

Military and Mental Illness 3 by Ben Huot

# Military and Mental Illness 3

5.5th Generation Writings

By Ben Huot

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## My Cup Overflows

God has been a constant blessing  
And a force for good  
Within my life

God worked behind the scenes  
During my military service  
So that now I have dependable income

That was definitely a miracle  
Few people leave the military early  
With an honorable discharge

God has given me the gift of  
Being willing to admit I need help  
And the gift of tenacity

All the medicines worked for me  
The Lord has given me the ability  
To question my impulses  
And to doubt what seems real

Without God I would be a much worse person  
I never had to be homeless or in prison  
I never had to experience the gas chamber again  
I have never been in debt

God has given me the ability to write and create graphics  
God has spared me from disorganized thought  
That most people with Schizophrenia have  
That makes it impossible to write

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My mental pain had decreased over time  
For the most part  
The medicines reduce my pain  
So this motivates me to stay on them

I have had more confidence in my life  
Than I would without God

I would likely not be alive now  
If God did not get me out of the military early

I am thankful that I have so much  
Both materially and spiritually

I am well looked after  
God has saved me numerous times  
When I have had spiritual attacks

I have learned much from my parents  
Even long after I came back from the military

I have had the opportunity  
To learn about computers for 25 years  
So I can both protect myself  
To the degree that is possible

And give others good advice about technology  
As I am still able to read  
Which is uncommon for people with Schizophrenia

I have become more patient over time  
I am able to tolerate sitting

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Through an entire church service now  
I have also been blessed with a very good church

I have been blessed with not having to follow the news

God has made my life very safe  
I do not need to travel  
And I have no desire to do so

I have had the resources, time, and tenacity  
To build a very good library  
Of speculative fiction, world literature, and Bible reference

I have moved into several apartments  
At just the right times  
For reason I only found out years later

I have had the opportunity  
To reach a global audience  
With my writing for 25 years and counting

I have too much content for even 2 websites  
I have been able to use the same technology  
And provider for over 15 years

I have had an easier time doing things for myself  
I put together a gaming chair  
And a utility storage shelving  
All by myself

I have not lost anything important  
That I created on the computer

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I never had to take out any loans for college  
I did poorly in some classes  
But was able to later get retroactive withdrawals

I have been able to translate my website  
Into many languages

I have been able to get better at explaining myself  
Both in writing and speaking

I have been able to give good insights and advice  
For others suffering with Schizophrenia

I have only had to be in psychiatric unit once  
And have been on medicine since then

I have been blessed with being able to write  
Several thousand pages  
And had improved enough  
That half of it I do not have on my websites anymore

God has given me the foresight  
To use plural in most my writings  
So I do not offend anyone with other genders

I have an apartment that seems cool  
Without a fan or air conditioning

I live in the best part of my country  
And in the best country in the world  
To live in

I have very close family support



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And God also gave me the ability  
To not alienate them with strange behavior

I had the blessing to be diagnosed with Schizophrenia  
Shortly before 9/11  
I have never had to go back into the military

## **Mental Illness, Faith, and Action**

Being mentally ill with Schizophrenia  
Means being an outsider  
In the midst of a highly regimented society  
Whose foundations are being uprooted

Only an anarchist or a revolutionary  
Would look forward to a complete breakdown of society  
We think things always develop towards something better  
But technology may become so revolutionary  
That civilization itself becomes irrelevant

The only regularly meeting organization  
That meets regularly in person  
That spans the entire world  
Is the Church started by Christ

Religion is always relevant  
Because separation from God  
Always feels lonely

And the only thing that can stop  
Our every increasing desires  
Is faith in Christ

We as members of the Church  
Have too often engaged in debate  
And have relied too much on  
Human reasoning and solutions

We need to return to understanding God

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First by faith and secondarily by reason  
We need to pray first and find solutions second

God needs to be the focus  
And doctrine should only be a means to an end

We will never explain away everyone's doubt  
The best evidence for Christianity  
Is Christians willing to sacrifice everything for Our Savior

How can we appreciate who Christ is  
And what He sacrificed coming into our world as a baby  
If we do not have faith based on intuition?

The biggest challenge to Christianity is human suffering  
But the best answer is that Jesus wept

We need not fear our choice of God  
In the eternal battle for our minds and hearts

Feelings were created for a reason  
And we need not deny how we feel  
In the name of systematic theology  
Emotions are no more an obstacle to faith than reason is

The reason why we worship with rituals  
Is partially to satisfy the emotional aspects of our creation  
We need not be ashamed to show emotion  
Or to be moved by our worship experience

We are to love God with all we are  
This includes our emotions  
And most importantly our decisions

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When Peter chose to follow Christ  
His answer was so fast that  
It could only be emotionally triggered

Too many aspects of modern Christianity  
Are made in response to Church history  
And the battles of the past  
We think our doctrines will save us from heresy

But for the common person  
It is telling that they have little interest  
In examining the reasons for theological realities

It is not that we need to give up study  
Of God and our place in His plan  
But we need to embrace all aspects of who we are  
Not just the ones that our society values

The Church in America has great faith in many ways  
But they also fear the supernatural  
And largely reject the experience of faith  
To instead reason out evidence

There is a Northern and a Southern European  
Way of understanding God  
And neither is better

The crosses of the Northern Christian have no trace of Jesus  
Because they see the suffering of Christ to have ended  
And this is the proof of His overcoming death and hell

But until we see ourselves on the cross

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We do not fully appreciate God's sacrifice  
This is something we need to remember  
Because Christ still bears His marks of crucifixion

We cannot have salvation and freedom  
Without the cross and the suffering of God  
He suffered in our place  
And we need to remember that

It is great to see Christ as victorious  
But if we don't remember how the war was won  
We are likely to be ineffective in resisting the enemy

Christ has long since risen from His painful death  
But we are still living here on earth  
We still suffer and although we have victory  
Suffering still hurts

You can give a perfect explanation  
Of how suffering is justified and temporary  
But this does not satisfy our hearts  
Even if it does satisfy our minds

Seeing God from the point of view  
Of a person suffering with Schizophrenia  
I can see how scary it must have been  
To give up the protection of thousands of angels

I have a different understanding of fear  
And maybe this is helpful in understanding  
Parts of who God is that theology comes short  
In explaining with mere words

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We know that there is more to God  
Than what the Scriptures tell  
Sure there is no more general revelation  
Of who God is beyond Scripture

But there is more to accepting God  
Than by understanding it makes sense  
Each patriarch proved the depth of their faith  
By following God in specific actions

We say salvation by faith  
Is different than salvation by works  
But these are just different way of looking  
At the same great decision we all must make

In our society we are tempted  
To turn off our emotional brain  
Because it is hard to exist in society  
Without putting it under  
The control of our rational brain

In some ways the irrational fear  
That I live with  
May allow people like myself  
To see the power of God  
In ways others cannot accept

If all your brain can do is act  
Then you are not kept from  
Understanding the immediacy of faith  
Our society is so comfortable  
That it has trouble accepting the reality of struggle

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Sometimes when faith is reduced to a prayer  
Or is thought to be best increased by study  
We need not forget the importance of  
The proof of our faith that necessitates action

We must not just accept Christ with our brains  
But be strengthened in our faith by our struggles  
To overcome our pride and rebellion  
Faith is in many ways as much a process as it is an event

We must go through the continually reoccurring  
Rituals of the faith like the Lord's Supper to the giving of the tithe  
Faith like worship is more than just an acceptance of reality  
It only comes from believing reality can be changed by God

None of us really seeks God  
God seeks us  
We can only understand  
What we need to do to  
Act out our faith  
When we seek God with all our hearts

We cannot allow our minds to be at the center  
Of our faith in Christ  
God should always be the beginning and end of our faith  
To truly understand the depth of our need for God  
We need to act our faith with fear and trembling

It is easy to fight heresy with more doctrine  
But if you add too much to explain Scripture  
You can end up alienating those  
Who do not understand faith in these terms

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I do not think we should just give up our rational brain  
For those who still have a working one  
And certainly most of us can put it to work  
Limiting the damage the acting our brain can cause  
To our place in society and our peace with God

We just need to be willing to experience faith  
In our not thinking brain  
So that we don't end up following all the steps  
But still be paralyzed by our fear of our emotions

There can only be peace with God  
When we put our entire mind and heart into God's hands  
There is a great risk we take in letting our hearts bleed  
But we need not fear opening that part of ourselves before God

God can only give you the power to conquer your fears  
If you first give Him access to that part of you

There is not just one answer to what faith is  
The answers span across time and space  
And occur in different times and places in our journey  
We are the sum of our experiences emotionally

Faith is not something you think about  
It is something you do  
And the greatest faith moves us to act  
Before we decide to think through all the reasons  
Why we don't want to follow God

While we get lost in arguments  
About how God will return  
We forget to prepare for it as Jesus



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Instructed us

After He told us  
The only things we can be certain of  
About the end of times

Too many Christians want to focus  
On solving theological problems  
That they miss the obvious commands  
That God has instructed for us to follow

We provide explanations  
To things we don't really understand  
When only obedience is required

The shortcut to get around the limitations  
And our procrastinations of the flesh  
Is to act before we think through all the answers

And rely on faith even when we could  
Rely on money or human skill  
To accomplish the same thing

We need to allow room for God to work miracles  
By having faith that goes beyond  
Merely comprehending the meaning of Scripture  
And forces us to make a decision  
We follow through with action

Our own faith is the best response  
To our own doubts about suffering  
Because there is no better way to explain  
This mystery than to accept it with faith

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Sometimes we think too much  
And feel too little  
People with mental illnesses don't have this problem  
We have a very different problem

We have to accept our weakness  
Before God will raise us up

## Hungering for God

Experiencing God purely through action  
And the part of the brain that fear originates  
Is something maybe only the mentally ill can understand

In the Old Testament God was so glorious  
That you would die  
If you looked directly at Him

And Christ during His ministry  
Felt the base desires and drives  
That is part of being human  
And had to fight against this dominating Him

The mentally ill struggle  
To hear the voice of God and reason  
Within their minds and hearts

But maybe their fear is useful  
In their relationship with God

We think of a relationship with God  
Often as Christ is one of our drinking buddies  
But this is the God of the universe

Who although kind and humble  
Is also perfectly good and all powerful  
We need to take God more seriously  
Maybe the mentally ill get that to a degree

The fear of God is a fear that transcends

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Is not the kind of fear that runs from Him  
But one that runs to Him

The only safety we have is in God  
He is our sanctuary and our protection

For someone that deals with issues like  
Thinking they are God  
Or that they need to  
Give all their money away

It is comforting that God  
Does not base reconciliation  
On what we can understand  
Or what we can communicate

In fact when praying  
The Holy Spirit intervenes  
When we do not know  
What words to pray with

I think a mentally ill person  
Can feel the effects of the Holy Spirit  
In ways that people with normal minds  
Struggle to just feel and embrace

The part of our brain that is driven by fear  
Is also the part of the brain  
That drives our hunger for God

All of us seek various material things  
Because we are trying to fill a hole inside  
That only God is big enough to fill

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There are so many questions of ours  
That will never be answered  
Because we just can't understand many things  
Not just because we are limited intellectually

But some things you don't really examine  
At least most people don't  
Like when people create artwork  
Or when they run a race  
Or play a musical instrument

There is an empty space  
Between God and us  
That can only be bridged by faith  
And the work of the Holy Spirit  
And the sacrifices of Christ

But to see God in a direct way  
We have to let God  
Into our irrational mind

This is the only way the Wonderful Counselor  
Can encourage us and support us  
Emotionally and on a basic drive level

We think of this irrational part of our brain  
As something to suppress  
But I say we should embrace it  
The strongest impulses should be a way  
For us to know God more directly

Much of the church and throughout most of history

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Have understood religion to be a process and a struggle  
To overcome their addictions and fears

But this was never a one time thing  
Or even something that could be reasoned with  
This was religion in practice  
Faith as a verb

Part of accepting God  
Is accepting who we are  
And how God made us

God made us with many aspects  
One of those aspects  
Can not only save our lives  
But it can drive us  
To do wonderful things

But to get to that power  
We need to unlearn some things  
That we learned in school

We need to stop trying to choose  
The rational explanations for everything  
So that we give space for God  
And accept His role in the mystery of  
His authority and creative acts

Praising and thanking God is very powerful  
But why is it?  
Is this because God has feelings?  
Or is it something else about God

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Some things we have had to accept in life  
Like that nothing changes until everything changes  
Can only be understood intuitively  
With our irrational impulses

We can only see God's place in creation  
If we can fear Him a little  
His power reaches everywhere  
And His love is beyond anything  
That we can explain

Why has God chosen to redeem us  
Instead of just destroying us  
And creating a better version of us?

Maybe God not only has feelings  
But a drive to love us  
That is not purely rational

It is true that God is smarter  
Than we give Him credit for  
But maybe He has the same parts of the brain  
That we do as we are created in His image

We think of spiritual things  
And the Holy Spirit in particular  
As unexplainable rationally  
And outside the realm of mere knowledge

We need not just the knowledge of the Lord  
But His power as well

Being filled with the Holy Spirit is important

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Because this offers a language in which  
We can communicate to God  
Things words can't explain

We need to take God seriously  
To do so we need to accept  
That He not only gives but takes as well

I think of Job who tried to explain  
Why He felt God both abandoned him and judged him  
For reasons that were hard to accept emotionally

We in America have a cult  
Of individuality and self reliance  
But God wants us to be weak

So we will work with Him  
With His strength we have the power  
To do what God has planned for us

What does that motivation come from  
To cry our heart out to God  
And try to move heaven and earth  
To reach one more person with the Gospel

Do not stop the work of the Holy Spirit  
Within you  
Be the hands and feet of God

The more we try to use our brains alone  
To understand God  
We can get every detail right about faith  
But miss the whole point in the process



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It is like someone putting huge effort  
Into writing about their lives  
But pursuing this to the point  
That they never actually live

Think of God as your drill sergeant  
Your job is to take action  
You do not always need to think  
Before you act

When carrying out God's plan  
Let God do the thinking  
He is just better at it

## Lizard Brain

Like being on night watch  
Where there is either boredom or terror  
There is nothing in between

Balance eludes us  
Emotions scream or cry  
But the adrenaline keeps coming

With each step forward  
Our brain responds  
By going into automatic mode  
Impulse proceeds action  
But not by much

The cave man brain doesn't think much  
He is overcome by feelings  
Spilling out from the heart  
He speaks out loud  
His innermost feelings

The cave man and social brain  
Are in a constant struggle for power  
It all comes down to timing

Does the social brain understand  
What the cave man brain is planning?

The social side is preoccupied with  
How to be ready for the cave man brain  
And how to respond well

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But the cave man brain just keeps going  
He keeps doing the same thing  
His advantage is repetition

In an argument over what is real  
And over what is relevant

The social brain is so busy thinking  
That he is not aware  
As the cave man brain sneaks by  
The social brain turns around  
And the cave man brain has already won

How does the social brain win?  
How is the cycle broken?

Maybe being more aware of surroundings  
And less about what is being planned

If the social brain can be more vigilant  
And surpass the speed of the cave man brain  
If it is practiced enough  
It can become second nature

But better yet maybe we can lean on God  
To do the heavy lifting  
Like re-wiring both brains

When we are not fast enough  
Maybe we can pray more  
And think less

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Maybe we should just think before we act  
Slowing everything down makes sense  
But what happens to all the adrenaline  
Running through my veins?

If we get relaxed  
We fall asleep  
That can cause other problems

Instead of suppressing the cave man brain  
Maybe we can find  
An appropriate use for him

Maybe my source of tenacity and stubbornness  
Comes from this great energy  
Flowing through me

Maybe it can give me the  
Courage to face each day  
Even though my paranoia runs deep

Elite troops train their brains  
So they still fear but that  
They use it to their advantage

Is it possible to put the cave man brain  
Under lock and key  
So well that he can never control the situation?

This is a race against time  
That consumes most my available energy

The trade off might be I can no longer

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Stay awake long enough to get out  
And meet other people

A person can be so sedated  
That they sleep almost constantly

If a person does not fight  
The sedatives to a degree  
They will never lose weight  
Or do anything worthwhile

Even taking your medicine  
Becomes much more difficult

Then you are likely to get depressed  
Which is the other side of paranoia

You can try to balance all these things  
You say the wrong thing sometime  
And some people may not accept you  
But this is better than you not even trying

The fear of rejection  
Should not be able to take  
Over you desire to leave your house

It is not like depression hurts  
Any less than paranoia either  
It would be nice to have a break from both  
Paranoia and depression

But that is unlikely  
Until the brain is understood much better

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Which is the most complicated thing  
We can possibly understand

We are literally trying to understand our brain  
With our brain

Computers can process data very fast  
And follow detailed instructions

But only people and maybe animals  
Can reason out abstract concepts

## Being on Sedatives

When you are dead tired  
When you are so exhausted you cannot stand  
When you feel tired deep within your bones  
When you wake up after a long sleep and you are still tired  
When you can sleep all night and day indefinitely

Like when running a series of wind sprints

Like going on a hike for several miles  
While holding something in your hands

Like preparing for camp in the rain  
Just before dark and before eating

Like waking up from sleeping  
All night on your hand

Like watching an entire series of TV shows  
Without a break

Like fasting for 3 days  
And still doing your normal work

Like trying to run after  
Eating potatoes or drinking alcohol

Like trying to run a race in the afternoon  
After doing squats that morning

Like when you are woken up at 4 am

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And having to do intense exercise before breakfast

Like running 10 miles uphill

Like when you come back from work at 5am  
And have to wait 4 more hours to get into urgent care

Like running up and down stairs for an hour

Like writing a research paper  
The night before it is due

Like trying to climb up a rope  
Or do a pull-up

Like constantly doing chores  
While training to be a leader

Like when your clothes are all  
Soaked through with sweat

Like when you are so hot at night  
That you sweat all the way through your sheets

Like having mononucleosis and hydrating so much  
That you have to urinate every half hour

Like getting less than 3 hours sleep  
So you can finish polishing your boots

Like being so tired that even being terrified  
Does not even keep you awake



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Like being so tired  
You have to pry your eyes open  
To stay awake

Like working all night on a design  
And finding out in the morning  
You have to do it again from scratch

Like getting up early for surgery  
But not being able to eat or drink

Like prepping for a colonoscopy the night before

Like cooking all night  
And doing a full day of school afterwards

Like trying to focus on studying  
When having a pink eye infection

Like when your knee pops out of place

Like when your hand starts to freeze  
Due to holding your metal cane

Like having your hand cramp up from using a crane  
But having much farther to go

Like when you walk home with groceries so heavy  
That you have to stop after 2 steps

Like when you have done so many push-ups  
That your arms fail on you

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Like running 5 miles in the afternoon  
After skipping lunch every day

This is an rough illustration of how tired  
The medicine I take for Schizophrenia makes me

The military prepare me well  
To deal with being tired all the time

## Evil and Mental Illness

Being mentally ill is not a consequence of sin  
Being mentally ill does not mean you are evil  
Being mentally ill does not mean you are abnormal spiritually

Yes mental illness is a hot button issue  
Some people see mental illness as a way  
To promote what they call diversity  
Some people see it being used  
To justify people committing sin

But severe mental illness like Schizophrenia  
Is disabling beyond the more visible disabilities  
Schizophrenia is hard to treat  
Because people won't admit they need help

Part of this is cultural in that we think  
The worst thing to happen is to lose our ability to reason  
And people in our culture like to fight until the end  
To prove they are right

We are unwilling to consider that  
We are the ones that have the problem  
Basically we are unwilling  
To look for help because of our pride

This I think comes from the obsession to pursue objectivity  
And suppress or ignore the emotionally aspects of who we are  
Our society values what we perceive as rational

Basically we cannot grasp the concept

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That we can be wrong about many things  
And that this is reasonable to be that way

Pride is the path to evil according to the Bible  
Being willing to admit mistakes  
Is also the way to salvation  
God doesn't like our arrogance  
Because we have a very humble and merciful God

What brought sin into this world was the arrogance of the devil  
To think he could win in his struggle against God  
And our arrogance to think we knew better than God

We could not even follow one rule  
Which God had designed to  
Allow human freedom without evil being possible

Just as much as God cares about social justice  
He also cares about right and wrong and order in His creation

God is merciful but He is also just  
He is perfectly good and all powerful  
But also humble and kind

Many want to embrace only one side or the other  
But God transcends our desire to put Him into a box  
God wants more than us just praying for Him to save us

This is not a way to get close to God or anyone else  
We need to appreciate what He already has done for us  
And listen to what He says  
Otherwise we really care about no one except ourselves

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We cannot have peace with God  
Without peace with people  
And peace with the other life in our environment  
And vice versa

Most people have an agenda  
As an existentialist I do not believe  
It is possible to be objective  
Outside of God Himself and His word, the Bible

Many people today like the idea of  
Convincing others of their ideas  
But are unwilling to hear or consider ideas  
That conflict with theirs

We are all this way to an extent  
But for people to say they are beyond this  
And yet say such obviously subjective comments  
Truly is hypocritical and intellectually dishonest

In order for us to understand the world  
We must first understand God and then ourselves

So when we think about disability in our world today  
Some people think that the biggest problem is prejudice  
Other think our biggest problem is that we lack faith

The biggest problem from someone who lives with  
Schizophrenia, myself  
Is the disease itself

I think it is great that we have  
All the modern technologies and understanding

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That make many disabilities less disabling today

Other than the worship of God  
This is probably the very best thing  
We can do with technology and inclusive education

But none of this really applies to Schizophrenia  
The thing that would make things easier for me  
Would be making technology simpler  
And have a society that is  
Less angry and hostile to each other

One of the big things I struggle with is depression  
Which also physically hurts as well  
And seeing the world falling apart  
Because of reasons both sides are responsible for  
At the same time I become a senior citizen

I look forward to eternity and this gives me hope  
But we are literally making our world into a hell  
By our destruction of the environment,  
Cruelty towards all life forms,  
And our rejection of God and His message

But the paranoia is just as painful and physical as well  
Paranoia is like fear but much greater  
And it is very real to the ones feeling it

The things that give me paranoia are a bunch of specific things  
Some that many other people have mere phobias about

Paranoia for me causes a lack of trust in society  
And my personal relationships

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I do not trust anyone fully

The only things I believe that are absolutes  
Are the Bible and the Christian God  
I trust God will do what He has promised

One of the things that increases my distrust  
Is the surveillance capitalism  
And lack of trust exhibited by the government  
In regards to its citizens  
Without following our constitution (due process)

Certainly anyone who thinks this is justified  
Should not be able to call themselves a patriot  
This is after all the same thing we claimed  
We fought huge wars for decades over

But on a personal level I appreciate how  
My family has helped me over the years  
And I have found a great church in my community

I know God is doing what is best for me in the long term  
And the Veterans Healthcare seems to be  
Getting better as private medicine is getting worse

A big part of dealing with Schizophrenia  
Besides taking the medicine regularly  
Is having a low stress life

One of my big stressors was maintaining  
A very ambitious website for 25 years

Recently I have had some physical health issues as well

## Military and Mental Illness 3 by Ben Huot

Some requiring little more than medicine  
And others requiring major lifestyle adjustments

I am also stressed by hearing  
All the health problems people often get as they age  
Due to my involvement in my local church

I am also reducing my stress  
By making sure I am well stocked  
With things to do to keep me busy

That has been a long term strategy  
I have discovered by accident over time

That distraction from mental health symptoms  
Can be fairly effective  
Given I stay on my medicine  
And can get enough sleep

There are more health issues in my life today  
But I also feel better able to deal with them

I found out recently that it is unusual for me  
To only have one psychotic episode  
That I needed to be (voluntarily) hospitalized for

The COVID era was easy for me  
As I saw my family more often since then

And I had already adjusted  
To the world as we know it ending abruptly  
During the 2008 economic crisis



## Military and Mental Illness 3 by Ben Huot

I seem to be losing weight now as well  
There are many positive things going on in my life  
As well as many challenges  
I am cautiously optimistic things will improve in general

But my paranoid side is not so sure  
It is difficult to predict the future because society is complex  
And there is so much we do not know  
Although few scientists will admit that today

## Empathy and Mental Illness

A friendly smile  
A surprised turn of the head

Most people either ignore you  
As they are more preoccupied with themselves

Some are interested in hearing  
And are open to different ideas

Some are afraid and some have irrational ideas  
About how they think the mentally ill act

Many different reactions  
From many different people

There are few places to find useful information  
So many experts in the area  
Still want to deny we have a disability  
Or they believe we can get past it

With each mental health prescriber I get  
They have a completely different view  
Of what it means to be mentally ill  
And for a long time different ideas on medicines

(A severe mental illness like Schizophrenia  
Is mostly treated by medicine not counseling)

And even those with advanced degrees in psychiatry  
Often know little about these mental illnesses

## Military and Mental Illness 3 by Ben Huot

Unless they specialize  
And have extensive experience with the mentally ill

Most people who are willing to talk about mental illness  
Respond quite well as they often know someone close to them  
Who has dealt with similar issues

But many people have had bad experiences with the mentally ill  
Or they have associated them with violence

Because they become an easy target for those  
Who want simple and politically feasible answers

Unfortunately there are many stereotypes about the mentally ill  
And many involve people's strange flawed views of religion

Many who are hostile to the supernatural and faith  
See mental illness as a contemporary way of saying evil  
And some think we are supernaturally gifted leaders

I really don't care what people believe in ways  
That don't impact me  
As most people feel today

But the thing we are learning again  
And for the first time in America to an extent  
Is that what we do does affect others

This is why many successful empires throughout history  
Had a common belief system

And if they were tolerant  
They had a separate legal status and system

## Military and Mental Illness 3 by Ben Huot

For those with pre-existing beliefs

If we cannot agree on what is right and wrong  
Or how we should act in a crisis

When we cannot agree on a common historical record  
Or contemporary news organization  
To which we can determine what is true

When we cannot agree on what should be legal  
And how we should punish criminals

When we cannot accept how we determine who is a citizen  
Or the reasons we should get involved in other country's politics

Or the priorities or basic functions of government  
Or the power balance between government and industry

How we should spend common money  
So much that we will not cut enough to keep our country's credit  
rating

So our personal views and our political realities  
Mean we live in a divided society  
Without clear borders

Some of the ideas on both sides of the divide  
Would have sounded like nonsense a few year ago  
But today they are fighting words

And both sides appear to have gone to the extreme  
The same amount at the same time

## Military and Mental Illness 3 by Ben Huot

Everyone wants to isolate for various reasons  
The Church is one of the last venues  
That still primarily meets in person

So society is desperately looking for a common enemy  
And people it can focus the blame in society on  
And give a reason for our problems  
Because neither side wants to accept the real reasons

This is why it is still volatile  
Being mentally ill in this contemporary world

People are getting more and more paranoid  
And people do crazy things when they are afraid

Ironically I am the one that suffers from paranoia  
That is normal with my incurable disease

But most other people have paranoia  
Because of lifestyle choices

We think we are better than the rest of the world  
And cannot understand why things get a little worse each year

Since most people cannot admit they are the problem  
Someone else is going to get labeled as the problem

In a land where we have to be concerned with everyone feelings  
No matter what they say or act like

It is interesting that people with the biggest needs for help  
And with some of the relatively least expensive help needed  
Are excluded from help by those with bigger political lobbies

## Military and Mental Illness 3 by Ben Huot

People say they all care about those who are clearly in need  
Due to no fault of their own  
And yet the money and services are not coming

People have been afraid of someone coming after them for  
decades  
But are not concerned with the neighbor next door  
Except when they want to find someone else to be afraid of

But it brings back the point that discrimination is usually  
Only obvious to those who are discriminated against

But we can never prove anything conclusively  
Because we cannot agree on a common source of truth