

.....ONE WORD....GOODNESS....PLUS THE OLYMPIAN ETHOS....

I THOUGHT I HAD WRITTEN MY LAST LETTER (NO. 9) TO THE CHURCH EARLY IN 2023, WHICH WAS ALL TO DO WITH BALANCING TWO EQUATIONS AND FOUR WORDS. BALANCING THE EQUATION OF THE BODY, WHICH WAS ALL TO DO WITH 'WINING' AND 'LOSING', WITH THE EQUATION OF THE SOUL, WHICH WAS ALL TO DO WITH 'GOODNESS' AND 'BADNESS'.

IT IS THE INTERBALANCE BETWEEN THESE EQUATIONS THAT DETERMINES THE SUSTAINABILITY OF EVERYTHING THAT HAPPENS ON EARTH.

WITH THIS LETTER WE ARE DISCARDING THREE OUT OF THE FOUR WORDS BECAUSE WE CANNOT CHANGE THEM. WE CANNOT CHANGE THE WINNING AND LOSING FORMULA OF THE 'BODY', SET BY CREATION, WHICH ALWAYS POINTS US IN ONE DIRECTION ONLY, 'WINNING' FOR OUR OWN BENEFIT AND SURVIVAL. WE ONLY GO IN ONE DIRECTION. AND WE CANNOT CHANGE THE 'BADNESS' PART OF THE EQUATION OF THE 'SOUL', BECAUSE THAT PART, BADNESS, STEMS AGAIN FROM CREATION, OR OUR NATURAL SURVIVAL INSTINCTS, OF GREED, AGGRESSION AND LUST, WHICH OF COURSE ARE CONSIDERED 'BAD' OR A THREAT TO CIVILISED, PEACEFUL HUMAN SOCIETIES WHICH WE HUMANS EXIST IN.

SO WE ARE LEFT WITH ONE WORD, 'GOODNESS', WHICH IS CIVILISATION'S 'BE ALL AND END ALL' WORD. WE WOULD NOT BE HERE TODAY IF BADNESS WAS IN ASCENDANCY OVER GOODNESS.

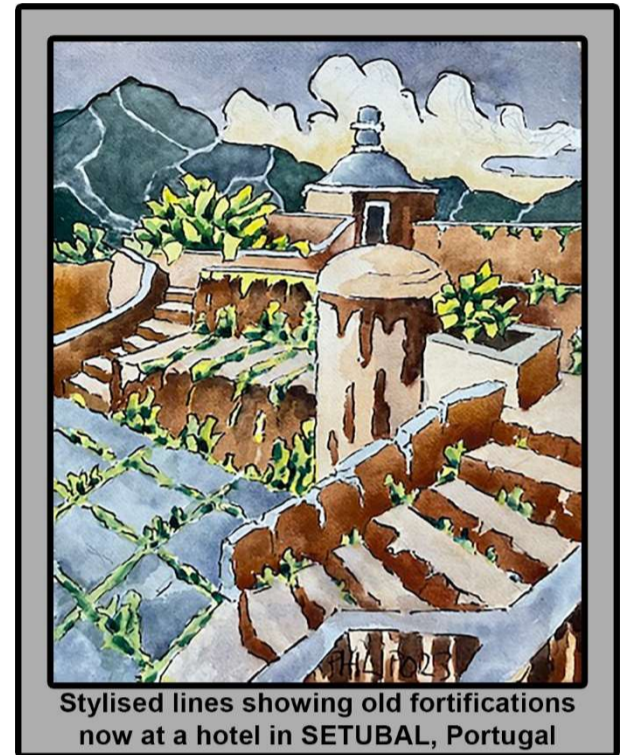
EARLY SOCIETIES WERE FORMED AND HAVE SURVIVED AND ADVANCED BECAUSE OF ONLY ONE THING, WHICH IS GOODNESS OR RESTRAINT BEING IN ASCENDANCY OVER BADNESS AND EXPLOITATION.

THE RULE BOOK OF GOODNESS AND THE PUNISHMENTS THEREOF ARE THE ONLY THINGS THAT CONTROLS OR LIMITS OUR NATURAL WINNING INSTINCTS (OR BADNESS) TO THE POINT WHERE HUMANS CAN LIVE TOGETHER IN PEACE, POOL KNOWLEDGE AND ADVANCE TO THE MODERN AGE WE FIND OURSELVES IN TODAY.

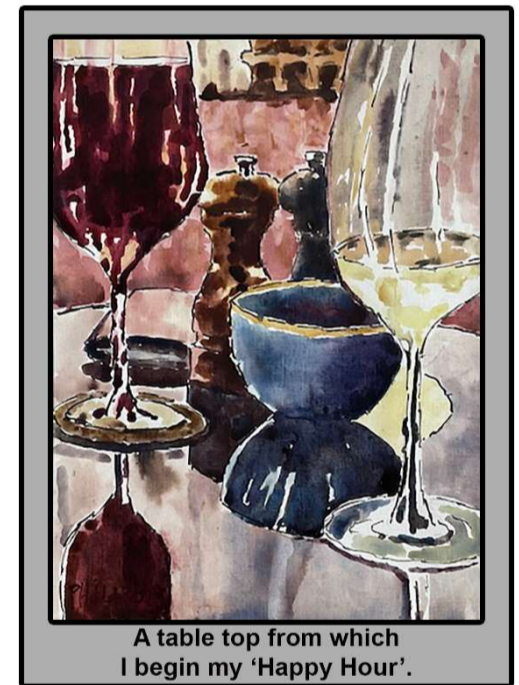
BECAUSE THE EQUATIONS OF THE PAST HAD BEEN IN REASONABLE BALANCE, CHANGING VERY SLOWLY OVER TIME, ACCORDING TO THE SLOW PHYSIOLOGICAL CHANGES OF THE HUMAN BODY AND MIND, OUR OWN HUMAN CIVILISED ADVANCEMENT HAD BEEN STEADY AND UNDER CONTROL.

THAT IS UNTIL 300 YEARS AGO...WHEN THE WINNING HALF OF THE EQUATION OF THE HUMAN BODY SUDDENLY TOOK OFF, WAY OUT OF CONTROL, STARTING 'THE HUMAN POWER PLAY' WHICH CULMINATED IN 'THE PERFECT HUMAN STORM' WHICH KNOCKED MOTHER NATURE FLAT OUT ON HER BACK FOR A COUNT OF TEN. SO CONFIDENT DID HUMAN KIND BECOME, IN SUCH A SHORT PERIOD OF TIME, THAT IT THOUGHT IT COULD CHANGE THE RULE BOOK OF GOODNESS. MANKIND BEGAN LOOKING TOWARDS WHAT WAS GOOD FOR MAN INSTEAD OF TAKING HEED TO WHAT WAS GOOD FOR THE OLD GOD OF RESTRAINT.

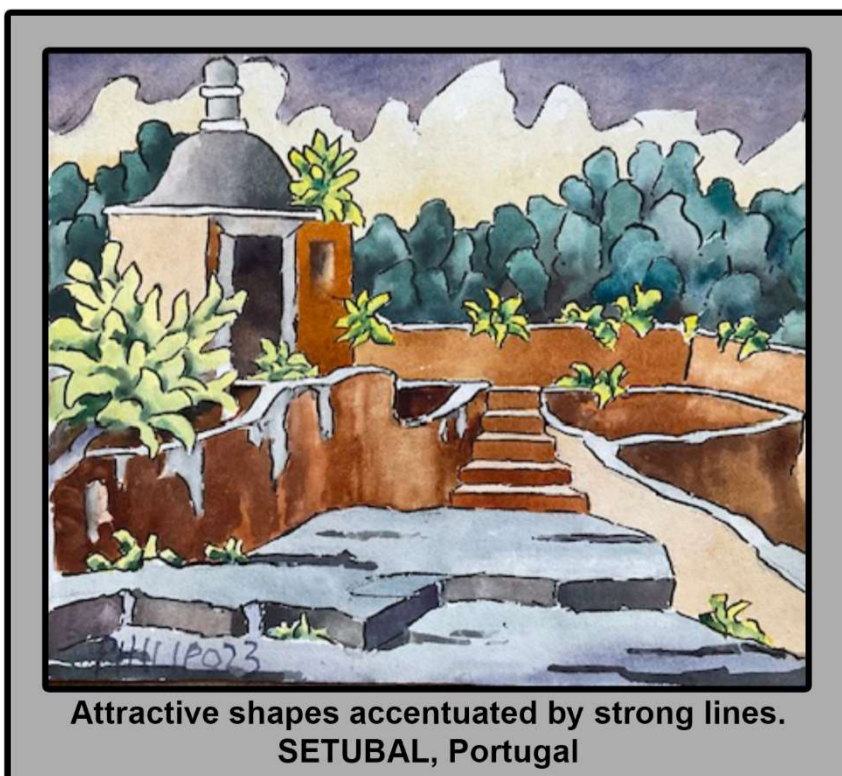
AS PARAPHRASED IN MY FIRST LETTER TO THE CHURCH....."..THOSE ARE THE TWO GIANT BOLTS OF LIGHTENING IN THE PERFECT HUMAN STORM. THE GREAT BRAIN OF MAN HAS CREATED INVENTIONS AND SCIENCE THAT HAVE ENABLED HIM TO PHYSICALLY CONQUER NATURE. AND SECONDLY HE HAS INVENTED NEW LAWS OF HIS OWN THAT ARE DIAMETRICALLY OPPOSITE TO THE RULES OF RESTRAINT AND SELF DISCIPLINE OF THE PAST. THE NEW MODERN 'GIVING STATE' HAS NOW BOOTED OUT THE 'RESTRAINING CHURCH'. YOU COULD EVEN SAY THAT THE YOUNG GOOD LOOKING BUT FALSE GODS OF DEMOCRACY AND FREEDOM, BASED ON SELFISHNESS, HAVE DRIVEN OUT THE OLD GOD OF CIVILISATION, BASED ON RESTRAINT. ALL TO THE DETRIMENT OF GOOD MANNERS (GOODNESS) AND INDIVIDUAL RESPONSIBILITY. ( THE TWO MOST IMPORTANT INGREDIENTS IN ANY CIVILISED SOCIETY.)



Stylised lines showing old fortifications now at a hotel in SETUBAL, Portugal



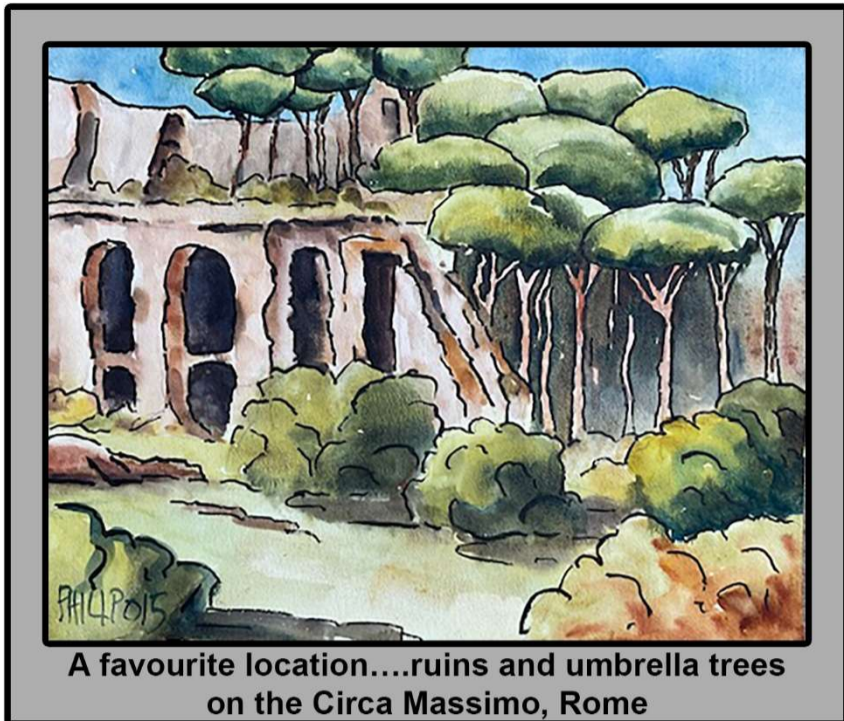
A table top from which I begin my 'Happy Hour'.



Attractive shapes accentuated by strong lines. SETUBAL, Portugal

WHILE THE 'NATURAL' WINNING ACTIONS OF THE EQUATION OF THE BODY HAD GONE WAY OUT OF CONTROL, CAUSING UNLIMITED EXPLOITATION OVER ALL FIELDS, THE CONTROLLING ACTIONS OF THE SOUL HAD REMAINED STATIC. IN FACT THEY WENT THE OPPOSITE WAY TO THE WAY THEY SHOULD HAVE GONE. THE RULES OF RESTRAINT AND RESPECTIVE PUNISHMENTS WERE LOOSENED IN FAVOUR OF MANKIND INSTEAD OF BEING TIGHTENED IN FAVOUR OF CIVILISATION. THE EQUATION OF THE SOUL, PARTICULARLY THE HALF OF THE EQUATION RELATING TO GOODNESS, HAS GOT ITSELF INTO A RIGHT OLD MUDDLE.

AND THAT IS NO WONDER. JUST LOOK AT ALL THE NEW PHILOSOPHIES AND POLITICAL SYSTEMS THAT 'OH SO CLEVER MAN' HAD WORKED OUT OVER THE LAST 300 YEARS AND FORCED DOWN THE THROATS OF HUMANITY. MOST OF THEM NOT WORKING AT ALL BECAUSE OF THE THEORY HAVING NO BEARING TO THE PHYSICAL AND INSTINCTIVE MAKE UP OF OUR OWN BODIES. WITH EACH AND EVERYONE OF THESE NEW IDEAS, (AND DON'T FORGET 'RELIGIONS',) TELLING US HOW TO BEHAVE, SO OUR EYES AND MINDS WERE DISTRACTED MORE AND MORE FROM THE SIMPLE, OLD FASHIONED BUT FUNDAMENTAL INGREDIENT OF RESTRAINT OF ONESELF FOR THE SAKE OF OTHERS. (..AS WELL AS DISTRACTING US ALL FROM THE IMPORTANT MORAL



A favourite location....ruins and umbrella trees on the Circa Massimo, Rome

CONCEPT OF MAXIMISING OUR ABILITIES TO GAIN 'MEANING OUT OF LIFE'.)

SO, WHAT IS GOODNESS.....?...IN TERMS OF OUR HUMAN CIVILISATION, 'BEING GOOD' SIMPLY MEANS 'GIVING TO OTHERS' OR ACTING IN THE OPPOSITE WAY TO OUR INBORN NATURAL SURVIVAL INSTINCTS WHICH TELL US TO TAKE FROM OTHERS AND GIVE TO OURSELVES.

GOODNESS CAN BE BROKEN DOWN INTO TWO PARTS. 'BASIC' GOODNESS IS SIMPLY TO DO WITH SELF RESTRAINT FOR THE SAKE OF OTHERS. ALL THE 'THOU SHALT NOTS' IN LIFE. YOU GO ABOUT YOUR NORMAL ACTIVITIES BUT MAKE SURE THESE ACTIVITIES DO NOT UPSET YOUR NEIGHBOUR OR THE COMMUNITY YOU LIVE IN. THEN WE HAVE 'SAINTLY' GOODNESS, WHICH GOES WAY BEYOND SIMPLE RESTRAINT AND IS ALL ABOUT THE ACTION OF POSITIVE GIVING...OF YOUR WEALTH, YOUR TIME, YOUR LOVE OR YOUR LIFE FOR THE BENEFIT OF OTHERS.

THAT IS A DESCRIPTION OF PURE AND SIMPLE GOODNESS, WHICH FORMS THE BEDROCK OF PEACEFUL HUMAN CIVILISED SOCIETY. IT IS ALSO KNOWN AS, OR SYNONYMOUS WITH 'THE TIMELESS LAWS OF

GOD', OR ANTIGONE'S 'ETERNAL LAWS OF HUMANITY WHICH SHOULD NEVER BE INTERFERED WITH', OR EVEN, IN MY BOOK, 'GRANDMA'S LAWS'. UNWRITTEN CIVILISED CODES OF CONDUCT HANDED DOWN FROM GENERATION TO GENERATION. WHICH WERE UP AND WORKING WAY, WAY BEFORE ANY KIND OF RECORDED HISTORY BEGAN.

THESE ORIGINAL CODES OF GOODNESS TOOK HUNDREDS OF THOUSANDS OF YEARS TO FORM AND MANY THOUSANDS OF YEARS TO CHANGE ACCORDING TO THE SLOW PHYSIOLOGICAL CHANGES OF OUR BODIES AND MINDS.

THESE CODES OF GOODNESS LATER PERMEATED INTO THE MAIN RELIGIONS WE KNOW (LOVE THY NEIGHBOUR..) AND FORMED PART OF THE ANCIENT GREEK PHILOSOPHY KNOWN AS ARÊTE , ENCOURAGING EVERY ONE TO MAXIMISE THEIR ABILITIES TO ACHIEVE FULL MEANING OUT OF THEIR LIVES, WHICH, IN TURN, HAD TO BE ACHIEVED WITHIN THE BOUNDS OF GOODNESS AND HONOUR KNOWN AS 'PHILOTIMO'.

.....THATS ENOUGH ABOUT GOODNESS....THE MAIN POINT IS HOW TO BRING IT BACK....IN ITS CORRECT SHAPE.....WHICH MEANS...."OH DEAR OH DEAR"...THAT WE HAVE TO START SAYING BAD THINGS ABOUT THE TWO MOST HANDSOME GODS EVER INVENTED....FREEDOM AND DEMOCRACY.....WHICH ALLOW YOU THE FREEDOM TO THINK ABOUT WHAT YOU WANT....WHICH IS NORMALLY AN EASIER LIFE WITH NO HARSH PUNISHMENTS...AND THEN ALLOWS YOU TO GET WHAT YOU WANT...BECAUSE IT PROVIDES THE INSTRUMENT OF DEMOCRACY...OUR NEW MORAL LAUNDERING SYSTEM, WHICH MAKES ALL LAWS PASSED 'MORAL' BECAUSE THE LAWS ARE BASED ON THE 'OH SO FAIR WILL OF THE PEOPLE'...

.....SO AFTER 100 YEARS OF VOTING OURSELVES INTO A FEATHERBEDDED LIFE STYLE, WE ARE NOW BEGINNING TO WAKE UP TO THE FACT THAT WE ARE ALL NOW MORE DEPENDANT ON THE STATE, LESS ABLE, AND LESS INDIVIDUALLY RESPONSIBLE THAN WE WERE 100 YEARS AGO. WE HAVE BEEN FREELY ALLOWED TO VOTE OURSELVES DOWN INTO BECOMING LESS ABLE PEOPLE THAN WE WERE BORN TO BE.....JUST THINK WHAT OUR ORIGINAL HEADMASTER, OR THE MAN WHO MADE US, THINKS OF THAT.....!??

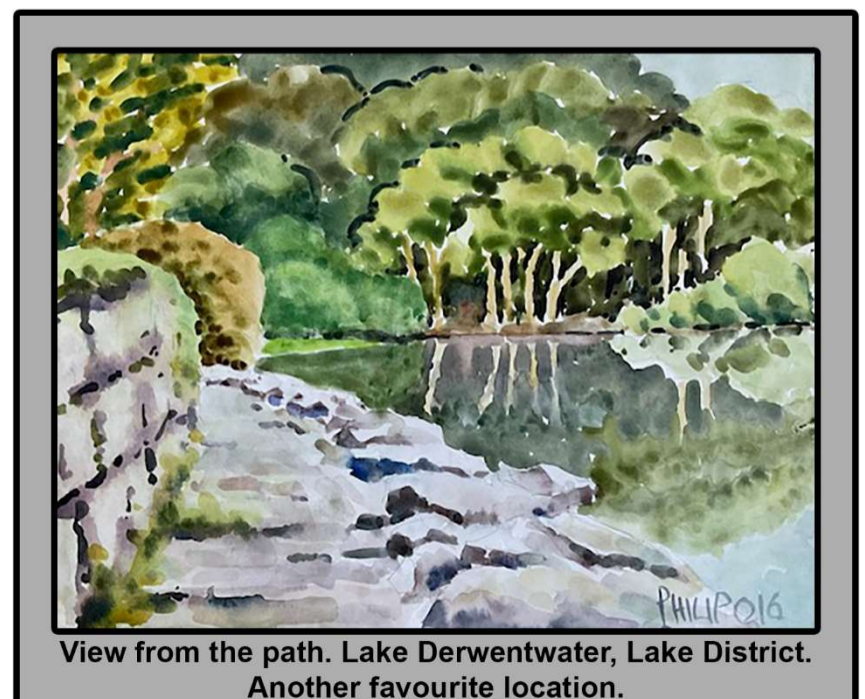
.....SORRY...HAD TO GET THAT OUT OF MY SYSTEM....IT COMES OUT EVERY TIME I WRITE SOMETHING.....BUT....EVEN IF WE BEGIN TO SEE THE WEAKNESSES OF FREEDOM AND DEMOCRACY, (KEEP HOPING), THERE IS STILL THE PROBLEM OF WHAT HAPPENS INSTEAD....OR WHAT TAKES ITS PLACE.....AND HERE AGAIN, I REPEAT MYSELF, BECAUSE I AGAIN BRING BACK THE ANCIENT GREEKS TO RESCUE US .....WITH THEIR THEORY OF ARÊTES, WHICH ENCOURAGES EVERYONE TO MAXIMISE THEIR ABILITIES TO ATTAIN TRUE FULFILMENT OUT OF LIFE, THERE BY SATISFYING THE WANTS OF THE BODY. AND MAKING SURE ALL THE ACHIEVEMENT'S MADE WERE ACCOMPLISHED WITHIN THE BOUNDS OF 'PHILOTIMO', OR GOODNESS AND HONOUR. WHICH SATISFIES THE NEEDS OF THE SOUL.

WHICH SYSTEM, IF YOU THINK ABOUT IT, IS MIRRORED IN THE OLYMPIC GAMES, WHERE YOU STRETCH YOUR BODY TO THE LIMIT 'TO ACHIEVE' BUT HAVE TO DO IT ALL WITHIN THE RULES. NO CHEATING. AND BECAUSE THE OLYMPIC GAMES ARE HERE AND WITH US NOW, WHY DON'T WE USE THE OLYMPIC GAMES AND THE ETHOS THEREOF AS A GUIDE TO POINT US IN THE RIGHT DIRECTION TO TAKE. ASSUMING WE DO MANAGE TO BOOT OUT OUR BLIND BELIEF IN UNLIMITED AMOUNTS OF FREEDOM AND DEMOCRACY. HERE GOES....!

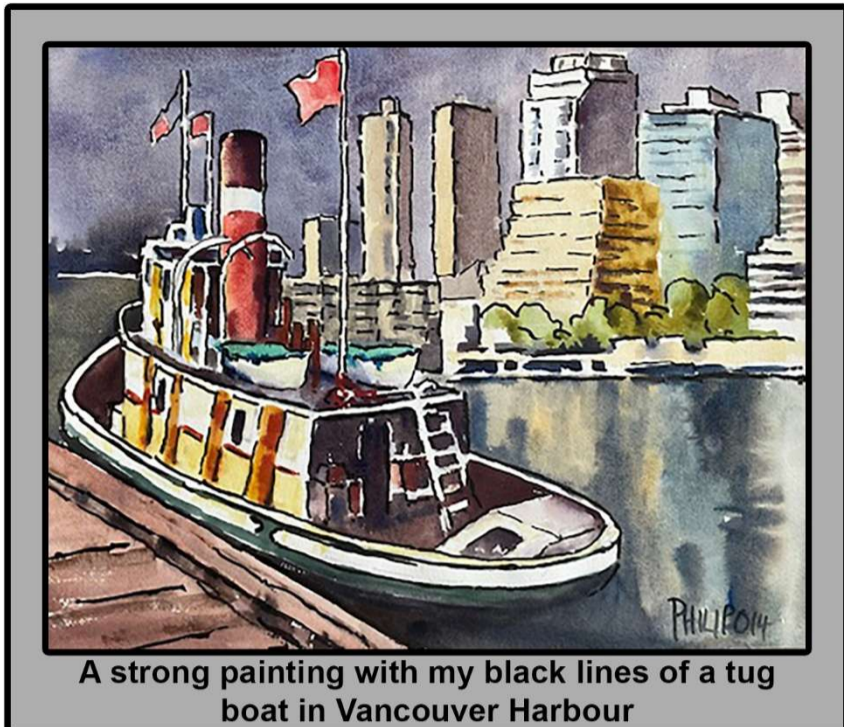
OLYMPIC REMINDER NO.1. THE ETHOS OF THE GAMES. THIS TELLS YOU ALL YOU NEED TO KNOW ABOUT THE WAY ANY HEALTHY HUMAN CIVILISED SOCIETY SHOULD EXIST. FOR THE OLYMPIC GAMES IN REALITY BEGAN AT THE BEGINNING OF LIFE ON EARTH. EVERY LIVING SPECIES HAD TO MAXIMISE THEIR OWN INDIVIDUAL VIRTUES AND TALENTS IN ORDER TO SURVIVE. YOU WIN AND SURVIVE OR YOU LOSE AND DIE. ALL LIFE WAS BORN STRAIGHT INTO THE GREAT GAME OF LIFE. COMPETING FOR SURVIVAL. AND, WIN OR LOSE, YOU GOT WHAT MEANING OUT OF LIFE THERE WAS TO OFFER. FAST FORWARD TO TODAY'S CIVILISATION.....THE SAME GAME OF LIFE CONTINUES TODAY ON A MUCH BROADER PITCH, IN THE FORM OF THE FREE ENTERPRISE MARKET, AND UNDER MORE CIVILISED RULES. IN THIS GAME, EVERYONE HAS THE FREEDOM TO CHOSE WHICH PARTICULAR INDIVIDUAL GAME THEY WANT TO PLAY, AND HAS THE FREEDOM TO MAXIMISE THEIR OWN VIRTUES AND TALENTS TO WIN AND RISE UP WITHIN THE VARIOUS FIELDS THEY ARE CONCERNED WITH. BE IT FOOTBALL, ARCHITECTURE OR MEDICINE. BUT THEY ALL HAVE TO PLAY WITHIN THE RULES OF THEIR PARTICULAR GAMES AND



Simple composition of a large chimney stack with an oft painted lantern. Dedham Hall



View from the path. Lake Derwentwater, Lake District. Another favourite location.



A strong painting with my black lines of a tug boat in Vancouver Harbour

THEY GET PUNISHED IF THEY BREAK THE RULES. THAT IS ALL THE FREEDOM NECESSARY FOR EVERYONE TO GET THEIR FULL MEANING OUT OF THEIR LIFE ON EARTH. YOU 'LIVE IN HOPE' OF GOING UP, AND EVEN IF YOU GO DOWN YOU ARE NOT EATEN, AND HAVE GAINED SOME INNER FULFILMENT BY TRYING TO DO YOUR BEST....(...THINK OF TODAY'S MARATHON RUN...THERE MAY BE ONLY ONE WINNER, BUT 29,999 OTHER PARTICIPANTS GAIN SOME VALUABLE INNER WEALTH/SATISFACTION/GOODNESS FOR TRYING...)

OLYMPIC REMINDER NO. 2. THE "ALL ENCOMPASSING PITCH", WITHIN WHICH ALL INDIVIDUAL COMPETITIVE GAMES OF LIFE ARE PLAYED....KNOWN AS 'HUMAN CIVILISED SOCIETY'....THIS IS THE OVERRIDING GAME WHERE PEOPLE LIVE TOGETHER IN PEACE AND HARMONY, WHICH FORMS THE NECESSARY FRAMEWORK FOR ALL OTHER GAMES TO TAKE PLACE IN A FAIR AND CIVILISED WAY. WHAT ARE THE BASIC RULES HERE, IN THE ALL ENCOMPASSING PITCH....AGAIN THEY CAN BE DESCRIBED AS 'OLYMPIAN', AS THE RULES ARE FAIR AND ENCOURAGE GOODNESS OVER BADNESS. THEY HAVE BEEN DESCRIBED AS 'THE TIMELESS LAWS OF GOD, OR AS PER ANTIGONE, 'THE ETERNAL LAWS OF HUMANITY WHICH SHOULD NEVER BE INTERFERED WITH', OR THE ANCIENT GREEK PHILOSOPHY OF 'PHILOTIMO', ALL TO DO WITH HONOUR. OR EVEN ALL LUMPED

TOGETHER UNDER THE SIMPLE TERM OF GOOD MANNERS, WHERE YOU RESTRAIN YOUR SELF FOR THE SAKE OF OTHERS OR GO BEYOND THAT AN 'GIVE OF YOURSELF' FOR THE SAKE OF OTHERS AND SEEK NO REWARD. THESE BASIC GOOD MANNERS ARE REQUIRED BY EVERYBODY FOR CIVILISED SOCIETY TO EXIST, AND THOSE WHO DO NOT ABIDE BY THESE BASIC LAWS ARE PUNISHED. AND THAT IS IT. END OF STORY.

ALL YOU THEN NEED IS AN 'ADMINISTRATION' OR GOVERNING BODY TO ENSURE GOOD MANNERS ARE UPHELD WITHIN SOCIETY AND THAT FAIR PLAY EXISTS WITHIN ALL OTHER INDIVIDUAL COMPETITIVE GAMES OF LIFE PLAYED OUT ACROSS ALL FIELDS. WHICH MEANS, IN TODAY'S MODERN TIMES, ENSURING THAT THE NECESSARY INFRASTRUCTURE FOR LIFE IS IN GOOD WORKING ORDER.



A recent small and simple sketch.... the older you get, the simpler you want things. Attractive shape of iron arm rest on wooden bench

SUCH AS LAW COURTS, PUNISHMENTS, POLICING, FAMILY, ROADS, EDUCATION, RAILS, FREEDOM OF RELIGION, HEALTH, DEFENCE, ENVIRONMENT ETC.....YOU CERTAINLY DO NOT NEED DEMOCRATIC ELECTIONS EVERY 5 YEARS TO KEEP MESSING AROUND WITH THE ETERNAL LAWS OF HUMANITY WHICH SHOULD NEVER BE INTERFERED WITH...!!!!??... ....THE WEST IS ALREADY BEGINNING TO FEEL THE EFFECTS OF TOO MUCH INTERFERENCE...WE ARE NOW IN A COMPLETE MUDDLE AS TO WHAT IS BAD GOODNESS AND WHAT IS GOOD GOODNESS...IS WINNING BAD, IS LOSING GOOD,...IS SHE A BOY...ETC, ETC...

....SO, NUMBER ONE, WE DON'T NEED DEMOCRACY....AND NUMBER TWO, THE ONLY FREEDOM WE REALLY NEED IS THE FREEDOM TO BE ABLE TO CHOOSE THE GAME WE WANT TO PLAY AND DO OUR BEST TO COMPETE AND WIN AND MOVE UP IN THE FIELD WE HAVE CHOSEN....(GO UP OUR OWN LADDERS OF LIFE)...NOBODY NEEDS THE FREEDOM TO MESS AROUND WITH THE MAIN 'ADMINISTRATION' WHICH CONTROLS BASIC GOODNESS AND BADNESS. THESE DON'T CHANGE ON A YEAR BY YEAR BASIS.

WE ARE NOW AT LAST BECOMING AWARE THAT IN THE LONG RUN, BOTH DEMOCRACY AND FREEDOM HAVE BEEN UNCOVERED AS INSTRUMENTS THAT HAVE BEEN BAD FOR HUMAN CIVILISATION RATHER THAN GOOD FOR IT. WE ARE NOW IN A MUDDLE.

OLYMPIC REMINDER NO. 3.

IF, BY FOLLOWING 'THE TIMELESS LAWS', WHICH CONTROL OUR BAD NATURAL INSTINCTS, WE CAN ENJOY BASIC GOOD MANNERS WITHIN PEACEFUL SOCIETIES, AND CAN COMPETE FAIRLY IN THE VARIOUS GAMES OF LIFE, AND IN DOING SO GAIN FULL MEANING OUT OF THAT LIFE, THEN WHY ON

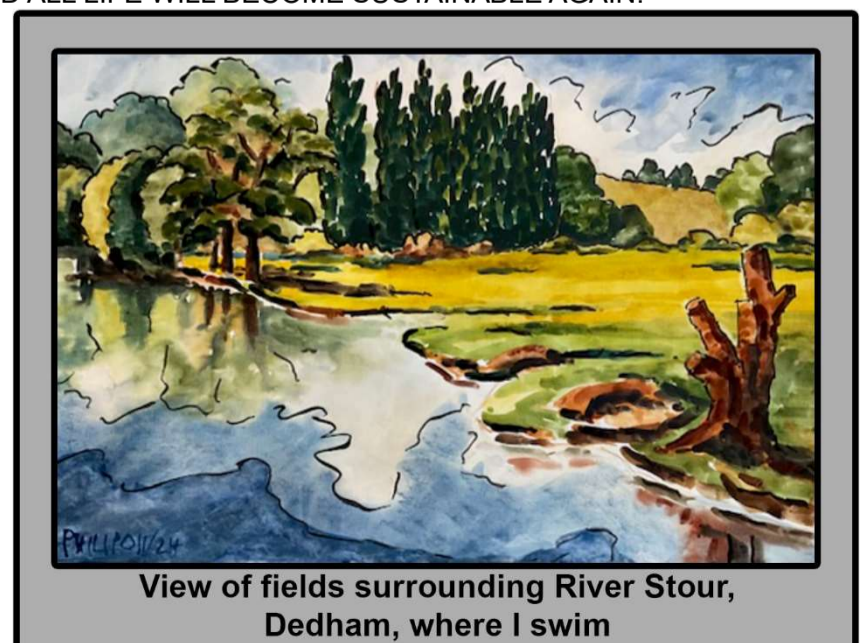
EARTH ARE WE RISKING ALL LIFE ON EARTH BY FIGHTING LIKE 5 YEAR OLDS OVER THE RECENT MAN MADE IDEOLOGIES THAT HAVE NOW PROVED TO BE UNWORKABLE.....BECAUSE THE 'OH SO CLEVER' THEORY, WORKED OUT BY THE MIND, DOES NOT FIT THE ANIMAL BODIES WE ARE LIVING IN.

SO, AS REQUESTED BEFORE, NOW IS THE TIME FOR 'THE BONFIRE OF THE 'ISMS' '.....SOCIALISM, COMMUNISM, TOTALITARIANISM, EGALITARIANISM, FREEDOMISM, DEMOCRACYISM ETCISM....AND RETURN TO THE TWO BASIC EQUATIONS OF LIFE, WINING AND LOSING (THE BODY), AND GOODNESS AND BADNESS (THE SOUL.) MAKING SURE THAT THE RULE BOOK OF GOODNESS HAS BEEN WOUND BACK TO THE PROPER GOODNESS OF RESTRAINT AND GIVING.

LET THE WINNERS WIN, TO SATISFY THE BODY, AND AS LONG AS THE SOUL IS ALL ABOUT 'GOOD' GOODNESS, AND SETS THE GOAL POSTS IN A GREEN POSITION, REFLECTING RESTRAINT FOR THE SAKE OF NATURE, HUMANITY WILL AT LAST BEGIN TO DRAG ITSELF AND THE REST OF NATURE BACK INTO A HEALTHY STATE. OUR EARTH AND ALL LIFE WILL BECOME SUSTAINABLE AGAIN.

OLYMPIC REMINDER NO. 4. HOW TO START THE NEW BALL ROLLING. TO DO THIS WE HAVE TO RETURN TO THE WAYS OF PAST, WHERE THEY HAD ONE OVERRIDING SOURCE OF AUTHORITY....SIMILAR TO 'THE TIMELESS LAWS OF HUMANITY....OR OF GOD', IN OTHER WORDS A SOURCE OVER AND ABOVE AND OUT OF REACH OF CURRENTLY LIVING/EXISTING HUMANITY. THAT 'OUT OF REACH' SOURCE WAS THE PROVIDER OF THE ORIGINAL LAWS THAT ALLOWED HUMAN SOCIETIES TO EXIST. THE LAWS OF GOODNESS AND THE PUNISHMENTS FOR THOSE WHO DISOBEYED.

IN TODAY'S WORLD, THE SIMPLISTIC WAY TO RECREATE THIS IS TO PUT EVERYBODY, NATIONS, CHURCH AND STATE AND US INDIVIDUALS, UNDER ONE OVERRIDING UMBRELLA WHOSE MAIN GUIDE LINES WILL EMANATE FROM WHAT IS GOOD FOR CREATION, WHICH INCLUDES BOTH NATURE AND MANKIND. AND WE KNOW THAT SIMPLE BASIC GOODNESS, OR RESTRAINT IS GOOD FOR BOTH OF THOSE THINGS. SO, HOW TO SET UP THAT ONE SOURCE OF ALL CONTROLLING GUIDANCE



View of fields surrounding River Stour, Dedham, where I swim



A large old and rough painting reworked with black lines making it even rougher and stronger. Dedham Boathouse

(THE RULE BOOK OF THE SOUL), WITH THE OVERALL POWER NECESSARY TO CONTROL THE CURRENT (LIVING) FLESH AND BLOOD OF THE BODY. WHO WILL SIT ON THAT 'ONE SOURCE OF POWER', THE TOP TABLE, WHICH WILL ENCOURAGE GOODNESS AND PUNISH BADNESS. WHY NOT GO STRAIGHT BACK TO THE OLYMPIC ETHOS AGAIN, TOTALLY FORGETTING ABOUT ALL THE NOT SO CLEVER AND CONFLICTING IDEOLOGIES THAT WE ARE SQUABBLING ABOUT TODAY, AND SIMPLY CHOOSE THE COUNTRIES WHO HAVE PRODUCED THE GREATEST NUMBER OF PEOPLE WITH VIRTUE AND TALENT, WHICH IS EASILY ACHIEVED, (WITH NO CHEATING INVOLVED...!!), BY SIMPLY COUNTING UP THE MEDALS WON AT THE LAST PARIS OLYMPIC GAMES. HEY PRESTO...WHO DO WE FIND AT THE TOP OF THE LIST, BY A MILE, COME CHINA AND AMERICA, WHO TOGETHER HAVE PRODUCED 25% OF THE WORLD'S MEN AND WOMEN OF EXCEPTIONAL VIRTUE AND TALENT. AND THEN IF YOU INCLUDE THE NEXT TOP 18 MEDAL WINNING NATIONS, THE TOP TABLE WOULD INCLUDE 80% OF ALL THE WORLD'S MEN AND WOMEN OF EXCEPTIONAL TALENT, ALL THOSE PEOPLE WHO PUSH THEIR BODIES TO THE LIMITS, GAIN TOTAL FULFILMENT OUT OF THEIR LIVES, AND ACHIEVE IT ALL WITHIN THE BOUNDS OF HONOUR AND GOODNESS....BY PLAYING THEIR GAME WITHIN THE RULES.

JUST THINK OF HOW MUCH OUR WORLD COULD ACHIEVE IF ALL OUR MEDAL WINNERS WERE PULLING IN THE SAME DIRECTION...ALL THAT VIRTUE, TALENT AND ENERGY PUSHING TOWARDS THE GOALPOSTS OF GOODNESS...EVERY BIT OF THAT ENERGY BEING REQUIRED TODAY TO HELP US WIN THE 'NEXT' GREATEST BATTLE OUR WORLD HAS EVER FACED...AGAINST OUR OWN 'BADNESS' OF GREED, SELFISHNESS AND AGGRESSION. JUST THINK OF THE TOTAL WASTE OF THE GOODNESS AVAILABLE IF THOSE MEDAL WINNERS ARE LINED UP AGAINST EACH OTHER, FOR NO OTHER REASON THAN

DIFFERING IDEOLOGIES. (AS WE ARE SEEING TODAY.)

WE COULD LOSE OUR BLUE PLANET AND ALL LIFE ON IT IN HALF A DAY BECAUSE A FEW GROWN MEN ARE FIGHTING LIKE FIVE YEAR OLD CHILDREN OVER...NOT EVEN TOYS...JUST NEBULOUS, UNPROVEN, IDEAS...SO COME ON ALL OF US WITH VIRTUE AND TALENT, WE MAY ALL NOT BE GOLD MEDAL WINNERS, BUT EVEN IF WE FINISH 29,999TH IN THE NEXT MARATHON RACE, WE WILL BE PULLING IN THE RIGHT DIRECTION, LINING UP TOGETHER AND DOING OUR BEST TO GET TO THE GOAL POSTS OF GOODNESS..... JUST REMEMBER THAT AGE OLD PHRASE.....UNITED WE STAND....DIVIDED WE FALL...YES.....WE CAN SAVE OUR BLUE PLANET.....IF WE ARE ALL ON THE SAME SIDE. FULL STOP.

OLYMPIC REMINDER NO. 5.....WELL...I AM JUST MAKING THIS UP, BUT SURELY MOST ATHLETES AND SPORTSMEN HAVE TO LEARN HOW TO BE GOOD LOSERS..... AND LEARN HOW TO MAKE FRIENDS WITH THOSE WHO HAVE BEATEN THEM..... AND THIS SURELY DOES HAPPEN.....NOT ONLY AMONGST SPORTSMEN....YOU SEE IT ALL THE TIME ACROSS ALL FIELDS AND MOST OF THE TIMES A GOOD DRINK TOGETHER HELPS GET THINGS GOING, SO WHY NOT TRY IT OUT IN THIS CASE. A SIMPLE CASE OF USING THE GOOD SIDE (NOT THE BAD SIDE !) OF THE GIFT OF WINE COULD HELP SAVE THE WORLD.....DON'T LAUGH AT THE IDEA....ALL WE JOES AND JUDIES HAVE BEEN THERE.....YES, I KNOW WE ARE TALKING OF COLOSSAL NATIONS, COLOSSAL WORLD LEADERS, (WHO ARE MADE JUST LIKE THE REST OF US), HUGELY IMPORTANT NATIONAL IDEOLOGIES AND HERITAGES, BUT THE WHOLE THING COULD START WITH JUST TWO PEOPLE PACKING A BAG WITH A COUPLE OF BOTTLES OF WINE, GOING ON A MISSION WITH ONLY ONE OBJECTIVE. TO BE GOOD. AND TO MAKE FRIENDS. AND IF TWO INDIVIDUALS AND TWO NATIONS CAN DO THAT, THEN THE COMBINED POWER THEY HAVE TOGETHER IS COLOSSAL. IT IMMEDIATELY GOES UP IN QUANTUM AMOUNTS, BECAUSE YOU DON'T HAVE TO FIGHT EACH OTHER...AND THE MORE POWER YOU HAVE, THE EASIER IT IS TO GIVE AND COMPROMISE. YOU HAVE THE CONFIDENCE TO DO THAT. AND THAT IS THE START. ONCE THE TWO BIGGEST CONFLICTING POWERS ARE JOINED INTO ONE, ALL OTHERS WILL WANT TO JOIN THE WINING CIRCLE, AND NOT BE LEFT OUT IN THE COLD. EVERY PERSON AND EVERY NATION WILL REACH SECURITY.....WE WILL BE ON THE SAME SIDE....WE WILL ALL BE WINNERS....WHICH IS WHERE THE LAWS OF CREATION WANT US TO GO..



Putting Green in winter. OTT with colour and contrast, and so strong it kills everything else around it

SO AGAIN I LEAVE YOU, THE CHURCH, WITH THE THOUGHT THAT YOU MAY WANT TO START SHAKING THE CAGE OF OUR 'CURRENT ORDER', FREEDOM AND DEMOCRACY, THAT HAVE NOT PROVED BENEFICIAL FOR THE SOULS OF MANKIND, THAT YOU ARE RESPONSIBLE

FOR. FURTHER, IF YOU SEE SOMETHING USEFUL IN THIS LETTER, WHY NOT MAKE SURE EVERY SINGLE MEMBER OF YOUR CONGREGATION GETS A SIMILAR LETTER FROM YOURSELVES, WITH THE SUGGESTION THAT THEY THEN APPLY THE TWO WORDS, GOOD OR BAD, (IN RELATION TO CREATION/MANKIND) IN FRONT OF EVERY SINGLE ACTION THEY TAKE DURING THE COURSE OF EACH AND EVERY DAY. FROM THE SMALLEST...WHAT IS THE MOST EFFICIENT WAY TO BOIL AN EGG.....TO THE LARGEST...CONTROLLING THE SIZE OF THEIR FAMILY. IF THAT HAPPENS, THE CHANGE FOR THE GOOD SHOULD HAPPEN OVERNIGHT. NO NEED TO CALL FOR ANOTHER GENERAL ELECTION. EVERYBODY SHOULD KNOW THE BASIC MEANING OF THE TWO SIMPLEST AND MOST IMPORTANT WORDS WE HUMANS HAVE.



AGAIN.....WITH KIND REGARDS....

P.S. GIVING = GOODNESS = GODLINESS.  
P.P.S. ACTIONSSPEAKLOUDERTHANWORDS

Original Letters 1-9 can be obtained from section 7 of website

[www.anordinaryprophet.co.uk](http://www.anordinaryprophet.co.uk)

More thoughts on 'goodness' can be seen in Essay 4, "Invisible Wealth", on [www.philosophicalmouse.com](http://www.philosophicalmouse.com)