking. I was lost in a state of madness and denial, a 'Jack the Lad' image and never understanding why everyone seemed to love me, if only as a 'likeable drunk'. But I continued to help people where I could, emotionally and financially.

I was suffering with serious alcohol related anxiety attacks, clinical depression, immersed in negativity, drinking to numb the pain. My condition was tempered only by maintaining my close relationship with my eldest daughter. My wife was involved in a relationship with an Italian man half my age, and I couldn't believe all the above had happened to such a lovely chap like me, hitherto dedicated to hard work and selfless sacrifice. I was on Death Row, with collapsing finances, and drink related liver damage, anxiety and morning panic attacks, flirting almost with suicidal tendencies.

"Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian."
-Shari R. Barr

Self-pity is a hopeless and pathetic place though, not finding encouragement in anyone or anything. I wasn't helping myself, and despair can happen at some time in any person's life ["Everybody Hurts"- REM]. To consider this as mental illness is mistaken terminology in my view. It is the human condition when occasionally in life we face the dilemma of fight or flight with our emotions, as a corollary of the Pandemic proved to be with so many souls.



**EVERYBODY HURTS.
(R.E.M.)**

https://www.youtube.com/watch?v=5rOiW_xY-kc

*"When your day is long
And the night
The night is yours alone
When you're sure you've had enough
Of this life
Well hang on"*

The strong and assertive among us will say "Pull yourself together." That's never the best advice, often coming from flawed individuals themselves, with weaknesses and failings like all. Often the apparent strongest end up falling the hardest, while meeker souls tend to be the survivors who dust themselves down and move on eventually without drama.

*"You are responsible for your life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on."
-Oprah Winfrey*

The intense emotional effects of loss later in life are often overlooked. But they are commonplace, whether due to divorce, financial loss, health crisis, or bereavement. My own reaction was not a good one, I confess, carving a drunken and sexually immoral lifestyle for myself, using alcohol and a sharp self-deprecating dry wit and bar banter, as an emotional prop, to enjoy the moment, from bar to bar to bar. Never been in a bar where I'm not known. But I always found opportunity to endear myself and help others in most venues I frequented. Never blame any day for what's lost, good days give joy, bad days give experience. Worst days give a lesson. There is no day without a night, no victory without a fight, and no joy without some pain. We can't change the past, nor live in it eternally. The only way to influence the future is to break with the past, and I was striving to do just that with limited success.

Ironically, it was my own natural instinct for kindness to others that helped stem my negative mental spiral. I had made some good genuine friends in Spain, far away from the trappings of corporate life and its struggles and hypocrisies. Even in times of trouble, I found time to be charitable to others, and in so doing I maintained sanity and purpose, despite my own personal financial demise, of which none of my newly made friends were aware. Late at night, when alone, I took comfort in holding family photos close to my chest, sadness melting into a warm feeling, aided by a glass of wine or ten.

It's life and we all must play the game ["Rainy Night in Georgia"- Brook Benton]. I often seemed to enjoy wallowing in my melancholy state, a form of meditation I might argue, watching YouTube tunes with female guests which often led to intimate consolation. Not much of an excuse for not getting out and looking for a job- so others might have commented.



**RAINY NIGHT IN GEORGIA-
(BROOK BENTON)**

<https://www.youtube.com/watch?v=Qr5djzzeA3M>

*"A heavy rain a fallin'
Seems I hear your voice callin'
It's all right...
I believe it's rainin' all over the world"*

How Faith can Inspire

These personal stories are being related to describe the circumstances which led to the rebirth of my faith. I never lost my daughters' love but I sensed that they were sad that I seemed lost. Neither the circumstance nor the need for faith may be relevant to the reader, but the process of establishing Sacred Cows is, in my opinion. My new-found faith did not manifest itself in a personal God. Outside belief in a higher intelligence in the Universe, it revolved around a faith in myself, and ultimately a belief in this book becoming part of my own destiny. Use this mindset to trigger your own search for your Sacred Cows.

Prior to embarking on the writing of this book in 2020, and in search of change, I left Spain in 2016 in an attempt to clean-up my act. I bid farewell to my circle of friends in Spain and headed to the UK. ["A Farewell Ode", Spain 2016]



**A FAREWELL ODE
(SPAIN – 2016)**

*"Adios mis 'Compadres', friends,
and a few trusted confidants you seem to me,
Going home to my daughters, hard work and sobriety.
'Drunk out drinking' & 'Thunk out Thinking'
in the brothels- my personal affray.
'Chaos, Crisis & Confusion' the Signature of my stay,*

*So, my work here is done in my inimical way,
Those who judged me harshly may understand me one day.
My true adversary, Joanne (x), said I'm just a Piss Head hitting on
Barmaids, always trying my luck,
Guilty as charged, altruistic behaviour
mitigated only by gifting her my last Buck.*

*On issues of moral probity & political correctness
I confess I fell rather short,
But "To aspire to understand humanity and life's dichotomy"
was something I was taught.
A peculiar system of morality veiled in allegory no less,
Humility in the guise of an alcoholic alter ego narcissist would put Freud in
a psychological spiral & mess.*

*Collateral damage for sure was an irresponsible risk of the game,
Collecting 'Denuncias', drink driving, losing i-phones, a beloved jaguar, &
building on my bad reputation & name.
So grateful thanks for your tolerance and tireless support,
I know sometimes I behaved not as I ought.*

*Four lovely ladies lost from Brazil, Malaysia, Venezuela and Peru,
I managed to screw up those relationships in an appalling way too.
One was too bright, the other too tough, the other too motherly,
and one too well to do.*

*The girls I suspect think I'm emotionally challenged,
morally bankrupt, a serial womaniser too,
The truth is I'm humble, perfect, handsome and charming,*

albeit sometimes a bit blue!

*Not nurturing the love of quality ladies is something
of which I'm not proud, - I was a fool,
Seeking solace in the Square & confronting low life pimps
is a distraction too, and far from cool.*

*Maybe remembered for all the wrong reasons,
at least the 'Policia' will miss the paperwork no doubt,
But all this self-indulgent late mid-life crisis &
melodramatic drama really amount to just "naught".*

*I'll cite a few examples- the brutal attack on Christian,
& hospitalisation- mindless, not kind,
And the amputation of poor old Alf's leg also focuses the mind.*

*Life is for living before we surely die, Those, who hold back are living a lie.
We don't live for ever, and there is no immortality "Blue Pill",
But if we strive to live life for others, I believe, our legacies surely will.*

*I'm not perfect; a beautiful young African lady recently humbled me so,
Not about life's fragility, but about the right way to go.
Focus first she said on the lady, and winning her heart and then her soul,
Humour and sexual prowess, even with tenderness,
alone will not win you that goal.*

*Young wisdom sometimes teaches us priorities in life,
I'm sure you'll concur,
Especially when we need new focus and can't always go back
to whomever we were.
But as for me, I'm headed forward and backward at the same time,
To the UK to honour those whom I love and will always be mine.*

*Given up hope of having had a better past while in Spain,
Seeking territories of sobriety will lead me down a new lane,
To be emotionally available to the ones whom I love,
Means being grateful for being sober, for which I need a last shove.
Dad: "You can't save the world, you can't even save yourself,
it's last chance corral.
Shit happens worldwide, grow some bollocks
and build yourself new morale."*

*So "Hasta Pronto" my friends, I wish each one of you good luck,
Trying to write a Poem here, bloody rowdy Football supporters
don't seem to give a fuck.
Someone's just scored while I'm meditating my new life plans
with unbridled glee,
Drunken sabbatical over? Return to Sanity? What next?
Well- I'm off for a pee!*

It's unlikely that your selection of Sacred Cows won't involve 'Change'. To change I had decided to sober up and spend three months in the UK, totally immersed in writing a 300-page Report on the construction industry which I knew intimately, campaigning for companies to merge and consolidate to avert huge losses in a low margin, high risk industry exhibiting over-capacity and price under-cutting; and Companies in a Race to the Bottom ["Race to the Bottom", Spain 2016]



**"A RACE TO THE BOTTOM"
(SPAIN 2016)**

"I had solicited a "Foreword" from a veteran captain of industry and ex-mentor, visited several Group Chief Financial Officers, got numerous mentions in the Financial News and articles published by the Industry Press. But it was all too little too late. Several companies subsequently declared predicted huge losses thwarting the initiative. My offers of services as an adviser to a major player were declined, and the company subsequently went into liquidation, one of the largest in the FTSE's history. As a Government Select Committee delved into the minutiae of reasons for its demise, I sought hollow comfort in the correct in-sight of my analysis of twelve months prior. I received recognition from the media and the Select Committee for my input, but no financial reward. But that's business not life. It is never too late to apply the principle of critical analysis to our own lives as we do in business and salvage a future that doesn't involve the need for financial engineering nor financial reward per se."

In company liquidations discredited executives lose jobs, and shareholders, creditors, suppliers and employees get left holding the baby. Its limited liability and responsibility. No such thing in our lives. Within weeks of the said company's demise I learned of the demise of three friends in the UK to heart disease and cancer. I felt grateful to be alive, liberated, intensely grateful for all the love I had, especially for my daughters. I returned to Spain in 2017 and this book was born soon thereafter in 2020. My hope is

that it's not considered a work of mediocrity ["Mediocrity Sucks"- UK, 1974]. I wanted to do something profound and create a legacy which might touch peoples' lives for years to come. Mediocrity is inferiority, and most of the world is engulfed in it. I strived to make my inner-calling one of writing to the benefit of others, not just myself, and my family. It is sincerely hoped that the messages will help other people make important decisions about the rest of their lives, and those of their children.

The good that one does for people can get lost in the memories, as time and their lives subside. The legacy of a best-selling book might endure generations.

Here are ten quotes to help inspire you make the necessary changes to achieve, and never accept mediocrity going forward:

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." — Ernest Hemingway

"Those who cannot change their minds cannot change anything."
— George Bernard Shaw

"Always dream and shoot higher than you know you can do. Do not bother just to be better than your contemporaries or predecessors. Try to be better than yourself."

"No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself." — Madonna

"Formal education will make you a living; self-education will make you a fortune." — Jim Rohn

"As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves." — Mahatma Gandhi

"He who conquers himself is the mightiest warrior." — Confucius

"It is not as much about who you used to be, as it is about who you choose to be." — Sanhita Baruah

"Things do not grow better; they remain as they are. It is we who grow better, by the changes we make in ourselves."
— Swami Vivekananda

"If you can see yourself as an artist, and you can see that your life is your own creation, then why not create the most beautiful story for yourself?" — Miguel Ruiz



**"MEDIOCRITY SUCKS"
(UK- 1974)**

"With a father who had made his name and fortune as a professional speedway rider, riding for England, in a sport of exhilaration and danger in which he excelled, I had been barred from owning a motorbike and following such a career path by my loving and protective mother. So, at seventeen I enrolled in an RAC Rally school with world champion level instructors Andy Dawson and John Taylor as mentors, to try my luck on four wheels. I wanted my father to be proud of me, as I was of him.

I was glowing with a feeling of self-worth and contentment as I pulled over after a gruelling mock seven-mile special stage circuit. Andy looked me in the eyes and announced that I would never be a world-class rally driver. My self-esteem slumped with the shock. After all I had excelled in earlier training sessions of opposite-lock driving on loose surface.

In rallying there are only two modes of action for a top driver- full throttle or full break, any other mode is one that leads to losing milliseconds at each bend. I had unconsciously been slowing down in approaches to bends instead of accelerating like a Japanese Kamikaze straight into the hazard with snake-like opposite-lock manoeuvres and the full belief in my skills to come out alive without oversteer or drift. 'Go back to your studies, and attend University and find a different calling is my best advice', he said.

Deflated but resolute, I left. Years later I put that negative experience behind me to good effect, I would apply the lesson to my life. All or nothing, mediocrity sucks. Full joy or full sorrow, full Tomfoolery or total seriousness, reckless outrageousness or caution and full compliance. Love fully or not at all. When focusing on the positive, aim for the stars and surely the moon at least you will reach.

Everything else smells of mediocrity. 2.4bedroom house, 2.4 litre car, 2.4 children, \$2.4m pension annuity fund, 2.4 ex-wives..."

Prior to the onset of the 2020 Pandemic I'd considered and had been encouraged to write a book for years but knew I would have given the subject matter a negative slant, concentrating only on my life experiences of business corruption, sexual promiscuity, alcoholism, and marital breakdowns, instead of my fatherhood and experiences with kind people across the world. A good friend gave me further encouragement. I recognised that I had witnessed so much human kindness and uncompromising selflessness all over the world, so much more than most people do who never travel. Sometimes evil things are done by good men, sometimes evil men are moved to do good things (see Section 4). To bring this dichotomy together in a book might make a compelling story, no manner of mediocrity in writing about that in its broadest sense. What's the best route to life's true riches- via evil intent or human kindness? All or nothing. I cashed in a company pension, a reality check in itself given that it ensured only medium-term financial survival, even before the 2020 market crash, and I had begun to write in early 2020 just as the Pandemic struck and the value of my life savings were in free fall.

"At times, our own light goes out and is rekindled by a spark from other persons. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

-Albert Schweitzer

My story about faith is a secular one, not overtly religious in the traditional sense and hopefully acceptable to thinkers from all races, cultures, and religious groups. I prefer toilet humour to religious doctrine. If the Victorian age was a synonym of sexual puritanism, my life story would be a liberal take on political incorrectness.

My exposure to dodgy business dealings and personal sexual unfaithfulness would come under the spotlight and critical scrutiny in any honest review of a life. 'I was no saint, nor devil, not perfect just imperfect. I was not cautious; I have been reckless. I'm not purposely deceitful, but I'm loyal.' – Or at least this was the 'Caricature' I made of myself. I'm far prouder of being a loving father than having been a serially unfaithful husband, and serial drink-driver at one time. Although I was an international businessman with moderate success, I had squandered so much money living in the fast lane feeding my own and my wife's addictions for alcohol and gambling respectively and deserved little pity for the state into which I had gotten myself. However, I was well liked and often a litmus test is

After my first day of intensive writing in March 2020 and despite the anxieties surrounding the onset of the Coronavirus in Spain, I slept like a baby, without the dire need for alcohol, and enjoyed sleep without the usual strange imaginings and subconscious anxieties delivering the weirdest of dreams. My daughter's unusually critical comment on her latest visit still echoed "Dad you can't save the world, you can't even seem to save yourself. Many people have difficult lives. Grow a pair of balls, and find a positive way to help us, don't just give up." The Pandemic was focusing everyone's mind on communities, humanity and the fragility of life itself. A true connection to the soul requires self-discipline and temperance as well as humility and charity. Although I've no idea what it means literally, I think I was telling myself to cut down on the drink and discipline my time and effort in order to write my Book and hopefully ultimately provide for my daughters further in life. Love and charity must start at home. There were clearly personal Sacred Cows for me to address, before I would achieve my life's 'Inner-Calling'. If you seek change it pays to seek out the gremlins and hurdles to progress first. The 'Lockdown' in a small apartment in Spain was a catalyst for quiet reflection. It's the very environment you need to contemplate on these aspects of reflection in the selection of Sacred Cows. Life had become a busman's holiday, but perhaps without the dangers I'd experienced in Colombia, Indonesia, Nigeria, Yemen, Iran and the like. So many local bar owners, pimps, whores, drug dealers and the police alike knew me, and most seemed to respect me for my awareness but apparent ambivalence to what I witnessed. Some even thought I was working under cover for the law enforcement agencies. In reality, I often intervened to protect the vulnerable, particularly prostitutes or unsuspecting tourists, and chastise the guilty where I could, several times getting into minor scuffles. I even took on 'Death Row' the 6'7" leader of the Ghanaian nightclub doormen mafia, when provoked to do so. ["A Death Row Bully"- Spain 2017]. It required only a *draft* cryptic and philosophical letter to the local Mayor to be leaked to him to precipitate a public apology in the gaze of all at the nightclub's door, 10pm Saturday night. Brains not brawn.



**"DEATH ROW BULLY"
(SPAIN 2017)**

**DEAR MAYOR
PLAZA SOL Y MAR**

"For me, years ago, "being on the square" was all about morality and freemasonry. It means something very different these days wondering around Plaza Sol y Mar, Benalmadena drunk at night. But in the modern world, across the world, prostitution and drugs are all part of the leisure industry, and pimps are given free rein.

Plaza Sol y Mar is probably not the best advert for Spain's tourist board, but maybe it's the punters who need punishing, not the prostitutes, at least that is my view. The average drunken tourist is a very poor advert for his or her own country, or diplomatic relations.

As an unsuspecting red-blooded drunken tourist why shouldn't I be lured into a den of iniquity to rid myself of a drunken sexual whim. And do I not deserve to be relieved of my wallet, or have my credit card cloned, as a consequence of that selfish act? Dam right I do.

But what I have learned is that respect is not given, it is earned. "Plata o Plomo" would have said Sr Pablo Escobar, Whatever the environment one finds oneself in, there are always worse scenarios around the corner, or even worse hypocrisy among the self-righteous.

There are "out of this world" experiences to be had in and around this square, [Club La Luna] whether it's "on the moon" or other extra-terrestrial bars [Alien] and hovels. But treat every experience, manager, and venue with the respect they earn or deserve. Every business provides work and livelihood for those who work in it, and respect that for what it is.

I have only ever had one problem, and that I'm told has exposed me to "Death Row" [Night Club Door Man]. We can all have an off day, but the wise and respectful among us will make amends when opportunity presents itself to do so. No apology, no respect.

Above the law I was told by others, I doubt it. Untouchable I was told, I suspect not. In with the authorities I was told, I think not. Arrogant and disrespectful, yes. But in my worldly experience, those who are in power, or whose livelihoods depend on fair business, look after their own. I would be very surprised if the "big man" lasts this season out, or ever returns. Time will tell, it's not my call, and at the end of the day we are all vulnerable and human, and on death row."

Restoring faith in a God of whatever religion (or however you perceive a God to exist), and then faith in oneself and in others is a gradual process, whatever the starting point. I hugged friends in pubs, I told young children that they represent the world's future, and I wrote and wrote and wrote.

Throughout my professional life I had mixed with Presidents, Ministers, top Government officials and the High Society. But I always held close to my heart those at the other end of the social scale who were under-privileged and were often exploited. Gratitude from a prostitute you help is often more easily forthcoming than more respected members of society, where hypocrisy more often prevails. I saved three prostitutes from the clutches of their pimps and promiscuous lifestyles in four years, an achievement of which I am proud.

"Gratitude turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion into clarity ... it makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie

Attitude and action is a better indication of character than words of declared values and gossip. In the final analysis most people would rather surround themselves with people who talk dreams and ideas than those who talk about who they are and what they think of others.

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." -Thomas Jefferson

In summary, I had found Sacred Cow Number One which for me sets the foundation for all belief and meaning. Maybe a superior intelligence which we can never hope to understand, but without it a full life and spiritual

understanding will never be achieved. The future of artificial intelligence and consciousness discussed in Section 28 explains why science and technology can only provide a more informed view of our world, not its meaning.

With new-found faith in myself, and a meet-up with my wife, I felt forgiveness for myself. I was sure that if Jesus of Nazareth could forgive Mary Magdalen her sins, no doubt my estranged wife had done so also a long time ago. She had once said that she'd have lived in a tent with me if she had to. Now I have a new relationship/partner who loves me to a fault. Just as well.

Sacred Cow Two

Target to set yourself at least four Sacred Cows. *Tolerance*, for me, and most of us who harbor some level of prejudice, was a more difficult Sacred Cow to set myself and one that still eludes me- ie. the ability to accept certain types of *thick* people and relinquish prejudices against them. Sexism, Nationalism, Classism, Sexual discrimination, Racism, Religious discrimination, Linguistic discrimination, Neurological discrimination- all need casting out. They are vexations to the soul, and stunt spiritual growth, period. Prejudices are everywhere, and in everyone, and sometimes are institutionalized.

Most often my crueller side comes out in my insensitivity toward the dull and un-initiated in my view. Those without either knowledge or humour. It's sometimes my witty yet piercing sarcasm that occasionally tears someone's less confident self-image to shreds. Just because I've traveled and seen the world sometimes I wield a scathing self-righteous censure of others who have no clue about the depth of my understanding nor twisted philosophical framework. In so many ways cruelty due to my intolerance and prejudice of others lurks constantly at my own doorstep. I console myself in the fact that I live very humbly myself in Spain and despite my personal perspective being strongly skewed, my motives are pure. Humour usually helps me get away with it.

"It is never too late to give up our prejudices." Henry David Thoreau

Human societies have always seemed to promote hierarchies and discrimination based on prejudices. Certain societies suffered more extreme types of discrimination than others, but they have always been prevalent. Discrimination may have been based on status, race, wealth or

others. Such categories have regulated relations between millions of humans by making some people legally, politically or socially superior to others. Nazis thought the Aryan race was the most advanced form of humanity and it had to be protected from degenerates like Jews, homosexuals and the mentally ill. They quarantined and exterminated millions in this belief. Many acts of genocide were founded on deeply held beliefs about race, prejudice and discrimination. I challenge *anyone* to watch the movie Schindler's List and listen to its theme music, alone in a quiet room, without shedding a tear for the six million victims of the holocaust, and the incomprehensible reality of man's inhumanity to man. ["Schindler's List"- John Williams]



**"SCHINDLER'S LIST"
(AUSCHWITZ- 27 JANUARY 1945)**

<https://www.youtube.com/watch?v=iPRkZxIBaQI>

"Whoever saves one life, saves the world entire... This list is an absolute good. The list is life. All around its margins lies the gulf." .- Itzhak Stern

In Malaysia the government's implemented policies of *Bumiputra*, a form of discrimination which in many ways was as bad as Apartheid in South Africa. In the 1970s, *The Economist* called the policies "racially discriminatory" designed to favour bumiputras, including affirmative action in public education, to create opportunities, and to defuse interethnic tensions following the extended violence against Malaysian Chinese in 1969. My Malaysian girlfriend taught me a lot about prevalent regional discriminations ["Miss Malaysia"- 1997].



**"MISS MALAYSIA"
(MALAYSIA- 1997)**

"You meet an Indian Malaysian girl called Joanne in Kuala Lumpur who is not overly-pretty working in a jungle theme night-club city centre bar where the contents of the huge baby shark tank behind the bar is nothing compared with the young sharks sitting on the stools with short skirts. And when this over-worked waitress gets penalized by the management for a drink returned by a drunken foreigner who claimed she'd got the order wrong- you sit and watch with empathy.

This is a Muslim country, but alcohol and prostitution prevail as they do in most corners of the world, provided people in power get pay-offs or sexual favours. When you finally do end up in your hotel room with the said lady, you get to realize that she has more baggage than just her ill treatment by a Bumiputra society and unreasonable bosses. I saw her a few times and we socialized and had fun. I helped her financially to extricate herself from a mafia level run pyramid scam which threatened her with eviction from her meagre bed-sit. Little did I know that eight years later she would have a bigger effect on my life, and not all positive. She lived with me in Spain and we went to England."

I myself have been subjected to overt discrimination based on race, and creed. On visits to Libya in early 1980's I was refused entry into the country until all flights carrying Muslim passengers had passed passport control and customs first, with a wait of over 24 hours. Once safely in the Hotel, even though being forced to share with another businessman, despite a booking by Occidental Oil Company, a knock on the door at 4 am was indeed the management trying to evict us to join the other foreigners in the lobby, because a Muslim guest had arrived seeking a room. Fortunately, my roommate was better travelled than I in those days, and while the expletives were in English, the management understood.

Fake News took on a new meaning for me in Libya. It was the time of the Southall riots in London in the 1980's, and the official English news-reel in the Hotel in Tripoli in the morning read: "The British police have joined forces in London with the National Front Party to evict Asians and Muslims from their homes."

At the ex-Hilton Hotel in Tehran Iran years later, we were not allowed entry into the Hotel until wiping our shoes on the giant entry Rug which embodied the heads of President Bill Clinton of USA and President Benjamin Netanyahu of Israel. All these experiences, some almost laughable, revolve around or have their roots in unadulterated propaganda, indoctrination, discrimination and prejudice.

Beating Prejudice and Discrimination

There are differences between prejudice and discrimination:

- Discrimination is the unfair treatment of a person, or a group of people based on an individual's feelings and preferences while prejudice is an individual's assumption about something or someone.
- Discrimination is a manifestation of prejudice or of putting prejudice into action while prejudice is an abstract preconception and is only in the mind.
- Both prejudice and discrimination are reflected in an individual's action, speech, and attitude. While prejudice is confined to man's inner thoughts, discrimination can be very apparent.
- Prejudice is the formation of impressions and interpretations about things and people while discrimination is the translation of these impressions and converting them into actions.

We have all been guilty of prejudice in our lives at some time, if not involved in the follow through of discrimination in our actions.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." — Martin Luther King Jr.

"Common sense is the collection of prejudices acquired by age eighteen." — Albert Einstein

*"Prejudice, a dirty word, and faith, a clean one, have something in common: they both begin where reason ends."
— Harper Lee, Go Set a Watchman*

Broadly, however, discrimination is declining in many parts of the world. But emancipation often came only with struggle. In America, a civil war to free slaves. In the UK, Suffragettes were tortured in prison in the quest for women to get the vote. Only recently in the liberal west were homosexuals granted the right to marry ["Gay Wedding"- 2018]. The National Health System is probably one of the UK's proudest examples of non-discrimination. Launched by the then minister of health, Aneurin Bevan, in 1948, it was based on the core principles that it meets the needs of everyone, and that it be free at the point of delivery.

"Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble." – 1 Peter 3:8



"GAY WEDDING" (UK- 2018)

"Any kind of self-doubt or feeling of being overshadowed by others particularly siblings, is a form of self-discrimination. It's strange because most of us prefer the humble helper and loyalist rather than the combative narcissist. Most companies and families have their pecking orders, and very often the weaker members are discriminated against, or they go into their shell with the same result. In business I've rarely seen an exception. They are starved of power, their share of wealth and opportunity.

Fortunately, our small family was more of a democracy, even though being the only son often gave me the edge over wooing mom at an early age and bullying my little sis to playing in goal. My eldest sister Tanya was always the high achiever, myself the easy-going loveable middle one, and Pip the under-rated also ran, who ended up getting her share of love, but less opportunity in life. She left home young, drifted between various jobs, got married and had two children. It was then too late for a professional career.

I was privileged to have been at Pip's second wedding in July 2018 to her female partner of twenty years and being asked to do the main address to the happy couple. I was able to explain to a hall of guests 300 strong (the good Irish catholic family of her partner) how privileged I was to have such a special sister. Not only had she left home at sixteen she had endured every personal trauma imaginable-Coming to terms with her sexuality and getting divorced, having a subsequent partnership that ended up in the partner's breakdown and suicide in the family home, the sexual abuse of her children by her own father, the effective split up of the family for years, and financial hardship throughout the years.

Whatever she may have felt the prejudice of others might have been as she went through her struggles- what she had really done was raised two children, moved on and met a third partner and lived her

dream of navigating the canals of the United Kingdom with her, written two books on that experience, and found happiness. They may have frequented a few pubs on the canal network, but she never delved into alcoholism like me to endure traumas in life. Happiness is not found looking through the bottom of a whisky glass.

I forgave them for choosing to get married on the day England was playing an important World Cup football match and wished them well with so many happy guests who showed no iota of prejudice, least of all homophobias. Corinthians 13 summed it up in the culmination of the speech - Love is patient, love is kind, love does not envy, it does not boast, it is not proud, it always protects, always trusts, always hopes, always preserves. And if Pip and her partner can preserve their love, I'm sure we can toast them for the rest of their lives."

How do we prevent future holocausts and the growth of discrimination in developing nations where it is so prevalent like India, Indonesia, Nigeria, etc. Human rights law prohibits discrimination on the basis of a wide range of prohibited grounds. The Universal Declaration of Human Rights (UDHR), the International Covenant on Civil and Political Rights (ICCPR), and the International Covenant on Economic, Social and Cultural Rights (ICESCR) prohibit discrimination on the grounds of race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or 'other status.'

The United Nations and global institutions set ambitious and sometimes intangible goals. The Millennium Development Goals (MDGs) were the eight international development goals for the year 2015 that had been established following the Millennium Summit of the United Nations in 2000, following the adoption of the United Nations Millennium Declaration. All 191 United Nations member states at that time, and at least 22 international organizations, committed to help achieve the following Millennium Development Goals by 2015:

- To eradicate extreme poverty and hunger
- To achieve universal primary education
- To promote gender equality and empower women
- To reduce child mortality
- To improve maternal health
- To combat HIV/AIDS, malaria, and other diseases
- To ensure environmental sustainability
- To develop a global partnership for development

Most would argue that there was at best, modest progress on all fronts.

The Sustainable Development Goals (SDGs) (or Global Goals for Sustainable Development) are a newer collection of 17 global goals set by the United Nations General Assembly. The SDGs are part of Resolution 70/1 of the United Nations General Assembly: "Transforming our World: the 2030 Agenda for Sustainable Development." That has been shortened to "2030 Agenda." The goals are broad and interdependent, yet each has a separate list of targets to achieve. Achieving all 169 targets would signal accomplishing all 17 goals. The SDGs cover social and economic development issues including poverty, hunger, health, education, global warming, gender equality, water, sanitation, energy, urbanization, environment and social justice. When I celebrate my 73rd birthday, I will report back to you on the global progress, assuming Alzheimer has not set in by then.

Meanwhile prejudice, discrimination and bullying surround us and often go hand in hand. I have witnessed probably more cruel examples having lived and worked across the developing world. A recent World Bank survey for example found that in 155 out of 173 countries surveyed, women face legal obstacles in the workplace. Maybe another reason why I relate more to the finer sex than I do some of my testosterone driven fellow primates who lead their nations and businesses in a wholly flawed way.

Having said that I am a member of a male-only organization known as 'Freemasonry'. Every member professes belief in a Supreme Being, but women are not admitted, and the discussion of religion and politics is banned. Rather discriminatory in themselves. Continental Freemasonry has now removed some of these restrictions, but the Craft remains highly hierarchical. From the Grand Lodge and its 33 degrees down to the local town lodge there are offices of different rank from that of the Worshipful Master, Senior and Junior Wardens and Deacons down to the impoverished Tyler. His duty is to guard the door (from the outside), with a drawn sword, and ensure that only those who are duly qualified manage to gain entry into the lodge. He is typically a poor citizen who may even benefit from a collection at the end of the Lodge's Festive Board. General Alms are collections for charity during the Lodge meeting which the brethren may feel disposed to bestow as they see fit. But pomp, ceremony, tradition, and beliefs should not feed prejudice or discrimination. At the tender age of 21 I became an 'Entered Apprentice'. But I was early to make my point delivering my 'Initiation Speech', nervously sitting next to the Worshipful Master ["The Entered Apprentice"- 1978].



**"THE ENTERED APPRENTICE"
(UK- 1978)**

"I related toward the end of my speech to a Worshipful Master who used to run his Lodge meetings like Military exercises He was a Sergeant Major in British Army. This particular evening the Lodge and night's proceedings had been delayed by the late arrival of the impoverished Tyler. No Lodge meeting could commence without its door adequately guarded against would-be intruders, such as unscrupulous women folk. After the tardy arrival and hurried Lodge proceedings, the Worshipful Sergeant Major approached the Tyler and snapped, "You were in the army weren't you?" "Yes, Worshipful Master." "What would your Sergeant Major have said to you if you'd turned up late for Parade?" The Tyler hesitated. "Well Worshipful Master he would have probably said what he usually said- 'Good morning Colonel'."

Examine your own Prejudices

So far I've discussed overt discrimination. But there are many forms of more subtle discrimination still prevalent in society. Only well-spoken people will become national TV newscasters, only attractive models end up on the front pages of fashion magazines, fat people don't get employed in fast food chains, ugly people and emotionally challenged people rarely make it in public relations. Of course, all companies these days state that they are equal opportunity recruiters, welcoming applications from all suitably skilled or qualified applicants, regardless of their race, sex, disability, religious beliefs, sexual orientation or age. Poppycock.

One of the less definable areas of discrimination that I have struggled with most, is the acceptance of people as equals despite their personality type or a level of intelligence or education ["Black South Africa's ANC Lawyer"-1993]. Everyone of course is entitled to an opinion, but if views for example

are ill-informed, or based on ignorance or disagreeable personality and attitude, then I have often found myself feeling superior or detached from them, simply due to my education, personality or judgement of their ignorance. So, I can be a self-opinionated narcissist. I know, Joanne told me. Take my view of Donald Trump. I've never met him but can't avoid making my assessment of his personality.



***"BLACK SOUTH AFRICA'S ANC LAWYER"
(MADRID-1993)***

"It was a great privilege for me to attend the World Economic Forum and brush suits with Statesmen and Captains of Industry, Keynote speakers George Schulze and Yasar Arafat, and impress my Spanish girlfriend Yvonne with an invitation to a reception at the King's Palace and meet many dignitaries.

The Forum's proceedings and conferences were very top level with the delegate tickets selling for over US\$5,000, but Day 4 proved to be a disappointment. Only hangers on like I were in attendance, and the Panel consisted of a cross-section of the new Ministers of the newly formed African National Congress party headed up by Nelson Mandela (not present). One by one each Minister gave an incomprehensible, poorly thought-through and poorly presented rendition of their plans and manifesto for the new South Africa.

The final black speaker was of quite some physical dominance in stature and somewhat outrageous attire. He boasted a black gangster style suit and a loud yellow tie with black dots to match his braces. Before he sipped his water and cleared his throat my prejudice had kicked in. I decided to leave the auditorium and find a bar. But as I made my way to the exit I listened, and at the back I turned and sat down and listened in awe. He was a top New York Lawyer also with a PhD on African politics. I'm sure South Africa one day will have a full cabinet of educated professional politicians who would impress me as much as that forward-thinking gentleman did with his analysis of the

challenges facing South Africa. I subsequently found him in the evening reception and raised a glass to him. He knew his subject."

Non-discrimination and eradication of prejudice is founded on the belief that we are all equal. The American Declaration of Independence in 1797 asserted that: 'We hold these truths to be self-evident, that all men are equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.' But it took a further 167 years to enact the equality from the Emancipation Proclamation by President Abraham Lincoln in 1865 to the Civil Rights Act outlawing discrimination based on race, colour, religion, sex or national origin signed by President Lyndon Johnson in July 1964.

History shows that people are decidedly unequal. Christianity argues that every person has a divinely created soul, and that all souls are equal before God. Evolution theory however states that only the strongest have survived, and not because they were equal. My prejudices are deeply held, and I continue to struggle with them. Above all, I dislike bullies and ill-informed prejudiced and corrupt people, and many third world countries governments are made up of their fair share. I guess all that's prejudice in itself.

Intelligence, ability and personality, are the main forms of more subtle discrimination. They are still used in the recruitment of employees. An intelligent pimp or ex-convict might pass an IQ test, but dispersions may be cast on his personality and lack of empathy as being unsuitable for a socially oriented job. If you are about to be operated on by a brain surgeon, you are probably far more concerned about his skills and ability and knowledge of his subject, than you would be his looks and personality. Merchant bankers may sometimes be combative, forceful analytical types, but they are invariably intelligent. People of low intelligence will not become university professors irrespective of their personality traits. The auditing profession and small book-keeping firms full of drab people transformed themselves into global professional services business, by recruiting the best and intelligent graduates and empowering them to change their profession's image and range of services. I invite you to engage in a similar transformation process on your own psych during this journey of self-discovery and betterment.

In many jobs, where qualifications and ability and knowledge are tested or assumed, it is a person's personality which comes to the fore and makes him or her unique. Certain job profiles demand certain personality types. Introverts rarely make the best salesmen. I personally have always relied

on my sense of humour and wit, to stamp my mark on many situations in life. A subtle understanding of one's personality strengths and their application without self-righteousness is a virtue which can help in an individual's development

In fact, I consider the concept of personality manipulation and training and maximization as one of key importance in going beyond the ego and achieving personal development. A section in Part Four is dedicated to it, culminating in the essence of spirituality.

I tend to the bias that low levels of intelligence are prone to certain less attractive personality types. Creative and perceptive people are usually intelligent. Dutiful and passive types generally speaking are not the most intelligent, nor appealing. But maybe not always the case. Who would marry someone based on wealth or intelligence without due consideration of personality and behaviour. It's very common for twins to have similar intelligence levels but very different personalities. The traditional view in psychology is that there is no meaningful relationship between personality and intelligence. Intelligence is considered a cognitive process, while personality is considered non-cognitive, implying that there is a great distinction between personality and intelligence. However, other psychologists argue that the distinction between cognitive and non-cognitive is vague because almost all personality traits have cognitive attributes, although they are more obvious in some traits than in others. For example, neuroticism is a personality trait, but is also related to rumination and compulsive thinking about possible threats, while agreeableness is associated with understanding and considering the mental state of others. I certainly find it difficult to have empathy for a raging aggressive football thug, brandishing himself as at best tribal and at worst just thick. Religions can also have some effects on the interaction between intelligence and personality. The image, caricature or perceived personality of an intelligent, reflective, Buddhist monk meditating, is very different to that of perhaps a mentally deranged Islamic fundamentalist driving down a street killing innocent by-standers.

Nevertheless, irrespective of intelligence, the tools for self-assessment and personal development programmes, referenced in Part Four of this book, are equally applicable to everyone, from an enraged drunken football thug to a disciplined and calm high court judge. Winning a football match or judging a court case properly will not bring lasting happiness in itself. Personal happiness is inextricably linked to having good personal

relationships and working on your personality is fundamental to achieving the best in personal relationships. If you like Piña Coladas, and if you were prejudiced and didn't always see the best in the personality and attributes of someone close to you, maybe you should take a leaf out of Rupert Holmes' book ["Escape"- Rupert Holmes]



**"ESCAPE"
(RUPERT HOLMES)**

<https://www.youtube.com/watch?v=UsJgMvMLpz0>

*"If you like Pina Coladas, and getting caught in the rain
If you're not into yoga, if you have half a brain
If you like making love at midnight, in the dunes of the cape
I'm the love that you've looked for, write to me, and escape"*

And never forget some of the world's best music was born out of prejudice and discrimination. The "Blues", this being just once example to listen to and escape until the "Thrill has Gone". ["The Thrill has Gone"- BB King]; ["Yer Blues" - Dirty Mac].



**"THE THRILL IS GONE"
(BB KING \ ERIC CLAPTON)**

<https://www.youtube.com/watch?v=HzTIB-TjAzM>

*"The thrill is gone
It's gone away from me
The thrill is gone baby
The thrill is gone away from me
Although, I'll still live on
But so lonely I'll be"*

longing to continue the relationship", which is perhaps a twisted but actual experience of true love.

The rewards for loving a child are always reciprocated. "My dad is my best friend, my father, and my boss. When I do something that is exciting and he likes it, it feels three times as good as you can imagine."

*"If you want to change the world, go home and love your family."
- Mother Teresa*

Marriages are no less important but come with an undoubted level of conditionality. Josh McDowell the Christian evangelist stated that "The greatest thing a father can do for his children is to love their mother." At the end of the day the value of marriage is not that adults produce children but that children produce adults. The breakdowns of my marriages were painful, but in each case, I was blessed to have retained my daughters' love and importantly they also chose to continue to reside with me. I became a single parent to my blood daughter in 1991 when marriage Number One faltered, and never looked back; and *belatedly* a close and caring father and companion to my stepdaughter, after break-up Number Two. When she elected to come to Spain with me to live in 2014, I told myself that I'd lost a house but gained a daughter. She had had no contact with her blood father for so many years and needed a father figure in her life. It may be hard on some fathers not to have a daughter, but it is much harder on a young girl not to have a father. So where does the treadmill of life lead us? The Buddha's vision says: "In the end only three things matter: How much you loved; How gently you lived; and How gracefully you let go of the things not meant for you."

Never let go of your Children. They are everything in our lives. Without them there is no future. My daughters are the future of my world, even though I can't live their lives for them. I can't overstate it or repeat it enough. Sometimes parenthood requires making lifelong sacrifices, or even sacrificing one's own life in extreme circumstances. 'Women and Children first' was a resounding message of Victorian culture as the Titanic faltered.

Sacrifice is one of the most interesting and trying aspects of human life which manifests itself in acts of love. Parents sacrifice for their children; teachers make sacrifices for their students and good souls make all sorts of sacrifices in the interest of peace prevailing in society. Every sacrifice is important, but the highest sacrifice is the sacrifice you make for your dearest loved ones- your child, wife and family, and for some- your God.

These come before your community, political allegiances, employer or country. Many religions teach us to subjugate all of our loves before the love for a creator. I would add 'children' to that, in our earthly world. I was bestowed with two beautiful daughters who give me hope for the future. Walking the path of true devotion and passion for what's right, will help us all find the light in our hearts that binds us all. If you do nothing else in life-honour Sacred Cow Three, love and honour your children, the reward is Godly, because no loving God would surely disagree with that gift of love and dedication. God created the world in six days and tells us all to rest on the Sabbath. It takes nine months to create arguably the greatest miracle we will ever witness and be fully part of in this world. A life-long dedication is a minimum requirement.

I am no accomplished karaoke singer, but to the annoyance of some long suffering locals and tourists alike, in Spain when the red wine takes over, I always sing my dedication to my daughters with great emphasis on its lyrics, and sometimes get tearful applause from ladies who relate to a genuine demeanor, and cries for "get off" or "close the curtain" from others who rightly judge my voice for what it is. ["Have I told you Lately"- Rod Stewart]



**"HAVE I TOLD YOU LATELY"
(ROD STEWART)**

<https://www.youtube.com/watch?v=AQ4NAZPi2js>

*"Have I told you lately that I love you?
Have I told you there's no one else above you?
Fill my heart with gladness, take away all my sadness
Ease my troubles, that's what you do."*

While I am not thankfully alone in enjoying a Father's love for his children, a 'Cop-Out' for me is any excuse as mitigating circumstance for not being the very best of husbands to my second wife, Demi, who truly loved and doted on me. ["Demi's Diaries 2002-2011"]. As stated, I have finally sung her praises and accepted my faults. She was not perfect in many ways but it gave me great comfort to tell her that I still love her and respect her on her visit to Spain in 2018.



**"DEMI'S DIARIES"
(UK-2002)- post marriage**

"I am learning to be stronger and stronger. Love doesn't seem anything to him. He seems to blame me for everything wrong in his life- debt, house, job, ex-wife, drinking. I can understand when he gets depressed. When I get depressed, I need someone to talk with, not blame. He puts me down and looks down on me. He never thinks about me. He was travelling everywhere America, Caribbean, Asia. But when he came home the first thing, he would do was go to the pub. It upsets me so much...because I love him. It's painful. When he is sober, he tells me he will take care of me, look after me for the rest of his life, and that he loves me always. He was a man with a caring and loving personality, a gentleman of my dreams, but that man is there no more."

(UK-2011)- pre-separation

"I never had a big dream, but even then I couldn't make my dream come true. You make me feel unsafe, unprotected, and I have no shoulder to cry on. I forgave you, I must have owed you from a past life. I always wish you the best and success. I can tell you that you will never find anyone who would put up with you like I did. I do care and worry about you. If I die before you, please take care of Cindy for me. I don't have any regret in my life. I have nothing to look forward to anymore. I was born with nothing and when I die I will not take anything with me, Demi. "

Potent words which still haunt me. This was the lady who left her own daughter to come care for mine in England when my daughter's own mother would not. Rather than respond to her pain in a conciliatory way, I counter argued how things were going to be fine. They were not, and the resultant separation has saddened me ever since, and will do until and unless I find my new inner calling heals it or deals with it. That means reconciliation, or acceptance (with forgiveness) and moving on. My meeting with her in August 2018 went a long way to finding closure. But the outcome is still in abeyance and the jury will be out until the writing of this book with all its

personal findings are complete. Since Love in all its forms remains a key Sacred Cow for me, I could not find the route to my own transformation until all aspects of Love past and present in my life were addressed. The seven true loves of my life are the subject of an anecdote over the page. Like myself, you have to be probing, honest and convinced in the selection of your own Sacred Cows (but you don't have to make them as public as I am).

My second and late-night attempt at a karaoke finale, therefore, in the wilderness of Spain, with throat cleared, is always, and sometimes to heartfelt applause. ["Always on my Mind"- Elvis]



**"ALWAYS ON MY MIND"
(ELVIS PRESLEY)**

<https://www.youtube.com/watch?v=u9sRJ-eOHnc>

*"I guess I never told you
I'm so happy that you're mine
If I make you feel second best
Girl, I'm so sorry I was blind
You were always on my mind."*

There can be no escaping the fact that most of us regret at least one lost love in our lives. The loss of my second wife, a very different wife to my first, saddens me to this day. ["Still Got the Blues for You"- Gary Moore].

"You cannot have a better past, so abandon that idea right now. You did what you knew how to do, given the circumstances of your life. Instead of indulging in regrets, let your thoughts remain on love, and let your actions stem from that love." – Dr Wayne Dyer



**"STILL GOT THE BLUES FOR YOU."
(GARY MOORE)**

https://www.youtube.com/watch?v=4O_YMLDvvnw

*"So many years since I've seen your face
Here in my heart, there's an empty space
Where you used to be."*

But, as we all have, I have had several loves and lost loves. Corinthians 13, speaks of the 'Way of Love.'

"If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing." – Corinthians 13

The next Anecdote is a Personal Tribute to a few real Loves of my Life. ["Tribute- 8 Loves and lessons of my Life"- Spain 2018]- made as a tribute to the selection of 'Love' as my Sacred Cow Number Three.



**"TRIBUTE- 8 LOVES & LESSONS OF MY LIFE"
(SPAIN - 2018)**

**"IT'S NOT HOW MUCH YOU LOST IN LIFE- IT'S HOW MUCH
YOU LOVED"**

"I have had an extraordinary life. I was blessed with a loving family, and happy childhood. I have travelled the world. I have witnessed wealth and poverty, love and abuse, arrogance and humility. But nothing has touched me more than the true loves of my life.

I was born to and was most influenced by one of the greatest loves of my life, my mother. I worshipped her. Later loves were to be my daughters and partners and lovers. I had a mother, two sisters, two wives, two daughters... is there a theme developing here? Women have influenced my life profoundly. There are a few who require special note. They numbered eight.

In the Bible 8 represents a new beginning, meaning a new order or creation, and man's true 'born again' event when he is resurrected from the dead into eternal life. Some of the other traits of the 8, according to Google are drive, ambition, authority, efficiency,

organization, management, discipline and control. Doesn't sound very much like "me".

The number 8 to which I prefer to relate, is the concept of Karma – the "Universal Spiritual Law of Cause and Effect", which represents the energy of thoughtfulness, kindness and graciousness which are considered to be "good karma". "As you give so you shall receive", or "you reap what you sow", a teaching common to most Religions in the world. The ladies in my life I have given to and received from in abundance.

- Mom- She Gave me Life itself, she taught me how to love, and I loved her deeply. I believe in love at first sight, because the first time I ever opened my eyes, there she was.
- Rosita- Destiny in South America took us down different paths, but the passion never died, naughty but wow.
- Carolina- A Dream that came true; a beautiful Peruvian Princess, but did it, was she? "What's not born cannot grow". Not a wife, but a tumultuous relationship that ended gratefully with mutual respect, and she Gave me the Greatest Gift of my Life – my daughter Jamie; and entrusted me with her future.
- Jamie- "Sin Palabras"; The Universe knows She is my Life, foundation of my Soul, my Purpose, my Meaning and the legacy of my Being. God you sent me her, knowing I would love her.
- Demi- The true love of my life I met in Singapore; she is the lady who truly Loved Me, whose love I lost because I was blind, and didn't honour her in the way I should have. Never give up on someone you can't go a day without thinking about. If you don't fight for what you want, don't cry for what you lost.
- Cindy- A stepdaughter whom I neglected in formative years, who eventually became my daughter and close companion, only when I lost my way in life. "Lost my house but Gained a Daughter." Couldn't be a better story.
- Peace- The best thing that happened to me while in Nigeria, a truly kind and loving human being and still waits for me. Although I helped her, she deserves better, and one day she will find someone Godly and good like herself.
- Joanne- The Most Difficult and Complex and Emotionally Challenged lady I have ever met. A Malaysian of Indian ethnicity, with an impenetrable shell. An ex-orphan, raped at sixteen, manic depressive, bi-sexual, suicidal but strong lady, whom I helped with thousands of dollars. She thought I did that somehow in a selfish way, and I could not win her heart nor true affection. We psychologically abused each other, she tirelessly tried to stem my drinking, and I 'kind of' loved her, as I hoped she did me, but never told me so. "



**"THE HOPE THAT I HAVE"
(DR TANYA MALPASS – UK 2019)**

"Written by an author who [nearly] conquered terminal illness, this is no run of the mill hope, it is infectious"- Amazon.



opportunity to discover your own Personality Traits in detail in Part Four (Sections 14), and with the help of the Enneagram¹ Test, draw conclusions about the areas that need work- in both minimizing the unhealthy tendencies and maximizing the healthy tendencies in your own character and personality make-up. Hand in hand with this will be the 'Sacred Cows' which you select as your prime drivers and areas for focus in the change you seek. It's important that you select Sacred Cows at this stage before any further in-depth analysis. General reflexion is important, and your key subconscious 'prime-movers' will invariably come out in their selection. You need to know what your true values are, and how they may require change in your thoughts and actions before you can dig deeper into your personality and study how that might be adapted to suit.

"When changing your values to match your genuine character, you generate the positive energy required to attract people and a way of life that matches your true vibration, and a life of peace and serenity will become possible."

- Sherry Gaba

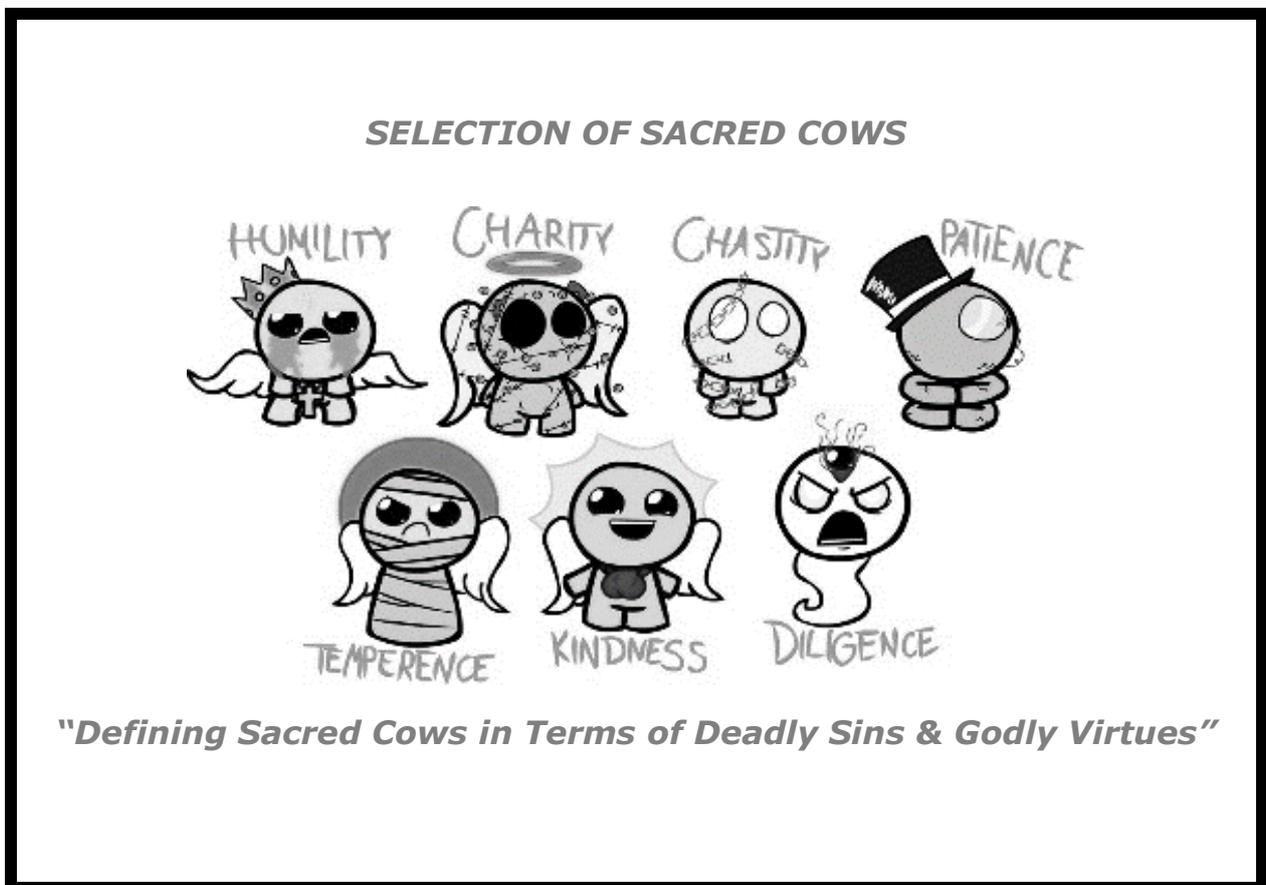
To select your own Sacred Cows, you should write down your key relevant life experiences, summarize where you are now, and consider what your priorities are. Then get a blank sheet of paper and write down as many 'values' as you can that you consider vitally important to achieve these priorities. If this turns into a 'wish-list' you should select four which stand out as the highest level of your personal values, particularly those where there is still some definite work to be done in achieving them. I think each one of us - whether theist, agnostic, or atheist - needs access to whatever it is, in one's heart of hearts, that feels most precious and most worthy of protection. Opening to what's sacred to you contains an implicit stand that there really are things that stand apart in their significance to you. Sacred Cows very much define you and the route to your future happiness.

"Achievement of your happiness is the only moral purpose of your life, and that happiness, not pain or mindless self-indulgence, is the proof of your moral integrity, since it is the proof and the result of your loyalty to the achievement of your values". - Ayn Rand

I suggest you select your Sacred Cows with a balance of intent fighting against the negative and moving toward the positive in mind. I list some 'Deadly sins' & their 'Negative anchors' and some 'Godly virtues' which lead to 'Positive action'. It is hoped the lists trigger your imagination in your quest to unearth your own areas for the need for self-help. ["Selection of Sacred Cows"- Deadly Sins & Negative Anchors and Godly Virtues & Positive Action]

In this clearing, there are many ways to identify what is sacred for you. Maybe you already know. You can gaze at the list below to start with. But you could also find a place or time that is particularly peaceful or meaningful - perhaps alone on a mountain or out at sea, or curled up with whisky in a favorite chair, or in a church or temple or on the golf course - and softly raise questions in your mind like these: What's sacred? What inspires awe? A feeling of protection? Reverence? A sense of something spiritual? Make it concrete: what would a conversation be like, or what would your day be like, if you did it with a sense of something that's sacred to you? Take a look at your life, and I'd be surprised if it isn't mostly about love. ["Old Man", Neil Young]

My own prime movers ('Faith, Tolerance, Love and Hope') were selected mainly to extenuate my positives, but they were also designed to curb or at least not exacerbate some of my bad tendencies such as concentrating on helping other people before my family and being prejudiced against people I consider dull and ignorant. Ultimately, 'Love' is about creating and giving, and it became my Priority Sacred Cow after the analysis.





**" OLD MAN"
(NEIL YOUNG)**

https://www.youtube.com/watch?v=An2a1_Do_fc

*"Old man look at my life,
Twenty four
and there's so much more
Live alone in a paradise
That makes me think of two."*



"DEADLY SINS & NEGATIVE ANCHORS"

- sloth, gluttony, neglect, addiction & self-indulgence
- lust, sexual misconduct or abuse & jealousy
- greed, narcissism, bullying & corruption
- pride, prejudice, & un-principled eccentricity
- sorrow, depression, regrets & masochism
- wrath, anger, revenge, bad behaviour & combative hostility



"GODLY VIRTUES & POSITIVE ACTION"

- faithfulness, honesty & loyalty

- *temperance, abstinence & principled control*
- *charity, generosity, giving & self-sacrifice*
- *diligence, hard work, dependability, accomplishment & effort*
 - *patience, tolerance, care & respect*
 - *kindness & love*
- *humour, humility & self-depreciation*
 - *faith & spirituality*
- *hope, tenacity & perseverance*



Your Sacred Cows

Select you Four Sacred Cows

Authenticity	Abundance	Accuracy	Adoration	Affluence	Amazement	Approachability	Assertiveness	Availability
Addiction	Acceptance	Achievement	Adroitness	Aggressiveness	Ambition	Approval	Assurance	Awareness
Anger	Accessibility	Acknowledgement	Advancement	Agility	Amusement	Art	Attentiveness	Awe
Abstinence	Accomplishment	Activeness	Adventure	Alertness	Anticipation	Articulacy	Attractiveness	Authority
Arrogance	Accountability	Adaptability	Affection	Altruism	Appreciation	Artistry	Audacity	Autonomy
Adultery	Accusational	Anxiety	Argumentative	Ashamedness	Affraidness	Acknowledgment	Abuse	Areshole
Balance	Boldness	Belonging	Bullying	Bravery	Buoyancy	Benevolence	Boldness	Brilliance
Beauty	Being the best	Bullying	Beligerance	Babbling	Bitterness	Back-stabbing	Blasphemous	Boasting
Creativity	Commitment	Carefulness	Cheerfulness	Community	Confidence	Continuity	Cordiality	Credibility
Credibility	Consistency	Celebrity	Clarity	Compassion	Conformity	Contribution	Correctness	Cunning
Citizenship	Creativity	Certainty	Cleanliness	Competence	Congruency	Control	Country	Curiosity
Community	Calmness	Challenge	Clear-mindedness	Competition	Connection	Conviction	Courage	Clear-mindedness
Competency	Camaraderie	Change	Cleverness	Completion	Consciousness	Conviviality	Courtesy	Cleverness
Conviction	Candor	Charity	Closeness	Composure	Conservation	Coolness	Craftiness	Closeness
Conviviality	Capability	Charm	Comfort	Concentration	Contentment	Cooperation	Courtesy	Comfort
Coolness	Care	Chastity	Conservation	Cooperation	Cunning	Consciousness	Craftiness	Commitment
Composure	Compassion	Concentration	Consistency	Cordiality	Competition	Conformity	Continuity	Country
Connection	Competence	Confidence	Contentment	Correctness	Completion	Congruency	Contribution	Courage
Complaining	Conceit	Condemning	Contempt	Covetousness	Classism	Cowardness	Control-freak	Cuteness
Corruption	Contentiousness	Complaisance	Craftiness	Deceit	Disobedience	Desire	Denial	Dodginess
Determination	Daring	Delight	Devotion	Direction	Diversity	Drive	Discovery	Dignity
Dependability	Decisiveness	Dependability	Devoutness	Directness	Dominance	Duty	Discretion	Diligence
Desire	Decorum	Depth	Dexterity	Discipline	Dreaming	Doubting	Determination	Deference
Experience	Exhilaration	Euphoria	Enthusiasm	Energy	Empathy	Efficiency	Ecstasy	Eagerness
Expertise	Expectancy	Excellence	Environmentalism	Enjoyment	Encouragement	Elation	Education	Ease
Exploration	Expediency	Excitement	Ethics	Entertainment	Endurance	Elegance	Effectiveness	Economy
Expressiveness	Extroversion	Efficacy	Eating Disorder	Enticing	Extortion	Evil	Extravagance	Exuberance
Environmentalism	Education	Fitness	Faithfulness	Fearlessness	Financial independence	Friendliness	Fluency	Fairness
Fun	Freedom	Fascination	Flow	Ferocity	Firmness	Friendship	Focus	Faith
Frankness	Flexibility	Fashion	Fierceness	Fidelity	Fitness	Frugality	Fortitude	Fame
Family	Fearing	Foresaking	Falsehood	Fancifulness	Fault	Foolishness	Forebidding	Fornication
Fraud	False Witness	Generosity	Giving	Gratitude	Growth	Grace	Gregariousness	Guidance
Gentility	Gallantry	Greed	Getting Drunk	Gambling	Gluttony	Growth	Gloating	Good humour
Happiness	Honesty	Humour	Health	Homophobia	Helpfulness	Heroism	Holiness	Honour
Hope	Hospitality	Humility	Hygiene	Heart hardened	Hypocrisy	Harmony	Hinderance	Hate

Imagination	Intuition	Intimacy	Integrity	Industry	Insightfulness	Individuality	Inquisitiveness	Involvement
Impact	Intuitiveness	Intrepidness	Intellect	Influence	Inspiration	Investing	Introversion	Intensity
Impartiality	Inventiveness	Introspection	Intelligence	Ingenuity	Independence	Incredibility	Injustice	Incredulity
Illicit	Ill-judgment	Illness	Idiocy	Ignorance	Incompetence	Ineptitude	Inconsistency	Isolation
Imagination	Impudent	Impotence	Judiciousness	Joy	Judiciousness	Judgemental	Jealous	Judicious
Keeness	Kindness	Knowledge	Killing	Leadership	Liberation	Lightness	Logic	Love
Lenacy	Loathing	Liar	Lustfull	Learning	Liberty	Liveliness	Longevity	Loyalty
Lukewarm	Loose Cannon	Loose Tempered	Majesty	Mastery	Meekness	Mindfulness	Motivation	Madness
Mocking	Mischief	Mysteriousness	Making difference	Maturity	Mellowness	Modesty	Mildness	Moroseness
Malice	Murmuring	Meticulousness	Marriage	Meaning	Nature	Neatness	Nurture	Nerve
Nonconformity	Non-believer	Not-righteous	Narcissism	Negativity	Non-tolerant	Optimism	Open-minded	Outrageousness
Obedience	Openness	Order	Originality	Outlandishness	Obese	Optimism	Organization	Outdoors
Obstinance	Presence	Partnership	Perceptiveness	Persistence	Playfulness	Positivity	Practicality	Proactivity
Prudence	Pride	Pererverance	Perfection	Persuasiveness	Pleasantness	Popularity	Pragmatism	Professionalism
Punctuality	Privacy	Passion	Perkiness	Philanthropy	Pleasure	Potency	Precision	Prosperity
Patriotism	Purity	Peace	Perseverance	Piety	Poise	Power	Preparedness	Pious
Preaching	Prejudice	Perversion	Provocative	Resilience	Restraint	Reflection	Religiousness	Reason
Reliability	Rationality	Recognition	Respect	Resolution	Reverence	Relaxation	Reputation	Reasonableness
Relief	Realism	Recreation	Responsibility	Resolve	Richness	Refinement	Racism	Rigor
Righteousness	Resourcefulness	Rebellious	Racism	Rewarding	Reject	Regretting	Resist	Riot
Rich	Solidarity	Sacredness	Self-control	Sex Misconduct	Spontaneity	Structure	Sensuality	Silliness
Surprise	Solitude	Sacrifice	Selflessness	Sharing	Spunk	Success	Serenity	Simplicity
Sympathy	Sophistication	Scornfulness	Self-reliance	Shrewdness	Stability	Support	Spirit adventure	Sincerity
Synergy	Soundness	Saintliness	Self-respect	Significance	Status	Supremacy	Sexism	Skillfulness
Satisfaction	Speed	Serving to others	Sensitivity	Silence	Stealth	Spirituality	Strength	Stillness
Science	Spirit	Security	Silliness	Sloth	Sorceries	Speaking harshly	Stubborn	Sorrow
Studios	Self-serving	Selfish	Selflessness	Self-willed	Smoking	Scoffer	Salvation	Slanderous
Teaching	Thankfulness	Thrift	Traditionalism	Trust	Tyrant	Talent	Title	Tolerance
Teamwork	Thoroughness	Tidiness	Tranquility	Trustworthiness	Tardiness	Tempation	Torturous	Tittilating
Temperance	Thoughtfulness	Timeliness	Transcendence	Truth	Un-righteous	Ungrateful	Unfaithful	Un-merciful
Usefulness	Understanding	Uniqueness	Unkindness	Unthankful	Unloving	Unflappable	Unity	Uncouth
Utility	Unworthiness	Variety	Victory	Vigor	Virtue	Vision	Vitality	Vivacity
Volunteering	Vanity	Vilify	Voluminous	Valor	Warmth	Watchfulness	Wealth	Willfulness
Willingness	Winning	Wisdom	Wittiness	Wonder	Worthiness	Warmheartedness	Wickedness	Witchcraft
Work ethic	Youthfulness	Youthism	Zeal	Xenophobia				

The Sacred Cows which you have selected ["My Sacred Cows"] will have emerged from accepting 'Where you are at', that honest statement you should have written for yourself first. Where I was in 2016 was- "I was personally lost, with a loss in faith in just about anything except my daughters, and my next drink. I was highly judgemental and intolerant of 'dim' people with their seemingly meaningless lives and mindless priorities. What was the purpose in being caring and loving to these dim-wits in a hopeless spiral toward the 'eternity of death'. My belief was that the world is a fundamentally brutal place where only the strong and ruthless survive and people are powerless to change their fates or personal situations"- Rather toxic. But there were signs of my Sacred Cows amidst this negativity. I couldn't help getting on with people, and seemingly earn their respect, despite my obvious shortcomings.

You may set an entirely different set of criteria in selection of your Sacred Cows from mine:

Perhaps, for example, you decide controlling your *Addiction* is a priority for you requiring *Temperance*, and then you will seek to be *Kind* to your spouse in everything you do in future, *regretting* your past failings, and swearing to yourself that you will be *Faithful* and abstain from *Sexual Misconduct* in future to define the new you, a man of newfound *Humility*.

Or perhaps your *raison d'être* is one of accepting that you are sometimes prone to *Narcissism* and *Bullying* at work, and you need to question your *Self-indulgence* and unfounded *Pride* in yourself and focus on being more *Charitable* to others.

Or maybe you simply conclude that you need to *Work Harder* and play harder, and swap *Sloth* and *Neglect* of yourself and personal *Negativity* for a new era of concerted *Effort*, while ensuring you have fun in the process and maintain *Humour*.

In the search for such inner-feelings and characterisations of who we perceive ourselves to be, who we actually are, and who we might seek to become - are the building blocks to the setting of the right Sacred Cows for individuals. Only thereafter can more insight be channelled into 'Going beyond the Ego' and searching for the elusive 'Inner-Calling' that becomes one's true *Destiny*. Don't be cynical about setting Sacred Cows, embrace the concept, otherwise the *Analysis* will be meaningless.

"Sacred Cows tend to make the best hamburgers."— Mark Twain

Lessons Learned



SECTION 2- LESSONS LEARNED "Identifying What's Sacred to You"

1. KEY MESSAGE: "Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian. You are responsible for your life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on. Now is the time to start the process."
2. 'What should I do with my life' cannot be answered by books, or intellectual study alone. It comes down to knowing, with precision, what is valued most by oneself as an individual, and what needs to be done to leave the legacy to which one aspires. The route to self-knowledge starts with the selection of Sacred Cows ["Sacred Cows"]. They are not the panacea to success; they are the building blocks to self-awareness and acceptance of areas of need for change. Knowing our problems and short-comings and what holds us back is a prerequisite to putting change in place.
3. We have all been guilty of prejudice in our lives at some time, if not involved in the follow through of discrimination in our actions ["ANC Lawyer"]. Prejudice, discrimination and bullying often go hand-in-hand, and not in a good way, and can cause harm. ["Madam HR Prejudice"] It is never too late to give up our prejudices. Think before you speak and act in your relations with others.
4. Love is the mother of existence and most natural quality of humankind especially the absolute love of children and family and close friends. They should be cherished ["Tributes to 8 Loves"]. The need to make sacrifices where necessary as a priority is the manifestation and proof of existence of this love in most people. If you want to change the world, go home and love your family.
5. Hope is the humble and most enduring emotion. It is never too late to achieve one's dreams. It's simple. 'To love means loving the un-

loveable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless'.

6. *Define Sacred Cows and base their selection in terms of the Godly virtues and deadly sins you seek to emulate or enhance or seek to stamp out or minimise. ["Selection of Sacred Cows"]*
7. *In the selection of Sacred Cows ["Selection of Sacred Cows"] individuals must search their inner-feelings and characterisations of who they perceive themselves to be, who they actually are, and who they might seek to become. These are the building blocks which will lead to more insight, challenging and 'Going beyond the Ego' and searching for the elusive 'Inner-Calling' that becomes one's true Destiny. Don't be cynical about setting Sacred Cows.*

MISSION STATEMENT- "I will always dream and shoot higher than I know I can do. I do not bother just to be better than my contemporaries or predecessors. I compete only with myself and try to be better than the often- flawed side of my personality. In the search for my inner-feelings and characterisations of whom I perceive myself to be, I will focus on who I actually am, and who I seek to become. In so doing, and being honest with myself, I will set the right Sacred Cows as the foundation blocks for my self-determination and change programme."

Part Two

The Global Problem

"POWER – POLITICS – CORRUPTION"



"We have a circle of corruption and impunity that is too strong."

- *Josefina Vazquez Mota*

3

Perversions of Power

GLOBAL PERVERSIONS- ECONOMIC, POLITICAL OR SEXUAL ARE driven by the misuse of power or the search for power, the need for it, or the effects of it. Maybe in the Third World discontent is fomented not merely by poverty, disease, corruption and political oppression, but they remain the major factors. Equally, given the proven human propensity for misusing power, it seems naïve to believe that the more clout people in power have, the happier they will be. Dominant menfolk over the years die sooner or later in murder/assassination, or violent conflict over land, women, prestige and power.

"You don't necessarily need atomic bombs to destroy a nation. Politicians who value their pockets more than the life of citizens always do that every day."— Israelmore Ayivor.

Some leaders may be classed as just annoying narcissists. But even productive narcissists are often dangerous as they are divorced from the consequences of their judgements and actions, whenever these do not affect them directly. They will strive at any cost to avoid painful realisations of failure that could tarnish their own image and will only listen to information they seek to hear, failing to learn from others. Popular portrayals of corporate figures as 'psychopaths' who unscrupulously and skilfully manoeuvre their way to the highest rungs of the social ladder are presented as fundamentally different from the rest of humanity. However, this is a misconception obscuring the pervasiveness of narcissism and mechanisms that enable it, (See Section 8).

I have had more experience of, and exposure to leaders in my career than I have philosophy, a newly acquired hobby. In stark contrast the Philosopher Aristotle 's Politics was one of the most influential and enduring texts of political philosophy in all of history, so I read. When he speaks we all listen? Rather like Queen Elizabeth II's address to the Nation in April 2020 during the Pandemic, quite profound. Aristotle's politics began with his study and comparison of a household and state. He used observation, his scientific tool and examined how household, communities, states and other associations of humans come to being. Then he moved on taking into consideration different subjects like function of a state, slavery, women's

role in nature, art of getting wealth. Then, in his third Book he started addressing the forms of Government.

His first question was: what is a constitution? For Aristotle, a constitution or government is the arrangement of powers in a state. Looking at the structure of a household and state, we can assume that man is a political animal for Aristotle and man, by nature, depends on other men. Men require help from each other which is why they desire to live together. Aristotle said, "Men cling to life even in the midst of misfortune, seeming to find in it a natural sweetness and happiness." The important point that Aristotle raises here is that the mutual or 'Common Interest' of men is what brings them together. So, one of the purposes of a state is to work as a body that respects the common interests of the citizens that reside there. Hence, it can be said that common interest is what brings people together to help each other.

He believed that the function of a state is to ensure supreme good of people, in the moral and intellectual sense. Happiness comes from virtue and it is the ultimate goal of mankind. State is the agency that helps men to achieve their ultimate goal. Where did it all go wrong? If the master manipulates the power he is entitled to, for his own interest and not the common interest of the two then his constitution is perverted, rightly noted by Aristotle.

'The [Pandemic] Greater Financial Crisis will bring to the surface pent-up financial and geopolitical dysfunctions and many national economies will suffer as a result, and their political sovereignties themselves may falter.' - M. Nicolas Firzli, director of the World Pensions Council (WPC).

In our 'Post-Pandemic World' the hope is that we all at last re-discover Aristotle's 'Common Interest'. The danger is we slip into our old ways of greed and selfishness, exacerbated by more wealth inequality across nations and across the world and more political and social disruption in Third World and impoverished countries.

To achieve progress in the search for 'Common Interest' World Leaders need to sponsor and lead the change. So many of us have difficulty deciphering the appeal of aberrant public figures. President Donald Trump is only the tip of a sinister, rapidly growing iceberg, one to which we ourselves unwittingly contribute on a daily basis. Changes in Political

leadership may ensue across the Nations of the world. But leaders will not relinquish power without a struggle.

The benefits of Globalisation are under threat as Nations put themselves first. The Destiny of Donald Trump, the outcome of the November 2020 US elections, and Trump's political future were all unknown at the time of writing this Book in the Spring of 2020. What is sure is when Trump became president, much of the country was repelled by what they saw as the vulgar spectacle of his ascent, a perversion of the highest office in the land. In his bold, innovative book, 'Political Perversion', rhetorician Joshua Gunn argued that this "mean-spirited turn" in American politics (of which Trump is the paragon) is best understood as a structural perversion in 'Common Culture', on a continuum with infantile and "gotcha" forms of entertainment meant to engender provocation and sadistic enjoyment.

As half the Countries in the World are asking the IMF for help in the wake of the Pandemic- Economic policy will change. The journey of Change in Global Politics and rhetoric and eradication of past Perversions will be a long one. Time will tell.

"I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not yet ended."– Nelson Mandela, Long Walk To Freedom.



**"BACK TO BLACK"
(AMY WINEHOUSE)**

<https://www.youtube.com/watch?v=TJAfLE39ZZ8>

*"You went back to what you knew
So far removed from all that we went through
And I tread a troubled track
My odds are stacked
I'll go back to black."*

Political Perversions

Political corruption is the use of powers by government officials for illegitimate private gain. An illegal act by an officeholder constitutes political corruption only if the act is directly related to their official duties, is done under colour of law or involves trading in influence.

Abuse of power, in the form of "malfeasance in office" or "official misconduct," is the commission of an unlawful act, done in an official capacity, which affects the performance of official duties. Malfeasance in office is often grounds for a for cause removal of an elected official by statute or recall election.

Forms of corruption vary, but include bribery, extortion, cronyism, nepotism, parochialism, patronage, influence peddling, graft, and embezzlement. Corruption may facilitate criminal enterprise such as drug trafficking, money laundering, and human trafficking, though is not restricted to these activities. Misuse of government power for other purposes, such as repression of political opponents and general police brutality, is also considered political corruption.

If the highest echelons of Governments also take advantage from corruption or embezzlement from the state's Treasury, it is sometimes referred with the neologism kleptocracy- 'being ruled by thieves'. Members of a Government can take advantage of the natural resources (e.g., diamonds and oil in a few prominent cases) or state-owned productive industries. A number of corrupt Governments have enriched themselves via foreign aid. Indeed, there is a positive correlation between aid flows and high levels of corruption within recipient countries. I personally used to witness Oil Bunkering from Nigeria on such a grand scale that it was reported that up to 45% of recovered oil was stolen as common theft by organised gangs and corrupt officials. Bad enough in itself, but it also led to lower added-value, and a lower level of oil refinery in the country, since refined oil is better accounted for and harder to steal. Hundreds of sacks grain from US Aid offloaded in the South American Port where I worked, destined for Bolivia never made it. But you could buy them at sensible prices in the local street food markets in the village of Mollendo. And so the stories go on...

A corrupt dictatorship typically results in many years of general hardship and suffering for the vast majority of citizens as civil society and the rule

of law disintegrate. In addition, corrupt dictators routinely ignore economic and social problems in their quest to amass ever more wealth and power.

Abusive power and control or controlling behaviour and coercive control is the way that an abusive person gains and maintains power and control over another person, as a victim, in order to subject that person to psychological, physical, or financial abuse.

And it's not just limited to Politics and the Economy when it comes to perversions. Analysis of sexual deviance in study of Perversion, Power, and Social Control would seem relevant. The power that controls sexuality does not primarily work through prohibition, law, or taboo, thereby establishing the boundaries of the permissible. Sex and the Ego are discussed further in Part Three (see Section 10).

I have experienced my fair share of examples of Political, Economic and Sexual Perversions and Corruption on my international travels. Not least in Latin America, the Middle East, West Africa, and the Near and Far East. Transparency International an NGO based out of Berlin ranks each country in the world in terms of its perceived Corruption Index (see Section 5). I spent over 25 years following the Political and Economic helter-skelter rides in these Continents as a Businessman and Trade Representative for the British Government. I worked out of Singapore, itself an island of fresh air, while neighbouring countries were crippled by corruption which flourished during the Dictatorships of Mohamed Suharto in Indonesia and Mohamad Mahathir in Malaysia. I worked in Nigeria and South Africa and got entangled in contracts which were fronts for International Money Laundering rings. But these countries need no introduction to the Perversions of Power and Institutionalised Corruption. Let me cite a few examples of State Corruption of which I had at least some direct knowledge:

Latin America



In Latin America I met Presidential candidates and incumbents, Leading Businessmen and Media including participation in TV interviews. One of the worst Perversions of Power, in terms of its effect on a Nation's economy, was that of President Hugo Chavez's Venezuela. I assisted a local Businessman Andres Duarte purchase a Privatised Port in Guiria, only to

have it the subject of a compulsory acquisition/ expropriation 2 years later without compensation. I was invited to numerous meetings with feuding Directors from the national Oil Company PDVSA, and in neighbouring Colombia where 'EcoPetrol' were making ground against the 'Narcos' and FARC Guerrillas in the north of the country where Infrastructure Development, Oil Exploration and Extraction was booming.

In 2002, many of the employees of PDVSA went on strike against the policies of Chávez, who in response fired over 19,000 workers from the company. 'Intevep', the research and development arm of PDVSA, reportedly lost 80% of its workers, severely damaging PDVSA's ability to innovate and compete in the global petroleum market. PDVSA saw stagnant growth in the following era which was defined by a boom in oil prices. Between 2002 and 2012, incapacitating injuries to employees rose from 1.8 per million man-hours to 6.2 (extremely high compared to 0.6 per million man-hours for Mexico's Pemex in 2012), highlighting the companies struggle to optimize. Many PDVSA workers migrated to Colombia and joined Ecopetrol and are credited with helping the company attain huge profits throughout the 2010s. I made better progress with the Minister for Infrastructure and Oil Minister at EcoPetrol despite the insurgency in Colombia.

Further south in Peru, I met Carlos Boloña in Canning House in the UK in 1993 and again in Peru in 2000. His autographed Book 'Cambio de Rumba' about how he turned Peru's Economy around still lies on my shelf at home. He was a Peruvian politician. He served as the Minister of Economy and Finance from 1991 to 1993, and again in July-November 2000 under Alberto Fujimori. Fujimori I also met in the UK when he visited the Queen in 2000. His government is credited with the creation of 'Fujimorism', defeating the Shining Path insurgency and restoring Peru's macroeconomic stability. Fujimori ended his presidency by fleeing Peru for Japan amid a major scandal involving corruption and human rights violations. But it was through my meetings with members of the Peruvian Embassy in London, and the UK ex-Ambassador to Colombia that I fully learned of the role of the Montesinos (The President's Security Chief) in Peruvian Politics.

Vladimiro Montesinos was convicted of embezzlement, illegal assumption of his post as intelligence chief, abuse of power, influence peddling and bribery. In 2000 the infamous "Vladi-videos" came to light through the television: they were secret videos recorded by Montesinos that showed

him bribing elected congressmen into leaving the opposition and joining the Fujimorist side of the Congress. The ensuing scandal caused Montesinos to flee the country and prompted the resignation of Fujimori.

Subsequent investigations revealed Montesinos to be at the centre of a vast web of illegal activities, including embezzlement, graft, gunrunning, and drug trafficking. He was tried, convicted and sentenced for numerous charges. Montesinos had strong connections with the CIA. Allegations circulated that Montesinos and General Nicolás Hermoza Ríos, the chairman of Peru's joint chiefs of staff, were taking protection money from drug traffickers. Documents that were later declassified by the US government showed that by 1996 the Drug Enforcement Administration (DEA) was aware of the allegations. Despite evidence that Montesinos was in business with Colombian narco-traffickers, the CIA paid Montesinos's intelligence organization \$1 million a year for 10 years to fight drug trafficking.

Peruvian drug kingpin Demetrio Chávez Peñaherrera talked to the press and revealed that Montesinos said to him at one point that he "did some work" with Pablo Escobar, leader of the Medellín Cartel. Frequently, Montesinos secretly videotaped himself bribing individuals in his office, incriminating politicians, officials and military officers. His downfall appears to have been precipitated by the discovery of a major illegal arms shipment. Arranged by guerrilla leader Tomás Medina Caracas, the arms were airlifted from Jordan via Peru, to the FARC insurgent guerrillas in southern Colombia.

The above report is not intended to impress, it is intended to provide one of the best examples during my international career of the 'Perversions of Power'. In 2000 I was giving numerous presentations to the UK and Peruvian Business communities, promoting Fujimori's Thatcher type economic policies as the vanguard for change in Latin American markets.

By April 2009, Fujimori was convicted of human rights violations and sentenced to 25 years in prison for his role in killings and kidnappings by the Grupo Colina death squad during his government's battle against leftist guerrillas in the 1990s. The verdict, delivered by a three-judge panel, marked the first time that an elected head of state has been extradited to his home country, tried, and convicted of human rights violations. Fujimori was specifically found guilty of murder, bodily harm and two cases of kidnapping.

In July 2009, Fujimori was sentenced to another seven and a half years in prison for embezzlement after he admitted to giving \$15 million from the Peruvian treasury to his intelligence service chief, Vladimiro Montesinos. Two months later, he pleaded guilty in a fourth trial to bribery and received an additional six-year term. Transparency International considered the money embezzled by Fujimori to be the 8th most for a head of government active within 1984–2004. (Refer to "Most Corrupt World Leaders of recent history" Sub-Section below).

Despite the above, and even amid his prosecution in 2008/9 for crimes against humanity relating to his presidency, two-thirds of Peruvians polled voiced approval for his leadership in that period.

Middle East



I have worked, lived and visited many Middle East countries including Iran, Yemen, UAE, Oman, Saudi Arabia, and Qatar. On a Port Project we were supporting in Alexandria in Egypt, I heard of corruption at the coal face. The contract stated that we were entitled to the imperative use of the Port Derricks to assist our works over 18 months. The Head of the Port disagreed but suggested for 0.5% of the contract value paid into an offshore account, and a place in a UK University for his daughter, he would ensure the Port complied. When our Site Manager stated that he was British and would never sanction a pay-off, the Port Boss hauled him in and congratulated him on his negotiating skills. Of course, 20% of the pay-off could be kicked back to the Site Manager's nominated account- was the counteroffer/request. When that was refused with another rebuff, we had to remove the Site Manager for the sake of contract progress.

In the UAE I had a business colleague who became a personal friend, Sheikh Khalid Al Qassimi, the cousin of the Ruler of Sharjah. While I was seeking a new State Sponsor for my Employer, he confided in me with much of the 'inner-tent' workings and family politics in the UAE:

Sheikh Zayed bin Sultan Al Nahyan was the ruler of Abu Dhabi for more than 30 years until his death in November 2004. He was the founding father and the principal driving force behind the formation of the United Arab Emirates. He was and is popularly referred to in the UAE as the Father of the Nation. His favourite wife was Fatima Bint Mubarak and The Bani Fatima

six sons became the centre of power in the UAE. Unfortunately, certain members of the family became tarred with the wrong brush. This started with the scandal surrounding The Bank of Credit and Commerce International (BCCI). It was set up in 1972 with financial backing from Abu Dhabi, where the ruling family, headed by Sheikh Zayed, was said to have had a very close relationship with the BCCI.

BCCI came under the scrutiny of financial regulators and intelligence agencies in the 1980s, due to concerns that it was poorly regulated. This was bad enough, with rumours of prostitution and drink parties on multi-million-dollar yachts floating in the Gulf. But subsequent investigations revealed that it was involved in massive money laundering and other financial crimes and had illegally gained the controlling interest in a major American bank. BCCI became the focus of a massive regulatory battle in 1991, and, on 5 July of that year, customs and bank regulators in seven countries raided and locked down records of its branch offices. Sheikh Zayed allegedly wrote off \$2 billion to cover up or at least thwart rumours of irregularities and family scandal.

In addition to violations of lending laws, BCCI was also accused of opening accounts or laundering money for figures such as Saddam Hussein, Manuel Noriega, Hussain Muhammad Ershad, and Samuel Doe, and for criminal organizations such as the Medellin Cartel and Abu Nidal. Police and intelligence experts nicknamed BCCI the "Bank of Crooks and Criminals International" for its penchant for catering to customers who dealt in arms, drugs, and hot money.

Prior to this scandal the country's wealth from oil resources was invested through the International Petroleum Investment Company. In 2002 Mubadala Development Company was established as a separate Sovereign Wealth Fund to invest globally and keep these investments accountable and managed by Mohammed Bin Zayed Al-Nahyan who was the eldest of the Bani Fatima sons, and not implicated in the scandal as he was residing in Switzerland at the time. I was invited to business receptions hosted by Sheikh Mohammed during 2007 and got to know his advisers. By January 2017 the Mubadala Development Company and the International Petroleum Investment Company, were merged into the Mubadala Investment Company, and is now the wholly owned investment vehicle of the government of Abu Dhabi, in the United Arab Emirates. Reportedly, The Mubadala Investment Company was formed following further scandal

after Khadem al-Qubaisi, ex-managing director of IPIC, was arrested over his and the company's involvement in the Malaysian 1MDB scandal.

Malaysia's Anti-Corruption Commission (MACC) confirmed that the UAE's de-facto leader and Crown Prince of Abu Dhabi Sheikh Mohammed bin Zayed was also involved in the multibillion-dollar financial scam that allegedly implicates Malaysia's former prime minister Najib Razak. The MACC released audio recordings, revealing that the UAE Crown Prince faked evidence to cover up the corruption scandal linked to disgraced Razak. Called the "Heist of the Century", it is a \$4.5 billion financial embezzlement that involves a Van Gogh painting, luxury yachts, banks in the US, Singapore and Switzerland, the Emirati Prince and Leonardo DiCaprio.

Mubadala's mandate is to facilitate the diversification of Abu Dhabi's economy. Its focus is on managing long-term, capital-intensive investments intended to deliver strong financial returns and tangible social benefits for the Emirate. It owns for example 5% of Ferrari. Notably in 2008 the host of the Middle East version of 'The Apprentice' bought Manchester City Football Team. This was apparently bought on a whim by the Entrepreneur from Thaksin Shinawatra, the former ousted and corrupt Thai prime minister- Not the style of the reserved Abu Dhabi Ruling Al-Nahyan Family. It was transferred to Mubadala and Al Mubarak, the CEO of Mubadala became the chairman of Manchester City Football Club. ["Manchester City & Khaldon Al Mubarak", Mubadala]; ["Blue Moon", MCFC].

Sheikh Khalifa Bin Zayed Al Nahyan, the brother of Sheikh Mohamad, and the current Emir of Abu Dhabi and the president of the United Arab Emirates himself has an estimated personal net worth of around \$18 billion. However, the Al Nahyan family may have a net worth around \$150 billion plus.

"MANCHESTER CITY & KHALDON AL MUBARAK, MUBADALA"



*"Mubadala is a pillar of the UAE economy.
And below the Ruling Family Al-Mubarak is first among equals."*

**"BLUE MOON"
(MANCHESTER CITY)**

https://www.youtube.com/watch?v=oFV_Ny2Y_v4

*"Blue Moon,
You saw me standing alone,
Without a dream in my heart,
Without a love of my own"*

This story of involvement of the Abu Dhabi Ruling Family in the BCCI and 1MDB scandals is just one of the examples of Complexities and alleged Perversions that seem to come with unimaginable wealth and non-democratic power in the Middle East.

There are examples of alleged corruption of UK companies in the Middle East. One at least, and the UK's largest ever Export Agreement, was effectively sanctioned by UK Prime Ministers, including Margaret Thatcher in the 1980's and Tony Blair in the 2010's.

Al Yamamah is the name of a series of record arms sales by the United Kingdom to Saudi Arabia, paid for by the delivery of up to 600,000 barrels of crude oil per day to the UK government. The prime contractor was BAE Systems and its predecessor British Aerospace. The first sales occurred in September 1985 and subsequently a contract for 72 Eurofighter Typhoon multirole fighters was signed in August 2006.

Mike Turner, then CEO of BAE Systems, said in August 2005 that BAE and its predecessor had earned £43 billion in twenty years from the contracts and that it could earn £40 billion more. It was Britain's largest ever export agreement and employed at least 5,000 people in Saudi Arabia.

In 2010, BAE Systems pleaded guilty to a United States court, to charges of false accounting and making misleading statements in connection with the sales. An investigation by the British Serious Fraud Office into the deal was discontinued after political pressure from the Saudi and British governments. BAE apparently secretly paid Prince Bandar of Saudi Arabia more than £1bn in connection with the weapons contract.

It was alleged that the money was paid to Prince Bandar with the knowledge and authorisation of Ministry of Defence officials under the Blair government and its predecessors. For more than 20 years, ministers have claimed they knew nothing of secret commissions, which were outlawed by Britain in 2002. An inquiry by the Serious Fraud Office (SFO) into the allegation was understood to have uncovered details of the payments to

Prince Bandar. But the investigation was halted by the SFO after a review by the attorney general, Lord Goldsmith. He said it was in Britain's national interest to halt the investigation, and that there was little prospect of achieving convictions. Well...

Tony Blair said he took "full responsibility" for the decision. ["Justice for All", Metallica]



**"JUSTICE FOR ALL"
(METALLICA)**

<https://www.youtube.com/watch?v=fKAsvJrFes>

*"Nothing can save you
Justice is lost, justice is raped, justice is gone
Pulling your strings, justice is done
Seeking no truth, winning is all
Find it so grim, so true, so real"*

The Most Corrupt World Leaders of Recent History

Read any article on corruption prevention, and the first thing you'll be told is that 'political will', or the tone at the top, is the foundation of any successful anti-corruption effort. But what if a country's leader, whose ethics and integrity should be beyond question, isn't as principled as he should be? Often the corruption is state sponsored. And yes they are mostly men.

Bristol in the UK, for example, played a major part in the transatlantic slave trade, with Bristol merchants financing over 2000 slaving voyages between 1698 and 1807. These ships carried over 500,000 enslaved Africans from Africa to slave labour in the Americas. Edward Colston (1636–1721), was one of this city's greatest benefactors. He supported and endowed schools, alms-houses, hospitals and churches in Bristol, London and elsewhere. Many of his charitable foundations continue. His statue was erected in 1895 to commemorate his philanthropy.

William Jardine who was the architect of the Chinese Opium Wars and as the leading Opium Merchant in the region was one of the founders of Hong Kong. In 1839, Jardine successfully persuaded the British Foreign Minister, Lord Palmerston, to wage war on China. He presented his credentials:

"This gentleman has for several years stood at the head of our commercial community and he carries with him the esteem and kind wishes of the whole foreign society, honourably acquired by a long career of private charity and public spirit"- Superintendent Elliot

In recent times he would be considered the biggest drug trafficker of all time, dwarfing Pablo Escobar of Colombia.

True to the old adage that 'absolute power corrupts absolutely', 'Integritas 360' compiled a list of the ten most corrupt world leaders of recent history.

Proof that corruption is truly a global issue, the list de-bunks the myth that cases of grand corruption (and kleptocratic regimes responsible for it), are limited to certain parts of the world. Of the ten world leaders who made the list: three are from Africa, three from the America's, two from Asia, and two are from Europe.

10. **Arnoldo Aleman**, President Nicaragua (1997 – 2002)
Amount Embezzled: up to \$100 million | Years in Office: 5



Soon after leaving office in 2002, the 81st President of Nicaragua, Arnoldo "El Gordo" Aleman, was arrested on corruption charges involving \$100 million of state-owned funds. He was convicted of money laundering, fraud, embezzlement and electoral crimes the following year, and sentenced to 20 years imprisonment. The corruption uncovered within his administration was so rife that it led to the arrest of a further 14 people, including a number of close family members.

9. **Pavlo Lazarenko**, Prime Minister Ukraine (1996 – 1997)
Amount Embezzled: up to \$200 million | Years in Office: 1



An official count by the United Nation's found that Pavlo Ivanovych Lazarenko, the 5th Prime Minister of the Ukraine, had allegedly siphoned off \$200 million from state coffers (half a million dollars for each day as Prime Minister). The funds were funnelled through various bank accounts in Poland, Switzerland and Antigua, then laundered through a shell company in the United State and used to purchase various properties.

8. **Alberto Fujimori**, President Peru (1990 – 2000)
Amount Embezzled: up to \$600 million | Years in Office: 10



The son of a Japanese immigrant, Alberto Fujimori was Peru's 45th President. An authoritarian 'strongman', he was credited with crushing a number of nationwide terrorist insurgencies, while at the same time

rescuing the country from economic collapse. Notwithstanding these achievements, according to the historian Alfonso Quiroz, between \$1.5 billion and \$4 billion was lost to corruption, making the Fujimori's regime the most corrupt in Peruvian history. During his decade in power, Fujimori is alleged to have illegally accumulated over \$600 million in public funds.

7. **Jean-Claude Duvalier**, President Haiti (1971 – 1986)

Amount Embezzled: up to \$800 million | Years in Office: 15



Jean-Claude "Baby Doc" Duvalier inherited Haiti's presidency (aged 19) on the death of his father François "Papa Doc" Duvalier, in April 1971. While implementing a number of reforms demanded by Haiti's key ally, the United States, he maintained his father's terror apparatus – including the infamous Tontons Macoutes (or 'bogeyman') – and added a raft of new techniques for skimming hundreds of millions of dollars from the country's already poor coffers.

The year Baby Doc took over, The US Commerce Department reported that 64% of the government's revenue had been misappropriated, with millions diverted for "extra-budgetary" expenses, including deposits made into Baby Doc's Swiss bank accounts. During his 15-year reign, Duvalier and his cronies allegedly amassed between \$300 million and \$800 million.

6. **Slobodan Milosevic**, President Serbia/
Yugoslavia (1989 – 2000)

Amount Embezzled: up to \$1 billion | Years in Office: 11



Slobodan Milosevic spent two-terms as Serbia's President (between 1990 to 1997) before becoming President of the Federal Republic of Yugoslavia. He is however, best known for his role in the Yugoslav wars, where he presided over the mayhem and mass murder that took place in Kosovo, Croatia and Bosnia in the nineteen-nineties. The International Criminal Tribunal for the former Yugoslavia (ICTY) subsequently indicted him for war crimes and crimes against humanity; the first international war crimes tribunal held since the 1945 International Military Tribunals (held in Nuremberg and Tokyo).

While Yugoslavia's central bank speculated that as much as \$4 billion had been taken, Milosevic's cronies laundered hundreds of millions of dollars through dozens of Cypriot front companies, with the trail pointing to Switzerland, Greece, France, Germany, Italy, Lebanon, Israel, Russia, China, Britain, Liechtenstein and South Africa.

In perhaps the biggest single case investigated, Yugoslav officials attempted to track the proceeds from the sale of the state-owned cell phone company PTT Serbia to a consortium of Italian and Greek phone companies. Sold for around \$1 billion, \$200 million was never deposited into state accounts, and an additional \$350 million allegedly went to companies controlled by Milosevic's friends.

5. Zine Al-Abidine Ben Ali, President Tunisia (1987 to 2011)

Amount Embezzled: up to \$2.6 billion | Years in Office: 23



The second President of Tunisia, Zine Al-Abidine Ben Ali came to power in November 1987, after ousting President Habib Bourguiba in a bloodless coup. Once there, he remained in power for the next 23 years, each time being 're-elected' by margins exceeding 90%.

According to a 2015 World Bank research report, Ben Ali's family and members of his inner circle are alleged to have defrauded the state of between \$1 billion and U\$2.6 billion over a seven-year period. and \$40 million from Switzerland. Apart from this, there are asset recovery cases pending in Switzerland (\$28.5 million) and Canada (\$2.6 million).

4. Sani Abacha, President Nigeria (1993 – 1998)

Amount Embezzled: up to \$5 billion | Years in Office: 5



The first Nigerian Soldier to make full General without missing a single rank, Sani Abacha led the country's ninth military coup since its independence, when he overthrew the transitional government of Chief Ernest Shonekanon in August 1993.

During his five years in power, he and his family allegedly embezzled between \$3 billion and \$5 billion. According to the World Bank, part of this wealth was obtained through bribes paid by foreign companies doing business in Nigeria, and part stolen directly from the country's Central Bank. The funds were laundered through a network of front companies in several jurisdictions, before being deposited into bank accounts (controlled by Abacha and his family) in Switzerland, Luxemburg, Liechtenstein, Jersey and the Bahamas.

3. Mobutu Sese Seko, President Zaire/ Democratic Republic of the Congo (DRC) (1965 – 1997)

Amount Embezzled: up to \$5 billion | Years in Office: 32



During the 1960 Congo Crises Mobutu Sese Seko Koko Ngbendu wa za, led a coup that ousted Patrice Lumumba, the country's first democratically elected leader. In return, he was appointed

commander-in-chief of the armed forces. Less than five years later he led a second coup, installing himself as President. While the actual amount will never be known, he is alleged to have embezzled between \$4 billion to \$5 billion (an amount almost equivalent to the country's foreign debt at the time it was forced to default on its international loans in 1989).

2. Ferdinand Marcos, President Philippines (1965 – 1986)

Amount Embezzled: up to \$10 billion | Years in Office: 21



Claiming to be the country's 'most decorated war hero' (a title now discredited, with only 3 of the 27 medals he claimed to have been awarded during the Second World War shown to be true), Ferdinand Marcos was elected the 10th President of the Philippines in 1965. During his 21 years in power, the Philippines became one of the most heavily indebted countries in Asia. External debts increased from \$360 million (in 1962) to \$28 billion (by 1986). Wages fell by roughly one third, and the number of people living below the poverty line almost doubled (from 18 million to 35 million). Over the same period, Marcos is alleged to have embezzled between \$5 billion and \$10 billion. According to the World Bank, the bulk of this wealth was accumulated through six key channels: takeover of large private enterprises; creation of state-owned monopolies in key sectors of the economy; awarding of government loans to private individuals acting as fronts for Marcos or his associates; directly raiding the country's treasury and other government financial institutions; kickbacks and commissions from firms working in the Philippines; and skimming off foreign aid and other forms of international assistance.

1. Mohamed Suharto, President Indonesia (1967 – 1998)

Amount Embezzled: up to \$35 billion | Years in Office: 31



The country's second president, Suharto gained control of the government in 1967 (soon after a failed left-wing coup) and went on to rule for the next 31 years. Suharto's 'New Order' policy (implemented soon after taking power) was built on a strong, centralised military-dominated government, which became critical to maintaining stability over a diverse, sprawling country of over 13,000 islands.

Using a system of patronage to ensure loyalty, Suharto managed to amass a fortune of between \$15 billion and \$35 billion. The control of state-run monopolies, access to exclusive supply contracts and special tax breaks were given to companies owned by his four children, family members and close friends. Kickbacks and tribute payments (usually cloaked as charitable donations) were made to dozens of foundations ('yayasams') overseen by Suharto. While created to 'assist' with the

construction of rural schools and hospitals, they effectively functioned as the President's personal piggy bank. Donating millions to yayasams became part of the cost of doing business in Indonesia, with financial institutions required to contribute 2.5% of their annual profits each year.

Is there a thyme in all of the above?

More Tea Vicar

Let's consider UK Political Indiscretions uncovered in the last decade in comparison. It's relatively mild despite the tabloid rhetoric about corrupt politics in the UK.

The following examples from the lives of UK politicians in last decade are only given for the 'Purpose of Example'. Does it not seem so tame in comparison, particularly where they refer to sexual indiscretions relating to politicians' Private Lives not their roles in Public Office. It shows that when it comes to Perversions of Power it tends to be proportional to the amount of Power a tyrant holds. They are only included to emphasise the difference in scale when it comes to Public Accountability. (Source: Wikipedia)

2010

- *The Iris Robinson scandal in which First Minister of Northern Ireland Peter Robinson stepped aside for six weeks in January 2010 following revelations of his wife's involvement in an extramarital affair, her attempted suicide, and allegations that he had failed to properly declare details of loans she had procured for her lover to develop a business venture.*
- *The 2010 cash for influence scandal, in which undercover reporters for the Dispatches television series posed as political lobbyists offering to pay Members of Parliament to influence policy.*
- *On 29 May 2010 Chief Secretary to the Treasury David Laws resigned from the Cabinet and was referred to the Parliamentary Commissioner for Standards after The Daily Telegraph newspaper published details of Laws claiming around £40,000 in expenses on a second home owned by a secret partner between 2004 and 2009, whilst House of Commons rules have prevented MPs from claiming second home expenses on properties owned by a partner since 2006. By resigning Laws became the shortest serving Minister in modern British political history with less than 18 days' service as a Cabinet Minister.*

2011

- *On 14 October 2011 Secretary of State for Defence Liam Fox resigned from the Cabinet after he "mistakenly allowed the distinction between*

[his] personal interest and [his] government activities to become blurred" over his friendship with Adam Werrity. (He again served as a cabinet minister under Theresa May.)

2012

- *Conservative Party 'cash for access' scandal involving Peter Cruddas and Sarah Southern, March 2012.*
- *In February 2012 Liberal Democrat MP Chris Huhne resigned from the Cabinet when he was charged with perverting the course of justice over a 2003 speeding case. His wife Vicky Pryce had claimed that she was driving the car and accepted the licence penalty points on his behalf so that he could avoid being banned from driving. Huhne plead guilty at his trial, resigned as a member of parliament, and he and Pryce were sentenced to eight months in prison for perverting the course of justice.*
- *In April 2012, Conservative Party MP and culture secretary Jeremy Hunt came under pressure to resign as a result of his closeness to Rupert Murdoch's media empire and alleged corruption in dealing with Murdoch's bid for News Corporation's takeover of BSkyB.*
- *In October 2012, Andrew Mitchell resigned from his post as Chief Whip following allegations made about his conduct during an altercation with police at Downing Street on 19 September, the incident becoming known as "plebgate".*

2013

- *In the 2013 Labour Party Falkirk candidate selection, which began following the announcement that the incumbent MP Eric Joyce was to step down at the 2015 general election, allegations were made on the significant infiltration of the selection process by the Unite trade union, currently the Labour Party's largest financial backer.*

2014

- *In April 2014 Maria Miller, the Culture Secretary, resigned following pressure relating to the results of an investigation into her past expenses claims.*

2015

- *In September 2015, Lord Ashcroft published a biography of David Cameron, which suggested that the then Prime Minister took drugs regularly and performed an "outrageous initiation ceremony" which involved inserting "a private part of his anatomy" into the mouth of a dead pig during his time in university. This became known as "piggate". It also led to questions about the Prime Minister's honesty*

with party donors' known tax statuses as Lord Ashcroft suggested he had openly discussed his non-domiciled status with him in 2009, earlier than previously thought.

2016

- *On 6 July 2016, the Iraq Inquiry (also known as the Chilcot Inquiry) was published. It described several questions about the grounds upon which the Blair government had allied itself with the US in invading Iraq in 2003.*

2017

- *In 2017 the contaminated blood scandal, in which many haemophiliacs died from infected Factor medicine, hit the headlines and Parliament with allegations of a "industrial scale" criminal cover-up. MP Ken Clarke retracted remarks from his autobiography relating to the scandal and a public inquiry is now underway.*
- *The Renewable Heat Incentive scandal in Northern Ireland, in which Arlene Foster set up a green energy scheme but failed to introduce cost controls, creating perverse incentives which eventually led to a £480m bill to the Northern Ireland budget. There were allegations that members of the Democratic Unionist Party attempted to postpone the closure of the scheme, which gave way to a spike in applications and causing the public purse millions of pounds. In January 2017, the scandal caused the resignation of the deputy First Minister, Martin McGuinness, after Foster refused to stand aside as First Minister pending an investigation, collapsing the Executive Office and triggering an early election of the Northern Ireland Assembly. The resulting political rifts meant the Assembly did not meet again until 2020.*
- *The 2017 Westminster sexual scandals in which a number of MPs, MSPs, AMs, and other political figures were accused of sexual harassment and assault.*

2018

- *The 2018 Windrush scandal, involving members of the Windrush generation being wrongly detained, deported, or threatened with deportation which caused the resignation of then Home Secretary, Amber Rudd.*
- *Jeremy Hunt property scandal – In April 2018, The Daily Telegraph reported that Hunt breached anti-money laundering legislation by failing to declare his 50% interest in a property firm. The Guardian reported that Hunt was able to buy seven luxury flats at Alexandra Wharf, Southampton, with the help of a bulk discount from property developer and Conservative donor Nicholas James Roach.*

- *Several links between Cambridge Analytica and high-profile donors to both the Conservative Party and the Leave.EU campaign.*
- *Andrew Griffiths, Tory MP for Burton and Uttoxeter, resigned in July 2018 as Minister for Small Business and suspended for sending 2,000 texts, many of a violent and sexual nature, to two constituents in little over three weeks. This happened a couple of months after his wife gave birth to their first child. Griffiths was subsequently found to have a track record of misogynistic behaviour and bullying.*
- *In December 2018 Labour MP Fiona Onasanya was convicted of perverting the course of justice for lying to police to avoid a speeding fine. She was expelled from her party and in January 2019 she was imprisoned for three months. Onasanya refused to resign as an MP, making her the first sitting MP to be imprisoned in 28 years. She was subsequently recalled by petition, the first MP to be removed by this process since it was introduced in 2015.*

Economic Perversions

In terms of economies and their fluctuations, analysis of the 2008/2009 global financial crisis which shocked the world is probably a good starting point for discussion of recent economic perversions and dysfunctionality following the 2020 global Pandemic.

When global economies and personal individuals became over-reliant on debt again it created a flash-back of the 'Social conflict theory'. Excessive debt is invariably bad, particularly when mistakenly justified and based on *hope* for unsustainable growth.

Social conflict theory is a Marxist-based social theory, which according to authors Alan Sears and James Cairns in their novel "A Good Book, in Theory" was proved to be a real-life theory by the example of the 2008 financial crisis and the subsequent bank bailouts. Conflict theory proponents view the financial crisis as the inevitable outcome of the inequalities and instabilities that plague Western societies, since the present structure of the global economic system enables the largest banks and institutions to avoid Government oversight and take huge risks that only reward a select few.

The securitization of subprime mortgages into mortgage-backed securities (MBS) and collateralized debt obligations (CDOs) was a major contributing factor in the subprime mortgage crisis. Subprime MBS and CDOs were attractive to investors due to the higher interest rates they offered versus assets backed by prime mortgages. Subprime borrowers with less than

perfect credit had higher interest rates on their mortgages due to the increased risk of default. Further, many loans with adjustable-rate mortgages were made that later added a great deal of fuel to the mortgage crisis.

During this time, lenders pooled the subprime mortgages into MBS and CDOs. These financial products often received high ratings from credit agencies. Tranches of these securities were then sold to unsuspecting investors, who were not aware of the risk associated with them. I'm British and naturally conservative when it comes to finances. We all remember Building Societies who took their deposits from savers and lent the money to borrowers who were buying property; and making a margin in doing so. Safe banking- Until the Building Societies converted into Banks. To my eyes the 'trick' depicted in the US by risky borrowing and securitization was fraudulent and designed to deceive. The lower-quality tranches offered higher interest rates but absorbed the first losses associated with defaulting mortgages before the senior tranches.

Subprime lending caused a dramatic increase in available mortgage credit. Many loans were made to borrowers who would have previously had difficulty obtaining mortgages due to below-average credit scores. Private lenders made a lot of money by pooling and selling the subprime mortgages. However, the risk of foreclosure increased with the relaxing of credit standards. Lenders and buyers incorrectly assumed that real estate values were impervious to a downturn.

Sears and Cairns noted that large banks and big businesses subsequently received bailout funds from the same Governments that claimed to have insufficient funds for large-scale social programs such as universal health care. This dichotomy supports a fundamental assumption of conflict theory, which is that mainstream political institutions and cultural practices favour dominant groups and individuals.

"The present state of affairs is really a perversion of the proper workings of capitalism. It is all wrong to have billionaires before you have ceased to have slums. Capitalism has done enormous good and suits human nature far too well to be given up as long as human nature remains the same. But the perversion has given us too unstable a society" - Spedan John Lewis, founder of the John Lewis Partnership.

Money has been essential for dominant leaders and groups to build empires and nations to fund defence budgets and invest in new arms and warfare technology. Rarely does the wealth generated by capitalism and taxation get fairly redistributed. (See Section 21).

Adam Smith was the Scottish economist, philosopher and author as well as a moral philosopher, a pioneer of political economy. His Capitalism, in terms of the eutopia of ethics- 'Wealth Creation and Moral Sentiment'- is where the wealthy invest their wealth capital directly into the economy creating a clean system where every dollar capital goes directly into generating new economic growth, new jobs, schools, hospitals, new wealth, and more prosperity. But instead in our 21st century capitalism there exists an inferior, parasitic, and unsustainable version of this model: 'Credit-ism'.

In 'Credit-ism' (as opposed to capitalism) wealth is not invested directly into the economy. Rather, it is loaned into the economy, and thus investment becomes encumbered by parasitic debt. And the lust for debt is only multiplied and exacerbated by the liberal banking system. Indeed, with historically low interest rates in the western world for the last ten years I'm surprised more western nations and economies have not abandoned the trend of private sector development in favour of state borrowings to fund infrastructure projects. Since the outset of the global Pandemic interest rates have been set at an all-time low and both the Public and Private sectors are encouraged to borrow to restart the economy.

I'm no banker and I don't understand the complexities of the banking system. In a Post-Pandemic world, I may be proven embarrassingly wrong in my lay analysis. But the principle of the overall banking system itself seems fundamentally perverted. The future is still all based on the growth expectations. I suggest this can now only be induced through 'Public Sector Spending' in Keynes type economic thinking. This trust in growth in the past gave birth to credit itself and, apart from occasional market corrections like the 1929 Wall Street crash, ever since there seems to have been so much credit in the world that governments, businesses and individuals have easily obtained large loans that far exceed current income.

Surfing the internet, Google and YouTube led me to search financial 'Scams in History' & a site which has received over seven million views. ["The Biggest Scam in The History of Mankind"]

While this video claims to uncover the biggest scam in the history of mankind, I'm sure the basis of its conclusions can be proven to be flawed, once explained by financial experts and economists of global repute. I include below, in the Anecdote, a Quote from the site's Blog in 2018, which purveys such caveats.

Allegedly complicit in this scam are all politicians, all banks, many large institutions and secretive groups lurking in the background. The entire monetary system is shown as a flawed, evil machine that was built for the sole purpose of enriching its secretive owners and fleecing all hard-working people everywhere, enslaving them in a way that they cannot even see. Rather a Left-Wing Conspiracy Theory maybe- but it rings true even to a moderate 'centralist' like me.

The argument states that back in 2013, the USA Federal Reserve Bank was formed by shadowy secretive people. For the first time, income tax was levied, and the system required the creation of a currency based on faith in the government's ability to pay back debt, by creating I.O.U's in the form of debt notes, sold to banks who received a cheque when selling them to the Federal Reserve. A cheque from an account with no money in it, and Currency is thereby miraculously created from nothing; meaning currency is a fraud because it has no 'monetary value'. Are you still following this argument?

Prior to this US dollars were backed by gold dollars, appropriately limiting the ability of the government to overspend. Once the 'gold standard' as it was called, was stopped then governments and the Federal Reserve could create money from nothing – from IOU's. That's called 'fiat money'.

The banks then take their currency and lend it out to people or invest it. They then put that loan down on their books as an asset, which is supposed to balance the debts they owe to savers who have left their cash at the bank. Except that the loans are far bigger than the deposits, so banks only keep a fraction of their total liabilities in cash. The rest is spread far and wide. This is 'fractional banking', which is portrayed as further creative accounting.

Principles of the scam accusation can be narrowed down to the fact that gold standard money was 'real money' backed by gold reserves. Ultimately the Government debt accrued cannot be paid off as it is deflationary, and the system creates booms and busts that hurt average people and creates

disparity of wealth. ["Biggest scam in the history of mankind"]



"THE BIGGEST SCAM IN THE HISTORY OF MANKIND"

<https://www.youtube.com/watch?v=iFDe5kUUyT0>

BLOG CAVEAT: "Videos like this should be downvoted into oblivion. Either the guy in the video has no idea how the monetary system works, or he's purposefully leaving out important information.

His distinction between base currency and base money is laughable. He mentions how US dollars were once redeemable for actual gold, and then claims that gives it intrinsic value. What he fails to mention is that the intrinsic value of gold (and by extension, the gold backed dollar) is maybe only 10% of it's actual market value. Gold is highly valuable because it is considered a store of value, not because the intrinsic value of gold is anywhere near the market price.

Furthermore, he claims that the FED is making money out of thin air. It is true that the FED control the money supply, but federal banks restrain themselves when it comes to expanding the money supply, because increasing the money supply decreases the value of the money already in circulation. Money might be created out of thin air, but its value is not."

The purpose of this Book and this Section is not to enter into a debate about Economic Policy nor Money Supply nor to make predictions about the effects on the global Economy after the Coronavirus Pandemic. My purpose is to describe the existence of 'Perversions of Power' in manipulation of our Political and Economic systems. Nevertheless, Perversions of Power will not prevail in a new world order. "Scam" is a word to which I can relate and conjures up images of injustice, criminal or immoral acts- the very kind of unethical behaviour which corruption represents.

At the end of the day, the Power will revert to the People whose Governments they represent. ["Eye of The Tiger", Rocky Tribute]



**"EYE OF THE TIGER"
(ROCKY TRIBUTE)**

<https://www.youtube.com/watch?v=p7CaiWxKYBo>

*"Face to face, out in the heat
Hanging tough, staying hungry
They stack the odds still we take to the street
For the kill with the skill to survive"*

Lessons Learned



SECTION 3- LESSONS LEARNED "Perversions of Power"

1. "The important point that Aristotle raised was that the mutual or 'Common Interest' of men is what brings them together. So, one of the purposes of a State is to work as a body that respects the Common Interests of the citizens that reside there. Hence, it can be said that common interest is what brings people together to help each other.
2. A corrupt dictatorship typically results in many years of general hardship and suffering for the vast majority of citizens as civil society and the rule of law disintegrate. In addition, corrupt dictators routinely ignore economic and social problems in their quest to amass ever more wealth and power.
3. The story of involvement of the Abu Dhabi Ruling Family in the BCCI and 1MDB scandals is just one of the examples of Complexities and alleged Perversions that seem to come with unimaginable wealth and non-democratic power in the Middle East.
4. In any article on corruption prevention, the first thing you'll be told is that 'political will', or the tone at the top, is the foundation of any successful anti-corruption effort. But what if a country's leader, whose ethics and integrity should be beyond question, isn't as principled as they should be? True to the old adage that 'absolute power corrupts absolutely',
5. When it comes to Perversions of Power it tends to be proportional to the amount of Power a tyrant holds. This emphasises the difference in scale, when it comes to Public Accountability.
6. Money has been essential for dominant leaders and groups to build empires and nations to fund defence budgets and invest in new arms and warfare technology. Rarely does the wealth generated by capitalism and taxation get fairly redistributed

7. My purpose is to describe the existence of 'Perversions of Power' in manipulation of our Political and Economic systems

MISSION STATEMENT: Our common Mission and Purpose should be to accept and route out the existence of 'Corruption' and 'Perversions of Power' in manipulation of our Companies, Political and Economic Systems. We will strive with others to help identify it and help eradicate it by compliance with New World Order Anti-Corruption Policies- involving information sharing to facilitate International Policing and Identification and Penalisation of all serious immoral acts of injustice & criminology. I for my part will do my bit"

4.

The Evil that Good Men Do

WHY IS THERE EVIL IN THE WORLD? WHY IS THERE SUFFERING? Why do bad things happen to good people? It's because of human free will. Were there no evil, humans couldn't choose between good and evil, and hence there would be no free will. Hitherto religious followers followed a system of human norms and values decreed by their faiths and scriptures and founded on a belief in a superhuman order. Now here's the thing... we need to accept that agnostic simplicity divides us into good guy or bad guy. And there have been good guys and bad guys in history. But these ideologies are at best naïve. One man's terrorist remains another man's freedom fighter.

"The evil that men do lives after them; The good is oft interred with their bones." - William Shakespeare, Julius Caesar

*"All it takes for the triumph of evil is for good men to do nothing."
- Abraham Lincoln*

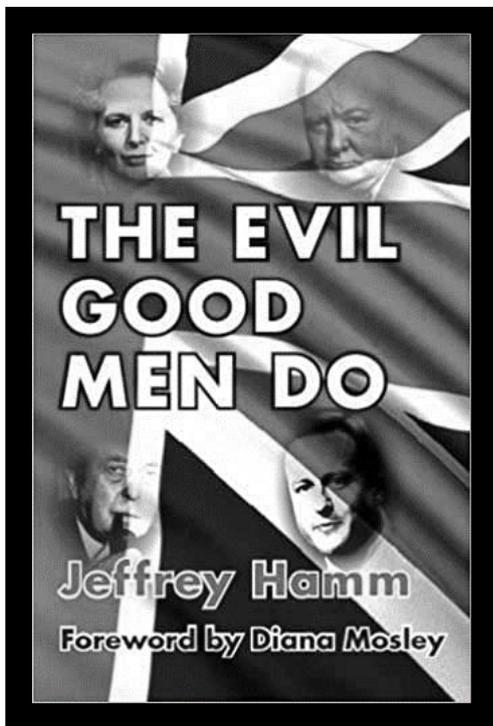
So much of the history of the struggle between good and evil can be explained by Edmund Burke the Irish statesman and philosopher's observation. Time and again those who profess to be good seem to clearly outnumber those who are evil, yet those who are evil seem to prevail far too often. Seldom is it the numbers that determine the outcome, but whether those who claim to be good men are willing to stand up and fight for what they know to be right. There are numerous examples of this sad and awful scenario being played out over and over again in history.

If you wrote a Book about Good Men (in the UK) doing 'Evil' would you put images of Margaret Thatcher, Sir Winston Churchill, Harold Wilson and David Cameron on the front cover? I could think of worse global examples. Genghis Khan maybe. ["The Evil Good Men Do", UK] Well what would one expect from a member of the 'British Union of Fascists', says Jeffrey Hamm. He purports that the 'Will to Achievement is so necessary to advance the true quality of life'. Well, I agree with that. But he goes onto argue that 'Far from being the century of the common man, we live in the century when only the uncommon man has much to offer. We are obliged to live in the world our capricious rulers have undemocratically made for us.' The truth of these words will *not* be evident in the future in my view. Our World of

Social Networking is changing us. These days, every man in the street seeks his moment of glory posting Gossip or Fake News on Twitter or posting a YouTube video hoping it will go viral. But when humanity shines through, responsible people will self-publish their own wisdom, and share it with like-minded people with common interest. Achievement will be rewarded in our advancement to a truer quality of life. This is the basis of my theory which I explore throughout the Parts of this Book, (see Section 21). It is the concept of:

"Individuals seeking their own Destiny, not following Leaders, Building their own Futures with others with Common Interest in an Environment of Cooperation and embracing a Socially Conscious Political system (which I call Social Capitalism)". -The Author

"BRITISH UNION OF FASCISTS" (UK 2012)



Source: Amazon

"In his published memoirs Jeffrey Hamm told why, as a very young man living in a badly misgoverned country in the early thirties, he joined Oswald Mosley and the British Union of Fascists. His reason was hope, hope that a brilliant man with a vision for the future, which was perfectly valid at that time, could lead Britain out of the deep morass into which it had floundered since the end of the First World War. In "The Evil Good Men Do" Jeffrey Hamm takes a look over the past and reflects on some of the disastrous political decisions that have been made by 'old party' politicians who were motivated only by the 'Will to Power' and 'Will to Comfort' rather than the 'Will to Achievement' which was so necessary to advance the true quality of life in both Britain and Europe. It was published in 2012 at one of the important turning-points of history in Europe before the onset of Brexit. A huge question mark still hangs over Europe and the world in the Post-Pandemic world. 'Far from being the century of the common man', he states 'we live in the century when only the uncommon man has much to offer. The truth of these words is daily evident. We are obliged to live in the world our capricious rulers have undemocratically made for us."

I'm not saying Political Leaders from the West have not made Bad Decisions. Margaret Thatcher, the 'Iron Lady' and prolific Tory Leader who did so much good for the economy - could have avoided the Falklands Invasion and a war if she'd acted on Intelligence she had received (I know because I was told by a close work colleague and mentor of mine of the time who was also Director of Military Operations at the Ministry of Defence in 1980 and went on to be Chief of Defence Intelligence - see Section 9). She elected for a war to ensure re-election, or at least that is my conclusion. She could also have ditched her idea for a Council Tax earlier than she did when she was advised by her closest confidants to do so.

Lady Churchill was quoted as saying that she thought her husband Sir Winston Churchill would never recover from his grief at the failure of, and loss of life at the Dardanelles campaign, and might even die from it. But Churchill was the politician who had been wrong about almost everything until he was right about Hitler, and that helped pave his way to his Destiny and made sure that he emerged heroically in so doing. Harold Wilson's ambitions were terminally undermined by the fear of devaluation and then, once it became unavoidable, by its inflationary consequences, the corollary of some bad decisions. But like most successful leaders, Wilson really did personify his argument that Labour under the leadership of a northern grammar school lad who had made it to Oxford on his own merits was the meritocratic, democratic future, while the Tories - first under Harold Macmillan, then the even more remote and aristocratic figure of Alec Douglas-Home - were yesterday's men. David Cameron, another prime minister apparently full of promise who was forced into a referendum as an instrument of party management, may also find himself written out of history by his successors. Up until now I remain a Brexit 'Re-Moaner' and I think history will prove that the decision for the UK to leave Europe was the wrong one, even though the Pandemic has put Europe itself into a state of weakness and turmoil. But in a time of turmoil, Individuals and Nations should unite around Common Interests- like saving lives and economic survival.

The above is not a series of examples of flawed Politicians, but rather Good Men and Women who have made mistakes in their Political Lives (with the benefit of hindsight). No worse one, in economic terms, in my view than that of our current Prime Minister in the UK, Boris Johnson - time will tell. Its just a Political Sketch and the Global Pandemic will mask many of the economic effects of Brexit - but I have a view ["A Disunited Kingdom", UK 2020].

"A DISUNITED KINGDOM" (UK 2020)



Source: Facebook Post,
Prior to Brexit Referendum,
Posted by The Author

"Rise above individual UK Politicians' inadequacies. Rise above the overwhelming negative independent economic forecasts about the obvious outcome of Brexit (God help our kids). Vote to save the UK before it dies with the Old Guard who fought to save it. (And Scotland & Northern Ireland will be next). This time there will be no good willing US cavalry under President Trump's watch. Boris Johnson only led the Brexit Campaign because he believed it was his only way to Number 10, Downing Street. Another example of The Evil that Good Men Do."- The Author

Categorising something as 'Evil' can prove to be somewhat of a hyperbole—maybe a label 'Too Far'. But I do read Evil in the 'Integritas 360' compiled list of the 'Ten Most Corrupt World Leaders of Recent History'. It goes with the theory that 'Most Bosses [Leaders] are Psychopaths' (See Section 8). But even some of these Evil World Leaders did good things (see full listing in Section 3).:

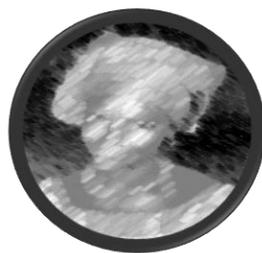
- Alberto Fujimori Peru's 45th President was an authoritarian 'strongman' but was credited with crushing a number of nationwide terrorist insurgencies, while at the same time rescuing the country from economic collapse.
- Under Zine Al-Abidine Ben Ali, President of Tunisia administration, his country's GDP grew by an average of nearly 5% (year-on-year) for 20 years, with Per capita GDP tripling from \$1,201 in 1986 to \$3,786 in 2008. So stunning was its growth, that in 2009, a Boston Consulting Group report listed the country as one of Africa's "Lions". Ben Ali's reforms also halved the country's poverty rate (from 7.4% in 1990 to an estimated 3.8% in 2005).
- Sani Abacha's, President of Nigeria five-year rule was nothing more than a miracle. External debt was reduced from \$36 billion to \$27 billion, foreign-exchange reserves increased from \$494 million to

\$9.6 billion, and inflation was slashed from 54% to 8.5%.

- During Mohamed Suharto, President of Indonesia reign as Dictator between 1965 and 1996, Indonesia's GNP averaged a remarkable 6.7% per annum, with GDP increasing from \$806 to \$4,114 per capita. By 1997, Indonesia's poverty rate had fallen to 11% (from 45% in 1970), life expectancy was 67 years (up from 47 years in 1966), infant mortality had been cut by more than 60%, and the country had reached rice self-sufficiency (an achievement which earned Suhartoo a gold medal from the Food & Agriculture Organisation).

So, what are we to conclude from all this- that there are Bad Men who do Evil, there are Bad Men who occasionally do Good, there Good Men who do Good- and there is 'Evil that Good Men Do.'

No- It is simple even if it doesn't read as such, 'Bad Men do Bad things with intent, but a by-product of doing so can precipitate some Good things. Good Men intend to do Good, but unconsciously and occasionally make decisions which precipitate Bad things'. Harm- you got this one wrong ["Peace Not Harm", Nigeria 2006].



**"PEACE NOT HARM"
(NIGERIA, 2006)**

"Ever met a girl who stands out from the rest. Not stunning in looks, not totally in tune with what's going on in the world, but genuinely nice, intoxicatingly honourable and bearably religious. That was 'Peace'. What started as one more notch on the Bed Stead, became a 15-year commitment by me, and an obsession by her. We had an affair in Nigeria, I took her to church on Sunday. I fell out with the Company FCO 'Harm Ploeger' who was married to a local and said I should never do that because family members and the community will draw the

wrong conclusions about my intent. I didn't commit to her, I left the country. I kept in contact and sent funds occasionally to help. I met Harm again in the Middle East two years later. I coincidentally had a call from Peace that night. He apologised.

I sent money when she was ill with Typhoid. Years later I tried to get her a VISA to visit Spain so we could raise funds in Spain to set up an Orphan Charity together in Lagos. Her VISA was refused.

Maybe self-discipline was lacking and whilst there had always been Good Intent- Sometimes Good Men can do wrong which maybe misinterpreted eventually by others simply as 'Evil'. Even my step-daughter had accused me of cruelty in maintaining contact over so many years without perhaps giving honest feedback."



**"OMNIPRENEURSHIP A LA DABBAGH"
(SAUDI ARABIA, 2010)**

"Amr Al-Dabbagh (born 1966) is a Saudi businessman, philanthropist, former government minister, and author.

I met Amr when I worked in Singapore. He was a co-member with our CEO of the Young Presidents Organization (YPO) consisting of young CEOs around the world younger than 50 years. His father was the Minister for Agriculture of Saudi Arabia. He is the chair and CEO of the Jeddah-based Al-Dabbagh Group, and we worked together to see how we could find joint opportunities around the world.

We sought opportunities together in Iran, Kazakhstan, Yemen, UAE, and Saudi Arabia. Amr would provide the Political Introductions and we were the Operational partner as an Investor and Contractor. Amr also served as Honorary Counsel of the Republic of Kazakhstan in Saudi Arabia and had the highest level of contacts. In Kazakhstan and Iran I met the Ministers for Petroleum and sought local partners for projects in Bautino Bay and Qeshm Island; in Yemen I met the Minister

of Finance to seek project opportunities. We setup a 50/50% joint business based out of Dubai and I became its Chief Executive.

Amr is a calm, polished, likeable, well-educated Statesman with poise and charm. In January 1995, the Executive Board of the World Economic Forum and the Editorial Board of Worldlink Magazine jointly designated Amr Dabbagh as one of 100 "Global Leaders of Tomorrow." As a Member of the Governing Body of the London Business School, we met again in the UK after our business interests in the Middle East were closed down due to the demise of our Singapore Holding Company as a result of the 1997 Asian Financial Crisis.

Al-Dabbagh is a member of the World Economic Forum and became the founding Chairman of the think tank the Jeddah Economic Forum. He went onto to serve two four-year terms in public service as Governor and Chairman of the Board of the Saudi Arabian General Investment Authority (SAGIA), with the rank of Minister. SAGIA was charged with development of the New Economic Cities in Saudi Arabia. As Business Development Director with a new Employer in 2010 I found myself knocking on his door expressing interest in Developing Training Schools in the New Cities. All my Peers were most impressed how I could get an audience with the Governor/Minister who was hitherto unapproachable as a mere UK Construction Group. To me he was just 'Amr'. His E Mail response to me 'Hi Greg, how are things?'

In the hiatus between knowing him in Singapore 13 years prior Dabbagh had created a new Philanthropic string to his bow, with his personal philosophy of linking Business to Charity. In his website amraldabbagh.com he humbly declares this philosophy on Business and Philanthropy, quoting himself: 'Al-Dabbagh has long credited 10 specific "golden rules" for his success. These rules—plus the interlocking principles of 'giving' to others, 'earning' to finance giving, and 'sustaining' so the giving and earning last over time— work with 5 specific values to help ensure personal balance along the way. Al-Dabbagh has found that anyone, anywhere, can put this same entrepreneurial approach to work, and start achieving their greatest dreams in an accelerated way. This new approach he calls his brain-child - 'Omnipreneurship.' Omnipreneurship is an entrepreneurial approach to every aspect of life. Omnipreneurs focus on living more meaningfully across different areas of lives: in business, with family, and in community. There are common themes in these concepts with those of mine explored in Section 21 on Wealth Creation and Moral Sentiment- which I call Social Capitalism.

He went on to set up the Philanthropy University, an initiative based in Oakland, California. Philanthropy University, launched on 1 September 2015, offers free non-credit 'Massive Open Online Courses'

(MOOCs) to Global South civil society organizations. The initiative was created with the collaboration of Laura Tyson, director of the Institute for Business and Social Impact at the Haas School. It attracted 200,000 registrants in its first month and has received news coverage from The New York Times and the Chronicle of Philanthropy.

But why do I mention all this, under a Section entitled 'The Evil that Good Men Do'? Amr Dabbagh to me was an impressive leader, businessman and philanthropist. Certainly a 'Good Man'. Then why In November 2017, was he detained as part of what was called a wide-ranging "anti-corruption" purge that also ensnared Saudi Princes Alwaleed bin Talal and Miteb bin Abdullah and scores of other Princes, top officials and businessmen who were held in Riyadh's Ritz-Carlton Hotel This was done on authority of Crown Prince Mohammad Bin Salman. Until 20 December 2018, there had been no specific charges against Amr, or any legal proceedings. He was released without charge on 23 January 2019, after an 'undisclosed settlement' with the government. Payment does not imply innocence, but I give my colleague Amr the benefit of the doubt, with my judgment of his character; and by the way he has one wife not four and while in my company always treated his wife with ultimate respect. Then again, I am not a Saudi multi-billionaire with considerable influence in and by Ruling Family circles, nor familiar with how this impacts on Saudi society and Corruption. But good people deserve good breaks."

Why do we ask about the Good and Bad that Men do, and not talk about Women? I for one have always held Women in higher regard than Men, as a rule. I worship or worshipped my Mother, my Sisters, my Wives and my Daughters- Never been much space for Men to influence my personal life, with a few exceptional exceptions, those of my father and grandfather and a couple of life/business mentors (see Section 9).

But why have women been so universally ill-treated throughout history. I don't buy the argument that a Woman needed to find a Man in a dangerous world that made their numbers so much fewer. And then they had to serve Men's needs, and raise their children, at the exclusion of anything else. I suspect many women were far more assertive than we might have suspected. Even today in certain Middle East countries I was surprised to see how women are actually very dominant in the family unit, if not well treated by the State, not least on my visits to Iran, where women seem to 'wear the trousers'. However, the almost medieval, and Evil, treatment of women in some parts of the world beggar's belief that we live in the 21st century.

For example, in Somalia, 95% of girls still experience genital mutilation. In the Democratic Republic of Congo, 1,000 women are raped each day. Every day, 10 Brazilian women lose their lives to domestic violence. Saudi Arabia is a country of centuries-old traditions and women have much more prohibitions than rights. Wife beating is against their Law but prevalent, and excused by some across the Arab world, based on the teachings, or their interpretation of the teachings, of Al Qur'an. Probably the worst Evil a so-called Good Man can do- is to beat his wife.

Wife-beating, some argue, is divinely sanctioned in Al Qur'an and Hadiths, and intended as a method for husbands to keep their wives under control. Despite some of the statements made by Muslim apologists, wife-beating is institutionalized in Islam, and it's as wrong as the misinterpretations that some Muslims apply to Jihad in terms of Martyrdom and Terrorism. Islam actually promotes equality between men and women, and wife-beating should have been categorically forbidden in the scriptures. The readings are misinterpreted by Muslim wife beaters, and it is an unfortunate situation for women in the Islamic world, who could have been better protected had Muhammad and Al Qur'an clearly prohibited domestic violence.

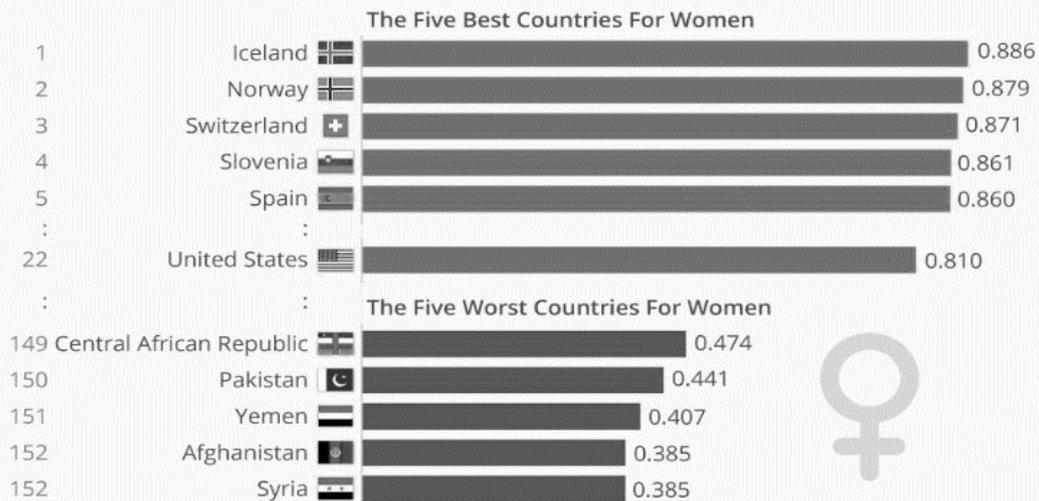
Most Muslims of course could not even conceive of mistreating a wife. Assessing who and when Good Men do Evil has nothing to do with Religion nor Race. But there can be dichotomies. ["Omnipreneurship a la Amr Dabbagh, Saudi 2010]. Amr Dabbagh is loving and committed to just one wife.

Global Treatment of Women

"HOW DO YOUR COUNTRY-MEN RESPECT THEIR WOMEN"

The Best And Worst Countries For Women Worldwide

Countries ranked by quality of women's lives in 2017 (0=worst, 1=best)*



Source: Forbes Statista/ Georgetown Institute for Women, Peace & Security

Women have not always been downtrodden in history. Unsurprisingly perhaps, ancient history records many strong female figures – rulers, revolutionaries, and warriors who did deeds the history-writers thought worthy of recording. Queen Elizabeth I, Cleopatra, Eva Peron, Queen Victoria, Florence Nightingale, Joan of Arc, Emmeline Pankhurst, Boudicca, and Esther to name a few. Their names echo down history to the present day.

But in terms of the average Individual, to whom the writings of this Book are addressed; it is only really in the twentieth century that women have made such gains in equality that is nothing short of revolutionary. Women's groups such as the Suffragettes campaigned successfully for women to be granted the right to vote - in most countries this had happened by 1930. The two world wars showed that women could take men's place in factories, that they could work outside the home as well as within it and that they could contribute to the economy.

Empowerment of women is a necessity for the very development of a society, since it enhances both the quality and the quantity of human resources available for development. Empowerment is one of the main procedural concerns when addressing human rights and development. I'm all for Girl Power, ["If I were a Boy", Beyonce]



**"IF I WERE A BOY"
(BEYONCE)**

<https://www.youtube.com/watch?v=AWpsOqh8q0M>

*"If I were a boy
Even just for a day
I'd roll outta bed in the morning
And throw on what I wanted and go...
I'd kick it with who I wanted
And I'd never get confronted for it
'Cause they'd stick up for me"*

Investing in women's economic empowerment sets a direct path towards gender equality, poverty eradication and inclusive economic growth. Women make enormous contributions to economies, whether in businesses, on farms, as entrepreneurs or employees, or by doing unpaid care work at home. And that's the end of my Soap Box talk on the role of women. Maybe more useful is to relate certain proven facts about Women's Prowess, compared to Men in terms of tolerating Stress and enacting the best Decision Making.

Are Good Women less likely to do Evil?

Yes. I'm not sure about defining 'Evil Acts' but there is some data on Women's Decision Making. The New York Times published 'a piece' on gender and decision-making by Therese A. Huston, PhD, a cognitive psychologist at Seattle University. It is fascinating how studies appear to have shown that men and women make decisions differently in times of stress, and how this seems to demonstrate distinctions in how men and women react to the hormone cortisol.

Results found that when women were stressed, for example, from having to give an important public speech to a large audience, they actually found it easier than usual to empathize and take the other person's perspective. Just the opposite happened for the stressed men — they became more egocentric.

Levels of the stress hormone cortisol appear to be a major factor, according to Ruud van den Bos, a neurobiologist at Radboud University in the Netherlands. He and his colleagues have found that the tendency to take more risks when under pressure is stronger in men who experience a larger spike in cortisol. But in women he found that a slight increase in cortisol seemed actually to improve decision-making performance.

Stressed women therefore tend to make more advantageous decisions, looking for smaller, surer successes. Not so for the stressed men. The closer the timer got to zero, the more questionable the men's decision making became, risking a lot for the slim chance of a big achievement.

One conclusion- Women are maybe better disposed to stress and decision making in stressful situations- and by association less likely to make wrong decisions which history may classify as having been 'Evil'. Well, hardly a bullet-proof Analysis – and it ignores Personality Analysis (see Section 14). It's a very common belief that women are the sign of love, care and humbleness. They are generally known to be very polite, graceful, and poised. But actually, the history is full of such women that truly changed the way of thinking about women. There were at times many women whose horrors horrified the whole world. There were many most evil women who enjoyed torture, brutality, murders, and abuse for one reason or the other. Three of the most evil women in recent history include 'Ladies' such as:

- Irma Ida Ilse Grese who was employed at the Nazi concentration camps of Ravensbrück and Auschwitz, was a warden of the women's section of Bergen-Belsen. She was convicted for crimes against humanity at the Belsen Trial and sentenced to death. She loved torture via different painful methods and was nicknamed "the Beast of Belsen",
- Myra Hindley who was an English serial killer. In partnership with Ian Brady, she committed the rapes and murders of five small children. Together these two monsters were responsible for the kidnapping, sexual abuse, torture and murder of three children under the age of twelve and two teenagers, aged 16 and 17.

- The Angel of Death, Beverley Gail Allitt is an English serial killer. She was convicted of murdering four children, attempting to murder three other children, and causing grievous bodily harm to a further six children. The crimes were committed over a period of 59 days between February and April 1991 in the children's ward at Grantham and Kesteven Hospital, Lincolnshire, where Allitt was employed as a State Enrolled Nurse.

So, not surprisingly there is good and bad in all of us, it's not directly related to Gender, Religious Beliefs, Race, Colour, Cultures, Age, Social Class, or Sexual Orientation. Those most disposed to Crime, a form of Evil defined by the State and the Law, are complex. Poverty, parental neglect, low self-esteem, alcohol and drug abuse can be connected to why people break the law. Some are at greater risk of becoming offenders because of the circumstances into which they are born. Crime can be defined in many different ways. Different societies may also choose to define crimes differently. However, in general, crime can simply be defined as the breach of laws that are laid down by the ruling authority of the land. Serious crime invariably depicts or implies 'Evil Intent'. But even good law-abiding citizens can be drawn into criminal activity.

Others wholly support the idea that 'Evil' is entirely attributable to the imperfections of the organic human brain. No doubt there are cases where this is true, and probably applies to many of the Serial Killers, such as those noted above. Religious followers might attribute Evil to 'The Devil' or some other divine cause (The Bible book of Revelation 12 ; 12 gives a reason).

It's not Religious It's Common Sense. 'Evil' is a severe lack of 'Empathy', caused by human ignorance and of folly. The markers are- Low IQ, lack of empathy, ignorance, greed (of all kinds) and corruption.

As humans we all live in shades of grey. No one or in fact nothing is absolutely evil nor perfectly good. We have the choice to get tempted to do evil or eschew it and shun it. Karma does the balancing act of rendering justice during each lifetime. I make further reference to 'Buddhist Wisdom' in Section 20.

'Evil' is – I think – best defined as a moral problem, premeditated intent to do serious harm to others. What's evil is bad because it's morally wrong. And only humans are capable of moral choices, so it's a human problem. The cause of Evil is people mistreating each other out of Greed, Ignorance and Selfishness. Good Guys don't often turn into Bad Guys. But Personalities can lend themselves to positive and negative traits. This

phenomenon is discussed in detail in Section 14, where we discover our Personality Type and learn how to understand and manage it for our own betterment.

When does being 'Naughty', become being 'Bad', become 'Very Bad', become being 'Evil'. I leave you to judge some personal confessions/experiences below. ["King Edward VI's Brats, UK 1974], ["Black-Knight" UK 1990], ["Boy Racer v Flash Harry", Wales 1974]; ["A Serial Philanderer, Global 1995- 2015]; [Final Abandonment, UK 1999].

Levels of 'Badness'



"KING EDWARD VI'S BRATS" (UK 1974)

"32 thirteen-year-old boys enjoy their studies during a warm summer in 1970. What's more there is a new young French trainee teacher, shy and beautiful. She was lecturing to us from the raised platform in the classroom and all our focuses were not on our French language books. My father had been tiling our bathroom wall with those rolls of mini one-inch square mirrors. I had brought an off-cut to school and with the aid of a pair of scissors- armed each of my classmates with a tiny mirror. With 32 reflections from the window's summer sun, I'm surprised the unknowing French lady couldn't feel the reflected warmth at its focal point on her private assets beautifully illuminated in all their glory. After all in 1970 girls still used mini-skirts and this only made the task that more achievable. And French girls do wear sexy underwear. 'Naughty'."

I couldn't get expelled for orchestrating that could I? Well, I nearly did for my next prank. "I want to see Malpass and Meredith in my study after assembly!" bellowed the 'mortarboard cap and gown clad' stuffy headmaster – and this time his demeanour seemed more unforgiving. We had broken into the school one Saturday night after attending cinema at 10pm and were on a mission to climb the drainpipes again up three storeys to the wind-cock/ weathervane at the top of the

school spire to deposit a school cap; and embarrass the school administration accordingly, as the spire could be seen across the town.

But the nightwatchman's Alsatian dog smelt us on our retreat. I ran in one direction and Meredith the other, knowing the dog could chase only one of us. Yes, I drew the short straw. I made it to a flat roof to hide before making my escape, but my scent was too strong to fool the dog. Bath night was Sunday anyway. The police escorted me home to my mother's horror.

But once again I was surprised by his leniency once in the privacy of his study. "I was called on Sunday morning by the police and expected I would be expelling two boys this morning. In fact, I like to see a mischievous nature in boys, it displays character. And now I'm going to cane you and that will be the last of it." Boys will be boys.



**"BLACK KNIGHT"
(UK 1990)**

"In 1990 the Dutch Construction Industry was in turmoil, but the Stock Exchange still allowed non-voting Share Issues to 'friends/ White Knights' to protect against would-be aggressive takeovers from predators. One Major Company was making a move on its Major competitor in the market. As a defence strategy the CEO had flown secretly on invitation to visit our Main Board to negotiate a defence strategy. A fair deal one might consider, until I learnt that our MD had invited the CEO at the behest of the CEO of the Dutch Major competitor, who was a friend of our MD. The plan was for our company to take the shares on offer and then sell them onto the Dutch competitor in return for a minority interest in the then combined larger Dutch Group. Dishonest, underhanded, and all-out dirty deal with bad intent I considered. 'Bad, on the verge of being 'Very Bad' in its intent was my view. Fortunately, our CEO rejected the proposal. What goes around comes around. Years later our MD met his demise himself as a discredited Executive Businessman, mismanaging another company. Karma."



"BOY RACER V FLASH HARRY" (WALES 1974)

"Mine was no ordinary Mini Cooper 'S'- it was a fully Rally Prepared model- Weber Carburettor, Roll Cage, Aluminium Body, Dry Sump, 0-60 in 4 seconds, etc. With a colleague I was negotiating all the Welsh bends early evening with prowess and pride on my way to Newquay. Then in the Wing Mirror I caught sight of 'Flash Harry' threatening to overtake on a stretch of straight road. Red Convertible 'E-Type' V12 Jaguar. Blond Girlfriend with the wind flowing through her Golden locks. No way would I let him pass and we were driving to our limits for over half an hour before it became quite dark and negotiating bends with headlights was becoming more treacherous for my Mini, and certainly his E-Type. Nevertheless, every time the road straightened out he would try to use his superior power and V-12 engine acceleration to try and 'Pass me out."

I eyed my chance, we were approaching a wide sweeping bend at a dangerously high speed. I said to my friend "Hold On tight!" Then I switched off my rear Brake Lights using a bespoke switch on the Dashboard (Rally Cars have this feature to avoid anyone behind benefiting from driving on one's Brake Lights). We just about made it around the bend without losing control. The E-Type, Flash Harry and his Barbie Doll did not. They carried on straight through the hedge into a field below. We didn't stop but no impact with anything as solid as a tree was heard. No car fire and hopefully just bruised egos and dented bodywork. Dangerous- yes, Reckless- yes, Bad-yes, Very Bad-probably Yes - because it was premeditated and could have caused serious harm."



**"FINAL ABANDONMENT"
(UK 1999)**

"I knew a Lady (albeit not someone I could care to name) who wasn't in love when she married. She was young and beautiful and eccentric and fun-loving and attention seeking. She took lovers and did it knowing the harm and anxiety and depression it caused to her partner. But she had a baby girl, and abandoned her when she was a baby, leaving her for four days with an aged neighbour while she went off with a Time-Share salesman shed just met on vacation. She went on to abandon the young girl and left her at home alone while she went out drinking with lovers, and subsequently she left the child (albeit with her partner to go abroad with a lover, even though she had legal residence at the time). She left the child in her young school days to go and live abroad for protracted period; and she finally took the decision not to return to assume her role as a parent while her ex-partner was working abroad by necessity. A good woman is she who does not lose her daughter's heart. It may be hard on some mothers not to have a daughter, but it is much harder on a girl not to have a mother – or worse an absent mother. Easy to judge- but surely a mother should put her child before anything else in her life. To not do so will almost inevitably end in harm to the child emotionally. A crime against a child is 'Bad in Intent', and is 'Evil in Action', no exceptions."

We concluded above that Good Women are not less likely to do Evil, but they are better equipped to make the right decisions under stress. Should they therefore hold a larger proportion of leading Political and Business Roles in the world.

70 Nations have had Female Leaders since 1966. There are (at the time of writing in early 2020) 15 female world leaders currently in office, eight of whom are their country's first woman in power, according to data from World Economic Forum and other sources. While the number of current female leaders, excluding Monarchs, has more than doubled since 2000, these women still represent fewer than 10% of 193 UN member states.

In terms of Big Business and based on Fortune 500 magazine's 2019 list-women held 6.6 percent of Fortune 500 CEO roles. This consists of 24 women CEOs. The number of women CEOs has been rising steadily since 1998, when the only female chiefs of such corporate giants were Jill Barad of Mattel (MAT) and Marion Sandler, Co-CEO of Golden West Financial. The Number One most Prominent women CEO in 2020 is Mary Barra, Chair-Person and CEO of General Motors. I wrote to her in the Spring of 2020 about a business idea, but still eagerly await her response. Some female leaders do adopt typical male traits.

Thailand has the highest proportion of female CEOs in the world (although some maybe 'Lady Boys!') with 30 percent of companies employing female CEOs, followed by the People's Republic of China, with 19 percent. In terms of General Management, Jamaica takes the number one spot with the highest percentage of women managers at 59.3 percent (probably because all the men are home smoking marijuana). Colombia is in second at 52.3% and Saint Lucia came in next at 52.3 percent. They are followed by the Philippines, other Latin American countries and Eastern European countries.

In terms of the UK, in 2020, only five FTSE 100 companies are steered by women. All food for thought, but the 'Bleeding Obvious' is that UK Boards of Directors should dig deeper in finding Women of potential in their Organisations and promote them according to their ability. The Overall Conclusion: Good Women are not less likely to do Evil, but they are better equipped to make the right decisions under stress. There is good and bad in all of us, it's not directly related to Gender, Religious Beliefs, Race, Colour, Cultures, Age, Social Class, or Sexual Orientation.

What is a sure- is that there is good in all of us. Why not Forget the Bad, or at least not focus on it (that's the job of the evening TV News). In the time of Pandemic crisis during which this Book was written, many seem to have taken the opportunity to take an introspective look at themselves, to think about what we most value, and consider how we might live a more meaningful life going forward. Ethical living always involves a joint endeavour- how we live together, how we interact with people, how we draw out the best of humanity in one another. As I join my neighbours on our balconies at 8pm every night to clap and whistle and thank our Medical and Support workers for their selfless toil, I realise this Pandemic has provided an opportunity to appreciate our common vulnerability and better realize the importance of working in concert together.

Social connection is the vehicle and the fuel for living ethically: It's how we learn and grow, and where the fruits of our learning and growth are realized. We recognize our reliance on one another as a fundamental, irrespective of our different statuses, wealth, belief structures or our political or religious persuasions. In 'Lockdown' we have had ample time to reflect and stop and think about what we can do for the common good. We have a unique chance to recognize the important role we play in, not just in our families and communities but in our world and think about how we can take care of each other. We must not squander it. Hallelujah Matt Kelly, so well written- "The Good that Good Men Do". ["The NHS Army" Matt Kelly UK 2020]. Wigan Council's Matt Kelly became the voice of the nation when his poem was read across the BBC Radio 5 Live airwaves by Bafta award winning actor Christopher Eccleston.

What was originally just meant to be a thank you to his partner, who is a district nurse, soon became a national hit and was heard far and wide. And let's remember the tens of thousands who died in the Pandemic ["One Sweet Day", Mariah Carey].

***"THE NHS ARMY"
(YOUTUBE Matt Kelly, UK 2020)***

*"I'll tell you a tale, that's been recently written.
Of a powerful army, so Great it saved Britain.*

*They didn't have bombs and they didn't have planes.
They fought with their hearts and they fought with their brain
They didn't have bullets, armed just with a mask.
We sent them to war, with one simple task.*

*To show us the way, to lead and inspire us.
To protect us from harm and fight off the virus.*

*It couldn't be stopped by our bullet proof vests.
An invisible enemy, invaded our chests.*

*So we called on our weapon, our soldiers in Blue.
"All Doctors, All Nurses, Your Country needs you".*

*We clapped on our streets, hearts bursting with pride.
As they went off to war, while we stayed inside.*

*They struggled at first, as they searched for supplies.
But they stared down the virus, in the whites of its eyes.*

*They leaped from the trenches and didn't think twice.
Some never came back, the ultimate price.*

*So tired, so weary, yet still they fought on.
As the virus was beaten and the battle was won.*

*The many of us, owe so much, to so few.
The brave and the bold, our heroes in Blue.*

*So let's line the streets and remember our debt.
We love you, our heroes,
Lest we forget."*

And a Tribute for those who lost their closest loved ones in the Pandemic:



**"ONE SWEET DAY"
(MARIAH CAREY)**

<https://www.youtube.com/watch?v=UXxRyNvTPr8>

*"And I know you're shining down on me from heaven
Like so many friends we've lost along the way
And I know eventually we'll be together, together
One sweet day
And I'll wait patiently to see you in heaven"*

Lessons Learned



SECTION 4- LESSONS LEARNED "The Evil that Good Men Do"

1. KEY MESSAGE: Empowerment of women is a necessity for the very development of a society, since it enhances both the quality and the quantity of human resources available for development. Empowerment is one of the main procedural concerns when addressing human rights and development.
2. Good Women are not less likely to do Evil, but they are better equipped to make the right decisions under stress.
3. There is good and bad in all of us, it's not directly related to Gender, Religious Beliefs, Race, Colour, Cultures, Age, Social Class, or Sexual Orientation.
4. Our World of Social Networking is changing us. These days, every man in the street seeks his moment of glory posting Gossip or Fake News on Twitter or posting a YouTube video hoping it will go viral. But when humanity shines through, responsible people will self-publish their own wisdom, and share it with like-minded people with Common Interest
5. It is simple even if it doesn't read as such, 'Bad Men do Bad things with intent, but a by-product of doing so can precipitate some Good things. Good Men intend to do Good, but unconsciously and occasionally make decisions which precipitate Bad things
6. Probably the worst Evil a so-called Good Man can do- is to beat his wife. The worst Evil a Good Woman can do- is abandon her child.
7. Not surprisingly there is good and bad in all of us, it's not directly related to Gender, Religious Beliefs, Race, Colour, Cultures, Age, Social Class, or Sexual Orientation. Those most disposed to Crime, a form of

Evil defined by the State and the Law, are complex. Poverty, parental neglect, low self-esteem, alcohol and drug abuse can be connected to why people break the law.

8. *'Evil' is a severe lack of 'Love', and it is caused by any living being which ignores the truth (human ignorance) and indulges in greed (folly). The markers are- Low IQ, lack of empathy, ignorance, greed (all kinds) and corruption.*

9. *Ethical living always involves a joint endeavour- how we live together, how we interact with people, how we draw out the best of humanity in one another.*

MISSION STATEMENT: *UK Boards of Directors shall dig deeper in finding Women of potential in their Organisations and promote them according to their ability. I will do my bit where I can with the Promotion of Women of Potential and enforcement of Equal Rights.*

5.

The Human State

THE HUMAN SPIRIT IS A COMPONENT OF HUMAN PHILOSOPHY, Psychology, and Knowledge. It's a Powerful concept. Remember I'm just as most readers- a layman in spiritual terms- certainly no Psychologist nor Philosopher. The Passion for most of us is simply to 'Learn Our Truth and Speak No Lies'. I share my Knowledge and Amateur Insight in the hope this will help Individuals, rather than mark them psychologically for life!

The 'Human Condition' is typically used in the context of even more ambiguous concepts for some- such as the 'Real Meaning of Life' or the 'Reason for Being' - and the need for moral concerns when it comes to seeking one's destiny. For those who lean towards a Divine 'Faith' each major religion has definitive beliefs regarding the human condition. Buddhism teaches that life is a perpetual cycle of suffering, death, and rebirth from which humans can be liberated via its 'Noble Eightfold Path'. Meanwhile, Christianity teaches that humans are born in God's image but have veered into a sinful condition and are doomed in the afterlife unless they receive salvation through Jesus Christ. Philosophers have provided many other perspectives, and invariably conclude that the Human Condition is intangibly 'Spiritual', not just one of chronology and the tangible human experience and feelings on the journey of life- birth, growth, emotion, aspiration, conflict, and mortality.

What is certain is that humans, apart from needing to be social and interact with each other- have a natural calling to be loving and kind, and at the same time have a propensity to be evil and corrupt. The motivations that push people down the righteous or the treacherous route, usually depend on their Personality Type, and how they manage their natural traits and condition to suit circumstances. There are some personality traits that make the slide into corrupt behaviour more likely. According to Clinical psychologist Dr Giada Del Fabbro they are:

- *Impaired empathy – individuals struggle to put themselves in the shoes of another or understand how their actions may affect the wellbeing of someone else;*
- *Self-centeredness – individuals prioritise their own needs over those of others;*

- *Manipulation – individuals deceptively influence systems or other people’s perceptions.*
- *Entitlement – individuals believe that they deserve to succeed or have their needs met more than others and that they deserve special treatment; and*
- *Tendency to project blame on to others – individuals avoid taking responsibility for their actions.*

Let’s not over-analyse too early in the Book. We all know good from bad and nice people from arseholes. We have all met Self-Important, Selfish, Narcissists and Bullies. And wherever in the world there is ‘Corruption’ you will find such characters in abundance, milking situations to their own benefit and gratification without empathy for others. As a result, there is inevitably suffering and ‘Unhappiness’ around our Human State of being.

In Section 14 we discuss the Enneagram Personality Types Analysis in greater detail. It is valid. It is a personality system that has been around a long time. It is amazing at helping you develop deep self-awareness, identify your mental habit patterns and is so powerful and helpful on your journey to knowing yourself. And we do so ‘In the Pursuit of Happiness’.

But are Corruption and Happiness inextricably associated? There are two International Institutions which analyse Corruption and Happiness by State across the world, the trends in which you may find interesting:

Corruption V Happiness

It is incredibly challenging to define ‘Happiness’, and some may say - pointless. But it’s a lot easier, and more to the point, to define ‘Corruption’. You’ll quickly assess whether someone is corrupt or not, but more difficult to put your finger on his or her well-being. Modern psychology describes happiness as subjective well-being, or ‘people’s evaluations of their lives and encompasses both cognitive judgments of satisfaction and affective appraisals of moods and emotions.’

A key component of Aristotle’s theory of happiness is the factor of virtue. He contended that in aiming for happiness, the most important factor is to have ‘complete virtue’ or – in other words – good moral character. I think that’s a good pointer. Moral people I know tend to be more content with themselves, as long as they are not self-satisfying righteous do-gooders. If they are being true to themselves there are some components to their subjective well-being:

- Life satisfaction
- Satisfaction with important aspects of one's life (for example work, relationships, health)
- The presence of positive affect
- Low levels of negative affect

"The function of man is to live a certain kind of life, and this activity implies a rational principle, and the function of a good man is the good and noble performance of these, and if any action is well performed it is performed in accord with the appropriate excellence: if this is the case, then happiness turns out to be an activity of the soul in accordance with virtue"- Aristotle.

Corruption, and its use in the pursuit of happiness, is a far more basic motive. It serves as a means to obtain happiness through money status and power. Power places one person or group above another person or group creating an illusion of happiness through control. Corrupted people or groups often resort to illegal or oppressive tactics to obtain power or to keep power.

Corruption can begin with the seeds of discontent, unhappiness, and the need for recognition. The need for recognition is a powerful psychological need. Resentment ferments over time until the tipping point is reached when unhappy people feel compelled to take action to become happy. Corruption provides the illusion of happiness. Being a member of a corrupt group provides personal recognition by other group members. Corrupted groups also provide justification for illegal activities. Pablo Escobar, the Medellin Drug Cartel leader earned respect and recognition as a kind of 'Robin Hood' figure in his local community. Eventually he became a terrorist.

Escobar probably had good intent towards his own community. But the competitive and dangerous environment he created for himself outstrips that of most Russian billionaires. This highlights the psychological damage that is done by highly competitive, unequal and corrupt systems which precipitate enormous wealth.

Freud famously observed that 'love and work are the cornerstones of our humanness'. Happiness economists have confirmed that unemployment and lack of family time are both very damaging to life satisfaction, albeit ironically one can lead to counteract the other. We all need to spend more time with our family and will universally regret that we haven't on our death beds.

Latin America, the Continent which I probably know best, is renowned for corruption, high violence and crime rates, unequal distribution of income and widespread poverty, yet has consistently scored relatively highly in the UN Happiness Report (see below). This can be attributed to 'the abundance of family warmth and other supportive social relationships.' ["Brazilian Dogs, UK 2010]; ["Dear Mr. 1%", Michael D'Antuono].



"BRAZILIAN DOGS" (UK, 2010)

"I attended a Brazilian Embassy/UK Foreign Office reception at the Brazilian Ambassador's London UK residence. The Diplomacy was polished, the interest in promoting Bi-Lateral Trade palpable. My good friend Paul Eadie MBE was of course present as the UK's lead Export Promoter for Brazil. What was never mentioned over cocktails of course was 'Odebrecht' the Brazilian conglomerate consisting of diversified businesses in the fields of engineering, construction, chemicals and petrochemicals. I have had dealing with Odebrecht across Latin America, competed against them while working for Contractors, visited their Head Office, met with senior Executives, and never ceased to be amazed by their intransigence to Corruption. Also the company has been one of the biggest donors to politicians in Brazil. The former boss, Marcelo Odebrecht, admitted that part of the \$48m he donated to the campaign in the 2014 Brazilian presidential election was illegal.

I'm glad since my visit to The Ambassador's residence, and a subsequent visit to a Odebrecht Executive in Sao Paulo in 2013, their reputation has been made public.

For years, Latin America's construction giant, Odebrecht, had built some of the region's most crucial infrastructure projects. But then it became well-known for another superlative: its involvement in one of the biggest corruption cases in history.

In June 2015, the group's chief executive, Marcelo Odebrecht, the grandson of its founder, was arrested. Since then, he and dozens of

other company executives have been jailed. In 2016, they signed what has been described as the world's largest leniency deal with US and Swiss authorities, in which the company confessed to corruption and paid \$2.6bn in fines. The executives agreed to confess to the crimes and to identify corrupt officials in exchange for shorter prison sentences

Seventy-seven company executives in total agreed to plea bargains with the Brazilian authorities, and their statements to investigators were made public. Their revelations had strong political and economic repercussions throughout Latin America.

Odebrecht executives have confessed to paying bribes in exchange for contracts not only in Brazil, but in various parts of the world. An international taskforce of investigators looked into bribery in 10 countries, including Argentina, Colombia, Ecuador, Peru and Venezuela. It brought down a successive Peruvian President and Government.

The company has since tried to settle cases with other Governments so that it would be allowed to tender for future major infrastructure projects.

One of the most interesting anecdotes for me was the elegance of the Ambassador's residence in London. On an antique Dresser in the Drawing Room were two prominent framed Photographs- One of the Ambassador with Queen Elizabeth II, and right next to it a homely shot of the Ambassador with the Family Dog. Both loyal, faithful and honest in character, unlike some of his fellow Brazilian officials perhaps. But even Loyalty only goes so far. If one of his less ethical countryman were to put The Queen of England and his dog in the trunk of his car next to an AK 47 for a week, when he returned to open it, who would be pleased to see him?"



**"DEAR MR 1%"
(MICHAEL D'ANTUONO)**

<https://www.youtube.com/watch?v=VYtJW0J7rNM>

*"The rich get rich and the poor get poor,
My Daddy explained to me,
But why Mr 1% has so much more
was something I could not see." | for his
part in the corrup*



**"WHAT A FELA"
(NIGERIA 2006)**

"Fighting Corruption can be sweet if not guaranteeing happiness. When in Nigeria my favourite bar was the 'Thistle'. I befriended the manageress 'Peace', the barmaids, lady singers and several local characters. But no one touched me more than the music of 'Fela Kuti'. I never met him personally, he was dead before I got chance, but I wish I'd had the opportunity. But his legend and music still lives on with me. The Nigerian icon was harassed, censored and imprisoned for singing truth to power. Today power celebrates him.

It's almost impossible to overstate the impact and importance of Fela Kuti to the global musical village: producer, arranger, musician, political radical, outlaw. He was all that, as well as showman par excellence, inventor of Afro-beat, an unredeemable sexist, and a moody megalomaniac. His death on August 3, 1997 of complications from AIDS deeply affected musicians and fans internationally, as a musical and socio-political voice. A press release from the United Democratic Front of Nigeria on the occasion of Fela's death noted: "Those who knew you well were insistent that you could never compromise with the evil you had fought all your life. Even though made weak by time and fate, you remained strong in will and never abandoned your goal of a free, democratic, socialist Africa." This is as succinct a summation of Fela's political agenda as one is likely to find.

In the 1970's he returned to his native Nigeria from USA and decided his music would become more politically explicit and critical of the oppression of the powerless worldwide. Fela and band became huge stars in West Africa. His biggest fan base, however, was Nigeria's poor. Because his music addressed issues important to the Nigerian underclass (specifically a military government that profited from political exploitation and disenfranchisement), Fela was more than a simply a pop star; like Bob Marley in Jamaica, he was the voice of Nigeria's have-nots, a cultural rebel. This was something Nigeria's military junta tried to nip in the bud, and from almost the moment he came back to Nigeria up until his death, Fela was hounded, jailed,

harassed, and nearly killed by a government determined to silence him. In one of the most horrendous acts of violence committed against him, 1,000 Nigerian soldiers attacked his Kalakuta compound in 1977 (a government-sanctioned attack). Fela suffered a fractured skull as well as other broken bones; his 82-year old mother was thrown from an upstairs window, inflicting injuries that would later prove fatal. The soldiers set fire to the compound and prevented fire fighters from reaching the area. When his mother died a few months later because of the injuries she sustained, Fela put her body in a coffin and took it to the gates of Dodan Barracks, which was the seat of power in the military regime of General Olusegun Obasanjo. He was beaten by soldiers for his efforts, but his stunt further fueled the Nigerian public's growing outrage about the incident.

As the '80s ended, Fela recorded blistering attacks against Nigeria's corrupt military government, as well as broadsides aimed at Margaret Thatcher and Ronald Reagan. Never what you would call progressive when it came to relationships with women or patriarchy in general (the fact was that he was sexist in the extreme, taking dozens of partners almost daily, which is ironic when you consider that his mother was one of Nigeria's early feminists), he was coming around to the struggles faced by African women.

Reflecting on the Subject of Section 4- I would say Fela Kuti was one example of the 'Good and Bad that Good and Bad Men do, against Evil'. ["Gentleman", Fela]



**"GENTLEMAN"
(FELA)**

<https://www.youtube.com/watch?v=pHzW3zYXbLg>

*"You dey go your way, the jeje way
Somebody come bring, original trouble
You no talk, you no act, you say you be gentleman
You go suffer, you go tire, you go quench
Me I no be gentleman like that."*

I remember so well my first day in Nigeria. My driver seemed intimidating, the traffic was horrendous, the contamination worse, the heat unbearable, and the beggars countless. But after an hour in the Lagos traffic, I took sympathy with a lady dressed in Nigerian national dress holding two twin boys maybe two years old. She couldn't even tap my car window with her hands full, but her eyes said everything. I opened the window by two inches

and passed her five dollars. I caught my driver's eye in the mirror. "What you do Boss?". I was new to the territory but determined to make my stance. "If that money keeps her two babies off the street and away from the pollution for an hour then it's worth it." "Boss, not her children, she hires them from the mother every day to go begging. Welcome to Nigeria."

Is that corruption, desperation, manipulation, abuse or just life, the 'Human State' in a country plagued with corruption and poverty. Difficult for these local poor people to be happy I suggest in any event. Yet the churches are full on Sundays with people of Faith praying for a better future.

The problem is, in countries where Corruption is accepted as the norm- it breeds more of the same. In my view there are few exceptions. In Spain in my local early morning Bar 'El Tomillar' the place is packed at 8am with local workmen and the local Police taking their breakfast and coffees. The difference was that the workmen on their break always paid their bills, the Police did not, assuming respect and their authority affords them such liberty.

I didn't agree. Still confident from the previous night's drinks I confronted them. "Workmen pay their taxes and their bills, the owner pays his staff's wages and his taxes. Their taxes pay your salaries- now pay your bloody coffee bills, or I'll have you on the front page of the local newspaper." I don't think I made any new friends, but I earned some respect. Nevertheless, I never drove my car passed that bar for years.

Corruption Index

'Transparency International' has published the Corruption Perceptions Index (CPI) since 1995, annually ranking countries 'by their perceived levels of corruption, as determined by expert assessments and opinion surveys.' The CPI generally defines corruption as 'the misuse of public power for private benefit'. It currently ranks 176 countries on a scale from 100 (very clean) to 0 (highly corrupt).

It takes into account 13 different surveys and assessments from 12 different institutions. The 13 surveys/assessments are either business-people opinion surveys or performance assessments from a group of analysts. Early CPIs used public opinion surveys. The institutions are:

- the African Development Bank

- the Bertelsmann Foundation
- the Economist Intelligence Unit
- Freedom House
- Global Insight
- International Institute for Management Development
- Political and Economic Risk Consultancy
- the PRS Group, Inc.,
- the World Economic Forum
- the World Bank
- the World Justice Project

Political corruption Concepts include: Bribery, Cronyism, Kleptocracy, Economics of corruption, Electoral Fraud, Legal plunder, Nepotism, and Slush Fund Political scandal. Over two-thirds of the 176 countries and territories in a recent index ranking fell below the midpoint of the scale of 0 (highly corrupt) to 100 (very clean). The global average score was a paltry 43, indicating endemic corruption in a country's public sector.

"In too many countries, people are deprived of their most basic needs and go to bed hungry every night because of corruption, while the powerful and corrupt enjoy lavish lifestyles with impunity."
 – José Ugaz, Chair of Transparency International

But remember that each country has its unique culture, ways and customs. There are difficulties in making direct comparisons between people and their views on happiness and corruption in say Communist China and Liberal Holland; Rustic Russia and Idyllic Switzerland; or even a British Alien in New York. ["Englishman in New York, Sting]



**"ENGLISHMAN IN NEW YORK"
 (STING)**

<https://www.youtube.com/watch?v=d27gTrPPAyk>

*"If Manners maketh man as someone said
 Then he's the hero of the day
 It takes a man to suffer ignorance and smile
 Be yourself no matter what they say."*

We all relate to stories of corruption and what makes us happy differently. Having just enough money to bury her father made a Nigerian girlfriend of

mine happy. Gifting a mobile phone could bring joy to the same lady. One thing I learned in Nigeria was to respect that people are different. And always respect your driver/ bodyguard. ["Respect Your Chauffeur, Nigeria 2006, Dubai-UAE 2007, Spain 2014].



**"RESPECT YOUR CHAUFFEUR"
(NIGERIA/UAE/SPAIN)**

"Whenever I have worked overseas for extended periods, I have benefitted from having a chauffeur/driver to relieve me from the burden of negotiating local road conditions and traffic manners.

Invariably they became friends, confidants, advisers, bodyguards and often good company. Always treating people as equals is a necessary virtue to achieve the required level of confidence and respect. A local Managing Director's wife had the driver's rear-view mirror removed so that the driver couldn't observe her while driving. She earned little respect in doing so and provoked several near miss accidents on the unruly Nigerian roads. In contrast my respect for my driver was rewarded when he saved my life by confronting an armed car-hijacker in rural Nigeria.

My Indian driver in Dubai used to shout obscenities to 'Pakistani' drivers who showed him not enough driving etiquette. How he knew they were Pakistani's not Indian still eludes me. I never noticed headwear that might do so.

In Spain a Finnish businessman (Sami), exiled for tax fraud, became a colleague of mine with whom I explored oil related business opportunities in Maracaibo Venezuela, before I learned of his chequered past. But he always seemed to respect his driver, who'd wait until midnight to provide the inebriated Finn his carriage home, full of Black Russian vodka and coke. Turned out his driver used to be his boss in Finland. Sami had 'done a runner' and moved to Spain, 'taking the wrap' for all the company's and his boss's and his business colleagues' illegal tax dealings. In so doing he had sacrificed his career, to save his colleagues from prosecution. Seems just another example

'Respecting your Chauffeur', albeit on this occasion the respect was very much reciprocated with good reason."

The results of the top twenty and bottom twenty in terms of the analysis are as follows (based on 2018 published data available at time of writing).

Least and Most Corrupt Countries

1	 Denmark	156	 Democratic Republic of the Congo
1	 New Zealand	156	 Uzbekistan
3	 Finland	159	 Burundi
4	 Sweden	159	 Central African Republic
5	 Switzerland	159	 Chad
6	 Norway	159	 Haiti
7	 Singapore	159	 Republic of the Congo
8	 Netherlands	164	 Angola
9	 Canada	164	 Eritrea
10	 Germany	166	 Iraq
10	 Luxembourg	166	 Venezuela
10	 United Kingdom	168	 Guinea-Bissau
13	 Australia	169	 Afghanistan
14	 Iceland	170	 Libya
15	 Belgium	170	 Sudan
15	 Hong Kong	170	 Yemen
17	 Austria	173	 Syria
18	 United States	174	 South Sudan
19	 Ireland	175	 Somalia
20	 Japan	176	 North Korea

Source: Transparency International

Because corruption is willfully hidden, it is impossible to measure directly; instead, proxies for corruption are used, and the Index has been criticized on the basis of its methodology.

According to political scientist Dan Hough, three flaws in the Index include:

- Corruption is too complex to be captured by a single score. The nature of corruption in rural Kansas will, for instance, be different than in the city administration of New York yet the Index measures them in the same way.
- By measuring perceptions of corruption, as opposed to corruption itself, the Index may simply be reinforcing stereotypes and clichés.
- The Index only measures public-sector corruption, leaving out private actors. This for instance means the Libor scandal or the VW emissions scandal are not counted.

Happiness Index

The World Happiness Report is an annual publication of the United Nations Sustainable Development Solutions Network which contains rankings of national happiness and analysis of the data from various perspectives

In the reports, experts in fields including economics, psychology, survey analysis, and national statistics, describe how measurements of well-being can be used effectively to assess the progress of nations, and other topics. Each report is organized by chapters that delve deeper into issues relating to happiness, including mental illness, the objective benefits of happiness, the importance of ethics, policy implications, and links with the Organisation for Economic Co-operation and Development's (OECD) approach to measuring subjective well-being and other international and national efforts. The variables analysed in the data currently include: real GDP per capita, social support, healthy life expectancy, freedom to make life choices, generosity, as well as perceptions of corruption.

In the 2018 Happiness Report, (the available statistics at the time of writing) Finland was the happiest country in the world, with Norway, Denmark, Iceland, and Switzerland holding the next highest positions. The top twenty and bottom twenty results were as follows:

Happy and Un-Happy Countries

1	 Finland	137	 Sudan
2	 Norway	138	 Ukraine
3	 Denmark	139	 Togo
4	 Iceland	140	 Guinea
5	 Switzerland	141	 Lesotho
6	 Netherlands	142	 Angola
7	 Canada	143	 Madagascar
8	 New Zealand	144	 Zimbabwe
9	 Sweden	145	 Afghanistan
10	 Australia	146	 Botswana
11	 Israel	147	 Malawi
12	 Austria	148	 Haiti
13	 Costa Rica	149	 Liberia
14	 Ireland	150	 Syria
15	 Germany	151	 Rwanda
16	 Belgium	152	 Yemen
17	 Luxembourg	153	 Tanzania
18	 United States	154	 South Sudan
19	 United Kingdom	155	 Central African Republic
20	 United Arab Emirates	156	 Burundi

Source: United Nations

There is even more subjectivity in assessing a Nation's happiness than there is in assessing its level of corruption. Nevertheless, there is an interesting comparison to be made between the Nations of the World rankings in Corruption versus Happiness. Seventeen of the twenty happiest countries are also ranked as the least corrupt. A fair conclusion is that country administrations which do not allow Bribery, Cronyism, Kleptocracy, Electoral Fraud, Nepotism, and Political scandal and have a low perception of overall corruption- are more likely to engender a nation which enjoys a high GDP per capita, social support, healthy life expectancy, freedom to make life choices, and generosity. Equally half of the twenty un-happiest nations are those which depict the highest propensity for corruption, particularly conflict and war-torn countries like Yemen, Syria and Afghanistan. The findings are profound! But justice, freedom and happiness itself also depend on economic growth. It is probably still too early to lecture to feuding tribesmen that capitalism and a thriving middle class and democratic institutions based on fair free enterprise are the way forward.

Those in the meantime who abuse power to acquire personal wealth and privilege (and I have met many) do not acquire happiness for either themselves or their people and mis-guided followers. Unlike others they do not shine like the sun, and there's a look in their eyes, like black holes in the sky. One day they will all wear out their welcome in all nations. ["Shine on you Crazy Diamond"- Pink Floyd]



**"SHINE ON YOU CRAZY DIAMOND"
(PINK FLOYD)**

https://www.youtube.com/watch?v=Fk0V_GGa2XM

*"Come on you target for faraway laughter
Come on you stranger, you legend, you martyr, and shine
You reached for the secret too soon, you cried for the moon
Shine on you crazy diamond"*

Happiness at the personal level is however more linked to personal perspectives on life and family and love (social, ethical and spiritual factors) than national averages linked to the state of the nation, health and wealth. You might be miserable and depressed for a variety of reasons while your neighbours are on top of the world. Family and friends and community seem to have more impact on our happiness than money or health. In today's world of unravelling family life and diverse communities' happiness in life can get harder to achieve. Lottery winners apparently return to their previous level of happiness after a while of euphoria, and people with health problems also return from their initial levels of happiness. Philosophers and academics have studied and offered their take on happiness for millennia. A book by Emily Esfahani Smith entitled 'The Power of Meaning: Crafting a Life That Matters' gives one theory on the pursuit of happiness. Seeking and living a life of pleasure and good sensations might render happiness in the short run, but without deeper meaning it can cause long-term discontentment or even misery. Like sugar, pleasure is sweet and gratifying while consumed, but has undesirable side effects in the long run. Drugs, sex without love, and rich food all provide short-term gratification; creating happiness (or rather a good feeling) for a while only to be followed by a feeling of emptiness over time. God or Evolution has cruelly dealt us a natural propensity for the need for highs such as love and sex. But few males would bother with sex itself in the long-run without the pleasure it offers in the moment, and where would that lead the human race if he didn't. Some older males in long term relationships settle for love without

sex, but they elude themselves as being ultimately happy. They often become depressed as a result of not experiencing sexual pleasure and intimacy, however short-lived it may be (see Section 13). The positive and negative interactive driving forces behind Sex and Love and Happiness are explored further in Parts Three, Four and Five because they are an integral part of the search for Self-Awareness and Happiness.

Overall, the overwhelming conclusion to be drawn is that we are all junkies when it comes to the quick fix, but deep happiness comes, it seems, in seeing one's life in its entirety as meaningful and worthwhile. There is an important cognitive and ethical component to happiness. From corrupt politicians to aspiring can-do leaders- all spend their lives toiling, worrying, competing and fighting for power and resources and pleasure, rather than enjoying peaceful bliss that a Buddhist monk might. Worth a read I recommend is 'The Monk Who Sold His Ferrari' - a self-help classic telling the story of fictional lawyer Julian Mantle, who sold his mansion and Ferrari to study the seven virtues of the Sages of Sivana in the Himalayan mountains.

Oh, how I misunderstood my own second wife when she claimed that she sought 'just to be happy'. She refused to worry about the mortgage, debts, and where my next international job would take us in life- she left those worries to me. Was she in denial or in connection with her inner-self, her inner-feelings? The jury remains out on that, but as any good Buddhist she knew the key to her happiness was from within.

Our legacies are often judged by how strong or saintly we were in life, or how good a provider or business achiever we became, or how loving or caring we were. We'd be better off focusing more on providing happiness to others whose lives we can touch, especially our children, and become our living legacy. The measure of any man or woman is how he or she helps the next generation as well as his or her own. The over-riding truth is that our children will become 'the living message we send to a time we will not see.' Unfortunately Love and Respect for our children is not universal, even occasionally with devastating consequences ["Senseless", UK 1996].



**"SENSELESS"
(UK 1996)**

"Years before I witnessed the mayhem in the USA on 911, I recall another moment when I thought privately about the fragility of life, and the Evil when mindless acts of violence are perpetrated against innocent children. I was working in London, had a smart Executive company car, but nowhere to stay at night during the week. I'd overstayed my free use of the Company apartments. I'd overstayed my welcome at friends and my sister's homes. I was sleeping in my car and showering in the office in the early morning before Executive Business meetings.

No smart phones to play with nor internet TV to watch during my quiet moments parked up in some local pub carpark. But when I listened to the news, emotion overcame me, and in that very quiet moment I cried alone for 16 lost children.

The Dunblane school massacre took place at Dunblane Primary School near Stirling, Scotland, on 13 March 1996, when Thomas Hamilton shot 16 children and one teacher dead and injured 15 others, before killing himself. It remains the deadliest mass shooting in British history.

Public debate about the killings centred on gun control laws, including public petitions for a ban on private ownership of handguns and an official inquiry, which produced the 1996 Cullen Report. In response to this debate, two new Firearms Acts were passed, which outlawed private ownership of most handguns in the United Kingdom. The question rather than the lesson for me was simple- How could any human-being take the life of innocent children, irrespective of their own emotional turmoil."

People who have a meaningful life tend to be givers and not takers. At times they may be miserable. Giving and sacrificing can be hard work, but in the long run they are more likely to fulfil. Parenting is the ultimate example. It does not make one happy to have a rebellious teenager, but over time there will be moments of absolute happiness when their adolescence turns to young wisdom.

In conclusion, there are probably three main things that consensus says makes an individual happy:” Close positive personal relationships with family and friends; a job or past-time that one loves and gives purpose; and helping others with focus particularly on one’s own children.”

Lack of money or health can cause misery but money and material things themselves do not have a lot to do with happiness, and people who emphasize them are less happy than those who do not. We too often love things and use people, when we should be using things and loving people. ‘Health, Money and Love’ is many a nation’s peoples’ toast for life happiness, but Love is the most important of the three because it endures and lives on, even after death, particularly in our children, and that oil portrait of you on the wall over the mantle-piece. [“Corinthians 13, The Bible]- (Dedicated to my Mother, and engraved on her Epitaph).



**"CORINTHIANS 13"
(The bible)**

"If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

And now these three remain: faith, hope and love. But the greatest of these is love."

Cultures & Personality

I have been lucky enough to have visited over sixty countries around the world on business. I know that because my daughter counted them on her i-phone App 'Been'. In so doing I have experience and mostly enjoyed the diverse cultures and customs. ["Sana'a Socks, Yemen 2007].



"SANA'A SOCKS" (YEMEN 2007)

"Of many of the Countries I have visited Yemen was memorable. The Old City of Sana'a is a UNESCO World Heritage Site. It has a distinctive architectural character, most notably expressed in its multi-storey buildings decorated with geometric patterns. A very memorable experience walking the streets and the city Souq with its intriguing delights.

Every man boasts an Janbiya, a specific type of Arabian dagger with a short, curved blade and a medial ridge that originated from Yemen. Nearly all men, including School Bus drivers chew 'Khat'. The World Health Organization classified it in 1980 as a drug of abuse that can produce psychological dependence, although they do not consider khat addiction to be a serious problem. But no alcohol of course.

Through an introduction via our Partner 'Dabbagh Group' of Saudi Arabia we were in-country to explore major infrastructure joint venture opportunities. The venue was impressive. The hosts were impressive. We were to meet the Finance Minister of Prime Minister Faraj Said Bin Ghanem government, but it seemed the whole Cabinet was present. We sat around a square room with continuous low-level seating. It was difficult to follow the translator because every member of the meeting was wholly affixed to the sight of my right foot.

It is customary to remove one's shoes before entering places of worship, or other people's homes or Governmental buildings alike. The problem is when you have a hole in your sock and no matter how much you wiggle your big toe, it won't stop exposing itself in all its glory.

Reminded me of when I ended up in Mexico via Amsterdam and on-route to Brazil, but my suitcase had not arrived. I bought a shirt and tie for the next day's meeting but decided to wash and dry my underwear in the hotel room. Draping my boxers over the bedside lamp would ensure their dryness in the morning. No they had slumped on the bulb and there was a two inch hole with brown halo. "What is this?" my wife exclaimed after I arrived back to the UK and she unpacked my case. "Those Mexican beans!" I suggested."

Happiness can come with just fun. Analysis of Happiness and Love and Purpose of Life in the context of Human State, Cultures and Personality all sounds a little like Psychological Waffle. But getting to understand one's Personality, warts and all, is the works of Section 14. It's a prerequisite, if you want to persevere with this Book, and seek to develop greater self-understanding of yourself and the wider world and continue in the search for your inner calling.

An understanding of the Human State requires acceptance of our unique gift of Consciousness. It is an aspect of the mind generally thought to comprise qualities such as subjectivity, sentience, and the ability to perceive the relationship between oneself and one's environment, unlike any other species in the world.

The concept of Personality is one we all use in lay terms. He's an introvert,

an extrovert, he's easy going and likeable or he's a bit difficult to get on with and domineering... that's how others often judge our outward Personalities. Inwardly our Beliefs and the Principles seem to define how we define our moral convictions and ideals which help form our Characters. While intellect and emotional make-up and inner feelings often determine social status and how we communicate and relate to each other in society; it does not define our true God-given Personality. Don Riso's book, *Personality Types*, for me, became the leading guide to the *Enneagram*¹, setting the standard for insight and accuracy about the ancient symbol of Human Personality. In Part Four, Section 14 I introduce the 'Practical Guide' that reveals the nine basic personality types of human nature and their complex inter-relationships. It recommends and encourages participation in an on-line questionnaire and analysis offered by The Enneagram¹ Institute, the results of which can be used by the reader to help with discovery of the True-Self. It is fundamental and crucial to the mission of this Book- to help the reader find the path to Fulfilment, an Inner-Calling, and true Happiness- and that's what the next Five Parts of this Book are all about.

The bottom line is 'Humans are stupid'. They turn their brains against themselves. Why make a mess of your mind. Fools get over-confident while Intelligent people are careful. You will not conquer the world by conquest, but by inclusiveness. So why not chill out a little, and just be amazed at who we are. If you don't like the creation, how can you respect the creator? Don't feel enslaved by disappointment or guilt or regret. It's an arresting blend of 'profundity and pragmatism'. If you take responsibility for something it will become yours. So, if you take responsibility for finding Joy, then you will Grow all on your own. Be Joyful. ["Bring me Sunshine", Morecambe & Wise]. Simplicity doesn't have to be complex or clever to be good.



**"BRING ME SUNSHINE"
(MORECAMBE & WISE)**

<https://www.youtube.com/watch?v=qfXjDELeW5M>

*"In this world where we live
there should be more happiness,
So much joy you can give
to each brand new bright tomorrow."*

Lessons Learned



SECTION 5- LESSONS LEARNED "The Human State"

10. *KEY MESSAGE: There are probably three main things when consensus defines 'Human State' as being 'Happy'. They are based on the Need for a real meaning in life and a Need for moral concerns. They precipitate themselves in : Close positive personal relationships with family and friends; a job or past-time that one loves and gives purpose; and helping others with focus particularly on one's own children.*
11. *An understanding of the Human State requires acceptance of our unique gift of Consciousness. It is an aspect of the mind generally thought to comprise qualities such as subjectivity, sentience, and the ability to perceive the relationship between oneself and one's environment, unlike any other species in the world.*
12. *Finland is the happiest country in the world, with Norway, Denmark, Iceland, and Switzerland holding the next top positions.*
13. *Happiness at the personal level is more linked to personal perspectives on life and family and love (social, ethical and spiritual factors) than national averages linked to the state of the nation, health and wealth. Family and friends and community seem to have more impact on our happiness than money or health.*
14. *People who have a meaningful life tend to be givers and not takers. At times they may be miserable. Giving and sacrificing can be hard work, but in the long run they are more likely to fulfil. Parenting is the ultimate example. It does not make one happy to have a rebellious teenager, but over time there will be moments of absolute happiness when their adolescence turns to young wisdom.*

15. *Corinthians Quote: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves.*
16. *We shall strive to live a certain kind of life, with rational principle, and the good and noble performance of these. In our actions to perform well in accord with the appropriate excellence we expect that happiness will prevail and such actions will turn out to be an activity of the soul in accordance with virtue.*

MISSION STATEMENT: I will take responsibility for finding Joy, then I will Grow all on my own. I will choose to be Joyful. I won't let others, and their negativity or criticism or cynicism- hold me back"

6

Conflict, Ethics & Accountability

ARE GOVERNMENTS, COMPANIES AND THEIR LEADERS INVARIABLY and inherently Bad? No, I will defend them to a point. Some are well intended and good in delivery. They are the Good Ones. Others only become bad if (and invariably when) they never do what they say they will do, or what they intended to do (giving the benefit of doubt to a few Bad Ones). Good intentions are not enough. Being idealistic in intent while the consequences of actions are not ethical- is no excuse. Who drink drives with intent to hurt somebody? Hence why top bosses have chauffeurs – not because they don't drink, but because they do. Let's cut the noble posturing.

Far too prevalent are the misguided actions and mistakes of certain leading individuals within organizations and institutions. While goodness comes naturally to the human heart, sometimes in politics and business and in the pursuit of the 'holy grail' for power and success, leaders so often falter early in the steeplechase. A cynical viewpoint but having worked over 40 years, for over 15 employers, in 60 countries I believe it is true. I've never been to a country where I haven't witnessed intended corruption, unintended mismanagement with subsequent cover-ups, or simple incompetence, even then often with some level of malintent.

- From - Third World Presidents and Dictators, Government Ministers, Democratically elected Leaders and Policy Makers, Top Civil Servants, Religious Leaders, Members of Royal families, Chief Executive Officers, Heads of Non-Government Organizations, Tribal Chiefs to - CIA Agents, Trade Union spokesmen and even Chauffeurs and Bodyguards who become confidants and personal friends of influential people- ALL harbour the conscious or subconscious intent - because of the opportunity to abuse the use of their power or access to information – to act incorrectly, without exception.
- And from abuse of power, bullying and exploitation to bribery and corruption, money laundering and misappropriation of public funds- there exists tolerance of poor governance in all its guises in certain if not most corners of the world.

Offering bribes to public officials in the West and the East, the Third World and the First World- is more common than many would wish to believe, with such incidences being incredibly common in some if not most countries. A bribe is an illegal or unethical gift bestowed to influence the recipient's conduct, isn't it?. 'Worldatlas.com' records the percentage of Public Firms Receiving Bribe requests at between 70% and 40 % in countries such as Cambodia, Yemen, Kyrgyzstan, DR Congo, Ukraine, South Sudan, Bangladesh, Afghanistan, Myanmar, and Iraq. But don't rest on your laurels just because you live in a Non-Third World Country. Refer back to the Transparency International Corruption rankings given in Section 8. Can the USA hold its head so high being ranked only 18th in Transparency?

I have worked in 'Construction' most of my life, where paying "Fees" to local Consultants for dubious services to help win contracts has been common practice for hundreds of years. Construction was always referred to as the 'Second oldest profession in the world'. Well, it's less honourable than the 'Oldest' many would proclaim- where you seek a service, agree a price and that's it- all commissions included, and the final price is the final price- no dubious changes to push the final charges up. And such commission payments for 'Business Development' (in the world's second oldest profession) used to be Tax-Deductible in many a western country.

The tax status of bribes became more of an issue for governments across the world as it became more widely accepted that the bribery of government officials impedes the democratic process and may interfere with good government. But in some countries, bribes are still considered tax-deductible payments. In 1996, in an effort to discourage bribery, the OECD Council recommended that member countries cease to allow the tax-deductibility of bribes to foreign officials. This was followed by the signing of the Anti-Bribery Convention. Since that time, the majority of the OECD countries which are signatories of the convention have revised their tax policies according to this recommendation and some have extended the measures to bribes paid to any official, sending the message that bribery will no longer be tolerated in the operations of the government. Isn't it strange in some countries where women are not allowed a vote, because it's illegal- male government officials can receive bribes- not because it's legal but because it's accepted.

The causes of bribery are endless. It isn't a problem with just one root cause. A forest has many seeds which create the forest, the same could be

said about bribery. There are many seeds which aid in the blooming of bribery.

Nevertheless, at long last, bribery is more or less established as a crime and *unethical* by the majority of societies. In terms of ethics per 'se'-differences still exist from country to country. Views on, for example, Prostitution around the world also differ. Prostitution is the practice, business, or occupation of engaging in sexual activity with someone in exchange for payment – doesn't sound very ethical in itself when it's described as such, does it? There are an estimated 42 million prostitutes around the world, so it remains as prevalent as ever, if not more so than Bribery, despite being viewed as an unethical act probably by a wide majority.

In fact, prostitution occurs in a variety of forms and its legality varies from country to country. Its legality reflects different opinions on exploitation, gender roles, ethics and morality, freedom of choice, and social norms. You'd think that these ought to be widely held and agreed on ethical terms across nations- they are not. There's a lot of sex in the world, and where there is demand for sex and money between willing traders it will thrive.

There are different types of legality, for what it's worth. Prohibition-ism means that prostitution is illegal. Neo-abolitionism considers prostitution to be violence against women, and so the clients and pimps are prosecuted, not the prostitute. Abolitionism considers prostitution to be legal; however, public solicitation, operating brothels, and pimping are prohibited. The legalization of prostitution allows prostitution and employment of prostitutes to be legal but is regulated. Decriminalization of prostitution treats prostitution like any other labour and is subject to minimal or no special regulations. Some countries have different local laws regarding prostitution.

Prostitution is seen as a major issue for religious groups and causes controversy within feminist activism. Some feminists believe that prostitution harms women and reinforces stereotypical views about women as sex objects. Other feminists believe that prostitution is a valid choice for women who wish to engage in it.

A common theme in some of these examples of questionable ethics and practices is- often it comes down to acceptability and/or accountability- and the question of whether there is a difference between business ethics and

personal ethics. During Prohibition in the US, alcohol was widely consumed and not considered unethical by many, but the Bootleggers were invariably part of organised crime gangs involved in unethical business. A similar argument applies to illegal drugs.

Money laundering is another practice which varies very much in its sophistication. In simple terms it is the concealment of the origins of illegally obtained money, typically by means of transfers involving foreign banks or legitimate businesses. Money laundering is illegal because it allows criminals to profit from crime, and it usually involves more than one illegal step to take place. Having travelled through a number of financial transactions, the proceeds of the crime are fully integrated into the financial system and can be used for any purpose. Very often, in my experience, most transactions are distorted. Often a contract will be awarded at an enormous premium to a corrupt contractor who will pay-back a proportion in cash to client individuals, or via 'mules' or dubious sub-contracts. Casinos are also easy partners in laundering cash, as most transactions involve cash and unaccountable gaming results.

When a cash deposit of \$10,000 or more is made, the bank or financial institution is required to file a form reporting this. This form reports any transaction or series of related transactions in which the total sum is \$10,000 or more. So, two related cash deposits of \$5,000 or more also have to be reported.

In Spain I noticed how a few Bars/Restaurants seemed to get expensive fit-outs and high revenues despite being closed from October to May. 'Dec' was a known Irish money-launderer working with local mafia. Restaurants and bars launder money by making/ creating receipts for dinners that are never served to a patron. Then paying for those meals with the illicit cash. They do something similar with expensive refurbishment contracts to related companies. The result is creating legitimate income and capital investment with and by the restaurant.

"Smurf" is a colloquial term for a money launderer, someone who deposits illegally gained money into bank accounts for under-the-radar transfer in the near future. Well thankfully I'm no Smurf nor Jerk when it comes to attempts to being cajoled into becoming so. ["Tips are Legal", Nigeria 2006].



***"TIPS ARE LEGAL"
(NIGERIA 2006)***

"Nigerians are not backward in coming forward about asking for commission payments, introduction fees, proposing outrageous incentive schemes, or just demanding blatant pay-offs. The more senior the official, the greater the expectation, and usually the brasher they are in demanding it, without the slightest subtlety or backward inuendo.

When the Government established an independent 'Anti-corruption Enforcement Agency' it just created another level and percentage cost for pay-offs to be included in tenders/budgets for Contract Bids.

I met a local Nigerian girl with whom I enjoyed some intimacy. We talked openly about our mutual dislike for corruption, and how it acted like a cancer in all aspects of Government, Business and life in Nigeria. A previous employer of mine was involved in a \$300 million contract involving laundered money by a Lebanese Partner. A more recent Contract in the North of Nigeria (Kano) had a substantial sub-contract which involved a complicated web of offshore purchases and payments across the globe from South Africa to Canada. One needed an above average IQ just to try and understand the complexities of Nigerian business deals, or '419's' as they boastfully disguise them.

The story of 419's relate to Emmanuel Nwude who committed the largest fraud in the country by selling a non-existent airport to a Brazilian for \$242 million between 1995 and 1998. He did so from a Hotel Room, Room 419; also the Nigerian Criminal Code for such scams.

Anyway, this girl (Toya) became a friend. She never asked for cash or favours other than a good time and a few meals out. Like most girls of her age she sought a white man for a husband. An 'Oyinbo'.

One weekend when she learned that I was due to travel back to the UK for leave, she asked whether I would take a package with me to the UK. It contained essential paperwork for her cousin who was in the UK, in the process of matriculating for entry into University. The least I could do was to offer her some space in my suitcase. I was to meet her cousin in London Heathrow Airport once I was through Customs.

I opened the said package before I placed it in my suitcase. It contained approximately two hundred bank cheques made out to numerous payee names, all in dominations of £3,000 or less. I spoke with her from Nigeria Lagos Airport, and I informed her in rather a belligerent way, that our relationship was over. Furthermore, I was well aware what they did to young White Men in Nigerian jails, caught trying to beat them at their own game.

When my driver dropped me off at the airport, he expected his usual 'cash tip' for his own holiday while I was away. I passed him the package. 'What's this Boss?'. 'About £500,000 in cheques. Be wise and careful how you go about chequing them in!' "

Acceptability and/or accountability- Some people just don't get it. It's down to a mindset. When is a crime not a crime? A question of gravity you may think. As an off-the-wall example I was once in the Office of an Honorary Brazilian Consul to Bahrain, an ex-Military man of third country origin and he opened the discussion about how he may be able to influence the award of a contract to build a development project (in our favour) by bragging about his appointment. He had the 'Highest contacts' and had allegedly been appointed by President Lula of Brazil for his role in arranging the murder of one of his political opponents. What? Obviously, a Man with a Heart of Gold- you'll find them in abundance in your search for goodness in the world of hard business and politics. ["Heart of Gold", Neil Young]

*"Fighting corruption is not just good governance. It's self-defence.
It's patriotism" - Joe Biden*



**"HEART OF GOLD"
(NEIL YOUNG)**

*"I want to give
I've been a miner for a heart of gold
It's these expressions
I never give
That keep me searching for a heart of gold"*

The Miss-Use of Power

Leaders who use their power appropriately can motivate their citizens, subjects or their staff, inspire positivity, loyalty and commitment and push citizens to achieve and benefit society, or push employees to aspire to greater achievement for the company to thrive. In contrast, leaders who abuse their power bring down morale, incur grievances and cost their country or company money in lost Gross Domestic Product or business productivity. But there's a third dynamic — Leaders who avoid the use of their elected or executive empowerment with which they are entrusted to act decisively. In so doing they can create confusion, anxiety and a sense of helplessness in voters or staff. It's a double-edged sword. We don't like over-assertive Leaders who bully, and we don't like weak Leaders who prevaricate. The former rules by exerting authority often inciting conflict and the latter pontificates bowing to consensus and decision making by committee.

'Social Conflict Theory', the Marxist-based social theory (see Section 3), argues that individuals and groups (social classes) within society interact on the basis of conflict rather than consensus. More powerful groups tend to use their power in order to retain power and exploit groups with less power.

"Another axis of evil in the world is: poverty and ignorance; disease and environmental disorder; corruption and political oppression."
- Al Gore

The Conflict Theory has been used to explain a wide range of social phenomena, including wars and revolutions, wealth and poverty, discrimination and domestic violence. It ascribes most of the fundamental developments in human history, such as democracy and civil rights, to capitalistic attempts to control the masses rather than to a desire for social order. The theory revolves around concepts of social inequality in the division of resources and focuses on the conflicts that exist between classes where leaders & bosses become bullies and use conflict & calls on their own personality disorders to dominate.

Dominant leaders often depict traits of exaggerated self-assuredness, overt ambition, narcissism, and psychopathic tendencies; and characters who always put themselves before others, are less likely to prevail in the long term. (Refer to Section 8).

During my career I have related to some exemplary bosses but also several bosses who were exemplary bullies, some successful, some not so- depending on your take of success. Most of the bullies depicted the traits of the dictatorial destructive type of leader, who dominate their environment so completely and destructively in personal terms, that they make enemies of everyone around them. These individuals you have to appease to survive. Their companies tend to be the companies to leave. Often you should select the company for which you work based on the boss for whom you are going to work. You'll learn more and achieve more and likely progress more.

"More than half of people who leave their jobs do so because of their relationship with their boss. Smart companies make certain their managers know how to balance being professional with being human. These are the bosses who celebrate an employee's success, empathize with those going through hard times, and challenge people, even when it hurts." - Travis Bradberry.

There's a lot to be said to looking up to a Boss not just because of his attitude at work, but also the demonstrable behaviour he depicts in his wider public life and his personal life. My CEO and a fellow director and I arrived at the Airline's desk for an important flight only to find that we'd been bumped off the flight due to the flight being over-sold (a common practice on scheduled long-haul flights where on average ten percent of travellers don't show). While my fellow director was aggressively castigating and upsetting the lady at check-in, the CEO stated calmly that it was not her personal fault; and suggested a calmer approach towards her personally. Reminds me of the one where a man pushed in at the front of the check-in queue only to be told by the Virgin Atlantic desk attendant to take his place in the queue. "Have you any idea who I am?" he pontificated. To which she attended to the Public Address microphone, "There is a gentleman with white hair and spectacles at the Virgin Desk who has no idea who he is. If anyone recognises him, would they like to step forward and claim him."

Steve jobs, undoubtedly a good boss and good man, was sacked by Apple the company he co-founded, before returning to transform the company's fortunes. He wrote about business and life on his death bed, stating how family relationships are so much more important in life than wealth, and business success.

"Steve will never die because he will live on in the light and energy and wonder that pours out of all that Apple is and all that Apple will become". Steve himself said we are not here forever. An anonymous fan of Apple, we can call Michael, went on to say on-line, "I do believe that it's all about what you leave behind - and on that count what Steve Jobs has left behind is truly magical." Well, I bet Steve was (and remains) more magical for his bereaved family than any of his Apple Lifestyle Products fans.

Contrast all this with someone for whom I worked once. He was told by US Authorities that he must cease pursuing his business interests with Iran, because of the International Sanctions. To appeal to his fatherly loyalties and priorities rather than just his good law-abiding citizenship- it was mentioned that his daughter's Green Card to continue living and working in California may rely upon it. The 'threat' was ignored, and the Iranian business links ramped up. Belligerence or stupidity or a man who puts business before family?

The law was the law; but the daughter kept her rights to reside in the US despite the threats. Conclude from that whatever you choose. Governments should be diligent in pursuing good governance, but nobody likes a bully nor a threat. My friend Trevor used to be a Nightclub doorman. He said, "You should never threaten to hit anyone. Make a decision and then just hit him if you decide it is warranted."

"Good governance never depends upon laws, but upon the personal qualities of those who govern. The machinery of government is always subordinate to the will of those who administer that machinery. The most important element of government, therefore, is the method of choosing leaders."- Frank Herbert

Choosing the wrong leaders, and losing Good Governance, and we're caught in a landslide- the 'Tip of the Iceberg' ["Bohemian Rhapsody", Queen].



**"BOHEMIAN RHAPSODY"
(ANGELINA JORDAN- QUEEN)**

<https://www.youtube.com/watch?v=LsTH02V9Pt4>

"Is this the real life?"

*Is this just fantasy?
Caught in a landslide,
No escape from reality...
Too late, my time has come,
Sends shivers down my spine,
Body's aching all the time.
Goodbye, everybody, I've got to go,
Gotta leave you all behind and face the truth."*

War Conflict and Ethics

Ethical judgments are relevant to all phases of protracted violent conflict and inter-state war. Before, during, and after the tumult, martial forces are guided, in part, by their sense of morality for assessing whether an action is (morally) right or wrong, an event has good and/or bad consequences, and an individual (or group) is inherently virtuous or evil.

For centuries, in the Western World the concepts of war and peace have been developed and discussed in the field of philosophy linked to theology, due to the fact of the Corpus Christianum (the medieval concept of a unity of church and state). The just-war-theory is the predominant model of reasoning in this tradition, challenged only by some religious minorities who pronounced non-violence as the moral obligation within Christian ethics. The Christian Crusades became a long and drawn-out war which lasted for over 200 years- with the bloodiness and the number of people killed unfathomable. War was normally necessary to defend one's territory or self-defence from attack. But this war had the sanction of the Pope. In the crusade not only did the blood -shed get justified, it was also called 'just' and the crusaders were reassured forgiveness for their sins and a place in heaven in the event of death in war. A Christian form of 'Jihad'.

Current phenomena like some forms of terrorism, "New Wars" as well as the "Renaissance of the Just War theory" demonstrate, that moral reasoning of religious communities still plays a major role in orienting people of faith- and implicitly also people of no faith- in their ethical judgements. This is not only true for some ethical dilemmas (such as collective self-defence, emergency assistance for populations at risk or violent struggles for political liberty and independence) but also for concepts of non-violent resistance, peace building, and reconciliation (viz: Mahatma Gandhi, Martin Luther King, and Nelson Mandela).

Research has shown that the rules of war deeply impact a soldier's psychology. Properly conducted, war "leaves protection and violence to

people who are professionally trained to be violent – so the rest of society doesn't go around stabbing each other." And soldiers become heroes in the process. Unlike the frontline National Health NHS heroes during the 2020 Pandemic who put themselves at risk to save lives- soldiers put themselves at risk to kill or be killed. Can they readjust to civilian life thereafter? ["When I grow up I want to be", Singapore 1997].



**"WHEN I GROW UP I WANT TO BE"
(SINGAPORE 1997)**

"I worked for a Chief Executive whose Motto was 'Coming Second always Sucks!' Well, I thought- I wouldn't mind being the second richest man in the world, or the second most loved, or blessed. He was a "A Hero Marine Turned Rouge Businessman".

As a young US Marine in the Vietnam War he knew all about Mottos that had to be lived up to. The Marine Corps has a long and lustrous history dating back to November 10, 1775. Over the years Marines have picked up nicknames like "Devil Dog" and "Leatherneck" and have adopted phrases "Semper Fidelis," "the Few, the Proud," and "Esprit de Corps." From the Marines' Hymn to the famous Eagle, Globe, and Anchor emblem, there is much to learn about the terminology of the Corps.

In 1965, the Marines were the first of the U. S. Armed Services to deploy large ground combat units to South Vietnam. By the end of the year, more than 38,000 Marines made up the in Marine Amphibious Force (III MAF) under the command of Major General Lewis W. Walt.

One operation for the young Marine was to be one of a team of four whose mission was to swim down the river in the middle of the night with rudimentary breathing equipment. Then to seek out the North Vietnamese/ Viet Cong camp guards/watchmen and slit their throats without raising the alarm. And you survive, until the next R&R sex trip to Thailand.

How do you stay normal after that? You stay in the Region after the war, you build up a business network among the corrupt regimes in Indonesia, Malaysia, Thailand and the Philippines. You maintain military/ intelligence links, you set up in a business-friendly state like Singapore where a family can live well, and a new company can be listed more easily. You lead an Initial Placement Offering (IPO) and you secure high profile company partnerships and gain credibility and a reputation for fighting above your weight. You find that you can't readjust to normal family life. You find out your son of 14 years is not your blood-son so you leave him too. You take Valium to treat anxiety disorder and the effects of addiction to alcohol to sustain a lifestyle. You have a dysfunctional marriage and take prostitute lovers in every town you visit, and you build a web of corruption and deception in the quest to achieve that life motto- of 'becoming number one' and taking the company to new heights of achievement. And then it all crashes, and you take everyone down with you.

And the whole time it wasn't about ego, or just paying off Government Ministers millions of dollars to win their allegiance and multi-million dollar projects in Cali, Colombia; Port Harcourt, Nigeria; Jakarta, Indonesia; Langkawi & Labuan, Malaysia; Chongqing, China – of course not this is a Singaporean listed company- no it was CIA business, and fuck the consequences for shareholders and employees when it finally blows.”

'American Sniper', the Clint Eastwood directed movie about US Navy SEAL sniper, Christopher Scott Kyle, is a case in point when we weigh up the trade-offs between celebrating our heroes and assessing war's effects on them. It's a character study about a guy who sees himself as fundamentally honourable and decent, but whose simplistic moral code turns out to be exceptionally poor preparation for the real world and real warfare- and then he gets murdered in peace time by a fellow War Veteran suffering with posttraumatic stress disorder. ["A War Hero", USA 2013].



**"A WAR HERO"
(USA 2013)**

" Christopher Scott Kyle (April 8, 1974 – February 2, 2013) was a United States Navy SEAL sniper. He served four tours in the Iraq War and was awarded several commendations for acts of heroism and meritorious service in combat. He was awarded one Silver Star Medal, four Bronze Star Medals with "V" devices, a Navy and Marine Corps Achievement Medal, and numerous other unit and personal awards.

Kyle was honourably discharged from the U.S. Navy in 2009, and published his bestselling autobiography, American Sniper, in 2012. The eponymous film adaptation of Kyle's book, directed by Clint Eastwood, was released two years later. In 2013, Kyle was murdered by Eddie Ray Routh at the Rough Creek Lodge shooting range near Chalk Mountain, Texas. A former Marine with posttraumatic stress disorder, Routh was found guilty and sentenced to life in prison without parole

The film exhibits a fierce pride in service, new insights on life and our world, new appreciation for the blessings of liberty and the love of family, and many other perspectives and experiences that enrich the lives of veterans and veterans' families."

War and Peace. 'Tunnel Rats', is another war suspense film written and directed by Uwe Boll. The film is based on the factual duties of tunnel rats during the Vietnam War. The events implicate that all (or almost all) the protagonists are killed by each other, by boobytraps, or by the airstrike ordered by the wounded US commanding officer who called on it when everything seemed to have been lost. One by one the stars/heroes die in the tunnels. Harris a stranded Marine and Mai a local Vietnamese girl try to dig their way out, slowly realizing they are both trapped with nowhere to go and had been left to die. They remain in the tunnels until the end of their days. Maybe we should still celebrate war heroes, but not wars. ["In the Year 2525, Vietnam 1968].



**"IN THE YEAR 2525"
(TUNNEL RATS SOUNDTRACK, VIETNAM. ZAYER & EVANS)**

<https://www.youtube.com/watch?v=KaghqQxeP4g>

*"In the year 2525 if man is still alive
If woman can survive they may find...
Now it's been 10,000 years, man has cried a billion tears
For what he never knew, now man's reign is through
But through the eternal night the twinkling of starlight
So very far away, maybe it's only yesterday."*

There were brutal levels of war-type violence prevalent in most walks of life before governments began to assert control over violence in the mid-18th century. And in business, the firing of people, divorcing people, suing each other – these conflicts were invariably solved with the use of violence.

From the very beginning of our species history we have waged war. Some archaeologists claim the first act of homo sapiens on the world stage was that of genocide with the systematic destruction of the Neanderthals although there is no suggestion of an organised war effort. Evidence points to small scale conflict slowly driving the physically stronger Neanderthals into less favourable areas for survival as they were defeated by the homo sapiens who although weaker and less well adapted to the northern European climate could communicate and unite to gain dominance of better settlement areas, (see Section 19).

Clearly the in-built aggression of our species has been a tremendous driving force in our development and rapid rise to the dominate species on the planet, and countless millions have died in warfare since history began.

The current age of warfare is what could be termed the post nuclear age. Here the time of huge battles is gone and Western warfare is dominated by projecting power to trouble spots around the world and fighting insurgents. Some might argue that finally Homo Sapiens are realising the folly of warfare. No sane persons crave for nuclear war nor the development of any form of weapons of mass-destruction as anything else other than a deterrent. The world Covid 19 Pandemic has demonstrated how remarkably individuals pull together and become more inclusive as communities under the threat of a global war 'against an invisible enemy'. But how individual nations might react after the Pandemic was unclear at the time of writing this book. Contrasting the national reactions to Post World War I and World War II leads us to hope we will become more inclusive with new and enhanced Global Institutions, Political Systems and Free Trade- but the jury will be out on that for a while. It will require different and better leaders. (Refer to Section 29).

The War on Terror might increase. What lies in the future of warfare is unknown, but it is clear that for the Western powers at least technology will give them a greater and greater edge over their enemies and lead to smaller forces deployed at greater speed, with greater fire power than ever before. A Global Pandemic has been a different type of enemy. We need to learn from it. The US has spent hundreds of Billions of dollars on the War against Terror, and less than \$2 Billion on Pandemic research. How we

tackle an invisible enemy in the future without more research and investment, and more common ground on National, Political or Religious foundations is unclear. Pandemics are international threats to peace and security and require global cooperation to combat. Technology is Global. We do not need Political moves which lead to more polarization. Rather, I expect more Global cooperation and inclusiveness, and common-sense prevailing. As stated above- Time will tell, but the alternative is grim. The next Pandemic or World War may well take us out. We'll end up in a room full of light with all the light missing, and it'll be time to say goodbye. ["Time to say Goodbye", Sarah Brightman].



**"TIME TO SAY GOODBYE"
(SARAH BRIGHTMAN)**

<https://www.youtube.com/watch?v=g3ENX3aHlqU>

*"When I am alone I sit and dream
And when I dream the words are missing
Yes, I know that in a room so full of light
That all the light is missing
But I don't see you with me, with me."*

Good Governance

In international development, and in peace time, good governance is a way of measuring how governments and public institutions conduct public affairs and manage public resources in a preferred way. Governance is "the process of decision-making and the process by which decisions are implemented (or not implemented)".

Good governance as a concept is a model to compare ineffective economies or political bodies with viable economies and political bodies.

*"I have nothing but contempt for the kind of governor who is afraid,
for whatever reason, to follow the course that he knows is best for
the State." - Sophocles, Antigone*

In general, work by the World Bank and other multilateral development banks on good governance addresses economic institutions and public sector management, including transparency and accountability, regulatory reform, and public sector skills and leadership. Other organizations, like the United Nations, European Commission and OECD, are more likely to

highlight democratic governance and human rights, aspects of political governance avoided by the Bank. Some of the many issues that are treated under the governance programmes of various donors include election monitoring, political party support, combating corruption, building independent judiciaries, security sector reform, improved service delivery, transparency of government accounts, decentralization, civil and political rights, government responsiveness and “forward vision”, and the stability of the regulatory environment for private sector activities (including price systems, exchange regimes, and banking systems).

In the Public Sector, good governance requires good public servants. A focus on public administration and its efforts to combat corruption are more inclusive than simply public administration and the public servant. Analysis of ethics and ethical behaviour must ensure core values and standards meet public expectation.

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” - Desmond Tutu

Twelve years ago, in 2008, the Council of Europe adopted the Strategy for Innovation and Good Governance at Local Level, including also the 12 Principles of Good Democratic Governance. The Strategy and the Principles were agreed earlier at the 2007 Ministerial Conference in Valencia, Spain. The 12 Principles of Good Democratic Governance encapsulate fundamental values defining a common vision of democratic governance in Europe. Using the 12 Principles as a reference point can help public authorities at any level measure and improve the quality of their governance and enhance service delivery to citizens.

The 12 Principles of Good Governance are:

- Participation, Representation, Fair Conduct of Elections
- Responsiveness
- Efficiency and Effectiveness
- Openness and Transparency
- Rule of Law
- Ethical Conduct
- Competence and Capacity
- Innovation and Openness to Change
- Sustainability and Long-term Orientation
- Sound Financial Management
- Human rights, Cultural Diversity and Social Cohesion
- Accountability

I don't intend to expand on each Heading. But I will cite a couple of examples of where they sometimes fail. The two following 'Water Coups' were due to the Lack of Corporate Governance in Third World Privatisations. I was not personally involved but knew the Companies and Company Directors involved in the disputes. ["Water Coup D'Etats"]



**"WATER COUP D'ETATS"
(BOLIVIA 2000, TANZANIA 2006)**

"In 2000, I was in Bolivia's capital La Paz working with the British Department for International Trade, when an ex colleague of mine Mr T the Managing Director of the local (internationally owned) Water Concession Company was in hiding in the US Embassy with fear for his life. He telephoned me at the hotel. The Cochabamba Water Coup was a series of protests that took place in Cochabamba, Bolivia's fourth largest city, at the end of 1999 in response to the privatization of the city's municipal water supply company SEMAPA. The wave of demonstrations and police violence was described as a public uprising against water prices. A western style Privatisation deal gone wrong because of the conflicts resulting from Public lack of understand versus the likely vaguely defined correlation between commitment to capital investment to warrant any price rises.

The tensions had erupted because the new firm, 'Aguas del Tunari' – a joint venture involving United Utilities and Bechtel – was required to invest in construction of a long-envisioned dam (a priority of Mayor Manfred Reyes Villa). The company drastically raised water rates. Protests culminated in tens of thousands marching downtown and battling police. On 10 April 2000, the national government reached an agreement to reverse the privatization. A complaint filed by foreign investors was resolved by agreement in February 2001, and a lack of Openness and Transparency ended in tears."

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In 2003, when Tanzania had tried and was unsuccessful at fixing its water crisis, they came under pressure from the World Bank to

privatize their water or not be given international aid and funding. So in 2003 a British corporation called 'Bewater' came into the country and took over their water system. The whole Privatisation deal was bungled.

Bewater's local management team was deported from Dar es Salaam in 2005, then took Tanzania's government to the World Bank's business tribunal in 2006, arguing that its assets had been expropriated and its contract illegally terminated. The claim outraged anti-poverty campaigners who say the privatisation contract was forced on Tanzania, and accused the Bewater-led consortium, known as City Water, of performing worse than the state-run utility it replaced.

A Hague-based tribunal finally ruled that there were no damages to award as the company's value was "nil" at the time of expropriation. Both parties were liable for their own legal costs - running into millions of pounds - and for the cost of arbitration, the judges ruled. I studied the case and agreed. Again investment was lacking, performance poor, tariff collection poor and prices increased.

The UK-based World Development Movement, which campaigns against water privatisation deals in poor countries, described the verdict as 'a good day for the people of Tanzania.'

The International Centre for the Settlement of Investment of Disputes ICSID's 250-page ruling stated that there was, 'No professionally installed accounting and corporate governance and an overall corporate failure all the way to Bewater's headquarters.'"

The key principle is 'Leadership with integrity is the Missing Link in Good Governance.' In terms of Privatisations such as those cited above, this can apply to Leadership in the Government conducting the Privatisation, the State Utility Companies and the Concession Joint Ventures and their Mother Companies.

While I was learning about the 'Missing Link' in Good Governance first-hand working in Nigeria in 2006, the first 'World Ethics Forum' on leadership, ethics and integrity in public life, was being held in Oxford, UK in April of that year. All the usual rhetoric from speakers were recorded in the Press accounts. It was almost nauseating for me when every Government official I met that year in Nigeria spoke openly about their expectation of bribes before coffee was served. One World Bank official, John Githongo, made a statement at the Forum which rang true, "Ethics and public service, at the end of the day, are not about pieces of paper, it is the judgment call in the

heart of anyone who enjoys a position of trust. If it feels wrong, it invariably is. Ethical leaders are the 'human capital' of governance reform."

Meanwhile back in Lagos Nigeria it was business as usual. ["Killing us Softly," Julius Berger. Nigeria May 2006.]. It just keeps right on and on and on ["Killing me Softly, Roberta Flack].



**"KILLING ME SOFTLY"
(NIGERIA, 2006)**

"Nigeria is one big Charley Boys Show where everything is possible. Because of that no one in Nigeria is easily shocked. And I'm not talking about the infamous 419 scams that we've all been subjected to with e-mails sent in an attempt to steal money from people based on the premise that a person will gain extra money if they advance a small amount.

Julius Berger was a non-rated construction firm in Germany and elsewhere before trying its luck in Nigeria. Over the years due to their ability to play the Nigerian game and a passable performance, it had become the country's construction giant and the main competitor of my new employer on every contract we targeted in the country. I was doing my homework trying to learn more about them. They seem to have bagged most of the major Federal Contracts for 40 years since settling in Nigeria.

In May 2006 the Corporate Physician Ik Muo wrote in an article for the Lagos Business Press: ' I am in anguish at the treachery, wickedness, greed, pettiness, man's inhumanity to man and callous repayment of unqualified good with irreparable evil perpetuated by Julius Berger.'

The story was about the allegation that Julius Berger had been importing large quantities of unregistered drugs imported from China without NAFDAC permits under the pretext that they were for internal consumption, while they were actually being sold to hospitals and

pharmacies. 'Dangerous, fake and toxic drugs.' he added. Well, I was more focused on how to win construction projects. I quickly learned not to focus on any project where they were a competitor.

When the history of the dark ages in Nigerian is written, Julius Berger will get a significant mention, and not because of its civil engineering prowess but because of it being a major instrument of corruption in Nigeria.

Speaking at Julius Berger's investors' forum in Lagos, the Managing Director, Wolfgang Goetsch, said thirteen years later: 'As the National Economic Recovery and Growth Plan has now been in place, we continue to eagerly anticipate sustainable growth, and we look forward to the tangible positive outcomes for the construction industry, and therefore for our company.'"



**"KILLING ME SOFTLY"
(ROBERTA FLACK)**

<https://www.youtube.com/watch?v=Dx1XtKbEtfE>

*"I felt all flushed with fever, embarrassed by the crowd,
I felt he found my letters and read each one out loud.
I prayed that he would finish, but he just kept right on..."*

Business Ethics and Accountability

Ethical responsibility refers to the obligation each person has to do the right thing. But when does the person's decision become the company's? When he or she takes the decision based on delegated responsibility, with authority and personal accountability. The scope of this obligation varies depending on the position. According to Aristotle, moral responsibility was viewed as originating with the moral agent as decision-maker, and grew out of an ability to reason, an awareness of action and consequences, and a willingness to act free from external compulsion. Responsibility is an ethical concept itself that refers to the fact that individuals and groups have morally based obligations and duties to others and to larger ethical and moral codes, standards and traditions.

Accountability is about answering for one's actions and decisions and accepting responsibility for mistakes. Accountability is the readiness or preparedness to give an explanation or justification to stakeholders for

one's judgments, intentions and actions. This included the Authorities under new Bribery and Corruption Law in the UK which mirrors that of the US where the director himself can be liable as well as the company.

"Accountability is a readiness to have one's actions judged by others and, where appropriate, accept responsibility for errors, mis-judgments and negligence and recognition for competence, conscientiousness, excellence and wisdom."

In the professional context, accountability is about answering to clients, colleagues and other relevant professionals. The demand to give an account of one's judgments, acts and omissions arises from the nature of the professional-client and the professional-professional relationships. For communication professionals, accountability has more specific implications. Recent years have seen more practical and concrete interpretation of the concept of accountability by communication specialists. It is associated with responsiveness to the views of all stakeholders, which includes a willingness to explain, defend, and justify actions.

If I accused you of being irresponsible you may be offended but it would hardly get your blood boiling. We are all a bit silly sometimes. If I questioned your integrity, then that's different. OK, if you are a business executive, I'll add, "Do you ensure your company turns out quality, affordable products or services, treats your trading partners and employees fairly, and do you generally keep your nose clean? Or would you compromise any of these to massage accounts, bonuses, or your own job, even if only for one accounting year?"

The corporate world cannot be divided easily into 'Good Guys and 'Bad Guys' or 'Evil Companies'. Something good can sometimes come from something evil. Companies are dysfunctional families writ large. Mistakes sometimes whoppers, are built into life, including the life of corporations. SNC Lavalin's 'corruption wows' in the early 2010's is one example I recall. Self-scrutiny, appointment of a Chief Compliance Officer, internal Audits, and accountability are essential. The measure of a company's integrity is not how loudly it beats its own breast, or whether it blunders, but its respect for all its stakeholders and its responsiveness to problems.

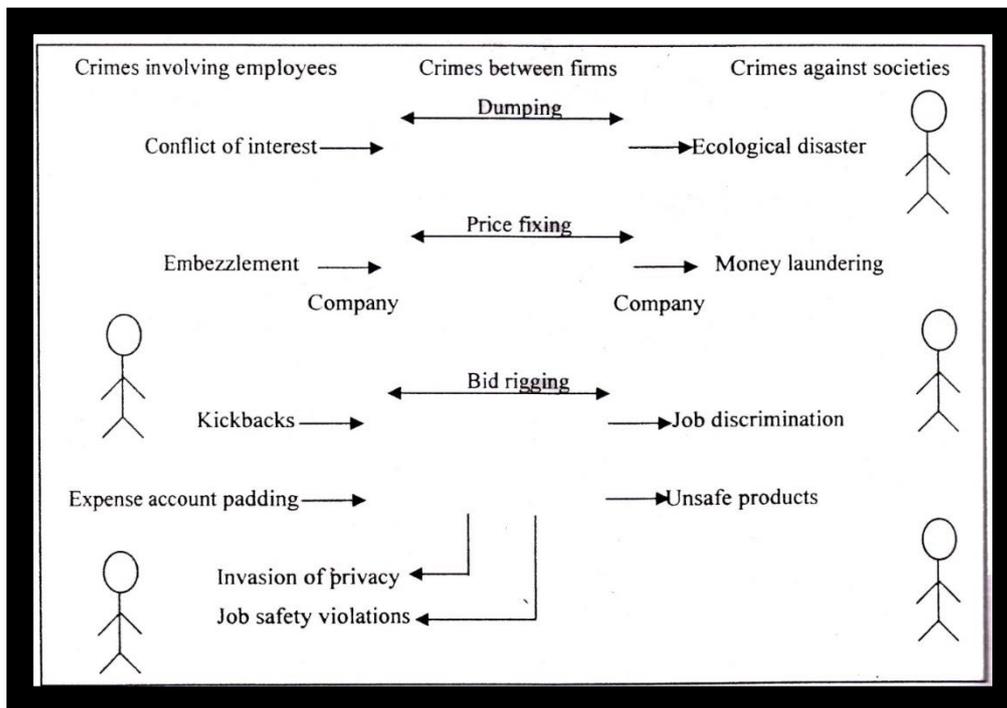
Criminality in Business

In criminology, corporate crime refers to crimes committed either by a corporation (i.e. a business entity having a separate legal personality from

the natural persons that manage its activities), or by individuals acting on behalf of a corporation or other business entity. For the worst corporate crimes, corporations may face judicial dissolution, sometimes called the "corporate death penalty", which is a legal procedure in which a corporation is forced to dissolve or cease to exist.

Corporate crime overlaps with: white-collar crime, because the majority of individuals who may act as or represent the interests of the corporation are white-collar professionals; organized crime, because criminals may set up corporations either for the purposes of crime or as vehicles for laundering the proceeds of crime. The world's 'Gross Criminal Product' has been estimated at 20 percent of world trade. Crimes involving employees, between business and against societies are figuratively shown below. ["Life Crimes"]

Life Crimes



The social philosophical study of common crime gained recognition through 'Cesare Beccaria' during the 18th century, when Beccaria was heralded as the Father of the Classical School of Criminology.

However, corporate crime was not officially recognized as an independent area of study until Edwin Sutherland provided a definition of white-collar crime in 1949. Sutherland in 1949, argued to the American Sociological Society the need to expand the boundaries of the study of crime to include the criminal act of respectable individuals in the course of their occupation.

Each year, Global Exchange (an International Human Rights Organisation) releases a "Top Corporate Criminals" list to highlight the world's corporate worst-of-the-worst on issues like unliveable working conditions, low pay, tax evasion, violations of human rights and voting rights, climate change denial, and environmental destruction, just to name a few. I take their views as those of Human Rights and Social Awareness Campaigners, but their points are understood. ["Global Exchange's Top Corporate Criminals", 2018].



"TOP 10 CORPORATE CRIMINALS" (Global Exchange)

- *Asia Pulp and Paper: For continued destruction of the Indonesian rainforest and peatlands and attempting to "greenwash" its image for the global market.*
- *CoreCivic (formerly CCA) (repeat offender) and Geo Group: For profiting from the incarceration of immigrant families and children and Americans in abusive conditions with substandard medical care.*
- *Johnson & Johnson: For marketing and selling vaginal mesh implants which caused serious medical complications; putting asbestos in its talcum powder; concealing the adverse effects of antipsychotic medication Risperdal; and more.*
- *Lockheed Martin: For being the largest U.S. government contractor and the largest weapons producer in the world; supplying the bomb that killed 40 Yemeni schoolchildren on August 9, 2018; and more.*
- *Monsanto/Bayer: For selling seeds for pesticide resistant crops (GMOs) and also making the pesticides, cashing in twice on farmers who become ever more dependent on its products.*
- *Navient student loan services: For charging military service members excess interest on their student loans; misreporting information to*

consumer reporting agencies about thousands of disabled borrowers, and more.

- *Royal Dutch Shell and Chevron: Shell took the top spot from Exxon Mobil as the biggest oil/gas corporation in the world in 2018. Shell intends to exploit 80% of its proven oil and gas reserves before 2030. Chevron is heavily involved in oil drilling in the Amazon rainforest, the "lungs of the planet."*
- *Sig Sauer: For being the largest seller of firearms to Mexican military and federal and state police forces, in a time when Mexico is facing an acute crisis of human rights violations and violent crimes, most of which are committed with firearms.*
- *Walmart: For boosting corporate profits by forcing employees to work off the clock; cheating them out of required overtime pay and more.*
- *Wells Fargo and JPMorgan Chase: Well Fargo for forcing customers to buy unnecessary auto insurance policies. JP Morgan Chase for being the largest debt holder of private prison and immigrant detention corporations GEO Group and CoreCivic.*

Interestingly Global Exchange's worst Corporate Criminal in its 2017 Listing was 'The Trump Organization': For corruption, exploitation and crossing every conflict of interest and ethics line by taking advantage of the presidency of Donald Trump to increase profits.

In the 'Corporate Crime Reporter', another Corporate Criminal Ranking Magazine Article in the USA, they ranked their Top 100 Corporate Criminals of the 1990s using narrower definitions, but those linked to actual recorded crimes. Their list consists of those corporations that have pleaded guilty or no contest to crimes and have been criminally fined.

The 100 corporate criminals fell into 14 categories of crime: Environmental (38), antitrust (20), fraud (13), campaign finance (7), food and drug (6), financial crimes (4), false statements (3), illegal exports (3), illegal boycott (1), worker death (1), bribery (1), obstruction of justice (1) public corruption (1), and tax evasion (1).

This seems a dark underside of the marketplace that is given little sustained attention and analysis by politicians and news outlets.

Personal Ethics and Accountability

While tracing the lines of responsibility and accountability can be difficult, in the end, if one is responsible in any way for an action, then one must accept some degree of accountability. Too much finger pointing elsewhere is the norm. On the other hand, if responsibility and accountability are not equitably shared and if the process by which they are assigned is not transparent, then problems will arise. In the corporate world, not every actor is blame-worthy, especially if the actor's autonomy is limited by structure, process, or circumstance. However, lack of autonomy is not an excuse for avoiding personal accountability entirely. Self-accountability is the answer. I may not have been the instigator or perpetrator of business corruption in my career, and it may have been abhorrent to me on many occasions; but by association and my involvement I aided and abetted it, and am culpable. All companies have 'whistle blowing' protocols. As a whistleblower you're protected by law. But nobody wishes to be a 'grass'.

As individuals, it is our capacity for self-accountability that keeps us functioning ethically and responsibly. While people may be accountable to others, they may not be as accountable to themselves when there is no one else to observe, monitor or hold them responsible. Self-accountability is the cornerstone of ethics: It is who you are and what you do when no one is watching. When you have a well-developed sense of self-accountability, you are honest with yourself, and are answerable and responsible for what you say and do. You have the ability to look beyond the immediate moment to consider the consequences and know if you are willing to pay them. You have personal ethics. As my loving sister wisely advised me, "Greg just don't get involved in any of that stuff."

"If people are good because they fear punishment, and hope for reward, then we are a sorry lot indeed."- Albert Einstein

Personal ethics is the precursor to professional ethics, since we are not likely to be more ethical in our professional life than in our personal life. As the saying goes, "No matter where you go, there you are." In other words, if we are dishonest in our personal life, we are likely to be dishonest in our business affairs. Likewise, if we cannot keep the secret of a friend, our client's confidentiality is also at risk.

Completing this Section on Corporate Governance and Business Ethics and Accountability I am conscious that the reader may find it all decidedly non-sexy reading. Nevertheless, to complete my story, and its messages, and

in the search of new paths, it is necessary. In Section 2 we tried to identify your personal 'Sacred Cows' which were intended to be indicative of your ethical orientation and prioritize what's most sacred to you. Sections 10 and 11 we will deal with a better understanding of our Egos and Actions: viz. 'Lust, Jealousy, Greed and Pride' and how these emotions impinge on our ethical compass.

Here are '10 Categories of Good Personal Ethics' applicable to business or private life (try living up to all these):

- **Integrity**- Ethical people demonstrate personal integrity and the courage of their convictions by doing what they think is right even when there is great pressure to do otherwise; they are principled, honorable and upright; they will fight for their beliefs. They will not sacrifice principle for expediency, be hypocritical, or unscrupulous.
- **Selflessness**- Ethical people are humble and put others before themselves where necessary. They are caring, compassionate, benevolent and kind; they like the Golden Rule, help those in need, and seek to accomplish their personal and business objectives in a manner that causes the least harm and the greatest positive good.
- **Honesty**- Ethical people are honest and truthful in all their dealings and they do not deliberately mislead or deceive others by misrepresentations, overstatements, partial truths, selective omissions, or any other means.
- **Loyalty**- Ethical people are worthy of trust, demonstrate fidelity and loyalty to persons and institutions by friendship in adversity, support and devotion to duty; they do not use or disclose information learned in confidence for personal advantage. They safeguard the ability to make independent professional judgments by scrupulously avoiding undue influences and conflicts of interest.
- **Equality and fairness**- Ethical people are fair and just in all dealings; they do not exercise power arbitrarily, and do not use overreaching nor indecent means to gain or maintain any advantage nor take undue advantage of another's mistakes or difficulties. Fair persons manifest a commitment to justice, the equal treatment of individuals, tolerance for and acceptance of diversity, they are open-minded; they are willing to admit they are wrong and, where appropriate, change their positions and beliefs.
- **Empathy and respect**- Ethical people demonstrate respect for the human dignity, autonomy, privacy, rights, and interests of all those who have a stake in their decisions; they are courteous and treat all people with equal respect and dignity regardless of sex, race or

national origin. They are aware of the effects of their actions on others.

- **Self-respect**- Ethical people understand the importance of dignity and worth, and why respecting yourself involves respecting others. Self-respect is about having a sense of honor, pride and confidence in yourself, your choices, and your life.
- **Accountability**- Ethical people acknowledge and accept personal accountability for the ethical quality of their decisions and omissions to themselves, their colleagues, their companies, and their communities.
- **Law Abiding**- Ethical people abide by the laws, rules and regulations relating to their country and the countries where they live and do business.
- **Dedication**- Ethical people demonstrate the quality of being dedicated or committed to a task or purpose. This quality is particularly poignant when such dedication is committed to help others.

As in the case of 'The 12 Principles of Good Governance' highlighted in the paragraphs above, I don't intend to expand further on analysis of each example of the '10 Categories of Good Personal Ethics', neither in terms of definitions nor platitudes or any other forms of thought-terminating clichés. The headings of each of the categories of ethics, and the one-liners given above are self-explanatory. However, as is my want, I will cite my own 'High-Fives' of real-life examples under the same categorization, from my personal experiences, contrasting people who excel in demonstration of their good ethics, to others who fail in their actions, despite sometimes having ethical intent. ["Personal Ethics R US"]. The subject is serious. There is nothing worse than 'Dick-Heads' who exhibit bad behaviour, bad manners and bad ethics.

I make no excuse for their longevity. They are examples of good, bad or indifferent ethics, depending on your viewpoint. I know from experience it's never black or white. Having taken Company Integrity Tests, following the introduction of the UK Bribery and Corruption Act, some examples of correct over wrong decisions are hard to decipher. When on an overseas business trip, would you take only official taxis in order to get receipts, or take the far cheaper local taxis which won't provide receipts? The latter saves the company money but requires honesty in completing expense claims; and your honesty in your expense claim may be questioned without receipts.

The matter of addressing and understanding your true personal ethical code and moral probity, or otherwise, is crucial to deciding what changes may be appropriate for you going forward. It's never too late.



**"PERSONAL ETHICS R' US"
(SPAIN 2020)**

INTEGRITY- "Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not."- Oprah Winfrey

- *Wales 1974- For the first time I was allowed to go for the weekend on my own with the lads for a weekend at the family caravan in Wales. Cwmttydu had been a family favourite for years. The river coming down to the beach is great for skimming stones. The walks up the hills onto the coastal path are spectacular and seal pupping season is a delight. Our minds were on other things- girls, and where to find them. The four of us picked some likely girls up at the village pub, despite being underage to frequent pubs. They seemed game after a meal each to head to the beach at midnight with us. It was cold, but a full moon and the caravan close to the beach consoled us. The girls weren't up to skinny dipping, but after all we'd drunk more alcohol. In the end they were unimpressed and decided to head home in their own car. My willy my girl said looked like a button mushroom in the midnight moonlight. A level of indiscretion on both counts. But integrity remained intact?*
- *England 2018- My 'Son-in-Law-to-be' called me and in a stern voice asked me to meet him in a London bar within the hour. I was worried what it may be. Had I arrived back at their apartment drunk the night before and peed in the guest room wardrobe. No such worry, when he arrived I told him to clear his throat and give whatever it was on his mind to me 'man to man'. He cleared his throat then with utmost respect humbly asked my daughter's hand in marriage. Proper guy. Mind you, after hugging him, I told him if he ever stepped out of line*

I'd have his head, and ordered him to pay the bar bill. Good Guy. Personifying Respect and Integrity.

- *Spain 2018- I was making real progress in finding an international investor for an ailing UK listed construction group. When the news hit the media the share price surged 30% in 24 hours. I was tempted to tell friends/nominee investors beforehand, but I didn't. Insider trading normally applies to informed directors not external third parties but I thought it underhand. Reasonable Guy or just worried about the consequences. Poor Integrity or just a Cop-out?*
- *South Africa 1996- I was in-country looking for an influential local partner to help us secure Public Sector contracts under the new regime of the African National Congress ANC. I met two white South Africans who were imprisoned for playing Rugby with Black South Africans during Apartheid. Upon their release they were two of very few White South Africans with respect and influence. Men of Integrity which paid off for them. My intent for our company to benefit from their influence less so. Integrity sometimes pays off.*
- *Peru 2000- I had taken a delegation of businessmen to South America on a Business Mission. The Ambassador was out of town. After a formal business reception at the First Secretary Commercial Officer's residence a few of us stayed behind and undertook an impromptu Elvis Presley Karaoke, wigs and all. A lot of fun but the waiters kept the drinks flowing, with UK taxpayers picking up the tab. When we discovered a colleague's camera had gone missing- we knew it wasn't a thief- just the Embassy stooge getting rid of sensitive evidence. Harmless fun but should the UK press have gotten hold of it. Questionable Integrity?*
- *India 2006- I was on a Trade Mission as a Seminar speaker on Privatisation. Privatisation as a concept was not well embraced. Even the Hotel Maid put my privatisation Report in the litter bin. But a bigger problem was institutionalised corruption. I met a UK Expat heading up his company's interests in the Water Sector. When I asked how he dealt with the corrupt officials he bragged about the "buffer" he'd created. He'd set up a national franchise of local businessmen selling his company's proprietary product and service. He charged royalties and his franchisees negotiate contracts with local Governments and Authorities. Simple? Turning a blind eye or keeping corruption at arms-length. Demonstrable Integrity or hypocrisy.*
- *USA 1997- Non-stop global travel can become tiring, especially in some challenging US airports where being in transit can involve changing terminals and re-checking baggage. This time I was in Miami and at the Business Class check-in desk was a silver-haired, very well-*

spoken British Airways official. I always wondered on flights why First and Business Class flight attendants were always the older experienced types. On my last flight I'd asked the two Middle-Aged Stewardesses in Business Class where Cinderella was- down Economy Class? Politically incorrect comment. The BA Check-in cultured Middle-Aged official this time looked over her half-moon glasses and inquired whether I was a member of the Executive Club? Well, I asserted, "I'm a member of the 'Mile High Club.' Flying can get tedious. Men of Integrity should not display such uncouthness.

- *Iran 1998- I was involved in attempting to help negotiate an Oil-Swap between the Oil Ministries of Iran and Kazakhstan. The Ministers were 'hairy' to deal with. Kazakhstan's independence following the fall of the USSR meant the priority was to sell its oil to new markets not send it to Russia. But the Caspian pipeline through the Bosphorus was years away. The answer was to export crude to Iran. Iran's Oil Refineries were predominantly in the north of the country. If it were to import Kazak Oil to refine and export its own crude from the Oil Fields in the South, there would be a cost benefit for all- and my company would build the infrastructure and oil jetty in Bautino in Kazakhstan. The problems- both Iranian and Kazakhstan Ministries depicted corrupt practice, and secondly the ecology of the Caspian Sea is sensitive- it is frozen much of the year, is only 200 metres deep on average and only 5 metres in places. It is the breeding home of the world's sturgeons (caviar) and just one oil spill from the shallow oil barges planned would wipe their population out. The whole project displayed self-interest. Lack of Integrity displayed by all parties.*
- *UK 1995- My wife enjoyed winding up the proprietor of the local Public House. 'The wallpaper is atrocious given this is the Lounge. I would come and paper it if you paid me'. The owner called her bluff. It was no bluff. With the help of friends she re-papered the Pub. When she turned up for payment the belligerent owner snubbed her and refused to pay. She called the police. Minutes later 3 squad cars arrived expecting serious problems at the Pub renowned for its violent fights. The police were perplexed as she exclaimed 'He won't pay me for papering the walls.' Where's the Integrity in that?*
- *Saudi Arabia 2010- If you witness serious Corrupt practice by the company you work for, do you 'Whistle-Blow'? If you are seriously hard-done by in your dealings with the same company at a later date, and you resort to 'Blackmail' to secure a reasonable severance package- which is worse? Where's the Integrity in Blackmail.*
- *Singapore 1997- The Annual Dinner and Dance. Wives and husbands in Black Tie and Evening Dress. Everyone on their best behaviour although the company employed some Maverick characters from all*

over the world. The after-dinner brandy was taking its toll. The venue was opulent. We dined on the balcony surrounding a marble swimming pool and Spa. On the table adjacent to me one could see things were degenerating. The Company Secretary, the Group Legal Adviser, and one would expect a self-controlled individual, despite being Texan, had piled up cash on the table to support some kind of wager. 'OK, I'll do it naked for \$1,000.' I heard him level the bets. Next the 6'3" 250 Pound Man stood up, stripped off in front of all the startled ladies present, pushed three tables together, ran along them and dived headfirst over the balcony walls, almost fouling his manhood on the railings. We all looked over the balcony to expect the worst. He had just missed the marble edging and made it to the pool end with much kerfuffle upon his tumultuous splash. Two minutes later he reappeared with bath robe and claimed his winnings. Some Integrity in all of that?

If you have integrity, you don't need a fast car to be someone good.
["Fast Car, Tracy Chapman]



**"FAST CAR"
(TRACY CHAPMAN)**

<https://www.youtube.com/watch?v=IxXO2ybSvfg>

*"See my old man's got a problem
He live with the bottle that's the way it is...
My mama went off and left him
She wanted more from life than he could give
I said somebody's got to take care of him
So I quit school and that's what I did...
You got a fast car
Is it fast enough so we can fly away?"*

SELFLESSNESS- "The Best Way to find yourself is to lose yourself in the service of others."- Mahatma Gandhi

- *Malaysia 2007- Negotiating a purchase in the Chinese Street Market in Kula Lumpur is a lesson in 'Barter'. Of course, at first site you look like a gullible tourist. When you finally find the Designer-Label fake handbags that your daughters crave for, a purchase will transpire. A twenty-minute dispute with raised voices and the vendor chasing you down the market would embarrass some. But on the way back he spots you and accepts the offer 10% of the original asking price. You then ask for two handbags. When he pockets the \$20 with a disgruntled look, you turn back to him and hand him another \$20 dollar note. 'And*

this my friend is to buy your wife a gift today- but don't pay over the going rate.' Play the Game but put yourself in other people's shoes. Selflessness.

- *USA 2000-You are on a night flight from New York to South America on Lan Chile. Business Class is quiet with just yourself and a Designer-Label dressed young Italian Businessman (with a tie pin which looks like it's piercing his Adam's apple) sitting behind you. After too much vodka and caviar it's lights out and headphones on. You surface to call for a final night cap only to hear some grunting and distinct movement on the seats behind you. You are Selfless. You are aware if not shocked and jealous at what is appertaining (but you don't look around). When breakfast is served, the very attractive Stewardess asks you what you'd like. 'Can I have what he had last night?'*
- *UK 1995- Your sister-in-law hasn't seen her ailing father for 2 years. Her boyfriend doesn't have the money nor intent to purchase her an airline ticket. You decide to buy her one, but you ask the boyfriend to tell her that he bought it for her. Selfless provided there is no hidden agenda that you don't hope one day she will find out. Selflessness means - No hidden agendas.*
- *Spain 2018- A bar lady has a chronic skin disease and is in desperation. She has little funds. Someone gives her a quite considerable sum of money, he can't really afford, for her to undertake and pay for a full diagnosis and treatment. She thinks he has an ulterior motive. He hasn't. That's selflessness.*
- *Thailand 2000- Ever unknowingly walked into a 'Lady Boy' strip bar in Bangkok. Most Lady Boys are striking, you wouldn't know that before the surgery and 'full coupe' conversion, that they were guys. Well, you would if you are well travelled. Two young British Thugs walked in, tattoos and earrings and rowdy and drunk. They grab two of the 'Look-a-Like Girls' and head for the door. Looking across at me one said with a grin on his face, "See mate this is the way to do I, we don't mess about- we're men of action." I decided that it was most Selfless of me to let them take their girls without responding to their bragging air.*
- *UK 1976- The Nine of us all sponsored by the same Company were on a summer's break from studies at University. Eight guys and one lady. Well it was a Civil Engineering course. Not one of us had 'conquered' her nor more importantly won her heart. But I had one up on the rest. We were left to attend to things while the rest went to explore the best route across the mountain stretch in Scotland. I saw the wasp fly up her dress but said nothing. Two minutes later, I've never seen even since, a girl take her dress off so quickly. Selfless of her.*

- *UK 2014- When I was clearing out my home which had been sold, I thought I was being selfless by deciding to burn 5 lever arch files full of my Divorce Papers. After all they contained a lot of negative script about my wife which one day may get read by my daughter- her daughter. As I took out the petrol can to sprinkle on some lighter fuel the whole thing set on fire without lighting it. I sustained bad burns to my leg. Maybe I shouldn't have opted to burn them. They were part of my family history. Selfless not harmless.*
- *Peru 1986- A fellow student at London Business School had decided to travel to Peru after final exams to have an extended holiday. I was eager to counter my advice based on my experience. "Don't take the official taxis at Lima airport they will charge you three times the rate of local taxis which aren't allowed in the airport for security reasons since the terrorism started. Go to the airport gates and flag down a VW Beetle Taxi." He did. One kilometre down the road the taxi was stopped by a policeman who brandished a handgun as he took a bag of cocaine from the car front boot. He was working with the taxi driver and the drugs were planted. My colleague lost his money and papers to bribe himself out of the situation. "Did you have a good holiday?" I asked surprised that he returned within days. Selflessness is usually well-intended.*
- *UK 1997-I'd returned from Mexico only to find the family had put our 99-year-old nan into an Old Peoples Home. Despite resistance I wasn't having it. I found a full-time nurse; I refurbished her home to accommodate her and the nurse living in. The costs were going to be considerable. We took her out of the Old Peoples Home to her own home. It was an emotional home-coming for her and very moving. But after crying with happiness and gratitude she complained that she was being expected to sleep in the living room on the new sofa bed. "My bedroom is upstairs." "No Nan the nurse will be staying up there." "And what is that?" she snapped, pointing at a tiny camera in the top corner of the room that the average person wouldn't have noticed. "Well nan that is a camera. If you wake at night and move because you need the commode then it will turn the TV on upstairs and alert the nurse." A pregnant pause. "And what," she pontificated "if I want to bring a lad home!". Sell it to Channel 5, I thought to myself. Sometimes it doesn't matter how selfless you are, you are wrong.*

Sometimes you have to be selfless. You'll know when. Make it your last request. ["Don't Take the Girl, Tim McGraw].



**"DON'T TAKE THE GIRL"
(TIM MCGRAW)**

<https://www.youtube.com/watch?v=-vn6QdqxK3g>

*"Cause his mamma's fading fast and Johnny hit his knees and there he
prayed*

*Take the very breath you gave me
Take the heart from my chest
I'll gladly take her place if you'll let me
Make this my last request
Take me out of this world
God, please don't take the girl"*

LOYALTY- "If put to the pinch, an ounce of loyalty is worth a pound of cleverness"- Elbert Hubbard..

- *USA 1985- Met an ex-US soldier who had been shot behind the Iron Curtain during Peace Time. He was still reticent about talking about his mission. Seemed proud, but slightly paranoid about it. A lovely man my wife and I met in the Mall. He invited us to his home together with his father for Thanksgiving. He was partially paralysed from the neck down as a result of being shot in the back. His dream was to live in the woods totally self-sufficient for 'the whole world not to see.' The US Government saw to it for him. A beautiful hidden Cottage deep in the Woods in New Jersey. Solar Panels, State-of-the-Art Heating System, CCTV and Security. A complete automated winch and tackle system to get him about his home, in and out of the tub, etc. His loyalty was being repaid from a grateful Government.*
- *Spain 1992- In winter Madrid can be very cold. Walking past the hotel swimming pool with my 5-year-old daughter early in the evening, I taunted her, "If you really loved me, you'd jump in the pool." As I turned expecting her to screw her face up at me in denial... too late she had jumped in fully clothed. As I dragged her out in disbelief, she tabled the 'touche', "Now you need to shave off your moustache to prove you love me." I have to say I looked younger and obviously she thought it would. Love is loyal.*
- *Mexico & Colombia 1995- Mexico and Colombia top the lists for Kidnapping. On a business trip to Mexico City with my Managing Director we were entertained by four of five of the top Mexican Construction Groups. The Chairman and CEO of one insisted in inviting us for breakfast at his private suite on the top of the Mexico World Trade Centre, which his company had built. He was late for the rendezvous but explained his brother had been kidnapped the day before and the kidnappers had been in touch asking for a \$2 million dollar ransom. Fair reason for his delay we thought, in fact impressive Loyalty of his to honour us with his presence under the circumstances. "Not at all" he reassured us, "You guys I can do business with. The*

kidnappers I can't. They are not being realistic- my brother is worth no more than \$10,000.

Meanwhile on two visits to Colombia I'd been escorted to the top floor of a high security building and asked for a \$2 million 'sweetener' to arrange an appropriate market entry for our company into Colombia. I was glad to be let out. As my colleague made a follow-up visit he had persuaded the company to take out Kidnap Insurance and hire a Bodyguard. Sure, way to get targeted I thought. He visited a construction site on his first day, a plank of wood fell from a scaffold with a noisy crash and he was manhandled into his car by his Bodyguard as if he were President Reagan. Embarrassing I was told. I always found dressing down and playing a low profile kept such attention away. Kidnappers expect those to whom they demand ransoms will be Loyal to their victims. Not always the case. You can't buy loyalty.

- *Mexico 2001- A different experience in Mexico was at Puerto Vallarta. Our company had built and was operating a Privately Financed Waste-Water Treatment plant. The ongoing Operation phase post construction only required an experienced Maintenance Team of six people. The Project Director, in his 50's, had decided to stay in Mexico and not return to his wife in the UK. He had negotiated a 5-year contract to stay and oversee the day-to-day Operation, Repairs and Maintenance as required. The six engineers supporting him were all stunningly beautiful young ladies in their twenties. Selected loyalty I thought to take an interest in their career progression as talented engineers.*
- *Ireland 1983- Being offered a Project Management role on a large project overseas at the age of 26 made me probably the youngest in the company in such a role. What an opportunity. But what when your partner of four years won't accompany you because it would mean being on the other side of the world from her aged and ailing mother. It comes down to Loyalty. I was sorry but proud to say that she declined the amazing opportunity in favour of returning to Ireland and live with and care for her mom. Loyalty means Family first.*
- *UK 2000- I'd already initiated a £335 million pound Plc Asset Swap between companies based in London and Wolverhampton so that I would be able to move back to my hometown to be close to my daughter (or so I boasted). Later in 2000 I had to sacrifice my career entirely, or rather put it on a down-sized footing to return to the UK and become a single father. The story is a simple one- Loyalty like charity starts at home. Anyone who puts career or money or adventure before family has their Loyalty in the wrong place. Loyalty like charity starts at home.*

HONESTY- "Integrity is telling myself the truth. And honesty is telling the truth to other people." - Spencer Johnson

- *Brazil 2001- When dealing with local partners in setting up Joint Ventures on multi-million-dollar Privatisation Projects in countries like Brazil, one has to be diligent. Contractors, Service Providers, Operators, Lawyers, Bankers and Financiers, Equity Players, Federal and Local Government, Utility Authorities, Other Stakeholders and Customers- all of different backgrounds, cultures and nationalities and vested interests – can make difficult bedfellows. Putting it all together relies on a Loyal Project Leader, usually well known to the Project Developer (us and our UK partners). The appointed Managing Director turned out to be corrupt, not the other partners, he embezzled almost \$14 million dollars, and caused the beginning of the demise of one of our partners- a major UK privatised water company. Make sure your Key Man is 100% Loyal to the firm, otherwise he may go "bush". Honesty is non-discriminatory.*
- *Qatar 1980- I had just got back from a 3-month contract in Qatar in the Middle East. I returned to the Irish Pub in London in which I had been living with my Irish girlfriend, her sister and brother-in-law (the proprietor). Living in an Irish community in London as an Englishman was not easy during the 1970's. At one of the locals in Cricklewood a bucket was often handed around collecting for the IRA. I was accepted by virtue of my girlfriend but never wholly. But when I arrived after three months absence the locals were dying to know where I'd been. "Best ask no questions." I whispered to one of them. From that day on I was always received as a brother. Funny how three months of 'Doing Bird', or at least as they perceived, improves one's standing in some social circumstances. The lesson? Sometimes it pays to be dishonest about your past Honesty because it gets interpreted as being honest about your past dishonesty. Honesty is the best policy.*
- *Spain 1986- Holiday in Spain, car hire, golf clubs and a taste for drinking and partying bound to make for a good week, maybe even time for the beach. The morning of Day 2 we decided we'd go back to the bar where we'd left the car hire the night before. When we arrived there it was 'Gone'. The car had disappeared. Frankly I was more concerned about my top-of-the-range Ping Golf Clubs in the trunk of the car, rather than the car itself. Nevertheless, the Car Hire firm had to be advised and a crime report filed at the local Police Station. My wife was quick to point out that we had travel insurance and that I should declare to the police that our newly purchased 'Praktica' camera, for which we had a receipt, was lost also. "Say it was in the Golf Bag," she insisted. Two days later the Police contacted us with good news and bad news. The good news was that they'd found the car locked and parked one block away from the bar (where we'd*

actually left it but couldn't remember). The bad news was that the police had forced entry into the car to open the trunk. The Golf Bag was safe inside, but someone had stolen the Camera from inside the Golf Bag. Dis-Honesty and fraud.

- Peru 1984- I'd got myself a beautiful local Peruvian girlfriend who had won my heart and boosted my ego. She was a 'trophy', and we were to be engaged. The problem was that she was working in Germany for six months while I remained in Peru. I clipped my own wings, I stayed at the Expatriate camp at night, never drove to the village where all the bars were and kept myself amused watching movies and writing to my new girl. The problem two months later was that I heard via her friend in the village that my lady was not happy at all. She had been reliably informed that my company car was seen on the beach most nights with different lady passengers. I'd had no need for my car at night and had lent it out to one of the Project Foremen. It doesn't matter how Honest you are, you will get hung for the one you didn't do. Honesty is such a lonely word. ["Honesty", Billy Joel]



**"HONESTY"
(BILLY JOEL)**

<https://www.youtube.com/watch?v=SuFScO04tb0>

*"Honesty is such a lonely word
Everyone is so untrue
Honesty is hardly ever heard
And mostly what I need from you"*

EQUALITY AND FAIRNESS_ "Love needs the stiffening of respect, and the give and take of equality and fairness"- Winifred Holtby

- Wales 1976- Your beliefs don't make you a better person. Your behaviour does. There were six of us sharing a one-bathroom house in Cardiff Wales during the hottest summer on record ever. It is strange how Groups can act against members they collectively don't like. The draught meant water shortages and supply cut-offs. The most recent member of the Group seemed to rush home first in order to get his shower rather than respect the rota. For that he deserved challenging- but the Group seemed to pull together to make his life hell. He was treated neither Fairly nor Equitably.
- Peru 1985- Probably the biggest wedding of the season. The venue was the best hotel in the City. The Mayor and most local dignitaries were present. But the invitees from the construction site of the Groom

were locked out by the swimming pool and fed and filtered with beer while the 200+ guests enjoyed the champagne, wine and whisky. I never understood why social classes can never seem to mix in certain cultures. It is little less than apartheid in many countries. Years later at parties and receptions at my family home I would note how different Groups would gather in the kitchen area rather than say the lounge. And never the twain shall meet. Merchant ships that docked at the Port where I worked once would invite me aboard for drinks. The Officers and Shipmen's Messes and Bars are always separated, because 'Familiarity breeds Contempt' which is dangerous at sea. Long live inequality. Inequality always feels unfair.

- *Singapore 1998- Flying Business Class long haul from Singapore to London on Qantas. The dainty Singapore Airlines stewardesses who actually change dresses before serving dinner, are replaced by burly Aussie Rugby Player sized Stewards. Never mind the wine is good. Then you witness a classic Air Rage incident back in economy class. A drunk was throwing punches but nothing two Rugby 'Second Row' Air Stewards couldn't handle. They brought the brute to business class, tied his hands behind his back, tied his legs together, strapped him to the chair and put a jute bag over his head. As his struggle and swearing started to wane after they'd sedated him- I turned to one of the Stewards and said. "I've never travelled business class with Qantas before." "Yes Sir, and we pride ourselves in customer care, whatever their class. Would you care for another drink Sir?" Fair enough.*
- *UK 1998, Spain 2019- Having got my nan back to her own home, it was a full-time job ensuring she received 24/7 care at home, with the nurse needing time off and holidays. The neighbour was 'golden' and her alcoholic nephew Tony would come once a week and cook lunch, then sleep on the sofa to keep nan company. Nan was suffering from Alzheimer and called me Tony every time I visited. Sounds funny until we found that the do-gooder neighbour had helped her change her will in favour of two beneficiaries- the Church and Tony. Well, I was flattered but worried about my inheritance. Time to bring in the family lawyer to get the original Will reinstated, while mental state was still conducive to do so. The Will's beneficiaries were all the grandchildren Equally and Fairly according to the wishes of both my late Grandfather and Nan*

Following on from this story - I used to meet with an elderly Swedish friend and enjoy a drink in the mornings in Spain in 2019. She asked me whether I had a will. "Well," she said, "Given that you speak so highly and lovingly about your daughter and your step-daughter; I hope they are both provided for equally?" Good old Rita. "Sign this please Rita" I asked the next morning. Love means Equality and Fairness.

- *Spain 2008- In Spain there are "Lucky-Lucky" men from Senegal selling their wares from bar to bar and restaurant to restaurant. One stepped into the Chinese restaurant where I ate alone. The two German men opposite me started abusing the guy stating that they were on vacation and hated being bothered by vendors such as he. I stated that the proprietors of bars and restaurants lay down the rules and each "Lucky-Lucky" man knew the protocol. I suggested that the guy was only trying to make a living and was not selling drugs. If they wished to not be bothered by them, then maybe they should eat in a restaurant where the owner forbids their entry. On that I invited the vendor to join my table for a coffee (they are Muslims and do not drink alcohol).*

EMPATHY AND RESPECT- "I do not ask the wounded person how he feels, I myself become the wounded person."- Walt Whitman, Song of Myself

- *Abu Dhabi 2008- It was Ramadan and I was in Sheikh Khalid's office. He invited me a coffee and a Middle Eastern sweet biscuit. I said no but thank you. It is Ramadan and I do not feel comfortable eating and drinking in your company. A small gesture of Respect and Empathy goes a long way in the making of friendship.*
- *Hong Kong 2007- The World Cup Rugby Finals and I and my friend hadn't pre-booked a place in one of the packed bars in Wan Chai in Hong Kong. A serious oversight. Eventually we paid off a doorman to let us into a private room over a major bar. Happy settled at the bar with a lager each, I whispered to my friend that we had a problem. "What! No problem we will trash them." Well thrash them we did but the private party of 40+ were all French and I knew from the French flag draped across the room. We decided to creep out gingerly, because we hadn't spoken during the match and maybe they hadn't twigged. No way could we leave like that. They all stood and shuffled to the exit, lined up and clapped us out. That's Rugby for you.*
- *USA 2002- On a flight out of New York, business class. The stewardess was sweet but not experienced. A pompous but impeccably dressed English Businessman was sitting next to me. He had ordered a white wine when she spilt some on his shirt. His reaction was quite out of proportion. He was on-route to a very important meeting with clients' and must not turn up soiled in any way nor smelling of alcohol. He demanded to speak to the chief Stewardess and wouldn't stop at that. The poor young stewardess' embarrassment turned into a crisis and she burst out crying. That didn't mellow him- so I raised my full glass of red wine and poured it over his head. "Leave her alone, and now you are merely soiled somewhat." I had empathy for her, and no respect for him.*

- *UK 1982- A local bar in central London had just changed hands after 14 years with the same Tenant. Dave was a 'Jack the Lad' Governor and determined to make his mark. The first thing was to change the dart board area. The problem that meant moving old Bill's chair to the other side of the bar. Bill was 84 and had used 'his chair' for 37 years since honorary discharge from the army. When Bill walked in he was visibly shaken and had to be helped to his chair. He said nothing but left early looking sad. The next day he died at home.*
- *Peru 1990- Don Adolfo was my father-in-law. He was sympathetic to the fact that I had flown to Peru to retrieve my baby daughter from my estranged wife. She had lost of a finger in an accident while left unattended, etc. I was forced to leave to return to the UK to work, without finding a solution for now. (Adolfo had lost his own son as a baby when his wife absconded to the USA with the baby). At the airport farewell my extended family seemed to be partying in the airport lounge rather than showing Empathy for my sadness. Once on the plane there was a disturbance. There was a man who had forced his way through airport security pushing everyone aside physically and verbally and was climbing the steps to the plane, with something in his arms, as doors were closing. With weapons drawn there was a moment of calm. Adolfo had calmed himself down too and just explained that there was a man on-board who needed to come to the door to say goodbye to his baby. I will never forget his Empathy.*

If Empathy and Respect because You Can't Buy Love, ["Can't Buy My Love", Robert Plant]



**"CANT BUY MY LOVE"
(ROBERT PLANT)**

<https://www.youtube.com/watch?v=JsJuz1ou1xY>

*"You can give me money, diamonds and pearls
But you can't buy my love for no money in the world
You can't buy my love, no you can't buy my love"*

SELF RESPECT- "No man who is occupied in doing a very difficult thing, and doing it very well, ever loses his self-respect."- George Bernard Shaw

- *Peru 1984- It was the run up to Christmas. The wives in the camp and got together and made the most incredible Santa Suite. One of the Nissan Pick-Ups had been decorated as a Sleigh and hidden from the kids. Now who was to be nominated to be Santa because there were no volunteers. We held a 'Board Meeting' and it was to be Bill McRory the miserable old Irish Driller. He never spoke to the kids ever so they*

would never suspect him. "Over my Dead Body", said Bill McRory and that was the end of it! Well Bill looked so funny in the Santa suit, quite uncomfortable. He was briefed to only say "Ho, Ho, Ho" in a non-Irish Accent. On Christmas Eve he walked into the Expatriate Club grunting and panting "Ho Ho Ho". Little 5-year-old Brian who was always being reprimanded for peeing behind the lounge TV- looked up and pointed "Hey Look, It's Bill McRory!" Bill was not all he seemed. He was a kind quiet man. He wrote to his wife every day for 18 months and had 8 children of his own he was supporting. He knew how to quieten Brian with the offer of gifts. A Man of Integrity and you can bet a lot of Self-Respect.

- UK 1989- Hell hath no fury like a woman scorned. But the response of a Husband cheated on can hover between rage, jealousy, acceptance and action. My action was to secure enough evidence to demonstrate to a court that my wife was not a fit mother to be awarded custody of a child. An almost impossible task, even if it were totally true. Taping home telephone calls for 6 months is not for the Good of Anything, damaging to the Soul, and doesn't foster Self-Respect. Finding that your wife is pregnant to her lover, finding out what she does and says in her private time is the work of a Peeping Tom, even though the objective was well-intended. Never seek this course. Maintain self-respect.
- Hong Kong 1997- Hong Kong's Handover and Return to mainland China occurred on 1 July 1997. This event ended 156 years of British colonial rule in Hong Kong. The territory was Britain's last substantial overseas possession. The Handover was a display of British Pageantry at its best, with the Royal Ship Britannia parading down Hong Kong Harbour. It was the last bastion of the British Empire. That instils Pride in any 'Self-Respecting' Brit, and indeed Hong Kong was an unprecedented success story in terms of Democracy and Economic Strength. But when Chris Patten the last Governor of Hong Kong left his post after the ceremony, he travelled British Airways to Heathrow only to find himself having to queue for a taxi. "Truly the End of the British Empire," he moaned. During his tenure, his government significantly expanded the territory's social welfare programmes and introduced democratic reforms to the electoral system. Of that he should have been Proud and Self Respecting. Empires fall, self-respect should not.
- Nigeria 2006- I was living a comfortable expatriate life with the usual trappings- including a Driver and House Boy to do the cooking and washing. My second wife visited and the first thing she wanted to do was to go to the Shanty Town and meet the families of both. I explained that white men ("Oyibos") don't do that. She insisted before we attended business colleague get-togethers in lush surroundings.

My driver (and Bodyguard), Joel, had a humble home with his wife and children. But he had built his friend's house for him, at no charge, so been allowed to live on the second floor in return. Relative luxury especially with illegal connection to the power supply and a satellite dish. Joel was an independent man, proud of his job and family and oozing with 'Self Respect'. My cook, Joseph, on the other hand lived in absolute squalor in a small room with his kids, over an open flowing sewer. It put me off my breakfast the next day. By his own admission he lacked self-worth but sought charity to improve his lot- not action. My wife showed Interest, Concern and Integrity with her Empathy, unlike the Nigerian Government social housing system.

- *UK 2004-2019- I was called upon to give key addresses at several weddings and funerals, particularly the funerals of my Mom, Dad, Sister and Best-Man; and at the weddings of my other Sister and Daughter. I took time in the preparation of these Life-Time speeches and took pride in their delivery. However, it was so much more important to draw on the finest points of their Characters, their Integrity, and Achievements achieved sometimes in difficult circumstances, and their Self-Respect. Having a full Sense of Purpose in Life feeds Self-Respect.*

ACCOUNTABILITY- "A body of men holding themselves accountable to nobody ought not to be trusted by anybody." - Thomas Paine

- *Hong Kong 2007- Three Joint Venture Contracts left to complete before the company was due to pull out of Hong Kong following the Handover. Jointly the Water and Sewage contracts were only worth £10million and losses were accumulating at nearly £8 million. I was flown in from Abu Dhabi and asked to undertake a full contract audit. I loved Hong Kong but I didn't feel comfortable in being the unwanted auditor. The Regional Manager 'Bungalow Bill' was a 58-year-old colonial expat type. He and his wife lived comfortably in a rich part of Hong Kong. The longer the projects lasted the better. Letters between the company and the clients were in the hundreds and the Contractor-Consultant relationship epitomised the adversarial blame culture prevalent in the industry. Maybe arbitration could drag it all out another two years. Turning over every stone to learn the inner workings of the contracts and their declared numbers led after 3 months of analysis to my conclusions. A tender error and omissions in contract conditions pointed the finger squarely at Joint Venture management not Project Management nor the client. UK Main Board Directors visited, and Senior Management were held Accountable. I felt less awkward once I found out that they knew themselves of the errors but had hidden them from UK Management and myself hoping they wouldn't be uncovered. It's easy to dodge our responsibilities but we cannot dodge the consequences of dodging our responsibilities. Couple that with*

dishonesty in reporting, and the results are inevitable. The Chinese Partner fired the Accountable Directors. Bill was retired off on full pension.

- *UK 1999- An overcast summers day and decided to have a round of golf with my father. Half-way round and the sun came out. By the 14th I was getting quite concerned. I had left the dog in the carpark with the window down no more than an inch. The sun was now baking. I left the course on the 16th as it was close to the club house. The dog (a border collie) had almost expired. The immediate thought was to rehydrate her and get her cooled off. Dogs can only sweat through their mouths. I was responsible and accountable for an irresponsible act. When I got back into my executive car I saw that in her trauma and frustration she had chewed the entire plastic dashboard surround. Little retribution for what could have ended in the death of a very much-loved dog. Stand Accountable for your Irresponsible Acts.*
- *Wales 1976- The construction of the M4 Motorway Coryton to Miskin. A major contract for my employer, I was a young civil engineer. All I was responsible for was putting up levels and topography markers for the army of Caterpillar D9 Diggers and TS24 Scrapers to carve a motorway out of the Cut and Fill countryside. A hard man environment. Irish hardened workforce and Irish Mafia. WIMPEY after all was an acronym for 'We Import More Paddies Every Year.' Once you got to know them you knew they reckoned it read backwards 'You English People Make Irish Work.' Either way you had to earn their respect to be able to work together well. "I can't do that for you now, I have something more important and urgent to do in the office," I would taunt a Ganger. "What the hell could be more important in the office you University lightweight!" he'd grunt. "I'm going for a shit," I'd retort. After a pregnant pause he's say quietly, "You are Ok, I like you." Respect won. But when three deaths occurred in three months the predominantly English Project and Health and Safety Office bosses were responsible and accountable with serious potential consequences. One death was due to negligence – a low hanging high voltage power line over a pick-up truck; the second due to failed hydraulics on an earth mover crushing a man. The third was an IRA killing which took a year to uncover. I learned that on construction sites the buck stops with those who are 'Accountable'. They need to make sure they are fully availed of the 'Responsibilities' that they have been delegated and how they must be delivered.*
- *Qatar 1981- I was working on the Umm Said Qatar Petroleum Refinery. After a very frustrating day I got into my car and reversed at high speed in the desert grounds to the refinery, intending to make a wide loop to turn around. I wrapped my car right around a huge 70-foot-high concrete lamp post. The car was almost a write-off but drivable.*

In the morning I learned the consequences of my driving home without calling the police and the Oil Company officials and completing an accident report. Qatari Law states categorically that no one can leave the scene of an accident without a police report, and no car can be repaired without a Police Report. When I reported it I was arrested and jailed. The Jordanian Police Chief would not accept that such damage could be caused without a collision with another vehicle. I spent 24 hours in a cell until the company used its contacts, and the Oil Field Concrete Post was inspected for verticality and any damage. Quite an ordeal for a young engineer- an engineer Accountable to the Country's Legal system where he worked and resided. Good job they never found out I was selling my alcohol allowance to fellow workers who didn't have residence status.

- *London 1991- Busy time working as a company executive while juggling that responsibility with being a single father. Child carer on day off and dad has to be in London for a breakfast meeting the next day. The solution is to take my 3-year-old to the Marriott Hotel in London with me. The Hotel is full, but we get up-graded to the presidential Suite no less. Four Rooms, walk-in Wardrobes and a Walk-in Mini (or not so mini) Bar. So much fun chasing her around the Suite, getting her bathed, having a tickling match, receiving a call from reception about a complaint about the noise and finally hitting the sack. At Check Out on the Executive Floor early in the morning I was taken aback at the Bill. £500. But I explained that I'd been up-graded free of charge. No it wasn't the room, it was the £300 Mini Bar Bill. But I hadn't taken anything from the Bar. It transpired that my little girl had entered the Mini Bar Room and pulled open all the refrigerated draws which automatically triggers an electronic charge to the bill. The mistake was rectified but I asked for a copy of the £500 bill to present to the office as expenses for funs sake. It was taken as a joke- I said I was Accountable but not Responsible for the Alcohol consumption- It had been my daughter. Just as well it was taken in jest because this was before my drinking problem had set in where a £300 bar bill could well have legitimately been mine.*

LAW ABIDING- Every Country has its Laws, but-" Ethics are not necessarily to do with being law-abiding. I am very interested in the moral path, doing the right thing". - Kate Atkinson

- *Ecuador 2000- I was astonished at the Strategy for Social Housing that the Minister for Housing of Ecuador was proclaiming as most successful. I was visiting him on behalf of the British Government but trying to sell him on the virtues of the products of some British Prefabricated Housing Manufacturers. It turned out that the costs of construction on his multiple site Housing Projects was zero. His Planning costs were zero. His only concern was Utility connections to*

sites. I scratched my head which brought a smirk to his face. "You see," he said "we mass produce concrete blocks, and we tip them in high quantities at intervals along the roadsides with the prominent 'Keep Out' signs of course. They get stolen and they build their own homes." Against the Law? Yes. Unethical- probably not because there seems no corruption involved on the Government side. I shook his hand and left his office; Humbled at the Simplicity of his Strategy.

- *Macau 2007- I don't like Casinos and even though my wife does, I'd decided we would take the fastest route out and head for a bar. We were walking down the isle between what seemed to be a maze of miles of gaming machines. "Oh my God," I said to my wife. "There seems no way out, no signs either, it's like being stuck in an IKEA store, but without fire exits". Within seconds two 6'6" security guards in black suits came from nowhere and stopped us. "Everything fine with your visit Sir?". Well, "Yes" I stuttered. The next thing they insisted was that we accept a \$100 voucher each to enjoy our stay. Beware in Casinos because walls have ears, but if you discover that they aren't complying with Fire and Health and Safety Regulations- as long as there is no fire, it may be to your financial benefit.*
- *Nigeria 2006- Port Harcourt is like a Cowboy Set. But I found myself in a smoky bar with an impressive 6-piece band playing late into the night. I caught the eye of the lead singer. She was stunning and her bubbly personality matched her singing performance. She sang my request 'The Greatest Love of All' and I was smitten. We ended up back at my hotel and she devoured a full three course meal although it was 1am. Later I experienced something for the first time in my life. To start I knew nothing but later it became apparent that I was sleeping with a victim of FGM (Female Genital Mutilation). I never knew how prevalent it was with hundreds of millions across Africa and the Middle East, Malaysia and Indonesia. Apparently Primitive cultures in the past in some of these countries believed that cutting off the female genitalia will prevent infidelity and/or sexual promiscuity. Women in these cultures are often seen as property. So what about the Law? There is no International Law, each country sets its Laws. The United Nations' UNFPA estimates that at least 59 countries have passed laws against FGM. Of the 29 countries in Africa where female genital mutilation (FGM) is traditionally practiced, 26 have laws prohibiting FGM. Whether Laws are enforced or not is another question. Maybe in some countries it's still 'Law Abiding' to inflict FGM on your daughter. To me it is not only unethical, but also inhumanely criminal and should carry a life sentence.*
- *Chile 1985- Smuggling is against the Law. Smuggling flourishes wherever there are high-revenue duties (e.g., on tea, spirits, and silks in 18th-century England, coffee in many European countries, and*

tobacco almost everywhere) or prohibitions on importation (narcotics) or on exportation (arms and currency). Many economies rely on contraband. Of course, there are different levels of law infringement. Smuggling humans for sex trade, drugs, or arms are serious crimes that need law enforcement. I smuggled a bottle of whisky into Peru from Chile when there were strict import restrictions. When we opened the bottle at Christmas with great ceremony at the lunch table– it was tea. I bought a wide screen TV from some Gypsies, obviously selling stolen goods. When the TV didn't work I had no re-dress. I had my asphalt driveway resurfaced with an inferior coating and I had no redress even though I had vehicle license numbers to report to Police. Civil Law is a body of rules that delineate private rights and remedies, and govern disputes between individuals in such areas as contracts, property, and Family Law; distinct from criminal or public law. Being Law Abiding is virtuous and will keep you out of trouble but looking at the ethics of what you're doing is more to the point for me. What is illegal today maybe legal tomorrow, but what is unethical has usually always been unethical. Punishments may vary. I doubt whether anyone anywhere in 2020 would get hung for horse theft.

DEDICATION- "When you have dedication and an intensity about life, in what you do you demonstrate passion."- Catherine Pulsifer.

- *USA 2002- I was totally committed to a new entrepreneurial venture involving the global marketing of a new super light-weight strong composite product. The inventor had had his patent withheld while the Ministry of Defence had assessed the potential Military use. Now was the global opportunity. Marketing of specific Product Applications of the technology was preferred to selling the prime technology. The world's largest Pallet Leasing company Chep had expressed interest and I needed to get to the USA to get interest from Chep's main competitors. So urgent and dedicated was I that I travelled to Chicago with a sample pallet as excess baggage. The problem was that while I waited at O'Hara Airport at the over-sized baggage belt, a Forklift driver had apparently assumed it was a loose pallet and taken it off to a warehouse. Upon return to the airport at 2am when they discovered where it was, I strapped it to the taxi roof to get it safely to my hotel and literally slept with it not to let it out of my sight. When you are Dedicated to something it's like being in love- you ooze passion and an intensity in life. Shame 'Dedication doesn't guarantee Success' alone. Mind you tenacity helps. Colonel Sanders travelled the States of the USA at the age of 73 until he found an investor interested in his 'finger-licking' recipe.*
- *Qatar 1980- Alan Keefe was a Railway Subcontractor who had travelled to Qatar to personally manage the construction of an access railway below an Oil and Gas Loading Jetty. So intense and Dedicated he was*

to ensure the project was a success despite difficulties I was impressed. However, in a crucial week of project delivery he announced he was going back to the UK. I was surprised and angry because I had no contractual lever to stop him. The reason he was going to the UK was because his young son had an important milestone to achieve in his education and subsequent graduation that required his father's support. No question. When you sacrifice something important to you for something even more important- that's Dedication.

- *Dominican Republic 2001- Dedication comes when you work- day and night before Christmas to get a Contract Memorandum of Understanding signed as a precursor to a Contract Award. Flights home are few but seats reserved on 23rd December. Then the Client indicates that there has been a change of heart and the MOU might get signed the next morning on the 23rd. That meant losing the flight. Dedication pays off when the Company approves a Concorde flight back on 24th December from New York if the connection can still be made.*
- *Bolivia 2000- La Paz is the highest airport in the world at 13,400 feet. When you take off and the aircraft cabin depressurises rapidly within minutes you know you need oxygen. The reassuring thing about Stewardesses is that they have had hundreds of hours of training and experience and dedication, so they know their job, their role, and what to do. The oxygen masks dropped, and I secured mine. Opposite there was a struggle because a passenger was fighting with the Stewardess who was panicking and dedicating all her efforts to take his mask for herself. In the confusion and panic no harm resulted as the pilot had dived us back to a very welcome 14,000 feet. Dedication to a cause is admirable, but 'Dedication doesn't guarantee Performance in times of stress'.*
- *UK 1989- I was visiting a Car Show Room with intent of buying my wife a Suzuki Jeep. The Salesman came and asked whether I needed more information or assistance. I said No. He courteously left me to my devices. Now if that had been a US 'Can-Do' Dedicated Top Salesman no doubt he wouldn't have left me until he'd made the deal or piss me off. Well Dedication does not call for Obsessiveness- it doesn't work in Sales. I bought the Suzuki and asked the salesman's advice when I was ready. Dedication doesn't always win you the Deal either. What Dedication does together with Determination and Motivation is provide you with Inspiration. And it's not always about Money.*

I told myself I'd dedicate this to my wife. I should have dedicated more time. I just never took the time. ["Remember When" Alan Jackson]



**"REMEMBER WHEN"
(ALAN JACKSON)**

https://www.youtube.com/watch?v=xM3_dtGyspQ

*"Remember when
The sound of little feet was the music
We danced to week to week
Brought back the love, we found trust
Vowed we'd never give it up
Remember when."*

I hope the Emphasis has worked. We all have a lot to learn about our adherence to/or our divergence from the basic qualities of humanity-ethics. Acts of kindness are so easy, and there are examples all over the world that have given humanity a boost during the Pandemic crisis. I have given ample examples of my own shortcomings in these anecdotes. Involvement in 'Business Corruption', 'Blackmail' and 'Sexual Unfaithfulness' to my wife, are probably the three worst crimes that caused damage to my soul. But in Section 14 and 16 I use the analysis of my own Personality Type Two (ref. The Enneagram1.) to show how you can act to work on bringing out the best Level of Development in yourself, and your Personality Type once defined.

It always pays to exaggerate the positive to good effect. The Enneagram Comment/ Recommendation for the Type Two Personality, for example, inspires

"To love others selflessly is an extraordinary achievement- one of nature's very highest powers. If you have achieved the ability to love others unselfishly, you are already an extraordinary individual. If you develop your great capacity to care about others, you will never go far wrong- in fact, you will do a great deal of good in life. Others are probably already seeking you out because you possess what everyone wants: the ability to love and appreciate others for who they are." – Don Richard Riso, Enneagram

It pays, however, not to indulge in Self-Praise for too long. Self-praise is certainly no praise at all- especially if it's communicated with Pride or Self-Righteousness. A humble person ceases to be humble as soon as he thinks he is, or even worse he tells others that he is. There is a place for a Level of Negativity or certainly- Humility. Write an exaggerated slightly negative

caricature of yourself (as long as you don't put it on your resume or post it on Facebook). Do this, and don't hold back. It will complement your Personality Analysis in Sections 14 and 16. I did mine before my own self-examination:

"A Corporate Butterfly, Jack of all trades and Master of none. A Junky for experiencing diverse Cultures, a 'transcender' of Business and Social hierarchies. A Social Climber but Roller-Coaster Maverick. A nearly-crosser of Bridges too far in Adventures of Lust and Love, Intrigue, Loyalty and Betrayal, Joy and Tragedy, Ambition and Compassion, Kindness and Tomfoolery; from Presidents to Prostitutes, Wildness to Wilderness and Solace- Driven by Dreams, Ambition, Testosterone and Whisky tempered only by Family loyalty and love and sacrifice. Exemplifier of someone seeking Experience for experience sake. Not an Angel but not a Devil; Good and also Bad; Not Perfect just Imperfect; Not intentionally Deceitful but Loyal; Protective and Defensive- That's what I am."

What is the corollary of this Analysis-Paralysis? After all, the Core Principles of Good Corporate Governance and Personal and Business Ethics and Accountability are obvious aren't they?. Well, whatever the starting point there is always room for improvement. Knowing your own position as being a 'good one' helps you to be altruistic rather than pointing the finger at others. Altruism is the principle or practice of unselfish concern for or devotion to the welfare of others.

And where there is room for improvement, it's the final outcome that matters most. I sent my daughters to the best Private Schools in the area where we lived. The Grammar School had a first-class reputation for academic achievement, and a particular ethos and character. High achievement in an immensely happy and cooperative atmosphere, with unusually relaxed relationships between children and adults, and a great emphasis on both community and a sense of fun. However, an extract from a real inspection report on the same Grammar School by the Charity Commissioners in 1861, is given below. The Headmaster was delighted, as was I, that the school had moved on since then. ["School Inspection Report", Wolverhampton 1861)



**"SCHOOL INSPECTION REPORT"
(WOLVERHAMPTON, 1861)**

"Standards are low. Scholars can only read tolerably. The cost per pupil is three times that of similar schools and there is little value for money. The buildings are badly situated and are subject to fumes from nearby factories. The school is situated just fifty yards from the vilest nest of iniquity in the town, where there are ten or twelve brothels. The management of the school is grossly inefficient. The school is slovenly, filthy, the desks cut to pieces. The privies are so bad that the pupils are forced to go elsewhere. Part of the buildings have been let to a man who uses them as stables and pigsties. Priority needs to be given to securing the employment of better teachers." – UK Charity Commissioners."

You might be wondering why I have been focusing so much on Government and Business Corruption in a Book principally written to help the Individual find a new path. It's because it matters and it affects all of us in society and our communities- from the effects on our Economies, Social Services to our Business Opportunities, our fair treatment in society and at work, etc. We are all part of a Community, Company or Country. If all is well at Government, Work and Home we can focus on doing things we want for our own betterment and those of others. To ignore the effects of Corruption and Bad Management is a Cop-Out.

"A company which applies the core principles of good corporate governance; fairness, accountability, responsibility and transparency, will usually outperform other companies and will be able to attract investors, whose support can help to finance further growth."

In regard to 'Person Ethics': These are human qualities. You either have them or you don't- and only you yourself really know. You can nurture them, but you will find difficulty in changing if you are really rotten to the core. If you are like most of us, trying our best, living up to them in times

of temptation is the problem, or the challenge depending how you look upon it.

During the 2020 Pandemic most if not all Front-Line Health workers perhaps showed the finest example of good personal ethics- Making personal sacrifice, being: Selfless, Dedicated, Loyal, demonstrating Courage in the face of Personal Risk. ["Lean on Me", Beverley Knight]. This Bill Withers song was produced by Beverley Knight and Joss Ross honouring the British National Health NHS ("The National Heroes Service") workers.



**"LEAN ON ME"
(BEVERLEY KNIGHT)**

<https://www.youtube.com/watch?v=q9BRGk-hZII>

*"Sometimes in our lives
We all have pain, we all have sorrow.
But if we are wise,
We know that there's always tomorrow."*

Lessons Learned



SECTION 6- LESSONS LEARNED "Conflict, Ethics & Accountability"

1. KEY MESSAGE: "As individuals, it is our capacity for self-accountability that keeps us functioning ethically and responsibly. While people may be accountable to others, they may not be as accountable to themselves when there is no one else to observe, monitor or hold them responsible. Self-accountability is the cornerstone of ethics: It is who you are and what you do when no one is watching."
2. *Ethics and public service, at the end of the day, are not about pieces of paper, it is the judgment call in the heart of anyone who enjoys a position of trust. If it feels 'wrong' it invariably is. Ethical leaders are the 'human capital' of governance reform.*
3. *A company which applies the core principles of good corporate governance; fairness, accountability, responsibility and transparency, will usually outperform other companies and will be able to attract investors, whose support can help to finance further growth.*
4. *Accountability is about answering for one's actions and decisions and accepting responsibility for mistakes. Accountability is the readiness or preparedness to give an explanation or justification to stakeholders for one's judgments, intentions and actions.*
5. *Often you should select the company for which you work based on the boss for whom you are going to work. You'll learn more and achieve more and likely progress more. Choose bosses who celebrate an employee's success, empathize with those going through hard times, and challenge people, even when it hurts.*
6. *Good governance never depends upon laws, but upon the personal qualities of those who govern. The machinery of government is always subordinate to the will of those who administer that machinery. The most important element of government, therefore, is the method of choosing leaders. - Frank Herbert*

7. *Pandemics are international threats to peace and security and require global cooperation to combat. Technology is Global. We do not need Political moves which lead to more polarization.*
8. *In the Public Sector, good governance requires good public servants. A focus on public administration and its efforts to combat corruption are more inclusive than simply public administration and the public servant. Analysis of ethics and ethical behaviour must ensure core values and standards meet public expectation.*

MISSION STATEMENT: "We will expect good governance not as a result of implementing our laws, but from ourselves and the personal qualities of those who govern with us; and the most important element of government will be the method of choosing our leaders. I shall seek to do my little bit of good where we I can. I will have a personal zero-tolerance in terms of personal involvement in corrupt activity, and I avoid those who don't. I will campaign and vote for good leaders where I can."

7

The Cancer of Corruption

THE CONSTANT TEMPTATION AND CANCER OF CORRUPTION IS ONE of the most devastating illnesses to befall society, so said Pope Francis. It's not just me who has a 'bee in my bonnet' about it, so it seems. Corruption causes considerable damage both ethically and economically, he said in an audience on March 18, 2019 with judges, administrators and staff from Italy's court of audit, a kind of government accountability office with judicial powers.

The Pope told his audience that corruption, with its 'illusion of fast and easy gains, in reality impoverishes everyone, erasing trust, transparency and integrity from the entire system. Corruption disheartens individual dignity and shatters all good and beautiful ideals.'

But one thing even worse than Corruption to my mind- is Hypocrisy about it. It's usually the 'elephant in the room'. Either you hold your hands up, disclose it, declare your hand, turn a blind eye, accept it, or worst of all get involved whilst denying it and spouting Anti-Corruption rhetoric to everybody else, from employees to clients to society. Most companies have an 'Anti- Bribery and Corruption Policy' on their websites, and in their Annual Reports and Corporate Policy Statements. ["How I Made It", Sir Adrian White].

In Gandhiji's words, "Corruption and Hypocrisy ought not to be inevitable products of democracy, as they undoubtedly are today." In respect to India's Political system, Columnist Steve Chapman's words in response were that, "The bad news is that our democracy does a poor job of giving the people what they want. The good news is that it's easier to fix a rotten system than a rotten people."

The questions he posed himself underlining the supreme importance of non-violence and Gandhi's radical thinking were, "What is religion? How should one live? What is the nature of political identity, particularly the 'nation'? How should one conduct oneself in the practice of politics? Gandhi set his bar high. 'How one should conduct oneself' is the Key question we should all ask ourselves in the seemingly hopeless fight against the Cancer of Corruption. There is no cure for Cancer, only treatment.

So, one of many an Institution to prescribe treatment - The Partnering Against Corruption Initiative PACI, set up by the World Economic Forum, claims to have become one of the leading business voices on anti-corruption and transparency. Launched in 2004, PACI serves as the principal CEO-led platform in the global anti-corruption arena, building on the pillars of public-private cooperation, responsible leadership and technological advances. With approximately 90 signatories from different sectors across the globe, PACI serves as the leading business voice on anti-corruption and transparency. All good stuff, or CEO's paying lip-service? Worth checking out the track record of some of the signatories and their affiliations.

Anti- Corruption Day

Established by whom for whom- The Corruptible Ruling elite ruling the roost. What a ridiculous concept in itself. It's like saying *Parents-Day*, as though it wasn't a life-long day by day commitment of all parents, year on year, until death us do part. In fairness, in 2003, the UN General Assembly designated the 9th of December as the International Anti-Corruption Day, held every year to 'Celebrate' Anti-Corruption policies.

"Every year \$1 trillion is paid in bribes while an estimated \$2.6 trillion are stolen annually through corruption – a sum equivalent to more than 5 per cent of the global GDP. In developing countries funds lost to corruption are estimated at 10 times the amount of official development assistance."– United Nations Development Programme

To mark International Anti-Corruption Day on 9th December 2019, seven recent examples of corruption around the world, as identified by Transparency International, were highlighted:

- Across the EMEA region (that's Europe, the Middle East, and Africa) and India almost half of all workers think bribery and corruption are acceptable if there is an economic downturn.
- Corruption, bribery, theft and tax evasion, and other illicit financial flows cost developing countries \$1.26 trillion per year. That's roughly the combined size of the economies of Switzerland, South Africa and Belgium, and enough money to lift the 1.4 billion people who get by on less than \$1.25 a day above the poverty threshold and keep them there for at least six years.

- The Transparency International Corruption Perceptions Index scores 178 countries on their degree of corruption – 10 is the cleanest possible, and 0 indicates endemic corruption. In 2010, around three-quarters of all 178 scored lower than five.
- As much as \$132 billion is lost to corruption every year throughout the European Union's member states, according to the EU Commissioner for Home Affairs.
- Bangladesh is one of the world's poorer countries. Around one-third of the population say they have been the victims of corruption, and an astonishing 84% of those households who had interacted with different public and private service institutions have been victims of corruption.
- In war-torn Afghanistan, of the \$8 billion donated in recent years, as much as \$1 billion has been lost to corruption. Integrity Watch Afghanistan estimates bribe payments — for everything from enrolling in elementary school to getting a permit — exceed \$1 billion a year.
- In one Russian province, if you want to become a police officer you will probably have to pay around \$3,000. To get a place in medical school, you will need to part with around \$10,000. One consequence of this, according to the International Crisis Group, has been that some people have grown so disaffected that they have become drawn to Islamic extremism.

Well, what is this? A running commentary? Informed Institutions can write on statistics or any particular corruption related subjects they choose. Equally we can all offer sympathy and/or platitudes and opinions on actions required to combat the causes. The symptom is the Corrupt Act, the Cause is slightly more difficult to put your finger on, but you can be sure it's all about human nature. We are all humans.

"The recognition of the law of the cause and effect, also known as karma, is a fundamental key to understand how you've created your world, with actions of your body, speech and mind. When you truly understand karma, then you realize you are responsible for everything in your life. It is incredibly empowering to know that your future is in your hands." - Keanu Reeves

I intend not to dedicate the rest of this Section on the 'Cancer of Corruption' to my brief account/summary of the *Theory* but to a specific account of the

Practice based on my experiences and opinions involving one 'Case Study' involving an international Water Company.

I lived through 911 and now the Covid-19 Pandemic, if not Pearl Harbour. To not have a sense of impending failure or disaster is to deny our frailty, not all problems have an instant solution. A post Pandemic world is full of uncertainty. But what has been lacking in the West in my view has been-informed, moral 'Political leadership'. In the grips of a global Pandemic with Social Loss and Economic Loss on a 'Pandemic' scale, it's easy to look for a quick solution, but when leaders falter, they set bad examples.

As an almost silly example, as I write in April 2020 Donald Trump shook the world by suggesting 'disinfectants maybe could be injected to kill coronavirus inside the body'. Doctors answered: 'People will die.' Then he denied that he'd made the comments other than in sarcasm. Why didn't Trump humanize himself. We all make mistakes. And then he withdrew funding to the World Health Organisation during a global Pandemic.

"I'm sorry for what I said. I was wrong. I have no defence in this matter. Listen to medical advice not me on matters of human health." If he'd said that how can you fight a man who admits he's made a silly mistake? Forget your Pride and Ego. What can the Media he despises say? Nothing. Accepting when you make a mistake is a powerful virtue.

However, admitting guilt on things that amount to serious crimes (sometimes related to corruption) can lead to impeachment for Presidents, and imprisonment for Executive Businessmen. That's why they don't do it. Keep your mind on the Money and the Power and sell your soul if you have to. In Section 10 I will write about having met so many prostitutes in the world from all backgrounds and personal circumstances. They sell their souls. But, what they all share is a quality of 'Self-Acceptance' of how Society perceive them. Some have a quiet inner-contentment. Some are lost, or worse- gone bad. Few of them are proud, many are humble, crazy as it may seem. They rarely try to defend their actions, and if they do, they often relate to having to care for a distant child, not their drug dependency which the popular opinion may decry. So, am I comparing Corrupt Politicians and Businessmen with Prostitutes? Not at all. I respect some prostitutes too much. Sometimes their intent is wholly honourable. Would I compare them with Pimps- well maybe, they often share a lack of empathy and disproportionate love of money and power. Any old music will do. ["Private Dancer", Tina Turner].

their international corporations, of concessions in Third World countries to exploit natural deposits of oil, copper, gold, diamonds and the like; And The drug trade- to name the bleeding obvious.

Rich country politicians and bank officials argue that because dictators like Marcos, Suharto, and Mobutu were kept in power with western arms and were given loans to squander on ill-judged and repressive schemes, that the people of those countries—who often fought valiantly against those dictators—cannot be trusted not to waste the money released by debt cancellation. This may seem confusing to people not familiar with the logic of the IMF and World Bank: Creditors colluded with, and gave loans to dictators they knew were corrupt and who would squander the money; Creditors gave military and political aid to those dictators—knowing arms might be used to suppress popular opposition; etc.

Often Government Export Credit Agencies promote inappropriate and unprofitable projects, I rest my case study. ["Case Study", Biwater 2003].

The Practice

I do not wish to make false claims. In the Disclaimer to this Book I state: 'The Author accepts that his opinions are purely based on his experiences and interpretations and may not represent the truth'. In my experience, and purely in my own opinion, the One Company with which I have worked, and which represents 'Everything I Stand Against in terms of Corruption, Hypocrisy, and Abuse'- is Biwater Plc. Just an opinion, and not wishing to break my 'Non-Disclosure Agreement' I signed with the firm in order to receive a Compensation Payment.

It's founder and majority shareholder Sir Adrian White. ["How I Made It", Adrian White UK 2013] is the Figure Head with whom I have no personal grievance. In fact we have exchanged respectful E-Mails over the years since I departed company form the company. But an integral part of this Book is about my personal experiences of corruption. It would be a 'Cop-Out' to exclude them.

It's rather like Edwina Curry, a British former politician in the 1980's. Her memoirs included reference to her affair with John Major, the British Prime Minister-to-be at the time. Without it, her memoirs were incomplete, she defended. Lady Archer, the wife of disgraced Tory peer Lord Archer, said that she was surprised to learn of the affair. "I am a little surprised, not at Mrs Currie's indiscretion but at a temporary lapse in John Major's taste."

But before the affair became public, Mr Major's famous 'Public Call' for a 'Back-to-Basics' approach to personal morality and British Politics reeked of hypocrisy. The approach to public life was interpreted by many as support for a traditional view of morality. Well, do as I say not as I do, perhaps. With reference to his affair, once made public John Major said, "It is the one event in my life of which I am most ashamed and I have long feared would be made public."

I make further anecdotal comment ["How I Made It", Adrian White, 2013]. The independent views of 'Public Citizen' are probably most telling. Public Citizen, founded in 1971, is a non-profit research, lobbying and litigation organization based in Washington D.C. Public Citizen which advocates for consumer protection and for Government and Corporate accountability. ["Case Study", Biwater 2003].



**"HOW I MADE IT"
(ADRIAN WHITE UK 2013)**

"On Sunday May 26 2013 The Sunday Times published an interview article with Adrian White. "The teetotaller turned from pure water to wine", as owner of 'Denbies', the UK Wine Vineyard in Dorking, it reported – "made his way in international business. He returned from a trade mission to Nigeria in 1973 with a £10.7m contract to build a water treatment plant . . . and with viral meningitis".

The founder of Biwater, 'one of the world's largest water engineering companies'- really? - became ill after extending a short trip into a seven-week stay to clinch his first overseas contract. "I was feeling desperate but the client recognised my commitment and hastened the signature. It was worth it – although my wife, who was at home with a new-born son, might not agree."

Four decades on, Biwater has completed projects in more than 90 countries... If you want to read the rest – 'Google it', Sunday Times.

In 2002 I requested Adrian White, Chairman of Biwater, to cancel all corrupt contracts I had been coerced to be involved in as an employee of his company in the Caribbean; he kindly responded:

"Dear Greg, Thank you for your letter, and previous correspondence, which have been subject to a comprehensive internal review. We currently have no contract with or in the Market. All agreements, commissions, agency agreements and sub-contract agreements entertained, drawn-up, submitted and or agreed during your period of employment have been cancelled. Should all or part of any project on which you worked, come to fruition, it will be against new professional, legally drawn up and transparent documentation not only to fulfil the requirements of the Lenders and Guarantors (eg. US Exim Bank) but in accordance with an ethical code of conduct which must meet the highest standards of probity. Kind Regards, Yours sincerely, Adrian White Chairman Biwater Group."

The corrupt contract application for US Exim backed funding was not cancelled, and the re-scoped project proceeded two years later under the same funding award application. To my shame I blackmailed the company to fund my daughter's outstanding school fees, as she had been threatened with expulsion for non-payment, due to my financial difficulties at the time.

I quote from Biwater Group's Group Policy on Anti-Bribery and Corruption: "Bribery and corruption are punishable for individuals by up to ten years' imprisonment and if we are found to have taken part in corruption, we could potentially face an unlimited fine, exclusion from tendering for public contracts, be cross de-barred from obtaining finance from the main multi-lateral development banks and face damage to our reputation. We therefore take our legal responsibilities very seriously."

In 2004 Adrian White was one of the CEO founding signatories for The Partnering Against Corruption Initiative PACI, set up by the World Economic Forum, which has subsequently claimed to have become one of the leading business voices on anti-corruption and transparency.

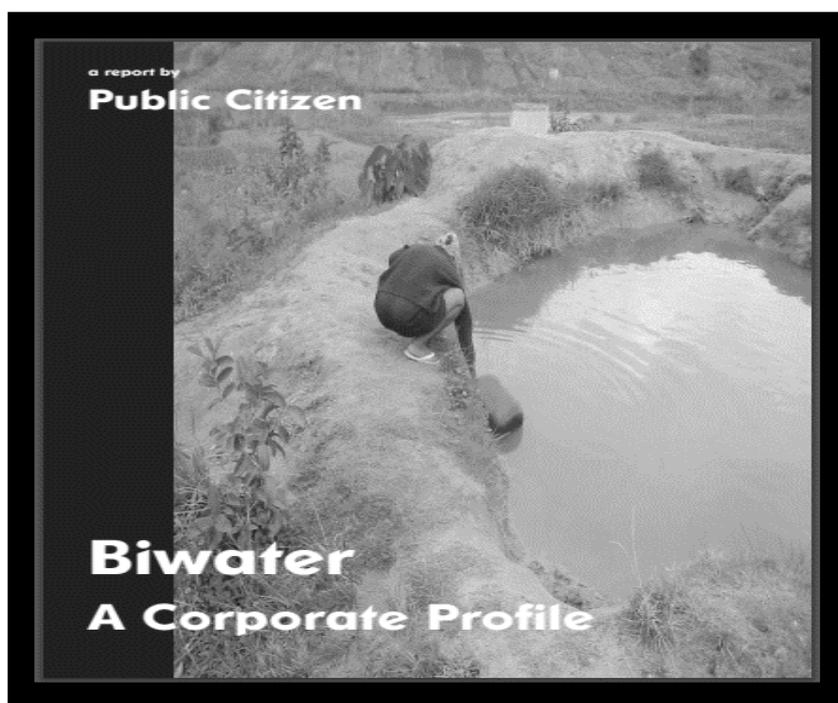
In 2015 Adrian White was awarded a knighthood in the Queen's Birthday Honours List, in recognition of services to trade and exporting. "I believe that Britain upholds the strong moral and ethical standards necessary to provide people with the right environment in which to live and prosper, and I will continue to embrace these values through my work and personal activities."

"I am both proud and honoured by the recognition of personal and professional contributions I have been able to make over the years in



**"CASE STUDY"
(BIWATER 2003)**

The Full Text of this Case Study is available on the Internet at Public Citizen



No matter where Biwater goes, the pattern seems to be the same. Governments and regulators are circumvented or cave to the corporation's wishes, often amid charges of corruption. Governments and the public are saddled with infrastructure investments, while Biwater gets the opportunity to reap the profits. Promises go unfulfilled, as projects don't get built, access doesn't get expanded, service does not improve and people go without water. Dissent is squelched. Critics are threat-

ened. Customers are gouged. Public health is put at risk.

And with arrogance on icy display, Biwater invariably dismisses each and every complaint with the offensive and smugly delivered suggestion that everything would be just fine if governments and citizens, no matter how cash-strapped, debt-mired or poverty-ridden, would simply give Biwater more money. Biwater, as the company so proudly attests, "water is our business." And the goal of that business is not to provide safe, clean and affordable water to homes and families, but to make as much money as possible. It's that

Source: Public Citizen

Tribute to Sir Adrian White – ‘The Man’

My own words on Sir Adrian White might be interpreted as those of a ‘Disgruntled Employee’. I certainly had issues with the Company of a serious nature. There are always two sides to every story.

A lot of the above Research Work carried out by ‘Public Citizen’ might be considered by some as that of a ‘Liberal Lobbyist Group’. Public Citizen's slogan is ‘Corporations have their lobbyists in Washington, D.C. The People need advocates too.’ As explained on its website, its overarching goal is ‘to ensure that all citizens are represented in the halls of power.’ It is a not-for-profit organization unaffiliated with any partisan political activity, so ought to be non-Partisan. Its stated unifying theme is an effort to curb the impact of corporate power on society so ought to be given the benefit of the doubt; but its liberal / progressive consumer rights advocacy and think tank role is obviously charged ‘to make its point clearly’ once a perceived culprit is targeted, and conclusions may be argued as somewhat tainted. They certainly deserve a rebuttal from the company on a case-by-case basis.

Given my comments about my experience with Biwater, it would be incomplete not to make ‘Full and Fair Tribute’ to the man- Sir Adrian White himself, as a Businessman, Family Man with a wife and five children, and Philanthropist. I have had many exchanges with him over the years, and can summarise his Biography and Public Image as follows:

Sir Adrian White, CBE DL. C.Sci D.Univ Executive Chairman is indeed a very accomplished entrepreneur and successful businessman, personally ranked as high as 26th in the Sunday Times Rich List in the 1990’s. As the Founder and Chairman of Biwater, which has won five Queen’s Awards for Industry, Sir Adrian is regarded as one of the most well established and credentialed leaders in the water industry and is the Founder of British Water, the UK’s water industry trade association.

Throughout his career, his experience as a Chartered Engineer and Scientist has fuelled his interest and continued leadership in the water industry.

He has held other UK leadership and governance roles:

- He was the High Sheriff of Surrey for 2006/2007 and is an honorary Fellow of Regents Park College, Oxford

- He served as Chairman of the Epsom Healthcare NHS Trust from 1992 to 1999, and as a Governor of Millfield School.
- He has received an Honorary Doctorate from the University of Surrey
- He served as a member of the Board of Governors to the BBC from 1995-2000
- He was awarded, in 1993, Commander of the Most Excellent Order of the British Empire (CBE) for services to exporting and the water industry
- He was knighted in 2015 "for services to international trade and development".
- He is a Deputy Lieutenant of Surrey, as of 2017.

So, Sir Adrian White was more than a successful Business Man. He played roles in Public Life and was a Philanthropist. After his knighthood award in 2015 he was quoted as saying:

"I am both proud and honoured by the recognition of personal and professional contributions I have been able to make over the years in trying to improve the lives of people through the provision of basic human services such as drinking water and sanitation, whilst also ensuring that people have access to the public health care that they deserve.

I believe that Britain upholds the strong moral and ethical standards necessary to provide people with the right environment in which to live and prosper, and I will continue to embrace these values through my work and personal activities." – Sir Adrian White.

At the Epsom Healthcare NHS Trust he arranged an innovative self-build project, which included the construction of the new maternity building and the Cottage Hospital in Cobham. Thereafter, he also funded developments at Epsom General Hospital through the 'Denbies Trust', providing a new accident and emergency unit and the South-West London Orthopaedic hip and knee unit in a dedicated four-storey 'Denbies Wing'.

He established the St Kilda Trust, providing funds to build a doctors and nurses accommodation block on the Epsom General Hospital site, and is President of the Epsom Medical Equipment Fund, which continues to raise funds for hospital equipment.

Sir Adrian remains a Trustee of the Children's Trust in Tadworth, which assists children suffering from brain injuries, after retiring as their Chairman in 2013. He also remains President of the Surrey Care Trust, which works to benefit the unemployed and disabled.

He has held various other positions over the years, which have included being Patron of the Brigitte Trust, the Surrey Family Mediation Service, the Voluntary Association for Surrey Disabled, President of Surrey's Performing Arts Library, Chairman of the Board of Governors of Millfield School, as well as being a member of the University of Surrey Council from whose Chancellor, HRH Duke of Kent, he received an honorary Doctorate.

He also founded, and is Settlor of the Denbies Trust, which has been able to support many local charities, and over the years, has been a supporter of various causes in the Surrey area, including donating bronze statues of some of Dorking's most famous residents, such as Ralph Vaughan Williams, the composer, and Thomas Cubitt the master builder.

Perhaps Sir Adrian's most interesting pastime outside of Biwater and his philanthropic activities has been the creation of the UK's largest vineyard, Denbies Wine Estate, which yields over 10 percent of the UK's annual wine production. The vineyard extends over 265 acres in Dorking, Surrey, and produces over 450,000 bottles of wine a year. It was awarded the Best Rosé in the World in the International Wine Challenge in 2011, and many other gold awards since the vines were first planted in 1985.

Castro's Cuba

I met and lunched with Castro's cousin who was Head of 'Rumbos' the State's Tourist Entity. We enjoyed each other's company, joked, smoked Cohiba Siglo VI cigars, and then talked business. No political nor mafia-like exchanges, nor evidence of blatant corruption- just a willingness to talk and see whether our company had anything positive to offer Cuba- like an international standard Water Park. Havana was quaint and appealing despite the poverty the locals 'put- up-with' rather than endured. But there were plain clothed police everywhere, locals were not allowed to travel out of their region, State-owned Hotels and restaurants were appalling- and the country was ready for private sector management companies to take concessions to run such outlets. Ownership remained the problem and risk for investors. If I had been younger I would have married a local girl, beautiful and strong-willed as they are. When ownership laws are liberalised (like they were in Dubai) it will be the local nationals who will be given first option to buy. Havana is less than 100 miles from Miami, and a bigger business opportunity/bonanza I cannot image when the flood-gates open. Sitting on the snow-white sandy beaches of Varadero, with servants, a Mojito in hand, and a beautiful caring wife playing games with her eyes-

Lessons Learned



SECTION 7- LESSONS LEARNED "The Cancer of Corruption"

1. KEY MESSAGE: In Gandhiji's words, "Corruption and Hypocrisy ought not to be inevitable products of Democracy, as they undoubtedly are today." In respect to India's Political system, Columnist Steve Chapman's words in response were that, "The bad news is that our democracy does a poor job of giving the people what they want. The good news is that it's easier to fix a rotten system than a rotten people."
2. *The constant temptation and cancer of corruption is one of the most devastating illnesses to befall society. Corruption causes considerable damage both ethically and economically, with its 'illusion of fast and easy gains, in reality impoverishes everyone, erasing trust, transparency and integrity from the entire system. Corruption disheartens individual dignity and shatters all good and beautiful ideals.'*
3. *The bad news is that our democracy does a poor job of giving the people what they want. The good news is that it's easier to fix a rotten system than a rotten people.*
4. *Every year \$1 trillion is paid in bribes while an estimated \$2.6 trillion are stolen annually through corruption – a sum equivalent to more than 5 per cent of the global GDP. In developing countries funds lost to corruption are estimated at 10 times the amount of official development assistance.*
5. *Corruption is both a major cause and a result of poverty around the world. It occurs at all levels of society, from local and national governments, civil society, judiciary functions, large and small businesses, military and other services and so on.*

MISSION STATEMENT: "I will not work for or with companies which get involved in Corrupt Practice to further their own cause. Life is too short. I will not get involved in, nor get coerced to get involved in, nor aid and abet, nor condone any form of corrupt activity, even petty acts of unfairness and misuse of power, which are vexatious to the spirit."

8

Be Careful What You Wish For

WE ALL SEEM TO CRAVE PERSONAL SUCCESS AND WEALTH AND Happiness. They DON'T always coexist in my experience of business and life. The worst cancers which curb achievement and happiness are not just of the common lung, colon, breast or pancreatic variants but those on global and of pandemic proportions themselves including corruption, personal abuse, ignorance and fanaticism, be they politically or religiously motivated or just addiction driven. The cause and effects of business corruption, sexual abuse and religious or any other type of unbalanced fanaticism, depict human shortcomings at their worst. The effects of such dysfunction in society are only too apparent in our parliaments, workplaces and homes. Whatever the cause or excuse for lapse in human moral standards, the risks of high costs, violence, social break down, suffering and misery apply. In societies where political and business corruption, religious fanaticism, and sexual promiscuity are most commonplace, the rule of law is usually most poorly enforced. Corruption encapsulates all that is wrong in society, it's the number one public enemy. Many of the risks associated with corruption and lack of moral fibre are eternal. In business and politics all too often power and greed breed bad behaviour, and they come with the desire to be successful and achieve power and wealth and status. And it is more prevalent in this century despite being in relative peace time than even the most pessimistic commentator may proclaim. Keeping out of it, or turning a blind eye is not the way forward.

*"Corrupt politicians make the other ten percent look bad."
- Henry Kissinger*

Be careful what you wish for. He who sacrifices his conscience to ambition burns a picture to obtain the ashes. And any form of corruption employed to achieve your aim, will come back to bite you in the butt. Corruption is an eternal cancer in life and society, and I have witnessed, aided and abetted, and been shamed and sometimes a-feared by my involvement in and acceptance of it over the years, just to keep myself in employment. ["Don't shoot the messenger" – 2001]

The word "corrupt" when used as an adjective literally means "utterly broken". The word was first used by Aristotle and later by Cicero who added

the terms bribe and abandonment of good habits. But we never admit to being utterly broken, nor the abandonment of our good habits. Read any company's mission statement or annual review, even those engrossed in ongoing corruption scandals. It is tempting to bury one's head in the sand and think that acts of minor corruption will lead no further. The Arab Proverb poignantly likens minor corruption to the sweetness of the camel's head entering the Bedouin's tent, only to be followed by his entire smelly body, which is bad enough, and then he shits.

Business corruption often starts with pleasantries, lavish meals, trips to country houses, personal favours and paid country visits for decision makers. Equally corruption on the employee side can seem benign. Who has not been given blank taxi receipts by a driver when on business trips and been expected to self-complete when expenses are declared? Filling in receipts and fiddling personal expenses is common practice, but when an executive gets into a political storm at board level and his expulsion is desired by others, very often the first thing administrators do is wade through years of past expenses to seek irregularities to justify a sacking.



***"DON'T SHOOT THE MESSENGER"
(DOMINION REPUBLIC – 2001)***

"Marcelo was the ex-Minister of Defence, illiterate, and personal friend of the President with whom he went to school. An imposing figure and quietly spoken. I'd been parachuted in to find out whether the company's 'Mr Fix-it', Rondon was all he claimed to be. He wasn't and the web of deceit and convoluted bureaucracy and petty corruption had culminated in a plethora of commission agreements and had precipitated this meeting at the top. The game was about negotiating a contract without competition, for a project to be funded by US Exim Bank backed finance. Two meetings direct with the populist and ex-farmer President in the Palace after hours waiting in anti-rooms had come to nothing. Bribery and Corruption is always dealt with through third parties and confidants. But when the company's own local partner

questions the commission agreements being requested, it's time to wipe the slate clean.

The Public Client's Departmental director's belligerence had been dealt with by Marcelo, and despite several rebuffs a Memorandum of Understanding could now be signed before Christmas. Obviously, a man of notable persuasive powers. He had openly bragged that he never drove across the city without his bodyguard and an AK47 in the trunk of his bullet proof 4x4. But item one on the agenda was not an inquiry nor a request. It was a threat. If a 10% success fee on the US\$188 million public works contract was not paid to the allocated offshore account in the Virgin Islands upon contract signature then heads would roll. While I pointed out that I was just the Spanish speaking messenger for London based top management, I also pointed out that payment of such a one-off commission would be difficult to both justify or enact, given US Bribery and Corruption Laws and due-diligence on Exim funded projects- the rhetoric intensified. "Top management in London can be burrowed out and dealt with if necessary, but it is more effective to shoot the messenger first. Gang assassinations end up with a bullet in the forehead. Crimes of passion invariably end with a shooting to the groin. Un-cooperative messengers just get caught in cross-fire when there is violence in town, and it's unlikely to be fatal."

I was told by reassuring management in the UK, who had no experience of working in the Caribbean, not to take the threat seriously and was reminded what a good job I was doing and how well I was being remunerated every month to include a Christmas one-off bonus of £1,000."

At the height of a political corruption trial, the prosecuting attorney attacked a witness. "Isn't it true," he bellowed, "that you accepted fifty thousand dollars to compromise this case?" The witness stared out the window, as though he hadn't heard the question. "Isn't it true that you accepted fifty thousand dollars to compromise this case?" the lawyer repeated loudly. The witness still did not respond. Finally, the judge leaned over and said, "Sir, please answer the question." "Oh, sorry my lord" the startled witness said, "I thought he was talking to you."

Pablo Escobar the infamous Colombian Medellin Drug Cartel leader was a folk hero and Robinhood figure in his early days of "Plata o Plomo" terror. Colombia's broken justice system during the Medellin and Cali cartel Gang war was not so romantically remembered. I became entangled by virtue of my monthly visits to prominent locations in Cali. I was a company Director in Cali at the height of the Cartel rivalry, which made Northern Ireland look

like Disney World in comparison. A point I made to Mo Mowlem who negotiated the Northern Ireland peace accord, when I worked for the Foreign Office. She was called in to advise/help the Colombian government negotiate with 'Farc' and other guerrilla movements to solve the Narco-fuelled insurgency. Mo Mowlem was a lady, suffering with cancer while in office, and of quite considerable virtue in my view. Her time as Northern Ireland Secretary saw the signing of the historic Good Friday Peace Agreement in 1998. I knew her and loved her style. Her personal charisma and reputation for plain speaking led her to be perceived by many as one of the most popular "New Labour" politicians in the UK. When Tony Blair mentioned her in his speech at the 1998 Labour Party Conference, she received a standing ovation. He should have sat down, it wasn't for him. She was a formidable negotiator and a lady never intimidated in hostile territories. ["Not a leg to stand on"- 1998].

The art of political or corporate persuasion spans the ages, from propaganda to coercion, from appeasement to war. In philosophical, theological, or moral discussions, corruption is the abuse of bestowed power or position to acquire a personal benefit. But corruption is endemic in nearly all human activity, not just those involving business bribery and embezzlement, conspiracy, fraud or other illegal acts for personal gain, including sexual favours for money. My experiences in Nigeria, Colombia, Yemen, Indonesia and India, to name just a few, are a testament to that personal conclusion.

*"Power attracts the corruptible. Suspect any who seek it."
- Frank Herbert, Chapterhouse: Dune*



**"NOT A LEG TO STAND ON"
(COLOMBIA, 1998)**

"Once again, I found myself the only Spanish speaker on our side of

the Board of Directors of a Utility Concession Company, in Cali Colombia, this time trying to award to ourselves a US\$400 million Engineer-Procure-Construct (EPC) contract to build a 400-megawatt power station. A country ex-President was chairman of the company, the local municipality were the 50% shareholders and made-up half of the Directors. Tempers were fraught and trust non-existent between the parties as the project plans and environmental impact studies and preparations entered their third year. The Lawyers and official translators contemplated every word said at the Board Meeting and any mistranslation pounced upon, until the lady translator ran out in tears.

Listening to the cross-chat amongst them, and mindful of the consequences of the loss of the US\$14 million already expended, I advised my CEO and fellow director that we should adjourn the meeting, and head for the airport. I was reassured that I need not worry because our company had bribed two of the opposition directors to vote in favour of the contract award to salvage the financial loss.

Little did we know that a Global Turbine Manufacturer had 'bought' the entire project to undertake a Research and Development trial for a new turbine. The charades that we were going through at the Board meeting were just about approving the US\$ 2 million purchase of some farmland where the plant was planned to be constructed. We demanded that the EPC contract be awarded to ourselves before the farming land was purchased by the jointly owned concession company at a seven-times premium to market value. Tempers exploded when the votes were cast and the resolution failed. Of course, each of the Colombian officials on the Board had been promised kickbacks by the farm owner if the purchase proceeded before hand-over of the project to the new international player, which favoured another site.

The polio-stricken company secretary was told he "didn't have a leg to stand on" with his unfounded accusations that the EPC price was inflated. Chaos and confusion turned to anger. We left the meeting, we left the country, and the company was put into liquidation because the development costs had been capitalised on the basis that the project would proceed.

The company's share of US\$14 million losses incurred on that project, plus a US\$60 million loss on a CIA infiltrated project in Nigeria which turned out to be a front for money launderers- eventually caused the demise of the mother company in Singapore. All in a Day's work "

Being a boss in hostile environments is not for the faint-hearted. It requires a certain type of personality as well as a certain skills-set, which we don't all possess. Many budding business entrepreneurs imagine themselves to be future captains of industry. Theirs will be a life of razor-sharp decision

making in a highly charged competitive environment. Being part of the jet set and rubbing shoulders with the elite adds to the lure of business success. Do we not all want to be such prominent leaders at some stage in our lives?

Reality suggests very few people possess the mindset or personality of the successful winners in such environments. To achieve success it helps to be a psychopath, according to a book by Kevin Dutton entitled "The wisdom of psychopaths: What saints, spies and serial killers can teach us about success." It's kill or be killed. ["Beethoven Symphony Rock Cover", Obaida Al Jarrah]



**"BEETHOVEN SYMPHONY ROCK COVER"
(OBAIDA AL JARRAH)**

https://www.youtube.com/watch?v=KQIRbV_noi8

Most Bosses are Psychopaths

Business leaders, it concludes, are possessed by the clinical term for psychopathic tendencies: shallow emotions, lacking empathy or feelings of guilt, cold-hearted, superficial, manipulative, impulsive or irresponsible. It explains a lot about our society. There are of course rich men whose psychological make-up is the opposite to such failings, but they tend to be those who acquire success simply by being in the right place at the right time with the right product. Bill Gates is an example. Many are philanthropists and live modestly. Measure wealth not by the things you have, but by the things you have for which you would not take money. There are also great leaders who possess a completely different and appealing psychological profile. Jesus Christ, Gandhi, Nelson Mandela, Martin Luther King to cite a few. When God measures a man, he puts the tape around his heart not his head. Ruthless leaders always falter, and Adolf Hitler's demise is just one ultimate testament to that statement. But they can cause havoc in the process. If you run the show on thunder and lightning you can build empires; but thunder and lightning never made anything grow, and never anything that lasts.

"Great leaders, inventors and pioneers try not to become men of success, rather become men of value."- Albert Einstein

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."- Martin Luther King

The main influence and value in my own life has been the power of unconditional love that I share with my daughters, family and close friends. Few bosses have influenced me deeply, they paid my salary and some offered welcome mentoring on my career path. Why, I wondered, at an interview in Singapore did the Chief executive scorn at my statement that my daughter was my greatest achievement. A truer measure of a man than what he does in his business and public life, is what he gives and sacrifices.

Character is what we are in the dark, not in the limelight of media, shareholders, or consumers and public attention. A life focus on family, not career is not a cop-out. Character starts by being a good father or mother, fail in that and you fall at the first hurdle to personal success. And childless adults, in my experience, unfortunately lack something for which the human spirit craves.

In terms of the desire for business success, we love entrepreneurs, they generate opportunity. But ideas are worth nothing without the ability to act on and then sell the idea. Having a heart and natural bent towards benevolence won't always make money in the harsh world of capital and business, but neither will knocking down walls. Not every decision should be an economic decision. When people in business are put first, I have learned from experience, things normally turn out for the better. There is nothing soft with being a 'People person'. When children and employees are put first (before self or shareholder) it invariably leads to a better society and a better world. This does not negate the fact that sometimes difficult decisions have to be made. That's life. ["Business is no place for softies"- 1991]



**"BUSINESS IS NO PLACE FOR SOFTIES"
(UK- 1991)**

"Construction companies' fortunes ride the roller-coaster of national economies. There are no mitigating strategies for companies who rely on public and private sector spending for their livelihood. Predicting and preparing for down-turns soften the financial blows, but not always for unsuspecting staff. I was Departmental Head of a six strong team that carried out market research, business development, business information, and mergers and acquisitions support functions. With the economic crash each head office Department Head had been given two weeks to present to the 'Star Chamber' a budget with 25% cuts. This inevitably involved redundancies where Departmental salaries represented the majority of variable costs. I was briefed by Human Resources how to conduct a redundancy to comply with statutory, company and humanistic protocol. A formal text and procedure and no false hopes other than the stated intent to seek, but not necessarily find, the individual a role elsewhere in the wider organisation.

'Last In- First Out' is usually a fair barometer of what's right to do. The youngest, least experienced was the inevitable casualty in my Department. And when she burst into tears it was not my job, but that of the HR official in attendance to offer friendly moral support. The experience was not one I cherished, and I'm sure large-scale redundancies are handed out with a heavy heart by caring managers. Although a few no doubt cherish the brandishing of their power. In my isolated case I took the company's nebulous offer to seek an alternate role for the candidate to heart. I spent two weeks phoning managers across the business whom I knew best and managed to secure a new role for the said lady. Maybe I realised early in my career that I was not cut out to be a ruthless executive, my personality type didn't fit. I'd best carve out a different role, in the search for contentment, if not success and happiness, which I did. "

Bad treatment of people in general and particularly children is universally a bad strategy in life. 'Keep company with good men and good men you will imitate.' But some level of criticism is usually inevitable whatever we do or strive to do, especially in business where difficult decisions have to be made.

"Criticism may not be agreeable, but it is necessary sometimes. It fulfils the same function as pain in the human body. It calls attention to an unhealthy state of things."- Winston Churchill.

An ego-tripper ultimately becomes a victim of the very things he or she might be trying to criticise about others- so I don't seek to ego-trip or unfairly criticize people in this Book. I tell stories which depict my own faults as much as those of others. Criticism of my criticism will only produce negative forces, rather than understanding.

"Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing."– Aristotle

A former BBC investigative journalist turned biographer; Tom Bower was drawn to chronicle the big egos that try to dominate the world around them, and hold them to account. He has written unflinching, unflattering biographs of the Nazi war criminal Klaus Barbie, pop impresario Simon Cowell, Formula 1 chief Bernie Ecclestone, Labour MP and former New Statesman owner Geoffrey Robinson, newspaper proprietors Conrad Black, Richard Desmond and Robert Maxwell, as well as the business tycoons Richard Branson and Mohamed Al Fayed. His subjects – perhaps better thought of as his victims – he said, share “an overriding ambition to succeed, a ruthlessness to prevent those who are stopping them achieve their goals, and the most astonishing egos.”

Maxwell took out a multimillion-pound libel suit against Bower (it lapsed). So did Black, Branson and Desmond, and all three lost – with the exception of Black, whose libel trial was put on hold when the media mogul was jailed for fraud in 2007. Another victim of Bower’s investigations said he wanted to break his fingers to stop him working. Writing in the *New Statesman* in 2001, Robinson described Bower as “messianic, almost to the extent of being unbalanced”. Branson settled for simply registering his views- “Nasty, Very Nasty”.

"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston S. Churchill

The road to social justice, fairness, and personal spiritual awareness might be the ultimate ambition for many, but it’s a long and winding road.

There is much truth and heroism in the world, but there is also much trickery. The need to find the right path may sound righteous, or a nauseating cliché to a few, but there is no escaping the fact that doing what’s right usually pays off. The CEO doing the difficult to a minority and stating he does so in the best interest of the majority, inevitably includes himself most importantly among the majority.

The long and winding road of life is full of trials and tribulations but leads to the door and the boundary between life and beyond our lives. The answer is ‘to be comfortable with what you wish for.’ [“The Long and Winding Road”- George Michael]. And who humbler than George Michael to sing a song dedicated to a Lady, and not his own at that (Linda McCartney).



**"THE LONG AND WINDING ROAD"
(GEORGE MICHAEL)**

<https://www.youtube.com/watch?v=crnRok0Ft-E>

*"The wild and windy night, that the rain, washed away
Has left a pool of tears, crying for the day
Why leave me standing here, let me know the way."*

The first task for me on the path to deciding what I was looking for, was the one of moving from a negative to a positive mindset. My mindset in 2010/11 was not geared for it. My bastardised version 'Inconsiderata' of the enlightened prose "Desiderata" (Latin: "desired things"), given in Part One was a case in point. Desiderata was written in 1927 as a prose poem by American writer Max Ehrmann. It recognises, without the cynicism of the former, that in the search for happiness, it's important to recognise that it is a journey, not just a destination. Indeed, success is not built on success, it's often built on failure. It's built on frustration, and sometimes it's built on catastrophe. When we've learned that lesson, maybe that's the time to go and achieve and do good.

"Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass."- Max Ehrmann.

A strong lesson is to seek mentors, bosses and leaders who inspire you and would make you even prouder if you were to become like them. ["Be careful whom you seek to emulate"- 2012]

Given the proven human propensity for misusing power, the message is - be careful with whom you associate. Family and community and living out our inner feelings seem to have more impact on our happiness than emulating our bosses in their quest for achievement, money, power, status and influence. In the Third World where poverty, disease, corruption and political oppression reign- a lot of it lies at the doorstep of flawed leaders. Being a miserable slave to a soulless dictator unlikely describes what anyone strives for. And it's not only in oppressive regimes where unhappiness prevails. We spend our lives toiling, worrying, competing and fighting, instead of just enjoying life itself. Buddhism is alone in assessing

that happiness results from processes occurring within one's body and not from events in the outside world. And even then most people wrongly identify themselves with their daily feelings, thoughts, likes and dislikes, without knowing the real truth about themselves. In the UK we toast each other with a wish of 'health and happiness'. Here in Spain they say, 'Salud (health), Dinero (money) and Amor (love)'. They clearly define happiness is all about having money and love. The most important of the three is not health as most will proclaim, and it's not money which comes and goes- it is *love*, because it is the most enduring, and will pass from generation to generation, long after our health has faltered. A rich man asked that his money be buried with him. His widow obliged by placing a cheque for the worth of his entire estate in his coffin. But he'll have had difficulty cashing in the cheque where he was going. And his portrait will never hang on the wall over the fireplace in the mansion's great hall, for his grandchildren to admire.



***"BE CAREFUL WHO YOU SEEK TO EMULATE"
(UK- 2012)***

"Dr F's was a very accomplished 80+ year-old man, generally considered to be one of the foremost engineers of his generation due to his reputation gained on technically ground-breaking developments. He had a wealth of international and engineering knowledge. He was also very frugal despite his immense family wealth, using a national health hearing aid, driving a beaten old BMW, and building his home out of the left-over curtain walling from the construction of one of his projects-London's Nat West Tower.

Dr F also depicted all the traits of a dictatorial destructive type of leader. He dominated his environment so completely and destructively in personal terms that he made enemies of most of his peers in the company, while earning respect in the broader industry. The young fourteen-year-old Czech-Hungarian Jew found himself at the gates of Auschwitz in 1944, before liberation by the Soviets in January 1945. Moving to the UK he became a self-made man and the foremost

engineers of his generation. But the qualities that allowed him to excel as an entrepreneur and an engineer, often let him down as a man, in my opinion, working as his close adviser for 18 months.

*Dr F I would tempt him 'We should think of the 600 employees and their families and mortgages as we plan a way forward for the company's ownership and succession.' 'F*** them.' He would snap. 'And your partner of 45 years, his wishes should be considered.' 'F***ing Indian.' The Indian was in fact a loyalist, a likeable, dutiful servant of the partnership all his life, and had not benefited from his fair share of the Group's financial value over the years, in my view. The signs that dementia was setting in with Dr F, as most commented to excuse his behaviour, was difficult to reconcile with his razor-sharp mind.*

The company had benefited from a share of a £75m dowry windfall from the government in a highly controversial privatisation deal in 1996, and since then the core business made comparatively little money as my in-depth financial analysis had revealed. He forbid me to ever undertake further unsolicited analysis. The company had become the Chairman's hobby to hang onto the financial proceeds and bully everyone. Once he characteristically blew his top because an employee had spilt coffee on the carpet in a Drawing Office, only to be relieved from impending cardiac arrest, by assurance that the carpet was made of tiles, where one tile could be replaced without great expense. "Oh, wonderful news!". Or the loyal Administration Manager of 30 years who begged time off to provide palliative care to her dying husband, only to be eventually begrudgingly granted 7 days off without pay. One was to assume that if her husband hadn't died in the prescribed period, she was to return to work or risk the loss of her job.

He and I shared demonstrable mutual respect, in terms of intellect and ability and I was his 'confident' to help in his words 'protect the company from all the others!' His lawyer claimed that I was the only man of whom he had heard Dr F speak highly. But he was ruthless, hard-hearted, guiltless, and apparently immune to human feelings, except occasional references to his children and his grandchildren whom he clearly loved.

Dr F seemed to stand for everything I never wished to become, except rich; or maybe I was envious and actually an admirer of his strength of character. But his belligerent, racist, and un-caring demeanour was affecting my mental well-being. I didn't need to bow to his prejudices and behaviour just because he paid me well.

Dr F had begun to develop delusionary ideas of self-grandeur and the value of his company. He was well deserving of an Industry Award for

lifelong achievement in the UK, but when the Indian Industry offered his Indian Partner a similar accolade, he wanted that for himself and his firm, not his aged business partner. With magnanimity and a larger heart Dr F might have transcended his selfishness to take the needs and rights of others into equal consideration and shone as a greater man, in my view. I left the company after he tried to cancel my commission agreement on the company's sale. He threatened to bankrupt me if I ultimately tried to enforce payment for my contracted £2 million sale commission if the company were subsequently sold to an acquirer introduced by myself. That was enough, but Dr F certainly proved a classic for character and personality analysis of a determined leader. We respected each other but ultimately when the jury returned, I found his personality profoundly distasteful"

Once again, my own words on Wilem Frischmann as an individual might just be interpreted as those of a 'Disgruntled Employee'. I certainly had issues with Dr Frischmann as Chairman of the company and his commitment to honour contractual agreements made with me, but apart from that we enjoyed a business relationship of considerable mutual respect. So, let me at this juncture, at least make a Public Tribute to the Life Achievements of Dr Wilem Frischmann as a Holocaust survivor, prominent Engineer, accomplished Businessman and Family Man with a wife and two children. There was always palpable mutual respect between us.

Having worked directly for him as his Adviser I had many protracted exchanges with him during my time of employment, and can summarise his Biography and Public Image as follows ["Tribute to Dr Wilem Frischmann, UK 2014]:



**"TRIBUTE TO DR WILEM FRISCHMANN"
(UK 2014)**

Wilem Frischmann, CBE, FICE, FIStructE, FEng was born 27 January 1931 in Ungvar, Czechoslovakia (now Uzhhorod, Ukraine), is a leading engineer, the former chairman of the internationally recognised firm of consulting engineers Pell Frischmann and generally considered to be

one of the foremost engineers of his generation due to his reputation gained on technically ground-breaking developments including Centre Point, Tower 42 (formerly National Westminster Tower) and Drapers Gardens. He and his family have featured in the Sunday Times Rich List over many years.

In the summer of 1944, he had been deported to Auschwitz, together with his mother Nelly and eleven-year-old sister Bosyi, who perished there, and with his father Lajos, a former Czechoslovak civil servant, who died of malnutrition. He went on to survive the Holocaust and came to England as a refugee at the age of 15.

Of obvious resilient character, he later attended the Hammersmith College of Art & Building and the Imperial College – University of London. He obtained his PhD degree from The City University London.

He joined C. J. Pell & Partners in 1958, becoming a partner in 1961, and the Chairman in 1968. In October 2015, it was announced that Frischmann would be stepping down from his role as Chairman to take on an advisory role to the incoming chairman Jürgen Wild, a representative of RAG-Siftung (Foundation) the German Investment Company which bought a majority stake in the consultancy

Frischmann has been a well-publicised ambassador of engineering, not just in trade press but also the national press. He was vociferous in advocating the link across the channel and promoted a bridge solution rather than a tunnel, with the creation of a deep se-port for container vessels by extending the existing islands of Varne and Le Colbert. He appeared in the Observer Magazine and on the cover of the Sunday Telegraph Magazine in support of the link; as well as mentions in Construction News and The Times. His nationally recognised paper on Tall Buildings caught the public's imagination and it was featured on Tomorrow's World and covered twice in The Times.

He is the father of Richard Frischmann, an ex-Linklaters & Paine Lawyer, and famous Artist and Musician Justine Frischmann. He always spoke very fondly of his grandchildren and how he planned to buy them all homes, and how much he missed his daughter Justine who resides in the USA.

In any analysis, there is a sense of irony and reality- We fight in life for our beliefs, people and things that we truly love- our God, our country, our children, the wives who bare us those Godly miracles, and our wider

sentiment. According to the obituary in the New York Times of Dr Loren Easley, a noted Anthropologist, the feeling and philosophical motivation of the entire body of his work was expressed in one of his essays, 'The Enchanted Glass', where he wrote of the need for the contemplative naturalist, a man who, in a less frenzied era, had time to observe, to speculate, and to dream. He made the following comment about the civilizing influence of tenderness:

"Man, in his ignorance may boast that the battle is to the strong, that pity and affection are signs of weakness. Nevertheless, in spite of the widespread popularity of such ideas, the truth is that if man at heart were not a tender creature toward his kind, a loving creature in a peculiarly special way, he would long since have left his bones to the wild dogs that roved the African grasslands where he first essayed the great adventure of becoming human."- Dr Loren Easley

While we all aspire to be a tender person, there truly are times to stand your ground, and fight back, and not turn the other cheek. Assertiveness is a virtue also. Until a man can make this distinction, he can struggle to define who he is.

The cleansing of the Temple narrative in John 2.14 tells of Jesus getting physically violent and expelling the merchants and the money changers from the Temple, turning over their tables, accusing them of turning the Temple into 'a den of thieves' through their commercial activities. I can relate to at least one 'Temple' moment in my recent life where the actions of others required a combative response in order to change their behaviour. Sometimes there is no other way to deal with it. ["Stan the Man" - 2000]. Kenny Rogers summed the sentiment up in a song ["Coward of the County"]



**"STAN THE MAN"
(UK- 2000)**

"Stan was the local bar proprietor, ex- Irish Guards squaddie and

*And, I sure hope you understand:
Sometimes you gotta fight when you're a man."*

In 1940 with President Roosevelt running for office for a third time, much anger befell him, with personal accusations. Attacks on Eleanor, the First Lady, digs at the Roosevelt sons for receiving military commissions the short-cut way, digs at the apparent special and unusual privileges which were passed out to friends of the family. While nepotism was the norm the accusations demanded a defence. The master politician answered his critics on national networks:

*"Eleanor doesn't care what they say about her. My sons don't mind what they say about them. And I sure don't care what the critics say about me. But folks. Fala [his dog] is getting mad!"
- President Roosevelt*

I've heard many an insult or accusation diffused by humour and tact. When the budget for the 'Fit-Out' of a new Bank building contract for our client Lloyds Bank came in 200% over-budget in 1986, the summary page was passed around. There were 'tut-tuts' from some and accusations of incompetence from others. The Bank directors peered over their half-moon glasses around the Board room looking for explanation and a culprit. As I buried my head in shame, Burt the Texan Project Manager looked calmly at the figures as the summary paper was passed to him and announced, "Well, kiss a fat lady's arse!" It sure diffused the moment, momentarily.

In deciding what we wish for in life there are invariably decisions to make along the way. Some we will regret, some not. The corridors of Executive Suits hide many a corporate rascal as well as the occasional hero. In my own defence, I turned down two career opportunities which may have enhanced my Career Resume but stained my character. In 2008 I was offered an Executive Committee Board position with the large international PLC construction group for which I worked. I had made my mark by conducting a Strategic Review of the whole Group and flying from Hong Kong to present it to the Board. The problem was the role I was being offered incorporated both a Corporate and a Marketing & Sales role the latter which was held by my close colleague who had recruited me into the business as a favour two years prior. While I was assured that my skills were in demand and my colleague had 'run out of ideas', I declined the offer. Years earlier I had been offered the position Chief Executive of a close friend's family business. The shareholders were the largest creditors who had taken over the business when it was forced into administration by its

Bankers. My friend was in turmoil and a decision by me to accept the offer would have been considered by him as treachery. I decided to decline the offer and continued to support my friend morally where I could, especially after he suffered a massive stroke to top his problems in life. In 2019 I flew to the UK to give a eulogy at his funeral. The attendees were many and their admiration for my address quite vocal, but the colleague who had taken Paul's role as Chairman of his company was noticeably absent.

Some things are meant to be, and some are not. Call that destiny if you like. You know when you've made the right life decision, and you invariably find out when you make the wrong one. Destiny is not always preordained. During a flight to Madrid in the company Leer Jet in 1991 I felt like a million dollars. As the only two passengers on the outward flight, the Chief Executive poured me some champagne. "Oh I could get used to this" I said "Travelling in a private jet being waited on by the Group Chief Executive." "Your turn will come" he replied casually. "What to become Chief Executive" I questioned. "No" he said "To serve the bloody drinks to our clients on the way back!"

That put me in my place. I had occasion years later in Kuala Lumpur, Malaysia to put a Non-Executive Director of my PLC employer in his place, albeit also with tongue in cheek. We were attending a meeting with the CEO of the local subsidiary of Tesco the international Supermarket chain, and important client at the time. Over after dinner drinks I posed the question "What's the difference between a Tesco supermarket trolley and a Non-Executive Director?" There were no takers. "Well" I said, "A Tesco trolley has a mind of its own but you can get more food and drink in a Non-Executive Director." Don't you hate it when you receive only mooted recognition for your wit.

Banter is banter but malicious and intentional knocking in all its forms and the belittling of other people, usually amounts to bullying, and can end in organisational sabotage. Coupled with malicious gossip and petty attacks a psychological virus can precipitate.

The USA's late First Lady Barbara Bush advocated that we should not lose sight of the fact that the most important yardstick of our success will be how we treat other people - our family, friends, and co-workers, and even strangers we meet along the way. And the family always came first for the wife and mother of two US Presidents.

"At the end of your life, you will never regret not having passed one

more test, not winning one more verdict or not closing one more deal. You will regret time not spent with a husband, a friend, a child, or a parent.”- Barbara Bush

These statements of priorities of successful good men and women by the ex-First Lady of the USA are proud examples of ‘Men we might wish to be’. Be careful what you wish for, if your desires diverge greatly from these principles:

“Successful men and women invariably treat others well, as they would wish to be treated themselves. And notwithstanding the need to toil diligently to provide for one’s household, a man should seek to spend as much time with his family as possible, considering excessive time spent on the acquisition of wealth or other pursuits at the expense of time spent with the family as a denigration of his duties.”

Repeated studies have found that there is a very close correlation between good marriages and high subjective well-being, and between bad marriages and misery.

“Family and community seem to have more impact on our happiness than money and health!”

Good behaviour and being a family man is a good start but a short-term solution; what about the ‘Bigger Picture’. With the onset of the Global Covid 19 Pandemic in 2020 it became tempting (while imprisoned in ‘Lockdown’ with only the wife’s company and copious amounts of alcohol to sustain oneself) to think deeper about what changes we should embrace, and what we want to become as a species if we survive. These questions dwarf the debate that hitherto preoccupied Politicians, Economists, and Philosophers. Religions, ideologies, nations and social classes which meant so much to some of us are likely to seem insignificant to most of us if our species remains under serious threat. From the ‘Valley of the Shadow of Death’ to an ‘Eternity of Nowhere’ for most of us – ‘just lost souls swimming in a fishbowl’ - to the gathering of the ‘Anointed Remnant’ in Heaven surviving the great tribulation after Armageddon for the ‘Chosen Few’. I bet they’ll miss us wayward ones headed for Hell. [“ Wish you were Here”, Pink Floyd]

Those of us survivors left here on Planet Earth to fend for ourselves will, or ought to, seek a ‘Higher Level of Consciousness’, and it’s doubtful that Religions such as Christianity or Islam or any other Monotheism would provide the whole answer or even feature, nor Political systems such as

Communism nor Capitalism. The slate will be wiped clean. That focuses the mind and invigorates and leads us to think more laterally in terms of what we now seek for ourselves as individuals, which might rub off on others if we act.

And people should stop pursuing external achievements such as wealth and status as their only 'Mantra to Fulfilment' and connect instead with their inner feelings. Whatever you wished for before the onset of the Pandemic and before you started reading this Book, 'Be Careful What You Wish for Next.'



**"WISH YOU WERE HERE"
(PINK FLOYD)**

<https://www.youtube.com/watch?v=3j8mr-gcgoI>

*"So, so you think you can tell Heaven from Hell, blue skies from pain...
We're just two lost souls swimming in a fishbowl, year after year,
Running over the same old ground.
What have we found?
The same old fears."*

Lessons Learned



SECTION 8- LESSONS LEARNED "Be Careful What You Wish For"

1. KEY MESSAGE: Successful men and women invariably treat others well, as they would wish to be treated themselves. And notwithstanding the need to toil diligently to provide for one's household, a man should seek to spend as much time with his family as possible, considering excessive time spent on the acquisition of wealth or other pursuits at the expense of time spent with the family as a denigration of his duties.
2. In any analysis, there is a sense of irony and reality- We fight in life for our beliefs, people and things that we truly love- Yet when we lose touch with those foundations in setting our life priorities, we seem to sever connection with life's true purpose in the process of the pursuit of wealth, power and success.
3. We all seem to crave personal success and wealth and happiness. They don't always coexist in business or life. Family and community seem to have more impact on our happiness than money and health.
4. Corruption encapsulates all that is wrong in business and politics. All too often power and greed breed bad behaviour, and they come with the desire to be successful and achieve power and wealth. Power attracts the corruptible. Suspect any who seek it ["Not a leg to stand on"].
5. The majority of business leaders are possessed by the clinical term for psychopathic tendencies: shallow emotions, lacking empathy or feelings of guilt, cold-hearted, superficial, manipulative, impulsive or irresponsible. It explains a lot about our society ["Be careful who you become"].
6. Bad treatment of people in general and particularly children is universally a bad strategy. 'Keep company with good men and good

men you will imitate.'

- 7. Put people first and don't be afraid of sentiment, it's power in disguise. Sentiment, a feeling of love and concern for fellow human beings is a source of power ["Business is no place for softies"]. Putting people first is a concept that requires a person to reflect on sentiment but there are times to stand your ground, and fight back, and not turn the other cheek. Until a man can make this distinction, he can truly not define who he is. ["Stan the Man"]*

MISSION STATEMENT: "We should all strive to treat each other well, as we would wish to be treated. I will put people first, try not to be judgmental, and not be afraid of sentiment."

9.

Inspirational Leaders who Made History (And Most Made an Impression on Me)

Most history books focus on great men and great warriors and sometimes great thinkers and artists. The rise and fall of empires dominate, and changes in social structures are by-products of such human activity. Individual humans, for their part, have been usually far too ignorant and weak to influence the course of history to their own advantage in the long term. There is no basis for thinking that any of the most successful cultures in history were necessarily the best ones for the human race. Like evolution, history disregards the happiness of individuals.

With the spread of technology, a recent development, even then enhanced periods of war and conflict have ensued. And this says nothing about how all this influenced the happiness and suffering of individuals.

But there have been shafts of light. To try and fill the gap it is worth learning from the inspiration shared by certain great leaders not driven by being on the wrong side of conflict and armed conflict but being inspirational in their quest for change, freedom and liberty, the end of conflict, peace and for good. Before we analyse 'Leadership', let the words and their legacies of the World's 'Finest Leaders' speak for themselves.

Inspirational Leaders' Quotes

- Jesus of Nazareth- 'Blessed are the poor in spirit: for theirs is the Kingdom of Heaven.' The Sermon on the Mount.

"Love your enemies; Give us this day our daily bread."

- Mohammed- 'Turn your face towards the Sacred Mosque.'

"Allah is never inattentive of what you do."

- George Washington- 'A passionate attachment of one nation for another produces a variety of evils.' Farewell Address

"Your Union ought to be considered as a main prop of your liberty, and that the love of the one ought to endear to you the preservation of the other... Observe good faith and justice towards all Nations;

cultivate peace and harmony with all."

- Abraham Lincoln- 'Four score and seven years ago our fathers brought forth on this continent a new nation.' The Gettysburg Address

*"The world will little note nor long to remember what we say here,
but it can never forget what they did here."*

- Emmeline Pankhurst- 'I am here as a soldier who has temporarily left the field of battle.' Post Prison Speech in USA

*"I do not look either very like a soldier or very like a convict, and yet
I am both."*

- Mohandas Gandhi- 'There is no salvation for India.'

*"Our languages are the reflection of ourselves."
"I am laying my heart bare."*

- Sir Winston Churchill- 'I have nothing to offer but blood, toil, tears and sweat.' House of Commons

*"We have before us many, many months of struggle and suffering."
"You ask what is our aim? I can answer in one word. It is victory."*

- Franklin D Roosevelt- 'The only thing we have to fear is fear itself.' Inaugural Speech

*"Only a foolish optimist can deny the dark realities of the moment."
"When there is no vision the people perish."*

- Nelson Mandela- 'Free at last.' ANC Address

"I stand here before you filled with deep pride and joy; pride in the ordinary, humble people of this country....And joy that we can loudly proclaim from the rooftops- free at last!"

- John F Kennedy- 'Ask not what your country can do for you; ask what you can do for your country.' Inaugural Speech.

*"The torch has been passed to a new generation of Americans."
"Let us never negotiate out of fear. But let us never fear to negotiate."*

- Martin Luther King- 'I have a dream.' Civil Rights March Washington DC

*"One hundred years later, the Negro still is not free."
"From every mountainside, let freedom ring."*

- Mother Teresa- 'Love begins at home.' Nobel Peace prize Award

*"The greatest destroyer of peace is abortion."
"We are touching the body of Christ 24 hours."*

- Pope John Paul II- 'Our Polish freedom costs so much.' Jasna Gora

*"Tell me what you love, and I will tell you who you are."
"On you depends tomorrow."*

- Ronald Reagan- 'Mr Gorbachev, tear down this wall.' Brandenburg Gate

*"Freedom leads to prosperity, freedom is the victor."
"This wall cannot withstand freedom."*

- Elie Wiesel- 'The perils of indifference.' White House

*"Indifference is always the friend of the enemy."
"When adults wage war, children perish."
"together we walk towards the millennium, carried by profound fear
and extraordinary hope."*

Leadership may be hard to define, but in times of crisis it is easy to identify. Closer to home, as the current Covid-19 Pandemic spread fear, disease and death, national leaders across the globe were severely tested. Some fell short, sometimes dismally, but there are always those leaders who rise to the moment, demonstrating resolve, courage, empathy, respect for science and elemental decency, and thereby dulling the impact of the disease on their people. The Prime Minister of New Zealand, Jacinda Arden, was for me one such example. She acted quickly and precisely and with empathy. In contrast President Donald Trump seemed to consider the Virus an unfortunate occurrence that might plight his re-election to the White House and blur his record of perfect management of the economy.

I think, I hope, that our Greatest Leaders are becoming more 'Empathetic' and 'Inclusive'. The days of the 'You are Fired- Bully Boy Bosses' and 'Ruthless Monarchs and Brutal Dictators' are all but over. Owners of A.I. and Data Dictators will replace them, but they will be even richer, while most middleclass jobs will yield/disappear to Computer Algorithms.

But the History Books with their most memorable names live on. We only

have to 'Google' a few interesting categories of 'Greatest Leaders of All Time' searches to throw up such names and their notable contributions to History BG (Before Google): 'Greatest Leaders of All Time', 'Greatest Conquerors of All Time', and the 'Most Ruthless Rulers of All Time'. ["The Greatest of All Time"]

These searches provide lists of some names with repetition and interesting correlation, linking 'Greatness' to 'Conquerors' or 'Ruthless Leadership': citing Julius Caesar, Alexander the Great, Napoleon Bonaparte and Genghis Khan, as examples.

Now if we were to seek commonality between the 'Greatest Business Leaders of All Time', 'The Richest People of All Time' and 'The Biggest Philanthropists of All Time'- surely, we would expect higher correlation. After all, the Best Business leaders become the Richest People and therefore end up as the Biggest Givers to Charity- Right? Wrong.

With the exception of Andrew Carnegie, there are no common names at the Top. Businessmen have only 'Topped' the 'Rich List' in recent decades. Before that Emperors and Dictators tended to do so, primarily through land ownership and shares in global GDP. They weren't philanthropists, they were primarily the 'Greatest Villains' of the State.

Meanwhile, Philanthropists are their own 'Breed of People'. A lot amass great wealth in business or through inheritance, and then turn to philanthropy. But with the exception of recent Business Billionaire 'Givers' like John D Rockefeller, Warren Buffet and Bill Gates, and celebrities like Howard Hughes; I bet most readers will not have heard of the names: George Peabody, William Wilberforce, Andrew Carnegie, Sir Charles Henry de Soysa, Enriqueta Augustina Rylands,, John Hopkins, nor Cornelius Vanderbilt- and shame on us all, because these 'Givers' combined contributions probably miniscule those of all the 'Takers' whom we label with so much credence and adulation as 'Exemplary Leaders'.

Now if we turn to the 'Peacemakers', those perceived as 'Kind People' who as Leaders were either just 'Popular or Religious' in their Messages and Leadership, what should we expect? Well, the commonality between the 'Most Peaceful/ Kind Leaders of All Time', 'Most Popular Leaders of All Time', and 'Greatest Religious Leaders of All Time' is marked, even given the subjectivity in collation of the listings. The main Names are there- Muhammad, Jesus, The Buddha, Mohandas Gandhi, Martin Luther King,

Nelson Mandela and Abraham Lincoln. These Leaders obviously made their 'Marks' in positive ways. But 'Kindness' can still be perceived as 'Weakness' in some cultures. There will always be Kind Un-Sung Heroes who will be Live's 'Also Rans' who live without notoriety.

Moving one stage further, if we included 'People of Most Influence' because of their 'Great Minds' in Scientific, Spiritual, Philosophical or Artistic contribution and the complete Ranking of the overall 'Greatest *People* of All Time' we come to some sort of conclusion. This overall comparison includes correlation between all of the above criteria of: 'Great Leaders, Conquerors, Ruthless Dictators, Businessmen, Rich & Famous, Philanthropists, Peacemakers, Populists, Religious & Spiritual Gurus, and People of Science and Art.' The Common list of Names- 'Muhammad, Jesus, The Buddha, Mohandas Ghandi, Martin Luther King, Nelson Mandela and Abraham Lincoln- are being added to by new Thinkers and Game Changers like Albert Einstein, Isaac Newton and Aristotle, and Elon Musk.

For my own subjective Top Ten Analysis/Summary, I will exclude Muhammad (as a non-Muslim) and would remove those names from the list who were not 'Leaders' but rather 'Inspirational' people in their fields (Albert Einstein, Isaac Newton and Aristotle). I will also add the amazing contributions of Business Tycoons who lead the way in Philanthropy (George Peabody, Andrew Carnegie and Warren Buffett), and the Spiritual Leadership among the poor offered by Mother Teresa.

Noticeably missing from the Top Ten (Authors Most Impressive Leaders List) are those three extraordinary individuals: Political Leader and World Saviour - Sir Winston Churchill; Inspirational Leader of the Art of Giving- Charles Francis Feeney; and Futuristic World Changer and Philanthropist- Bill Gates. Tribute to these Leaders is given in the Anecdote later in this Section: ["The Ultimate Leaders, Heroes & Mediocritists"]. Maybe above all, consider Charles Francis Feeney, "Chuck".

"Chuck has set an example...he is my hero and Bill Gates' hero. He should be everybody's hero."- Warren Buffett

If the Great Warren Buffett can hold someone else, a Businessman and Philanthropist just like himself, so much in awe – it must say something. We could only aspire to something as Great. I'm only like a Bird, could only fly away from wishing for a Destiny like that. ["I'm like a Bird", Nelly Furtado]

"Be obsessed or be average" - Grant Cardone



**"I'M LIKE A BIRD"
(NELLY FURTADO)**

https://www.youtube.com/watch?v=roPQ_M3yJTA

*I'm like a bird, I'll only fly away
I don't know where my soul is, I don't know where my home is
(and baby all I need for you to know is)
I'm like a bird, I'll only fly away
I don't know where my soul is , I don't know where my home is*

"THE GREATEST OF ALL TIME"

'Greatest Leaders of All Time'	'Greatest Conquerors of All Time'	'Most Ruthless Rulers of All Time'
<i>Fidel Castro.</i>	<i>Napoleon Bonaparte.</i>	<i>Timur.</i>
<i>Che Guevara.</i>	<i>Francisco Pizarro.</i>	<i>Genghis Khan</i>
<i>Alexander The Great.</i>	<i>Cyrus the Great.</i>	<i>Vladimir Lenin</i>
<i>Ashoka.</i>	<i>Julius Caesar.</i>	<i>Joseph Stalin</i>
<i>Winston Churchill.</i>	<i>Attila the Hun.</i>	<i>Adolf Hitler.</i>
<i>Julius Caesar.</i>	<i>Alexander the Great.</i>	<i>Mao Zedong.</i>
<i>Franklin D Roosevelt.</i>	<i>Genghis Khan.</i>	<i>Idi Amin.</i>
<i>Napoleon Bonaparte.</i>	<i>Hari Singh Nalwa.</i>	<i>Augusto Pinochet.</i>
<i>George Washington</i>	<i>Muammar Gaddafi</i>	<i>Julius Caesar</i>
<i>Franklin D Roosevelt</i>	<i>Slobodan Milosevic</i>	<i>Pol Pot</i>

'Greatest Business Leaders of All Time'	'The Richest People of All Time'	'The Biggest Philanthropists of All Time'
<i>Henry Ford.</i>	<i>Mansa Musa</i>	<i>George Peabody</i>
<i>Steve Jobs.</i>	<i>Augustus Caesar</i>	<i>William Wilberforce</i>
<i>Madam CJ Walker.</i>	<i>Emperor Shenzong</i>	<i>Andrew Carnegie</i>
<i>John D. Rockefeller.</i>	<i>Akbar I</i>	<i>Sir Charles Henry de Soysa</i>
<i>P.T. Barnum.</i>	<i>Joseph Stalin</i>	<i>Howard Hughes</i>
<i>Estée Lauder.</i>	<i>Andrew Carnegie</i>	<i>Enriqueta Augustina Rylands</i>
<i>Andrew Carnegie.</i>	<i>John D Rockefeller</i>	<i>John Hopkins</i>
<i>King Croesus.</i>	<i>Alan Rufus</i>	<i>Cornelius Vanderbilt</i>
<i>Walt Disney</i>	<i>Bill Gates</i>	<i>John D Rockefeller</i>
<i>Sakichi Toyoda</i>	<i>Genghis Khan</i>	<i>Warren Buffet</i>

'Most Peaceful/ Kind Leaders of All Time'	'Most Popular Leaders of All Time'	'Greatest Religious Leaders of All Time'
<i>Muhammad</i>	<i>Mohandas Gandhi.</i>	<i>Jesus (Christianity)</i>
<i>Jesus</i>	<i>Nelson Mandela.</i>	<i>Muhammad (Islam)</i>
<i>Mohandas Gandhi</i>	<i>Martin Luther King Jr.</i>	<i>Vasudev Krishna (Hinduism)</i>
<i>The Buddha</i>	<i>Abraham Lincoln.</i>	<i>The Buddha (Buddhism)</i>
<i>Martin Luther King</i>	<i>George Washington.</i>	<i>Guru Nanah (Shikism)</i>
<i>Nelson Mandela</i>	<i>Napoleon Bonaparte.</i>	<i>Moses (Judaism)</i>
<i>Mother Teresa</i>	<i>Franklin D. Roosevelt</i>	<i>Abraham (Judaism)</i>
<i>John Lennon</i>	<i>Winston Churchill.</i>	<i>Confucius (Confucianism)</i>
<i>Abraham Lincoln</i>	<i>Ashoka</i>	<i>Lao Tzu (Taoism)</i>
<i>Socrates</i>	<i>Alexander The Great</i>	<i>Elvis Presley (Non Religious)</i>

'The Most Influential People of All Time'	'The Greatest People of All Time'	'The Most Common Names in All Categories of "Greatness"'
<i>Jesus</i>	<i>Jesus</i>	<i>Muhammad</i>
<i>Albert Einstein</i>	<i>Albert Einstein</i>	<i>Jesus</i>
<i>Isaac Newton</i>	<i>Moses</i>	<i>Mohandas Gandhi</i>
<i>Leonardo Da Vinci</i>	<i>Isaac Newton</i>	<i>The Buddha</i>
<i>Aristotle</i>	<i>Noah</i>	<i>Martin Luther King</i>
<i>Muhammad</i>	<i>Martin Luther King</i>	<i>Nelson Mandela</i>
<i>Galileo Gallei</i>	<i>Abraham Lincoln</i>	<i>Abraham Lincoln</i>
<i>Alexander the Great</i>	<i>Nikola Tesla</i>	<i>Albert Einstein</i>
<i>Charles Darwin</i>	<i>Aristotle</i>	<i>Isaac Newton</i>
<i>Plato</i>	<i>Alexander the Great</i>	<i>Aristotle</i>

'Most Insane Leaders of All Time'	'Authors Most Impressive Leaders List'	'Author's Ultimate Leaders' (Past, Present & Future)
<i>Empress Anna of Russia.</i>	<i>Jesus</i>	<i>Sir Winston Churchill</i>
<i>King Charles VI of France.</i>	<i>The Buddha</i>	<i>Bill Gates</i>
<i>Emperor Justin II.</i>	<i>Mohandas Gandhi</i>	<i>Charles Francis Feeney</i>
<i>King Ludwig II of Bavaria.</i>	<i>Martin Luther King</i>	
<i>Sultan Ibrahim I.</i>	<i>Nelson Mandela</i>	
<i>Ivan IV, Tsar of Russia.</i>	<i>Abraham Lincoln</i>	
<i>Queen Maria I of Portugal.</i>	<i>Mother Teresa</i>	
<i>Henry VIII, King of England.</i>	<i>Warren Buffett</i>	
<i>Joanna of Castile.</i>	<i>Andrew Carnegie</i>	
<i>Caligula of the Roman Empire</i>	<i>George Peabody</i>	

'Greatest Leaders of All Time'	'Greatest Conquerors of All Time'	'Most Ruthless Rulers of All Time'
Fidel Castro.	Napoleon Bonaparte.	Timur.
Che Guevara.	Francisco Pizarro.	Genghis Khan
Alexander The Great.	Cyrus the Great.	Vladimir Lenin
Ashoka.	Julius Caesar.	Joseph Stalin
Winston Churchill.	Attila the Hun.	Adolf Hitler.
Julius Caesar.	Alexander the Great.	Mao Zedong.
Franklin D Roosevelt.	Genghis Khan.	Idi Amin.
Napoleon Bonaparte.	Hari Singh Nalwa.	Augusto Pinochet.
George Washington	Muammar Gaddafi	Julius Caesar
Franklin D Roosevelt	Slobodan Milosevic	Pol Pot

'Greatest Business Leaders of All Time'	'The Richest People of All Time'	'The Biggest Philanthropists of All Time'
Henry Ford.	Mansa Musa	George Peabody
Steve Jobs.	Augustus Caesar	William Wilberforce
Madam CJ Walker.	Emperor Shenzong	Andrew Carnegie
John D. Rockefeller.	Akbar I	Sir Charles Henry de Soysa
P.T. Barnum.	Joseph Stalin	Howard Hughes
Estée Lauder.	Andrew Carnegie	Enriqueta Augustina Rylands
Andrew Carnegie.	John D Rockefeller	John Hopkins
King Croesus.	Alan Rufus	Cornelius Vanderbilt
Walt Disney	Bill Gates	John D Rockefeller
Sakichi Toyoda	Genghis Khan	Warren Buffet

'Most Peaceful/ Kind Leaders of All Time'	'Most Popular Leaders of All Time'	'Greatest Religious Leaders of All Time'
Muhammad	Mohandas Gandhi.	Jesus (Christianity)
Jesus	Nelson Mandela.	Muhammad (Islam)
Mohandas Gandhi	Martin Luther King Jr.	Vasudev Krishna (Hinduism)
The Buddha	Abraham Lincoln.	The Buddha (Buddhism)
Martin Luther King	George Washington.	Guru Nanah (Shikism)
Nelson Mandela	Napoleon Bonaparte.	Moses (Judaism)
Mother Teresa	Franklin D. Roosevelt	Abraham (Judaism)
John Lennon	Winston Churchill.	Confucius (Confucianism)
Abraham Lincoln	Ashoka	Lao Tzu (Taoism)
Socrates	Alexander The Great	Elvis Presley (Non Religious)

'The Most Influential People of All Time'	'The Greatest People of All Time'	'The Most Common Names in All Categories of "Greatness"'
Jesus	Jesus	Muhammad
Albert Einstein	Albert Einstein	Jesus
Isaac Newton	Moses	Mohandas Gandhi
Leonardo Da Vinci	Isaac Newton	The Buddha
Aristotle	Noah	Martin Luther King
Muhammad	Martin Luther King	Nelson Mandela
Galileo Gallei	Abraham Lincoln	Abraham Lincoln
Alexander the Great	Nikola Tesla	Albert Einstein
Charles Darwin	Aristotle	Isaac Newton
Plato	Alexander the Great	Aristotle

'Most Insane Leaders of All Time'	'Authors Most Impressive Leaders List'	'Author's Ultimate Leaders' (Past, Present & Future)
Empress Anna of Russia..	Jesus	Sir Winston Churchill
King Charles VI of France.	The Buddha	Bill Gates
Emperor Justin II.	Mohandas Gandhi	Charles Francis Feeney
King Ludwig II of Bavaria.	Martin Luther King	
Sultan Ibrahim I.	Nelson Mandela	
Ivan IV, Tsar of Russia.	Abraham Lincoln	
Queen Maria I of Portugal.	Mother Teresa	
Henry VIII, King of England.	Warren Buffett	
Joanna of Castile.	Andrew Carnegie	
Caligula of the Roman Empire	George Peabody	

Source: Internet Ranking Searches

Most Impressive Leaders List

One man's hero is another man's tyrant, a popular aphorism goes. But while we can argue the validity and virtue of certain political agendas, the callous methods by which some leaders attain their goals are less up to interpretation.

After all, no matter how a historian tries to spin it, ordering a tower to be constructed out of live men stacked and cemented together with bricks and mortar is pretty brutal.

In my Analysis of Leaders and Leadership above, I have not erred on the side of caution with my conclusion. Either a Leader is a pleasant, loving family man/woman and an amenable, reasonable and humane Ruler or Leader; or an autocrat, with all the negative personality traits that go with that label. Many a tyrant has known how to shine in his/her public image. Adolf Hitler was charming for those non-Jews who met him socially. Many leaders are charming, pleasant and amenable by nature- making it difficult to know the real person. This includes prominent Monarchs, from the people-pleaser Louis XVI to the courteous and pleasant Charles I, history is full of monarchs whose niceness prevented them from ruling effectively. But some Nice and Good people shone above all others: ["7 Leadership Styles Displayed by Great Leaders, Past and Present"]



Jesus of Nazareth- Jesus was the No 1 World Leader. He walked on this earth over two thousand years ago. He did a myriad of things that were considered impossible: turned water into wine, healed the sick, calmed the storm, walked on water, raised a man from the dead, among others. His greatest Gift was the Sacrifice of his life to save humanity. You don't need to be Christian to like 'The Story'.

John 3:16-17 ESV / 114- 'For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.'



The Buddha- The Buddha was born as an ordinary man named Siddhartha Gautama in 563 B.C. His father was the ruler of the Sakya people, a tribe that governed an area in modern-day Nepal. Siddhartha led a life of luxury and privilege, but at age 29, realized the world was full of suffering. He renounced his noble birth and became an ascetic wanderer.

After six years, he reached enlightenment. He spent the rest of his life spreading his new philosophy, as the 'Awakened One' teaching that the end of suffering could not be achieved by indulging in or by abstaining from earthly pleasures. Rather, a middle path was necessary.



Mahatma Gandhi –Gandhi was 'The Anti-War Activist with A Global Legacy'. The leader of India's independence movement achieved remarkable feats through a form of non-violent civil disobedience whose spiritual significance was just as profound as his role in liberating India that inspired millions around the world, including world leaders, scientists, philosophers and even entrepreneurs

Gandhi is best remembered for his commitment to pacifism, peaceful protest and simple living. He single-handedly inspired millions of people to action, preaching a message of love, tolerance and avoiding greed. For those reasons he inspired civil rights movements from Apartheid South Africa to the United States and is today remembered as one of the greatest leaders of the 20th century.



Martin Luther King Jr. – King was the 'Celebrated Civil Rights Activist That Forever Changed America'. He proved, just like Gandhi, that non-violent protests can influence tremendous change. MLK gave his life to the civil rights movement.

Nearly 50 years after his death, his legacy is stronger than ever. The third Monday of every January is Martin Luther King Jr. Day, an observed federal holiday in the United States.

"I have a dream that my four children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character." – Martin Luther King Jr



Nelson Mandela – Mandela was 'A Man Whose Cause For Freedom Proved Triumphant'. Very few individuals personify dedication and patience like Nelson Mandela, South Africa's first democratically elected President. Mandela was one of the great transformative civil rights leaders of the 20th century. He not only directed peaceful demonstrations against the deeply racist South African government; he went on to claim the Nobel Prize in 1993 for helping to end apartheid.

Mandela was neither a politician nor an opportunist, but a man deeply committed to improving the lives of his people and applying the same message of freedom and equality to all nations.



Abraham Lincoln – Lincoln was 'The Embodiment Of Liberty And Great Emancipator Of Slaves'. He was more than just an American hero; he represented the dawn of a new era in human civilization based on freedom, self-government and equality. To this day, Lincoln is synonymous with the principles of liberty, democracy, equal rights and unification.

His willingness to stand alone on issues he believed in made him one of the most beloved and memorable leaders in modern history.



St. Teresa of Calcutta – Mother Teresa was the 'Nobel Lauriat Determined to Ease Suffering In The World'. Her unforgettable devotion to help the world's poorest, most impoverished and vulnerable people left a legacy in the world. Her remarkable leadership was even powerful enough to cut across conflicts and enemy lines — a strength clearly exemplified during the 1982 Siege of Beirut where she managed to broker a temporary cease-fire between the Israeli army and Palestinian guerrillas to rescue 37 children trapped in a front-line hospital.

Teresa then travelled through the war zone alongside Red Cross workers to evacuate the young patients. Subsequently in her native India she moved into the slums where she faced hunger, poverty and homelessness.

The remainder of my 'Top Ten Most Impressive Leaders' comprise renowned Philanthropists. The word philanthropy literally means 'the love of

humanity'. However, it's mostly associated with individuals who show their love for their fellow man in a specific way, namely through sharing their wealth. More specifically, the term is usually reserved for extremely wealthy individuals who use their good fortune to help others. History is full of such people. Some stand above others in terms of their humility and intent.



Warren Buffett- Buffett was the 'Richest Man in the World who pledged all his money to the Second Richest Man in the World'. He has made over 80 billion dollars through wise investments. Buffet is known for his personal frugality and generosity. Indeed, he has pledged to give away 99% of his personal fortune, a gesture that makes him one of the greatest philanthropists of all time.

In 2006, he announced he would give 84% of his fortune to one recipient- the Bill & Melinda Gates Foundation, to be used for philanthropic causes. Along with other billionaires, he also signed the Gates-Buffet Giving Pledge.



Andrew Carnegie- Carnegie wrote on 'How billionaires such as himself have a responsibility to give their wealth away'. The Scottish American industrialist made a huge fortune – and gave around 85% of it all away before he died. "The Gospel of Wealth," his 1899 essay on how the rich should use their good fortune to benefit others, remains as influential, and controversial, today as it was more than 100 years ago.



George Peabody- Peabody was named the 'Father of modern philanthropy as well as the ultimate rags-to-riches success story'. Peabody was born into poverty in the small town of South Parish in 1795. He left school at 11 and then went to work as an apprentice in the local general store. He learned about hard work, diligence, and the importance of being responsible, honest and honourable. Finally, he went into banking, setting up the house of George Peabody and Company in London. In later years, he would take on a certain J.P. Morgan as a partner.

The Good Guy Needs to Watch His Back

Lincoln was assassinated by John Wilkes Booth, a Confederate supporter, on April 14, 1865, less than one month before the end of the Civil War.

Gandhi was murdered by a Hindu extremist who resented the leader's tolerance of Muslims following the declaration of Indian independence.

Martin Luther King would continue his activism until his assassination on April 4, 1968. His killer, James Earl Ray, was eventually apprehended after a two-month manhunt.

King's assassination, like those of Gandhi and President Lincoln were tragic ends to remarkable lives that had a seismic impact on entire nations and humanity.

Some Leaders are Legendary, some are Awesome, some are Ordinary. The Truth is a Legacy which lives on – Just like some Songs. ["Whiter Shade of Pale", Procol Harlem]



"WHITER SHADE OF PALE" (PROCOL HARLEM)

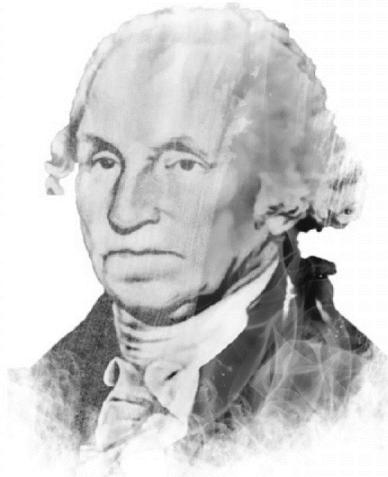
<https://www.youtube.com/watch?v=St6jyEF5WM>

*"If music be the food of love
then laughter is its queen
and likewise, if behind is in front
then dirt in truth is clean"*

"7 LEADERSHIP STYLES DISPLAYED BY GREAT LEADERS, PAST AND PRESENT"

**GEORGE
WASHINGTON**

- › Born February 22, 1732
- › 1st President of the United States
- › Leader of the Continental Army in the American Revolution



SERVANT LEADERSHIP

- › Takes care of the needs of their followers first before they take care of their own
- › Acts as a servant to followers, instead of acting like a king
- › Serves their followers rather than force upon them what they want

**BILL
CLINTON**

- › Born August 19, 1946
- › 42nd President of the United States
- › Oversaw the country's longest peacetime economic expansion



CHARISMATIC LEADERSHIP

- › Uses charm to get the admiration of their followers
- › Shows concern for their people and looks after their people's needs
- › Creates a comfortable and friendly atmosphere for their followers by listening and making followers feel heard

**DONALD
TRUMP**

- › Born June 14, 1946
- › Real Estate mogul and billionaire
- › Hosts the NBC reality series The Apprentice

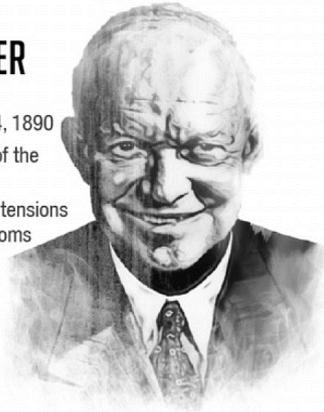


PARTICIPATIVE LEADERSHIP

- › Acts more like facilitators rather than dictators
- › Facilitates the ideas and the sharing of information with the end goal of arriving at a decision
- › Considers and factors opinions of the collective mind of the group

DWIGHT EISENHOWER

- › Born October 14, 1890
- › 34th President of the United States
- › Eased Cold War tensions by promoting Atoms for Peace

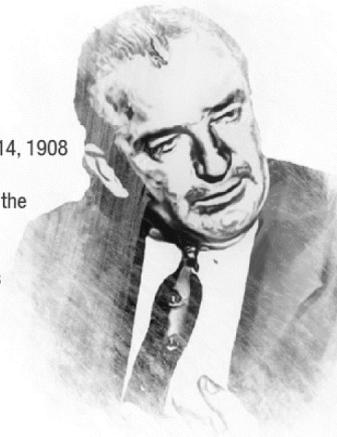


SITUATION LEADERSHIP

- › Considers three factors when making decisions: the situation, the capability of the followers and the capability of the leader
- › Adjusts to whatever limitation is laid out in front of him by his subordinates and the situation
- › Acts in a dynamic way based on the different situations they are faced with

JOSEPH MCCARTHY

- › Born November 14, 1908
- › US Senator
- › Became chair of the Senate's subcommittee on investigations



TRANSACTIONAL LEADERSHIP

- › Establishes a clear chain of command
- › Motivates his subordinates by presenting them with rewards and punishments
- › States requirements for a subordinate with corresponding rewards

WALT DISNEY

- › Born December 5, 1901
- › Founder of Disney
- › Created "The Happiest Place On Earth" and Mickey Mouse

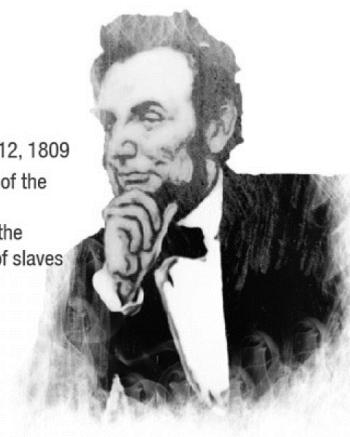


TRANSFORMATIONAL LEADERSHIP

- › Motivates their followers
- › Appeals to their followers' ideals and morals
- › Empowers their followers using their own beliefs and personal strengths

ABRAHAM LINCOLN

- › Born February 12, 1809
- › 16th President of the United States
- › Brought about the emancipation of slaves



THE QUIET LEADER

- › Leads by example without telling people what to do
- › Does not give loud speeches, sweeping statements or clearcut orders
- › Does what needs to be done, inspiring their followers to do the same

Source: www.biography.com/people/

What Great Leaders Have in Common

One thing is for sure and contrary to popular belief, great leadership is not dependent on IQ. In fact, success is not directly IQ related either. As an entry point, it certainly helps, but is not the main factor. There are other over-riding factors and characteristics that are common with most 'Great Leaders'. Examples are:

Obsession with the Idea, Purpose or Vision- Self-Perception is related to the ethos of the leader. It is how he perceives himself and the outside world from a spiritual point of view. After his spiritual awakening, he/she seems to form or borrow the vision that will be the destination of his leadership campaign.

Influence & Persuasion in Recruiting Followers- Before all else, a leader is a person who leads or guides other individuals, teams, organizations or an entire nation. In the light of that, skills of dealing with people is an inevitable requirement.

The first task of a leader, in his contact with outside world, is to unveil and unfurl his vision. And the second is to influence, persuade and transfer his eagerness to others.

The problem with the above analysis is that it describes 'Common' themes and attributes to Great Leaders. Great Leaders are rarely 'Common' in any aspect of their lives or personalities. The generalisation omits the ingredient which are truly 'Great' about the 'Greatest of Leaders'. During the Study of Personalities (Section 14), based on the Understanding of the Enneagram- The Personalities of 'True Leaders' are depicted as being self-confident, powerful and mentors. 'Motivators' are also natural leaders being confident success-oriented enthusiasts. Finally, there are leaders who can be labelled as 'Reformers' who are principled and orderly idealistic perfectionists.

'Unsung Heroes' tend not to be the 'Livelier than Life' leader types, but are categorized as 'Helpers' (being caring, supportive, nurturing manipulators); 'Thinkers' (the perceptive, deep analytical thinkers & influencers); and the 'Artists' (as creative, intuitive but reserved innovators).

Then there are the 'Mediocrites' - the 'Generalists' (comfortable, accomplished middle managers); 'Peacemakers' (reassuring, easy going passivist); and the 'Loyalists' (committed, dutiful, security oriented nice guy).

I put it to the Theory that there are Great Leaders in all categories. While Winston Churchill, Martin Luther King and Fidel Castro are the classic 'True Leader' self-confident and powerful types; Augustus Caesar was a 'Motivator/Achiever Type Leader'. Gandhi and Nelson Mandela were also Great Leaders but were 'Reformers', not over-confident powerful Types.

Pope John Paul XXIII was a 'Helper' Type Personality, but a remarkable proven leader. The Buddha and Einstein were exemplary 'Thinkers' and world leaders in their fields. Even some of the so called- 'Mediocritists' found Greatness in Life. President John F Kennedy was a 'Generalist/Enthusiast', President Abraham Lincoln was a 'Peacemaker' Type and President H W Bush's personality is that of a 'Loyalist'.

Further Analysis of Personality Types in Section 14 will help with a deeper understanding of the 'Self' and development and management of positive personality traits, but for the purpose of 'Highlighting Greatness across all Personality Types', I summarise with three rather outstanding Examples. Three outstanding examples are:



"THE ULTIMATE LEADERS, HEROES & MEDIOCRITISTS"

THREE LEADER TYPES:

- *the leaders (self-confident, powerful bosses & mentors)*
- *the motivators (confident success-oriented enthusiasts)*
- *the reformers (principled and orderly idealistic perfectionists)*

'The Ultimate Leader- Winston Churchill.'



Churchill's Resolute Leadership During One Of The Most Painful Episodes In Human History will have him long remembered as one of the greatest leaders in modern history and the saviour of democracy.

He was tasked with the daunting task of leading Britain and the Allied powers to victory against the Nazis during the Second World War. His wisdom, upright character and persistence led Britain from the brink of defeat to victory in the most brutal war of the 20th century.

UNSUNG HERO TYPES:

- the helpers (caring, supportive, nurturing manipulators)*
- the thinkers (perceptive, deep analytical thinkers & influencers)*
- the artists (creative, intuitive but reserved innovators)*

'The Ultimate Thinker- Bill Gates'



Bill Gate's incredible vision, aggressive business strategy and unrivalled work ethic made Microsoft the world's biggest technology company. In the process, he became incredibly wealthy.

But the founding of Microsoft isn't Gates' only legacy. As a committed philanthropist, Bill and his wife Melinda Gates have established a \$44 billion endowment designed to improve healthcare and reduce extreme poverty around the world. It is a major contributor to the Search for a Vaccine against the Covid-19 Virus. It is by far the largest private foundation of its kind in the world. By 2013, Bill Gates had personally donated \$28 billion to the foundation, a testament to his generosity and moral character.

THE MEDIOCRITISTS:

- the generalists (comfortable, accomplished middle managers)*
- the peacemakers (reassuring, easy going passivist)*
- the loyalists (committed, dutiful, security oriented nice guy)*

'The Ultimate Loyalist- Charles Francis Feeney'



Feeney born April 23, 1931 is an Irish American businessman and philanthropist and the founder of The Atlantic Philanthropies, one of the largest private foundations in the world. He made his fortune as a co-founder of the Duty-Free Shoppers Group, which pioneered the concept of duty-free shopping. Feeney gave away his fortune in secret for many years, until a business dispute resulted in his identity being revealed in 1997. Over the course of his life, Feeney has given away more than \$8 billion.

In February 2011, Feeney became a signatory to 'The Giving Pledge'.

In his letter to Bill Gates and Warren Buffett, the founders of The Giving Pledge, he made a statement:

"I cannot think of a more personally rewarding and appropriate use of wealth than to give while one is living—to personally devote oneself to meaningful efforts to improve the human condition. More importantly, today's needs are so great and varied that intelligent philanthropic support and positive interventions can have greater value and impact today than if they are delayed when the needs are greater."- Charles Feeney

God Bless Chuck Feeney, probably "The Greatest of Heroes".

Leaders who Inspired me in Business

While in Part One Section 1 I encourage you to lead by your own example, inevitably in our careers we are influenced by Leaders, Bosses, Peers and Business and sometimes Political Associates. They vary in their character and influence upon us, and in a few cases can prove to be excellent mentors. Rather like friends on Facebook, there will be many, many colleagues and only a few who you hold in the highest regard.

In Section 14 on Understanding Personalities I included a brief character sketch on several of my previous CEO's and lecturers/ business partners. These included Gene McGovern (Lehrer McGovern Bovis), Jack Welch (GE), Brian Staples (United Utilities), Sheikh Khalid (GIBCA), Andrew Wyllie (Costain), Paul Sheffield (Kier), Adrian White (Biwater), Charles Hardeman (IPCO), and Lord Taylor (Taylor Woodrow). I feature below two Executive Directors who acted as Mentors for me, Sir Neville Simms (Thames Tideway) and Lt General Sir Derek Boorman (Royal Hospital Trusts). I also make reference to HE Sebastian Pinera President of Chile, and Brother Paul of Peru both who made their marks on me in minor but very different ways as 'Passing Acquaintances'. In Section 8 – 'Be careful who you seek to emulate', I make reference to Dr Wilem Frischmann, another ex-Chairman for whom I worked. There's 'Simms, White and Frischmann or the 'Good, the Bad and the Ugly' as they be caricatured'- Remember, just an opinion.

During a 40 year international career as a Businessman and Government Official I have met leaders in many overseas markets including Country Presidents, members of Royal Families, Ministers, Company Chief Executives, and Civil Servants in Nigeria, Libya, South Africa, Saudi Arabia, UAE, USA, Iran, India, China, Hong Kong, Singapore, Malaysia, Indonesia, Yemen, Panama, Jamaica, Cuba, Honduras, El Salvador, Costa Rica, Puerto



Personal Mentors whom I Admired



Sir Neville Simms was the CEO of Tarmac and proved to be my most influential Mentor in my business career. Below is a tribute to his career and his influence on me.

"Sir Neville Simms proved to be a visionary in the Sector of Construction. He led Tarmac to growth and introduced some industry changing strategies. He co-led very difficult negotiations on the Channel Tunnel for TML with Eurotunnel, which could have devastated the UK Contractors and the BOT flagship at the time, particularly when the economy and the industry was on its knees in the early 1990s. He went on to lead the PFI Initiative during John Major's Premiership (and sat on the HMG Private Finance Committee chaired by Ken Clarke); he helped create a completely new industry of Support Services and Facilities Management with the birth and promotion of whole life cycle service offers for buildings and infrastructure and their owners; he helped re-structure the industry with the innovative Asset Swap of Wimpey Homes and Minerals businesses for Tarmac Homes (a proposal I first forwarded to the Board of Wimpey); he later de-merged Tarmac to realign the Group with the creation of a cash rich Construction Services listed company- Carillion; and he went onto do similar ground breaking work in the Power industry at International Power. Although not an advocate of international business while at Tarmac, he quickly adapted to a business with a Global Market, and M&A opportunities. International Power plc undertook a Reverse Merger with GDF SUEZ Energy International to form a leading International Independent Power Producer. As the Godfather of Major Projects and Industry leadership, it is not surprising he was selected to lead the London Super Sewer project Thames Tideway. He also held significant senior roles in the public sector as Director of the Bank of England and served as the Chairman of the UK government's Sustainable Procurement. He staked his reputation on many of the M&A deals he undertook, and his reputation is intact. A mentor, who clearly influenced me, who embraced bold and forward-thinking strategies, and implemented them, whilst always keeping his feet on Terra Firma, and sticking to fundamentals. The Independent labelled him 'The pragmatist and Captain Sensible'. However, Neville's successor made me redundant, after I concluded a £170 million Dowry deal with HMG, because I wasn't 'his man'. Neville didn't provide me a Corporate parachute."

Lt General Sir Derek Boorman was an Non-Executive of Tarmac Plc and became my Mentor for a 6-month Strategic Review of Tarmac's international businesses for the company's Board of Directors, in run up to

Europe 1992. He was an inspiring individual with a celebrated Military career including overseeing the Falklands War from Whitehall in 1982-83. He thought very highly of Margaret Thatcher but also told me that she had received MI6 intelligence many weeks in advance of the Falklands invasion. Tell that to the 900 British and Argentine casualties of the war.

Several years later when I applied to join MI6, I asked his kind reference- to which he replied, by having requested such reference I had automatically excluded myself!

"Lieutenant-General Sir Derek Boorman KCB (born 30 September 1930) was a senior British Army officer. Educated at Wolstanton Grammar School and the Royal Military Academy Sandhurst, Boorman was commissioned into the North Staffordshire Regiment in 1950. He was Deputy Assistant Adjutant and Quartermaster General at Headquarters 48th Gurkha Infantry Brigade and subsequently Commander of 51st Brigade in Hong Kong. He was appointed Director of Military Operations at the Ministry of Defence in 1980 and Commander of British Forces in Hong Kong in 1982. He went on to be Chief of Defence Intelligence in 1985: in that capacity he took the view that the Mikhail Gorbachev's proposals for internal reform and deep cuts in missile stocks were genuine. He retired from the British Army in 1988. He was also Colonel of the 6th Queen Elizabeth's Own Gurkha Rifles from 1983 to 1988 and Colonel of the Staffordshire Regiment from 1985 to 1990. In October 1992 he was appointed a Member of the Government's Security Commission and in 1996 he accused Government Ministers of being untruthful in their evidence to the Arms to Iraq Inquiry. He retired from the Security Commission in 1998. In 1994 he became Chairman of the Royal Hospitals Trust - a post he held until 1998. Then in 2000 he became a Deputy Pro-Chancellor of the University of Kent

Dirk Olaf FitzHugh was Company Secretary and Group Legal Adviser of Tarmac and Carillion Plc's. He was a Business colleague at Tarmac and my neighbour and one of my closest friends for over 30 years. He gave me personal legal advice, friendly advice, mentored me, and helped me deal with 'life experiences'. We remain life friends.

We get to choose our life partners and our close friends, and by way of Democracy we choose our own Presidents and Prime Ministers, but we rarely get chance to select our superiors at work. If you get chance to work with or for someone who becomes a Mentor, you are blessed. Sir Neville was an exceptionally bright hands-on fair leader who always quickly picked up on the salient points in any analysis or business decision. He was

however not a 'People Person.' Sir Derek was a widely rounded Military Leader and Strategist and Motivator and People Person, but he wasn't an astute Businessman. He characterised me as a 'Diplomat'. I characterised him as the wise, balanced and controlled leader, until he confided in me that he had had an affair with Joanna Lumley (note the Gurkha link) . As for Dirk, he was probably the best international construction lawyer in the country, and as stated above, a very close friend whom I hold in highest regard and esteem.

Taking constructive criticism well, humility and leading by example are fine qualities in a leader. Some of the USA's finest leaders exhibited such qualities, with the blaring exception of one President Donald Trump. How the American people could elect Donald Trump to share the same office held by George Washington and Abraham Lincoln is beyond me.

Sometimes Passing Acquaintances Inspire



**PRESIDENT PIÑERA
(UK, 2010)**

I met President Sebastian Piñera of Chile as an invited guest at a Reception at Lancaster House in October 2010 when the trapped miners were released in the Atacama Region of Northern Chile. Despite intense Media harassment I was impressed how the President spent time to listen to my banter and more impressed by his measured response. Country rivalries in Latin America run deep. Though Argentina and Brazil like to brawl over who plays the best soccer, a fierce rivalry exists between Chile and Peru over their beloved spirit, pisco. For years, the two countries have ferociously fought over bragging rights for the real birthplace of the Latino grape brandy known as pisco and the world-famous cocktail. In reality it was born in Peru, but Chile has organised and developed increased quality production and distribution far in excess to the disorganised Peruvian industry

"President, Can I ask you to come out of the limelight for a minute to defend yourself about Chile claiming to be the birthplace of Peruvian Pisco."

'Well, he mused, if you find an abandoned baby in the street, and you take it home and feed it and educate it, and raise it as your own- who is the real father?'

Miguel Juan Sebastián Piñera Echenique, born 1 December 1949 is the sitting President of Chile since 2018, having previously served from 2010 to 2014.

The son of a Christian democratic politician and diplomat, he studied business engineering at the Pontifical Catholic University of Chile and economics at the Harvard University. He had an estimated net worth of 2.8 billion dollars in 2019 according to Forbes, making him one of the richest people in Chile." An impressive individual.

Sometimes They Don't



**BROTHER PAUL
(UK, 1999)**

Mohamed Al Fayad had met President Fujimori of Peru on a country visit. He decided to host a Peruvian promotion month in Harrods store displaying all Peruvian products from food to textiles. Missionary Brother Paul McAuley MBE had founded a school for students from poor countries in a shantytown on the north side of Lima, the capital. It was decided to hold a Charity Dinner in Harrods with Delia Smith as celebrity chef, and funds raised for Brother Paul to return to Lima to expand his school complex. £40,000 was raised and a great photo shoot culminated the evening with presentation of the 6-foot cheque.

"Attempts to capitalise on a publicity campaign the following week were thwarted when I was told from a Government source, that Brother Paul had 'allegedly' cashed in the cheque and absconded/disappeared with a young boy from the shantytown who had accompanied him on his travels. In 2000 apparently, he'd

re-surfaced in Iquitos, where he worked with indigenous students and organized an environmental defence network.

Peruvian authorities are now investigating the death of Brother Paul McAuley, whose burned body was found April 2, 2019, in a home he founded for the indigenous students in Iquitos, in the northeastern Amazonian region. Suspicious circumstances.”

The big caveat is that my account of his conduct, above, is based on 'hearsay'. I owe it to him to provide a fuller account of his life's work and public persona. Mr McAuley came to international attention in 2010 when the Peruvian government ordered his expulsion. He was accused of inciting unrest among indigenous people for protesting against environmental destruction. His demise may have been orchestrated by the Peruvian Government, and previous President Alan Garcia was quite vocal about his disapproval of the disruption being caused to development in the Region.

With just passing acquaintances, one can never tell the full story, even in these days of 'Google'. So, I include an Internet Researched Post-Script Tribute to the Memory of Brother Paul McAuley:

A Tribute to Brother Paul

I never personally met Brother Paul, and my account was 'hear-say'. "Brother Paul" was born of Irish parents in Portsmouth, England, in 1947. After studying at a De La Salle college, he went to Oxford where he took degrees in philosophy and mathematics. He joined the Christian Brothers and served in Rome for seven years. In 1995 he was appointed to Peru where he founded the Colegio Fe y Alegría. In the same year he was awarded an MBE for his work in setting up this school in the poor Punta Piedra shanty in the capital, Lima. Had he not already given the award away, he said in 2010, he would have sent it back to the Queen in protest against British companies' presence in the rainforest.

In 2000, he had been asked to go to Iquito, a large metropolitan area with a population of half a million people, located on the Rio of the Amazons, in the heart of Peruvian Amazonia. At the time, local media labelled him as a "Tarzan activist", "white terrorist" and "incendiary gringo priest".

Brother Paul was known for his deep commitment to the defence of the environment. In addition, he was deeply committed to helping to address many of the major social problems facing the Loreto region. Apart from presiding over the Loretana Environmental Network, he was an adviser to

the Student Organization of the Peruvian Amazon. He was not only a religious, he was also a philosopher, mathematician and theologian. Since he moved to Iquitos he gave his last years to the people of the Peruvian Amazon, by promoting a model of inter-cultural education for young indigenous people.

"Education is often accused of inciting people to understand their rights, to be capable or organising themselves to ensure their human rights. If that's a crime, then yes I'm guilty. As a member of a Catholic order, my life's been dedicated to human and Christian education." – Brother Paul

Lessons Learned



SECTION 9- LESSONS LEARNED

"Inspiration from Leaders who Made History."

1. *"KEY MESSAGE: But there have been shafts of light. To try and fill the gap it is worth learning from the inspiration shared by certain great leaders not driven by being on the wrong side of conflict and armed conflict but being inspirational in their quest for change, freedom and liberty, the end of conflict, peace and for good."*
2. *I think, I hope, that our Greatest Leaders are becoming more 'Empathetic' and 'Inclusive'. The days of the 'You are Fired- Bully Boy Bosses' and 'Ruthless Monarchs and Brutal Dictators' are all but over. But the History Books with their most memorable names live on with us.*
3. *The Great Leaders, Businessmen, Rich & Famous, Philanthropists, Peacemakers, Populists, Religious & Spiritual Gurus, and People of Science and Art include some Common Names: 'Muhammad, Jesus, The Buddha, Mohandas Gandhi, Martin Luther King, Nelson Mandela, Abraham Lincoln, Albert Einstein, Isaac Newton and Aristotle.*
4. *Jesus of Nazareth was the No 1 World Leader. He walked on this earth over two thousand years ago. John 3:16-17 ESV / 114- 'For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.'*
5. *Observe good faith and justice towards all Nations; cultivate peace and harmony with all.*
6. *The greatest destroyer of peace is abortion.*
7. *On you depends tomorrow.*

8. *Freedom leads to prosperity and freedom is the victor.*
9. *We get to choose our life partners and our close friends, and by way of Democracy we choose our own Presidents, but we rarely get chance to select our superiors at work. If you get chance to work with or for someone who becomes a Mentor, you are blessed.*
10. *"Undertake full due-diligence before gifting a Charitable Fund to anyone.*
11. *"We will always understand that indifference is the friend of the enemy. When adults wage war, children perish. Together we will walk towards the millennium, carried by profound fear and extraordinary hope."*

MISSION STATEMENT: "While I will continue to be inspired by great leaders and mentors, as I age, I will strive to be my own Leader and pass on my wisdom and experience to others. I will do this by my writing, my words, my counselling to others who seek it, and by talking to my grandchildren on my knee."

Part Three

The Personal Ego

"LUST – GREED – ADDICTION"



"If your ego starts out, 'I am important, I am big, I am special,' you're in for some disappointments when you look around at what we've discovered about the universe. No, you're not big. No, you're not. You're small in time and in space. And you have this frail vessel called the human body that's limited on Earth."

- Neil deGrasse Tyson



"SCENT OF A WOMAN" (AL PACINO)

"Ever felt that you can relate to an Individual, irrespective of he being a fictional character. Lt. Col Frank Slade (Al Pacino) sits alone in his room, drinking and nursing his self-pity, trapped inside blindness. He seems a mean, angry, sarcastic man. He is not. He lost his sight late in life, through his own stupidity, and now he gets drunk and waits for victims. There is hope for him because of three fugitive threads in his personality: He is a romantic; He possesses a grudging sense of humour; and He is a good and principled man, despite his veneer.

Charlie Simms goes to housesit for him. Charlie (Chris O'Donnell) is a student at the exclusive local prep school - a scholarship kid from out West who doesn't have money to throw around and is happy to have this weekend job, keeping an eye on the old guy. Charlie is in a lot of trouble at school. There's going to be a disciplinary hearing on Monday about who pulled the prank that damaged the headmaster's new Jaguar, and Charlie, who knows who did it, doesn't want to be a 'grass'. But he could get expelled for the Act.

Charlie thinks the weekend will be spent in the Colonel's grim little cottage, watching the old guy drink and listening to his insults. The Colonel has other ideas - more than Charlie can even begin to guess. He buys them a couple of tickets to New York and announces that they are going to do some partying in the big city. In particular, he wants to indoctrinate the younger man with his ideas about women and how they are the most wonderful beings in all of God's creation.

"Women! What can you say? Who made 'em? God must have been a fuckin' genius. The hair. They say the hair is everything, you know. Have you ever buried your nose in a mountain of curls... and just wanted to go to sleep forever? Or lips -- and when they touched, yours were like... that first swallow of wine... after you just crossed the desert. Tits! Whoo-ah ! Big ones, little ones, nipples staring right

out at ya... Like secret searchlights. Mmm. And legs -- I don't care if they're Greek columns... or second-hand Steinways. What's between 'em, passport to heaven."

- Lt. Col. Frank Slade (Alias Al Pacino)

FRANK'S PEARLS OF WISDOM

<https://www.youtube.com/watch?v=S-6xoT5Z2nA>

Now that we are on the subject of Sex, and Women (in my case)- If you've skipped to this Section looking for some form of titillation, I suggest you'll find more arousal or excitement through sexually explicit videos and images on 'hard-porn' websites like YouPorn.com or just from suggestive words in a 'hard-copy' of the erotic romance novel 'Fifty Shades of Grey'. I haven't read the latter, but I did read that the first of five novels sold over 125 million copies in its first three years. Sex sells, so my Book would be woefully incomplete without it. But what kind of sex are you looking for?

'Fifty Shades of Grey' has been translated into 52 languages and set a record in the United Kingdom as the fastest-selling paperback of all time. Critical reception of the book, however, has tended towards the negative, with the quality of its prose generally seen as poor, while its portrayal of BDSM (bondage/ discipline, dominance/ submission, and sadism/ masochism) has been targeted for criticism from a variety of perspectives. The British author, E.L. James, also known as Erika Leonard, has an estimated net worth of \$60 million. Not bad. As Liberace said ("I'm laughing all the way to the bank". I'll stick to straight sex in my commentary about the 'Act', but I contemplated putting a Sexually Romantic Image on the Front Cover to see whether it enhances Book sales. But I'm convinced that for many bored people, reading about sex is more stimulating than the Act itself- endlessly engaging in completing that 'two-piece jigsaw'. Then again, 'Those who rarely talk about Sex are usually too busy doing it'.

"The definition of insanity is doing the same thing over and over again and expecting a different result." - Albert Einstein.

Whatever Happened to Romance

Sex seems to many to be a necessary commodity or need, with passing value. Rather like grabbing a McDonald's on the way home from work. Leonard Cohen, one of Canada's most widely loved writers played an important role in sustaining the Romantic tradition with emphasis on intimate feelings and use of rhyme and metre. Above all, we can signal his

romantically-inclined belief in the individual imagination as a vehicle for change. Now that's more poetic than any reference I could make of E L James and Fifty Shades of Grey.



**"DANCE ME TO THE END OF LOVE"
(LEONARD COHEN)**

<https://www.youtube.com/watch?v=fJ1P3LjkE28>

*"Dance me to your beauty with a burning violin
Dance me through the panic 'til I'm gathered safely in
Lift me like an olive branch and be my homeward dove
Dance me to the end of love"*

Romance has got to be one of the most fun and least executed activities in many relationships. With all the distractions we have in our busy lives, it seems many couples never find the time to be romantic — and that can lead to love's demise.

Romance is about getting closer. There is also a big difference between sex and romance. In most relationships, if you want the former to be great, you have to fully engage in the latter (and necessarily beforehand if it's a new relationship).

Although the emotions and sensations of romantic love are widely associated with sexual attraction, romantic feelings can exist without expectation of physical consummation and be subsequently expressed. Historically, the term romance originates with the medieval ideal of chivalry as set out in the literature of Chivalric romance.

But Anthropologists such as Claude Lévi-Strauss show that there were complex forms of courtship in ancient as well as contemporary primitive societies. There may not be evidence, however, that members of such societies formed loving relationships distinct from their established customs in a way that would parallel modern romance.

Don't ever disbelieve that a truly Romantic encounter won't end in better sex, even in casual sexual relationships. ["A Romantic Evening", Dominican Republic].

Strangely, and somewhat sadly, it is the case that people often put more effort into the Romance of an Affair, than they do maintaining the Intimacy

in their Marriages. My personal experiences were cases in point. I had a 20-year affair with Rosita that never lost its Romance, Passion nor friendship, maybe because distance makes the heart grow stronger. Hortencia was a 12-month affair but involved more candle-lit dinners than most of my long-term relationships.

Remember, if you want your relationship to last- maintain the Romance and Intimacy, with life's details, not senseless Adultery and Sex-seeking gratification ["I held My Wife's hand and Told her I wanted a Divorce", By Life]



**"I HELD MY WIFE'S HAND AND TOLD HER I WANTED A DIVORCE"
(BY LIFE)**

<https://www.youtube.com/watch?v=pFoAwSCAKj8>



**"A ROMANTIC EVENING"
(DOMINICAN REPUBLIC 2001)**

"My Career with my current employer was over, I'd decided. So, I took a long weekend off. I hired a car and drove from the Capital Santo Domingo to Punta Cana, the renowned DR tourist resort. Booked into an All-Inclusive Marriott Beach Apart-Hotel. How I hate American style holiday escapes. Miles to local civilisation, plastic meals, plastic entertainment, plastic people, all thinking this was a 'Dominican Republic Experience'.

I hired a taxi and headed for the nearest village, some 10 kilometres away. Found a corner Bar, modest in its appearance, and found a table of my own to listen to the sole guitar player. The local beer- 'Presidente' is probably the best lager in the world. Better than the Budweiser served in the hotel Bar. Even that's not authentic. The

Budweiser beer is from the Czech Republic. In 1907, American and Bohemian brewers made an agreement that Anheuser-Busch could market its beer as Budweiser only in North America, while the Bohemian brewers had the rights to the European markets.

There was more than beer and light music on offer. There were no less than six unaccompanied girls at the bar. Beautiful, well dressed, and obviously close friends on a night out. But my mood was low, my Employer had let me down. Nevertheless, I couldn't help hear their cross-chat in Spanish.

'He's American, arrived in a Taxi. He's got no ring on. What's he doing here? Looks like Money, probably stopping at the Beach Hotels. Looks Good, I'll pull him'. 'No, you forget it, I'll take his shirt and his pants off! The only Guy in town with the Money for a Good time. I'll make my move because I speak better English than you girls. He's like a lamb at the slaughter. Champagne all round girls'.

One by One they approached, made clumsy suggestive approaches, in broken English, and went off with a 'Flee in their Ears'. They didn't like being turned down. 'Bloody Gringo, who does he think he is. At least buy me a drink'. I just wanted to be left alone. It reminded me of a very over-weight Irishman I met on Patong Beach in Thailand once. He was boasting a huge Tattoo on his proud belly, in Thai language. 'What does that say', I asked waiting for the 'Pun'. 'It keeps the girls off me,' he drip-fed me further information. 'I can see that - what does it say? 'Bankrupt' he asserted indignantly. Upon reflection, I wished I'd brought my favourite Baseball Hat which Advertises 'French Connection- UK' with the acronym FCUK. Underneath I'd added the Words- OFF! But I didn't have it with me.

Then the quiet pretty one at the end of the Bar said calmly to her ruffled friends. 'Looks like he wants to be alone. He's reflecting on something nothing to do with us. I like him, he seems nice, but I'll respect his space. Stop bothering him'.

Then I called the waitress over, and asked in perfect Spanish, to the amazement of all ' Can I please invite the nice lady at the Bar a drink, and if she'd like to join me alone, she is most welcome'.

I gave her a one-liner: "Do you believe in love at first sight?". "I do" she replied with a look on her face which itself said "I know where this is going". "I do because the first time I opened my eyes as a baby- there she was!"

She smiled at me in a different way. We spent the night talking, laughing, dancing, eating, sharing family tales and getting emotionally

attached. I was sad to be leaving in two days but didn't lie. We engaged in two days of Romance and wonderful Intimacy that I don't think her friends will have understood. How could I treat a stranger with more Romance and Intimacy than my own new wife-to-be in the UK?"

Love

'Love'- maybe a four-letter word but is one word/subject that won't leave me stuck in the search for 'Musical Accompaniment'. I won't be short of clichés either. True love is not how you forgive, but how you forget, not what you see but what you feel, not how you listen but how you understand, and not how you let go but how you hold on. It is that which ennobles the personality, fortifies the heart, and sanctifies the existence.

"True love is not a strong, fiery, impetuous passion. It is, on the contrary, an element calm and deep. It looks beyond mere externals and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding." – Ellen G. White

"Nothing can bring a real sense of security into the home except true love." – Billy Graham

Or as my Asperger suffering nephew would say to an unexpected girl in a bar "Fancy a Shag?"

So why so often don't we get it. Sex is like Credit- some people get it and some people don't. Love is like Karma- the more you give, the more you are likely to receive. If I were to put 'the fatal flaw' down to one evil, it would be- 'Lack of Dedication.' We dedicate ourselves to our jobs, our livelihoods, our lovers, our kids, our search for the 'Holy Grail' of financial independence, and we guys just can't seem to keep it in our pants in our search for endless excitement outside wedlock. Maybe it's because so many of us (but not all of us) never learned how to really love a woman. When you do- you'll know. ["Have you ever really loved a Woman", Brian Adam]



"HAVE YOU EVER REALLY LOVED A WOMAN" (BRYAN ADAMS)

<https://www.youtube.com/watch?v=hq2KgzKETBw>

*"To really love a woman
Let her hold you*

*'Til you know how she needs to be touched
You've gotta breathe her
Really taste her
'Til you can feel her in your blood"*

So, What is Love? Heaven knows it's mentioned enough in all corners of the world and the world of people's lives – and in this Book too. Won't the pursuit of Love just distract us from the more serious business of discovering ourselves, getting motivated and ultimately successful? If you are reacting like that you need to re-read Part Two which describes in painful detail the Global Problem about living in a World without Love. I've realized that the Beatles got it wrong. Love isn't all we need—love is all there is.

'Having Brains and Getting Sex' may be important priorities to you achieving your plan of moving forward positively, but Love is really an understudied topic that is extremely important to people's lives. The distress caused by unsuccessful love relationships will do little for anyone's motivation, as any Divorcee will tell you. So, success in love is important, no matter how late in life you find it. We always seem to put it as secondary importance particularly in our careers. I was amazed how my Senior Director reacted when I was on a business trip to the Canary Islands with him in 1990. My wife had left me and taken my daughter to South America. I was trying to juggle a busy job with plans to travel to South America and secure my daughter's return. "You can't work properly with family problems like that. We appreciate your worth. So, I want you to take off as much time as you need to find a solution to your personal problems. The company will pay the costs of your flights and your salary until you return." He meant it.

I don't want to over-analyse Love- neither am I qualified to do so, nor do I think it can be analysed or quantified. It is subjective and personal. If you want to know what love 'feels' like, you would be much better to read some good poetry or literature or listen to a good love song or watch an emotional movie. But any 'Theory of Love' will consist of 'Three Components'. The presence or absence and comparative strengths of these three components reflect the nature and stage of each love relationship.

Intimacy is the emotional Component of love, including closeness, sharing, communication and support, the behaviours through which two people express their emotional interdependence. In a long-term relationship this Component may come to the fore at the time of a crisis,

like a death in the family.

Passion is the motivational Component of love, including physiological arousal and an intense desire to be united with a partner of choice. It is largely but not exclusively sexual. In contrast to emotional Intimacy, passion develops quickly. It's the 'Lust at First Site' which accounted for many of my 853 sexual encounters (and counting) which I log in the Sub Section below ["AirBus Brothel", World Airlines]. If the relationship is short lived and based only on Passion it will not matter that you are inclined to notice only her or his good points. In my case, however, my Personality lends itself to develop emotional intimacy quickly too. That has led me to showing empathy and kindness to almost complete strangers, some of them prostitutes. If you communicate and show closeness it can be misinterpreted to mean your interest to move towards the third Component – Commitment. I have had ladies who are used to Passion but not used to Intimacy and fell in love with me as a result. On occasions the Sex Thing for whatever reason doesn't work, but the emotional Component might be palpable. This is a strong reason why couples should never marry before testing their sexual chemistry, in my opinion.

When Passion fades the more you notice your partner's faults and that's why so many an Affair based just on sex- eventually and inevitably wanes.

Commitment is the cognitive or thinking Component of love, involving the initial choice to become involved with a certain person, and then the repeated choice to develop and maintain that love relationship by behaving in appropriate ways. For me this Commitment was fundamental to the decision to marry my first wife. After all most of us marry for life, or with that intent. When my marriage failed so drastically around my wife's adultery and betrayal, I found it very difficult to reincarnate the same feeling of absolute Commitment in further relationships, particularly when travel commitments made those relationships by definition- transient. The sad corollary of this is that throughout my subsequent years of philandering, I remained married, and sexually promiscuous, albeit eventually estranged from my second wife.

To have successful relationships you need all of these three Components, plus a healthy successful relationship with and respect for yourself. If you don't love yourself, you can't expect others to, and you will likely slip into being submissive or aggressive.

Deal with Love as a dynamic and positive force, embrace and develop and

nurture the 'Three Components of Love'. Women are indeed the Greatest Gift God gave to Man – and any man who thinks he's God's gift to woman – is mistaken. You can learn a lot from the musical vocalist 'The Maestro of Love', Barry White.



**"LET ME LIVE MY LIFE LOVIN' YOU, BABE"
(BARRY WHITE)**

<https://www.youtube.com/watch?v=Mbak99ZVMqo>

*"Everything is, everything is you. Only you baby. Only you.
I guess you could even say its, just another way, to say, I love you.
I need you. I want you.
Let me live my life. Loving you. Rest of my my life, close to you."*

Lust and Sex

Now let's get down to the 'nitty-gritty' and brass tacks of it all- Sex and Lust are what it's all about- 'The Business'. Sex is a very important issue for all of us. It's intimate and exciting and so much fun. The sexual instinct is very strong and drives us to all manners of strange behaviour. Sexual attraction is natural. When a good-looking female walks by and a man notices (something that happens pretty regularly), it's not necessarily the same thing as lusting after her. But Matthew 5:28 of the Bible tells you, 'everyone who looks at a woman to lust (in thought) for her has already committed adultery with her in his heart.' (see Section 30). That probably condemns 98% of heterosexual males in the world. Christianity gets it completely wrong by implying such natural instinct is sinful and should impose guilt on the admirer.

Surprisingly I was in a bar recently, and I commented to the new barmaid: "I remember 3 years ago I was in this bar and a beautiful young girl passed bye. I said to the guy next to me – Look at the ass on that"; to which he replied "No I would never allow myself to do so. I had a difficult childhood and I now have a lovely wife, and I will only ever have eyes for her."

"And who was that?" she asked with a pretense of interest. "Him over there" I replied pointing at the other barman whom I had known over 3 years.

“That’s my husband”, she retorted. Oh my God, I had finally made someone’s day and not put my foot in it!

A wise father would simply advise an adolescent son “If you decide mutually to make love with a lady- do just that. Never be selfish and uncaring. Be gentle, kind, caring, loving and respectful.” Equally most fathers and mothers would tell their daughters to be very careful and selective – and most are.

Buddhism is more pragmatic about sex. Their scriptures have very little to say on the subject. Usually this precept is interpreted as implying an abstention from rape, adultery and abduction, but there is clearly more to it than that. One thing that marks Buddhist culture is that it has never sought to control sexuality by means of guilt. Nor does Buddhism discriminate between people on the basis of their sexual preferences. You can be heterosexual, homosexual, transvestite or celibate.

Lust (in action), however, involves a choice and, by definition, an act of the will. To a certain extent it’s a conscious decision to *pursue* and act upon a desire instead of simply allowing it to pass on by. It’s a willingness to give in to natural impulse. A lot of us have indulged in Sex, Lust and Love at different times in our lives. And that’s life. When you place too much emphasis on one rather than the others, that becomes the problem. Lust and Sex without love is seen by many as a so-called vice but Love without Sex and Lust will never be a life virtue. What’s for sure, sex without a little romance, can be deflating, and by the way -Colombian Girls are naughty, [“Colombian Girls Go on Top”, Colombia 1994]; [“Hay Amores”, Shakira].



**“COLOMBIAN GIRLS GO ON TOP”
(COLOMBIA, 1994)**

sophisticated in picking a mate- even for a one-night-stand. The popular dating site Zoosk looked through 2,645,930 profiles and 234,688,001 messages to see what women in their 30s, 40s and 50s were looking for in a sexual mate. Irrespective of whether they were looking for a long-term relationship or not, the top contender for women was a man who was honest, followed by a sense of humour and free will. Unlike men, every age-group of women mentioned honestly more often than any other trait when describing what they're looking for. For example, they don't tend to like to sleep with married men, just for casual sex; whereas a man will rarely consider it relevant if the parties are willing. Not getting caught is more a concern.

Back to Beauty. Which are the Top Countries with the 'Most Beautiful Women in The World'? My preference in terms of physical beauty, for what it's worth as a personal opinion, is Colombia, Iran and India, in that order. With different countries comes different cultures, and that leads to all different kinds of beauty - inside and out. Below is a Listing of some of the countries with the most beautiful women in the world, according to a 2020 study based on Internet Polls and Searches by (WonderList.com). How they claim to have the final say on this I don't know, nor do I give it any relevance. It doesn't really matter whether this subjective Ranking is right or wrong, it celebrates the physical 'Beauty of Women'. You may wonder why I am including such a listing. I excuse myself if your feminist instincts consider some of the comments - sexist. They are not intended to offend nor categorize women as sexual objects, but rather to celebrate beauty, in its purest physical form, and I don't see anything wrong in that itself. Meanwhile I accept that physical beauty ignores personality which matters so much more- and that's why 'Speed Dating' as a quick method to finding 'Miss Right' is a misnomer. In many countries Public Expression of Machismo is accepted as a form of displaying Admiration of Female Beauty. The two are not compatible. I wouldn't feel comfortable, therefore, unless the portrayal of Beautiful Women in this Section of the Book was not balanced with the inclusion of comments about the reality of the Role and Treatment of Women in each of the countries. Beautiful Women are on the rise, globally, and have their Role of Future Superiority to play in tune with Ancient Greek Mythology, I cite 'The Siren'.

"The 'Sirens' were half-woman half-bird creatures that perch on the rocks by the sea and sang beautiful songs that lured men who, refusing to leave, die of starvation, or are eaten by the Sirens in acts of Cannibalism. Odysseus is warned about the Sirens and he plugs his crew's ears with beeswax in order to block their sweet songs from

entering their ears. Being curious about the songs the Sirens sing, Odysseus only plugs his crew's ears with beeswax and then has his men tie him to the mast of the ship, instructing them not to untie him... no matter how much he begs for it. Odysseus hears the song and begs and pleads that his crew release him, but his faithful crew only tighten the ropes more, binding him to the mast."

The moral to the Story must be that you can trust your Crew Mates more than you can Beautiful Women!? Anyway, I would also include a list of the Top Countries with the Most Handsome Men in the World, if I thought a single lady would give such a listing credence. WonderList.com rank their Ladies, by Country, as follows- ["The Sirens", The Roles of The World's Most Beautiful Women].

The historic and current role of women is indisputable. When women are empowered and can claim their rights and access to land, leadership, opportunities and choices, economies grow, food security is enhanced, and prospects are improved for current and future generations. The Imperial Harem of the Ottoman Empire Served the Sultan in More Ways Than One. The imperial harem of the Ottoman era was the collection of wives, servants and concubines of the Sultan, who sometimes numbered in the hundreds. Some were mere playthings or used for the production of heirs, while others rose to great power and influence. For example, Hürrem Sultan appeared in Topkapi Palace as a slave, but in a very short time she became one the most influential women of the Ottoman Empire.

Misogyny is a vice exhibited by ignorant men. Unfortunately, it's practiced worldwide still- and many consider President Trump to exhibit such tendencies. Islam is often misunderstood in terms of their treatment of women. Islam urges the husband to treat his wife in a good and kind manner, and says that the wife has rights over the husband like his rights over her, except that he has a degree over her, because of his responsibility of spending and taking care of the family's affairs.

There might be a difference between what Muslim views on women are, and what are Islam's views. The first is subject to human cultural influence and the second is (and should be) based on the divine influence of Al Quran. Muslim views of women can be like all views that humans hold — they can vary.

"Surely the men who submit and the women who submit, and the believing men and the believing women, and the obeying men and the obeying women, and the truthful men and the truthful women, and the patient men and the patient women and the humble men and the humble women, and the almsgiving men and the almsgiving women,

and the fasting men and the fasting women, and the men who guard their private parts and the women who guard, and the men who remember Allah much and the women who remember-- Allah has prepared for them forgiveness and a mighty reward.” – Al Quran

Here's a take on samples of some of the world's most beautiful women. It Includes 'Examples of Beautiful Women- by Country' (with what might consider Misogynistic Comment) followed by comment on 'The Roles of The these Most Beautiful Women' in their countries and societies.

Don't be either cynical nor judgmental However women may always be perceived for their physical beauty, or inconceivable abused by bad people around the world- the inner beauty and goodness of the majority of women is indisputable and uncompromising. At the foot of the Cross at Jesus' crucifixion was Mary the Virgin and Mary the prostitute.



***"THE SIRENS -THE ROLES OF THE WORLD'S MOST BEAUTIFUL WOMEN"
(SPAIN 2019)***

Note: These references are intended to be generalized and non-specific. They are given to celebrate beauty, not demean it.

10. Turkey



Demet Ozdemir (Image Credit: A. Haber)

"Turkish women are photogenic with beautiful figures and carry themselves with a grandeur that can only be linked to the kings and queens of Turkish history. If you have doubt, follow Turkish soaps and operas on TV. Turkey is home of astoundingly beautiful women."

[The Role of Women in Turkey society is tainted by the continuance of them being victims of rape and honor killings. Research by scholars and government agencies indicate widespread domestic violence in Turkish population. Despite Turkey being a patriarchal society, there are many historical records of Turkish women involved in public life and activism.]

9. Britain



Naomi Scott (Image Credit: The List)

"British women of today are a mix of different cultures which is why they display various skin tones and looks. British women are charismatic and attractive. In addition, they tend to be well educated, eloquent and well mannered. They're also confident, and beautiful."

[The Role of Women in British society was, for the historical era, relatively unconstrained. For example Spanish and Italian visitors to England commented regularly, and sometimes caustically, on the freedom that women enjoyed in England, in contrast to their home cultures.]

8. Philippines



Liza Soberano (Image Credit: Star)

"The Philippine people are a mix of a Multitude of Ethnic Groups, well known for their good attitude and sweetness but there is another side to this country. It has the most wins in the Big Four International Beauty Pageants. Philippine women are fun, cute and innocent looking."

[The Role of Women in the Philippines is depicted by it being described as a nation of strong women, who directly and indirectly run the family unit, businesses, government agencies and haciendas. However, the Philippines is still in the milieu of a male-dominated post-colonial society. In a framework of Philippine hierarchical structure, class differences, religious justifications, and living in a globally developing

nation - Filipino women struggle for respect. Nevertheless, compared to other parts of Southeast Asia, women in Philippine society have always enjoyed a greater share of equality].

7. United States of America / Canada



Adriana Grand (Image Credit: Billboard)

"North American women are fun, independent and they know how to take care of themselves. They have their own kind of nonchalant attractiveness. Out on the streets of Miami, NY and Los Angeles you will see many beautiful women who know how to care for themselves, in terms of health and beauty. They all are sporty and fun-loving. Canadian women are some of the nicest people in the world. They have their own kind of beauty."

[The Role of Women in North America is clear. They enjoy much more personal freedom and independence than women in many other parts of the world. This freedom is something held dear by North Americans and one of the things that define contemporary American culture.]

6. Netherlands



Tamara Slijkhuis (Image Credit: Robert Diepenbroek)

"With an average height of 5'7" and blonde hair, Dutch woman deserve to be at the 6th place in the list of countries with the most beautiful women in the world. They're open minded and pretty accepting about different world views. Most Dutch women are tall and pretty attractive".

[The Role of Women in the Netherlands is engendered by Gender equality which is now embedded in Dutch law. The Dutch constitution expressly forbids discrimination. However, characteristics of very liberal views to prostitution expose women to symptoms of depression,

post-traumatic stress, and other mental health concerns, often linked to the experience of violence in prostitution, and having less confidence in one's ability to find alternative work- for those who do become prostitutes].

5. Italy



Christina Chiabotto (Image Credit: Via Wikipedia)

"When you talk about classy beauties, you talk about Italian women who are up to date in fashion, style and makeup. Mostly brown-eyed, they know how to present themselves. Italy is the home to some of the most admirable, ambitious and most beautiful women. With their olive tanned skin and brown hair, Italian women also have a penchant for fashion, and their distinct accent makes these Mediterranean women very exotic."

[The Role of Women and the legal and social status of Italian women has undergone rapid transformations and changes during the past decades. This includes family laws, the enactment of anti-discrimination measures, and reforms to the penal code (in particular with regard to crimes of violence against women). However, in 2020, statistics showed that 8 out of 10 female victims murders were murdered by a current or previous partner. A third of women were exposed to violence. A 2012 United Nations report noted that 90% of women who were raped or abused in Italy did not report the crime to police].

4. Venezuela



Dayana Mendoza (Image Credit: Via WonderList)

"Venezuela holds the title for the greatest number of Miss Universe and Miss World winners. Venezuela is the land of natural gifted beauty, despite political unrest. Venezuelan women are ultra-feminine, devoted, overly jealous of their partners and can sometimes be terribly wild. Being overtly feminine, caring and loving are the key secrets that make Venezuelan women among the most beautiful in the world."

[The Role of Women in Venezuela has been disproportionately affected by the national crisis which has made Venezuela's women much more

vulnerable than men, more vulnerable to poverty, to neglect by the state, and especially to violence].

3. Russia



Natalia Vodianora (Image Credit: Via WonderList)

"Russian women possess a mix of western and eastern features in the form of high cheekbones, broad and tall bodies with blonde hair and fair skin. They represent some of the most desirable, admirable, ambitious and hottest women on earth. Russian women are full of grace and beauty. They are classy, elegant, intelligent and famed for being great lovers."

[The Role of Russian Women changed drastically during the 70 years of Soviet Era. Their roles were complex. Women in Soviet Russia became a vital part of the mobilization into the work force and this opening, of women into sectors that was previously unattainable, allowed opportunities for education, personal development, and training. Women's rights are well protected. Article 19 of the 1993 Constitution of Russia guarantees equal rights to women and men. Under the Labour law, women have the right to paid maternity leave, and unpaid parental leave, that can be extended until the child is 3.]

2. Ukraine



Milla Jovovich (Image Credit: Via Pinterest)

"Ukrainian women are full of grace and beauty. They're sweet-natured, caring, loving and very much in touch with their femininity. Ukrainian women appear so attractive because they love fashion, cosmetics, and looking their best. Mixed with dark and light features, there is more diversity in Ukraine female population."

[The Role of Women in the Ukraine is mixed. While they have equal constitutional rights as men in the economic, political, cultural and social fields, as well as in the family-. Women receive lower salaries and have limited opportunity for career advancement. Most of the 45 percent of Ukraine's population who suffer violence – physical, sexual or mental – are women].

1. Brazil



Cleo Pires (Image Credit: Apzomedia)

"Brazilian women are known for their interest in socialization and tradition. They're also famous for their sporty, tanned and attractive bodies. They play a major role in the festivals that take place in the country each year. Brazilian women, both blondes and brunettes have some of the most charming faces in the world. Brazilian women are also some of the world's most famous models. Without any sort of prejudice, Brazil deserves the No. 1 spot."

[The Role of Women in Brazil is enhanced by their entitlement to Social Security Benefits. Maternity Leave of minimum 120 days, and rights towards attaining financial and economic independence and benefits. However, Brazil lags behind many countries in terms of gender equality: the governments of Syria, Kuwait, Iran and Somalia all have more women in ministerial posts than Brazil. Brazil ranks 154 th in number of women in the Legislative Branch, with only 10 percent of women in Congress and 14 percent in the Senate. Women in Brazil endure hardships beyond physical abuse. Sexual and psychological assault are also pervasive in society, especially since crimes against women are under-reported and the Brazilian legal system allows for leniency on criminal punishment. Brazilian Women may be among the most beautiful in the World, but they lag the world in Equality].

The Roles of Women in the Bedroom have also changed over recent years. The Sexual Revolution was a social movement that challenged traditional codes of behavior related to sexuality and interpersonal relationships throughout the United States and subsequently, the wider world, from the 1960s to the 1980s. Sexual liberation included increased acceptance of sex outside of traditional heterosexual, monogamous relationships, the normalization of contraception and the pill, public nudity, pornography, premarital sex, homosexuality, masturbation, alternative forms of sexuality, and the legalization of abortion all followed. Few people are shocked these days, nor as prejudiced as before, nor reticent in sharing their views and comments. An Anecdotal example of Changes in Opinions is a comparison of the UK's ITV hit television 'Blind Date Show' hosted by Cilla Black in the 1980/90's where participants chose their partners for a

date by asking probing questions from behind a screen, without physical exposure of any kind- to 2020's 'Naked Attraction' on Channel E4, hosted by Anna Richardson, where ladies choose their date by examining their potential partner's naked bodies first before meeting the personality, starting with the Penis and finishing with the Face, then the Personality. Progress? Selection based on Assessment of Personality or based on Penis size. Well set your own priorities. Both TV programs had no difficulty in attracting advertising revenue, based on viewer numbers.

So, we're not shocked nowadays. Nevertheless, even now maybe one of the most personal questions you can still ask someone is - how many people have you slept with? If we don't ask how can we know whether we are 'normal' or 'average', 'baron' or 'nymphomaniacs'? You can ask a group of friends and maybe you can reach a true consensus, based on a small sample. Wider opinions or conclusions formed on the basis of incomplete information are however Conjecture. Nevertheless, it can be informative to review the available statistics (unreliable as they may be). While the average varies based on gender and location, surveys show that — when it comes to what's average — “normal” doesn't actually exist. And how often do people lie about their number? According to past surveys, 41.3 percent of men and 32.6 percent of women admitted to lying about their sexual history. Overall, men were more likely to increase their number of sexual partners, whereas women were more likely to decrease it. Honestly, it's easy to understand why people might lie about their number. Stereotypes, albeit they are changing, will tell us what men generally think 'impressive', women will consider 'promiscuous.' I remember having such a good night with a charming Mexican girl in the Hilton Hotel in Mexico City, in the company of her work colleagues. But when I asked her to stay the night, she frowned. What would her peers have thought; I understood and bode them all a 'goodnight'. At 6 am I had a call from reception to ask whether I gave permission for a visitor to come to my room. She was on her way to work and stopped off for sex.

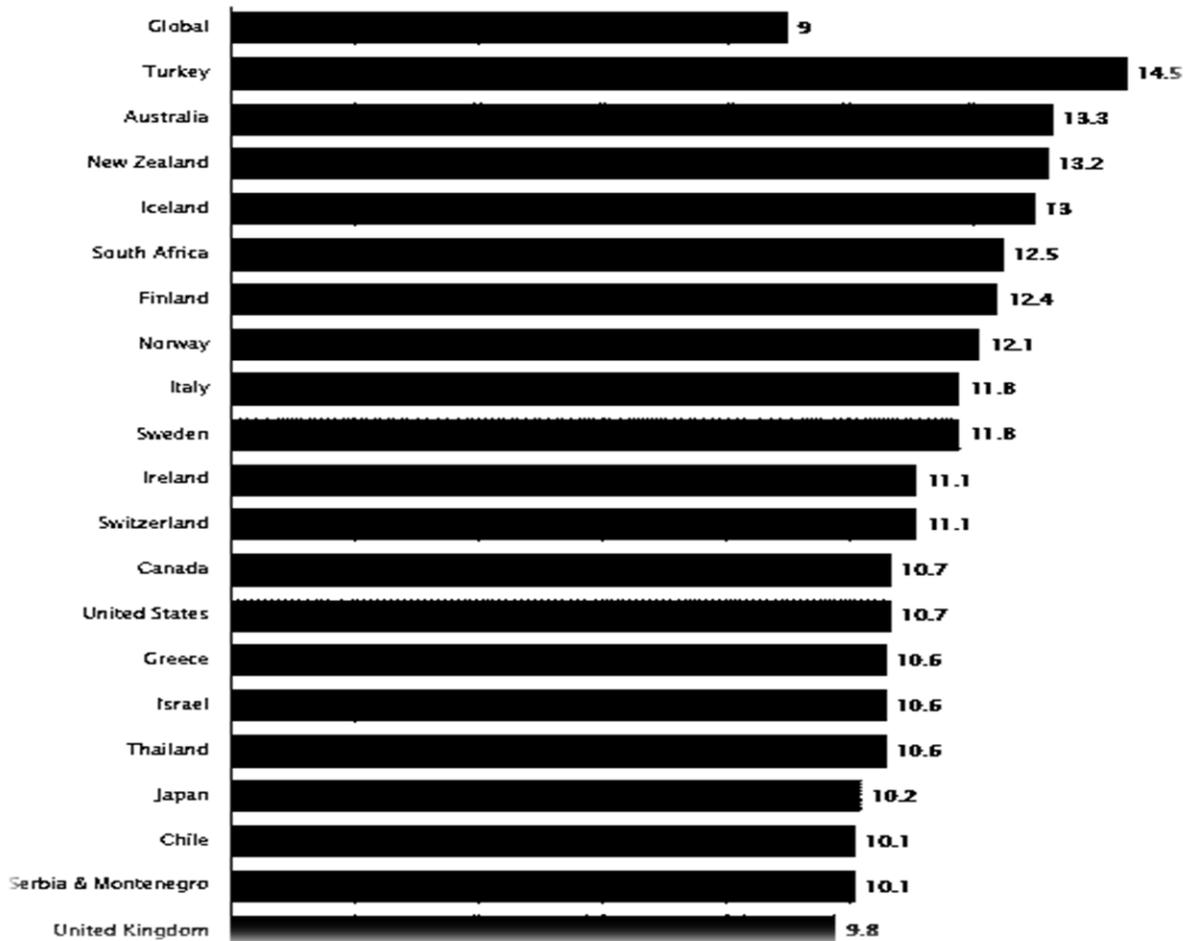
The Healthcare company 'Euro-Clinix' recently surveyed 2,000 people around the UK to find out more about their sex lives. These UK results revealed that 25% of people have had sex with two to four people in their lifetime. Surprisingly, 14% of respondents said they've only had sex with one person over the course of their life. Meanwhile, 2% were um...slightly more active - racking over 90 partners in their lifetime.

When it comes to reviewing partners' sexual history, Women are generally more flexible than men, viewing only over 15 partners as 'too promiscuous.' Clearly, the 'ideal' number varies from person to person. And although some may have a preferred number in mind, others may not want to know about their partner's sexual history. That's OK, too.

Surveys have found that what's perceived as ideal varies based on location. Europeans were more likely to give a higher "ideal" number. The ideal number of past sexual partners in France, for example, is 10.

Let's review the available statistics and results from various surveys in more detail. The Sources are noted below. Firstly, let's compare the 'Number of lifetime sexual partners worldwide by country' as reported by the Statista Research Department. Good to see we 'Brits' are about Average at 9.8

Number of lifetime sexual partners worldwide by country



*Number of sexual partners worldwide by country
Published by Statista Research Department, Dec 31, 2005*

Source: Statista Research Department

I'm not sure how these statistics are compiled, nor how accurate they are. How can one assess the Number of lifetime sexual partners one is likely to have unless the consensus is taken on the death bed. And the younger, more sexually promiscuous young are far from their death beds unless they've contracted a deadly virus from their sexual promiscuity.

But within my cynicism is a recognition that from the 'Top Twenty' Promiscuous Countries in the World- based on 2005 compiled statistics – half of them average no more than 11 sexual partners in a lifetime. There are 40 million prostitutes in the World who average more than that a week (or some – a day). And if the average sexually active sex life of men and women is probably 60 years – then the average is one partner every 6 years of a life span. That normalizes to maybe 3 pre-marital relationships, one indiscretion in married life, and two long term relationships in the average life. Homo Sapiens are not a naturally Monogamous species, although we regularly 'Commit' to relationships in Social Terms to protect our families. Maybe my skepticism is warranted, but no cynicism. I am comforted by these figures if they are an accurate depiction of our committed relationships across the world.

But what about the 'between-the-sheets' details of the 'Quality' rather than Quantity. Let's study and analyze these, for the sake of completion, and maybe maintain 'reader-levels'. ["Sex-Statistics", USA]:



**"SEX-STATISTICS"
(USA 2018)**

The Questions which we'd all like answers to, not for salacious reasons:

Do you reach orgasm every time? - While 75 percent of men always reach orgasm during sex, only 29 percent of women report the same. In addition, most women are unable to climax through vaginal intercourse, instead needing clitoral stimulation.

Source: National Health and Social Life Survey

When did you lose your virginity? - The average male loses his virginity at age 16.9; females average slightly older, at 17.4. And a new study shows that genetics may be a factor: inherited traits, such as impulsivity, can make a person more or less willing to have sex at an earlier age.

Sources: Kinsey Institute; California State University

Does size matter? - Relax, guys. No matter what those, ahem, movies might suggest, in the United States, the average erect penis is five to seven inches long, and probably similar in other countries.

Source: Kinsey Institute

Do you need assistance? - Approximately 5 percent of 40-year-old men and between 15 to 25 percent of 65-year-old men experience erectile dysfunction.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Have you been infected? - At least 50 percent of sexually active men and women will have a genital HPV infection at some point in their lives. HPV, or human papillomavirus, comes in both low- and high-risk forms; low-risk HPV can cause genital warts, and high-risk can cause cervical and other cancers. In 90 percent of cases, the body's immune system will fight off the disease within two years.

Source: Centres for Disease Control and Prevention

Are Homosexuals more Promiscuous? – There is an extremely low rate of sexual fidelity among homosexual men as compared to married heterosexuals. Among married females 85% reported sexual fidelity. Among married men, 75.5% reported sexual fidelity. Among homosexual males in their current relationship, 4.5% reported sexual fidelity. 28% of homosexual men had more than 1000 partners: "Bell and Weinberg reported evidence of widespread sexual compulsion among homosexual men. 83% of the homosexual men surveyed estimated they had had sex with 50 or more partners in their lifetime, 43% estimated they had sex with 500 or more partners; 28% with 1,000 or more partners.

Sources: Laumann, The Social Organization of Sexuality; McWhirter and Mattison, The Male Couple: How Relationships Develop (1984); Wiederman, Extramarital Sex; Bell and Weinberg & Journal of Sex Research 34 (1997)

The Conclusions and the Findings of the details of the various research studies and reports make for some mixed reading; suggesting multiple, and often contrasting, trends are at work. One on hand we may well be having sex with more people than previous generations, but on the other hand we actually spend less time having sex. Similarly, some of our attitudes, such as acceptance of same-sex partnerships have become more liberal, while other attitudes, such as acceptance of having sex outside a relationship, have hardened.

Perhaps the biggest concern is the statistics (not provided above) about non-volitional sex. The fact that one in 10 women had sex against their will at some point in their life, is simply unacceptable in a civilized society. And the fact that many feel unable to tell others about their experience is a challenge for politicians and policymakers; how to create services that victims of non-volitional sex feel that they can turn to for support. Rape is not a topic for in-depth study in this Book, but references are made in Section 3 about 'The Evil that Some Men do to Women' and Global Statistics from 'Forbes Statista' are provided ranking 'The Best and Worst Countries for Women Worldwide'. Although the rankings are based on overall 'Quality of Women's Lives', where women are universally mal-treated, domestic violence, rape and female genital mutilation are generally rife. Syria, Afghanistan, Yemen, Pakistan and the Central African Republic are singled out as the Five Worst.

The 'Number of lifetime sexual partners worldwide by country' statistics as reported by the Statista Research Department, given above, show a Global Average of 9 lifetime partners. My own situation is somewhat different. I am a heterosexual male and have been married twice. Prior to my first marriage I had slept with only 3 partners including a girlfriend of 4 years. After I discovered that my first wife was having multiple partners during our marriage, I was 'reactional' in my behaviour. I spent several months at a time of complete abstinence when I was caring for my daughter as a single father, but whilst I was away on business, in the UK and Overseas I engaged in consensual sex with multiple partners. Apart from my second wife, none of these were long-term committed relationships up until my departure from the UK to live in Spain initially in April 2014 and subsequently in 2017 taking up residency. Thereafter I had relationships with live-in girlfriends from Malaysia, Brazil, Venezuela, and Peru. Between the break-up of my first marriage in 1990 until 2014, I had sexual relationships, travelling in up to 60 countries, with probably over 500 women. While this depicts a 'Wild Lifestyle' I can declare hand on heart that, apart from a very few prostitutes who robbed me, every relationship was wholly consensual, enjoyable, sensual and on average an experience that I can say ended with mutual respect and affection and warmth and resulted in a few long-term friendships. But don't ask me to name them all, ["AirBus Brothel", World Airlines].



"AIRBUS BROTHEL" (WORLD AIRLINES)

"As a Member of the One-World Alliance I flew around the world and amassed over a million 'Air Miles' at one time. I flew in Wide Bodied Jets, Light Aircrafts, and Private Aircrafts. I preferred the Upper-Deck of the Boeing 747 for its relative privacy and dedicated Flight Assistance Service.

The Airbus A380 was a new experience for me on usual Hub to Hub flights between Dubai and London, etc. It is the world's largest passenger airliner, a wide-body aircraft manufactured by Airbus. The full-length double-deck aircraft has a typical seating capacity of 525, though it is certified for up to 853 passengers. I was on the 'Upper-Deck' just like I used to on the bus as a kid on the way to school. I was sipping a champagne, unlike on my way to school. I started to dream, just like on my way to school.

What if this plane were full of all the ladies with whom I have had sexual relations in my life? I used to count them, then I stopped. Maybe it is more than 525, but I'm sure it is less than 853. How many faces would I recognise, how many smiles would I get, how many scowls? Would I remember even 10% of their names. How shameful is that- to have shared probably the most intimate physical experience with so many ladies and not remembered their names. How many of them would remember my name? Sometimes the encounter was just about sex, sometimes it was an alcohol fuelled one-nightstand, sometimes it was about money (for them), but hopefully in every case they will have remembered me with some warmth and affection, and satisfaction- otherwise what was it all for. I never knowingly caused harm to any lady- except my long-suffering second wife with my infidelities. They broke her heart, and I was stupid. So, like counting Sheep I started to roll off some names, mumbling as I went along. After all, I used to write their names down in a little book many years prior, an immature habit that I long ago kicked- the writing down of names that is. The middle-aged lady sitting next to me thought I was

either possessed or deranged. But this was 'Don Perignon', not 'Prosecco'.

Anne, Caroline, Frances, Martha, Maricarmen, Juanita, Pati, Eujziba, Charo, Carolina, Rachel, Juana, Gladys, Hortencia, Boa, Christine, Valencia, Kona, Claire, Fran, Maureen, Yvonne, Patricia, Vanessa, Lora, Chrizelle, Jackie, Rosa, Som, Emma, Jane, Lukia, Lillie, Aimie, Nanie, Yola, Vilia, Ana Maria, Suzzana, Maggie, Alla, Lisa, Paula, Moon, Kati, Nona, Robina, Nong, Batau, Linda, Sasi, Anne, Yvonne, Sari, Margaret, Kali, Lek, Rubbie, Conta, Dana, Sara, Lou, Saraa, Abbi, Tania, Suscure, Assie, Tukka, Memi, Zucra, Rita, Sena, Sasa, Corozon, Olga, Susan, Rosita, Isabel, Margarita, Cora, Noi, Oui, Ning, Pie, Marian, Alejandra, Amanda, Tammy, Rachel, Esther, Francissca, Dorothy, Jenny, Chellie, Rong Tong, Suzi, Patricia, Olivia, Isla, Sophie, Lily, Mia, Amelia, Grace, Evelyn, Elsie, Jessica, Zoe, Annie, Julia, Charlotte, Victoria, Liz, Natalie, Ariana, Bella,.. Jenny,.. Patricia, ...Joanne, ...Ellie,... Natasha, Zzzz... The drink took over, not my lack of memory. 1996 was a good year, but I can't remember anything thereafter. Just ignore me. I always talk to myself on long haul flights not the person next to me. If you say hi to the person next to you, you might have to listen to their life story, and conquests for 13 hours."

Shameful to make lists like that, even as fun. But there is something light-hearted, joyous, mischievous and frivolous about this song and its lyrics on the same theme. Just watch on YouTube how everybody responds well to its deliverance. If you mean no harm and do no harm- there is no harm. Live your life and be happy, ["Mambo No 5", Lou Bega].



**"MAMBO NO. 5 (A LITTLE BIT OF...)"
(LOU BEGA & ANDRÉ RIEU)**

<https://www.youtube.com/watch?v=9Qe7n9PkCvE>

*"A little bit of Rita is all I need
A little bit of Tina is what I see
A little bit of Sandra in the sun
A little bit of Mary all night long
A little bit of Jessica here I am
A little bit of you makes me your man"*

Successful Sex

There is a collection of sexual mythology, listing 7 Myths, that clouds the playing field of uninhibited sexual relations. I read them in a Book entitled 'The Truth about Success and Motivation'. Then I related them to my own experiences to familiar conclusion and effect. ["Sexual Mythology", Dr Bob Montgomery]



"SEXUAL MYTHOLOGY" (DR BOB MONTGOMERY)

Myth One: Intercourse is the adult, the best, the most important part of sex.

Sexuality does not always require sexual intercourse. Women can wait for intercourse. Less than three in ten women find intercourse sufficient physically arousing to have orgasm. They will please themselves by clitoris stimulation, but it's so much more pleasing and satisfying when the man spends an inordinate amount of foreplay on her stimulation before penetration, and the tongue never loses its willingness to demonstrate intimacy. It's this aspect that tempts the lady to say a quiet 'Thank You' afterwards, so I have found.

Myth Two: Men have to take the initiative.

So often shy men will 'shy away' from initiating the petting in case of rejection rather than expectation of their performance. It still bugs me that I didn't make an approach to the ladies whom I now know from experiences were hoping that I would have. 'The Ones that Got Away'.

Myth Three: Men are always responsible for her satisfaction.

There are no 'expert lovers' and ladies differ in their acceptance of intimacy. Very often it's fine to ask her what she wants and likes, or to show you.

Myth Four: Men need to do the Arousing.

The partner who plays a more passive role, relying on the other person's choice of technique, will usually be slower in arousal. Partners are never equal, rarely come together, and a sensitive partner will sense this and go with the flow.

Myth Five: His Penis is everything for her.

Men love to have their penises stimulated, and normally quite visually. But preoccupation about size or hardness can inhibit the man. Fortunately, the 'Blue Pill' can deal with any erectile dysfunction as the years pass or passion wanes. But focus on a full sexual encounter, not just the sex organs, will arouse interest and intimacy more profoundly.

Myth Six: Her Vagina is everything for him.

Women who shun stimulation outside the vagina are probably wanting to get it all over. Women love being caressed, with particular attention to the clitoris- and gently as you go. She will tell you how firm, how gently, how fast, how slow- let her instruct.

Myth Seven: Having an Orgasm together is the optimum.

Worrying about this will deflate the passion. But, generally the man ejaculating too soon will certainly leave the lady unsatisfied. Men need to learn to let the lady set the pace, and make sure her needs are met, one way or another.

Myth Eight: Sex ends or decreases as years go by.

Decrease in desire for sex is normally more to do with the state of the relationship or other commitments, than physical and hormonal changes. Finding a new lover will prove that to you- so keep the fire alight.

'A good sexual relationship is one in which both partners have orgasms on most sexual occasions, somehow or other. It does not matter what sexual techniques they use, so long as these are comfortable and acceptable to both partners. And it does not matter which partner does not have an orgasm on any occasion, so long as they are both satisfied that they each have orgasm as often as they want.' – Dr Bob Montgomery

So, what's the Big Deal About Sex at the end of the day? Birds do it. Bees do it. And when you turn on the television, log on to the Internet, or watch a movie, you can't help but notice that everyone else seems to be doing it too. Our culture has embraced the message that sex is just a basic bodily function, as irresistible and harmless as satisfying your hunger and thirst. But is it? Or have we bought into a lie that is rapidly corroding our souls and our society? My Bottom-Line as a man is to say sex should be respected, as all women deserve utmost respect. As for the rest, with good intent, most things are acceptable between consenting adults.

Remember Sensuality and Sexuality will never die. Let's Talk- George Clooney! Whether you are a guy or a girl, I've never met a lady who doesn't idolise George Clooney as a sex symbol. And in the film From 'Dusk Till Dawn' ('The Art of Seduction') when Santanico Pandemonium (Salma Hayek) takes the stage for her Snake Dance, Seth (George Clooney), Richard (Quentin Tarantino), and all other red-blooded men's eyes are on her hypnotic curves. ["Snake Dance", Salma Hayek].



**"SNAKE DANCE"
(SALMA HAYEK)**

<https://www.youtube.com/watch?v=EdznDnhY9r4>

*"I find myself in her room
Feel the fever of my doom
Falling falling
Through the floor
I'm knocking on the devil's door yeah"*

Adultery

Long-term relationships almost inevitably confront us with one highly uncomfortable dilemma around sex. On the one hand, monogamy feels like a profoundly desirable and often default state, approved of by the community, religions, the media, one's children and the ethos of Romanticism. It is a route to emotional closeness, a spur to cosiness and a defence against jealousy and chaos. Yet, at the same time, sexual exploration refuses not to seem in some way, on occasion, enormously compelling, obeying to certain deep-seated physical drives, and accompanied by the intense joys of breaking routines, kissing a stranger

for the first time and being for a while unencumbered by any practicalities or troubling emotional connections.

Sadhguru, the Indian Guru, states that adultery goes beyond the limited moral definition that society ascribes to it today and suggests we look at bringing love into everything we do, not just into our relationships.

He states that when young people meet and marry young, around 18, they grow together and become homogenous 'concrete' together. They are likely to stay together and not stray. Couples who meet later in life in their 50's will have a different perspective on their new relationships and are also likely to 'concrete' together, having put their pasts behind them. However, the remainder of early 20's to late 40's are likely to have their own engrained ideas and ideals, and when their partnerships falter, so does their fidelity.

Adultery in a relationship is not about right or wrong, it is just a question of sense and consequence. Every action has a consequence. The ideal is to be sensible in one's choice. Not all of us are wired to do so, even those in high office are vulnerable. It's often said that women usually need a 'reason' to be unfaithful, while men just need a 'place' and the opportunity.

President John F Kennedy was single in the 1940s when he had affairs with Danish journalist Inga Arvad and actress Gene Tierney. Before and after he assumed the presidency, Kennedy reportedly had extramarital affairs with a number of women, including Marilyn Monroe, Gunilla von Post, Judith Campbell, Mary Pinchot Meyer, Marlene Dietrich, Mimi Alford, and his wife's press secretary, Pamela Turnure. Testosterone, machismo or stupidity? J. Edgar Hoover, the FBI director, received reports about Kennedy's indiscretions, and the President will have been aware that his indiscretions could not be kept from either his wife or the White House. Maybe Kennedy believed that his friendly relationship with members of the Press would help protect him from public revelations about his sex life. Or maybe, like the reputation of certain French political leaders, it was to be expected and almost something of which to be proud, rather than ashamed.

Though there has never been any proof of homosexual activity between them, Kennedy would often, and even when married, share a bedroom with his lifelong and close friend Lem Billings. Now that was pushing the boundaries in terms of 1960's mindset and opinions on sexuality.

Adulterers get a bad rap in Books as they do in Life. They're the quintessential sinners against all that's right and proper, the blackest of black sheep. Sure, their stories begin well – the undeniable animal attraction, the deliciously guilty lust. But the good times almost always come crashing to an end, and the results are fairly predictable. Tears. Torments of jealousy. And in the History Books- Handfuls of arsenic or a push under passing train.

Alyssa Merwin, a writer from Los Angeles, noted in 'The Talko' some of the Most Famous and Colourful Adulterers and 'Serial Cheaters' in History. Among these famous adulterers of history are queens, pop stars, painters, presidents, writers, and actresses ["10 Famous Serial Cheaters in History", Alyssa Merwin]:



**"10 FAMOUS SERIAL CHEATERS IN HISTOPRY"
(ALYSSA MERWIN)**

Cleopatra



- Cleopatra was the queen of ancient Egypt in 44BC. She was known for being a beautiful, confident, and wise ruler who was involved in a tragic love affair with the Roman general Marc Antony. However, she was also romantically involved with other men besides the general.

When Cleopatra first came to power at 18, she was required to marry her brother, Ptolemy XIII, because a queen had to be led by a king. When she was thrown out of Egypt by her brother, she met Julius Caesar and they became entwined in a love affair though it was mostly just a political agenda on both parts. She eventually met Marc Antony

and the two were married. Basically, Cleopatra cheated on her husband multiple times with Marc Antony and Julius Caesar but her husband was also her brother so it's a forgivable offense.

Madonna



- The dating history of Madonna is long and legendary and the list includes Dennis Rodman, Warren Beatty, Antonio Banderas, Lenny Kravitz, Vanilla Ice, Michael Jackson, Willem Defoe, Guy Ritchie, Alex Rodriguez, and Sean Penn.

There have been cheating rumours about Madonna for decades throughout her numerous relationships and, let's be honest, there was bound to be some overlap. Her most notorious cheating scandal was the one between her and A-Rod which allegedly broke up her marriage with Guy Ritchie. She also dated John F. Kennedy, Jr. while she was still married to Penn but it's hard to feel sorry for Penn who once tied Madonna to a chair and tortured her for hours before she was able to escape. Nevertheless Madonna openly declares Sean the 'Love of her Life'.

Ernest Hemingway



- Hemingway may have been one of the greatest writers of the 20th century but Ernest was definitely not the ideal husband or lover. He was a heavy drinker, volatile, physically abusive, and misogynistic. Basically, not a great guy.

Over the course of his life, Hemingway had four wives and countless mistresses and often times, his wife and his mistress were forced to interact with each other. Why did they put up with this? Well, he was very charismatic, charming, and handsome. It would appear that while he showed a soft and romantic side of himself to his wives and mistresses, it was his obsession with his own masculinity that seemed to require him to never be without a woman and it was his goal to seduce every woman he desired even though he saw them as inferior. It's safe to say that Hemingway was definitely not a feminist.

Pablo Picasso



- The women in Pablo Picasso's life were very often his muses and it all started with Fernande Oliver who he painted during his Rose Period and had a relationship for seven years. When Oliver left, he then fell in love with a woman named Eva Gouel who soon became sick and died an early death.

Picasso claimed to have loved Gouel but he was in a relationship with Gaby Lesinasse while she was ill. He married ballerina Olga Khokhlova and while he was married, he had a mistress named Marie-Thérèse Walter who he kept secret, until she became pregnant with Picasso's child. Picasso and Khokhlova separated but never divorced because he didn't want his wife to receive half of his wealth. He had a relationship with Françoise Gilot who eventually left because of his abusive nature but while they were still together, he had an affair with 17-year-old Genevieve Laporte (he was 70 at the time). Great painter but by all accounts not such a great guy.

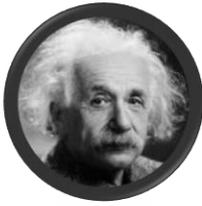
Marilyn Monroe



-Marilyn Monroe had many marriages (although not as many as Elizabeth Taylor) and many love affairs. Her most famous alleged affair was with President John F. Kennedy. There are many stories of Monroe cheating on her first husband with executives and producers in order to further her career which is something many aspiring actresses were pressured into doing (rather like the infamous Eva Peron, First Lady of Argentina).

If her many biographies are to be believed, she had affairs during all three of her marriages with celebrities such as Marlon Brando, Frank Sinatra, and even Joan Crawford. These allegations are unproven but Monroe did have a habit of never being without a man and said of her many relationships that she couldn't stand to be alone but she also couldn't stand to being in a relationship either.

Albert Einstein



- Albert Einstein may have been smart but it didn't keep him from cheating. He and his first wife, Mileva Maric, were married in 1903 and he was cheating with many women throughout the marriage. Maric and Einstein were divorced in 1919 and just a few weeks later, Einstein married his second wife, who also happened to be his first cousin.

Albert and Elsa had begun an affair in 1912 while he was married to Maric but Elsa was just one of many women. Einstein's second marriage did nothing to stop his adulterous ways and while he was discovering the theory of relativity, he was having affairs all over town. He had affairs over the course of his marriage with Elsa with women named Estella, Margarete, Ethelle and two women who were both named Toni. He may have been a genius when it came to physics, but he wasn't very smart when it came to marriage. He also allegedly had a passion for prostitutes.

William Shakespeare



- Though he wrote dozens of famous plays, much of William Shakespeare's actual life is a mystery. In the film Shakespeare in Love, the playwright is depicted as having an affair with an actress while he was still married but it is not known how much is actually true.

He was married to Anne Hathaway after he had gotten her pregnant and we know that he was probably having an affair with a woman known as the 'Dark Lady' which he wrote about in his sonnets. "The Dark Lady" may have been the poet, Emilia Lanier, Elizabeth Wriothesley, Countess of Southampton but there are theories that his sonnets are actually about the countess' husband Henry Wriothesley. Many people believe that Shakespeare may have been bi-sexual. We'll never know if he was a serial cheater for sure but if his steamy sonnets are any indication, he was definitely having multiple affairs.

Elizabeth Taylor



- Elizabeth Taylor had eight marriages over the course of her life and numerous affairs, the most famous affairs involved Eddie Fisher who was married to Debbie Reynolds at the time. After Taylor's husband died suddenly in a plane crash, Fisher was there to be her shoulder to cry on and the two began an affair and he eventually left Reynolds for the actress.

However, Fisher got a taste of his own medicine when Taylor met her future husband Richard Burton on the set of Cleopatra and the two began their famously torrid relationship and she divorced Fisher and married Burton a week later. She had many other affairs after her relationship with Burton and even remarried him years after they divorced only to divorce him again. As Cleopatra's actual relationship with Marc Antony was doomed from the start, so would the relationship of the actors who played the respective characters.

Benjamin Franklin



- Benjamin Franklin was a magnet in his day. Though he was married to his wife Deborah for 44 years, he still fathered an illegitimate child on the sly who she eventually helped raise. He spent 18 years of their marriage away in London or Paris where he had many mistresses.

In a famous letter to a friend, he explained how exactly to choose a mistress. He told his friend that he should always choose an older mistress rather than a younger one because you didn't have to worry about them getting pregnant, they offered more stimulating conversation, and they would be much more likely to keep the affair to themselves.

Donald Trump



- Back before he became the dodgiest of US President, Donald Trump was the dodgiest of husbands. He was gross then too and had many affairs with various blond women. Of course, he always respected women, especially blonds.

He had an infamous affair with Marla Maples while he was still married to Ivana Trump. He has since implied that there have been many more affairs than the one with Maples. A former bunny claimed to have been one of his mistresses over a decade ago while he was married to Melania. The National Enquirer paid her \$150,000 for her account on her romantic entanglement with Trump but the story never ran. This is probably because the company has close ties to Trump and the idea of people being paid to keep quiet about affairs with Trump is not at all surprising. There is probably something there since they had to cover the story up. In an interview, Trump was asked about his affairs and he said that he never discussed it because "it was never a problem." Sure.

From a Personal standpoint as it seems Adultery is very much commonplace throughout the world, why should I add comment. Even the suspicion of it can be enough to move mountains. While in Dubai I went on 'Google Maps' for the first time and zoomed in on my cul-de-sac at home in the UK. I never knew No1 had such a bit garden. And who's blue Ford Motorcar was that on my driveway. I called my wife and confronted her. 'Don't be silly' she reassured me, 'Google only update their aerial street maps maybe once a year.' 'Whose bloody car was that on our driveway 12 months ago then?' I protested.

In the past stars had multiple marriages perhaps because extra-marital affairs and sex out of wedlock were less common. There are also Religious, Social and Economic reasons why there appears to be more or less Adultery in some societies. 'My favourite part of the Bible,' stated a neighbour of mine 'is when Jesus is raw-dogging a porn star while his third wife was nursing their child'. As a retired schoolteacher, I was not surprised to learn that Religious Studies was not one of his subjects. That sketch is one Anecdote even too far for my book.

At the end of the day there are lots of reasons why one partner often doesn't seem enough in this short life. And sometimes the desire is 'just too strong'- 'shit happens' although few in the grip of an affair would refer to it as such. ["Me and Mrs Jones", Billy Paul].



**"ME AND MRS JONES"
(BILLY PAUL)**

<https://www.youtube.com/watch?v=mWOTdt9Bovk>

*"Me and Mrs, Mrs. Jones
Mrs. Jones, Mrs. Jones, Mrs. Jones
We got a thing going on
We both know that it's wrong
But it's much too strong
To let it go now"*

I cannot pass judgement, as a serial Adulterer myself (to my second wife). If you give into something today that makes you feel stupid the next day- everything will eventually be wrong in your life. Maybe it is still all about the 'Chase'. The Adulterous Affairs I sometimes regret are the ones I could have had and didn't have, not the ones I did have. Maybe Karen, Dora, Helena and Maria del Mar might agree if they knew how much I regret not acting upon my sexual instincts. Having said that, the Affair I'm most ashamed of was a brief encounter I had with a friend's wife when living in London- the only mitigating circumstances being that I was under the influence of alcohol and raped (hum... poor excuse my Lord!). But Officers should never sleep with other Officers' wives, it's bad for morale. Ask any Member of the British Royal Family. The Royals are mostly serial philanderers with the exception of our beloved Queen, mind you I can't vouch for Prince Philip. When addressing po-faced Malaysian audiences at Seminars across that country in 2006 I always used the one-liner to open my talk. 'Having been invited by my two co-presenters today to talk to this esteemed audience is like being asked if I would like to sleep with the Queen of England. It is indeed a great honour, but do I really want to do it'.

I think the biggest surprise can from the lips of my aged and Godly grandmother Esther. ["Dear Grandma Esther- all Hart", UK 1993]. However, you look at it, adultery ruins lives. Men forget, but never forgive; women forgive, but never forget. Where there is unfaithfulness, even the most committed of partners are 'torn'. ["Torn", Natalie Imbruglia].



**"TORN"
(NATALIE IMBRUGLIA)**

<https://www.youtube.com/watch?v=xSZBIs0qs0E>

*"So I guess the fortune teller's right
I should have seen just what was there
And not some holy light."*



***"DEAR GRANDMA ESTHER HART"
(UK 1993)***

"It would be hard to image a more idyllic marriage. Childhood sweethearts. Married young, been together 70 years, and never a day apart. Nan would go to the market every day to buy fresh vegetables and meat from the butchers. Never been to a supermarket in her life. Once tea was ready, and 15 minutes before my Grandfather would return from work, she would creep upstairs to put on a dress and freshen up. Smelling of perfume herself, and the dining room full of the inviting aromas of the dish of the day, she would join him for an intimate meal.

Thereafter they would watch his favourite 'soap' on TV before it was supper time and time to switch on the electric bed blanket.

They were blessed with good income from my Grandad's business and would enjoy a foreign holiday every summer. They shared every moment of their lives, until tragically my Grandfather was hit with glaucoma and dementia. He died quietly after an eventful life which had span two world wars.

But my Mom was most worried. She couldn't leave 'Nan' alone in her home after 70 years with my Grandad. 'Nan please come back to our home and spend a couple of weeks with us where we can care for you. You will not be used to being without Dad, I know you loved him so much, and your marriage was so perfect, you will bound to be lonely.'

'Good riddance' exclaimed my Nan to my mother's shock and horror. 'What do you mean Mom, are you OK?' 'Daughter I can tell you now after so many years, on April 3rd 1957 he didn't come home until 2 am in the morning, and I know he had gone with that 'Floss'. She was always flirting with the men in the Three Crowns.' 'I know you will be shocked to hear it, but that is what your father did to me. That was the end.' - Well, well, well."

Prostitution

Point Number One- Don't judge, or you will be judged- particularly if you have no experience, and your opinions are based on just prejudice. Read on and Learn. I have a 'bee-in-my-bonnet' about prejudiced views from middle class pious people of mediocrity on this subject.

If we can respect other careers, then why not prostitution? After all, they are just trying to earn for their family by selling what they have just like anyone else in this world. I understand that for you, sex is the synonym of prostitution. But in reality, there is a lot beyond that; innocent childhood, betrayal, lost family, hungry stomachs, destroyed dreams, dead hopes, unwanted pregnancies, etc.

If Jesus could befriend prostitutes, why can't we all, with a few understandable exceptions? ["I don't know How to Love Him", Yvonne Elliman]. He showed Love and Empathy, even if he didn't become a Punter. I have treated almost all women I have met, without exception, with warmth, understanding and respect. And I don't consider that a pious declaration, it's part of my life philosophy. In terms of prostitutes, I have met many. I have slept with some, sorry maybe I should say many. But I have befriended, respected, occasionally defended, and got to know many more. Give me a kind, humble working lady (and they are not all like that by any stretch of the imagination) rather than a self-opinionated, judgemental lady-average proclaimed do-gooder, anytime. Those who charade as prostitutes but are just drug addicts and thieves will suffer from the 'Bad Karma' they spread- like all thieves from whatever walk of life. What goes around, comes around. However, most of the others are 'Ladies'. They are human beings and almost universally hate their job, more that you do yours. A few of them actually grew to love me more than they hated their job. Something in a strange way I relished, and I've had my Mary Magdalenas, from Singapore and Hong Kong to Dubai and Cuba. In the end it is more about who you are, not them.



"I DON'T KNOW HOW TO LOVE HIM" (YVONNE ELLIMAN)

<https://www.youtube.com/watch?v=DM3dYCp-op8>

*"I don't know how to take this
I don't see why he moves me
He's a man*

*He's just a man
And I've had so many
Men before
In very many ways
He's just one more"*

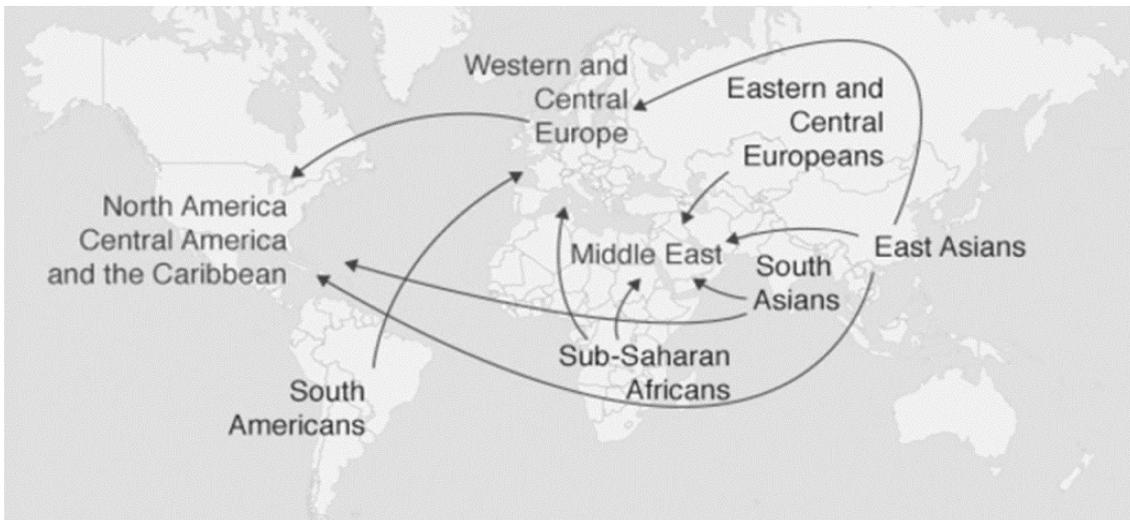
In a survey of prostitution, the majority of prostitutes say their own sexuality, sexual curiosity and money are the main reasons they chose their line of work. I would say it is motivated mostly by the need, even if sometimes greed – for money.

The sexual drive is not the reason to charge money, the main reason for prostitution in all groups is always money. But often (but not all) cases it is driven by a need to provide for children and family (alternatives abandoned).

Money is cited by 85% of the prostitutes. Some have to pay for housing, food and day care for their children, others must pay for their drug abuse, while others want an extra week's holiday abroad and designer clothing in which to travel.

A typical story, from Third World country prostitutes whom I have met, is that the man abandons the lady and their baby and takes all the money there might have been. The lady leaves the child with her parents, then moves to an overseas market to seek work and provide for her family. Some end up as Nannies caring for other peoples' children rather than her own; some work as cleaners or hospital workers; many end up in prostitution as the only way to earn a living (especially if they owe a People Trafficker thousands for their passage). I won many of their hearts, not by showing my wallet, but showing empathy, spending quality time with them outside the bedroom, and sharing my own personal experiences of being a dedicated father to my own daughter. I have felt 'Love' from several of these troubled ladies, not all prostitutes but nearly all of them victims, particularly in Singapore, Hong Kong, and more noticeably throughout the Middle East in cities like Dubai and Abu Dhabi- all of which have large expatriate communities, who seek home help at home, and sex away from home.

The Main International Sex Trafficking (and Migration) Routes



Source: UNODC

As much as I can relate to some prostitutes as ladies with empathy; without exception I dislike all Pimps, all low lives, all displaying zero empathy, and all of them abusing ladies far more than most punter do.

If we have to categorize the 'Women' who become working girls, then there are the stereotypes, but rarely true: The most common stereotype of prostitutes is the street walker, drug addict, controlled by a pimp, and willing to accept a few dollars for their services.

In reality, this "oldest profession" falls into several categories. Yes, there are the street walkers whose lives are awful. However, there are also those women who provide sexual favours in massage parlours, small hotels and out of their own apartments. At the end of the spectrum are those women who are escorts or professional sex workers. Often, they work for themselves and charge sums of money that can run into thousands of dollars for a night out. Sometimes their clients are politicians, sports figures, and Hollywood movie stars. We've all seen the Movies, even if we haven't met the girls.

Sex trafficking is an international, multi-billion-dollar business involving

criminals who kidnap and enslave girls. Girls as young as ten-years of age are snatched from their countries and sold into prostitution far away from their native homes.

The 'Men' who use prostitutes range from those who believe they are ugly and unable to have sex without paying for it- the 'Sad Guy'; those wanting sex but without all of emotional involvement that comes with a girlfriend- the 'lazy Lay Guy'; and those wanting casual sex with no obligations attached- the 'Opportunist'.

Some Guys on holiday are 'Recreational Shaggers' while men working long, hard hours leaving no time for dating and romance, are the 'Needy Quickie Guys'. These are only a few of the reasons.

A former prostitute who has slept with over 10,000 men has answered the golden questions that many women ask – including “what do men really want from sex?”

In fact, in the decade she was in the industry, the most important thing to her clients was the “feeling of being needed and wanted. Wanted badly by a horny woman. It is their ultimate fantasy after all.”

Such men tend to be kind, caring and grateful for the service they are given. Others who respect these-type-of-ladies less are invariably more aggressive and abusive. Basically- 'Dickheads'.

From my perspective, the major concern about both types of men is not so much that they pay for sex but that they seem blind to the plight of these women. I say that because I have taken the time to talk to and get to know so many of them in Bars and Clubs across the World. I have formed friendships with far more than with whom I have had sexual relationships.

Many men convince themselves that prostitution is a choice and that none of the women they see are exploited. In some cases, they might be right, not least where the girl primarily seeks sex and a good time. A lot depends on where they go and who they see. In my opinion, it's a mistake to make any assumptions about the women they are visiting.

These are difficult issues that stir controversy. There are those who advocate legalizing and regulating the sex industry. There are others who are outraged by this for moral, or religious reasons.

For example, should a married man, for any reason, see a prostitute? Do you believe that it can help a marriage? Is a man who sees a prostitute being unfaithful? Well, no not really, or I suppose so. Or Yes, yes and yes- it depends on your viewpoint as well as definition. I advocate the following, in terms of policing the Global Sex Trade. It goes on all over the world, so trying to enforce criminalisation will only lead to further Corruption and Abuse. Those who do need punishing are the Pimps who abuse these ladies, and some of the Punters who also go beyond what is acceptable to them in terms of their abusive behaviour.

Punish Pimps and Prostitute Abusers- not Prostitutes

Some men are 'Base' and quite sickening. I've seen them as recently as last year before the Pandemic Lockdown. They enter the local Dens of Iniquity, drunk. They grab girls, go behind a curtain for minutes and reappear bragging to their mates, showing no respect for the ladies whom they used, and abused. Did they see a quick release, a dirty thrill, a receptacle? When I see low lives like they I think all Nations should adopt the Nordic Model which decriminalises the sale of sex but makes buying it a crime. In France they pay fines of \$1,500, \$3,750 for repeat offenders.

But I put it to you that not all punters are bad, the girls know that. You should ask them not the lawmakers. Some are lonely, some are naive, some are victims themselves. What is worse, 90% of the prostitutes in these types of venues are from poorer third world countries, maybe Eastern European or African nationals, for example, exploited by sex traffickers and Pimps. Forget that Happy Hooker image, it's not true.

What the Arm-Chair critics and puritans and Nordic model advocates don't understand is that prostitution is inexorable, eternal, encoded in civilisation's DNA. It is the World's Oldest Profession, but that is not a reason to conclude that male sexuality is so dark, volcanic and all-powerful that denying it a commercial outlet will bring forth rape and violence. Not all men are the same.

Men will always seek prostitutes, occasionally, whether for company long after the loss of a partner, or for personal comfort in other times of loneliness, or occasionally for self-gratification- it's a human function and doesn't have to be satanical. But if ladies are abused in the process, it should always be criminal.

It's no coincidence that the Nordic Model was pioneered in the most gender-equal countries: Sweden, Norway and Iceland. In these countries,

prostitutes are assisted to leave prostitution and, unafraid of prosecution or retribution, can report violent punters. Prostitute numbers are reducing drastically in these nations, which is good.

What is the solution? Should prostitution be reclassified as part of the 'Leisure Industry'. The Legal Status of Prostitution in different Nations of the World is discussed in Section 6 on 'Ethics'.

Armageddon will surely be when Pimps are always given free rein Worldwide. They are the growing 'vermin' in society. That's not to say that there are not unacceptable excesses elsewhere in establishments not necessarily run by Pimps. In Germany, 12-storey mega-brothels have 'gang-bang' floors, menus catering for the roughest tastes. Some charge a flat rate for an 'all you can screw' deal. Others offer a cheery lunchtime 'Shag-Fest' special of a Bratwurst, beer and Quickie Shag. Women as a side-order- what a brave 'pro-sex' New World. At least she gets a 'Good Tip' and a personal 'Frankfurter', cynics would defend.

My own conclusion is this: 'The Divine obliteration of God's enemies' is not amongst us yet. The Balance in Burden of Criminality should shift to those Agents (Pimps) who arrange and Aid and Abet it, and those Punters who are violent or abuse the Ladies who sell it. And the Bottom Line is those who sell it should be protected. (I've acted occasionally myself as a vigilante in one-off Bar situations where 'Dick-Heads' prevail and misbehave). But I put it to you that illegal or immoral forms of 'Prostitution' in most of their forms will never be eradicated around the world while men with money seek easy sex for money, and a Culture of Corruption prevails in society.

Jealousy

Since the dawn of time, jealousy has been as prevalent an emotion as love. Shakespeare called it 'The Green-Eyed Monster'. I've always felt that if you don't feel jealousy when a partner cheats, then you are either emotionless, stupid, or you don't love that partner.

Jealousy is a complex emotion that encompasses feelings ranging from suspicion to rage to fear to humiliation. It strikes people of all ages, genders, and sexual orientations, and is most typically aroused when a person perceives a threat to a valued relationship from a third party. The threat may be real or imagined. Sexual jealousy is by far the strongest of emotions.

The quote: 'Hell hath no fury like a woman scorned' is usually attributed to the English playwright and poet William Congrev. Hiliary Clinton could have been the person to embody the quote if she had acted to assassinate a fifth US President over the Monica Lewinsky affair; but on the face of it, controlled herself relatively well, stating that she was 'just devastated'.

"Whoever had known sexual jealousy, that most destructive of emotions-and this would be so for men no less than women-had known madness and had now to know sympathy for someone who had been carried by jealousy this one terrible step too far, to murder." - Diana Trilling

I will not delve into too much analysis about this strongest of emotions. I would like to portray a sense of it and will demonstrate its strength and acidity, by means of Anecdotes, relating to my own jealous reaction to my first wife taking lovers, and becoming pregnant by one. They are written in 'Odes' and speak better than further words of Analysis. When you are jealous and wrapped up in the situation, the words can be telling. I was extremely Jealous, and the events finally ended in my divorce. My Personality Type Two (see Section 14, the 'Enneagram') highlights my weaknesses at times of rejection. Beware, or do something about it. And a reactional shift under stress to a Type Eight turns a placid Type Two into a combative forceful man of action and ultimate destruction, sometimes self-destruction.

Jesus probably wasn't speaking from experience, like me, when he preached his disapproval of corruption or sexual immorality. Undoubtedly sexual sins destroy marriages, families and lives. They start with deception and end in jealousy, depression, and disease.

They say the 'Abused' become 'Abusers' whether it's domestic violence, paedophilia, alcoholism, sexual promiscuity, or other psychiatric disorders. My first wife certainly packed our brief marriage with enough material for an entire conference on 'Sleaze, Immorality, Malicious Betrayal and Deceit', or even a Book! Actually, with the benefit of hindsight, I can see that she is a Lady with many fine qualities, my view was tainted by my jealousy. To my shame, I replicated much of her worst behaviour in my treatment toward my second wife.

Nevertheless, as the story went: I had brought my estranged wife back from Peru again by 1992, because I thought our daughter needed a mother, and I sought a reconciliation yet again. We had a beautiful daughter, I had a good job, we were young with International career opportunities and

everything to live for. But there was one last secret to discover ["Jealousy in Hindsight, Spain 1992].



**"JEALOUSY IN HINDSIGHT"
(SPAIN 1992)**

*"Rocco The Italian Hairdresser had found his way into the Matrimonial Bed
Even before he had that heart attack shagging in pain,
no tears had been Shed
Where was this 'Sham of Marriage' going
while a beautiful child so innocent Shone
There was so much to lose, but so little to be Won.*

*Then she shagged the Royal Oak Owner, how could she do That
He's a bully, a proud soldier,
but Greg knocked his fucking teeth out, Howzat!
Years later she'd top that by seducing his boss in Singapore
Had to fly across the globe to show the world she was up for some More.*

*But a second Honeymoon in the Canaries didn't work wonders as it Should
Rather meeting a 6'4" Swiss Printing Operator at the airport
on the way back surely Would
Two impromptu trips to Switzerland on Greg's AMEX took priority
over the Baby Custody Fight
Didn't matter she was in Love, again.
Romance and Shagging, with all of her young Might.*

*She'd enjoyed but forgotten that rich Mexican lover,
the Money and all that Las Vegas Stuff
And having Andy the UK bricklayer as her 'Bit of Rough',
was more than Enough
'Gotten over Beto' who'd topped himself over the German
with whom she had had a sexual Bout
Once in Germany why were the TV cameras too focused on him,
she needed more Clout.*

*Ernesto the Peruvian Guarda Civil was more persistent
and worth not showing the Door,
But Mauro Rubini the Italian and holiday romance
offered her that little bit More*

*Had to fool Greg again, while he studied,
to win excitement in Bologna and pay for all That
He even salvaged the day and paid her flight home,
mindful of all the Shit, 'Oh What a Twat'.*

*Frying Pan into the Fire though, Jose Antonio was a Cocaine Crackhead
who fucked with her Head
She'd have been better sticking with Peter Teugal
the Belgian Timeshare Salesman Instead
But she knew she was wrong to go with him in Spain
and leave her young Baby Alone
So, Greg sent her home to Peru & saved the day again,
restored the Lady's soul, and never a Moan.*

*Tenacious you may say, Love conquers all,
off to Spain he took her the next and very last Time
'Our baby's so precious' he thought, 'we owe love to her,
and she's her's not just Mine'
But this time she was carrying Markus Moderer's baby,
While still shagging Jorge, which she thought was just Fine
Well it wasn't for Greg, time to put being a 'Single Dad First'
and consider everything else - just a horrendous Crime!"*



**"RUN FOR YOUR LIFE"
(BEATLES)**

<https://www.youtube.com/watch?v=yzHXtxcIkg4>

*"Well, you know that I'm a wicked guy
And I was born with a jealous mind
And I can't spend my whole life
Trying just to make you toe the line"*

**"RUBY DON'T TAKE YOUR LOVE TO TOWN"
(KENNY ROGERS)**

https://www.youtube.com/watch?v=qvHg_RvQLFo

*"She's leavin' now 'cause I just heard the slammin' of the door
The way I know I've heard it slam 100 times before
And if I could move, I'd get my gun and put her in the ground
Oh, Ruby
Don't take your love to town"*

Compare that Ode an this, which was composed in 2020 ["Raw Jealousy", UK 1992]; comprising ["A Fart with A Message", UK 1992];

["An Ode to A Toad", UK 1992]: ["Happy Xmas 1992, UK] with the tribute below. The difference is not in the quality of verse, nor the message they conveyed. The difference is in the 'Tone of Delivery'. The 1992 versions are all about Jealousy, not accepting of the Resolution. There is always a reason why Partners Cheat, and it's often not to do with sex. My Grandfather put his arm around me in 1992 and said, 'I'm so sorry. Maybe she wasn't happy.'

The fact was that she didn't love either her man nor her situation. 28 years on we met at our beautiful daughter's wedding in Verona, Italy. You could feel how much love and respect she had come to feel. All is well that ends well. Life really is not easy sometimes, all parents should prepare their kids. At this Stage I think it only appropriate to give the Post-Script 'Tribute to Carolina Martinetti' a remarkable lady and mother of the best daughter in the world.

Tribute to Carolina Martinetti



"CAROLINA MARTINETTI" (PERU 2020)

"Carolina Martinetti's condemnation and attempted censorship of the dedicated 'Anecdotal Ode' above was very vocal. But that typifies the 'Lady'. She is strong willed, a classic Personality Type Three (see Enneagram Analysis Section 14). She is self-assured, attractive, and charming, ambitious, competent, and energetic, albeit often overly concerned with her image and what others think of her. Nevertheless, she can be very motivational with those around her, not least those whom she loves and is most proud of, such as her daughters.

Being status-conscious and highly driven for advancement and recognition is OK, and for Carolina that meant 'being someone' in her native country 'Peru' and city 'Arequipa'.

The Martinetti family, of Sicilian origin, were part of Peru's high society. Carolina's Great Grandfather was a prominent figure in Peru and the family had large landholdings and political influence. One of her Uncles was in the Diplomatic service as Consul to Chile, another on 'Social excursions to Brazil' when great change befell the country and her family.

The Military Government under the dictator Juan Velasco Alvarado introduced a new Agrarian Reform law in June 1969. The most striking and thorough reform imposed by the Velasco government was to eliminate all large private landholdings, converting most of them into cooperatives owned by prior workers on the estates. The reform was intended to destroy the basis of power of Peru's traditional elite. It did that as well as destroying many efficient farming operations.

Carolina's father, Adolfo, was the only proud member of the family who resided as 'Patron' on a family owned 'hacienda' which he 'worked', in the valley of 'Majes', Arequipa cultivating Mangos. As such, of the family's enormous national landholdings, only he was allowed to retain his farm, until his family members and their creditors clawed back what they were able to justify, or corruptly acquire over the years that followed.

Adolfo took his family to the city of Arequipa to live in the 4-star 'Turistas' Hotel for the next 15 years, and school and raise his children, in the style he thought they deserved. Fortunes, or rather the lack of benefits of the family fortune, meant that austerity was to eventually set in.

As the coffers emptied Adolfo and his family, underpinned by pride and cultured up-bringing, used respected contacts to maintain its place in society, and sought ways to survive. A remaining parcel of land was sold to purchase a restaurant in town. Carolina met a German Formula 2 racing driver and travelled to Europe. She toiled as a Nanny in Germany, she 'wheeled and dealt' with Peruvian contacts, including President Alan Garcia, to find ways to restore the family's standing in Arequipa, eventually to return in the early 1990's to buy land and construct a 'Proud Home' in keeping with the 'Martinetti' stamp. She helped support and care for her autistic sister and impoverished parents. She got involved in small businesses from catering to solar heating, and dabbled in national politics, all under her own steam and drive.

Watch this space because Carolina Martinetti has not finished making her mark in this world yet... And then she moved to Spain."



"RAW JEALOUSY"

'HAPPY CHRISTMAS 1992'

Remember in early 92 on the phone one day,
I asked you to take Carolina away,
but I told you to respect my home and my child,
that was your chance to keep me quite mild.

Within a week you took my child to Wellington your home,
and later this year in my house you were with Carolina alone.
You've had sex with my wife and you telephone every day,
you've violated the rules for respect in every way.

Now during 93 I ask you to act more fairly,
accept responsibility for Carolina please quite squarely,
you'll find her sense of values and demand for money,
a stretch on resources sometimes it's far from funny.

But of the way she's treated her husband of recent years,
of course you may have little or no fears,
so you're going to give it a trial and live together in 93,
this time act FAIRLY the child stays with her father - that's met

' A FART WITH A MESSAGE '

Marriages like life pass through troubled waters,
everything that is born will die,
but like a tree after a harsh winter,
some things blossom again in spring time.

Seasons you can plan for but death you cannot,
marriage is with us "until death us do part",
whether we live together or go our own ways,
the seed of our marriage is with us until the end of our days.

That seed has blossomed into a beautiful flower,
a gift from God for which we should give thanks every hour,
a beautiful daughter so precious and clever,
that's our Jamie Andrea to whom we gave life together.

But our love for each other that helped us create her,
has diminished and faltered and perhaps it's forever,
whilst commitment there is there's no intimacy nor passion,
and the most intimate of all you share with another!

Stress and depression it has caused me untold,
all bottled up inside it increases twofold,
my wish was to love and care for you both,
but my inadequacies & frustrations have resulted in loath.

If your unfaithfulness is due to shortcomings on my part,
I'd ask you to appreciate these are issues of the heart,
I'll beg your forgiveness for errors of the past,
both of us have faults we should accept that at last.

But your affair has been protracted and I'll accept it no longer,
I have filed for divorce and I'll have no chip on my shoulder,
I live for our child and I'll work for her future,
but in our plans for our daughter we must work together.

Self respect we must have to achieve goals in life,
irrespective of all the trouble and strife,
now the decision is yours whether we separate tomorrow,
I'll accept your decision perhaps with some sorrow.

If your heart stays with another then so it must be,
a quick close to our 7 year matrimony,
if your love for me lives then perhaps we can start,
by sending your lover a good bottled fart!

"AN ODE TO A TOAD"

Markus Moderer stands tall and so proud,
bright, liked, bushy-tailed, neither timid nor loud,
he's fallen in love with a beautiful girl from Arequipa,
excuse me for saying-
cock in hand, mind in neutral, he intends to keep her!"

Advice from an ex-husband he's unlikely to heed,
with the certainty of her love after all what is the need?
so with the maturity expected of me I'll offer no words of advice,
just wish you luck, love, health, wealth- all things that are nice.

Carolina, the world with you she longs to travel,
while the mysteries of life and new experiences unravel,
alongside her devoted printing instructor,
you'll guide life's ship together without a conductor.

Carolina loves the adventure that comes with breaking new waters,
with style, charm and strength of character that's just as her daughter's,
but beware when the boredom and realities of life set in,
because a life time of memories and dreams, again she might bin.

But for the Printing Instructor there's no challenge in life,
like that of to harness the spirits of a new wife,
he's been where a Mexican virgin and a Guardia Civil have too,
but this time it's the difference that guarantees problems will be few.

It's the good nature of this Printing Instructor that shines above all,
Greg Malpass, Andy and Juan Julio above whom he stands so tall,
he has won the heart of this most glamorous girl,
after she'd given Ernesto, Mauro, Jose Antonio, and even Teugal a whirl.

She stood to inherit a shoe factory or a solar heating company,
even before Inca Cola she places this Swiss "tahoollee",
but it's true love for another that is the real bottom line,
so she tells her husband as he opens another bottle of wine.

But the true test of character is the unselfish way,
both Carolina and you act at the end of the day,
"Jamie Andrea", they will say "How could she leave her...
and fly off with some flirt this time from Geneva."

But she knows Jamie's the apple of her father's eye,
and that's not going to change as the years go by,
but she'll have love and respect for her mother always,
I'll see that she has until the end of her days.

I wish Caro luck with you as her chosen partner this time,
she'll see Jamie whenever she wants because she's not only mine,
I know in my heart '93 will be "un cambio" in her life,
the start of something fresh - "God be with you my wife."

Lessons Learned



SECTION 10- LESSONS LEARNED

"Love, Lust Sex & Jealousy."

1. KEY MESSAGE: 'The Divine obliteration of God's enemies' is not amongst us yet. The Balance in Burden of Criminality should shift to those Agents (Pimps) who arrange and Aid and Abet Prostitution and Abuse Prostitutes, and those Punters who are violent or also Abuse the Ladies. Meanwhile prostitutes should be protected. Illegal or immoral forms of 'Prostitution' in most of their forms will never be eradicated around the world while men with money seek easy sex for money, and a Culture of Corruption prevails in society.
2. Romance has got to be one of the most fun and least executed activities in many relationships. With all the distractions we have in our busy lives, it seems many couples never find the time to be romantic — but that can lead to love's demise.
3. Intimacy is the emotional Component of love, including closeness, sharing, communication and support, the behaviours through which two people express their emotional interdependence. Passion is the motivational Component of love, including physiological arousal and an intense desire to be united with a partner of choice. It is largely but not exclusively sexual. Commitment is the cognitive or thinking Component of love, involving the initial choice to become involved with a certain person, and then the repeated choice to develop and maintain that love relationship by behaving in appropriate ways. To have successful relationships you need all three Components, plus a healthy successful relationship and respect for yourself.
4. The historic and current role of women is indisputable. When women are empowered and can claim their rights and access to land, leadership, opportunities and choices, economies grow, food security is enhanced, and prospects are improved for current and future generations.

5. *We may well be having sex with more people than previous generations, but on the other hand we actually spend less time having sex. Similarly, some of our attitudes, such as acceptance of same-sex partnerships have become more liberal, while other attitudes, such as acceptance of having sex outside a relationship, have hardened.*
6. *Sadhguru-, the Indian Guru, states that adultery goes beyond the limited moral definition that society ascribes to it today and suggests we look at bringing love into everything we do, not just into our relationships.*
7. *Men will always seek prostitutes, occasionally, whether for company long after the loss of a partner, or for personal comfort in other times of loneliness, or occasionally for self-gratification-it's a human function and doesn't have to be satanical. But if ladies are abused in the process it should always be classed a criminal act and the law enforced.*
8. *Whoever had known sexual jealousy, that most destructive of emotions-and this would be so for men no less than women-had known madness and had now to know sympathy for someone who had been carried by jealousy this one terrible step too far, to murder. - Diana Trilling*

MISSION STATEMENT: "I will look at bringing love into everything I do, not just into my relationships. (To have successful relationships we should seek the three Components of love-Intimacy, Passion and Commitment, plus a healthy successful relationship and respect for ourselves). I will not be judgemental of others in their Life Choices. I will not seek to hurt others in my actions- particularly in terms of taking sexual partners. I will never seek comfort from a prostitute, but I will continue to seek to respect and protect Prostitutes where I consider they deserve so, and I am called upon to do so".

Money, Greed, Pride & Prejudice

HUMAN COMMUNITIES AND FAMILIES' UNITY HAVE ALWAYS BEEN based on the belief in 'priceless' things such as honour, loyalty, morality and love. So where did 'Money' come from and all the 'Greed' it has bred across the world. The 15th century Preacher Geiler von Kaysersberg claimed that 'Wealth leads to Pride, Pride leads to War, War leads to Misery'.

The original title of Jane Austen's novel 'Pride and Prejudice' was 'First Impressions', and a lot of these impressions are all about Money. The characters in Pride and Prejudice seem preoccupied with money in connection with their daily lives, marriage, property, and social status. While there is no shortage of greed on the part of some characters, even sensible, sympathetic characters give serious thought to the topic of money and wealth. It simply was a fact of life in eighteenth-century England. And not just eighteenth-century England- Money and Wealth has 'Made the World go around for Centuries'.

And in so doing Money has become the most universal and most efficient system of 'Mutual Trust' ever devised. What created this trust was a complex and long-term network of political, social and economic relations. Money is the only trust system that can bridge almost any cultural gap, and that does not discriminate on the basis of religion, gender, race, age or sexual orientation. From Terrorist Osama bin Laden to Xi Jinping President of the People's Republic of China- everyone trusts the United States Dollars and the "In God We Trust" motto printed right there on every \$20 bill.

'Maybe one day long after we are all dead, and our great grandchildren are old, humans may begin to realize that Greed can only cause the eventual downfall of civilization. It may even take a catastrophic event that threatens the very existence of humanity. Only then will things actually change to progress us forward as the sentient intelligent human race that we have the potential of being.

Well, here we are in the grips of the Covid-19 Global Pandemic. With respect to Money and Wealth, the key to understanding what our responses to Covid-19 should be is in the answer to the question 'What is the Economy actually for?' Currently, the primary aim of the global economy is to

facilitate 'Exchanges of Money'. This is what economists call 'Exchange Value'. This time-old economic consensus has limited the ability of politicians and their advisers to see cracks in the system or imagine alternatives. This mindset is driven by two linked beliefs, one that- the market is what delivers a good quality of life, so it must be protected; and the other that - the market will always return to normal after short periods of crisis. The 1929 Stock Market Crash and subsequent Great Depression was no 'short period'. Western countries views seem entrenched. And they are strongest in the UK and the US, both countries of which have appeared to be badly prepared to respond to Covid-19.

Whatever finally transpires, 'Changes are Afoot' and some scenarios hint at the possibility of longer-term change that might 'Make us happier eventually and help us tackle Global Problems such as poverty and climate change'.

"If you think the economy is more important than the environment, try holding your breath while counting your money."- Guy McPherson

In Section 28 on 'The Post Pandemic Future' I debate in greater detail scenarios about what might happen if we respond to the Coronavirus in different ways. Maybe we will focus on 'State Capitalism' as a centralised response (as we seem to be currently in Spain), prioritising exchange value. Or maybe the richer countries, which have the wealth to do so, will focus on 'State Socialism' as a centralised response, prioritising the protection of life .

I conclude the benefit of a so-called 'Mutual Aid' system initiated by a decentralised 'bottom-up' response, adopting the need to 'Protect life and Maintaining social benefits and Support systems' as the guiding principle of our ongoing Capitalist based economy. I give this Political System the title 'Social Capitalism' (similar to the 'Nordic System') where individuals and groups begin to organise support and care within their communities and nations embrace the overall mindset and put into political action what the people want and need.

The Nordic model is a term coined to capture the unique combination of free market capitalism and social benefits that have given rise to a society that enjoys a host of top-quality services, including free education and free healthcare, as well as generous, guaranteed pension payments for retirees. 'Wealth without Greed' – could the world really embrace such a virtuous model? Some will say it can't afford to. I would say it can't afford not to, in

the long run. A greedy child always gets scolded by a concerned parent. Unchecked, such a child will go onto live a selfish life.

The Seven Deadly Sins

The seven deadly sins are often thought to be abuses or excessive versions of one's natural faculties or passions. According to the standard list, they are: 'Pride, Greed, Wrath, Envy, Lust, Gluttony, and Sloth'. These are contrary to the seven heavenly virtues of: 'Chastity, Temperance, Charity, Diligence, Patience, Kindness and Humility'.

So, if money breeds excesses in our natural faculties or passions which result in 'Greed and Pride' how do we deal with them? Well, 'Charity cures Greed' by putting the desire to help others above storing up treasures for oneself. 'Humility cures Pride' by removing one's ego and boastfulness. Readymade Solutions. Adopting an 'Attitude of Service Towards Others' is all that we need. It sounds so simple. It's not, because people are fundamentally flawed, we are human. The very best we can do is 'Understand our Personality Types, the Traits and Drivers', and find out how we can manage this knowledge to bring out the best in ourselves'. This is the subject matter of the Enneagram Analysis given in Part Four (see Section 14 and 16). And remember you can't buy love! ["Can't buy me love," Beatles].



"CAN'T BUY ME LOVE"

(BEATLES)

https://www.youtube.com/watch?v=AIDMqq_fH8U

*"Say you don't need no diamond rings
And I'll be satisfied
Tell me that you want the kind of things
That money just can't buy
I don't care too much for money
Money can't buy me love"*

*"When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion, creatures bristling with prejudice and motivated by pride and vanity."
- Dale Carnegie*

People are complex, there are many things in life that make us do illogical things and let our emotions get to us. Ask my ex-wives. We have good sides and bad sides and when we let our emotions get to us, we can do things that are selfish and hurtful to other people. Emotions are stronger than logical reasoning. Greed, envy, pride, prejudice, and jealousy are all very powerful emotions that can lead to spirals of personal downfall or even the downfall of groups of people. Hitler's insatiable greed, pride and prejudices caused the invasion of Europe and the Holocaust, but if he hadn't invaded Russia, or waged war with the UK and USA, his expanded German empire in central Europe may well have survived, disgusting as the concept might consider.

'Hitching your Waggon' to a successful leader may be tempting in the good times. I suggest we should set our own 'Personal Mandates' based on our own standards and intended future direction, fuelled by our own belief structures, understanding or our personalities as well as our needs. Then we should not stand back but make it happen. You don't need to fit in with anyone if you don't feel like it. And very often when we want to fit in with a crowd we usually do and say things we don't mean. Who among us other than an innocent child who says it as he sees it amongst a crowd and exclaim "The Emperor has no clothes on!" Sometimes we fail to see the good in someone because of our own prejudices. Two eyes and ears with which to see and to listen; one brain and one mouth and tongue with which to react, judge and sentence. ["Ships in the Night", Spain 2016].

*"Whenever you find yourself on the side of the majority, it is time to pause and reflect."
- Mark Twain*



**"SHIPS IN THE NIGHT"
(SPAIN, 2019)**

"I met a young lady yesterday to whom I related. Seemingly close to me in minutes, because she says she just knows people, she told me her story. I told her I'm just an alcoholic, although gratifyingly later she said I was the nicest alcoholic she has ever met! Her story at 22 years is one of life experiences few have had: she was born in a German prison, and became an orphan, abused by a stepdad, became a class 'A' heroine drug addict and ended travelling. She speaks English, German, French, Spanish and Russian. She is an attractive but self-confessed bi-sexual, not that there's anything wrong with that, unless she was your girlfriend. I listened to her story, because her story is worthy of recognition and respect for her inner strength. The cynic in me thought all she wanted was free drinks off me, and maybe she was selling more, already under the claws of the local pimp 'Frank'. No, I don't think he's a match for her. I didn't find out anything more about her, but she has empathy, courage, and an attractiveness about her which is unique."

Two things are certain, you cannot have a better past, and you cannot suppress certain emotions. In the past you did what you knew how to do, given your life circumstances at the time. Instead of indulging in regrets, let your thoughts remain on some of these Seven Virtues- they are 'good' common sense. How many of our leaders display them. How many 'humble' Presidential candidates get elected. I hope Biden becomes the next US President. A man in his seventies is very rarely out just for himself.

These quoted Virtues put simply amount to, or represent 'Love and Respect', so let your actions stem from them. Then you are ready to move on with more vigour, powered not by being righteous but by being right while maintaining humility. The same great Mark Twain once said: 'The two most important days in your life are the day you are born and the day you find out why.' Everyone has dreams, but the fact is the majority of people don't have the courage to pursue them, because they are too busy on their mobile phones. My hope is that after reading this Book, even if not because of reading this Book, you will.

Meanwhile, back at the ranch, at the 'Bar & Grill' the subject matter for this Section is: Money, Greed, Pride and Prejudice, ["Money, Power & Greed", Bar & Grill, Regulators]. Some will continue on their paths of 'Mediocrity, Apathy or Negativity and Prejudice', while others, maybe a majority with influence in society, will continue along a path of 'Mindless Greed, misplaced Pride and Badness'. ["Carillion not Corinthians", UK 2018]; others may shine. We meet all kinds. ["Meeting Strangers in Bars", Spain 2019]; but

never let your mind stray too far from home. My poorly delivered vocal dedication at my daughter's wedding- ["I Loved her First", Heartland].



**"MEETING PEOPLE IN BARS"
(SPAIN 2019)**

"A quiet 40-ish barman I don't know well, last week goes out of his way to say he thinks I'm "a good man", whilst I was just quietly drinking in his bar. People can warm to others not just because they are friends, or whether they have been helped or received something. It's based on instinct and energy. This week he goes one further and refused to pay attention to a beautiful lady passing by. His dream lady was at home and he was glad to have her, he was physically abused by his father and had a distant relationship with his mother as a child. He was content as a barman, a husband and a father- what more could he have ever hoped for? [And two years later I told the other bar-lady the story- to which she answered- 'That's my husband! 😊 Sometimes unknowingly, I get it right.']"

I found out yesterday that a 70-year-old bar owner, and friend of mine, had been using his young sweet but vulnerable alcoholic barmaid for sex, and seriously screwing her head in the process. Abuse of his power over her. Fairness and goodness can be fickle, and I have seen too much self-interest, hypocrisy, greed and abuse of power around the world. The lady in question met me after the event and confided in me. The next time I was in his bar, he tried to defend his actions. 'I never told you she had told me' I quizzed him. 'You didn't have to', he replied.

Electronic Duke Boxes are rare these days, but I was thankful that this half empty bar had one. I played the song five times, trying to memorise the lyrics to the song I had chosen to sing to my daughter at her wedding in Italy within weeks, ["I Loved her first", Heartland].

But the guy on his laptop at the next table never looked up. So I apologised to him before I inserted the next Euro coin. Later he came to the bar, and we chatted. He was a 50-ish Moroccan born American, with a PhD from the US. He had travelled the world and was enjoying a break to visit his daughter. We talked at length about life experiences in far-flung corners of the world, and my prejudices clicked in-considering him much more interesting than any beer-guzzling football supporting English tourists I had met in recent months. I had asked whether he could talk in a tourist bar for 15 minutes without using the 'F' word. He had smiled when I reassured him later that he hadn't mentioned Football. There's always a first."



**" I LOVED HER FIRST"
(HEARTLAND)**

<https://www.youtube.com/watch?v=Pg8Z69B6RFQ>

*"From the first breath she breathed
When she first smiled at me
I knew the love of a father runs deep
And I prayed that she'd find you someday
But it's still hard to give her away
I loved her first"*

Even in the 'Land of Opportunity', the USA, some may question whether people lose their sense of purpose by focussing on money and careers before family, and the masses have forgotten the most important part of their own Constitution, proudly written by their great Forebearers:

*"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquillity, provide for the common Defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."
- USA Constitution*

Europe's greatest Statesman of the twentieth century, Sir Winston Churchill, who gets a few mentions in this Book commented that "The American Constitution, with its checks and counter-checks, combined with its frequent appeals to the people, embodies much of the ancient wisdom of this island." Churchill preferred the unwritten British Constitution with its 'store of traditions and precedents' to the written American Constitution but

argued that it “enshrined long-standing English ideas of Justice and Liberty.”

I think it’s good to have something written down, whether it’s your ‘To-Do-List’ in the morning; your ‘Bucket-List’ in your twilight years, or your ‘Destiny put into Words.’ In the meantime, don’t get distracted by what Politicians and Religious leaders of the day are saying and doing. Be you.

*‘Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened.’
- Sir Winston Churchill*

Our sins define us in ways nothing else can. They reveal our true colours which otherwise we are probably scared to manifest. Sins are a part of us. All of us have flaws and sins bring out those inner traits.

Curious to see your dark side? Here’s what your sins tell you about your personality traits:

- Wrath - Wrath is the personification of anger which brings out your animal instinct lying deep inside the corner of your heart. It is extremely harmful and detrimental because of it makes you lose your rational thinking and acts in ways crossing limits of morality. But some people deserve a slap and have had it coming for years.
- Gluttony - There’s a big difference between being a foodie and possessing the sin of gluttony. Foodie is the one who loves to eat but gluttony is the desire for food which one cannot quench. There’s nothing wrong in being a foodie. However, possessing gluttony is absolutely detrimental. When you have gluttony, you keep on gorging on food till you suffocate – or in my case alcohol.
- Sloth - We often enjoy being lazy sometimes, but sloth is the extreme of laziness. It’s simply about eating and sleeping. It makes you unproductive and reveals how selfish you are. But I shower every week whether I need it or not.
- Greed - Apart from the fact that both ‘need’ and ‘greed’ ends with ‘eed’, there’s absolutely nothing in common in between them. Greed is lusting for things you don’t even need. And what aging man doesn’t lust undeservedly for a young lady occasionally.
- Jealousy - Jealousy is the cherished displeasure for someone else’s happiness. It creates a feeling of deprivation and snatches away your self-confidence. If the other person is happy, then there’s absolutely

no reason for you to be upset because there's nothing you can do about it. It pays not to spy on your wife cheating, it's not good for the soul.

- Pride - Pride is the penultimate step towards downfall. It's the feeling of superiority over others you carry based on your success. But tell me I'm wrong being proud of my daughters?
- Lust - Lust is the desire for one's body you can't take control of. Originating from one of the primitive instincts, it reflects a very shallow aspect of your personality. But enjoy it while it lasts.



**"CARILLION FIRST NOT CORINTHIANS"
(UK, 2018)**

'First Corinthians' 3:16 and 6:19 state that it is a believer's body that is the Temple of the Holy Spirit. First Corinthians 5:9-11 condemns associating with Greedy People.

My own story would be woefully incomplete without reference to Tarmac and Wimpey, the leading construction companies for which I worked for the lion share of my career, before they reincarnated themselves as 'Carillion' plc.

As I had matured as an Engineer working around the world with Wimpey, and then joined an even bigger corporate force called Tarmac plc, I was riding high at the pinnacle of my career. Then it fell apart as the corporate executives of these groups realigned the industry with M&A activity with which I did not concur. Their careers and remunerations and pension stashes flourished, but years later the foetus that had been conceived and born was finally dying. So, what happened?

Hedge funds and other financial speculators made tens of millions of pounds by quietly betting that Carillion would run into financial

distress. Short sellers, who make money by gambling that a company's share price will fall, had been targeting the company since early 2015, when they noticed the company wasn't paying its subcontractors for 120 days. In late 2016 I was invited to a 'Breakfast Meeting' with two Hedge Fund Managers in one of those opulent cosy Restaurants off Baker Street. They were young, bright and scruffily dressed, not what you'd expect. But they knew so much more about things getting worse than Carillion Management knew themselves, or at least were prepared to admit to knowing.

A meeting the next day with a Reporter from the Financial Times led to a full-page FT article on Carillion being the most 'short-sold' stock on the market. I had had no less than 10 meetings with Carillion CEO Richard Howson and his senior management since 2015, offering my services, and eventually informing them that I had sourced a potential 'White Knight' buyer in the Middle East. But the Company's advisers didn't give me their attention- after all they were busy trying to sell off subsidiaries in an attempt to re-structure the Company Balance Sheet- and warranting millions of pounds in fees in the process. ["When You Believe", Mariah Carey/Whitney Houston]. It all failed in disaster, in 2017 as the largest liquidation in the history of the UK construction sector.

A Joint Select Committee probed into a six-month post-mortem. Their remit was reported as follows:

The Work and Pensions and BEIS Committees have launched a new joint inquiry into the collapse of Carillion, leaving a mountain of debt, potential job losses in the thousands, a giant pension deficit and hundreds of millions of pounds of unfinished public contracts with vast on-going costs to the UK taxpayer. The Committees will be investigating how a company that was signed off by KPMG as a going concern in Spring 2017 could crash into liquidation with a reported £5bn of liabilities and just £29 million left in cash less than a year later.

A few of their Conclusions and Findings were summarized as follows:

The consequences of the collapse of Carillion are a familiar story. The company's employees, its suppliers, and their employees face at best an uncertain future. Pension scheme members will see their entitlements cut, their reduced pensions subsidised by levies on other pension schemes. Shareholders, deceived by public pronouncements of health, have lost their investments. The faltering reputation of business in the eyes of the public has taken another hit, to the dismay of business leaders. Meanwhile, the taxpayer is footing the bill for ensuring that essential public services continue to operate. But this sorry tale is not without winners. Carillion's directors took huge

salaries and bonuses which, for all their professed contrition in evidence before us, they show no sign of relinquishing. The panoply of auditors and other advisors who looked the other way or who were offered an opportunity for consultancy fees from a floundering company have been richly compensated. In some cases, they continue to profit from Carillion after its death. Carillion was not just a failure of a company; it was a failure of a system of corporate accountability which too often leaves those responsible at the top—and the ever-present firms that surround them—as winners, while everyone else loses out.

Carillion's directors were supported by an array of illustrious advisory firms. Names such as Slaughter and May, Lazard, Morgan Stanley and EY were brandished by the board as a badge of credibility. But the appearance of prominent advisors proves nothing other than the willingness of the board to throw money at a problem and the willingness of advisory firms to accept generous fees.

Richard Adam, as Finance Director between 2007 and 2016, was the architect of Carillion's aggressive accounting policies. He, more than anyone else, would have been aware of the unsustainability of the company's approach. His voluntary departure at the end of 2016 was, for him, perfectly timed. He then sold all his Carillion shares for £776,000 just before the wheels began very publicly coming off and their value plummeted. These were the actions of a man who knew exactly where the company was heading once it was no longer propped up by his accounting tricks.

A Case of Corporate and Individual Directors' Greed and Pride."

<https://publications.parliament.uk/pa/cm201719/cmselect/cmworpen/769/769.pdf>



**"MONEY, PRIDE & GREED"
(THE REGULATORS-
BAR & GRILL)**

https://www.youtube.com/watch?v=nZ5zxt_wDww&list=PL6A89C5BC0585902F

*"Deep in the Heart of Texas
There are some folks who still believe
The country falls, tomorrow broken laws..*

*My brother said we're the dying breed
I'm talking 'Money Pride and Greed'...*

*Some Love & Justice is what we need
Don't take much to plant the seed,
Ain't going to make a Monkey out of Me"*

**"THE CARILLION COROLLARY – LOST OPPORTUNITY"
(SPAIN 2018)**

From: frank.field.mp@parliament.uk
Date: 19/02/2018 - 13:16 (RST)
To: syler.bros
Subject: RE: Carillion- Opinion



www.parliament.uk

Dear Greg Malpass,

Thanks for your email. Our inquiry has a long way to run; we have much evidence to collect as well as a whole series of questions to follow up about the Carillion operation, and I am grateful for the views and information you have shared.

Best wishes,

Frank Field

Express & Star

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Carillion: Overseas investors could have saved crisis-hit construction giant

By [John Corser](#) | [Wolverhampton](#) | [Business](#) | Published: 4 hours ago

A construction industry expert has revealed there were at least two possible rescue bids, involving overseas investors, being lined up for Carillion late last year.



**WHEN YOU BELIEVE
(MARIAH CAREY/WHITNEY HOUSTON)**

<https://www.youtube.com/watch?v=LKaXY4IdZ40>

*"There can be miracles
When you believe
Though hope is frail
It's hard to kill
Who knows what miracles"*

Do Sins Lead to Regrets

Regrets, Oh my God, I have none (Oh well, a few!). Or as Frank Sinatra would sing " Regrets , I have a few, but then again too few to mention". ["Regrets OMG", UK 1990]; ["My Way", Frank Sinatra]. Most importantly, always do it your way.



"REGRETS OMG" (UK, 1993)

"My Grandfather (Reg) was a self-made businessman, and owner of a Heavy Goods Vehicle Transport Contractor business, with ten articulated trucks. We were close and he was confiding in me. He explained how he regretted having drunk alcohol at lunchtimes and often fallen asleep in his office during the afternoon. His business was successful, but he felt that he needed to confess. It could have grown bigger and better had he been more responsible. After all his biggest rival had grown his business threefold- although he was a 'Spiv' and indulged in a dubious strategy of borrowing money from the bank to purchase lorries.

Reg was old school and reserved. Always carried £500 in cash, but never owned a credit card. Risk and Reward go together I attempted to explain to him. At Business School they had taught me how Debt could be so much a cheaper form of funding growth/leveraging a business than new equity or operating cash flow. I pondered how his conservative approach to the risk of debt had contributed to his disappointment in terms the businesses success and reward.

My new interest was Peru. President Fujimori had embarked on Latin America's most radical privatization program. Peru had embarked on a plan to auction off virtually all its state-owned companies over two years -- including oil, electric, telephone, mining companies and railroads. With investors already poring over company prospectuses, the privatizations were set to reshape Peru's economy in a free-market mould, tripling foreign investment and dismantling a socialist legacy left by a left-wing military Government of the 1970's.

By the end of 1992, Lima's stock index had risen in real terms by 138 percent, ranking it second only to Jamaica's in terms of growth among world markets. With an eye on the coming privatizations, investors had bid up stock prices on companies scheduled for full privatization. I knew the opportunities were immense. I had got to meet Carlos Bologna, Fujimori's Finance Minister who was leading the Thatcher style reforms. He'd gifted me an autographed copy of his Book 'Cambio de Rumba' explaining his strategy. I was in a frenzy to find funds to invest in the Stock Exchange in privatised monopolies like Cemento Lima.

'Let's invest £10,000 on an early listing of the Cement companies' I'd cheekily enticed Grandad with my take on the risk and possible rewards. 'Are you bloody mad. Invest in Peru, I don't even know where it is.'

That investment was a guarantee. The companies were sold off cheap. The Economy was growing in double digits, the infrastructure sector was a priority, and the Stock Exchange itself was in a frenzy of growth which made the US Wall Street 1920's seem tame. The suggested investment would have risen exponentially and been worth a cool £1 million pounds before my Grandfather's death just a few years later."
"Bugger off," said Grandad.



**"MY WAY"
(FRANK SINATRA)**

<https://www.youtube.com/watch?v=w019MzRosmk>

*"Regrets, I've had a few
But then again, too few to mention
I did what I had to do
And saw it through without exemption
I planned each charted course
Each careful step along the byway
And more, much more than this, I did it my way"*

Best not to overindulge in any type of Regrets. What's past is past. But unless checked a life based on mistakes not learned, enactment of sins unchecked, and manifestation of all our flaws- will inevitably lead to death-bed regrets, too little too late.

Napoleon's Pride, Greed and Wrath, and his Envy in battles lost typified his caricature of a brutal but admired leader. If we consider why, almost two

centuries after his death, we are still so interested in Napoleon Bonaparte's great feats, and in his equally great downfall, part of the answer must lie in his personality. What was it about his character that drove him from the distant island of Corsica to the centre of power in Paris? What in his nature enabled him to seize power in France and then project it across Europe? And why, despite defeat and despite the atrocities associated with his name, did his persona retain such a hold upon the imaginations of supporters and detractors alike?

These questions can be difficult to answer, not least because of the challenge of separating Napoleon's personality from his public functions and their requirements. Behavioural patterns can be observed, but the thoughts, feelings, and motivations that also make up a personality are essentially internal and are sometimes unclear even to the individual concerned. Napoleon himself admitted that he would have found it difficult at times to articulate his true intentions.

Maybe on his deathbed he allowed himself some time for reflection with uncharacteristic humility. Close to death most of us have time to understand the frailty of life, and the value of life- which most warriors have never understood. How many soldiers at war really value what they are doing? They are usually driven by their commitment to their fellow soldiers and a burning desire to survive more so than conquer.

Oscar Schindler was another complex person displaying a dichotomy of regrets and actions of heroism in his life. His early life was one of an opportunist's, motivated by profit, who came to show extraordinary initiative, tenacity, courage, and dedication to save the lives of his Jewish employees. Schindler's renowned Lust and Gluttony and Pride as a successful businessman was more than forgiven him when his sacrifices made to save a thousand Jews became public knowledge. Although he was the saviour of so many, at risk to himself, he still reflected on how many more Jews he could have saved if his lavish desires had not been so insatiable. Oskar Schindler was a member of the Nazi Party and saved the lives of 1,200 Jews during the Holocaust by employing them in his enamelware and ammunitions factories in occupied Poland and the Protectorate of Bohemia and Moravia.

War mongering is undoubtedly a 'deadly sin'. History often recites it differently. In defence rather than Attack lies some defence maybe. War-mongering and peace-making are diametrically opposed to one another. We

find warmongering in probably every nation on earth; we find it in our governments, we find it in corporations, and we find it in the hearts and souls of individuals. We also find true peace-making leaders scattered among these war mongering people throughout the world. But naivety and appeasement can and often prevails.

An example of appeasement is the infamous 1938 Munich Agreement, in which Great Britain sought to avoid war with Nazi Germany and Fascist Italy by taking no action to prevent Italy's invasion of Ethiopia in 1935 or Germany's annexation of Austria in 1938. Neville Chamberlain famously delivered his speech 'Peace for our Time' from Downing Street in September 1938.

"My good friends. This is the second time in our history that there has come back from Germany to Downing Street peace with honour. I believe it is peace for our time. We thank you from the bottom of our hearts. And now I recommend you go home and sleep quietly in your beds."- Neville Chamberlain

The policy of making concessions to the dictatorial powers in order to avoid conflict, is often fraught with difficulty. History has often viewed 'Peace Makers' as weak leaders, drawn into appeasement deals with the ruthless enemy. The fall of the Inca Empire to the Spanish Conquistadores being just one example.

Another startling example was Ancient Rome. The most common reasons given for 'The Fall of the Roman Empire' included: Barbarian invasions, economic problems, division into the East and West, the introduction of Christianity, and lead in the water supply. But according to historians, the most straightforward theory for Western Rome's collapse pins the fall on a string of military losses sustained against outside forces, due to weak leadership and attempted negotiation with Germanic "Barbarians" (the Goths) who had encroached beyond the Empire's borders, and sought land grab deals, prior to attacking Rome.

In Matthew 5 Christians who were taught in the Old Testament - "You have heard that it was said, 'You shall love your neighbour, and hate your enemy.'" - were then preached to by Jesus in the 'Sermon on the Mount' - "But I say to you, love your enemies, and pray for those who persecute you." (see Section 30). Well, the tyranny of Hitler's Third Reich will have continued unchecked if were not for Winston Churchill and the British

Government which went to war over the invasion of Poland. ["Peace in our Time", Elvis Costello].



**"PEACE IN OUR TIME"
(ELVIS COSTELLO)**

https://www.youtube.com/watch?v=3Xwgm_O1jh0

*"Out of the aeroplane stepped Chamberlain
with a condemned man's stare
But we all cheered wildly, a photograph was taken,
as he waved a piece of paper in the air
Now the Disco Machine lives in Munich and we are all friends
And I slip on my Italian dancing shoes as the evening descends"*

My own life may also have had its dichotomy of good and bad. Well maybe in action but not intent. Of the seven deadly sins- Pride, Greed, Lust, Envy, Gluttony, Inordinate Anger, and Sloth- I guess my Achilles heel was my philandering and dysfunctional lifestyle involving adversity, infidelity, alcohol dependency, and depression. No environment to nurture harmony in marriage nor childcare. Regrets are sometimes not so much about the acts but the excuses we provide ourselves. I allowed myself to become a 'victim' of past abuse to myself by my first wife, and I exposed myself and sometimes others due to my reckless behaviour. But my children grew up well, and my wives now still love and respect me, and the Regrets and now Memories. ["Regret Mistakes, they are Memories Made", Wales 1990]. No regrets in life, just lessons learned. This account was re-written in 2013, before I self-discovered my Enneagram Personality as Type Two 'The Helper' (see Section 14), reflecting on the loss of my second wife to an Italian lover half her age, and a second Indian lover 20 years her senior, a serial internet philanderer. Therein lies another story.

Well, I was such a 'Good-Man' wasn't I. They should have cared for me more. After all there are millions of 'Good Women' in the world, but a Good Man is hard to find and worth worshipping. It was probably that attitude that finally tipped it!



**"REGRETS MISTAKES THEY ARE MEMORIES MADE"
(WALES 1990/UK 2013)**

"Love is strong, let's get back to where we started from. Reflect on 1990 in 2013.

Immersed in self-pity with our respective partners/wives in Barcelona with their lovers Marcus and Alberto, Brother-in-law Dave and I were with the babies taking a weekend off at the caravan in Wales.

That heartache became of insignificance when night fell, the clouds hid the moon, and everywhere we saw a sudden chilling darkness engulf us with not even a whisper from the trees nor thunder from the seas to guide our route. We were irresponsibly stranded in pitch blackness with the dying embers of our BBQ on the remote and secluded beach of Llantasilliagogo.

The climb back over the exposed rocks and cliff top pathway was long, wet and treacherous. Francesca firmly anchored under my arm, and little Jamie grasping my hand desperately, with Dave in nervous pursuit at the rear unsure of each foothold. I led us gingerly and extremely slowly to safety. An arduous three-hour ordeal. Out of Darkness came Relief I've never before or since experienced.

So the relief was welcome and more than palpable, and I decided I would never again place my daughter in harm's way or at risk, wherever her mother may be, and whatever her or my state of mind. My daughter will come first always.

Some things make you cry, and something keeps you going. The loss of a child would be too much to bear. What conquers all which could bring you down? A troubled and dysfunctional life story of adversity, infidelity, alcohol abuse, redundancies, loneliness, and near financial demise. A story of love, and life in the fast lane.

This time round was no easier, it was worse. A loss this time of no ordinary love. Everyone has the capacity to be clearer, wiser, happier and freer. To come to know things as they really are, the teachings of Buddhism would not allow retribution. But I hope one day, when mature and with family and responsibilities that some young predator, complete with studded earring, takes full advantage of his love's unhappiness for his own self-gratification. I hope when a Bentley driver loses his wealth and can no longer entice other men's younger wives from the internet to his bed in return for due compensation, that he becomes the lonely one with no love, nor hope of it.

Committed 'Helpers and Loyalists' overreact when upset and angry and blame others for things that often they have brought on themselves. To whine and think negatively, to drink and to drink, will lead ultimately only to self-destruction. When things are, and have been for such a long time, as bad as they can be, a way to make good will appear.

Rarely do self-defeating masochists keep emotions in balance, nor does the 'Thinker' ever become omniscient. A love of life prevails, even after a lifetime of struggle and self-dedication, and her version of events also makes the crowd want to scream.

Out of Darkness Cometh Light."

Focus on your family first, and you are unlikely to go wrong. Then you will less likely be defined by your sins or associated regrets. Doing so will reveal your true colours to yourself. Work on managing your negative personality traits which expose your flaws and lead to conquer your sins. They are never insurmountable.

"The Four Important Points of Marriage are: 1. To have a wife who helps at home, cooks, cleans, and has a job and her own money. 2. To have a wife who can make you laugh and smile, and with whom to share so many happy memories together. 3. To have a wife you can trust and never have to lie to. 4. To have a wife who is good in bed, and who likes and lusts to be with you. BUT it's most important that if you find them, these wives never get to meet one another, nor your own wife."

- Anonymous

Pride and Prejudice

Pride is narrowly defined as 'excessive belief in one's own abilities'. Pride is classed as the greatest of sins by some religious persuasions because it is the summit of self-love and is directly opposed to submission to God, in

their view or the view of their teachings. It is, therefore, the sin most hated by God, and the one allegedly He punishes most severely. 'The punishment of the Angels, of Adam and Eve, of Nabuchodonosor', related in the Book of Daniel (4:27-30), bear witness to this.

Proverbs 16:18 says, "Pride goes before destruction, and a haughty spirit before a fall." There are many other biblical warnings about the sin of pride. But why is pride so strongly warned against? Why is pride a sin? Is it always a sin to feel proud of something you have accomplished, or your children? Pride makes us feel good, and it's an indication to ourselves that we are behaving in a way congruent with the values of our society or the family unit. Clearly it can have a dark side, too, when it leads to hubris—meaning, self-aggrandizement at the expense of others. The pride that narcissists experience—a pride that's best summed up with words like arrogance, conceit, and, in Italy, orgoglio—is not about feeling good; it's about avoiding feeling bad.

Donald Trump is an example of someone with hubris, in part because he brags about things he hasn't actually done and acts aggressively toward anyone who tries to question his accomplishments. Yet his popularity may be due to the way that pride—even hubris—is linked in people's minds to power and expertise and can lead to deference from others.

I would personally class Pride as not a sin when, for example, one is proud about humble acts done by an 'Un-Sung Heroes'. That being said it is true that when someone declares his or her own acts as humble, he or she in so doing loses his or her humility. But the jury is out for me about Pride in all its guises being a 'deadly sin'. Was Jesus not proud of the dedication of his Disciples, his people despite their plight, his Father in Heaven, his Virgin Mother and Mary Magdalena. Should not all parents be proud of their child's achievements and demonstrate that pride to encourage and motivate. Twenty-two years before my daughter's graduation my proudest and happiest moment of my life, was at her birth.

I think a lot of the above may be lost in translation of the word Pride- in Hebrew, Greek, English whatever. The two Greek words which are translated "pride/proud" in their puddle of meaning indicate "blindness" and the sense of "above others". Thus, in the Greek language, pride is the "thinking of oneself above others" or a "blindness".

One of my own proudest moments related to my second daughter. What's in a name? When she came to Spain with me I learned the depth of her love and respect. [‘I lost a Home and Gained a Daughter.’ Spain 2014].



**"LOST A HOME, GAINED A DAUGHTER"
(SPAIN 2014)**

"First met my step-daughter-to-be, Cindy, in 1997 on a visit to Thailand from Singapore. Since the split of her mother from her dad, of Chinese origin, she had been cared for by a loving grandmother and step-grandad, while her mom lived and worked in Singapore. Thai children are very warm and respectful to their family elders, and ultimately their country's Royals and the Buddha, being predominantly Buddhist. The culture emphasizes the indebtedness towards parents, as well as towards guardians, teachers, and caretakers. Most Thai people install spirit houses, miniature wooden houses outside their dwellings, where they believe household spirits live. They present offerings of food and drink to these spirits to keep them happy. If these spirits aren't happy, it is believed that they will inhabit the household and cause chaos.

So, there is usually a sense of peace and humility in a Thai home. Since a serene disposition is valued, conflict and sudden displays of anger are eschewed in Thai culture. It often annoys me when in the west, nearly every Thai lady is classed on sight as an ex-bar girl and selling herself purely for her self-betterment.

The turmoil of divorce, of both Cindy's parents and her blood grandparents before that, did place some stigma in small town Thailand, but the family unit seemed a happy one. Her step-grandfather, a military administrator, had been taken into the family when young and having lost his own family. When the divorce of Cindy's blood grandparents occurred, he married his older guardian out of love and respect for her, amazing man. He also loved Cindy like his own child and taxied her to school every day. All-in-all a stable loving environment for Cindy.

She became my precious stepdaughter at 7 years old and joined my family. Years later I was contacted in Hong Kong by her headmaster about their concern for lack of care. She was becoming a problem student, and being bullied by a drug pusher, and they pointed out – I was \$15,000 in arrears on fees. Neglect of Cindy during her very difficult rebellious teenage years- were signs of things going wrong, and I should have attended to them rather than burying myself in drink and banter and giving more attention to friends and strangers.

But we got to sort it and later we got a closer Dad–Daughter relationship when she decided to come to Spain with me. 'I lost a home but gained a daughter'. When I get Father's Day loving messages, they are always worth a million dollars to me.

Cindy no doubt harbours negative feelings about her dad leaving her, her stepdad struggling with alcohol for years, and her mom's own demons and poor supervision during impressionable years. Cindy had a suicide attempt, had an eating disorder, and suffered from depression for a few years. But time heals. She came out of her shell and shone with hard work and dedication in what she did.

When she asked to change her surname in 2012. It was emotional and bonding. I had enrolled her at school in her father's surname as I thought an act of respect to her and him.

"This is a note to celebrate your decision to change your surname and formally join the 'Malpass' clan. We are honoured and very happy and proud by your decision.

Our family life, affecting you, me and Demi particularly has been plagued with depression and full of negativity over recent years. Relationship problems, adultery, anxiety, depression, attempted suicide, mounting debt problems, alcohol and gambling addictions, jealousy, low self-esteem, bereavement, low confidence, redundancy- they have all been there in our family and taken their toll. But the misery and negativity stop here. Our lives are enriched by your decision, and far from being meaningless, will help us out of other obsessions. In spite of the tragedy of a dysfunctional life style over recent years, and further predicaments of late, eg. Possibility of losing our home through re-possession, and uncertainty of Demi's future intentions, we will remain full of spirit. We will succeed because we have gained a daughter, and a sister- Cindy, and you are, and always will be very much loved by all of us in the Family. Dad x"

Certain personality stereotypes are easy to read and such characters with entrenched views generally find it more difficulty in adapting their behaviour to suit the environment in which they find themselves. It is commonly said in the building industry that "construction" is the second oldest profession in the world. In many ways it is less honourable than the oldest "prostitution"- where services are provided and paid for at a pre-agreed price, without discord and dispute, once the job's complete (so to speak). One example where a HR lady, despite her polished demeanour, was well out of her comfort zone, was during negotiations about my overseas placement in Miami in 2003. After a long hard period of negotiation of an overseas project on behalf of the company, during which my life had been threatened by a Government henchman unhappy with the security of certain offshore consultancy payments, contracts were ready for signature. I'd negotiated a US\$30 million increase in the contract value, but not without further commitment to commission payments. Unbeknown to me the HR lady was outrageously prejudiced, albeit a close colleague of the company's proprietor, and thereby powerful in having his ear. She was deployed to the region with a brief, but on a 'need-to-know basis with no knowledge of the above ["Madam HR's Prejudice"-Miami]. The rest became history. Racial and Cultural Prejudice or Justifiable Blackmail, which is the lesser of two evils. This Anecdote is a 'classic' in terms of both 'Pride and Prejudice'. I was prepared to sacrifice my career based on my 'Pride', just because of the HR lady's 'Prejudice'.



**"MADAM HR's PREJUDICE"
(MIAMI- 2002)**

"Human Resource of all disciplines should strive to avoid discrimination. The company for which I worked was involve in corrupt activity in the procurement of projects which utilized US Exim Bank backed finance. That of course was clandestine. But the company took a stricter public stance on assessing the moral standards of its employees.

I had negotiated a US\$180 million contract and was offered by the line Managing Director an open invitation to basically name my preferred future role in the region and remuneration package. I elected a Miami base for reason of schooling for my daughter. That was not perceived a problem, until the lady HR Director visited and found out that my partner to accompany me was not my estranged Peruvian wife whom I was divorcing, but my Thai partner whom I intended to marry. A very polished "lady", with traditional views. We covered a range of moral topics over a lavish dinner together.

Because of the reputation she perceived that women from Thailand have, and my own as an international traveler, her conclusion was that the risk was that the said lady may abscond in the United States, and the company which sponsored procurement of the resident visa/Green Card would be held accountable.

The company reneged on its offer to me, made an inferior offer based in the UK and I resigned. The corollary was that all parties lost out. The lady was not aware of the exposure the company had burdened me with by embedding me in negotiations with a President and his bag man in a Banana Republic State in the Caribbean. I had no option to see to it, via dialogue with the Company's Chairman, that all contracts were cancelled. He complied. When he subsequently reinstated the said corrupt contracts I was drawn back to negotiate a Non-Disclosure Agreement. That was not least because I had married my second wife and I had taken on financial responsibility for my second daughter.

Prejudice can be hurtful but can also come with expensive consequences for the perpetrators. In sharp contrast a school friend of my daughter had an Indian boyfriend for seven years , but was never let into the family home due to the outrageous prejudice of her parents. When her friend split up with her boyfriend and got pregnant by a white guy the parents were relieved. But the guy wasn't all they expected. He abandoned their daughter and the child. You guessed it, she made up with her humble Indian boyfriend, and he took on the child as his own. They are living happily, and 'humble-pie' may be on the menu at the family reunion when her parents find the courage and humility to invite him into the family home"

Sometimes Pride, Greed, Prejudice, Money and Addictions all get mixed up in Life's rich tapestry of almost always getting it wrong. And when you are innocent sometimes your sense of Pride and injustice dominate over minor corrupt indiscretions or one's acceptance of fair security at airports. I was effectively stripped searched leaving Spain in 1987 when there were restrictions on taking cash out of the country. I had to bribe my way out once they discovered I had £3,000 in pesetas on me, and the Customs official had counted out the money into two neat piles, thankfully the

smaller pile for himself. In Tehran, Iran I had to place a \$50 dollar note in my passport to even get through into customs. Nigeria likewise. In Tripoli, Libya it took 36 hours to get through immigration, as plane loads of Libyan nations and other Arab States were given clearance preference. And my Libyan Visa thereafter caused me delays in getting through nearly every airport control point in the world, wherever I travelled. In Madrid we were rightly questioned, but not stopped taking shotguns onto the company private leer jet, bound for a shooting weekend in the UK. In Riyadh Saudi Arabia I had a young Arab throw his sandals at me as I passed on the escalator. Then I was questioned at passport control about my real identity- being accused of looking like Wayne Rooney. The indignity of it.

But having one's toothpaste squeezed by Customs at an airport, seemed a check too far. ["Ever had your Toothpaste Squeezed", Peru 1984].



**"EVER HAD YOUR TOOTHPASTE SQUEEZED"
(PERU 1984)**

"Pablo Escobar's, the Colombian Drug Lord, net worth was estimated to be \$30 billion. But the King of Cocaine was making it difficult for innocent travel from South America to Europe via Miami, even during his early years of inventing new forms of smuggling. His shipments into the USA in the 1980's was estimated at 70 to 80 tonnes of cocaine per month.

I was travelling back to the UK on leave and had been asked/instructed to carry a plaster cast/mould of Sr Benavides (our high-level Company Agent) son's leg which had been amputated after a motorcycle accident in Peru. My Company was arranging for a London based specialist firm to make a prosthetic leg. A unusual but innocent item of excess baggage.

Despite assurances to Officials made by the Company's 'Mr Fixit' who accompanied me at the airport- the authorities and customs had decided it was a clandestine smuggling operation, and the cast had a cocaine base. Hours after mini drillings, laboratory testing of powder residues, the authorities were clearly getting frustrated that an arrest

and drug find was going to elude them. The trauma finished with an intrusive body search and expulsion of all cream and toothpaste products, followed by a dash for the airplane and a 'Midnight Express' type send-off.

Do Business Schools Breed Greed

I studied my MBA at the one of the World's Top Business Schools in the 1980's when it meant a lot, cost a lot and promised a lot ["Pride of The World's Best Business Schools", Worldwide 2020]. Even then there was a lot of cynicism surrounding the Highest Business Degree one can study. But it's rather like fat people pouring scorn on 'Diet Programs', most of the critics don't have an MBA and despite claiming not to aspire to have one, probably couldn't qualify to study for one.

"You don't need a Harvard MBA to know that the bedroom and the boardroom are just two sides of the same Ball-Game. - "Stephen Fry

Despite an element of feeling *sinful pride*, I played the MBA experience, and the qualification down. In the Middle East I claimed MBA 'Means Bugger All'. In Hong Kong I boasted that MBA meant that I was 'Married But Available'. Meanwhile in the United States of America, the strongest economy in the world, it continued to mean 'Masters in Business Administration'.

But times have changed. The American Author Daniel H Pink explained, 'The last few decades have belonged to a certain kind of person with a certain kind of mind-computer programmers who could crank code, lawyers who could craft contracts, MBAs who could crunch numbers. But the keys to the kingdom are changing hands. The future belongs to a very different kind of person with a very different kind of mind-creators and empathizers, pattern recognizers and meaning makers. These people-artists, inventors, designers, storytellers, caregivers, consolers, big picture thinkers-will now reap society's richest rewards and share its greatest joys.'

I am very Proud of my London Business School MBA, although my reason for doing it was probably founded on 'Greed and Pride'. The experience was something else, one I will always cherish, and I learned a lot, albeit that enabled me to become a qualified adviser rather than a leader. Most business leaders employ MBA's to advise them, while they are 'off-camera'. This is a role I played, and the Advisor learns to keep out of the limelight.

'MBA's know everything but understand nothing.' - Lee Iacocca

Obtaining a Master of Business Administration (MBA) degree is a significant accomplishment, offering many benefits to young and mid-career professionals for career growth. The acquired knowledge and training can position the graduate to introduce and implement sound business practices into their career. For many, it's safe to say that the motivation for pursuing a postgraduate education boils down to the potential of increasing income, in spite of the costs. Beyond opening up career advancement opportunities, an MBA salary is also one of the most coveted benefits of getting the degree. For many prospective students, perhaps the greatest concern is whether earning this prestigious degree is cost-effective.

The Average Salary- According to 2019 data from U.S. News & World Report and MBA industry publication Poets & Quants, the total average MBA salary for U.S. graduates rose 5.8% from \$127,603 to \$134,991 (£103,000).

A serious caveat with the MBA Industry/Bandwagon, in my view, is the over-emphasis placed on 'Competition'. Competition is a foundational and essential element within the sports world. It's generally viewed as a positive thing, catalysing athletes and teams to higher levels of motivation and performance. Yet, more often than not, competition between individuals or entities within the business environment plays a negative or divisive role. At Harvard they give the top 20 % of the class distinction, and the bottom 20% fail.

Unhealthy competition is oriented towards 'Scarcity and Fear'- Competition is unhealthy when it presupposes that there's only a limited amount of success or achievement available out there in the world. In that way, it's based on scarcity and fear rather than abundance. It says, "I have to fight to get my piece of the pie, or else others will get it and nothing will be left for me. I will fail"

'Getting validation and attention'; and 'Diminishing others' are other pitfalls. Competition can become even healthier when it's oriented towards tearing others down.

Winning at all costs is the Hallmark of MBAs. Unhealthy competition puts a disproportional amount of emphasis on the outcome, rather than valuing the process or the journey involved in getting there. And when the outcome becomes the sole focus, it can promote the idea that a person or team has to do "whatever it takes" in order to succeed. This mentality can then lead to all sorts of bad decisions and unethical practices. These practices can

then feed the Psychopathic Type of Leadership personalities in business which has become too prevalent (see Section 8- 'Be careful what you wish for').



**"PRIDE OF THE WORLD'S TOP BUSINESS SCHOOLS"
(WORLDWIDE, 2020)**

**FT GLOBAL MBA
RANKING 2020**

1. Harvard Business School
2. University of Pennsylvania: Wharton
3. Stanford Graduate School of Business
4. Insead
5. Ceibs
6. MIT: Sloan
7. London Business School
8. Columbia Business School
9. HEC Paris
10. University of Chicago: Booth

Source: Financial Times

Lessons Learned



SECTION 11- LESSONS LEARNED "Money, Greed, Pride & Prejudice."

1. KEY MESSAGE: 'Charity cures Greed' by putting the desire to help others above storing up treasures for oneself. 'Humility cures Pride' by removing one's ego and boastfulness. Readymade Solutions. Adopting an 'Attitude of Service Towards Others' is all that we need

2. If you think the economy is more important than the environment, try holding your breath while counting your money.

3. Best not to overindulge in any type of Regrets. What's past is past. But unless checked a life based on mistakes not learned, enactment of sins unchecked, and manifestation of all our flaws- will inevitably lead to death-bed regrets, too little too late.

4. You cannot have a better past, and you cannot suppress certain emotions. In the past you did what you knew how to do, given your life circumstances at the time. Instead of indulging in regrets

5. Our sins define us in ways nothing else can. They reveal our true colours which otherwise we are probably scared to manifest. Sins are a part of us. All of us have flaws and sins bring out those inner traits.

6. Two things are certain, you cannot have a better past, and you cannot suppress certain emotions. In the past you did what you knew how to do, given your life circumstances at the time. Instead of indulging in regrets, let your thoughts remain on some of these Seven Virtues- they are 'good' common sense. How many of our leaders display them? How many 'humble' Presidential candidates get elected.

7. Winning at all costs is the Hallmark of MBAs. Unhealthy competition puts a disproportional amount of emphasis on the outcome, rather than valuing the process or the journey involved in getting there. And

when the outcome becomes the sole focus, it can promote the idea that a person or team has to do "whatever it takes" in order to succeed. This mentality can then lead to all sorts of bad decisions and unethical practices.

MISSION STATEMENT: "I will Focus on my family first, and in so doing I am unlikely to go wrong. I will not judge myself by my worst mistakes and I will less likely be defined by them. My self-image will reveal my true colours to myself and I will not focus on my image to others. I will work on managing my negative personality traits which expose my flaws and lead to bad decisions. I will fight my prejudices against the dull and uneducated. I will temper my pride and any latent narcissism I harbour. They are never insurmountable. I will strive for Happiness, but also to make Money as a by-product. I will use the money to help others, particularly my daughters and future grandchildren."

12

Addictions & Personality Disorders

I UNDERSTAND NOW THAT OUR SOULS ARE OUR POWER, NOT perfection nor our 'Ego'. I continue to convey my personal philosophy to my children, despite their superior careers and intellect and their conclusion that I got lost and maybe exhibit the very earliest stages of the onset of Alzheimer's. Alzheimer's is worse than Dementia I reassure them because several forms of Dementia are curable, whereas Alzheimer's is not. My particular form of Alzheimer's is already too far gone in any case they reassure me in jest. Then again, we should not jest about such a debilitating disease- 'What did I talking about again?'...'Oh yes, Alzheimer's'. 'If we can maintain our core values, the exteriors take second place and become a distraction, a source of self-indulgence for the un-initiated'. What does that mean- well even poor suffering Alzheimer patients can maintain intellect and a sense of humour if you look behind the exterior and try to understand their inner thoughts not their actions.

Dull people tend to be boring, present company excepted. Intelligent eccentrics invariably brighten up the day with apparent madness. The concept of a link between creativity and mental illness has been extensively discussed and studied by psychologists and other researchers for centuries. Parallels can be drawn to connect creativity to major mental disorders including bipolar disorder, schizophrenia, and major depressive disorder.

According, the National Institute of Mental Health a single gene, known as DARPP-32, is suspected to cause the link between intelligence and mental illness. A study found that people with schizophrenia were more likely to have the version of DARPP-32 that boosts performance on tasks involving thinking and filtering of information.

John Forbes Nash Jr. was just one example. He was an American mathematician who made fundamental contributions to game theory, differential geometry, and the study of partial differential equations. Nash's work has provided insight into the factors that govern chance and decision-making inside complex systems found in everyday life. He won the Nobel Prize for Economics in 1994. However, years earlier, in 1959, Nash had begun to show clear signs of mental illness and spent several years at psychiatric hospitals being treated for paranoid schizophrenia.

My own life-long good friend, neighbour, mentor, and ex-co-worker 'Dirk' had three sons. The Oldest was a mathematical genius at the age of eleven. As a father he struggled with his relationship with the young genius who seemed only interested in pursuing his passion and notable brilliance in music. His Middle son struggled all his life with a debilitating autistic-like mental disorder never diagnosed, and his father struggled all his life to cope, care and adapt to him. The Youngest is bright, balanced, and the apple of his father's eye.

Then again, the Middle son who often 'went missing' for weeks and months in far-off places always reappeared unscathed. Lost at 18 years old having done a 'runner' at Newark airport there was an APB out on him in New York until he was found walking the red-light district of 42nd Street eyeing up the prostitutes. A few years later he fled the City of Arequipa in Peru, only to be found months later living with an indigenous tribe in a village at 11,000 feet, enjoying his supper, and doting girlfriend to hand.

My nephew has Asperger's and was always the biggest challenge for my very accomplished sister. Joanne, my schizophrenic lady friend who I brought from Malaysia to live with me in Spain- made life impossible from faking suicide to running away and causing scandal. My Brother-in-law was clearly troubled when we collected him on his return from a Religious Mission in Portugal. Between hysterical laughing and sobbing episodes in the car he talked of voices in his head telling him to harm their baby. Upon arrival at hospital he was tested and diagnosed with Bipolar, aided no doubt by excessive consumption/smoking of Marihuana.

All this seems to put my occasional fits of anxiety and depression into perspective. We all display traits of personality disorders from time to time. It's all to do with chemical imbalance in the brain, so I'm told. The chemical imbalance theory is unproven and often cited as an explanation for mental health conditions. It states that these conditions are caused by an imbalance of neurotransmitters between nerve cells in the brain. For example, depression is said to be a result of having too little serotonin in the brain. Or maybe it's more about life, what's going on, and how we deal with it. 'The brain, and the mind are however everything'.

My beloved sister Tanya, as she suffered with the debilitating effects of a brain tumor and fought her cancer, said to me so simply, "The hyperactive sugar consumption of cancerous cells leads to a vicious cycle of continued stimulation of cancer development and growth." Isn't that a story of so

many aspects of our life, and we were just talking about brain disorders of one kind or another.

My own 'Disorders' are more 'Addiction and Personality Traits' than Disorders. My almost life-long relationship with Alcohol and Depression is documented in a sub-section below; and my 'Addiction to chasing Ladies' is not one less common in this world. Strange how I could never even contemplate gambling in a Casino on anything other than 'Black or Red', nor consider trying Class 'B or A' drugs, even less, but considered alcohol just a social stimulus. Everyone has their poison.

'Habits' are milder forms of Addictions. I have had a habit of losing my car every time I went out and got drunk and went back the next day to look where I'd left it the night before. I've been driven around miles by friends or taxi drivers in such frantic searches. It's a habit to which I do not aspire to get addicted now I own a beautiful Jaguar XK8. Studying tirelessly and again frantically at the last minute in preparation for End-of-Year Exams was something I did habitually for years of College and Higher Education - after spending the whole term in sloth. All these are bad habits and examples of poor self-discipline. A slow, dumb, lazy, unmotivated, incompetent human being I'd class myself until something clicked which catapults me into action. Someone whose sloth and laziness of mind is manifested in the way they behave is a personality disorder which needs working on.

Habits

Forty percent of your actions are not conscious decisions but habits. So, habits are a big part of your life - and a lot of the time you don't even notice it. Your life is to a large extent the sum of all your habits - good or bad. You can take control of your life by changing your habits.

A survey showed that the daily habit of self-acceptance was the cause of most people's happiness. Cravings are the brain's motivator. For something to become a habit, our brain must crave it.

Habits are our brain's way of increasing its efficiency. Our brain turns daily actions and behaviours into habits, so we would do them automatically and without too much thought - thus freeing up our brainpower for other more important challenges. This strategy of our brain has wonderful benefits for us. It allows us to function better in life. Just imagine if you have to consider and ponder every single task or reaction. We'd be doing nothing else but thinking.

Our brain knows what it's doing (well in most cases). Our only concern is, are the habits we're accumulating beneficial to us, or not? And if not, how do we change them?

If you only focused on changing the routine, like stop drinking wine, you will be unhappy. Your brain will think that the loop doesn't work, and it will reinforce your drinking habit. Our brain demands fulfilment and satisfaction. To be able to change a negative habit, you have to replace the routine in the loop with something else – which will also give you the same reward.

Willpower is a muscle, not a skill. We all have it. The more you use it, the stronger it becomes, and it will touch everything in your life. If you believe you can change, and all your actions are moving towards the change you want to see – it will become reality.

According to neuroscientist David Eagleman in *Incognito*: "Brains are in the business of gathering information and steering behaviour appropriately. It doesn't matter whether consciousness is involved in the decision making. And most of the time, it's not."

In the 1990s, a group of researchers from the Massachusetts Institute of Technology discovered a neurological process that is at the core of every habit. This simple 3-step loop is very powerful – it is hard-wired into our brain. So, to change the rules, you have to know the rules first.

Cue – is any trigger that tells your brain when and which habit to use.

Routine – is an activity, emotion or behaviour.

Reward – is how your brain determines if a loop is beneficial to you or not.

For example: Cue – You're feeling bored or depressed. Routine - You grab a bottle of wine. Reward – You feel relaxed and happy.

The cue and the reward has a very strong influence in creating habits. It's the cause of cravings and makes you repeat behaviours or actions. But your innocent wine drinking can turn you into an alcoholic, if you do it often enough. And alcohol is a depressant, so it exacerbates your depression or ability to do something more positive to beat your boredom. And I know all this too well.

If you only focused on changing the routine, like stop drinking wine, you will be unhappy. Your brain will think that the loop doesn't work, and it will

reinforce your drinking habit. Our brain demands fulfilment and satisfaction. So, I continued drinking- for years. To be able to change a negative habit, you have to replace the routine in the loop with something else - which will also give you the same reward – maybe something like taking up writing.

Aside from circumstance, a lot of our behavioural patterns when it comes down to 'Addictions & Personality Disorders' are all to do with our Personality Type.

Personality is the way of thinking, feeling and behaving that makes a person different from other people. An individual's personality is influenced by experiences, environment (surroundings, life situations) and inherited characteristics. A person's personality typically stays the same over time. A personality disorder is a way of thinking, feeling and behaving that deviates from the expectations of the culture, causes distress or problems functioning, and lasts over time.

Enneagram Personality Types and Personality Disorders

There are 9 'Basic Types' of Personalities defined by the Enneagram. These are discussed in detail in Part Four (see Sections 14 & 15). I don't want to preempt the Analysis, but suffice it to say that the Enneagram categorizes People and how they behave by assessment of their Personality Types:

- Basic Type One: "The Reformer"- principled, orderly, perfectionist
- Basic Type Two: "The Helper"- caring, possessive, manipulative
- Basic Type Three: "The Achiever"- motivator, self-assured, narcissistic, hostile
- Basic Type Four: "The Individualist"- artistic, creative, intuitive, depressive
- Basic Type Five: "The Investigator"- thinker, perceptive, analytical, eccentric
- Basic Type Six: "The Loyalist"- likeable, dutiful, masochistic
- Basic Type Seven: "The Enthusiast"- accomplished, impulsive, manic
- Basic Type Eight: "The Challenger"- leader, self-confident, forceful, combative
- Basic Type Nine: "The Peacemaker"- reassuring, passive, neglectful

Each Personality Type has its 'Un-healthy traits', which you will explore once you have identified your own Personality Type, having undertaken the

on-line Test (see Section 13). Un-healthy traits if they become excessive in a person, can lead to 'Personality Disorders'.

There are 10 specific types of Personality Disorders. Personality Disorders are long-term patterns of behavior and inner experiences that differ significantly from what is expected. The pattern of experience and behaviour begins by late adolescence or early adulthood and causes distress or problems in functioning. [Personality Disorders R-US"].

Some estimates suggest up to 10 percent of Adults in the world have at least one personality disorder – so it's not that uncommon. These 'Personality Disorders' can be categorized as being 'most-likely' in Unhealthy Elements of the certain Enneagram Types (ie. 'there can be ties drawn between the 9 Enneagram Types and certain cluster Personality Disorders').

This is not to say that all people with these Enneagram Types in an 'Unhealthy Mental State' have to possess these disorders, but when you recognize a certain Enneagram Type (say Yourself, a Boss or a Friend) you will see these tendencies in yourself/them when you/they are at your/their worst. It makes the Analysis that more credible to understand. Refer to the correlation between Unhealthy Enneagram Personalities & Personality Disorders, ["Personality v Mental Health- Trump 2020"].



"PERSONALITY DISORDERS – R US"

- *"Antisocial" Personality Disorder PD: a pattern of disregarding or violating the rights of others. A person with antisocial personality disorder may not conform to social norms, may repeatedly lie or deceive others, or may act impulsively.*
- *"Avoidant" PD: a pattern of extreme shyness, feelings of inadequacy and extreme sensitivity to criticism. People with avoidant personality disorder may be unwilling to get involved with*

people unless they are certain of being liked, be preoccupied with being criticized or rejected, or may view themselves as not being good enough or socially inept.

- "Borderline" PD: a pattern of instability in personal relationships, intense emotions, poor self-image and impulsivity. A person with borderline personality disorder may go to great lengths to avoid being abandoned, have repeated suicide attempts, display inappropriate intense anger or have ongoing feelings of emptiness.
- "Dependent" PD: a pattern of needing to be taken care of and submissive and clingy behaviour. People with dependent personality disorder may have difficulty making daily decisions without reassurance from others or may feel uncomfortable or helpless when alone because of fear of inability to take care of themselves.
- "Histrionic" PD: a pattern of excessive emotion and attention seeking. People with histrionic personality disorder may be uncomfortable when they are not the center of attention, may use physical appearance to draw attention to themselves or have rapidly shifting or exaggerated emotions.
- "Narcissistic" PD: a pattern of need for admiration and lack of empathy for others. A person with narcissistic personality disorder may have a grandiose sense of self-importance, a sense of entitlement, take advantage of others or lack empathy.
- "Obsessive-compulsive" PD: a pattern of preoccupation with orderliness, perfection and control. A person with obsessive-compulsive personality disorder may be overly focused on details or schedules, may work excessively not allowing time for leisure or friends, or may be inflexible in their morality and values.
- "Paranoid" PD: a pattern of being suspicious of others and seeing them as mean or spiteful. People with paranoid personality disorder often assume people will harm or deceive them and don't confide in others or become close to them.
- "Schizoid" PD: being detached from social relationships and expressing little emotion. A person with schizoid personality disorder typically does not seek close relationships, chooses to be alone and seems to not care about praise or criticism from others.
- "Schizotypal" PD: a pattern of being very uncomfortable in close relationships, having distorted thinking and eccentric behavior. A person with schizotypal personality disorder may have odd beliefs or odd or peculiar behaviour or speech or may have excessive social anxiety.



**"PEOPLE ARE CRAZY"
(BILLY CURRINGTON)**

<https://www.youtube.com/watch?v=jv3ujzEC6jg>

*"We talked about God's grace
And all the hell we raised
Then I heard the ol' man say
"God is great, beer is good
And people are crazy"*



"PERSONALITY V MENTAL HEALTH"

(* TRUMP DYSFUNCTIONAL TYPE 3 OR 8?- USA 2020)

Unhealthy Enneagram Personalities & Potential Personality Disorders:

- *Basic Type One – "Obsessive-Compulsive" PD (It is not uncommon to see in the Unhealthy Type One, an obsession with orderliness, perfection, and uniformity)*
- *Basic Type Two – "Borderline" PD (The self-esteem of Unhealthy Two's rests in the approval and love they gain from others, they become insecure when these things are lost)*
- ** Basic Type Three – "Narcissistic" PD (The Unhealthy Three's absolute need for admiration, adoration and attention leaves their thoughts and concerns for others in the dust)*
- *Basic Type Four – "Histrionic" PD (The Unhealthy Four is extremely attention-seeking and emotionally unpredictable)*

- *Basic Type Five – “Schizoid” PD (Unhealthy Five’s often are indifferent or even afraid of social relations, and are so emotionally detached to the point that they cannot have close relationships)*
- *Basic Type Six – “Paranoid” PD (The Unhealthy Six is incredibly prone to lack trust in others, and will often be excessively defensive and sensitive to criticism)*
- *Basic Type Seven – “Schizotypal” PD (An Unhealthy Seven will often possess unconventional beliefs and a lack of ground in reality)*
- ** Basic Type Eight – “Dependent” PD (The Unhealthy Eight is domineering and overtly controlling in an attempt to get people under their wing so they can take care of business that the Eight should really be doing themselves. In a way, they are dependent on their subordinates)*
- *Basic Type Nine – “Avoidant PD” (Strong fear of rejection, feelings of inferiority, and a sense of unimportance are often present in the Unhealthy Nine)*

(Please Note: These ‘Psychological Categories’ do not align with some categories given in the Reference Book ‘The Practical Guide to Personality Types- Understanding the Enneagram’).

No doubt that I have an ‘Addictive Personality Disorder’, although it’s taken me a lifetime to acquire and ‘perfect’ it. I get obsessed with my Views, my Ideas, my ‘Mission in Life’, and once I start on a certain path I will not give up, because of or despite of the alcohol consumption. “Borderline” Personality Disorder is what the Analysis says Unhealthy enneagram Personality Two’s like me are most likely to possess. Well Unhealthy Enneagram Type Two’s do suffer intense emotions, poor self-image and impulsivity. The self-esteem of Unhealthy Two’s rests in the approval and love they gain from others, they become insecure when these things are lost. And add alcohol to fuel that at your peril. Me- on a scale of 1 to 8 in alcohol intake (where 8 usually represents more than 32 units of alcohol or a bottle of spirits):

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8
A true giver	A people carer	A people pleaser	Getting over friendly	Getting involved in other's personal affairs & business	Expecting adulation for my qualities & actions	Using my personality to get my way and be seen for being good	Becoming an aggressive victim, blaming the world for my problems
Altruistic	Caring	Nurturing	Over friendly	Possessive & intimate	Self-important	Manipulative & coercive	Psychosomatic

Sober/Quiet....Good company --- Happy & Friendly----Becoming over-powering----Loud/Obnoxious

Maybe as a child I should not have frequented so many pubs. But my father and grandfather seemed to spend so much time in them- so it made sense- rather than spending hours in a car in the carpark. I was witness to so many 'Good Men' going about their 'after-work' business and their lives, in pubs, while they were oblivious to a young boy's attention, fully engrossed in their 'full banter'. They were teaching 'Philosophy', unwittingly. Men in Bars are getting on with their lives as best they can. Some are heavy drinkers, and some aren't. Some are drowning their sorrows; some are just escaping. Whether they had returned from the war, whether their ability to financially care for their families was impaired by situations, whether they had lost love or loved ones, or whether they were just escaping from their dull daily lives; the 'Banter' was invariably sharp, slightly toxic, witty and almost always well meaning:

"Banter is not a Vice, although it can become Addictive among friends. It portrays a Personality Disorder. It is a life learned Skill if not a Virtue. You know life is not easy, and you know it all used to be about sexual relationships past for most of us, but we know you don't talk about that, unless in the past and in jest, and with sharp wit. We know everybody suffers, but real men take care of their loved ones and mostly don't whinge. Life is about being Proud without being Narcissistic, being Brave and Valiant while being Kind and Humble, about knowing all without saying it. About humour, above everything else. Oh my God when you are in a bar being silly and picking on your best friend, he knows you are really just saying 'I love you.' But you don't need to say it, don't do that. Banter amongst friends is an Expression of Love of the Highest Order."

- The Author's Essay, aged 10

Now how does a ten-year-old boy learn that sipping shandy with a packet of crisps. ["People are Crazy", Billy Currington].

An Addictive Personality is all about 'Sensation-Seeking' or 'Risk-Taking' behaviours. Psychologists think that this sensation-seeking character trait is the result of an aggressive "approach system" intrinsic to individuals who deliberately seek out and experience extreme external stimuli to offset their inability to feel internally aroused 'Junkies?' My 'Myers-Briggs' Psychometric Analysis as far back as 1986 stated that -I seek experience, for experience sake'.

In psychotherapy terms, those diagnosed with a personality disorder are suffering from ego-syntonic behaviour patterns that are profoundly rooted in the person's ego integrity, which helps to explain why people with personality disorders often see nothing wrong or maladaptive about their behaviour.

I grew up in a middle-class loving family environment, everything was fine- I grew up happy and content. Whereas my first wife's family exhibited all the symptoms of dysfunction and disorder. It is generally accepted by mental health professionals that specific factors shaping an individual's childhood are strongly linked to personality disorders. These factors include but are not limited to:

- Having family members with mental illnesses or personality disorders.
- Being verbally, sexually and/or physically abused.
- Failing to graduate high school.
- Having lower economic/social status.
- Living in an unstable, chaotic family environment.
- Exhibiting conduct disorder behaviours as a child and adolescent.
- Being neglected, bullied or subjected to trauma.

Because they lack effective coping skills, act impulsively and irrationally, tend to be self-centred and have severe deficits in empathy and futuristic thinking, people with personality disorders typically suffer severe depression and anxiety throughout their turbulent lives, which often leads to self-medicating these mental disorders with addictive substances.

And then you delve below the surface and find real enlightenment, how wonderful are some people who refuse to conform to their societies, from Jesus Christ to Oscar Wilde, or Gandhi to John Lennon, ["A Tribute to Don Adolfo Martinetti- The Man, and Farewell", Peru 2014].

"My mind rebels at stagnation. Give me problems, give me work, give me the most abstruse cryptogram, or the most intricate analysis, and I am in my own proper atmosphere. But I abhor the dull routine of existence. I crave for mental exaltation."

- Arthur Conan Doyle



***"A TRIBUTE TO DON ADOLFO MARTINETTI "
THE MAN, THE FAREWELL
(PERU 2014)***

"Adolfo was the jealous, protective, drunken, proud father who told me he'd cut off my balls if went any closer to his daughter when I asked (in broken Spanish) whether I could accompany his beautiful 18-year-old daughter to the company party. Two years later she became my wife, and he became my father-in-law and friend for life.

His family had lost their extensive land holdings and fortune due to the agrarian land reforms in Peru. In 1969, a military junta led by General Juan Velasco Alvarado implemented a massive agrarian reform, purportedly to dismantle the powerful landowning oligarchy in Peru, which for centuries had relied on the exploitation of Campesinos and the Indigenous to maintain what was essentially a semi-feudal state.

He had lived a 'Play-Boy' lifestyle as the loved but spoilt grandson of the Sicilian Italian immigrant family head. Girls, car racing, tennis, party, party and party- were Adolfo's motivators. But his brother's gambling debts in Brazil, and his other brother's corrupt property and land grabbing had led to the demise and disappearance of the family estate and jewels in Lima, where there were streets named after the family. The last land holding 'chakra' was still owned by Adolfo, because the Land Barons who lived on their farms were allowed to keep them at the time of the reforms. Adolfo was the only remaining 'Patron' actually still living on his mango Farm in the Valley of Majes. His siblings were Diplomats, High Society dropouts and Bankrupt businessmen. Adolfo lost his farm- but not his Pride.

He maintained his outrageous personality allied to his past living-racist against the indigenous Indians ('cholos'), womanizing, and drinking whenever he met up with his circle of high society friends. But he was a broken man. He was caring and oozing with an old-fashioned set of principles. He worshipped what he considered 'Class' and despised what was happening to his country, until his only political hero Fujimori took the economy by the scruff of the neck and began his draconian reforms.

His character and personality was not Machiavellian. He had no hidden agenda. He was politically incorrect but well-meaning and likeable and simply just mad (especially under the influence of drink). When his daughter, my wife, was born allegedly he filled his sportscar with boy's toys and drove through the hospital glass frontage into reception demanding to see his son. Released from jail seven days later he got to see his new-born daughter.

He regularly parked his car in front of the bank opposite the family restaurant, only to have it towed, and eventually released from the Police Compound (because he knew the Commissioner). He'd then drive it and park outside the bank shouting expletives to the Indian Guard on the door, despite his AK47 Kalashnikova.

I was getting to understand his idiosyncrasies. His wit was sharp and his humour sexually based without exception. As his wife would bend over to attend to a small child, showing her quite substantial rear end, he'd declare 'She has a good future'. He declared that he would climb the 20,000 feet high Volcano 'Misti' naked if his daughter agreed to marry me. He wanted a granddaughter with blue eyes, and white skin, and born into a cultured background.

Written as such one might conclude he had many fundamental character faults. But he made up for them with charm, humour and good intent. He had to adapt to a frugal lifestyle. He was ultimately grateful to me for contributing to family costs, housing rent, business expenses, and personal medical attention. His way of saying thank you was to simply say 'Sin palabras' (without words). We had long sworn that we would be 'Amigos para siempre'. (Always friends).

He'd travel to Lima whenever I was in town on business from the UK. We'd share drinks together, stories about his family history, some of his conquests, and of course family matters. Despite his lifelong philandering and turbulent relationships- he respected his estranged partner because she was his children's mother. I tracked down his son in Singapore, also estranged for 45 years, and arranged a reunion in Lima. I once bode him farewell at the Bus Station in Lima to return to his hometown Arequipa (20 hours journey). I'd gifted him \$500. He

must have gotten the bus to stop at the street corner and headed off to spend his pocket money. My flight home was delayed and when I frequented a city bar that night- there he was with two girls the age of my wife. 'What the....' I exclaimed. 'Do I know you?' he would quiz me.

He was the Riches to Rags eccentric Italian Peruvian who everyone loved to hate, before ending up loving him. A loveable rogue. I was one of the bearers of his coffin despite a long queue of willing family members, well-wishers and locals of dignity. Adios mi Amigo Adolfo."

It's useful to recognise the signs and symptoms of one's own addictive personality disorders. I think Adolfo taught me not to focus on non-conforming. I was very much the shy quiet English gentleman before we met. Impulsivity may result in a lack of foreseeing consequences of one's questionable actions, but what the hell. Live every day as though it's your last, and dream as though you'll live forever, or so the saying goes.

Valuing nonconformity over social acceptability and valued achievements can be liberating as can a feeling of being alienated from reality, with the important caveat that one should not seek to harm others with one's actions. We shouldn't see things in only "black and white", leave that to prejudiced losers of mediocrity.

My Father-in-law was undoubtedly flawed, by today's social standards and society, with his non-conformist, racist, prejudiced, alcoholic demeanour, albeit very much a consequence of 'the times' and his privileged upbringing. No excuses there, and despite his love and the strict upbringing he gave his children- he failed to provide sound education for them, preferring to move from his farm and spend fourteen years living in a five-star hotel in the city to raise them, rather than investing in school fees and the purchase of a family home.

My own father was a very different personality. He was calm and loving, despite being driven by adrenalin as a professional speedway rider. He worshipped his children and became a 'mate' for me. We'd golf together, drink together, play snooker, go on holidays together and he helped me with my homework. But this book would be incomplete without due reference to his crime and sin acted against his own grandchildren. [" A Flawed but much Loved Father", UK 2009].



**"A FLAWED BUT STILL DEARLY LOVED FATHER"
(UK 2009)**

"My father paid me a great compliment in his speech at my wedding to my second wife Demi. He said that if more people in the world were like me, it would be a far better world to live in. Thanks dad. Looking after him in his last years through his fight with cancer was not easy. In fact, despite my love for him, it was not always easy to care for him. But I'd promised my Mom I would do so.

Many years before he had been convicted of the 'Ultimate Crime'- Sexual Abuse of four children, including two of his own grandchildren (my Sister's Kids). He received a six-month custodian sentence.

Prior to his conviction, while in Spain, and in the hiatus between his denials and the gathering of police evidence, he and I and my mom had decided to go on a pre-booked break. Fuelled by alcohol and one-on-one interrogation, and searching of his soul, I adopted the Family role of judge, jury and executioner. I beat up my own father and left him quite seriously bodily and psychologically harmed on the sidewalk of a side street at 1am, left for dead.

"Where is he?" quizzed my mom, as I crept into the apartment. I told her, and her reply was almost spontaneous. "If all this is true, I will leave him, and move on with my life and repair the gulf he has created in our family. But I want you to go back, pick him up, dust him down, keep him and others safe, and look after him for the rest of his life."

"Mom, ask anything of me, but not that." Her expression was enough. I would do anything for my loving mother, and she obviously still cared. So, I did it, with a personal pledge to myself that I was doing this for her, and I would never attend his funeral. I did the complete opposite. Fourteen years after honouring the commitment to my mother, and having gulped a large shot of whisky, I approached the

pulpit, and cleared my throat, to deliver my glowing farewell eulogy for my wonderful, albeit very seriously flawed, father at his funeral."

The evil my Dad had demonstrated by enacting out his perverted desires is still hard to comprehend. Branded by the Legal System and my Sister as a paedophile, I live with it, and did so with a heavy heart. Paedophilia is a hideous crime, a sexual disorder, an unforgiveable and unforgettable for most if not all, and involves victims wider than just those having been perpetrated against.

There is never 'Closure', but people get on with their lives. Perhaps a 'Conclusion' best summarised by a far greater speaker and spiritual leader than myself:

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."
-Martin Luther King, Jr.

My father must have been totally and personally devastated by his own admission at his Acts of Abuse which he described as his 'greatest aberration, mistake and crime in life'. He was put on suicide watch while in prison. However, he searched his soul and perhaps found inner-forgiveness, I don't know, it will be lost in his story. He certainly had many fine qualities and I loved him dearly. Are we all judged by our worst mistake, although I wouldn't categorise this crime as a 'mistake'. ["Tribute to Phil Malpass"; Let it be. ["Let it be", The Beatles].



**"LET IT BE"
(THE BEATLES)**

<https://www.youtube.com/watch?v=u6T5C-jzSH0>

*"When I find myself in times of trouble
Mother Mary comes to me
Speaking words of wisdom
Let it be."*

Alcoholism and mental disorders are commonly linked. Alcoholism is discussed further below in the dedicated Section on Alcoholism. But don't take the stereotype analysis as sacrosanct. 'Teetotallers suffer higher levels of depression than drinkers,' reported The Daily Telegraph in 2009.

Scientists found that people who abstain are also more likely to lack social skills, have higher levels of anxiety and have more mental health issues than 'those considered heavy drinkers', said The Daily Telegraph in its story on alcohol and depression.

The results from the large population study in Norway of 38,390 people showed an increased risk of anxiety and depression for abstainers, than for those who drink very heavily.

However, it could not explain why abstainers and low-level alcohol consumers may have a higher risk of common mental disorders. Although the study could not prove causation, it has some strengths, including taking into account many social and health factors that could have confounded this association. Importantly, a person may be drinking low or high levels of alcohol as a result of their anxiety or depression, rather than the other way round. This study does not prove that low alcohol consumption causes depression and does not endorse a lifestyle of heavy drinking as being better for mental health than abstinence. But the inference is that being a social drinker may be better for certain individuals in social circumstances and otherwise prone to anxiety. We can all relate to the quiet introvert, who seems insecure, becoming a different person with some alcohol induced Dutch courage.

Tribute to Phil



"PHIL"

(1922-2011)

"Speedway Star, Family Bread Earner, Journalist, Loving Husband, Father and Son, Mentor and 'Best Buddy' to his son Greg.

Phil lost his father to lung cancer on Christmas Eve at 52 when he was just 17. After leaving the RAF during the War he became a Despatch

Rider. He loved motorbikes and went on from Grass-Track racing to riding for England as a top Speedway Rider. While he was always proud of his past fame, he was a doting father and dedicated time and love to his family, taking weekend breaks with the family in the caravan in Wales, and yearly European holidays. As a son I remember him helping with homework at home, attending school rugby matches, playing golf and snooker with me whenever he could, initiating me into Free Masonry, sharing family get-togethers and having a drink with me down the pub, even when under-age.

The Best Public and Private Tributes I can give is by reference to the Accounts made by Others as well as myself:

EXTRACTS FROM THE EULOGY

What does a son say about his father... he was always there for me in good times and bad, and in times of difficulty it is often very difficult to be there for someone...I was sure he would have wanted me to thank my sister Tanya for the 24/7 palliative care she gave in his very last weeks, after years at home with me...I was sure he was conscious of his family's presence and love around his bed at our last family get-together, and most particularly and importantly, that of my sister Phillippa, and the importance of her expression of love and compassion, after so many years of estrangement... My Dad and I were long term pals.....He helped me with my homework whenever my sister wouldn't, he introduced me to a social life as my drinking buddy, where I learned the importance of banter and a sense of humour to shield one from the harsh realities of life. We played golf together, holidayed together- for years.....one personal tribute I wanted to make to him, reflecting on his personality, was that he never raised his voice in anger against me or my sisters or mother in my 54 years of knowing him, not even when provoked to do so. An exemplary quality which I could only aspire to emulate.....So, he was a gentleman, even though his life revolved around speed and adrenalin, whether racing speedway bikes, or making deadlines for his newspaper stories.....He was rightly proud of his speedway career achievements, having made captain at Cradley, and riding for England in 1952.....Unlike sportsmen who live in the shadow of their careers, dad excelled in journalism, Rotary, Free Masonry, and providing for his family.....Dad was not an openly religious man, but he took a great interest in Astronomy, not a lot of people knew that.....And he used to marvel at the wonders of the Universe. So, I'm sure all present will join me in wishing him a peaceful union with the great Geometrician of the Universe, whoever he may be, and whomever he perceived him to be.....I wanted to sing dad out with my rendition of Led Zeppelin's 'stairway to heaven'. But thankfully for the congregation, and dad, I was overruled by the family.....Danny his grandson then played, far

more professionally and appropriately, 'Tears in Heaven', written by Eric Clapton for his own son's funeral, who died tragically at just 6 years old.....So I thanked Danny, I thanked Dad on behalf of all the family, and I thanked all for coming to pay their respects. Thank you Dad."

The Regional Newspaper Obituary Read:



"A former speedway champion and journalist from Norton has died after a two-year battle with cancer. Mr Malpass was born in Wollaston and went to King Edward VI Grammar School in Stourbridge before being drafted into the RAF during the Second World War.

He joined Cradley Speedway (The Heathens) in 1946 and became captain four years later, he rode for England in 1952. He retired from competitive riding in 1952 but retained his links with the Cradley club and became the team's manager in 1960.

He worked as a Journalist and Editor for a regional newspaper for 30 years, served as president of the Rotary Club in the early 1970s and was a past worshipful master at Stourbridge's St Kenelm Masonic Lodge. He is survived by three children and seven grandchildren."

Alcoholism

Ever gone to sleep knowing you were 100% in the right about the argument, only to wake and feel you needed to apologise for having overreacted. John Thaw's wife Sheila Hancock once said, "Being married to an alcoholic is when he insists on cooking Christmas lunch, only to spend all evening complaining bitterly that he was left with all the cooking."

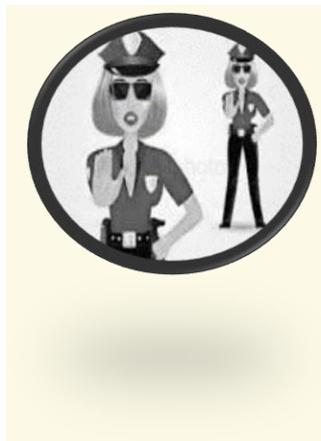
It's a fact. Alcoholism in so many ways impairs overall life-performance so the opportunity cost is considerable. I am told that I am witty, sociable and sharp after a few drinks. But overall, I have lost more to alcohol addiction than I would like to admit. Being a drunk, even if a functioning drunk for forty years is stupidity. It lowered my faculties and contributed to my financial demise and partnership problems. Whether your addictions become the cause of matrimonial or other relationship problems, work-related incidents or performance at work, health problems, or just lost or forgotten time- there are consequences for all of us who suffer from addictions. And some people get in trouble with the Law ["WPC's OK", UK 2000]. But it is easy to belittle the truth.

According to a 2018 report from the WHO, in 2016 the harmful use of

alcohol resulted in about 3 million deaths, or 5.3% of all deaths around the world, with most of these occurring among men. Globally, an estimated 237 million men and 46 million women have alcohol-use disorders, with the highest prevalence in Europe and the Americas. Alcohol consumption causes death and disability relatively early in life. In the age group 20–39 years approximately 13.5 % of the total deaths are alcohol-attributable

There is a causal relationship between harmful use of alcohol and a range of mental and behavioural disorders, other noncommunicable conditions as well as injuries. The latest causal relationships have been established between harmful drinking and incidence of infectious diseases such as tuberculosis as well as the course of HIV/AIDS. Beyond health consequences, the harmful use of alcohol brings significant social and economic losses to individuals and society at large.

"Almost anything can be preserved in alcohol, except health, happiness, and money. - Mary Wilson Little



**WPC's OK
(UK 2000)**

"Fortunately, I had left my car on the Pub carpark. I was trying to put my years of drink driving behind me. That was something of which I was certainly not proud of in any sense and using the excuse that I always drove very cautiously when under the influence, and never had an accident- no longer washed. But negotiating my way home on foot without physical support was proving difficult. Bushes one can bounce off but I knew around the corner were brick walls. My progress was so impaired that I think a neighbour had called the Police for assistance, or maybe it was coincidental.

Two young thirty-something Women Police Constables (WPC's) appeared from nowhere and were escorting me to my home, just two

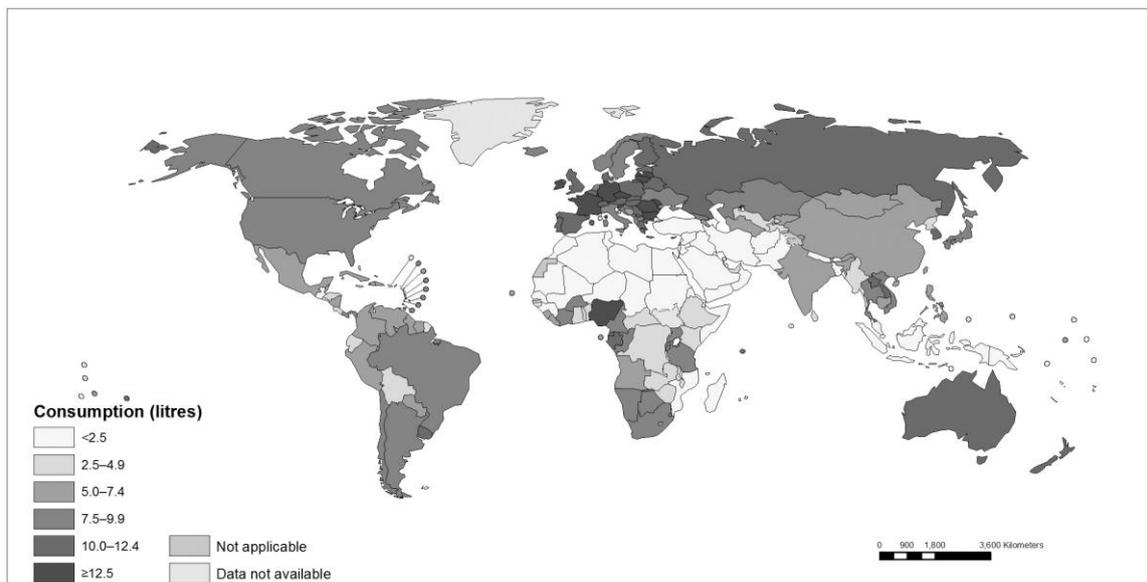
blocks away. 'Does he belong to you?' they queried my daughter as she answered the door. 'Yes, I suppose he does.' Replied my stepdaughter, factually and without emotion.

I had not been considered to have infringed any law. Far from being drunken and disorderly. Confirmation of ID details was taken for the record, it took only a minute or so. But time enough for me to try and cajole the 'non-arresting' officer up the stairs! To persuade with flattery or gentle urging a Police Officer to my bedroom is probably not illegal either. But in the face of some reluctance maybe it was. So, I coaxed the two of them. There is safety in numbers. My daughter looked on in disbelief. Physically pushing a Police lady upstairs by her bottom, ordering her to get her hand-cuffs ready for the bedroom scene, probably could be considered 'Assault on a Police Officer.'

Fortunately for me, these two 'likely girls' were good fun, and maybe even flattered. They went on their way assuring my daughter that no reference would be made in their Police Report. I begged their telephone numbers as they headed out of the lamp-lit cul-de-sac. '999' one of them teased me, getting the last word. Maybe the UK is not renowned for its Chefs or Lovers- but you can't beat a UK Copper, or 'Copperess, or two."

Alcohol Consumption

Total Alcohol (per capita) Consumption (in litres of pure alcohol)



Source: World Health Organisation, 2016

Just because someone is able to function at work or in life despite their dependence on alcohol does not mean that they are immune to its effects. Here are some signs that could indicate someone is a high-functioning alcoholic:

- They need alcohol to feel confident.
- They drink alone.
- They become a different person when they drink
- They become hostile or argumentative when they can't drink.
- They can't stop at one drink.
- They hide their alcohol.
- They black out regularly.

The Stages:

1. 'Isolation' - Isolation happens when someone becomes uncomfortable drinking in front of concerned family and friends. People may feel embarrassed by being called out and choose to start drinking alone.
2. 'Legal Problems' - Another consequence of alcohol abuse is possible legal issues, such as being caught driving under the influence of alcohol (DUI). This may also cause people to stay home and drink alone, increasing their isolation.
3. 'Depression and Anxiety' - Prolonged alcohol abuse can also affect someone's emotional state, causing them to feel depressed and anxious. When alcohol becomes the only way someone copes with stress or unhappiness, drinking to excess can amplify any negative emotions.

Stage 3. Is familiar to me. Two Great Quotes from two prolific men and prolific drinkers, marked by abundant inventiveness and productivity in their fields of life and activity:

"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day."
- Frank Sinatra

"I have taken more out of alcohol than alcohol has taken out of me."
- Winston Churchill

Throughout his life, Sinatra had mood swings and bouts of mild to severe depression, admitting to an interviewer in the 1950s that "I have an over-acute capacity for sadness as well as elation".

Winston Churchill drank a lot, numbing the pain and self-medicating his depression. He had recurrent bouts of depression but would also experience periods of hard work which led some historians to speculate that he had bipolar, and these bouts occurred in the manic phase.

At the end of the day, drinking to numb the pain is a 'cop-out'. Hell is the truth learned too late. All alcoholics have a price to pay to themselves, their loved ones and society. Everyone who suffers as such should, in my opinion, write their own positive '4-point-plan' to deal with their alcohol problem- I did. ["Alcoholics Anonymous & Me", Spain 2015].

The final kick in my own head came in a vivid dream when my mother was saying to me, "Cut down on your drink son. Otherwise, you will not be around to enjoy watching your future grandchild grow up, and behold that miracle." I woke in a sweat, remembering an aged businessman in Abu Dhabi who had told me a similar story as he was doing a crossword in the executive lounge at the hotel which served free drinks. "Had I not realised that it was the vodka in my plastic cup talking as I shouted support for my grandson in the ball game at 11am- then I wouldn't have been alive to watch him graduate. Ain't it good to be alive." And oh how I dream of having my first grandson or granddaughter, Angie 😊 ["Angie", Mick Jagger].



**"ALCOHOLICS ANONYMOUS & ME"
(SPAIN 2015)**

"At the request of my daughter I attended Alcoholics Anonymous in Marbella Spain. AA's program extends beyond abstaining from alcohol. Its goal is to effect enough change in the alcoholic's thinking 'to bring about recovery from alcoholism' through 'an entire psychic change,' or spiritual awakening. A spiritual awakening is meant to be achieved by

taking the Twelve Steps, and sobriety is furthered by volunteering for AA and regular AA meeting attendance. I volunteered and attended my first (and only) meeting and joined a group of maybe 12 members. I was told to listen only until the end when I should introduce myself. Well, I knew John, David, Jane, Robert, Rachel, etc were all alcoholics otherwise they wouldn't be there. Some touching stories unfolded as we went around the room. Some had fallen off the wagon while others were under extreme temptation. Then it was Sid's turn to relate his story (an ex- Merchant Seaman who had been suicidal throughout his career). He hadn't been successful in killing himself, but I wondered how he'd beaten the Booze. "I'm Sid and I'm an alcoholic and I haven't had a drink for seven years." Well talk about Rudolf the Red Nosed Reindeer. His nose was bright red and throbbing. I thought 'You lying Bastard'. I was contemplating telling him that enlarged blood cells (telangiectasia) is caused by the vascular control in the brain being reduced because of continued excessive alcohol ingestion. I didn't, but his Integrity and Honesty were for me under question. The whole purpose of AA is for people in similar circumstances getting together to be Honest about their problems and go on a journey together to find a new path.

If I accept the label- alcoholic- I have been a "functioning alcoholic" for over 30 years. I have had an incredible life working across the world, from Peru and Rio to New York, Dominican Republic and Panama to Nigeria, Hong Kong & Singapore to Dubai. And now in Spain doing bugger all, except what I know best- talking to people in a bar. I attended an AA meeting in Spain which my daughter had asked me to attend. I said 'In many ways alcohol helped me perform in business, be outgoing and outwardly confident, and in many ways I'm at my happiest when I am with a few drinks using wit and banter to make so many friends and acquaintances around the globe'. That was the glass half full argument. 'Then when things go wrong in life alcohol exaggerates the negative emotions, you become a victim and morose and not good company when pissed. Everyone one likes a drink; nobody likes a drunk.' I tempered my stance.

I liked the AA 12 Step Philosophy and ambience in the Group. Step 1 is admitting we were powerless over alcohol – that our lives have become unmanageable; Step 2 is coming to believe that a Power greater than ourselves could restore us to sanity; and Step 3 is Making a decision to turn our will and our lives over to the care of God as we understood Him.

I left the AA meeting noted above and decided I would deal with my drinking problem alone, still respecting all those who seek group counselling as their way forward.

I left that AA meeting and decided to write my own positive '4-point plan' to deal with my alcohol, financial and emotional problems. It read as follows:

1) *MAKE MONEY - Find work or preferably a Business Opportunity to fill your time and get money, and financial security for yourself and your future partner. And in so doing eventually gift your two daughters a million dollars each to secure their futures. Don't stop until you achieve it.*

2) *WRITE- Write a Book, about your international life of colour and corruption, and about the importance of Love and Giving in Life- in so doing finally put all past matters and emotions therein associated behind you. (Strive to make money from its publication).*

3) *DEAL WITH THE ALCOHOL INTAKE- Never get totally pissed again but confide in close friends who understand your drinking habits. This derives from the AA-point plan when urged to drink too much: 'When the heart and resistance is low and the mind is troubled and confused, there is much comfort in a true and understanding friend standing by with whom to talk in confidence.'*

4) *FIND LOVE- Focus on love, not conflict and negativity. Consider a new long- term partner relationship, without ruling out lost loves (particularly Demi)- but based on mutual love and mutual desire to be faithful and seek happiness together. Nothing less will do this time."*

Like Hollywood's Robin William's character "Mrs Doughtfire" I would do anything for my children. My years of single parenting were the happiest years of my life, and sacrificing many crucial years of my career, income and wealth generation as a result- had not been an issue. But bringing myself to cut down my drinking and the harm it was doing to me and my loved one- was. Dealing with the Alcohol Intake became the priority, and I dealt with it with mixed success. But I wrote this Book about personal Destiny."



**ANGIE
(MICK JAGGER)**

<https://www.youtube.com/watch?v=RcZn2-bGXqQ>

*"But Angie, Angie
Ain't it good to be alive?
Angie, Angie
They can't say we never tried"*

Robin Williams, in real life, was a talented actor and comedian, but watching his outrageous performances and trying to assess his true self was always poignantly revealing. Depression, anxiety and panics attacks are not a sign of weakness. They are a sign of trying to remain strong for far too long. One-third of people with major depression also struggle with alcoholism, and Williams admitted to abusing both cocaine and alcohol during the height of his popularity in the 1970s. Studies suggest that alcoholism and depression may feed each other. People who are depressed are more vulnerable to abusing alcohol than those who don't experience depressive episodes, and those who drink heavily are also more likely to experience depression. The latest evidence also hints that the same genes may be responsible for both conditions, and depression is a strong risk factor for suicide.

And be in no doubt that alcoholism is no route to an uneventful life and be careful where it finally takes you. ["Alcoholic Moments", Peru 1985, UAE 1997, Thailand 1999, Hong Kong 2007]. My own alcoholism has led to the loss of the loves of my life, and led me on occasions to feel absolutely disgusted by my out-of-character behaviour. There are only so many times you can say sorry.



**"ALCOHOLIC MOMENTS",
(PERU 1985, UAE 1997, THAILAND 1999, HONG KONG 2007)**

"There have been so many, it's fruitless to pick on a few. They would be best saved for AA meetings... From waking up on an Emirates Flight from Dubai to Singapore without knowing where I was... to waking up naked in a walk-in-wardrobe in a five-star hotel room with my clothes neatly folded on the King sized un-slept-in bed.

Alcohol can lead to trouble in more ways than one. On another occasion in Dubai, I had attended a girlfriend (of a friend's) birthday only to find myself left alone at night in the restaurant with an Egyptian drunk and a bill for \$1,500 for absent friends' meals. Paying up seemed a better option than a night in a Dubai jail.

about Robin Williams above. ["Company Flat", UK 1994] ; ["Sweet Suzie from Alabama", Singapore 1997].

Before I do so, please let me indulge you in a beautiful Irish song sung by Jim McCann with Dubliners simply about a man wishing he was home, and realising it's getting too late for him. If drink is your problem- deal with it before it becomes too late. ["Carrickfergus", Jim McCann with the Dubliners].



**"CARRICKFERGUS"
(JIM MCCANN WITH THE DUBLINERS).**

<https://www.youtube.com/watch?v=RJMggxSzxM4>

*"But I'll sing no more now til I get a drink
Cause I'm drunk today and I'm seldom sober
A handsome rover from town to town
Ah but I'm sick now my days are number
Come all ye young men and lay me down."*



**"COMPANY FLAT"
(UK 1994)**

"Enjoying the benefits of residing in one of the four company flats, perched on top of the company head office, was indeed a privilege, shared only with senior company directors. Nevertheless, they reminded me of University Halls of Residence with 'Bed-sits' in line on a corridor leading to a communal kitchen at the end of the corridor.

I wasn't so happy when a Managing Director demanded to use my flat one lunch time for an impromptu – important – improper meeting with a young business lady. That apart, I was glad to have a 'pad' close to the office where to spend the week and get home to see my daughter at weekends.

One particular night I admit to having had too much to drink. I was up late practicing my seminar lecture/address for the next day at the Institute of Civil Engineers. The subject was 'Infrastructure Opportunities in Latin America' which I had researched in the field over the previous three months for the Department of Environment. The audience was over 250. I was comfortable with the preparation for the content of my speech, and I was then gesticulating in the full-length mirror to make sure the presentation and body language was right. Fortunately, the audience wouldn't have to view me naked, as I was swinging arms to deliver my key points to the back row.

Then nature called and I needed the bathroom. But instead of stepping into the en-suite bathroom, easy enough to negotiate sober, I opened the door leading to the main corridor and locked myself out, bollock naked, key-less and instantaneously sober. I frantically entered the kitchen and pulled out a steel rod from the carcass of a sofa bed which I planned to use to lever open the 'yale-locked' door. But it was too late.

I heard the sound of a key entering the main door to the corridor from the lift/ stairwell. It could be the Chief Executive who was staying in Flat One right next to that door. I had two options. One was to stand in all my glory and take the humiliation on the chin like a man. The second was to squeeze into the door recess and hope that the arriving director would go straight to his room and not walk the length of the corridor to enter the kitchen adjacent to my flat. He didn't and he did.

As he passed me squeezed naked in the recess with a steel bar in my hand, I calmly gestured to him 'Good Evening.' He was a senior director but not the CEO. He went to the Night Watchman in the Main Building and got a master key and saved my bacon. My dignity was restored, and the seminar went well. Nothing more was said apart from a brief glance from the said director across the executive dining room, and an approving nod presumably at the sight of my full attire. "

An inescapable route to sobriety for the innocent and vulnerable is 'Rehab'. But it doesn't work for all. The 12 Steps of Alcoholics Anonymous (AA) are used by many in recovery and is worthy despite any concern of its effectiveness. But each must decide who they consider to be their personal God to make progress. ["The 12 Steps of Alcoholics Anonymous", Dr Bob Smith USA 1935]. As noted in 'Alcoholics Anonymous & Me', Spain 2015,

noted above, I left an AA meeting and decided I would deal with my drinking problem alone, while respecting all those who seek group counselling as their way forward. Everyone who suffers can write their own positive '4 or 5 or 6 or 7-point-plan' to deal with their personal alcohol problem. It worked for me, although rather like Amy Winehouse I was too long addicted to heartache. Too late for Amy. ["Rehab", Amy Winehouse].



**"THE 12 STEPS OF ALCOHOLICS ANONYMOUS"
(DR BOB SMITH USA 1935)**

1. *We admitted we were powerless over alcohol—that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *Made a searching and fearless moral inventory of ourselves.*
5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *Were entirely ready to have God remove all these defects of character.*
7. *Humbly asked Him to remove our shortcomings.*
8. *Made a list of all persons we had harmed and became willing to make amends to them all.*
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *Continued to take personal inventory and when we were wrong promptly admitted it.*
11. *Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*



**"REHAB"
(AMY WINEHOUSE)**

<https://www.youtube.com/watch?v=B-Ru9FWAecQ>

*"I don't ever wanna drink again
I just, ooh, I just need a friend
I'm not gonna spend ten weeks
Have everyone think I'm on the mend."*



**"SWEET SUZIE FROM ALABAMA"
(SINGAPORE 1997)**

"Dave was the Company Buyer, in his late 50's, American, quietly mannered, and a bit of a loner. But there was good reason for him keeping himself to himself and maintain a quiet lifestyle. Not least because he had had a quadruple heart bypass after years of alcohol abuse.

The Company was celebrating a couple of ground-breaking construction contracts in Nigeria, Indonesia and on the beautiful Island of Langkawi in Malaysia. The whole senior executive team were in celebratory mood and off to paint the town of Singapore red. The CEO epitomised the American ethos of 'Work hard- Play hard- Kick Ass and Don't Kiss Ass'. 'Coming second sucks.' We'd come first again, even if it had meant Ministerial incentives, and creative accounting. In fairness, the Company's innovative engineering had come up with engineering solutions which beat off competition from the world's largest, like San Francisco's Bechtel. Submerged pipelines from the mainland were cheaper than water treatment plants on remote islands, for example; floating loading Jetties were more cost effective than Oil Terminals. And the 'Innovation' and 'Corrupt Incentives' went on.

Dave couldn't be persuaded to join the party. Why? Because of a tinge of guilt in being complicit with Company bidding strategy? No. I caught

up with him in a coffee shop the next day. He confided in me that he was a chronic alcoholic and hadn't had a drink for twelve years. He had degenerated years earlier into going on three day 'Black Outs' and doctors had told him he had months to live, either by liver failure or being beaten up and left in some gutter- unless the drinking stopped.

'How did you finally quit?' was my probing question, mindful of my own growing alcohol dependency. 'Was it Rehab? AA meetings, illness, family or peer pressure?' I cajoled. No, it was a very memorable, on-off personal experience that left its mark on Dave for the rest of his life.

He had awoken with his body chest pinned against the wall adjacent to his bed. The bed was familiar but his inability to breath had him panicking. He turned over to a sight worthy of the Devil in his darkest hour. She was maybe 65, maybe 250 pounds, only two teeth (both broken), little hair and Black in the colour of her skin as well as her fingernails.

'Who the fuck are you', he apparently screeched, in disbelief. 'I don't know who I am this morning, but last night I was your Sweet Suzie from Alabama'. The miracle cure is neither patentable, nor something to prescribe to people with a weak heart. But it evidently works.

Depression

Depression goes hand-in-hand with alcoholism- and don't I know. Alcohol is a depressant, which means it slows the function of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing. In very small amounts, it enhances certain personality attributes and lowers inhibitions. But as the booze flows- depression sets in and the party goer can become miserable, violent or irrational.

But you don't have to drink to be depressed. I have suffered from what I call my 'Depression' or feeling melancholy, a feeling of pensive sadness, typically with no obvious cause, for most of my life. I don't see it as an illness. I suffer from it, and sometimes I have benefitted from it. Sometimes I enjoy it, because with lows comes highs, and you don't have to be 'Bipolar' to experience that. Drink unfortunately, because it is a depressant exaggerates both positive/happy and negative/sad emotions in several forms and directions, including those that can make one morose rather than joyful.

I've had alcohol fuelled 'mini-breakdowns'; I've spiralled into depths of depression and self-pity, escaping into my own world in far off places across the globe, including Mollendo in Peru, Bologna in Italy, Nassau in the Bahamas, London in UK and Malaga Spain. But these were the 'starters for ten'. We all have to deal with loss at some time. Mine culminated prior to my decision to move to Spain in 2014. ["Loss in your Darkest Hour", Spain 2014].

No-one lives forever, and sometimes neither do relationships, careers, wealth, health, etc. The answer is to research your personality traits and find the best way for you to handle any given situation in your own way. Everybody is different and there is no blueprint. But loss can turn into gain, as mistakes become experience. Ignore the cynicism of Oscar Wilde who wrongly concluded that 'Experience is merely the name men gave to their mistakes.'

"Today is a new day and it brings with it a new set of opportunities for me to act on. I am attentive to the opportunities and I seize them as they arise. I have full confidence in myself and my abilities. I can do all things that I commit myself to. No obstacle is too big or too difficult for me to handle because what lies inside me is greater than what lies ahead of me. I am committed to improving myself and I am getting better daily. I am not held back by regret or mistakes from the past. I am moving forward daily. Absolutely nothing is impossible for me."
— Idowu Koyenikan,



**"LOSS IN YOUR DARKEST HOUR"
(SPAIN 2014)**

"We all have to deal with loss at some time. Mine culminated prior to my decision to move to Spain. This is the Story. It has to be all about Family for all of us in the end. There is no higher calling, whomever your God is. Shakespeare once said 'People are usually their happiest at home'. It's not Rocket Science.

1) The loss of my marriage to my second wife (to an Italian lover closer to our daughter's age than hers); 2) loss of my career (not just job in my mind); 3) loss of my home of 25 years not just a house (for £100k less than market value); 4) a loss of credit with plethora of creditors around my ankles threatening court action, 5) inevitable loss of self-esteem and confidence and negative thinking....and then 6) the loss (or withdrawal) of a lucrative job offer in Malaysia 7) the loss of the \$2m potential windfall (to gift my daughters) from the sale of Pell Frischmann, my employer.

They say things come in Three's, well sometimes they come in Seven's. I escaped from reality. Not something of which I am proud. Then I returned to the UK and produced a very detailed bid for an FCO contract in Peru which was also thwarted when they declared they never received the bid because it exceeded their in-box capacity. Preposterous luck, as I face the financial abyss. Anxiety, Depression, and Money Worries then dominated my every private moment fuelling my escapism and alcohol abuse. A viscous circle of fun, hope followed by depression to the extent of suicidal tendencies during anxiety attacks fuelled by alcohol abuse. These were exacerbated rather than mitigated by broken and failed relationships with good ladies- first Patricia (Brazil), then Joanne (Malaysia) and Jenny (Venezuela). These losses can also be put down in most parts to my drinking (who wants to live with a drunk?). And on top of that serial unacceptable womanising on my part, drifting from bar to bar, and some inappropriate casual relationships along the way. At 59 who the hell did I think I was? Even a man with financial means should act his age. So, my situation became no more than a manifestation of failure that comes when you stop doing all the right things.

So where does one go from the bottom- onwards and upwards. My Liver was diagnosed as close to cirrhosis and my bank account was empty. Alcohol fuelled banter and a false outgoing confident "persona" were OK for a few nights out with friends if affordable, but NO substitute for 'Hard work, Fidelity and Happiness'. And the best starting place for me was to get back into the real world through my closeness to my family. I doubted that an attempt at 100% sobriety was likely to be my route to ultimate 'happiness and contentment'. But by getting my life back I was sure I would win back the respect of my daughters, even though their unconditional love was never questioned, although tested, during darkest of times.

In times of need the most important things in life kick in. Survive and never give in. Managing failure, especially when partly self-inflicted, is character building and far more difficult than managing success. The way to take control is not to depend on others, not to seek religion or rely on philosophy to sort your problems. Getting to know yourself is

the key. My daughter said, 'Dad you are the most intelligent man I know with no common sense, get to understand your intelligence and personality, and then use the common sense that prevails to achieve the change you need.

Believe in yourself and stay away from those who don't. My subsequent long term partner Mari Carmen claimed I needed the help of a psychiatrist. No such thing I concluded- with such an in-depth knowledge of myself. The problem? Scars from a serially unfaithful first wife/marriage; guilt at being the serial unfaithful husband in a second marriage; involvement in company corruption scandals/blackmail or just bad management at Biwater, Kier and Pell Frischmann; loss of office/status/home/wealth; loss of daughters' pride in me; exacerbated alcohol addiction and escapism; lack of motivation, sloth and laziness and impending economic demise- the story is clear. The solution- Action and focus on Family. The secret is one worth sharing with all who face adversity.'

Never consider your position too desperate. There is always someone with a sorrier or sadder story. Phil Coulter's (the Irish Song Writer) child was born with Down's Syndrome and died aged four. He wrote this song to help him get through the difficult time, and a beautiful rendition is given by the late Luke Kelly. ["Scorn Not His Simplicity"- Luke Kelly].



**"SCORN NOT HIS SIMPLICITY"
(LUKE KENNY)**

<https://www.youtube.com/watch?v=YTBC7ckTWpo>

*"The loving face
Of a mother who can't understand what she's been guilty of
How she cried tears of happiness
The day the doctor told her it's a boy
Now she cries tears of helplessness
And thinks of all the things he can't enjoy."*

Oh, how so lucky I am (as so many of us are) to have beautiful Daughters whom I (we) dearly love- Good Night my Love, Please have no fear that my love will watch over you, dear, always ["Good Night My love", Barry White].



**"GOODNIGHT MY LOVE"
(BARRY WHITE)**

<https://www.youtube.com/watch?v=g1z58UZr9sA>

*"If you should awake in the still of the night
Please have no fear
Just close your eyes
Then you realize
That my love will watch over you, dear, always."*

Winston Churchill and Abraham Lincoln are the two most significant political leaders to battle depression. Winston Churchill navigated his country through a radical period of change and was Prime Minister of England during World War II. Throughout he battled what he called his 'Black Dog' in an era preceding the wide understanding of mood conditions and the use of antidepressants. Like Abraham Lincoln he spent much time working on ways to curb his depression. What is notable in both men is the will to get well and the patience and endurance to see things through. In Churchill's case a little brandy helped him along his way, or so he thought. Winston Churchill's tenacity is legendary; the man just refused to give up. Beating Depression is not about necessarily trying harder and doing more but recovery requires a persistent attitude that is always willing to renew the will to change. Churchill always tried, always persevered and never gave up. Phil Coulter also wrote a beautiful song about his home town Derry that captured so much of this sentiment of peaceful reflection. ["The Town I loved so Well", written by Phil Coulter & sang by Paddy Reilly].

"The Town I Loved So Well" is a song written by Phil Coulter about his childhood in Derry, Northern Ireland. The first three verses are about the simple lifestyle he grew up with in Derry, while the final two deal with the Troubles, and lament how his placid hometown had become a major military outpost, plagued with violence. The final verse includes a message of hope for a "bright, brand new day", saying "They will not forget but their hearts are set / on tomorrow and peace once again".

'Essentially, depression can give us new and quite radical insights – it can give us a way of responding effectively to challenges we have in life. In its severe form it is terrible and life-threatening, but for many it is a short-term painful episode that can take you out of a stressful situation for a while. It can help people to find a new way of coping with events or your situation – and give you a new perspective, as well as making you more realistic about your aims.'

- Dr Paul Keedwel



**"THE TOWN I LOVED SO WELL "
(THE DUBLINERS & PADDY REILLY)**

<https://www.youtube.com/watch?v=niKazIh4tCc>

*"Now the music's gone but I still carry on
For their spirit's been bruised never broken
They will not forget for their hearts are set
On tomorrow and peace once again
For what's done is done and what's won is won
And what's lost is lost and gone forever
I can only pray for a bright brand new day
In the town I loved so well."*

So, 'Out of Darkness Cometh Light' – a path through darkness in life can lead to enlightenment and a deeper satisfaction in the route one is taking.

Abraham Lincoln, along with Winston Churchill and Mark Twain, always used humour as an antidote to depression. Churchill's 'one-liners' are infamous, and many have already been quoted earlier in this Book, particularly his quips with Lady Astor. But for good measure here's another one:

The lady who was known as Churchill's main rival in parliament was giving a speech. Churchill, with his usual enthusiasm for his rival, dozed off while the lady was speaking. She stopped her speech and awoke Sir Winston by yelling, "Mr. Churchill, must you sleep while I talk?" Churchill sleepily replied, "No, ma'am. I do so purely by choice."

To boost his spirits, Lincoln also told jokes and funny stories. Lincoln said, "If it were not for these stories—jokes—jest's I should die; they give vent—are the vents of my moods and gloom." Humour also gave Lincoln a way to connect with people. It certainly plays a major part in my own life, always preferring light or sexual humour in most situations rather than seriousness (until it comes to writing a book). In addition to humour Lincoln utilized other major depression antidotes, including his love of poetry and a strong belief that his life had an important purpose. There I go again trying to copy others somewhat more worthy than myself. ["Your Real Destiny", Spain 2020]



**"YOUR REAL DESTINY"
(SPAIN 2020)
AVOIDING UNHAPPINESS AND DEPRESSION**

"Any analysis of Happiness and Well-being would be incomplete without comment about the flip-side- Unhappiness and Depression. Words abound to describe unhappiness in the dictionary. Words such as sad, miserable, sorrowful, dejected, despondent, down, joyless, and even depressed. Feeling unhappy can be temporary or it can be a more chronic state. It is normal to feel unhappy after a relationship break-up, job loss or death of a loved one. Although we as humans are always in Search of Happiness and use techniques like Positivity to try and achieve it, the reality is that it is not the norm. We experience a range of emotional states in any day of a lifetime. As discussed, we can find 'Level One Happiness' by engaging in short term joy- but every high/binge is followed by a low/reality bump. 'Level Two Happiness' relies more on having a balanced life in terms of Relationships and Marriage, Careers and Money, and our Children. 'Level Three Happiness'- represents a higher meaning of life, flourishing and fulfilment at a higher level - achieving one's full potential and finding 'Purpose in Life'. That requires 'Going Beyond the Ego' and many people who enjoy successful marriage, money and children still don't achieve this illusive level of happiness.

It is ok to feel unhappy, bored or discontent some of the time. If you are persistently or even chronically unhappy it is time to look at what you can do to change this. Medication is unlikely to be the answer. Finding the root cause and taking action is. Relationships and marriage, careers and money, and our children – are probably the most common three elements of Level Two Happiness. So, if these elements falter- it's important to take positive action and in parallel seek solace in Pursuit of 'Level Three Happiness' in spiritual terms- rather than indulging in serial pursuit of a life of a string of momentary feelings of joy and pleasure.

That was the story of my own life. After a marriage break-up, loss of a job and livelihood, and the children having flown the nest – I engaged in constant binge drinking, partying and laziness, rather than taking positive action, cutting down the drinking, and seeking true new real purpose. When I achieved all of the above, this book was born!”.

In Section 14 we discuss Personality Types and ‘The Enneagram’. The Enneagram promotes mental health by allowing you to become more self-aware. Self-awareness is a really powerful tool — if not the most powerful tool. When you become more self-aware, you can be more honest with yourself.

It even points out some of the red flags that will show you what you are like under stress and help you to learn how to deal with it, or how to beat resultant depression.

For example, when a ‘Type Two’, like myself becomes stressed: ‘The Type shifts to Type 8 (“The Challenger”) and its higher tendency towards aggression. Such individuals can become irritable and attacking; blameful and demanding; controlling, distrustful, manipulative and isolated. And above all- A Drama Queen.’

An anonymous definition, according to a Google Search is: ‘A Drama Queen is a person who self-dramatizes. That’s how they make a rather dull life interesting. They self-dramatize by making themselves into someone important. The Drama Queen is always more talented than everyone else. They are more sensitive, more spiritual, more intuitive, more artistic or athletic. In their own minds they are a cut above the rest and when they are unappreciated for their genius, or when they have to mingle with hoi polloi, they cast themselves as the lonely, misunderstood artiste. For them life is always extraordinary, and the most extraordinary part of it is that they are players in a huge drama.’

The Drama Queen is always hovering around some new disaster, some new rejection, some new misunderstanding. Life is a great tragedy in which they are the star.

“Difficulty is inevitable. Drama is a choice.” - Anita Renfroe

Sometimes there is no point of ‘making a mountain out of a mole hill’. Dualling with the Pimps and small time Mafia in Southern Spain was the most recent example of my misplaced focus. That stuff goes on everywhere

in the world and my time is better spent writing a Book. But once a father, always a father. ["Cindy in the Square", Spain 2014].



**"CINDY IN THE SQUARE"
(SPAIN, 2014)**

"Adjusting to a new life in Spain with my step-daughter was challenging with anxiety and uncertainty about the future. Under the circumstances we got along very well, secure in a rented two- bedroom apartment with swimming pool and sea views. We bonded, and the interaction worked. We chose our new friends carefully. We gave each other space and lived a new day to day life routine, like never before a father and daughter. Sharing one bathroom was a challenge, but I learned to hide a bucket in my room in case of 3-hour bathroom access morning delay occurred. It was preferable to peeing in the kitchen sink or over the terrace balcony.

Cindy secured a bartender job at the local youngsters/tourist late night bar. It lasted one night after I turned up drunk at 3am and took exception to her treatment by both her female bully boss, and drunken clientele. 'Dad I know how to deal with these people' she'd declare in desperation- but refused to return to work after what she considered my embarrassing exchange with her boss.

'The Square' in Benalmadena is not Spain's window shop of excellence for the discerning tourist. Drugs consumed, drugs on sale, drug rape cases, and the 'Stag Night' capital of the coast. And even though I disapproved of much which I saw, I frequented the Square, I got to know most of the players, bar owners; and the bad, the ugly, and the even uglier. But I considered it no place for a daughter at the still impressionable age of 22.

'Meet you for a quiet drink at lunch time Cindy?'. 'Yes, of course.'

Her UK mobile phone rang, and I headed to the toilet so as not to crowd her while she took her call.

'Anything important?' 'No, just a lady asking whether I was seeking work here in Spain' she played the importance of the call down. But I was suspicious. 'What UK recruitment company has your number knowing you are in Spain seeking work?' I quizzed.

'I don't know but she was definitely English and had a very cultured voice.' Who the fuck could that be I asked myself, already getting paranoid about the people and places I was experiencing in Southern Spain?

It took me two weeks, concerted effort, constant inquiries, small time pay-offs, and gossip mongering to get the 'intel' that I needed. The small-time local mafia which ran 'The Square' were trying to recruit my daughter to be a pole dancer in one of the dens of iniquity because of her attractive Asian looks. I wanted to know who was running this sleazy business portfolio.

It took me another two weeks, and more payoffs to get a tip-off that the 'top guy' (a Colombian named Christian) was unusually due to visit one of his organisation's bars/ clubs named Coyotes. In fact, he would be there at 9pm on Saturday night.

It was July and The Square would be packed. I topped up on wine and courage and set off down the hill to confront him. My demeanour was enough to spark my daughter's concern for me. After all, it was more likely that I would get hurt than vice-versa. She must have made various frantic calls to alert those involved. By the time I reached the Club it was closed up and finished for business at 9pm.

I took my rage to the nearby stationary Police Car and relayed the whole story (in Spanish). 'What proof do you have Sir?' 'Enough' I protested ' I've paid to get reliable information.' 'Now I'm going to break down that door, confront that Christian, cut off his head, and burn the place down.' 'Sir, I'm going to have to arrest you if you attempt to do so.'

'Excuse my inappropriate question to a Police Officer on duty, but do you have a daughter?' 'It is an inappropriate question, but yes I do Sir.' 'How old may I ask?' 'Fourteen years old Sir, and safe at home.'

'What would you do if the head of this Mickey Mouse small time, low life mafia here tried to recruit your daughter to work in one of their clubs?' 'Sir, I would break down that door, confront that Christian, cut

off his head, and burn the place down- but if you attempt to do so, I am going to have to arrest you.'

No more was said. Alcoholic bravado was nothing new to him I am sure. But 'jungle drums' play whenever drug dealers see someone interacting with the Police. When I walked down the hill to the Square sober two nights later, the Club owner enticed me in. 'Christian has asked me to tell you that you are always welcome in the club, and drinks are on the house.' 'No thank you, just tell Christian to keep his guerrillas and front recruiters away from my daughter.'

I never got to meet Christian but his respect for my word was palpable from the body language of others. The next day I was having breakfast with my daughter relating the whole story, only to rolled eyes. Then I passed her an envelope. 'What is this?' 'It's your flight home for tomorrow. This is no place for a vulnerable girl of class' 'Don't be over dramatic, I'm fine, I know how to deal with these people.' 'I'm staying and that is final.'

Her flight left at 11am the next day and it represented another new start for her, seeking her future alone. I breathed a sigh of relief as I waved her off, wondering how she would fair, and how I was going to finance her \$1,000 monthly allowance for the foreseeable future until she got herself settled. I set nine months as the target. And she did finally settle.

Only seven years prior I had had to confront a 'Sheikh' in Abu Dhabi who had gotten my elder daughter's number after a visit. I found he had been stalking her and making inappropriate calls. He passed his phone to me one night asking whether I knew the girl on the line.

I refer to him as Sheikh Pisshead, and he nearly had me deported from the UAE when I confronted him in public. But he knew that a protective father always has the moral high ground.

Somewhat even more dramatic was Hollywood's take on a father's role to protect his daughter. I am no retired CIA field agent either. But all fathers feel the same about protecting their baby daughters, I am not unique. I cite the movie 'Taken'.

While vacationing with a friend in Paris, an American girl is kidnapped by a gang of 'human traffickers' intent on selling her into forced prostitution. Working against the clock, her ex-spy father must pull out all the stops to save her.

"TAKEN"
(LIAM NEESON)

<https://www.youtube.com/watch?v=XK9zL0ze9O4>

*"I don't know who you are. I don't know what you want.
If you are looking for a ransom, I can tell you I don't have money.
But what I do have is a very particular set of skills,
acquired over a very long career in the shadows,
skills that make me a nightmare for people like you.
If you let my daughter go now, that will be the end of it.
I will not look for you, I will not pursue you.
But if you don't , I will look for you, I will find you.
And I will kill you.....
Good Luck."*

Forget Your Ego- 'Just Be Happy'

In Part Two we have explored where and when 'The Personal Ego' becomes a Problem. Whether it's cause is based on putting a disproportionate emphasis on 'Sex and Money' with its inevitable corollary of 'Lust and Greed'; or 'Love and Career' that lead to fixations on 'Ownership and Status', and negative emotions of 'Jealousy, Anger, Pride and Prejudice'.

The 'Seven Deadly Sins' of Pride, Greed, Wrath, Envy, Lust, Gluttony, and Sloth are often thought to be abuses of passions, but they 'lead to - or become the cause of- or are the cause of' Addictions and Personality Disorders which come to dominate our lives.

In Section 16 I discuss ways of 'Going Beyond the Ego' and in Section 20 focus on 'Buddhist Wisdom in the Search of Happiness'. In Buddhism the key to happiness is to know the truth about yourself- to understand who or what you really are. Most people wrongly identify themselves with their feelings, thoughts, likes and dislikes. Buddhism shares the basic insight of the biological approach to happiness, namely that happiness results from processes occurring within one's body, and not from events in the outside world. Buddhism has assigned the question of happiness more importance than perhaps any other human creed. And learning to love yourself is the ultimate starting place.

People pursue wealth and power, acquire knowledge and possessions, beget sons and daughters, and buy houses. Yet no matter what they achieve they

are never content. Religious people and atheists alike could find a moment of revelation by studying the insight Buddhism offers for happiness.

'Live like you will die tomorrow, Dream like you will live forever.'
- James Dean

So, the Maxim is 'Forget Your Ego- Just Be Happy'. It sounds easy. How are you going to pay the mortgage and the school fees now the Covid-19 Pandemic has taken away your livelihood? Well, please persevere with the remaining Sections of this Book, and by Part Seven ('The Final Solution') it is hoped that you will 'Know Yourself' better and have decided on a route to 'Becoming your Destiny'. Only then, I conclude, will you find the 'Route to Life's True Riches, Success and Happiness'.

A good starting point to getting to 'feel happy' (and before we analyse Personality Types in detail in Sections 14 and 16) is becoming determined not to be one of those Types of People who far too often like to 'feel miserable' even though they are doing well. The Three Types are- 'Faux Martyrs, Drama Queens and Loyal Sceptics'. I learned these from my research into my own personality ('Enneagram Type Two') and how to avoid my own pitfalls, and tendencies to fall into all three categories. It was produced by Fr. Dwight Longenecker in a Blog in February 2018 and published on the National Catholic Register website. ["People Who Like To Feel Miserable", National Catholic Register, USA 2018].



**"PEOPLE WHO LIKE TO FEEL MISERABLE"
(NATIONAL CATHOLIC REGISTER, USA 2018)**

"Three Types of People who don't really want to be happy. They love being miserable:

1. Faux Martyrs

The Faux Martyr loves rushing about helping people. C.S. Lewis said you could tell this sort of person a mile off. They live for others, and you could tell the others by their hunted look. The faux martyr gains his or her satisfaction from life by helping others. That's how they tell themselves that they are indispensable. Then when they are not appreciated enough, or even worse, when someone tells them they are a busybody, they just love being all hurt and wounded. That's the cherry on top of their sundae.

They not only help everyone to make themselves feel wonderful, but then they get to be a martyr when they are unloved, and how noble and good they are to be a martyr. That kind of misery just feels so good.

Once the Faux Martyr gets a little kick from that kind of misery, if they are unwell, they soon start to unconsciously look for that situation and those people who they can rush around helping, who will then tell them to mind their own business so they can feel hurt and wounded and important. Then on top of it all they can add a nice dollop of self-righteousness.

2. Drama Queens

The Drama Queen is a person who self-dramatizes. That's how they make a rather dull life interesting. They self-dramatize by making themselves into someone important. The Drama Queen is always more talented than everyone else. They are more sensitive, more spiritual,

more intuitive, more artistic or athletic. In their own minds they are a cut above the rest and when they are unappreciated for their genius, or when they have to mingle with hoi polloi, they cast themselves as the lonely, misunderstood artiste. For them life is always extraordinary, and the most extraordinary part of it is that they are players in a huge drama.

The Drama Queen is always hovering around some new disaster, some new rejection, some new misunderstanding. Life is a great tragedy in which they are the star. You can't help these people.

3. Loyal Sceptics

The Loyal Sceptic person is the old-fashioned "The glass is half empty" person. They just naturally see what is going to go wrong, what is missing or what doesn't work. They are waiting for disaster. They're the typical pessimist. They're the critic of critics. The reason they are like this is because they have an eagle eye for what might go wrong, and they feel secure and happy when they are spotting the possible mishap. They're always testing the ice. They're always checking the weather. They want to be sure and being critical and testing is the way they feel secure."

This is not to say that you have any of the above tendencies. They seem more familiar to the Enneagram Type Two to which I relate. But the process of finding 'The Solution' to alleviating your own negative traits is the same. Studying your Personality Type in Section 14 will allow you to become more self-aware, and when you become more self-aware, you can be more honest with yourself.

'The Solutions' for these three miserable characters above are: 1) If you're a 'Faux Martyr', back off and do something for yourself instead of being such a busybody. You're not indispensable. Chill out. Everybody doesn't need you all the time. Go on a retreat. Learn how to truly listen. 2) If you're a 'Drama Queen' come out of your costume, come down off the stage and realize that most people are not out to get you. Do stuff that's ordinary. Bad things happen. Get used to it. It doesn't always have to be a drama. You don't have to be a tragedian to be worth something. Your self-dramatization doesn't impress. 3) If you're a Sceptic, have more trust. You'll be okay. Life is good! Don't be afraid.

If you live with one of these Types of Personality Character Traits - or any other Negative Traits that your Expanded Personality Analysis throws up -

then try to understand them. We are all on a big adventure to find love and life and all things eternally good. The more you accept them unconditionally and understand their foibles and failures, the more you will be cured of them. And remember the aim is not to Change your Personality. That's nigh on impossible. The concept is to understand the healthy and unhealthy traits so you can imagine your passion inside positively and extenuate the positive. You will be taken for who you are. ["I have nothing", Whitney Houston].



**"I HAVE NOTHING"
(WHITNEY HOUSTON)**

<https://www.youtube.com/watch?v=FxYw0XPEoKE>

*"Share my life, take me for what I am
'Cause I'll never change all my colours for you
Take my love, I'll never ask for too much
Just all that you are and everything that you do"*

Dreams and Disorders

From the outlandish claims of Sigmund Freud to modern-day dream interpretation, dreams have long been a mystery to many. Some people tend to have scary dreams. Others have dreams that simply don't make sense. Still, other people have lucid dreams that they can control. A lot of dreams are not remembered unless one awakens during a dream. Some may be influenced by background noise, like a TV switched on. But most often they relate to something which the person has been doing all day, or of late, or something which underlyingly disturbs them, like job, money or health or relationship worries.

Everybody is unique, but is there a connection between dreams and mental health? There is a known connection between depression and dreams that can be the more disturbing dreams like I have experienced. Nightmares for people with depression are common, but it doesn't mean ghosts or wild animals are going to haunt you or eat you. It can just be a bad exaggeration of an existing anxiety.

The brain is a complex and still not fully understood organ. It is the most vital organ in the human body composed of many parts, including the cranium, the cerebrum, the brain stem and the cerebellum. It allows a

person to think, feel and store memories, and it controls and coordinates the body's actions and reactions.

When we fall asleep at night, our brains remain active and everyone dreams. The brain is also responsible for our mental health when we are awake. Mental illness isn't just troubling emotions from poor mental health; often mental illness is accompanied by changes in brain structure and chemistry as well. Brain tumours, or brain fractures for example often trigger loss of memory, fits or mood swings, or changes in personality. There are also proven/scannable differences between depressed brains and normal brains.

Depressed People tend to dream more. Dreams can help us regulate our emotions and process negative ones, and because depressed people often struggle with both, dreaming more frequently is a way to deal with these emotions. Although dreaming more sounds pleasant enough, dreaming about negative issues doesn't actually help people feel restored. As a depressed person I probably experience dreaming more frequently, they certainly often leave one feeling more tired as well as more concerned about what the dream is trying to say, preferring being conscious and awake at day rather than a good night's sleep to feel refreshed.

People who are depressed may have a harder time falling asleep, but they enter REM sleep, the stage of sleep when dreaming occurs, earlier and stay in this stage longer. REM sleep sees brain waves that are almost as active as when someone is awake and also includes an increased heart rate and more heavy breathing. Because depressed people dream more frequently, it is no wonder that a common symptom of depression is fatigue.

Alcohol use and drug abuse may also be contributing factors to these sleep disturbances, probably the case in my situation. Alcohol may induce sleep but not rest. Many people who are depressed turn to drugs or alcohol to cope, or in my case maybe just to escape, and help oil the flow of wit and banter.

So, we all dream and it isn't a mental disorder in itself, of course not. I have frequent and when remembered mostly incomprehensible dreams - about jobs, life, family, money, ambition, pride, flying, fighting, loving, protecting, arguing, disappointments, inadequacies, - some of which is disturbing, some amusing, some far too cryptic to be - decipherable- but most all strange. From flying bicycles to building timber framed homes; from street

fights to sexual encounters; from complicated 'Stings' to sophisticated business deals; and the list goes on- all instantly forgettable. What is consciousness. Dream analysis is a therapeutic technique best known for its use in psychoanalysis. As referenced above, Sigmund Freud viewed dreams as 'the royal road' to the unconscious and developed dream analysis, or dream interpretation, as a way of tapping into this unconscious material.

There are of course some 'off-the-shelf'- analyses or declared meanings (by self-promoted experts) of some very common dreams:

- Dreaming of falling is very common. It is a symbol of fear in real life - perhaps of failing at work or in your love life.
- Dreaming of public nudity might indicate that you feel like a phony or that you are afraid of revealing your imperfections and shortcomings.
- Dreaming of being chased might indicate a desire to escape from your own fears or desires.
- Dreaming about losing teeth can have multiple meanings. It might mean that you are worried about your attractiveness or appearance. Moreover, if your teeth fall out, you lose personal power and your ability to be assertive, decisive, and self-protective.
- Dreaming about death can be profound. Those approaching the end of life and loved ones around them experience significant and meaningful dreams, often relating to a comforting presence, preparing to go, watching, or engaging with the deceased, loved ones waiting, distressing experiences, and unfinished business.
- Dreaming of failing an exam, being late for one, or being unprepared shows that you feel unprepared for the challenges of waking life.
- Dreaming about infidelity indicate issues with trust, loyalty, and communication in a relationship.
- Dreams about flying often represent two quite different sides. On the one hand, such dreams can represent feelings of freedom and independence. On the other hand, they can also indicate a desire to flee or escape from the realities of life.

Finding out what events in your life mean can be a lot about remembering your dreams. Dreams are somehow closely connected to destiny and self-understanding. When you wake up and remember nothing from your dreams, if you really focus, you can remember them. With training and repetition, you can remember even more about your dreams. When you

think about the dream and remember, it is moved from your short memory to your long-time memory.

When you wake up, close your eyes, and focus on your last dream. Often if your phone calls or the wake-up alarm rings, you can remember last part before you woke up. Focus on what you remember and try to see how you got in the situation you saw in your dream, how did you get there, where did you come from, who were you with?

Dreams are often connected, and you can actually travel backwards in events and really remember a huge part of the dream and details around it.

Research shows, dreams are a reflection of events in your current life, and if you had a day where you learned difficult things and really used your brain actively, your dreams will be very vivid and interesting. This is a process where everything from the day is organized and the brain sorts what's important and what to get rid of and compress.

My own dreams tend to be very cryptic. But the cryptic crossword is always more satisfying to master. If I could 'bottle' all my dreams maybe I could emulate more imaginative writers than myself; J K Rowling and Harry Potter I suggest.

Sure, our dreams may be trying to tell us something, but I don't consider it abnormal. Nothing is ever going to be as normal as before for many people affected by the Coronavirus, whether for the loss of a loved one, or for the financial burden of losing an income. They may well experience bad dreams as a consequence. But we will all be OK. Dream of Love and all will be OK. ["Dream a Little Dream of Me", Louis Armstrong].

'Over the Rainbow' was the ballad composed for the 1939 film 'The Wizard of Oz' and was sung by actress Judy Garland in her starring role as Dorothy Gale. It won the Academy Award for Best Original Song and became Garland's signature song. She was tempted into finding herself a place where she wouldn't get into any trouble. This prompted her to walk off by herself, musing to her dog Toto, 'Some place where there isn't any trouble. Do you suppose there is such a place, Toto? There must be. It's not a place you can get to by a boat, or a train. It's far, far away. Behind the moon, beyond the rain...'; - the story of a dream, perfectly re-created in the solo ballad by Eric Clapton. ["Somewhere over the Rainbow", Eric Clapton].



**"DREAM A LITTLE DREAM OF ME"
(ELLA FITZGERALD & LOUIS ARMSTRONG)**

https://www.youtube.com/watch?v=SwYKqA_j2M8

*"Sweet dreams 'til sunbeams find you.
Sweet dreams that leave all worries behind you.
But in your dreams whatever they be,
Dream a little dream of me."*



**"SOMEWHERE OVER THE RAINBOW"
(ERIC CLAPTON)**

<https://www.youtube.com/watch?v=iwIFTYT2Fdw>

*"Somewhere over the rainbow, way up high,
There's a land that I heard of once in a lullaby.
Somewhere over the rainbow, skies are blue,
And the dreams that you dare to dream really do come true."*

Life is a Lottery

It's a cliché but couldn't be truer. Life is full of sex, lust and jealousy. It makes the world spin. Money, greed, pride and prejudice are the spin we have put on it. And our Addictions and Personality Disorders are the corollary.

Life is a Lottery. Maybe you can get sex but you can't get credit. Maybe you only get jealous when you compare yourself with someone else instead of comparing yourself with who you yourself could be. Are you proud when you have more than someone else, or just proud of what you have achieved? And is too much analysis of all this just a sign of psychosis.

A Lottery win would probably solve it all. ["Life's a Lottery", Dominican Republic 2001].



**"LIFE'S A LOTTERY"
(DOMINICAN REPUBLIC, 2001)**

"Six months pursuing a project in the Dominican Republic. The prospects of signing a deal looked grim. Closing the local office was probably the best bluff sign we could give to prove we were walking away. Last night in the Hotel before repatriation to the UK. 'Let's venture into the Hotel Casino', I enticed the Managing Director. After all we had US \$360 from the office Petty Cash to pay for our meals and airport taxi. 'No, put it all on Black 28.' I insisted. And I'm no gambler. Of course, we didn't, but we both gazed with amazement as the roulette wheel seemed to spin for an eternity. 'Plop'- Was it Red 7? NO- Black 28! OMG The chances of that were 36 to 1, and the lost winnings over US\$10,000. Oh how life knows how to kick you in the balls sometimes.

Ashley Revell from Maidstone, Kent in the UK was an English gambler who had gone through a bad time with his relationship. In 2004, after his divorce, he sold all the possessions he had left, including his clothes, and gambled US\$135,300 on a single spin of a roulette wheel in the Plaza Hotel & Casino, Las Vegas. He won.

In 2002, in my local bar in Wolverhampton it was usual to have a 'long line' of lottery numbers pinned to the notice board. The local 'Governor - Stan' would arrange the 'sweep stake' and the locals would 'pool' their money and buy at least 20 lines of numbers. After all, best to hedge your bets, and a win would mean a win for all.

But Stan was a 'Lad'. At 7.45pm on Saturday the lottery is drawn. And without surprise there were no winning lines. But Stan went across to the shop and bought the lines for the following week (but included one line with the winning numbers for 15 minutes hence). He returned to the bar and switched the slips on the notice board.

'Hey Bill' he startled a dosing 70-year-old local. 'Can you check our numbers this week, off the board, I'm busy'. Bill dutifully did so, but

without any sign of emotion took the ticket and exited out of the pub back door!

Greed is an evil thing when the intent is to rob your friends. As the old joke goes- 'If I ever win the multi-million-dollar lottery, the first thing I would do is give my wife \$2,000 to go shopping'. 'And what would you do?'... 'Go straight to the airport'.

Of course, lotteries have always been fair. Bumpy Johnson was the gangster and famous associate of 'Numbers' queen Madame Stephanie St. Clair in New York in the 1930s and started a war against New York mob boss Dutch Schultz – making money out of illegal lotteries. (A favourite Film- Hoodlum starring Laurence Fishburne and Tim Roth).

In one South American country, the young children selected to do the Lottery Draw were told to select the 'cold' polystyrene balls from the Lottery Bowl.

Modern lotteries are of course better regulated but are still a form of taxation against the poor who can ill-afford to bet, and don't really understand the odds, but bet in hope.

Life's a lottery. Marry the wrong wife or husband, bet on the wrong horse, buy shares at the top of the market, walk in front of a bus without looking. Some things are fully within your control, some aren't. It's not Destiny.

Lessons Learned



SECTION 12- LESSONS LEARNED "Addictions & Personality Disorders"

KEY MESSAGE: "It's a fact. Alcoholism impairs overall life-performance, so the opportunity cost is considerable."

1. *I understand now that our souls are our power, not perfection nor our 'Ego'.*
2. *Forty percent of your actions are not conscious decisions but habits. So, habits are a big part of your life - and a lot of the time you don't even notice it. Your life is to a large extent the sum of all your habits – good or bad. You can take control of your life by changing your habits.*
3. *Willpower is a muscle, not a skill. We all have it. The more you use it, the stronger it becomes, and it will touch everything in your life. If you believe you can change, and all your actions are moving towards the change you want to see – it will become reality.*
4. *Personality is the way of thinking, feeling and behaving that makes a person different from other people. An individual's personality is influenced by experiences, environment (surroundings, life situations) and inherited characteristics. A person's personality typically stays the same over time. A personality disorder is a way of thinking, feeling and behaving that deviates from the expectations of the culture, causes distress or problems functioning, and lasts over time.*
5. *In psychotherapy terms, those diagnosed with a personality disorder are suffering from ego-syntonic behaviour patterns that are profoundly rooted in the person's ego integrity, which helps to explain why people with personality disorders often see nothing wrong or maladaptive about their behaviour.*
6. *Because they lack effective coping skills, act impulsively and irrationally, tend to be self-centred and have severe deficits in empathy and futuristic thinking, people with personality disorders typically suffer*

severe depression and anxiety throughout their turbulent lives, which often leads to self-medicating these mental disorders with addictive substances.

7. We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."

8. Almost anything can be preserved in alcohol, except health, happiness, and money.

9. Depression goes hand-in-hand with alcoholism. Alcohol is a depressant, which means it slows the function of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

10. Essentially, depression can give us new and quite radical insights – it can give us a way of responding effectively to challenges we have in life. In its severe form it is terrible and life-threatening, but for many it is a short-term painful episode that can take you out of a stressful situation for a while. It can help people to find a new way of coping with events or your situation – and give you a new perspective, as well as making you more realistic about your aims.

11. The 'Seven Deadly Sins' of Pride, Greed, Wrath, Envy, Lust, Gluttony, and Sloth are often thought to be abuses of passions, but they 'lead to - or become the cause of- or are the cause of' Addictions and Personality Disorders which come to dominate our lives.

12. People pursue wealth and power, acquire knowledge and possessions, beget sons and daughters, and buy houses. Yet no matter what they achieve they are never content. Religious people and atheists alike could find a moment of revelation by studying the insight Buddhism offers for happiness.

13. No-one lives forever, and sometimes neither do relationships, careers, financial stability, health, etc. The answer is to research your personality traits and find the best way for you to handle your situation in your own way.

MISSION STATEMENT- "Today is a new day and it brings with it a new set of opportunities for me to act on. I am attentive to the opportunities, and I seize them as they arise. I have full confidence in myself and my abilities. I can do all things that I commit myself to. No obstacle is too big nor too difficult for me to handle because what lies inside me is greater than what lies ahead of me. I am committed to improving myself and I

am getting better daily. I am not held back by regret or mistakes from the past. I am moving forward daily. Absolutely nothing is impossible for me. I will temper my drinking and control my alcohol dependence. I will eat more healthily and exercise. I will be a fit grandfather."