

HOMELESS IN PARADISE

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Column #53



Part 3: WINTER IS COMING Maneuvering the newly homeless mental illness maze By Wanda Sue Parrott

(THIS FOUR-PART series is based on Pacific Part Three Grove City Councilmember Rudy Fischer's question *With winter coming, are homeless persons eligible for Section 8 housing?* It raised another question: *If you were suddenly homeless, what would you do?* We suggested following the Boy Scout motto "Be prepared" by letting the experienced homeless lead the newcomers—or about to be first-timers—to homelessness. That theme is continued this week.)

To understand homelessness, a Unitarian Universalist minister moved to the streets for a week to be more compassionate to homeless women and men through empathy rather than just sympathy.

Sympathy means one feels for others.

Empathy means one feels like or as others.

The pastor didn't freeze the way a former Seaside man I'll call A. D. did. A November blizzard buried A.D. by his Midwest campfire. His bones were found with his empty booze bottle after the thaw next spring.

A.D. was my former sister-in-law's son. He was the second fulltime homeless person I knew. The first was my Uncle Don, a fiddlefoot bachelor from tiny Westboro, Missouri whose boots were laced with wanderlust.

Uncle Don traveled Central California as an itinerant number-cruncher with crop-picking crews before Cesar Chavez unionized "wetback" (aka bracero) farm workers from Mexico.

Don's only known address was General Delivery, Fresno. Don failed to pick up my mother's letter containing a ten-dollar bill around 1950 and was neither seen nor heard from again.

A.D. and Don were loners by choice. A.D. was dyslexic; Don was a self-educated storyteller whose specialty was "Rumplestiltskin." Were they also homeless by chance. Were they mentally ill?

Are All Homeless People Mentally Ill?

The common notion all homeless people are mentally ill is challenged by a grandmother I'll call Kay, who said with a smile over coffee in 2013:

“I was terrified from the first night I slept in my car. Does that make me paranoid or schizophrenic? The people who harass me are law enforcement officers. They tap on my windows, flash lights into my car, and make me move at least three times a night.”

She grimaced, then confided she is being tortured by invisible weapons aimed at implants in her body and brain as part of a secret 24/7 government mind-control project. “I’m being raped on my back now.” She shouted, “Stop torturing me, you bastards!”

Kay rolled up her shirt, revealing a diamond-shaped rectangle of pinpoint-sized oozing blood drops.

“There’s nothing wrong with my mind. I prefer to live in my car to being with mentals.” She meant homeless people who talk to themselves, shout at air, gesticulate wildly or slap at invisible bugs. They include homeless veterans with Post Traumatic Stress Disorder (PTSD), alcoholics and drug addicts.

Mental Delusions Or Mind Control?

Is Kay mentally ill? She believes at least 50,000 Californians—mainly women and gay men—suffer as she does. Cheryl Welsh, founder/director of Mind Justice, a California-based 501-C-3 non-profit, concurs. Welsh says people like Kay are victims of non-lethal mind control.

They may wear ball caps, helmets, aluminum foil or bandage wrapping, and eye covers to protect their brains from being “raped” by electromagnetic rays they believe are triggered by invisible weapons, and they may be very pleasant, ranging in age from young to elderly. Welsh’s website says:



Published accounts of US mind control victims: from the 1950s-1970s, victims were predominantly the powerless, the poor and prisoners; now victims include all walks of life, men, women, young and old, especially whistleblowers, activists, and foreigners.

Where today’s homeless fit is easy to imagine. According to Welsh, “Victims from all over the world have contacted Mind Justice with reports of being targeted with mind control technologies, although 75 percent of victims are American and Russian.” Another excerpt states:

Barbara Hatch Rosenberg described non-lethal weapons in the September 1994 issue of Bulletin of the Atomic Scientists:

Many of the non-lethal weapons under consideration utilize infrasound or electromagnetic energy (including lasers, microwave, or radio-frequency radiation, or visible light pulsed at brain-wave frequency) for their effects. These weapons are said to cause temporary or permanent blinding, interference with mental processes, modification of behavior and emotional response, seizures, severe pain, dizziness, nausea and diarrhea, or disruption of internal organ functions in various other ways...

See Cheryl Welsh, “Nonlethal Weapons-A Global Issue,” 1999 <http://www.mindjustice.org/un.htm>. Also, see <http://mindjustice.org/>

Many psychotherapists explain Kay’s stigmata-type bleeding as psychosomatic in nature (the body injures itself to fulfill the mind’s beliefs). Most healthcare professionals concur that one specific form of

Good Grief, Bad Grief

Moving is one of the major causes of grief, second only to the dual demons of loss through death and divorce. What determines the degree of grief (good or bad)? The answer to one of these questions sheds light on the mystery of homeless grief.

Did the grieving person willingly move from one place to another (with a preplanned destination as a goal)?

Or, was he/she forced to move from the spot he/she knew as home with nowhere else to go?

Everyone on the homeless scene moved from somewhere else to the here-and-now. Each is on the Path of Grief, at the beginning, middle or nearing the end. Flashbacks can be sporadic and various stages of grieving intermix. Grief is the mind armor worn by the vulnerable homeless community.

This chart is the map you may use if you become suddenly homeless either by choice or chance.

You won't be traveling alone, but you will feel isolated.

The Seven Stages Of Grief Caused By Moving

- Shock and Denial—Reaction to moving: mild shock to numbed disbelief.
- Pain and Guilt—Homesickness and questions: How could I have avoided this?
- Anger and Bargaining—Shock abates. Nervousness, chaos, fear, frustration, and anger arise. Try to be kind.
- Depression, Loneliness and Reflection—The magnitude of living style change fills you with despair.
- The Turning Point—You become calmer, more organized, and feel better...
- Rebuilding and Reworking—Your mind starts working again, dreaming, planning, and seeking solutions.
- Acceptance and Hope—You accept your new situation and look toward the future.



These words from the chalice-lighting ritual of the Unitarian Universalist Church helped the pastor when he lived for a week on the street. May they inspire you through the mental maze of grieving people you meet— both sheltered and homeless—on your own journey called Life:

. . . May our individual sparks meet and merge, bringing both light and warmth into the world.

For more information, visit the Unitarian Universalist Church, 490 Aguajito Rd., Carmel at www.uucmp.org, 831-624-7404.

(Coming next week: Guide to dumpster diving and dining.)

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