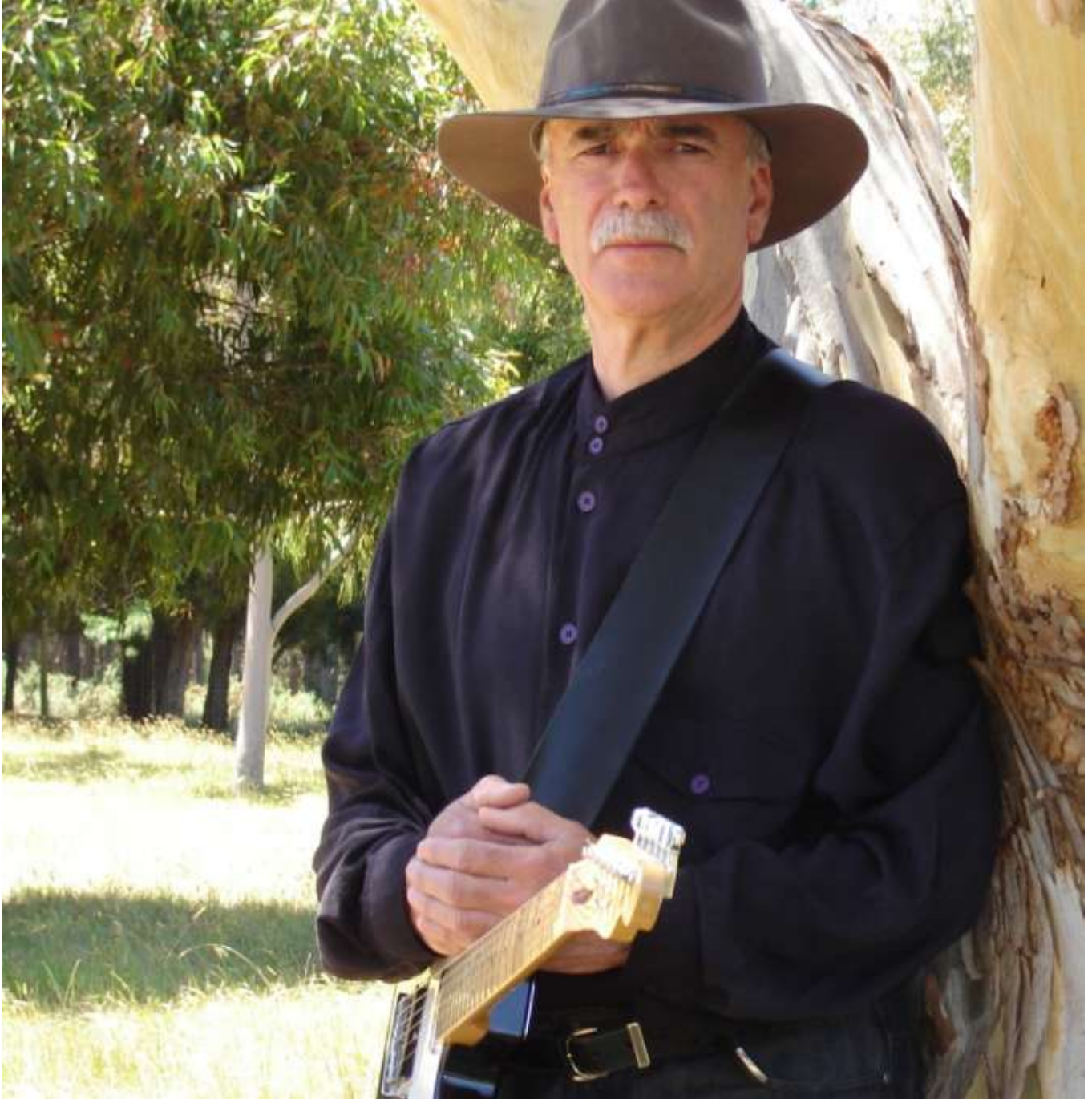


HELP ME DADDY!



ROY TYRRELL

CONTENTS

WHY!	4
ARROGANCE AND IGNORANCE	11
THE REALITY CHECK	19
FROM HELL TO HERE - THE “ULTIMATE TRUTH”	22
THE VOICE THE GUITAR AND THE HAT RETURN!	83

My inspirational and motivational concepts are created in the loving memory of my aunts Christine Tyrrell and Nellie Lucas who caringly guided me beyond my treacherous parents and violent marriage inspiring me to eventually become the transformational guide to bring positive and lasting change for all abuse survivors.

If there is light in the soul
There will be beauty in the person

If there is beauty in the person
There will be harmony in the house

If there is harmony in the house
There will be order in the nation

If there is order in the nation
There will be peace in the world

(Chinese Proverb)

WHY ?

This book is available on free download. It is about my life and my experiences of family brutality across more than half a century, my dedication to breaking the child abuse cycle, and family violence recovery. This may give you an insight into what you are being exposed to in the world of materialistic addiction and human insanity, by assisting you in taking the right direction in your life.

The content of this work that you have elected to read, holds a focus on understanding “truth” and the actual reality of what our world has become. The appalling financial collapse that the western world has created. The culprits now inform us, the ordinary people, that our home here on planet earth is in for a depression to rival all depressions wrapped into one.

A man-made catastrophe that will force far greater damage and hardship on those who had nothing to do with its creation than it will on those who are responsible for the fiasco. They will have squirreled away enough cash to get them through the darkness.

This has been brought about by powerful wealthy people lusting to become wealthier and ultimately much more powerful. A fool’s paradise, oh yes! So few squandering so much, with the after-shocks affecting so many. To grow the global economy to an unmanageable mess has not been easy. Scholars of note warned for decades that to build anything you need adequate foundations.

When pure unadulterated greed is used as a stand-alone base, it will always produce a compromised product that never quite stacks up. Selfishness, arrogance, ruthlessness, indefensible outrageousness and self-indulgence are just some of the common adjectives that describe the debacle, should you look a little deeper into the depth of explanation these adjectives offer.

You will find they also apply to political failures throughout the west over the last century or more. A greater commitment of your on-board intuition will allow you the vision to recognize the same behavioral patterns in unscrupulous corporations and their devilish escapades throughout history and modern day controversies.

WHY ?

Whether it be financial, political, commercial or private enterprise it is all related to people, their personal demeanor, intent, character, disposition, confidence, sensitivity, conditioning, aggression, compassion, understanding, internal fortitude, awareness, decency, mental stability and personality type. Please note that the latter can have more relevance when relating to other human beings than any other strength or weakness noted.

So the whole complex issue of the state of the world is about people, their actions and their inaction. It is about principles; their personal code of conduct. We can't all be the same, and differences can complement group decisions. That is correct, but the uncontrollable lust for power over another or others, is where the relationship building blocks and fundamental idea of two heads are better than one, are torn to shreds. If the two heads prove incompatible.

History shows us that the leaders of yesteryear were generally influential, creative, honorable people. Strong minded individuals who projected confidence and above average ability to stand up for right and wrong. Wars were not fought with technology; it was man against man in the battlefield. You lived or died on the direction of your leaders.

There will be no jokes here. There is little time left for jokes. People today in the west have little appreciation for the quality of life we have, albeit diminishing before our very eyes at a rapid rate. We would not have what we have, our freedom, if it was not for the strength and abilities of our leaders that we had more than sixty years ago.

I hear you say the world is evolving. It has matured past that time. It is right, the world has moved forward in time but the people of the world have not. The human development of mental maturation has stalled! I must exclude my Buddhist friends, the happy people of Bhutan, and my Shinto friends in Japan from that previous sentence. They will accept my apology with grace, I am sure.

The development of industries, commercial ventures, property development etc. is not human development. Education also is not human development; it is memorizing subjects to be recalled at examination time. Some are better at memorizing than others. So some win and many lose.

WHY ?

By the end of the second world war in 1945, the leaders who had saved their nations from desecration by Germany and Japan had become well versed in sacrificing the lives of their people to get a desired result. So with the aftermath and horror of the war still uppermost in officialdom's minds, they set about an unprecedented period of growth.

The mass production of automobiles kicked off manufacturing and rebuilding cities from the rubble. Munitions factories were instantly converted to manufacturing all manner of products. The people who had survived the devastation and loss of family members were exhausted from either fighting in battle or trying to exist at home.

They were shown little mercy and thrown straight into factories or rebuilding roads to kick-start the economy. Should they have shown any signs of nervous collapse they were sent to a mental asylum. Many of course also endured the first world war a couple of decades or so before, during 1914-1918. The drain on mental and physical stability was understandably horrendous for most people.

By the early fifties the workforce of the western world was almost spent. Unrealistic working hours, appalling conditions and of course discrimination, humiliation and excessive work-place abuse was rampant. There was disrespect for our returned men and women. Also, respect for those that had kept what was left of the families together at home was non-existent. If you really take time to evaluate it, private enterprise and governments collaborated to find almost all workers were suffering from some form of mental fatigue!

War neurosis - "shell shock" they called it. So they conducted laboratory experiments on various mammals. I guess amongst life's pandemonium most people never stop to think humans are also mammals. They distressed the animals across many levels of emotional discomfort, concentrating on creating a traumatic environment the animals had no control over.

After weeks of experimentation they killed them and performed an autopsy. Naturally the results were alarming. All mammals would be damaged, including human beings, had they been subjected to the same tests! The results and all evidence of the experiments were locked away marked "not for release" to public, for thirty years.

WHY ?

From these tests the term “post traumatic stress disorder” was founded as a condition. Many medical practitioners and people in high positions of public authority scoffed at the term, just as you would expect. The tests actually mirrored the stress workers endured while subjected to inconsiderate and unscrupulous working conditions. So the workforces of the western world were actually incapacitated. They were known to be war weary and still expected to perform.

These tests and results have been written about briefly many times by many authors in recent years. I consider the information gained from these tests so important. One of our DVD presentations on family trauma recovery is dedicated to the entire subject.

The fifties saw more conflict in the Korean War, between 1950-1953. Western allies were involved, and then came the horror of the Vietnam War, 1962-1975. Decades of fighting in wars, suffering, sorrow, extreme grief, pain and for many, mental illness would possess them for the rest of their lives. The powers to be in the early fifties realized compromised humans can be pushed and shaped into accepting anything you throw at them in the name of living in peace, providing there are no more threats of death and destruction.

That is not obvious to the eye of course! Most working-class homes were rented and overcrowded with relatives. Cars were rare and public transport was much more efficient than it is today. The big push was on for home ownership and of course time payment. There was hire purchase and credit like never before. Yes you can have it, just buy it, no money - don't worry. That was only the start! The already frazzled societies of the west had no idea of the real cost to their lives. They would pay with more than money. Most would end up suffering stress-related illnesses for the rest of their lives.

The working-class populations of the west already suffering from post-traumatic stress disorder had become a dysfunctional mess. The baby boom was well underway and everything was booming except the affordability to keep up. The social stigma of the “haves and have nots” had been released. It was seeping into the foundations of all before it, disguised as growth and development.

WHY ?

You just had to get involved or you would be left behind and most certainly regarded as a class below those who had based their lives on extravagance. Cigarettes and alcohol took precedence over food in many cases. Workplace stress and anxiety led to the exposure of dysfunctional partners, bills to pay and mouths to feed.

Family arguments progressed from just screaming and threatening. The contest of who was right and who was wrong was on. The playing field changed shape after the second world war. Should a dominator marry an introvert there was always a happy ending, if the dominator was allowed to dominate. Sure as eggs, the introvert would be enthralled by the aggravation, as their co-dependence thrives on it.

There were many mismatches of personalities, and to top it off many couples were living with parents or parents-in-law. Should the parents be war mongers, and many were, there was hell to pay. The general mode of family operation was sure to be based around aggression, devious demoralization and eventually, premeditated violence.

Harmony did not exist. Laughter and relaxation were acted out around alcohol more often than not, usually ending in a physical fight in front of the children - on a regular basis of course. This is far more dangerous and vicious than living in a family of Hyenas! At least they have a logical, courageous leader supported by efficient managers.

Generations of insanity marrying into higher levels of insanity and untreated mind-altering post-traumatic stress disorder were directly related to marital dysfunction and work-place degradation. Victims of the contrived and manipulated society became oblivious to the pathetic form of compromised and incompetent beings they had become.

Throughout the thirty years or more I have made human behavior my preoccupation I have been asked why family violence has not stopped. I will always say the short answer was the same thirty five years ago as it is now!

Perpetrators of violent traumatic crimes against their families are also valuable voters, even if they are never convicted and jailed. This is a qualification of how gigantic the crisis is. It certainly

WHY ?

reveals food for thought. It's self-explanatory really; the jails in the western world aren't big enough to hold the perpetrators, should they be dealt with correctly in a court of law.

We already know the hospitals and childrens homes would be overflowing. This is the reason for the feeble attempts by governments of the past to drip feed funding and highjack vital statistics. **The time has come to rattle cages. It is long overdue. I have held back for many years, waiting for a people's champion to emerge - someone to stand up and take the lead. Many people in the know have advised me "It is you, stupid."**

Rejected at birth, treacherously deceived and humiliated for a lifetime by a mythomaniac mother. Physically bashed as a child and demoralized as an adult by an aggressive, feeble excuse for a father. I also survived thirty five murderous attempts on my life by the neurotic, narcissistic, malevolent mother of my children.

Sure, there is a mountain of experience of all things horrible that I have endured that have been perfected by insane humans. So now I take you on a journey that is not for the weak to experience. One must embrace "truth" as a guide and a formula for healing. Only "truth" will stand when all else has deserted you.

When you have faced human beings in their lowest form of reptilian existence representing themselves as the master of your demise, with them convincing your loved ones that you deserve to dwell in hell then "truth" in its simple glory throughout these ordeals claims the payback for your experience, by committing to educating mankind in the ultimate conclusion of "truth".

WHY ?

No matter what forces have been hiding the evidence of deceit, one man, out of generosity and understanding can rise above betrayal and the pain of great personal loss to stand alone in the face of adversity, to muster the decency and courage to represent all survivors of family violence and to peacefully guide them to accept healing and direction so they never perpetrate the violent crimes against their children that they were conditioned and educated by an insane parent or parents to commit.

ROY TYRRELL

ARROGANCE AND IGNORANCE

The “DYSFUNCTIONAL” hand that rocks the cradle “FOOLS” the world

ROY TYRRELL

Dealing with “truth” is a very testy subject. It is much easier to fantasize than observe reality. Much easier to watch some mind-numbing game show than to react to the heartbreaking cries and screams from next door. A helpless child and/or one of its parents are being violently bashed by another parent, or perhaps the drug-addicted lover, of whichever gender. In this twenty first century, you have a very slim chance of being accosted by a fellow neighbour should you be bashing the very life out of your child or your partner. There is a million to one chance you will be able to carry out the brutality to your heart’s content without any fear of interruption from a concerned neighbour.

The local police close their station at 5.30pm in your insignificant locality. An elderly angel lives a few houses away and she has rung the regional police crime buster’s fortress. They are thirty minutes drive away. She is informed they are understaffed. All the rocket ships are out on other calls, attending to robberies and street violence. The caring woman is informed that this crisis will be dealt with when someone returns to the fortress and they have finished their computer reports.

“They will take a drive out and see if they can be of any assistance.” One could be forgiven for thinking that a species of creatures, all with the same originating cycle, would have a natural tendency toward compassion and empathy for their fellow human beings and all living creatures on the planet. Not so! Not from country to country, state to state, city to city, suburb to suburb, street to street, and most certainly no longer from neighbour to neighbour!

ARROGANCE AND IGNORANCE

The world needs you not to make waves. It needs you to fit into a bigger plan, a plan that frankly doesn't even begin to consider you as an individual.

PHILLIP C. Mc GRAW, Ph.D.

The greatest dangers to mankind are not wars, super bug attacks, invasion by aliens, meteorites and global warming. The two sure-fire dangers that ultimately will bring about the self destruction of humanity are arrogance and ignorance. The amazing thing is that most human beings function on around five percent of their brain's capacity.

They pose and strut around as though they are operating on maximum output. Sadly there are pathetic examples of human beings who do not care about themselves or anyone else within their sight at most times; whether in public, the workplace, or family locations.

Compassion, understanding, perceptive awareness, joyful expression of being alive and living on this beautiful planet are human values that are just as lost as the people who do not possess them.

When a shroud of uncertainty and inferiority is cast over a society, ultimately a debilitating cloud of depression is created. The negative energy and internal pandemonium of that society brings forth and makes way for a defined and measurable axis point of manipulation.

ROY TYRRELL

A great annoyance of mine is stumbling over truths that show up what an inferior debacle mankind has become in general. For years I have heard people in positions of whatever authority, disclaiming the divorce figures as incorrect. That is usually because they have no real relationship with the numbers, and are just trying to sound well informed and intelligent. The cold hard facts reveal we are talking eight out of ten marriages including de facto pairs, failing across the western world.

ARROGANCE AND IGNORANCE

To get married nowadays carries the same odds as betting on a horse that has a twenty percent chance of winning. Hardly a reason to celebrate great minds getting together to advance the population into the next century. Travelling around so much as I do, it is always rewarding to experience reality staring you in the face. A few years back, I was about to enter a building to deliver one of my transformational coaching sessions. I ran into a previous client from interstate. He was on his way to see another speaker. I asked who the speaker was, hoping it may be a friend. When he told me I almost flipped. I had been hoping to meet this brilliant young man for quite a while. We were never in the same spot on the planet before. Between my appearance finishing and his commencing was a clear thirty minutes.

I left my crew to pack up and managed to get a brief introduction to the former Aussie Rules and Gaelic Football star, Jim Stynes OAM. Jim was a qualified teacher and high profile youth worker before he went on stage. I have met and worked with many great motivators and entertainers over the years. This wonderful human being is up with the best and most typical of those friendly people who come from the land my surname originates from.

He was only a few minutes into his presentation when he introduced the subject of divorce and the devastating effects it has on children. He related a remarkable story, which would have any doubter of the statistics crawling out under the door. He had been invited to speak in a large rural city in the state of Victoria. A high profile college was the location. The students were in year twelve, if my memory serves me correctly.

The young role model and sports star was addressing them in a huge hall. He requested they form a horseshoe formation around him. There were eighty three students. He then asked the students from left to right to take one step forward, then to state their name and in a few words explain how they may be different from the others in their class. The first young man stepped forward, said his name and explained the unusual modes of transport he takes to and from school.

The second young fellow gave his name and said his mum was Australian born and his dad was Asian. That was how he was different from all the others. The next came forward, gave his name and said "I am the only student here whose parents are still married and living together." One in eighty three;

ARROGANCE AND IGNORANCE

this was in an expensive private college, not a rat infested suburb of battlers. “Truth” so powerful, yet still greatly unrecognized in the politically correct schemes of our societies.

Who was it, who proclaimed truth was politically incorrect, whenever mentioned in public. Osho once said Westerners walked about asleep; that way they accepted no responsibility whatsoever for what went on, as they were asleep when it occurred. People refuse to come to terms with the fact that many couples no longer bother to indulge in the farcical ritual of the marriage ceremony. They live together “in sin.”

When they split up they are not counted in the divorce statistics. Many couples wishing to split now no longer register for divorce. They keep all investments and go their merry ways amicably. I am informed they represent another 20%. So if I have been informed correctly, it is around an 80% fail rate in the western world.

Anger is momentary madness

HORACE

Some countries spend billions tracking down people who have committed war crimes, yet spend a pittance on apprehending the monsters who traumatize, brutalize, debilitate and undermine the potential of the world’s future population. Every night and day of our existence, in homes that we look at as we walk and drive past, these crime are taking place. You don’t have to be Einstein to know that hospitals are reporting a higher level of severe child injuries, due to parent brutality.

ARROGANCE AND IGNORANCE

The powers that be have been spruiking that the next frontier is outer space. Should some of our astronauts travelling in the space shuttle meet up with Alien life from the other side of the universe they would probably be identified as a family of tree frogs travelling in a T model Ford! When are they going to come down out of the clouds? The human mind must surely be the next essential and confrontational challenge to be qualified as the “urgent” frontier.

The room for improvement is vast and essential. Should the ultimate challenge not be successful, mankind will be doomed. We should make an effort to rectify the spiraling decline in conscious ability. If we take up the challenge to complete our journey, we may shock ourselves into discovering Who we are, Where we are and Why we are here!

The unexamined life is not worth living

SOCRATES

The intuitive mind is a sacred gift and the rational mind is a faithful servant - we have created a society that honors the servant and has forgotten the gift.

ALBERT EINSTEIN

A child’s birthright is to be given a natural and nurtured upbringing by dedicated, conscious-minded parents, providing love, patience, understanding, guidance and protection. Should you be an “inadequate” human being in any reasonable description of the word, your child or children are doomed. They will be sentenced to a life of compromised existence. If you can’t cope with what the world is throwing your way, you will be at a great loss to advise your offspring as to what is required. This contrived turbulence is actually very harmful to human existence.

It is impossible to improve the quality of life for people until you improve the principles they live by.

ROY TYRRELL

ARROGANCE AND IGNORANCE

If you verbally sanitize a mentally crippled society, more effort is required to maintain the manipulated illusion that all is well. One day, in a much more efficiently run world, a person applying for a driver's licence will be required to undertake a personality test and also submit a psychiatric report to gain their licence. The revenue that governments collect from licence fees over-rides any great overhaul of current systems. The competent drivers have to wear the dangers on the roads.

Police road blocks, blitzes, regional shut downs etc. etc. are targeting drivers who should never have been allowed to drive a motor vehicle. The annual road toll across the western world, if decreased to insignificant numbers, would cause the loss of millions of jobs such as auto repairers, accident insurance clerks, medical practitioners, aids, administrators, cleaners and car park attendants, with little if any, prospects of future employment.

When you impede the evolutionary development of a society by manipulating a contrived premeditated and deliberately imbalanced culture for reasons such as commercial gain political authority and the purposeful breakdown of common values you are committing a blatant and destructive crime against humanity, whomever you are!

ROY TYRRELL

We have to eliminate the violence raging in people's homes. If our countries become violence free, we will stand a better chance at disarming hostile, dangerous and threatening countries. Organization begins at home. There are many reasons that our community leaders, motivators and humanitarians are making a serious commitment, right now. At this point in time, like never before, the planet has unified to bring peace to all nations. We cannot continue to assume that we can defeat those who would use violence against us until we stop our own internal home grown violence against each other.

There is little if any stigma attached to child abuse in many countries, as most adults have never bothered to acquaint themselves with the rights and wrongs of anything they wish to do to each other

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