

President George Bush
1600 Pennsylvania Avenue, NW
Washington, DC
20500
USA

Dear President Bush,

Thank you for reading this letter which has also been sent to the Head of State of every country in the world. The enclosed contains pertinent information that once taken seriously has the potential to ease wars, prejudice, ethnic and religious differences, generation gaps, and in fact, all personal and social conflicts. A video recording of myself reading this letter is included. Please let me know that you have received it through a short note or email.

Some leaders and their countries may presently be viewed as the 'enemy'. The challenge of this letter is for you to put that 'enemy' into the kind of perspective that allows them to be reassessed, just as you may be, once the information contained within this document is fully understood.

Included is the first 'official' Global Anthem, "Label Liberation." The music and lyrics, presently recorded by Canadian artists are available at no charge, which is our gift to the world. Each person from every country in the world is invited to create their own version of the international anthem in any musical style and language for everyone to experience.

A copy of my letter to Queen Elizabeth, referred to in this document and originally published in London's "Time Out" in November, 1972, is attached, along with the photo of my art piece, the "I'm a Person 1st" (Label Liberation) button. Also attached is a photo of the court jesting Joker who sees beyond social masks and represents a person's capacity for clarity and wholeness.

All of the above are available freely to everyone, including all media, at no cost.

If you, as the head of your country, have faced the challenges of being trapped in a "card-game" mentality where "winners" and "losers" require each other for their identity, do you wish to move beyond the polarities civilization after civilization continue to trap themselves in?

Instead, there is a constructive alternative. You may choose to use the metaphor of entering 'the state of joker,' where everyone has, in essence, 52 cards within, and taps into a liberating, timeless dimension the moment they lay all their cards on the table. Moving beyond 'bluffing' with yourself, your original family, your current family, other world leaders and the people you represent, allows for a critical paradigm shift that is necessary for all conflict to be resolved.

Once this letter and attached documents are reflected upon carefully, the information within will allow you and every other world leader the opportunity to recognize the areas of dysfunction embedded in all groups of every size, from families to countries.

You may agree that people carry unresolved emotional trauma from childhood. Any lingering unresolved childhood dynamics that affect how we respond and react to others can distort objective decision making within governments. These distortions can be put into perspective with the enclosed information.

Most assuredly, you do not wish to have to contend with any world leaders and their government officials bringing to the table unprocessed emotional distortions that can affect their decision making. Would you not prefer that world leaders embrace undistorted, objective decision making which would enhance humankind?

I may be an unusual, unsolicited 'advisor.' You may discover that rather than my being presumptuous, I am compelled to share with you significant research that may never otherwise come to your attention. Once my unorthodox educational background is understood, you too may choose to 'unlearn' what could be necessary to allow you to relate to all governments in a refreshing and proactive light.

Attached as well is the challenging, 'entrapping' letter to me from a Senior Representative of The National Film Board of Canada, Mark Slade, and the written statement from Canada's Liberal Opposition Leader, Bill Graham regarding Label Liberation.

Sincerely,

Justin Thomas, Ph.D.

Dear President Bush,

With 40 years of research in the area of personal and social conflict and in crisis intervention and prevention, with many people of diverse ethnic backgrounds and walks of life, I am compelled to respectfully share with you a condensed version of critical information that can be useful, should you choose to build bridges of communication with everyone, regardless of personal histories or political and ideological perspectives.

My research has usually been limited to one on one interactions - families, small groups, workshops and occasionally larger audiences, with limited media contact. After being the keynote speaker at the Canadian Mental Health Association's annual convention, Dr. Jack Griffin, their Director Emeritus made the statement, "Justin's journey may revolutionize the whole concept of the human being and help us re-evaluate our entire educational system".

I share this quote and a comment that follows, but not for reasons of self-aggrandizement. Until very recently I have been petrified of any form of praise. Due to childhood circumstances of extreme denigration and the jealousy and envy I experienced from others, I equated any form of 'success' with being killed.

It has taken 67 years to put such debilitating fear aside, knowing now that comments valuing my unorthodox research will have, in addition to detractors, those who spontaneously share their appreciation of this information open-heartedly.

I am making what is, hopefully, an appropriate presumption that, as a leader of a country, you would like the world population to experience a new perspective that can bring conscious change to our unconscious habits of relating destructively to each other. This gift to you is shared out of love for the pre-conditioned child within all of us.

Educator Katherine Hoey writes,

"Having taught both English and Latin, I am aware of the different geniuses of languages. The English language can obscure rather than enlighten, but Justin's creative contributions, including his just completed manuscript, are crystal clear."

Ms Hoey continues,

“Somehow Justin Thomas’ odyssey of self-realization is comparable to that of Ulysses as he overcame many obstacles before reaching home. Ulysses, however, was ever an adult, a full blown war hero, when he met his challenges; whereas, Justin’s almost insurmountable obstacles were present from birth onward. As Justin shares his experiences, he empowers the reader to reach an ‘at oneness’ with the self. His just completed work is an emotional equivalent to a cure for cancer.”

I am offering my experience as a facilitator so that a genuine dialogue can take place among world leaders. This approach will enable decision making that is not influenced by unprocessed childhood anger and its underlying hurt. Clearly no one is immune from the projections of being elevated or rejected, passed on unconsciously from generation to generation. World leaders are just as affected as everyone else and their decisions can have enormous repercussions on us all. We require finely tuned objectivity about the devastating effects of people being polarized as if they are in a card game.

Humanity’s desire for peaceful co-existence, where there is no shunning of anyone, is possible, but only when the card game metaphor is seen for what it is - in reality, a mental trap that gets imposed from an early age. Multi-millions of people are hypnotized to the point where they do not recognize that they are part of an epidemic where the labels “winner” or “loser,” or “lucky” or “unlucky” define and imprison them.

Just as history’s court jesters often saw through the power plays and power games at court and were relied upon by the King and Queen to bring insight to their dilemmas by telling them the truth, my childhood as the family ‘Fool’ (“retard”) has allowed me to see through the ego and power games that have destroyed not only families but previous civilizations. Note the letter published in London’s Time Out, Theatre, November 1972, that I sent to Her Majesty Queen Elizabeth, where I appeared as a court-jesting-joker seeing life as a ‘card game’. I invited the Queen to join me in laying all our cards on the table. I recognized then that when we put anyone ‘up’ on a pedestal, to that degree we are brainwashed to perpetuate immeasurable human sufferings, ultimately for everyone, by putting others ‘down’. Following is the letter as was sent to Queen Elizabeth, January 14, 1971.

Madam,

With my humble duty I have the honour to convey to Your Majesty that at birth and throughout your life, you have been an image, a symbol to those who do not know you intimately (and perhaps even to those who do). I have been a symbol, too. If we were able to make a choice like your uncle, The Duke of Windsor, and decide to be or not to be a symbol (of what others expect); then living a role can be bearable and sometimes even exciting. But, if we have thrust upon us attitudes of what others think we are, should be, or should do, our lives can become a living hell. Like yourself, I too, was placed in the role

of a 'Queen', or a 'Moron', or 'Fool', to name a few labels. You were praised by your subjects. I was subjected to the other side of the coin ... ridicule and contempt! We both served functions: your role allowed your subjects to have someone to look up to, and my role allowed others to have someone to look down upon. Like your uncle, I, too, have decided to abdicate my (toilet) throne. It was never really mine but rather given to me through fear and ignorance. Your throne may be more bearable than mine, but, just in case, I will share with you my way out.

I remain Your Majesty's faithful and devoted servant.

P.S. The two words 'humble' and 'servant' mean to me 'respectful' and 'friend'.

In more recent years, when meeting and sharing some of this information with Prince Charles and the late Princess Diana, Diana sent me a letter saying how grateful she was.

Recently, an orthodox Rabbi and his wife declared, "It's amazing how Label Liberation taps into the essence of the mystical." Others, including atheists, communists, socialists, Christians and Muslims have endorsed its relevancy. Someone working at Al Jazeera enthusiastically responded to the vision of Label Liberation with, "Bless you!" A serious examination of this research may well be as groundbreaking for you as it has been for others.

In all honesty, no one is immune to having succumbed to the trance of "life as a card game." It is crucial for all of us to ask ourselves if we are capable of experiencing reality - not as black or white - but to fathom all the shades of gray. It is so important at this time in history to awaken from a "winner" versus "loser" card game mentality. A wise King and Queen listen carefully to the "Fool", knowing that moving beyond the machinations of the preconditioned mind, and experiencing reality without filters - through direct perception, offers the best chance for humanity to survive.

An impossible dream? Not if you are willing to consider the possibility of healing the dangerously escalating issues that we are all confronting, which can be transcended with the use of appropriate information. Dr. Paul Siminov, a Psychiatrist and Psychophysicologist from the Institute of Higher Nervous Activity in Moscow was given permission by the American Government in the late 60's to specifically study the Hippies in Los Angeles. Staying at the same dorm as I was, Weyburn Hall in Westwood, California, Dr. Siminov shared with me what he described as "Russia's top secret". He wrote down, "Fear causes anger. Enough information will cancel out the fear and cancel out the anger." I picked up the pen and spontaneously wrote, "Fear causes anger. Fear causes labels. Labels kill! Information kills

fear, anger, labels.” The idea of seeing people beyond all the labels was born. Beyond all words, beyond the alphabet, everyone is a person first. I imagined the intimidating alphabet in the palm of my hand and blowing all the labels away. Dr. Siminov celebrated this realization with a toast and urged me to communicate this message to the world. The website www.labelliberation.com provides further elaboration.

At this present time in history, you are making crucial decisions that will have a profound effect on human life. Once labels such as “conservative,” “liberal,” “terrorist,” “pacifist,” “Christian,” “Muslim” “Jewish,” “Arab,” etc. are peeled away, then there is a bridge to relating person to person. The following is encapsulated information related to getting to the core of and resolving human conflict that, once seriously reflected upon without prejudgments, could be useful to decision-making that can go a long way to ease all human conflict.

In wars, people do not kill people. Symbols kill symbols. In prejudice, people do not hate people. Symbols hate symbols. Symbols hate or kill symbols when they are symbols to themselves. Can it be this simple, to take the leap of seeing each other beyond all labels - as a person first - and in doing so, profoundly ease the compulsive need for wars, prejudice, generation gaps, religious and gender distortions, family and relationship conflicts, crime and other violence and alienation?

Can it be this easy to allow ourselves to experience the symbolic ‘little death’ that comes when we shift beyond our ego and reactive, conditioned, judging mind by recognizing that our identities have been limited, based on being falsely polarized with others? With careful examination, who do we know that has not been placed on an identity teeter-totter by parents where one sibling is glorified and another rejected? What happens when we strive to encourage each other to live life off the teeter-totter? Poets, philosophers and mystics have called this vitally alive state “enlightenment,” “peace,” “shalom,” “salaam,” “the state of grace.” Our fear of death and longing for an after-life is, in reality, the fear of moving beyond our mind’s ego state that defines us through comparison, competition and being in opposition to others.

What damage are we doing to ourselves and one another when we do not grasp this human epidemic of having been placed ‘up’ or ‘down’ and doing the same to others, generation after generation, completely oblivious to the unnecessary harm being done?

For example, with the deepest respect, let me suggest to President Bush: “Reflect on how you and your brother Jeb were polarized, with Jeb considered by your parents to be the ‘good,’ ‘intelligent’ one. Consider the decisions you and your colleagues are making, based on such unrecognized and therefore

unresolved childhood hurt and resentment brought about by such scripts of extreme duality.” With a little reflection, in our heart of hearts, we all know who was elevated and who was, to various degrees, pushed aside by our parents and the positions our parents and their siblings were placed in by their parents.

When connecting the dots, we can see the reasons successful business tycoon Donald Trump and CNN’s popular Anchor Anderson Cooper each had brothers who committed suicide. If we have the courage to look very carefully at our own personal histories and move beyond the frequently distorted belief that “everyone was treated equally”, we can see how our own parents’ family positions unwittingly caused them to be oblivious to such polarized, elevated and denigrating patterns and further pass these polarizations on to us.

If I may emphasize this crucial observation that so many people are oblivious to. The danger to humanity in not recognizing this unresolved ‘teeter-totter’ and ‘card game’ mentality is that blindly programmed “winners” desperately require “losers” for their identity. This is at the root of all perpetuating and escalating human conflict.

What humanity has created with such behavior is a literal card game mentality with countless people forced to live out a path of ‘wrong’ decisions, multiple failures and relentless self destruction. The ‘losers’ sacrifice themselves so that ‘winners’ can live out their ‘elevated’ status. We can see by humanity’s numbness to its own survival needs that if the card game mentality persists, self-destruction, self-annihilation seeps into the lives of not only the so called ‘losers’, but everyone.

My research shows this layer upon layer of scripted role-playing to be completely subconscious behavior for the parental authorities who are writers of the scripts. (They too had parents who scripted them, ad infinitum.) I share my own personal history as it is useful for others to see their own potential to overcome most any obstacle. I was programmed to be “helpless,” “hopeless,” “worthless” and “brainless”. As many opportunities as I have had at achieving “success” in life, if I was not sabotaged by others due to their jealousy and envy, I learned to sabotage myself.

This letter is the result of serious and dedicated research regarding our alarming human condition of self-sabotage. We have the potential for becoming empathetic and more fully human by welcoming everyone to find clarity beyond all role-playing, which results in tranquility and peace. What we often

perpetuate is a ‘numbness’, an inner disconnect, where we are not awake to our own pain and subsequently not awake to the pain of others. Therefore we can compassionately understand the indifference many of us have to the pain, suffering and confusion of others. We take human neglect and indifference as a given, a human ‘flaw’ that cannot be overcome. I can tell you through personal experience, such a negative sense of humanity’s potential is itself part of the hypnotic ‘life as a card game’ mentality that most of us have unnecessarily succumbed to.

The extremes of my personal experience allowed me the opportunity to see how humanity throughout history has this subconscious tendency to self-destruct, and to recognize the cause and way out of this inhuman-human dilemma. If we are to be completely honest with ourselves, who do you know that has not been, to varying degrees, programmed to remain in a life long trance, buying into an identity that requires others to be the elevated or rejected ones – those ‘not as worthy as us’, the so called ‘strangers’, the ‘enemies’?

If you were in my position of waking up to the deadly effects of these polarizations that can prevent our political leaders from being objective, and I was in your high profiled position, capable of positively influencing our culture and playing a part that could profoundly affect our entire world, wouldn’t you be writing to me?

Once I recognized my own subconscious pattern of self-destruction, based on my parents’ requirement for me to remain the “retard” and fail, and saw the subconscious patterns of thousands of others, in all the countries I researched, I had a deep realization. Naïve a hope as it may seem, if you, the leaders of every country, could introspect enough to step beyond the often deadly ‘winner versus loser’ symbolic card-game mentality, you could help further communicate that a place does exist where we can all transcend the need for one person’s gain to be another person’s loss. We can all role-model a creative move to what we might describe as ‘the state of joker’, a place beyond past and future – the here and now, where everyone welcomes each other to overcome jealousy and envy by discovering that we each have fifty-two cards within. Just a little introspection by each of us could eliminate so much human suffering. This means you, as a world leader, can contribute to humankind by making a leap in understanding through the willingness to introspect. There are those who have already made this paradigm shift. Because of your position, you too can make such a shift, not only for yourself, but for all humanity. When hearing about Label Liberation and ‘the state of joker’, one politician said, “It’s a win-win situation for everyone!”

As a brief personal introduction, prior to sharing the essence of my research, I was born June 18, 1939 in Toronto, Canada, labeled “retarded” by my parents, forbidden to read by my mother, who used to say, “If you read, something will happen to your brain and you will die”. She also used to say, “Just looking

at you makes me want to puke” and she’d run to the bathroom and vomit. This went on daily until I was 20. I was also forbidden to listen to music, play sports or learn to swim. My mother’s father, a playwright and actor, was disappointed that my mother was not a boy to replace a dead son. My grandfather abandoned my mother and his newly pregnant wife and committed suicide at age 23. My mother was then called the ‘devil’ and ‘jinx’ by her rejecting mother for not being the ‘son’ who might have kept my grandfather from leaving. My mother watched with silent rage as her so-called “beautiful” and “intelligent” younger sister was glorified by my grandmother.

My father was the youngest of seven siblings. His mother would say, “I love my children equally like the fingers of my hand”, yet in reality this paternal grandmother glorified her second eldest son, whom she labeled “brilliant”, who she said is going to be “a millionaire”. For contrast, my father was labeled by his mother “a stupid failure,” “a big loser,” “a nothing.” As the “retard,” I was scripted to be the ‘failure’s failure’ and, as my mother said, “the scum of the earth,” “the brainless one’s brainless one,” “the biggest nothing!” To my father I was, “You stupid-idiot moron, you-nitwit-you-dimwit—you-geek.”

After severe verbal, physical, emotional and sexual abuse, where the doctors say they do not know how I survived, at age 20, I went into a foster home under complex circumstances. At age 28, I was accepted as a freshman at the University of California Los Angeles (UCLA), although I still had never passed out of Grade One public school. At the same time, in order to learn to read and count, still looking 16 at age 28, I was enrolled at the Fernald Clinic School at UCLA for children 11 to 16 years of age, with learning disorders.

In the afternoons, I attended UCLA classes doing independent studies, probing the barriers that hinder human communication. Leading pioneers of the human potential movement, Dr. Eric Berne, Dr. Fritz Perls, Virginia Satir and others, took me under wing, becoming my mentors. To liberate myself from the hypnotic “brainless” induction, from decades of “You don’t have a brain in your head” which I had taken literally, I had no choice but to understand what caused me to be labeled “retarded”. I began to discover the pattern of how people are projected onto and are either turned into scapegoats or are glorified. I saw with my own eyes that both ‘winners’ and ‘losers’ were living lives trapped in their inducted scripts, unable to genuinely self-actualize beyond all roles. Then the dots connected for me. It was in a dream that I first had a vision of the teeter-totter metaphor. I recognized how so many of us exist as life-long ‘symbols’ unable to step off the see-saw and leave our inductions and scripts to truly ground ourselves in the reality of fully understanding and experiencing each other eye-to-eye, shoulder-to-shoulder, heart-to-heart.

While at UCLA, I had another dream that there was a place beyond ‘the card game’ - the pathological need for people like my parents and their siblings to compete with each other for their parents’ affection. Later, while doing suicide prevention, I saw how thousands of people from a wide range of ethnic

backgrounds were similarly polarized from their siblings. This helped me to understand the real causes of wars, prejudices, generation gaps, violence and alienation. All these human conflicts directly related to people suppressing their anger and hurt feelings while experiencing how one sibling has been 'lovingly' elevated and another sibling has been cavalierly rejected. Eventually, these buried emotions turn toxic and poison oneself with sabotages or are angrily projected onto others. This stems from parents to children, then from siblings to each other, and like a virus onto friends, neighbors and strangers. Consider how chickens in pecking orders will pick one of its kind and peck it to death. This cannibalism of its own kind is not unrelated to our own so called 'human' communication, where people seen as symbols are competitively soul-murdered – 'eaten alive'.

We all see the devastating results of name calling, undermining and shunning, at home, at school and in the workplace, between ideologies, cultures, religions and countries. It may be difficult to believe, to move beyond one's own mental inductions, our mind's prejudgments, but my research has shown evidence that when parents favor one child over another (with an only child being compared to a cousin, etc.), the repercussions are monumental for each child everywhere. The unresolved anguish of being 'rejected' or made to feel 'superior' is spilled out, causing physical illness, suicidal depression, ego inflated arrogance and violent retaliation, and like a chain reaction, spreads from the individual to the family, the environment and all of humanity. As we awaken from our own trance, it is no mystery why we target and attack individuals, groups, and even countries. 'He', 'she', 'they', become the 'it', 'the enemy', the scapegoats we find justifications to symbolize and dehumanize. What we forget is that what we do to others, we do to ourselves. We are the dehumanized. Any victim of any crime is not seen by the perpetrator as a person, but rather as a symbol. We do the same to the victimizer who has unleashed their rage. Rarely do we see them as a person first, who has acted out criminal behavior while trapped in a card game mentality. Most of us are so disconnected from our own early traumas that we pretend to ourselves that there is no connection between the criminal's childhood and the hypnotic affect of such a card game mentality.

When we are willing to look at the core causes of all crime and have the courage to see the seeds of old childhood resentment, the bitterness and the often deadly card game mentality being played out, awareness opens us up to a new possibility. In an instant of such a realization, we can shift beyond operating from past hurt to a new paradigm. Like alchemists of old, turning base metals into gold, we transcend the card game metaphor that we have all been inducted into. We replace the 'winner-loser' game with an open ended game-free state of being where everyone is welcome, with no social security number, no driver's license, no passport required - 'the state of joker'. When we know we are whole with 52 cards within and so is everyone else, the win-win situation for everyone becomes a reality.

Some people suddenly have a religious conversion and believe they are ‘born again’, their euphoria causing them to presume they have ‘found God’. If the original childhood hurt among world leaders is not acknowledged and cleared with microscopic detail, those who profess a ‘spiritual awakening’ do not see that it is only a partial breakthrough. Our trance-like behavior for many is compounded by other indoctrinations such as the purely human biblical misinterpretation, projected on to a concept of God, where he supposedly gets jealous and angry if anyone eats the fruit of the Tree of Knowledge thereby (God forbid) gaining God’s knowledge, or if you look back or introspect you will turn to salt. With the lack of psychological understanding of their pasts, the old hurt beneath their anger festers. Decisions are then made through toxic, emotionally clogged arteries. When such leaders are under the influence of like-minded advisors, there is a dangerous ego-driven disconnect. Such ‘group thinking’ cannot recognize life beyond itself or the misguided damage being done to the world.

This self-perpetuating trance and numbness causes many of us to be indifferent to the suffering of others. We have turned ourselves and ‘them’ into pecking orders of symbols. We often reinforce our identities based on political allegiance to ideologies and frequently our identities are so threatened by our ‘polar opposites’ that we trivialize the political persuasions of our ‘opponents’ to the point of seeing ‘them’ as symbols to be destroyed. We read or hear about the Holocaust, about genocide, about those who are being murdered, the starving, the sexual abuse of children and adults, and wonder why history continues to repeat itself, not recognizing that we are perpetrators of such abuse to the degree we label ourselves and each other.

Some years after my discussions with Dr. Siminov at UCLA, I was staying at a hotel in New York City where I met a KGB operative. Although it was forbidden for him at the time, we went for walks and had numerous conversations about my psychological, sociological, and philosophical research. During these discussions the KGB operative ridiculed any thoughts of spirituality and made it clear that he was adamantly opposed to religion or the belief in God.

I gave him an art piece I created, in the form of a button that says, “I’m a Person 1st” (Label Liberation). As I had demonstrated to many others, I held out my hand and told him to imagine all the letters of the alphabet in my palm and blew all the imaginary letters away. “Label Liberation,” I said.

“Are you a Person first or a Russian first?” I asked.

“A Person. A human being”, he said.

“In French, Label Liberation is Liberation de Préjugé, liberation from prejudgments. Aren’t we all Persons first?” I asked.

His response was a smile, a nod and a look of relief.

I then shared with this KGB operative how most of humanity is hypnotized into seeing life as a card game. We discussed the dangerous trap humanity is in, not recognizing how to transcend the deadly habit of unchecked competition that could lead to atomic annihilation. I pointed out how this stems from childhood experiences of being polarized from siblings by parents with a card game-like mentality, the “winners” needing the “losers” and the “losers” needing the “winners,” for one’s identity. The KGB operative agreed that for many in his country, this ‘lucky’ vs. ‘unlucky’ dichotomy is all consuming and takes on a struggle of life-or-death proportions.

I told him, “Once we’ve been ‘down and out’ enough and ‘up and in’ enough to know that we are all the joker with fifty-two cards within, then we can lay all our cards on the table. From ‘the state of joker’, we can experience an openheartedness with all others, which feels like a ‘heaven on earth’, the state of grace, peace, Nirvana, shalom, salaam”.

I clarified to the KGB operative that with the card game mentality, if he ‘wins’, others will be resentful of his ‘success’ and consider themselves ‘losers’ in reaction to his ‘winning’. Yet from ‘the state of joker’, we know that in essence, everyone has 52 cards within. Therefore we are delighted by each others’ success.

We are no longer like fish, unable to see the water until they ‘flip out’. From the “state of joker,” we are beyond all polarities of the mind. As Dr. Fritz Perls recommended to everyone, “Lose your mind and come to your senses.” We have an overview based on direct perception. The hurt hidden beneath the anger is dissolved through information.

For example, I had wrongly presumed that a child who is given the ‘winning hand’ and seemingly all the ‘love’ by their parents while knowing that another sibling is rejected, would be so full of love that they would love others and want them to succeed. Surprisingly, my research revealed that the opposite was true. Glorified children frequently cling to their so called ‘winning hand’ with a desperation that prevents them from allowing anyone from being a ‘success’ or their precise equal. They do this at any cost. If we wonder why enough food and water and other basic needs are not provided to the poor, be they neighbors or those from other countries, let us recognize how we often have the same disinterest in our own siblings’ physical or emotional survival. I told the KGB operative that I believe we have two births – the first is out of the womb, and the second birth is when we’ve moved beyond the state of being polarized with everyone, and achieve a sense of self that is a transcended self, beyond the pecking order of any group, where we discover empathy with all others as a part of our greater self.

I handed this gentleman from the Soviet Union a manuscript that I had been working on. It included the experience I had where Rabbi Abraham Feinberg, an eminent proponent of world peace who taught me to respect other religions at the Holy Blossom Temple, was scheduled to speak along with two Arab

delegates at the University of Toronto. The KGB operative held up the manuscript to my hotel room's floor lamp and read:

One of the coordinators, who had heard me talk about Label Liberation, calls me in a panic. "Justin, the Rabbi hasn't shown up. The two Arab delegates are here in the auditorium. Will you please speak in place of the Rabbi?"

Grabbing huge bags of "I'm-a-person-1st" Label Liberation buttons, I arrive in time to hear the Arab delegates list their grievances. When my turn comes to speak, the audience passes around the buttons while I walk across the stage and present the other two delegates with theirs, and then give one to the moderator who stands at a podium between us. When I finish sharing the journey leading to Label Liberation, both Arab delegates rush across the stage and spontaneously hug me.

The moderator, shocked by what he is seeing, begins pounding his fist on the podium, shouting, "We can't have this! Get back to the business at hand!"

There is a stunned silence, and then everyone, except the moderator, bursts out laughing. We had already gotten to the business at hand! That moment, as I watch the moderator's shocked and enraged face, time stands still. I am seeing the real barrier to human communication – relentless power games. I realize that like all people whose job and identity depends on fanning seeds of dissension, the moderator has nothing left to moderate. Instead of being delighted, this shared harmony felt like a death-blow to him. I reflect on politicians and many others who create and maintain grief-filled conflicts between families and other groups and the terrible suffering such misguided willfulness causes.

While the other two delegates invite me to dinner, the moderator, still livid with rage, refuses to shake my hand.

The next day, I am asked to visit Rabbi Feinberg's home. I tell my friend who has joined me that Rabbi Feinberg had arranged to meet with John Lennon and Yoko Ono during their famous bed-in, encouraging John to do anything for world peace.

When we arrive, the Rabbi seems angry. He asks, "What did you say, Justin? The moderator told me that the Arabs came over and hugged you. Haven't you gone too far?"

"Too far for whom?" I say. "Are you Jewish first or a person first? Aren't Arabs and everyone else persons first? That's the essence of Label Liberation!"

He points to his thick curly gray hair and says, "I'm getting too old to understand all this."

"Too old?" I reply. "Label Liberation also means gray liberation. Age is a state of mind and that's no platitude. It's up to each one of us to choose to peel away all our limiting labels, to experience label liberation ..."

The Rabbi continues to look confused.

"... Just place the alphabet in the palm of your hand and blow ...!"

The Rabbi asked for the writing I had done on Label Liberation and said he would like to have lunch with me. Somehow he could never arrange the time for lunch, but instead he began traveling and speaking on gray liberation".

When the KGB operative finished reading, I handed him an "I'm-a-person-1st" button, which he studied pensively and carefully put into his pocket. Later that evening, he knocked on my hotel room door. When I opened it he said, "Justin, unexpectedly I have to go back to Moscow in the morning". He grasped my hand firmly. "You must share your research with the United Nations, with all the world leaders. It's imperative! Promise me you will?" he implored. I promised. He then looked to his right and to his left along the empty hall, and said tearfully, "God Bless You."

Due to the present volatile political circumstances internationally, it is my hope that this condensed information I am sharing with you will be useful. Understanding our personal histories and how they have impacted our own lives, and in turn the lives of others, allows us to enhance our political decision-making. Our acquired objectivity will bring clarity to our understanding of ourselves and others. Would it not be an improvement for all countries if a goal of living in peace and harmony with each other and the environment is not considered a delusion or an abstract dream, but rather a realistic intention capable of being achieved here and now by leaders of every country, who role model for the rest of the world, the act of making the genuine effort to exist beyond all polarities – including the political ones we see our leaders often so attached to.

In 1972, the Canadian Broadcasting Corporation (CBC) received several thousands of letters of response from various parts of the world to an interview with me where the public asked for more information on Label Liberation. (see attached examples)

In 1965, while in a restaurant, I overheard a senior representative, Mark Slade, of the National Film Board of Canada (NFB) who called himself "a master educator," talk about two courses in human com-

munication that he was organizing. When I asked if a dropout could attend and he discovered that I had never passed out of grade one public school, he invited me to the two courses, one for professors only, then the second course at the NFB for educators and others in business and the arts. There he encouraged me to do my research of 'getting to the core of human conflict' for the Canadian government's NFB. When I completed my research and shared the full cycle with him, he demanded that the results of my research be suppressed, saying, "I don't want you to publish your book or do your play about 'the state of joker' and no more talk about Label Liberation." Instead he asked me to come and work with him at the National Film Board, saying, along with making some demands that terrified me, "With what you've learned, the two of us will be very powerful together – more powerful than my colleague and his lover, filmmaker Norman McLaren."

Mark Slade told me to give him the two of hearts from the oversized deck of cards that I had with me. "Wouldn't you prefer a joker card?" I asked, holding it out to him, saying, "It represents wholeness, essence, a sense of infinity, beyond the mind."

"No," he said. "When you get back to Toronto, mail me the two of hearts."

Confused by the meaning of his request, I mailed him the two of hearts. On October 17th 1972, Slade send me a five page handwritten letter (see attachment #1), which was recently described to me by an eminent psychiatrist as "deeply disturbing and frightening from a very sick mind." I sent him a spiritual response (see attachment #2).

Mark Slade telephoned me from Montreal saying he was going to come to Toronto, especially to discuss his job for me at the NFB and my salary and to meet him at his hotel room for dinner. When I arrived, Slade's job offer was attached to a shocking proposition - coming from a mentor - a demand, which for legal reasons I will not presently share. When I refused his job and said I would not suppress my research, he responded in such a way that I faced a replay of all my childhood fears including being killed. Then I received a one page handwritten note from Mark Slade which I took as a confirmation of his death threat.

"... Whom I love, him I slay..." (see attachment#3). I was so traumatized that I had amnesia about the experience and, with growing fear, curtailed presenting my research in various forms as Mark Slade had demanded.

Most everyone has to contend with the traumatic ramifications of being thwarted, tripped up, by "players" trapped in the card game mentality. These "players" are determined to "win" at any cost, be they one's parents, bullies at school or work or political regimes. They are so imprisoned in a card game's

duality with obsessive ‘taxi meter’ thinking that they consider it a matter of life or death to have control over others. This misguided automatic card game mechanical thinking causes them to violate by pigeon-holing, to soul-murder by stereotyping, and even to take another person’s life. I presumed incorrectly that I would not be affected by people trying to force me back into the card game.

Around that time, I made an appointment to see Toronto attorney Bill Graham. I showed Graham the strange letter and what seemed like a threat from Slade, asking for his guidance. I said that I wished to communicate the message of Label Liberation to all the others who had requested additional information, but suddenly had an intense fear of sharing my research. Bill Graham said he was interested in my writing on Label Liberation and manuscript, as well as my musical album with monologue that I had just recorded. After listening to the album and reading my material, he asked for suggestions in furthering his Canadian political aspirations. Among suggestions on how to improve social issues, I recommended the motto, “Putting People First,” which he and the Liberal Party made successful use of. He told me that he would do everything in his power to help me promote Label Liberation.

On November 26th, 1976, Bill Graham wrote a ‘Letter of Appraisal’ to The Canada Council, marking the rating scale ‘Exceptional’, and stating that he had known me for “six months” in the capacity of “a friend.” In reality, I had just met him. This letter stated, “Here is my assessment of the program of work and the ability of the candidate to carry it out”:

He continued:

“The program of Label Liberation appears to fulfill a deep seated need in today’s society and may well help to bring a new awareness of the humanity of the individual in our ever increasingly impersonal communities.

The concept addresses itself to the root cause of much of the malaise that is prevalent particularly in communities and while on the surface it may appear naïve, it is in fact a simple expression of a wise and useful precept whose application is equally valid in daily life as in the field of mental health where it has been so enthusiastically adopted.

Justin Thomas is the originator of this idea and has had the tenacity and determination to develop it and bring it to the point where it must now receive greater public diffusion if it is going to have any significant impact. “I have no doubt that he will persist and carry his project out; funds from a source like The Canada Council are, however, the only way in which he and his idea can receive the degree of public exposure that the idea merits”. (November 26, 1976)

**letter is attached*

After writing the above, Bill Graham asked me to come along with him as he wished to further discuss ways of communicating the message of Label Liberation. When we unexpectedly arrived at his home, I was shocked by the circumstances I faced. Thereafter, I developed amnesia and fled to the United States, burying new harrowing memories. Offered a full scholarship in the US to work on a degree in Psychology, I once again began to connect the dots and put the pieces of my life together.

Since then, countless millions of dollars have been spent by the Canadian government over the years on ad campaigns related to prejudice and violence with no apparent results. I was once given a hand-painted tile by a man I interviewed related to Label Liberation who had lost both his legs. The tile says, "If it is to be, it is up to me to do it."

Bill Graham's web site states, "In January 2002, Mr. Graham was appointed Minister of Foreign Affairs. As minister, he developed and implemented strategies to promote the Government of Canada's agenda of global peace and security, prosperity, and better worldwide understanding of the values, culture and capabilities of Canadians... On February 1, 2006, the Honorable Bill Graham was selected as Leader of the Opposition..."

When our paths recently crossed at a hotel restaurant, I handed him another "I'm-a-person-1st" Label Liberation button. I reminded him of my contribution of ideas to his political campaign and his enthusiastic promise to further help me communicate the message within Label Liberation that has been so helpful and transformative to many people. I candidly suggested to him that his taking me to his home, which took me years to put into perspective, may have prevented him from wanting to carry-out his promise of helping me to communicate the Label Liberation message, as he had ensured me that he would. After all, he has been in a position for many years to keep his word.

Bill Graham asked for my telephone number and said, "I'll be in touch with you. Label Liberation is timely as ever. We should make you a Canadian Ambassador of Human Communication."

While I have not heard from him since, I have come out of my trance enough to follow through with my promise to the KGB operative I met in New York and communicate my research to all the world leaders.

Sincerely,

Justin Thomas, PhD