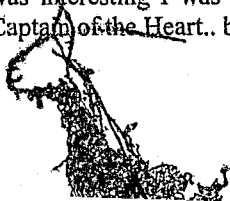


D: We've moved to Gainesville, we've bought a home, I'm working in some slit hotel to try and make ends meat. Bill climbing the walls 'cause he can't do anything. the-the faculty reject him.. so now we're stuck in Gainesville. you know.. Gainesville university town.. there's nothing there.. it would be like being stuck in Escort.. you know. fabulous (laughing).. big whoopee.. ummm.. so-o we decided that well we are here. he-e was allowed to get veterans.. now interestingly enough the military gave him a hundred percent disability.. so he was eligible for military stuff.. the V.A only rated him a ten percent disable so he could get nothing.. now-w-w, if you want to be on military you've got to go to a military institution.. and you've got to check yourself in the military instit-institis-institution and go through that whole process.. if you're a V.A you've got to go the closest V.A.. and they will only accept you whichever one is closer.. well we lived was a V.A institution. a huge V.A teaching hospitz! .hh they would not treat him-m.. I mean the the the stories there are absolute nightmares when he was.. when he started getting pretty sick .hhh we lived in Gainesville for-r about... it was about nineteen months twenty months and just said we got to get out of here.. in the mean time we had heard about this new drug they were trying.. .hh and we were reading.. getting the New York Times.. the New York Mail and (xxx).. Advocate Reading-ing.. trying to get as much information as we can.. although the gay press.. didn't do a lot. they were sending us tibbits that we could pull out and try and start to make it work.. hooked up with the gay men's crisis centre in in New York.. hooked up with project inform in San Francisco.. umm.. lost my train of thought again.. oh yes AZT.. an-n-d we found out about this drug called AZT that they were trying out at [Duke ?] University. so-o.. Bill wanted to go on it and he was very clear on it and I thought (mimicking voice) "Uhhh.. I don't know", um.. once again. feeling very healthy.. don't know if it was naturally healthy or whether it was a cocaine buzz 'caus-s-se when I say I was addicted I was really putting huge amounts of drugs up my nose an-n-nd (pause).. he-e enroled in the programme, then I enrolled in the programme.. feeling as though we are going to have to drive twice a week anyway, from where we lived in Gainesville.. which is about a.. fourteen hour round trip.. so it's-it was quite a commitment that we made.. we established a cocaine dealer there and had a cocaine dealer there.. we'd drive between the two and that's how we survived.. crazy now that I think about it..absolutely insane.. ummm.. so we enrolled in the programme and then-n about mid (xxx) two Dr Margaret Fisher down at the University of Miami Teaching Hospital.. said that she was-s going-ing.. to start the AZT trials as well looking at phase two now.. they had established dosage blah blah blah.. let's try some other stuff.. umm.. they exposed.. but it was a double blind phase two.. they-ey.. so Bill and I had reached a point where we were gut full of Gainesville.. the veterans administration would not. re-e-habilitate him because they said he had a uh. a terminal disease he wanted to go and study interior design at the university.. no way.. you're rated ten percent disable but you're going to be dead within a year.. so why should we invest any money in you... that was the second law suite - we won that one.. ummm there were a number of law suites were about money.. this was simply about estab-estab-lishing precedent.. that is one thing I really take my hat off to Bill.. he really.. was on these people, this is not right we've got to do something to change it.. During all of this stuff.. my strength is gaining-ing.. getting stronger and stronger and stronger.. so we moved down.. to-o-o from Gainesville down to Palm Beach Florida. lyely area.. very very fufi blah di blah di blah.. get hooked on crack cocaine (laughing).. I thought the powder was bad until I got onto that shit.. that was about fourteen months of sheer hell... During that period we were driving.. three times a week to Miami it's seventy miles.. uh a hundred and forty miles round trip.. three times a week so they could monitor blood. they could monitor liv-liver enzyme function etcetera etcetera.. 'cause they didn't know the side effects of these drugs were going to be.. shlep-ping down there.. I would go while they were doing Bill's meds.. or doing his blood.. I would go get the coke at the dealer in Miami.. I would come back to the hospital I would hand the coke to him, he'd go get fucked up and I would do my-y thing.. we would get back in the car.. by the time we got back to Palm Beach we needed some more coke.. [

I: [hmm

D: so I would drop Bill off at the house. go pick up more drugs.. all this was an incredible lesson.. of course I didn't realise that till a long time afterwards... when it got to the point wher-re I started passing out from cocaine blackouts.. on my living room floor.. I remember the turning point.. I woke up after coming out of a high. and.. one of my pet Snauzers had eaten one of the rock cocaine.. and was manifesting in wh I - what I presumed was exactly what I went through.. because looking at what the dog was experiencing was the same.. because during the last nine months ten months of-f my cocaine addiction.. specifically crack cocaine.. I started off free-basing and found crack was cheaper.. umm.. I found that I became more and more paranoid.. more and more introverted.. I would literally and that was interesting I was in a mall and heard the song playing and I haven't heard it for a long time.. Captain of the Heart.. by um.. I don't know if you know the group.. =



I: = Umm

D: I used to play that song on repeat, I would just put it on repeat.. the song would play over and over and over.. for ten hours twelve hours.. I would sit in the living room like this ((pulling feet onto couch in a crouched position)) and I would be looking 'cause the swat team was here. beware.. ((mimicking smoking on the pipe)) do another hit on my pipe and oh my g-d are the swat team are they coming down the chimney.. go and flush everything that I've got and I'd run upstairs - oh it was a.. nightmare [

I: [paranoia

D: - oh awful. awful awful experience... I woke up and.. Michel-l-e, my favourite of the two Snauzers.. she was-s doing this whole routine licking her lips and just like really freaking out.. I fucking freaked. it was just.. it was more than I could handle... went upstairs and got Bill and Bill became hugely sexual so he's sitting upstairs in some weird position with some weird thing up his ass (laughing).. =

I: = ((laughing with respondent))

D: = lovely couple.. love to have them for dinner again ((laughing loudly)) =

I: = ((laughing with respondent))

D: Anyway umm.. during the day time we were normal.. we were, he was running an [NGN ?], the ASO the first one in Palm Beach County.. I'm running therapy support groups we're cooking and doing all this shit.. and the night time we were like Dr Jeckel and Mrs Hyde.. it was fun.. (laughing).. it was awful.. umm... seeing Michelle.. =

I: = oh yes..

D: = made me realise what I was doing.. when I became that irresponsible that I was en.. it's one thing for me to endanger myself.. it was a whole other ball game to endanger one of my children. an-n-d that was the way I viewed it.. it was a. real serious thing for me... that was the day I decided I've got to get off of this shit.. now-w we had spent practically everything we had.. the jewellery was starting to go. the Persian rugs were being sold, the next thing was the art work off the walls.. and then - I think you can look around I've got, a pretty nice collection..=

I: = yes..

D: = I haven't got a lot of shit.. sold it.. I mean a three carat diamond ring.. all right three carat. I leave for a twenty five dollar rock.. as security (pause).. fucked in my head.. umm... I started going through the process of trying to get off the drug, and Bill and I. Bill and I had three fights in our entire relationship in seven years and they were all cocaine related. and they became physical an-n-d. that was simply not okay for me because I don't - I don't like physical violence.. I don't like inflicting pain on people. so that didn't work for me.. and neither did he.. we were both fairly passive.. we may be assertive but passive.. umm.. we decided if we were going to save our relationship we had to do something about the cocaine.. so we made an agreement with each other, and the agreement was that neither one of us would ever do cocaine again.. and if we needed support or help or blah blah blah it would happen.. .hh ..when I came throu-ou-gh. it was about day number f-f-our-r day number five, of not having used.. it was interesting it was almost like I went from self destruct.. to greed.. now I wanted LIFE =

I: humm

D: I really-y.. wanted.. life. I wanted to experience all the things that I had enjoyed.. without the drugs.. and I'm very clear for me-e pot is not a drug.. for me-e it is something I've been doing for twenty three years.. pretty much every day of my life.. and it's p - for me it's part of who I am.. addiction probably.. definitely (laughing).. (xxx xxx xxx).. umm, can I live without it, yes I can I don't go into a tailspin if I don't have a joint.. so the cocaine thing-ing. for me was probably.. a-a was a-a hugely empowering thing, because it was then, it was in ninety eigh-h-h-ty seven.. January February nineteen eighty seven that I quit.. for me that was so empowering because I was able to take full control of my life.. that is when my career just suddenly took off. it's almost like.. I took one step towards g-d and g-d took a step towards me.. all right and it was - it was a very - it was a spiritual experience that is the only way I can describe it .hh and I wasn't standing under our lady perpetual guilt.. memorial cuck.. it was a very personal and private process that I went through. .hh I knew then that if I could quit cocaine.. I could do. anything I set my mind to.. so I d to making myself as healthy as possible, without compromising the things that I llich included smoking.. pot and cigarettes.. I-I've never been a drinker so-o, alcc , that necessarily we 's fr me, my, both my parents were alcoholics so I've seen wha , umm.. and to start doing-ing thi-ngs that give me great pleasure in my life.. instead u ,arrying about what you think and.. you know what you do.. the the - typical conversation is (mimicking voice) "what do you want to do ? I don't know what do you want to do ? I don't know. wh d yo wanna d ?".. I became very clear on what worked for me and what e-dn't work for me.. I then went throu-ou-gh a.. I started reading-ing books. for interest in

motivational kind of books, you know the Anthony Robbins kind of stuff.. it was like.. good okay.. so all of you are telling me that I can do this, but none of you are showing me how I can do it.. so what you're doing is giving me practical theory (laughing). whoppee-ee.. how do I put this into action.. so I started thinking well what is it that I can do ? and I had already started helping friends who were dying and talking with there family.. and what I was doing appeared to be working... now let's backtrack.. the last standard I passed on my own was standard five.. they literally, I failed standard six twice, all right an-n-d they gave me standard seven to get me out of the schooling system (laughing) =

I: = ((laughing with respondent))

D: = they were gut full at that point, gut full.. I didn't have any formal education at all.. now.. I needed to get something behind me to give me some sort of validity.. and this was more of a girlfriend of mine who's also my dance partner uh.. who'd tell me-e.. one of the things I'd love to do.. one of the life things that I wanted to do was to do ballroom dancing. so I did a course in that and my girlfriend and I just had an absolute ball.. I-I didn't have a formal education that I needed to give me the credibility.. 'cause I knew that I was going to have a voice.. I was already starting to develop a voice in the gay community and the HIV pop, HIV population as well.. so-o.. she suggested that I go become a hypnotherapist..=

I: = yes

D: = now so I.. think oh shit well I've got no formal education.. I've got no education what am I going to do ?.. so I took my sister's matric paper, .hh got my parent's to send me a copy of it.. I'm David Patient.. she's Debbie Patient =

I: = yes.. (laughing)

D: = just says D Patient on it.. changed a couple of dates and.. there you go.. I got into the university.. that's how I got.. it's not a degree it's it's an associate diploma kind of cuck it's a Mickey mouse thing. (laughing) to be quite honest with you.. and it gave me a voice and then I started writing articles for newspapers and I started talking in-n the gay community largely umm.-

I: (overlapping).. sorry David, articles re ?

D: W-what it's like to live with HIV/AIDS..

I: And what were you writing ?

D: Umm.. I actually have some copies of the stuff if you would like to see it.. somewhere here I've got copies of it.. i- when I look back at it now it's like feeble attempts I've become more.. a much greater-r.. much greater command of the English language I'm more articulate.. I'm more in touch with my feelings than I was then .hh but it was a process for me 'cause I've always written to myself to tell me what I'm thinking.. it's always getting it out.. you know. try and do - some form almost de-decognitive sensitisation.. let me process this externally cause that's the way I handle things best.. that's what I like about pot.. it puts me into a third person perspective.. I can see-ee the other side of the coin.. don't like it but I can see the other side of the coin =

I: = oh, puts it out there ?

D: = Yeah.. =

I: = Uh huh =

D: = ummm.. and-and I think that probably comes from the fact that I was dyslexic as a child so-o exteriorisation for me was the only way I could really express myself was in some form of acting out for the want of a better word.. umm... so I got this Mickey mouse degree thing an-n-d.. went about my business of writing and telling people what it was like to live with HIV and and very. I don't, I don't want to judge what I did because at the time it was important work..

I: May I just ask. what were you telling people then ?

D: I was starting to preach this.. you know go get it, it's your life, take back contro-l.. stop giving your power to you doctor uh..he's a partner or she's a partner in your health.. you've got to assume responsibility I mean back in eighty-y nine, ninety I was starting to get so pissed off with this whole victim thing..

I: (overlapping) okay..

D: fuck that REALLY pissed me off.. I'm NOT a victim... in this day and age.. the only victims are the children who are born HIV positive, .h the women who are raped either-r through date rape, through regular rape or through marital rape =

I: = ummm



- D: = and women who are trapped by their culture and don't know any better.. those are the victims.. I'M NOT A VICTIM all right.. I can claim victim status.. I didn't know there was this thing called AIDS out there. ah you know shame poor me-e. bullshit.. at some level-I, I've got to take responsibility for that, I created this shit.. now what am I going to do with it =
- I: = ahhh
- D: = and that's kind of like what I try to tell people.. I don't go into the whole thing about you create your own reality because a lot of people are not in that space... but stop being such a victim.. all right.. empower yourself to take control of your own experience.. if your life's shit, you've allowed it to become shit. now what are YOU going to do to fix it stop doing this whole martyr. who can I blame? I fucked up and somebody's gotta be responsible.. you take responsibility for it.. hh and even in the early days I was starting to preach that kind of message.. probably because I needed to hear it the most.. it's like you know we-we teach most what we need to learn.. hh so-o in-in my ra ra I became like this HIV cheerleader in the background.. I even wrote a-a thing on um. the gift on AIDS. which to this day is a complete mind fuck, I mean I-I still read it and say (mimicking voice) "phew.. you were in a really interesting space".. once again I've got copies of all this stuff.
- I: Okay
- D: Umm.. the more I realised that I didn't nee-eed your approval.. because I became clear on-n your-r.. what you think of me -e. is none of my business...
- I: Okay..
- D: all right it's none of my business.. and I cannot control-I, you could be telling me you think I'm the greatest thing since sliced cheese.. and you've got this committee in your head telling you everything differently.. all right. I know 'cause I've got the same thing in my head (laughing).. that's the way it works.. ummm (long pause) once I realised that I didn't need to keep up with you... and all of this was not something that I just suddenly woke up one day and thought (mimicking voice) "oh okay I don't need other people's approval".. it was through a series of rejection.. that I got to a point it was like well (mimicking voice) "fuck you".. and it wasn't a fuck you that you walk around and go ((using facial expression to indicate a type of insecurity)).. (mimicking voice) "fuck you and I'm actually okay.. I don't need you in my space.. you know.. I-I know that I'm actually an okay person".. and I always. I never said to people (mimicking voice) "I'm HIV positive.. I always used to say to people (mimicking voice) "my body-y is HIV positive" -
- I: (overlapping) separating the two..
- D: Yeah.. and every time I get quoted people quote me as saying.. I'm HIV positive.. I'm not.. my body has HIV.. I - I don't, the essence of who I am is not infected with anything.. it's infected with terminal life g-dwilling.. (cough)..
- I: so would that be that.. your identity.. you don't have an HIV. =
- D: = NO.. =
- I: = total identity
- D: no .. and yet it was interesting, 'cause a couple of weeks ago I did a process on myself.. and I asked myself who would I be without my HIV ?.. would I be willing to let that go-o ? =
- I: = shoo
- D: .. and after some serious soul searching I actually got quite concerned.. because there's a part of me that doesn't want to let it go.. because it's been my greatest learning curve.. if somebody came along to me today and said (mimicking voice) "we can cure your disease.. and make you HIV free-ee"... it's.. I would be letting down.. I would be breaking my agreement. with the virus.. and that's not okay for me.. I made an agreement and I will stick to my agreement.. with the virus.. no one's come along and said (mimicking voice) "here's a cure", although I've had a few wonderful stories in that department too.. (laughing)
- I: ((laughing with respondent))
- D: every wacko in this country has come forward and wanted to shove things up my arse. down my throat. in my ears you name it, ah, it's been scary umm... I've forgotten where I was going.. sorry..
- I: Okay I'm going to direct you a bit..
- D: go for it.
- I: Umm... if.. you've said some.. you've said this within your story but I'm just going to ask you to clarify. =
- D: = okay

- I: umm.. your immediate impressions after being diagnosed. you've explained it in terms of-f..
- D: (Overlapping) what I did..
- I: yes.. but your real impressions at that point..
- D: My first response was-s oh good I'm gonna die.. =
- I: =okay=
- D: = it's like I knew it.. I always wanted to be this tragic young corpse.. and look at me now this middle-aged old man.. ummm.. I always.. I had always romanticised death.. so death to me is this final fuck you to everyone.. you know fuck you mom and dad, fuck you society .hhh I'm going to.. get.. my wish..
- I: (Overlapping) so it was death oriented ?
- D: Oh very much so.. oh there was nothing.. there was no, oh I'm going to live forever-r-r..you know hunner hunner hunner.. I didn't go into any form of denial I was very clear on. (mimicking voice) "phew.. that means I can party harder now.. you know..If I'm going to die, I'll have a good time (laughing)" =
- I: = okay.=
- D: =.that was kind of the mind set.. and yet.. my actions may have spoken of self-destructive behaviour.. my belief system never did.. there was always this incredible conflict going on.. up until the time I was diagnosed I had.. I had tried to kill myself.. sixteen times. twenty-y times. I mean it was just like regular at the emergency roo-ooms. kind of stuff.. and some of it was just a cry for help.. some of it was fuck it I'm bored.. some of it was I want some attention here folks don't ignore me.. the minute I was diagnosed I never tried to kill myself since... never had.. noth.. it's NEVER EVEN ENTERED the equation..
- I: what can you pinpoint that change to ?
- D: Suddenly I knew I was living with a terminal disease, and it was like.. everyone says (mimicking voice) "you know we're all going to die some time"..
- I: Uhh..
- D: It's very different when you're standing on the railway tracks.. and someone is pointing out the train in the distance.. it's like (mimicking voice) "A-A-A-H.. OKAY WAKE UP TIME NOW.. HELLO-O.. let's get with the programme".. so even while I was doing excessive amounts of cocaine.. I danced my arse off.. constantly.. every weekend at the disco's. twelve. fifteen hours.. popped some crystal meth.. take some [eyes ?].. shoved something up my arse and go party.. that was kind of where we were at.. and yet.. at the gym.. eating healthy food.. taking vitamins (laughing).. I-I mean it was a complete Jeckyl and Hyde situation..
- I: In relation to that then.. today at this point -
- D: (Overlapping) yeah..
- I: what is your perception of HIV ?.. for you
- D: (long pause) for me personally ?
- I: this is about you..
- D: For me personally-y it has.. I have taken-n. a situation that I think has been really cuck.. and had I bought into the cuck I probably wouldn't be sitting here talking to you today.. I turned what my doctor said was a possibility... I turned.. h-hang on.. I turned what he said was a probability.. (mimicking voice) "you're probably going to be dead within six months to a year.. go home get your affairs in order" =
- I: = yes.
- D: = I said (mimicking voice) "okay.. that's his truth, that's his reality.. umm the truth is we don't know anything about this disease.. so why don't I take that probability and turn it into possibility.. I'm possibly going to die"... so what I did was.. interestingly enough. even though I was-s completely fucked up and once again the dichotomy.. I took care of all my personal affairs.. I got my will.. I put all my affairs in order.. I even went to try out coffins at the mortuary.. much to the disgust and absolute disdain of the mortician.. but I wanted to-o confront death.. I've always been one to confront fear, I'm not one that.. runs away from a fear.. it may take me a while. all right I don't always say (mimicking voice) "oh well, let's go jump off a cliff".. although I do that as well in para-gliding.. um.. it's a matter of-f. I know that I've had this issue.. I have an issue with flights.. using para-gliding as an example.. I have an issue with flying I have an issue with heights.. so what do I do ? instead of (mimicking voice) "Oh-h-h I'm not going to do that".. I find a par-glider whose going to teach me so I can overcome the

fear.. and that's kind of the way I've always done it in my life, even, from a very very young child.. not that I'm-m.. we could say it was self-destructive behaviour-r.. it really wasn't it's always been about me pushing the envelope.. how far can I take this.. .hh

I: okay..

D: so I applied the same principles with what the doctor said (mimicking voice) "you're probably going to die" too.. it's a possibility.. let's look at that possibility.. let's explore it fully.. well.. that was the one and only period in my life that I can truly say I was depressed.. and then I realised that it's actually no depression... I'm pissed.. I'm FUCKING PISSED OFF.. I'M TWENTY TWO years old.. I'm in a relationship that is really working for me and is really working for Bill.. all right.. all of the uh. surrounding stuff was complete shit.. but the relationship was becoming closer and tighter and more intimate and I.. have never shar-r-ed those types of experiences with another human being. and I don't know that I could ever share it with somebody else ..hh because we were both learning it as we were going through the process.. .hh.. let's explore all the areas of death.. Bill never wanted to look at that.. he just refused point blank to deal with that.. and that was cool that's where he was at.. I on the other hand went to the total extre-e-me.. go the sui-ui-te.. Armani suit of course, has to be nice.. =

I: = (laughing)

D: = um.. did everything, made a tape.. did the eulogy-y.. did the works.. I mean it was an emotional process, it was not an e.. it wasn't like I was .hh a core intellectual, I was a, Barbara Streisand Memories screaming in the background (laughing).. candles lit incense burning writing out my eulogy and stuff.. and at the end of that I felt so-o-o hhhhh (mimicking voice) "actually what's happening here is not ba-a-d.. this is a not a bad thing-ing.. why i.. why is everyone making this is a bad thing, this is not a bad thing.. all right.. this is something that's come along.. it is obviously-y, a disease.. I don't know if there's a lesson in it, 'cause I don't think there is a lesson in it.. I don't think that AIDS is a punishment from g-d or-r any supreme power to say your life is debauched and blah blah blah.. I think it's just uh uh uh.. if you look at what we put into our bodies.. what we do to the earth, the earth being a living organism as well.. how we, pollute our own bodies and in turn pollute the rest of it as well, is it any wonder that a virus like HIV, does come along ?.. ebola, HIV, swan flu.. whatever.. it's the-it's the earth trying to take care of itself... how can I take that same philosophy and apply it to my own life ? =

I: = uh huh =

D: = that it's it is a cycle and it's okay to die.. death is not a bad thing.. but going through all the emotional.. cath-a-a-r-r-tic.. aspects of the process, were so freeing for me, 'cause I confronted my fear.. fear has always stood for me, fuck everything and run. =

I: = ((gently laughing))

D: = which is what most people do right ? (laughing) unum.. or it can be something like, face everything and recover..

I: Oh wow..

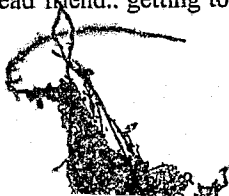
D: and that's kind of where I like to operate on that side.. I don't like being motivated by the fear.. I like to be motivated out of passion.. something that's pulling me towards versus running away from-m.. and I've see-ee-n that like.. the two of us, which is uh, most of the population, the two of us are all going in that direction.. anything to avoid pain.. whereas I'm saying actually pain is not a bad thing. because through that process, I learn about who I am, as a person..

I: Okay

D: I-I discovered other aspects of myself I didn't know existed.. if I don't go through the pain and I keep butting my head against it (clapping hands).. where's this going to go? I'm not going to learn anything. so I go be-e-yond the pain.. and the-e interesting thing was that the process of pain is actually quite exquisite.. there's something very mo-o-ving about it and actually quite addictive.. and I'm not talking about physical pain, I'm talking about emotional pain, because I noticed as my friends started dying off I really-y-y catharted.. I really grie-ie-ved them.. but not in th-the.. lying around in black silk drapes and all that kind of shit.. I actively did something to grieve them, I gave myself a ti-i-me frame.. and said (mimicking voice) "okay for the nex-xt, three hours.. you are going to pretend that you're sitting here talking with Michael.. and I would do almost like an armchair dialogue.. didn't know any of this stuff, all right this was not not part of my reality, I've now subsequently learned what it's called..

I: yes

D: . did this armchair dialogue. an-n-d got the answers that I needed if it wasn't with the virus it was with a dead friend.. getting to a point where when a person di-i-ed I was so complete with them.. understand



the word grief-f comes from the word grievous which means wholeness.. getting to a point of being whole with that relationship.

I: Does that mean completing ?

D: complete with the relationship.. I love you, you have been such an integral part of my life and you know what you're always going to be a part of my experience.. your physical. reality may change.. Michaels with me today.. not necessarily that Michael's here in my heart and all this kind of shit.. I can never-r not remember my experience with Michael, therefore Michael will always be with me.. Cha-a-ries.. even if it's a memory.. he's always gonna to be a part of my experience to the day I take my last breath.. Charles is a part of my life.. so differentiating between the two.. .hh then I started figuring out..that .. I looked at the pattern in my friends who I was now starting to form circles and rinning support groups.. that was a very big learning curve for me..

I: In what way ?

D: (cough).. looking at the victim consciousness, .hh looking-ing at umm.. I did - I didn't have a voice, now I'm HIV positive I've now got a voice.. for me personally and watching that in other people.. and yet I did have a voice, because I was very anti-apartheid, I was part of the later stages of the gay liberation in America.. so .hhI di - I always had a voice.. but it was part of a group voice it wasn't me and you it was an us..

I: Okay

I: ((David went to the toilet)).. you were running support groups, victim consciousness..

D: Yeah, the the support groups came about because there was no one else doing it .h and uh, a lady friend of min-ne, Nancy who was alos my dancing partner um.. she was a psychoiologist, clinical psychologist and social worker.. and she basically said to me (mimicking voice) "please won't you come to this group, because I don't know how to handle this, you know I can deal with from a therapist, but I can't deal with it from an HIV perspective .hh"

I: ya

D: so I went in there and within-n-n.. two months I had my own groups going, my own support groups.. .h but they were support groups that I call bitching sessions.. all people did was sit on 'nd fucking well wine..

I: so what support group did you-ou -

D: (Overlapping) I-I got into a therapy support group where you're going to work your shit.. we make agreements with each other-r, we have almost like a contract between us.. that between now and the next time we see you.. these are the things you're going to do.. so it was very confrontive, it was a very different approach to-o.. kind of almost like a tough love approach.. to therapy.. I go - I had no therapy school nothing, all I - learned as I went along literally.. I don't know how many people, I hope I didn't fuck up a lot of people (laughing).. the advice I've always given was pretty sound.. umm.. and I was sitting around and I was listening to these people (mimicking voice) "Oh woe is me-e, and poor me-e and hunner hunner hunner hunner", and I got gut vol of it, so I was just like cucking on people ((short laugh)).. the same way I cucked on myself, now I'm one of these people who stands and talks to myself in front of a mirror, .hh I will have an, an hour long conversation with myself (mimicking voice) "ba ba ba ba ba".... .hh.. and I started do - using-ing the same kind of things I was saying to myself, in the privacy of my own mind.. I started.. putting it out there... and it started working..

I: Like what.. just briefly

D: Own your own reality, um.. make your doctor your partner in your health, you're ultimately responsible for your health.. stop looking at why this is happening to you and start dealing well this is where you are, where is it you want to go f-from here.. looking at issues of, confronting fears.. uh creating a compelling future to move move towards, people had given up their jobs, they had.. .hh quit university in their fourth year medicine and.. blah blah blah, and saying to them (mimicking voice) "go back to school... you've always wanted to be a florist, now's a good time to learn how to do that", you know that kind of thing =

I: = ya =

D: .h getting people-le.. now I can say it, giving people back the integrity in their own lives.. you know, what I think what I say and what I do, are all congruent with each other =

I: Ummm =

D: = that kind of stuff.. and at the same time establishing those boundaries for myself, because I-I, was not clear on any of this, I was sort of speaking as I was going along (pause) .hh.. the victim thing hh... it took for some people it took a while to turn around, but I would listen to what other people were

doing, and of course I would share my own experiences even though I was a facilitator I was part of the group as well, which was a very interesting boundary to establish.. didn't work a lot of the times.. an-n-d.. also realising that HIV AIDS, is a, Boundary-yless area.. you can't have boundaries, when you're dealing with something that intimate that close, especially in the early days.. hh it wasn't like they could turn around and go somewhere else..

I: Oh I see what you're saying =

D: I was it.. all right, or Nancy was it.. we were, we were the support network.. h so-o.. even though normally with a client, if I've finished with you if you'd come to me for marital problems or-r self esteem issues, whatever you're dealing with.. h using hypnosis as a motivator to work with those issues.. I would usually spend more time talking with you-ou, like I'm doing now-w.. versus doing actual hypnosis, getting people to own their own shit... hh an-n-d.. watching and hearing other people's stories.. m-motivated me-e more to push my envelope more, which in turn, helped me create the same space for them.. to push their envelope, h and the interesting thing was, for victims-s, once they were turned around.. beca-a-me so-o.. inter-life.. and it didn't matter if they had kaposi's lesions all over their bodies or.. h HIV wasting syndrome.. none of that stuff made any difference.. if, their-r-r, dream, was to go walk on the beach one last time.. but they couldn't because they were in a wheel chair.. we made a plan to make it happen.. a : seeing that and seeing the transformation that took place in people, as a result of.. taking back their power =

I: = Umm =

D: .. not giving their power away constantly.. so for me it's always been about.. the en- exchanges of energy..

I: Okay

D: an-n-d, the power over syndrom-me, versus being under powered, and.. that kind of stuff.. and once again I didn't know the lingo in those days, it's the lingo today the catch phrases..

I: so so.. h so so it was a.. in su'.. getting rid of that sense of victim hood,

D: Yes

I: even in that, in the, in the process of dying,

D: Yes, don't die a victim..

I: Okay-y,

D: Don't die a victim..

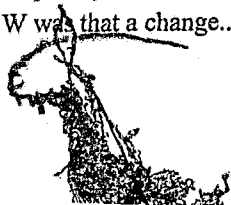
I: Okay.. umm, David... you certainly answered that, your sense of identity today.. in relation to your current status has it shifted.. to.. p-prior to what it was ?

D: No-o.. I'm very clear-r.. I I'm probably clearer now because I've got a u', a much greater understanding of quantum physics and how that works.. I'm clear now that the hypothesis that we're all one, is no longer a hypothesis it's actually a tangible reality.. umm.. so that is very reassuring for me and reaffirming.. I am-m in a place where I have a very clear understanding of who my g-d is, an-n-d the boundaries under which we operate and it's actually a boundary less relationship.. I can swear I can be who I am, I can say what I want to say-y ..hh and I'm not being judged, I'm not being condemned I'm just being loved and supported.. all right understanding clearly this is my process.. I'm-m very aware of, it is a we-e situation and yet there's.. your business, there's my business, there's g-d's business and there's our business... I am g-d's business.. you are g-d's business therefore, you and I.. and it's a case of-f.. the g-d in me acknowledges the g-d in you.. and I'm not talking about g-d in the true christian-n or juda-a-ic or muslim-m belief.. h my g-d has his own personality or her personality.. in fact my g-d is-s, genderless, my g-d is just this-s, incredible energy that works with me, and supports me.. so, for example last night during shabbas, it's been a really shit week.. Gil and I say standard prayers, and then we go from there into our gratitude - prayer =

I: yes-s =

D: =which is w what we're grateful for for the week.. and my prayer last night was about five sentences long, and it went to-o (mimicking voice) "hh.. it's been a rea-ea-l fucked week.. and I'm grateful to you and thank you for-r, supporting me and nurturing me through that.. I don't like it and thanks for all the shit, because I've learned through the process, I'm a bit [bos be voked ?] right now an-n-d.. you know that I love you and how grateful I am, that you're my experience.." and that was my shabbas prayer, so that's kind of like where my mind set is.. I tak-k-e, Full responsibility for my life.. full an-n-d, completely..

I: ..W was that a change.. pri-i-or t' to knowing the HIV status { what -



- D: [OH.. (Overlapping) very much so.. I I I strutted it.. I talked it, I didn't walk it.. didn't walk it.. but it was in the process of strutting it and learning how to walk it, that I started to walk it, so now I can actually walk my talk..
- I: Umm (pause) you've spoken about.. hh the past.. um.. a-af, o' or just after finding out your HIV status.. but, past life experience, prior to that, how did that, or the philosophy of life that you had then.. that has contributed to you taking this activ-ve.. [coping style
- D: [Yes, very much so.. I realised at a-a, young age and I'm talking five six years old.. that I was very attracted to my own sex, there was, I felt safe with men-n, I felt, hh and when I say to you safe.. I'm talking in a very physical sense.. which I now know is brought into the animal brai-ai-n and and all part of the homosexual experience.. .h I started exploring my sexuality at a very young age, and subsequently got caught a lot of the times, you know messing around with other little boys and stuff like that, .h and the standard line in my house was (mimicking voice) "Oh I was a disgusting little boy, I was a poofy child".. I-I knew I wasn't a poofy child, I knew I was a good person.. an-n-d.. I just knew that I was fascinated with dicks and I was fascinated with boys and all the rest of it.. .hh and y' all my relationships were with women.. (snigger).. th' the dichotomy started that early... um.. it was when I was about thir-r-tee-eeen.. I was in a public toilet in Pinetown.. and they had som-m-ething about you know (mimicking voice) "someone's a fucking cock sucking queer and blah blah blah".. .hh and I looked at this and I just started cry-y-ing ((said in a whisper)).. it's like um (mimicking voice) "I'm one of tho-o-se people.. 'cause I like to suck dick, that works for me, all right"... an-n-d I just crie-ie-d and I crie-ie-d and then.. a little voice inside me or something inside me said (mimicking voice) ".hh that's not who you are, that is such a small - part - of who I am as a person.. there is so much, mor-r-e to me, I'm so-o.." I didn't know the words (mimicking voice) "but I'm so multifaceted.. that I an't be this-s, this disgusting despicable human being, I love animals I love people.. you know umm.. I was going into townships and I was thirteen years old, and to Claremont and to places like that with my nanny.. .hh.. I was being exposed to what is what like to live on the other side of bigotry.. didn't connect any of the dots, all right.. when I was about fourteen I fell in love with a guy at school, he was in matric.. his name was [wolaf-f?]. ((short laugh)) a German boy, oooh yum yum
- I: ((laughing))
- D: and then set about.. oh it was delicious, and then set about.. as a standard seven, no standard s-s-s', second year standard six.. second year standard six, manipulating this kid to becoming my lover..
- I: Uh huh,
- D: . started with him at the end of standard nine and went into matric.. it lasted about twelve thirteen months.. .hh and realised my communication skills and what a fucking (laughing) master manipulator I am... so-o.. I manipulated my way into that relationship, and the relationsh - ship felt so good, the long and the short of it.. .h the relationship felt so-o good.. and I felt so in my power that I knew it was nothing wrong.. .h how could something that felt this good and this natural be so wrong.. made - no - sense... then I got pissed.. then I got really pissed off it's 'cause I've.. well everyone's judging me and telling me I'm this-s.. vile human being, and I'm NOT this persen you're telling me I am, there's more to me than this.. so I started putting my foot down.. and at the age of fifteen I came out...
- I: Uh-hh
- D: all right.. came out in an all boy's school, was the only boy who took dance.. (laughing) in the whole school, I pranced around with a fucking whole in my.. leotard, love my leotard and tights and stuff ((gesturing swinging arm movements and laughing))
- I: ((Laughing with respondent))
- D: never wanted.. I always did drag during the shows, the variety fund raisers and stuff always-s.. uh David Patient in three or four numbers in full drag, much to my father's shickering.. .hh I loved camping it up and loved being a spectacle.. I've always loved attention, it always worked wi' what I did, I always.. used to love attention now I don't give a shit.. umm.. it was in that process of saying (mimicking voice) "If you're going to point at me-e.. and you're gonna make comments, I'm going to giv-v-e you things to point about =
- I: = okay-y =
- D: =.. you're not going to judge my sexuality, and once again I wasn't aware of any of this I was in effect of all of it..
- I: yes,
- D: now that I analyse it in retrospect.. I was not going to be in effect of-f.. what people thought of me, because of my - where I like to stick my dick.. what I was oka-a-y with them judging.. was if you're

gonna judge anything, judge me and my performance, my behaviour etcetera etcetera.. .h because I was dyslexic and hyperactive, and those were my excuses and the labels that I used to lo-o-ve to tout when I was a kid, 'cause it got me off the hook a lot of things.. .hh bitch of it was they new my IQ level so-o.. they new that there wasn't a dummy attached to all of this there was an intelligent person.. based on those three things, I decided that I'm going to creAte scenarios for you to point fingers at me .h so doing the drag, being the only boy who danced .hh umm... al always in the headmasters office, always f.. I would get those M.A.T's, I don't know if you remember them 's firecrackers ?

I: yes, yes

D: I'd put them in, and this was back in nineteen seventy-y-y.. five seventy six a very nervous period in South African history (laughing) =

I: = yes =

D: Umm.. and I would put these in with a cigarette fu-u-se, I would put the fuse all the way at the bottom of the cigarette, I would light the cigarette.. .h that was my fuse, I'd put the cigarette and, and the M.A.T in a trash can in the hallway at school.. .hh and it would take five to seven minutes for the cigarette to burn down, then the fuse would burn and the whole thing would blow.. .h so we're out in ten minutes of the first period and blagg bwgg bhgg blgg.. I was always stirring up shit at school -

I: (Overlapping) and in relation to today.. where's the connection ?

D: it's the.. the connection is that I've.. al-l-ways been okay with people pointing at me-e.. initially it was for attention, I don't do it for attention anymore I believe I've got a voice.. what I have to say is of value.. it's not THE answer, it's not THE way, it is A wa-a-y.. maybe by exploring my-y way, you will establish your way.. maybe you can take some things out of my experience and, and use that in your own experience, and just because you're do-o-ing, something different, it's going to open up a whole different avenue of opportunities to you -

I: (Overlapping) oka -

D: Overlapping) .hh if you keep doing what you've always done, you're gonna keep getting the same results..

I: So what I'm hearing is that.. it's the past is really a process of self acceptance,

D: ABsolutely.. absolutely, and to release the judgement of it.. to release the judgement..

I: and that.. in, in having this HIV status has been, very much the process.. herein

D: HUGely-y,

I: = okay, that's what I mean =

D: hugley.. .h because there was the gay-y.. persecution.. and the bigotry there.. then there was.. I.. almost felt like I was a black person trapped in a white person's body, so there was the whole PFP thing-ing.. and getting involved with that an' and ANC rallies etcetera etcetera etcetera .hh.. then from there going to the gay scene in America and becoming an AIDS activist a gay activist there, .h from that activism and I was very junior.. from that activism it went t'to-o.. AIDS activism, from AIDS activism it went to human rights.. .h =

I: = okay =

D: = So it's, it's almost like my entire life I've been pissed off.. and needed a soap box to stand up and, and.. you know.. be heard.. basically, you know -

I: (Overlapping) So.. so that anger's been a constructive anger, propelled you towards action ?..

D: very much so-o.. very much so... if you look at the.. be.. have and the do-o.. all right.. my be-e-e, is I love you-ou.. that is my be.. it's my state.. I got really pissed off and angry-y.. and was angry and had been most of my life... not understanding that my motivation for the ang-ng-er, underneath that, if you stripped it away like a layer of an onion underneath that was.. .h my love of humanity =

I: = Umm =

D: = and see-ee-ing the injustice, see-ee-ing people fuck each other over, see-ee-ing people getting hurt by themselves .h by other people... how can I get to-o.. the point of where I can move from my be-e-ing.. and anger.. how can I correlate the two ? well the motivation was, the anger was my love.. that's why I got pissed off.. you don't get pissed off for something that doesn't effect you

I: absolutely

D: so an' and it was a stripping down process.. of trying to understand all of that.. .hh so I've always been a very hardy.. person,

I: Okay,



- D: all right? my philosophy-y has bee-ee-n weeds - don't - die.. that's, one of the philosophies that I live by, .h and I talk about that largely in myself, and it's something that a lot of people that I work with now understand what I'm saying,
- I: explain,
- D: ... I am a wee-ee-d, all right, I am-m a-a.. maverick, I'm a renaissance individual-l, I'm a shit stirrer, I'm an activist, I'm in your face, I'm... all of those things.. the weed =
- I: = uramm =
- D: = you go outside into your garden and you cut the weed down, what happens in two weeks ?, it comes back again.. it shouts (mimicking voice) "hello - I'm back"... and another one is.. I'm a floating turd, I'm one of those turds you can't flush (laughing)
- I: ((Laughing with respondent)) okay,
- D: I'm afloat.. all right.. I will probably die, being hit by that train.. I probably won't die of AIDS.. (laughing) all right ?, I'll probably throw a bolt in [Montina Veladis ?] somewhere or-r, flying off a cliff somewhere.. .h and I don't believe that AIDS is going to kill me, because AIDS has been the biggest Less-ss-on for me... it has been the most incredible, and it's not u'.. it as a result of the experience of AIDS which has been SHIT.. I have been able to extract out of it.. the lemonade.. .h all right ?, and say (mimicking voice) "okay, so this is a shit situation... wh-what is it going to take for me to get out of, what I'm feeling-ing, what I'm experiencing where I am, whatever that is.. what is it going to take to move beyond where I am right now ?.. left foot right foot, left foot right foot, left foot right foot.. STOP.. what you're doing.. look at what works.. look at what doesn't work... what doesn't work.. fix.. correct.. and then most importantly of all.. action.. nothing comes about.. here.. change takes place when it's out.. here.. once again exteriorisation,
- I: umm, externally,
- D: taking you outside.. there's no point in me-e having an incredible thought, if I don't share it... if I don't put it into action.. so all the training-ing-s and stuff that we do, and all the workshops and processes that we run, it's like take the information, GET IT OUT THERE.. no I don't want money for it.. copy the photo - photocopy the book, I don't care.. as long as somebody's getting something from this, and it's going to lighten the load a little bit.. you know the ten, the hundred monkey principle.. if we can start working on that, and using that as our launching pad, for empowering people, why not ?, s' so I've taken my philosophy and turned it into a business.. isn't it weird ?.. yeah..
- I: Now-w, I'm aware of of of the-e.. literature on hardy-y.. personality,
- D: Umm
- I: but, just again briefly, 'cause I'm gonna start.. try 'nd cut down, how would you describe yourself.. you-ou as a hardy person ?
- D: I have a very clear sense of who I am, very clear sense.. umm.. I-I a' accept myself warts and all, I have flaws.. I'm quite okay with that and I'm quite okay to share those with people.. umm.. I don't belie-ie-ve, that there's anything that I can't do, if I do', if I put my mind to it, if I want something.. .h for me it's never been about WHat can I have.. what is it I want to have ?, 'cause I know I can create it, .h all right.. it's it's, money is the easiest thing in the world to make.. fame is the easiest thing in the world to get bored with.. all right (laughing).. visibility is a pain in the arse, so all the thing-ing-s that as a, as a young man, a twenty year old, .h I was aspiring for money, well I've got money, big fuckin' deal, I've got fame, big fucking deal, I've got, public.. people know who I am when I go places, (mimicking voice) "can I have your autograph, please sign this blah blah blah".. .h all right I've got all of that.. and what did I do ?, I then remo-o-ved myself from it.. I built a home in the middle of nowhere.. in the mountains, so I don't actually have to deal with that.. I CHOO-oo-se.. when I'm gonna give.. it's the inhale exhale principle.. I can only-y, exhale and give you-ou.. .h when I have inta - inhaled and given me.. so it's me first,
- I: you first.. But, not you only ?
- D: not me only, never.. no.. it's you and me =
- I: you first.. in order to relate -
- D: (Overlapping) if your cup.. is empty, and I've got a cup and it's empty.. I can't give you anything-ing -
- I: aaaah
- D: .. what I'm, I'm clear on giver, care taker care giver.. all right.. I am a care giver.. why ?, because I take care of myself-f - first.. I can't give you something I don't possess, I can't love you.. unless I truly love me.. ~~and I don't~~ mean that in an esoteric ninties kind of way, .h I really am okay with who I am, therefore I am okay with who you are..

- I: These.. seemingly positive, days,
D: umm
I: would I be right in saying ?
D: realistic.. I don't know if they're positive.. I don't like to think of myself as being positive , 'cause I'm not positive,
I: .. explain..
D: I-I.. look when I've.. we're going to make a business in investment, all right, we're going to buy-y a.. we recently [in fact ?] in the near future, buying into a radio station.. hh I looked at all-ll the possible worst case scenario's, I painted the gloo-oo-miest cuckiest shitiest picture you can imagine, all right I'm going to lose five hundred thousand rand, all right what am I gonna get out of that ?.. what I'm going to get is-s, an experience that I've never had before.. .h I'm gonna, because I've got an experience I've never done before, it's going to open up all sorts of other avenues to me.. and it may start out as a radio station, and I could wind up ownin-ing, a time share in [Awiba ?].. but if I don't - take - that - step.. I'm never gonna know what that looks like.. so I have in my life, a whole bunch of, different paths that I have gone down.. my family thinks it's flighty-y-y and insecurity and immature.. I look at my family and say (mimicking voice) "and you're boring".. all right, I have had a hugely diverse life.. I have danced at studio fifty four.. I've flown on the Concorde, I've been on the QE2, I've done the orient express.. .h I've don-n-e.. the-e-e.. moving around with the Dave Geffens of the world.. I was a personal friend of Liberace.. all right, I knew Rock Hudson, I knew Nureyev, I knew all of these people, I mo-o-ved in those circles.. .h and it didn't - mean - SHIT.. it didn't - mean - anything.. at all.. this is what matters..
I: what's this ?
D: peace and quiet.. I go to sleep at night, when I put my head on the pillow, I - go - to - sleep.. I have a clear conscience.. I am complete with all my rola - tionships.. there's not one, there is one relationship which I'm having a hard time completing.. and and I will take care of that, .h every other relationship is completed I drop dead tonight, I am complete with everyone in my life... that's a nice sence... I do what I want, I think what I think, I say what I want to say... I don't nee-ee-d you to give me-e value.. I value myself..
I: Okay,
D: does that summarise it?
I: very mu -
D: (Overlapping) I approve of me.. I don't need you to,
I: Then.. I'm gonna ask you a question (pause) answer as you will.. I'm, going to ask you to stay brief again.. umm,
D: Uh good luck
I: (Laughing)
D: (Laughing)
I: Ummm... two questions that I'm going to ask you to answer briefly, just to, to get the.. core of what.. um.. the core.. .hh the impact of HIV on your quality of life.. the reason I'm asking that is I think you've said a lot but, because my interpretation of positive was incorrect =
D: = umm =
I: = I'm asking you.. the quality of life.. the impact that it's had, all these, sixteen .. and a half years ?
D: .hh well it's bee-ee-n ebbs and highs.. all right there's been times when there's been unbelievable money, there's been times when it's like.. you know, eating cat liver, ((short laugh)) that kind of shit, so I've don-n-e.. both sides of the spectrum.. and on both sides of the spectrum there were gifts on both of those..
I: ummm
D: the quality of life has always been constant.. I have not bee-ee-n... th' I-I have been the only va-a-riable in that.. =
I: = o-o-o-h I see =
D: = so I'm the one that controls it.. that's kind of what it is.. all right so I'm living in Iowa, I've ,t no heat in my home, it's minus twenty two degrees outside, there's eleven feet of snow, I can't get out my front door.. .hh I have no heat in my home, I'm as poor as a church mouse.. it's pathetic.. I'm out back in the ba-a-rn looking for old rope, which is made of hemp, which is dagga.. looking for old rope to smoke.. just so I can take the edge off, all right.. that's-s.. how.. Destitute I was.. and I've been to the

other side of the coin, where it's private jets backwards and forwards to various locations in America, hh and I had that whole song and dance too.. through both of it, I maintained and re retai-ai-n-n-ed who I was.. in that process.. hh unfortunately an-n-d fortunately.. when I first got to America I was taken up by a bunch of sugar daddies.. I was young-ng, I was cute, I had a gorgeous body and I was fun umhumm.. doors opened everywhere.. and I u-u-sed that.. I used these sugar daddies as they used me.. and it wasn't a hus-s-fler-r-r and a, and a tricked situation.. these are men who took me into their lives and they groo-oo-med me.. so for the 1rst.. twenty-y.. twenty, two months, the first couple of years of living in America.. I had these sugar daddies, there were about five or six of them hh and I would spend two months in Palm Springs, and then I'd go from there up into Beverly Hills and spend, three four months there, hh up from there [Puget Sound ?] Oh, off to Road Island for six weeks,

I: = umm =

D: = hh and just.. doing that whole connection where I met the likes of Liberace Roc Hudson etcetera etcetera hh moving in that circle.. understanding my position.. I was a boy toy and I knew-w I was a boy toy.. they were getting what they wanted from me, I was getting what I wanted from them hh I am SO-o grateful-l.. to those older men.. for tea-ea-ching me what they taught me.. they were the one', they taught me about resilience.. they taught me about never quit.. the one man comes to mind his name is Cliff Davenport, he invented the Davenport heart machine which, w' without it, h heart surgery simply doesn't happen.. every time somebody turned on one o' those machines, he got a cheque for like five grand.. so this guy was filthy rich he lived in a house beneath Bob Hope in a Palm Springs, hh this guy-y.. it took him-m-m.. twenty two yea-ea-rs.. to get his machine from concept.. to reality.. =

I: = shooh =

D: = and hea-ea-ring and seeing his story and of course being caught up with the fact he had his own private lear jet, his had limousines everywhere he was going, h he had five or six different homes.. s-see-ee-ing.. what I saw he had achieved.. and the fact that he took me on almost like the Greek mentor-r.. all right taking on the young-ng apprentice... they taught me so much - about - business.. w' which I had no concept I had no basis in, in business whatsoever and yet I'm a very shrewd business man, based on what they taught me, hh .. they taught me how to play the stock market, they taught me which wi-i-nes to pick out.. all right, and all those kind of things.. h and because I was s-so-o-o... impair-r-r-ed.. from-m my experience in South Africa (mimicking voice) "you're a fucking retard, you're gonna wind up in a reformed school, you're gonna be in jail by the time you're twenty", all that kind of stuff.. hh to having people saying (mimicking voice) "you're an amazing young man, your mi-i-nd is incredible, h and yes I know they wanna suck my dick.. hh the bottom line was, they were st', they were stroking me.. I was getting-ing the strokes and the nurturing that I needed.. and also at the same time, forming some very strong relationships with women.. my best friend at that point in time was a, former prostitute.. or she was a prostitute but a high class call girl.. and she's the one who introduced me to all the sugar daddies and got me connected to that network, so it was a Hell-l of a learning curve,

I: so David what I'm really hearing is that.. when an experience was perc... could be perceived as a negative experience =

D: umm

I: it was.. always.. or it seems as if, that there was always a Positive explana -

D: (Overlapping) what did I learn,

I: What did I learn =

D: = What have I learnt ?.. =

I: = ummm =

D: = hh if I have pu' all this shit up my nose, what have I lea-ea-rned from that ?.. you know, if I am HIV positive, what ha /e I learned from that ? I was rejected as a child, what have I lear-r-ned from that ? now I can get caught up in (mimicking voice) ((crying tone)) "ohh I was abandoned it was awful and blah blah blah".. hh and I was caught up in that for a long time.. then I realised actually-y.. a' the only person whose abandon-n-ed.. anybody is me-e.. I've - abandoned - me-e-e.. so my desire to find out who my real parents were.. suddenly it's like, it's not important.. I know - who - I - am.. I don't nee-ee-d them to validate that I'm-m, from trailer trash.. or that I'm from.. the Taj Mahal-l, you know, some fancy big family h what do I need that for.. I - like - me, I - approve - of - me..

I: umm, okay.. the next one -

D: (Overlapping) I love me, I must say,



- I: you do ?
- D: umm.. and that's not Louise Hay (laughing) =
- I: = and that's been a process ? It's been a process ?
- D: umm. yes.. YES, oh yeah, for many years I could never look myself in the mirror and say (mimicking voice) "I love you" now I can do it quite clearly and, and kNow-w, that I, that I actually mean it, and that I'm actually okay with who I am.. .h I get pissed off at myself, I get irritated with myself.. I think that's being part of the human condition.. you know, and, and I don't acknow - I am not a limited person.. I am a limitless-ss person.. it's what are my limits.. wel-ll.. what do I want.. hm, I don't actually know what I want, that's the confusing part.. if I could figure out what I want, I'll go get it.. I know that I can do that.. what is it I want.. that's kind of where I'm at right now, it's like what do I want, you know what do I want ?
- I: David, so it's almost like you-ou.. trying to search for something.. or are searching for something to move towards ?
- D: I I don't know if it's searching-ing.. I'm trying to get clarity on it,
- I: clarity
- D: clarity.. I know I'm moving in a direction, change is happening.. and, most people resist chang-g-e, I don't resist change, I actually embrace it, 'cause it's kind of cool.. umm.. where is this process gonna lead me to ?.. I mean I could, wind up.. in Peru... I don't know..
- I: So you're leaving yourself open,
- D: Oh whatever.. absolutely whatever,
- I: Any-y.. would you say-y, losses, that have.. been incurred.. subsequent to-o, carrying.. this virus ?.. briefly,
- D: Other than relationships, and people ~~that I loved~~ and cared for-r, umm, and I don't look at those as losses anymore.. NO..umuh.. no.. no.. uhh, one.. one.. my, un-n-willingness-ss, to father a child, =
- I: = uhhh =
- D: = 'cause I don't want to take the risk, of the child being born HIV positive.. and also the mother becoming infected =
- I: = ummm =
- D: = as well.. that.. if I have a regret, that is my regret, because I think, think I would make an incredible father... I think I really really would, because I have such a connection with, not so much young kids, but teenagers ?.. from about.. twelv-v-e to-o.. about seventeen-ee-n eighteen ?, I don't when you, when you arrived here =
- I: = yes =
- D: = there were four, three or four teens sitting here..
- I: ya,
- D: we have like these little ch' rap sessions in the afternoo-oo-n and they come to me with all their problems, all the neighbourhood kids come here.. .h it's like a teenage hangout.. because they know they're not going to get judged, they're not going to be told they're wrong or ba-a-d.. and (mimicking voice) "okay, so you're in a situation, let's look at some choices you've got here.. there's this there's this, have you thought about this, maybe if you take this and this and you combine the two together, maybe you've got a solution.. worth a shot isn't it ?"
- I: Let me ask you this-s, the words that you've used now.. there's a problem... .h there's choice =
- D: = uh hmm =
- I: = and there's a solution =
- D: = always
- I: is that the kind of -
- D: (Overlapping) which one you're going to focus on ?.. .hh and also the word problem.. which people u-u-sc so glibly, it's not a problem.. it's a problem (mimicking voice) "Oh my g-d I can't overcome this, this is the most horrible experience"
- I: Yes,
- D: how about a challenge.. how about cha-a-ning it.. you know.. a problem is a person who's in a wheel chair who has to go up six flights of steps, that's a Problem... a challenge is a person, who is gonna try and find another way to get up those steps and ask for support.. all right, (mimicking voice) "I can't do this on my own please will you support me in this process".. and that's.. by shar-r-ing stuff, if you keep

it inside you I'm never gonna know, I don't read minds, I don't do-o that.. what I can do is, if you give me a reality to play with.. .h I'll be more than happy to explore various options with you.. and that's in essence what we do in all our trainings.. let's explore your areas =

I: = is that what you've used for -

D: (Overlapping) Oh constantly constantly, it's like, let's explore what options are here, (mimicking voice) "all right I'm in a shit situation, .h how do I move from this-s to this... and how do I do it, as quickly, and as expeditiously as possible so I can be out, of this experience, and into the next.. it's also part of my impatience too,

I: the impatience ?

D: Oh very much so, hugely.. hugely impatient, and I always want more experiences.. you know and it's, and it's not that I wanna.. .h I don't wanna travel the world, I've seen a lot of the world.. I'm quite happy to sit here.. and experience my little world here go for my bike rides in the afternoon, .h go and sit and watch the crocodi-i-les, go-o watch the hippo-o-s... .h see a couple fo dear running by-y, hear that the um.. leopards up in the hills .h .. that kind of stuff, that, that works for me,

I: It s-sounds like there's been a change,

D: huge,

I: rom.. a a kind of a m' more materialistic -

D: (Overlapping) very much so,

I: to a more... or less.. to appreciation of the crocodiles and the hippos..

D: Umm, that's always bee-ee-n there.. I think it's because I hav-ve achieved and because I do-o have, that I'm able to-o.. actually let that side go-o now.. if I walk into an art gallery now, it's not a matter of (mimicking voice) "AAAAh.. oh my g-d, th' there's two Picassos I've gotta have those"..=

I: Oh okay

D: because it's a hav-ve thing ?.. now I can walk into a shop and I can see a picture for fifty five rand.. and go (mimicking voice) "V/Ow-w-w, that talks to me-e.. I want that", you know..

I: ((David went to the bathroom, we had a quick refreshment)),

I: Okay, umm.. let's put these here.. all right, let's try do this..in-n.. the half an hour,

D: Okayy,

I: A lot of this you may feel you have answered, but.. it might just bring up other issues..

D: cool

I: try-y, to keep your answers compact,

D: I shall,

I: Since you discovered you were HIV positive..

D: umm,

I: it is my understanding that you have your own forms of coping..

D: correct

I: okay.. and in a sense, participating in your own healing,

D: I would like to believe that, yes

I: okay.. .hh if you were to share your story with others =

D: = umm, =

I: who were struggling with their HIV status.. what key factors.. would you say.. have helped you to cope, with the situation..

D: realising that number one that I'm not, a victim.. has been very important, how to get people there is a whole other process..

I: okay,

D: the second thing (sigh) (long pause).. I had to decide if I wanted to live or die-ie..

I: ummm,

D: all right.. uh, for me-e it was-s.. d' do I embrace life.. or do I.. I.. sit in horror and fear waiting for death.. so I went as far as I could in the death process, which was the funeral and the eulogy and whatever cuck =

I: = umm.. ummm



- D: .. I couldn't go any further without taking the final step, which is like slash the wrists and no longer breathing.. so I went as far as I could with that experience.. .h the next thing I had to grapple with was my spirituality, it's like.. is there a life after this ?.. is there a g-d is there a heaven blah blah blah blah, aah and it's all cuck.. so I arrived at the conclusion-n, saying I'm a Darwinist, nudge nudge wink,
- I: yes (laughing)
- D: there's nothing worse than an agnostic in denial .hh umm... I got to a point where it's like, well death is one of two things.. one is-s.. it's this gorgeous, flowery-y, heavenly thing that we all hear about wouldn't that be yummy, or-r.. it's nothing.. and at the moment that I die-ie, the lights go off and I don't even know that I am dead, because I've suddenly got no more memory, if-f.. I am part of the Darwin process.. if I'm part of the Darwin process.. and that is my reality-y, and when the lights go off they go off and I don't even know that I've, demised at that point in time .hh why not have something pretty that you want to move towards,
- I: ummm,
- D: so that the, absolute ugliest was that there w's, NOTHING.. it's-s, DEsolation and there's just this void.. and I'm not consciously aware of it, so I wont even know that I've di-i-ed, or the other thing is I can create, whatever reality it is that I want, which made me start to look, at, my relationship with g-d...
- I: umm
- D: an-n-d..g-d is my co-pi-i-lot and went through that whole thing but never-r, to the jesus saves stuff?
- I: yes
- D: always realising that I actually wasn't alone, that I have been so-o protected in my lif-f-e.. I've always been looked after even at my lowest point... I've always been able to.. extract the positive from the situation, or-r, the the good ,the lesson.. however you want to phrase it... so if I was advising people, I would say to them-m... most importantly cultivate your own garden, there's a line from [votase candeed?]. =
- I: = umm =
- D: all right the very, the closing line is cultivate your own garden... stay in your business.. what's, what is my-y business ?.. stuff that pertains to me-e, all right, .h understanding.. that, any time I do-o, could've, should've, would've, ought to 've, should, could, would or any variation thereof.. what I'm doing is I'm passing a judgement..
- I: okay,
- D: I'm juDGing-ing the situation.. well this shouldn't be happening, well! the FUCKING reality is it is happening deal with reality.. don-n't, create what it could, should and ought to be.. .hh so look at that kind of stuff.. start lo-o-sing a lot of the judgements .hh .. you-ou -
- I: (Overlapping) sorry.. move towards acceptance ?
- D: move towards dealing with reality as it is acceptance.. if you want, I mean I don't necessarily always like reality but I always accept it , because it is what is happening.. umm.. don't deny that that is, a line that I read in Richard's Bach book, One =
- I: = yes =
- D: all right.. the bigger sin is to deny that that is.. that really worked for me.. didn't understand it but it sounded good, used to write it all on the end of all my letters =
- I: = (laughing) =
- D: = then suddenly one day BGG, that's what that means, yeah (laughing),
- I: ((laughing with respondent))
- D: that's wh', that was a process.. umm.. get your spiritual house in order, understan-n-d... who you are and where you fit into this, you are an intricate, on an integral pa-a-rt.. of this whole thing.. just because you don't see your significance, don't - discount me because - I do-o.,
- I: meaning ?
- D: (mimicking voice) "you look lovely today" (mimicking voice) "oh this tired old thing".. you're saying two things..
- I: aaah,
- D: the first thing you're saying-ing is-s.. I actually don't want to hea-ea-r this because it's not congruent with my belief system, so what I'm going to do is I'm going to discount it, and in the process, I'm going to discount you-ou.. basically what you're saying, 'shit.. s' actually I'm not.. .h let me, let me say what it is I need to say-y, and you own your shit and I'll own my shit... .hh that came about.. understand

that, HIV-V... is simply at an immunological level.. is an identity crisis.. it's the inability to differentiate self-f.. from non-self.

I: yes,

D: that's what it is.. take it up, a couple of level-i-s and put it at the personality and the psychology of the being.. wh-wh-at - do - most - people struggle with ?.. my inability to differentiate me-e from you-ou.. 'cause it's me or you.. or it's me over you or, you under me-e an-n-d, there's this whole power struggle the whole victim-m.. .hh, triangle thing, the whole drama triangle, acts itself out =

I: yes..

D: co-dependency.. and I mov-v-ed from.. co-dependent.. heavy heavy co-dependent, I really needed people to approve of me.. heavy co-dependent hh.. to totally independent.. the fuck you.. and then found the happy medium with the interdependency.. you know, I am not you and you are not me.. I don't know your reality you don't know my reality .hh.. our business becomes when we start sharing our realities.. and as long as I don't make your real- reality wrong or ba-a-d.. because it is your reality I'm not behind your eyeballs I don't have a clue, what you're thinking, all right.. .h because I'm not behind your eyeballs why do I need to own your shit.. in other words your business..

I: aaah okay

D: my business.. our business.. that's the philosophy..

I: yes,

D: and it works.. interestingly enough...

I: okay,

D: surprised me-e, too.. (laughing).. does that answer the question ?

I: .. sh'.. yes-s, absolutely,

D: an-n-d i-i-ice-cream.. if you want to eat ice-cream, eat ice-cream... do - what - makes - you - happy.. life is.. if-f I w', am a size eleven.. I'm not going to put on a size seven.. and walk around in them.. I'm not, why would I do that, what's the point ?.. most people where a size seven when they're a size eleven.. (mimicking voice) "uhhh, how I suffer.. uhhh look at my wounds.. uhhh let's show our victimhood".. .h all right.. whereas I say (mimicking voice) "if you where a size eleven, put on a size eleven and be comfortable".. just do-o what it is you want to do-o... don't, wait, for people to give you permiSSion to be happy.. you are the one who makes that.. happiness is, now.. it's not about something that you go aspi-i-ring towards in the future, 'cause if you're not happy now.. you're sure as hell are not going to be happy in the future.. if you can't get it right now.. NOTHING.. is going to change your reality, to make you happy in the future.. so do it now,

I: when.. one of the first things you said to me was.. one of the things you do.. is you.. help, or you.. teach people the how.. part.. the active par -

D: (Overlapping) umm.. tools,

I: the tools.. skills =

D: = ummm,

I: .hh ...would that.. that, are these the skills that you're talking about now ? =

D: = yeah.. all the stuff that we teach in our training is stuff that I've done.. confronting your fears.. creating a compelling future.. dealing with death-th.. dealing with the reality of hey, I'm one breath away from being a corpse, .h and I don't know when that breaths going to be.. .hh you know.. get in touch with the reality.. prioritise, what's important, where do you put your energy, .h how much energy do you give to that silly old lady who you're driving in front of.. this little old blue top is doing forty in an eighty zone and you're blowing your horn and freaking out and gaaning tekera.. .hh how much energy are you giving ?.. you don't have a whole hell of a lot, but you're giving so much to this old tot.. you know, you're standing in the bank bitching to the person next to you saying (mimicking voice) "this is terrible, it's on my lunch hour and I always get to stand in a line, and there's three tellers on blahblah blah blah".. FUCK it man go talk to the bank manager, the arsehole works for you, you're paying his salary, or her salary.. get the kind of service you want.

I: okay,

D: and I'm grateful for the American experience, because it made me realise about what my rights are.. that's one thing about Americans, they may be the thickest, uh thickest two short fucking planks.. and most of them generally are, they're loud mouth obnoxious boring people .hh .. however, they're very clear on their rights.. so you can't pull wool over their eyes for too long.. we need to learn that in this country, if you-ou-r life doesn't work for you.. what are YOU doing.. you-ou-re the common

denominator, .h if all your relationships are shit, if all your jobs have been shit, .hh where's the arrow pointing-ing.. hell-ll-o-o-o.. you're the common denominator in your fucked up reality.. what are you going to do to fix it.. and I want.. congru-u-ent.. logical.. steps.. but I want you to do something.. most important, I want you to act =

I: = aah,

D: ..I don't care if you fuck up.. you're not going to learn anything from success.. you only ever learn from your failures.. I've only ever learnt from mine..

D: uh huh.. so David are you saying then.. in action there's a learning, be it, because there might be that point of failure.. or i-

D: (Overlapping) inaction's a fea-ea-r...

I: inaction's a fear,

D: for me..all right, inaction is about (mimicking voice) "I'm paralysed by my fear so therefore I'll do nothing, but I'll sit around and I'll bitch and I'll kvetch and I'll moan about my reality. =

I: = okay =

D: =. .hh instead of saying (mimicking voice) "well actually.. I've Done this, it hasn't worked what else can I try-y".. I use the whole.. umm, Kentucky fried chicken example.. Colonel Saunders, old man retired from the military, living in his car.. all he's got is his recipe... now, you and I both know KFC, it's pretty good stuff well it used to be anyway, it's cuck now... he went and he knocked on-n, over two thousand doo-oo-rs.. to get somebody just to take his recipe in their restaurant and give him ten percent of whatever they made from his recipe.. and from that the biggest chain was built, it took him four years to make that happen =

I: = shooh,

D: 'cause he Kept.. persisting.. persisting.. most of us in the my generation and in the younger generations are coming from a frame of mind of-f... (mimicking voice) "if at first I don't succeed, well failure must be my thing"..

I: aaah,

D: (mimicking voice) "so I won't bother to try again, because that was way to painful I'm not going to, ah, .hh g-d forbid I ta-a-ke what didn't work out about it and say okay how can I make it work ?, .hh take what Did work and say now I can combine this.. there's a, there's what worked, there's what didn't work, .hh there's the solutions for what didn't work, let me marry these two and see how I can carry it forward... we don't, we get stuck with (mimicking voice) "oh, guess I'm a failure.. oh well I tried"..

I: that victim hood st-

D: (Overlapping) OH absolu, it's so easy.. how many people do you know could have been millionaires ?.. How many people ?.. four and a half years ago.. January-y.. ninetee-ee-n.. ninety six, Neil and I arrived back in South Africa.. we had just gone through the Californian floods, we lost, E-e-verything.. the only thing we saved was the art work.. everything else was flooded out, three stories up, hey so it's a hell of a flood.. stuck up in the attic doing our Anne Frank bit for about two day uh.. about-t.. s-s-even eight days.. on the roof, with our animals.. .hh we arrived back in South Africa with one dollar between us,

I: oh my,

D: one - US - dollar - between us... and here we are four years later.. I've put over a million rand into this farm.. cash-sh.. don't have a [bond ?], all cash money..

I: If I asked you to sum up in a line.. how did you do that ?.. What would your.. what would your theme be ?

D: When you are limited in your options.. you become very clear on what you have to do,

I: Would that be the same process that happens when you're facing death ?

D: umm, umm.. yeah.. it's it's, where can I go.. Because I have nothing.. I am-m.. essentially a no-o-body-y-y in South Africa.. what can I create.. so that I can become a somebody, exterior, not interior, very clear on who I am.. I did simply manipulated the press.. to create the reality that I wanted.. to give me the lifestyle that I've been accustomed to.. and I don't - do - poor.. I don't do poor.. I don't care how FUCKEN broke I am, there is always a hundred rand to go out for a nice dinner somewhere.. always.. I've got these little stashes of money, I like [ooh way ooh yay.. boom ?], .hh little stashes of money here and there.. blah blah blah, 'cause I will not go, I mean it's like.. umm.. did you see-ee, gone with the wind ?

I: yes [yes



- D: [(mimicking voice) "I'll never go hungry again"... there you have it.. Scarlett O Hara syndrome (laughing),
- I: ((Laughing with respondent)), okay -
- D: (Overlapping) S O S, Scarlett O Hara syndrome, I love it (laughing)
- I: ((Laughing with respondent)),
- D: new one (laughing).. .hh (cough)
- I: .. healing.. the term healing, what did it mean for you-ou.. at that point.. of diagnosis.. as opposed to what it means to you-ou.. today ?
- D: ... healing then was a scramble...
- I: could you explain.. what you mean..
- D: OH-h-h, they've got this thing-ing-ing.. IL72 I think it was.. Israel (mimicking voice) "QUICK.. call the travel agent"..
- I: oh-h okay,
- D: they've got this ozone therapy they're doing in-n-n.. [Quadalupe] (mimicking voice) "QUICK... call the travel agent" (laughing).. hop on a plane.. wheeeee .hhh.. I.. when Bill died.. and I, cleaned out the home I.. before he died, we had picked out the home I was going to buy and move into when he died, because he was very clear I wasn't going to stay in that house, there were .hh wonderful wonderful memories-ie-s, and I needed to clo-o-se that section in my life and create a new life.. and we had talked about it and we were, Both perfectly okay with it.. .hh.. I got rid of everything... and then I got to, moving or I even gave away our be-e-d, gave it to, to a hospice or whatever it was, and, .h underneath the bed.. was a box-x, and it was all the little postcards, and all the little.. soaps from the hotels.. .h and that was a powerful experience for me-e.. because I realised it was the end of his journey but it wasn't the end of min-n-e..
- I: umm
- D: going through all of the.. postcards and the memorabilia that were picked up and the menu from the specific restaurant in, in Turkey.. that kind of stuff, .h that was really powerful for me because it was about closing him.. and saying.. (mimicking voice) "his life is complete, his journey has completed.. in the physical form, .hh now it's time for my journey.. and the moment that I knew Bill had died, when I woke up and he was dead in my arms.. I-I knew-w, that my life would never be the same again .hh and I was the one.. there was no longer a we-e.. there was an I-I..
- I: hmmm,
- D: and that was the gift that Bill gave me in his death, I came into my Power, at the ti-i-me he was dy-y-ing.. through his death-th.. and it was at - the - moment - of - his - death, that I came into my power.. it's almost like he had to die to give me room...
- I: so-o.. if in the past healing, was scrambling,
- D: yea,
- I: or as y -
- D: (Overlapping) whatever, uhmmm,
- I: today.. h' how would you-ou -
- D: (Overlapping) .wholeness,
- I: wholeness,
- D: I'm whole... I don't have to prove any -
- I: (Overlapping) What are the components of that wholeness -
- D: (Overlapping) I don't have to prove anything, .hh, I'm clear on who I am,
- I: okay-y,
- D: umm.. I'm, focused when I choose to be-e, I play when I want to play.. I'm in a position where I'm financially secure, so-o.. u' I don't have to scram-m-ble, I mean I still have to worry about money I don't care how much money anyone's got we have to worry about that kind of stuff, not have to, but there's always money issues.. .h, umm.. but know-w-ing, that if I, wake up tomorrow morning and I think that I want to go to Nepal.. and I want to go-o, do the Dally Lama bit, all right, I can do that.. I can create that reality, I don't know how-w-w.. I d', honestly don't know how.. I didn't know how the hell I was going to get this farm.. back in the country for-r, eighteen months, no credit references no history nothing .hh HIV positive taboo, they wouldn't give me the money.. I f-fought, and fought and

fought, and they gave me the two hundred thousand rand to buy the farm and I subsequently put over a million rand into it.. in two years =

I: = Is it that same process then of resilience.. persistence..

D: I, f.. I will go to-o, and it's a Sol Kerzner story, when he went to go get.. the Beverley Hills Hotel, .hh he went to the bank manager and he said (mimicking voice) "this is the concept", the bank manager said (mimicking voice) "lovely concept you don't know shit about hotels, I need this this this and this and this-s =

I: = yes =

D: = ..go away".. came back ..(mimicking voice) "okay now I need this this this and this and this" tell me what it is you-ou nee-need, and I will create it for you.. I will make it happen =

I: =.is it a process of seeking.. seeking in the knowledge.. finding out mor-r-e -

D: (Overlapping) seeking a solution..

I: seeking a solution,

D: seeking a solution, simply .hh (mimicking voice) "Okay this situation is fucked right now.. how'm I gonna make - this - work-?.. you know, have I got to tap dance here, have I got to do a shuff, a shoe shuffle.. what is called for here.. thinking on your feet, think on your feet..

I: I hear you.. okay.. .hh we've spoken about change, you s' -

D: (Overlapping) embrace it,

I: which you said, embrace it,

D: ummm,

I: Ummm.. the stress-ss which y' you mentioned a lot =

D: = ummm, =

I: =.. um.. particularly the stressors you said immediately after... going all the way, that way back,

D: umm,

I: .h has the stress changed for you today ?.. and if so-o.. how [do you perceive it at the moment

D: [can you define stress ?

I: that's for you to define,

D: I don't, I don't believe there is such a thing as stress, show me stress.. show me stress.. there are ti-i-mes when I feel pressured,

I: yes,

D: you know, and, and it's uh perfor-r-mance based pressure.. it's not-t.. pressure that I put on myself.. there is financial pressure, at ti-i-mes.. an-n-d I will do whatever it takes, to get out from underneath that financial pressure, .h if-f, 't mea-ea-ns.. selling a piece of property, I'll sell a piece of property, if it mea-ea-ns... crea-ea- A-ting-ing.. more income, than I will create more income, umm.. I've got uh... hundred and sixty thousand rand tax bill coming up in two months, all right.. I don't have the money.. (laughing) I mean, right now-w.. I'm, I'm in overdraft.. all right, that's reality, but I'm not going to fret over it.. I will make - a - plan.. I'm not going to sit here and go (mimicking voice) "oh-h g-----d",

I: David would I be right in saying then, that sense of stress maybe doesn't come across as stress because..

D: (Overlapping) get's managed =

I: = you, are able to manage,

D: yeah, it's managed.. it's managed.. so-o .hh I u', once again show me stress.. it keeps coming out (mimicking voice) "I'm so stressed out".. well.. do something different an-n-d.. do something pleasurable, maybe you won't be so stressed.. for me stress has always been about people who can't handle where they're at,

I: aaah, cope =

D: they can't handle where you're a', yeah you can't cope... well if you can't cope, then stop doing soMething.. but it's a process of elimination you know, if if I break out in hives, I'm going to start looking at what am I doing, .h that's giving me this, I'm gonna start listening to what my bodies telling me, .h trusting my intuition, and start, either eliminating or increasing, but start play-ying with what you're doing.. if you keep doing what you've always done, you're gonna keep getting the same results if you don't like the results there's one simple solution.. change what you're doing..

I: (pause) all right.. ummm.. hh I think we've got time for this question.. .h your perception of.. the healing environment, the healing environment that you're involved in.. =

- D: = umm =
- I: = the type of support given.. on a formal.. and an informal level ?
- D: ... I-I am not a person who allows myself to be supported very easily.. all right, um.. I have an inner circle.. my inner circle are Gill and Neil specifically, Gareth as well.. umm.. and then there are.. some people who are closer in the circle Pam and Debbie in Johannesburg.. and.. s-some friends in the States.. I u' I'll use an example, two weeks ago I had an accident on my motorcycle and I sliced my foot up and I.. fractured the bones up top here, all right
- I: ((gestured a sore facial expression)),
- D: no it was, I'm perfectly okay,
- I: (laughing),
- D: I laughed at it.. a' it was actually quite an amusing thing 'cause it was so stupid.. anyway.. Neill's gone, he's in-n uh.. in Witbank.. Gill's in the kitchen, now I can't walk.. I literally cannot walk, so what am I doing.. I'm sliding on my arse.. (laughing),
- I: ((Laughing with respondent)),hh,
- D: around the house... and instead of saying to Gill (mimicking voice) "Gill please can you go get my booties.. in the bedroom".. what do I do ?, on my arse, and I slide, all-ll the way into my bedroom, and I'm.. halfway to get my shoes and I start laughing, it's like (mimicking voice) "fuck it David, why-y won't you ask for support from people.. I don't.. it's not that I don't know how to.. I don't believe that there's anything that I can't do.. all right hh if I get to a point where I can't wipe my rear end.. I'm gonna ask someone to do it.. I'm not that prou-ou-d, h all right (laughing), I.. I do comfort more than I do speed.. in life...
- I: ((Laughing with respondent)), okay,
- D: (pause) I.. will ask for support in as much as.. (mimicking voice) "can you make me a cup of coffee please, or could you take care of this phone call for me.. .h, I love to offer support to other people.. but I, I'm very clear on our boundaries.. between us, and I, because I don't know you, I don't know what your boundaries are..
- I: umm,
- D: whereas in my intimate circle I'm very clear on the boundaries, it's it's really not a, an issue, and sometimes the boundaries get a bit blur and it's a matter of let's.. set them where they need to be... your business.. my business.. g-d's business.. so it's that kind of stuff.. so I, I really don't allow myself to be supported.. If-f I need, something-ing, I will ask for it, but if there's ANY-y-way possible that I can do it.. on my own.. I will..
- I: and in terms of-
- D: (Overlapping) and that's, that's my arrogance.. that's just a control mechanism it's that control distance thing.. I'm very clear on that..
- I: umm... in, in dealing with the-e.. the HIV... your sense of support.. initially.. was [complete,
- D: [none.. nothing,
- I: nothing,
- D: NOTHING.. total isolation,
- I: even today ?
- D: ... well-ll.. based on my experience I had this week ((short laugh)), ummm... no for the most part.. I, in fact that's the first.. shit experience I've ha-a-d.. since I've been back in South Africa, and probably in the la-a-st, ten twelve years.. that was the first time, an' and it was interesting 'cause it brought back a whole bunch of shit for me..
- I: umm,
- D: fortunately it's shit I've dealt with.. so when, he started doing what he was doing.. I actually didn't lose my temper, I wasn't upset, I was Totally clear.. and I knew-ew, as he was saying it, what was happening.. .h I knew the reasons he was giving me were not, justified at all.. he knew that I knew that, and he didn't like that 'cause he was suddenly in the corner, .h it's horrible when you're talking to somebody and 'specially when you're a doctor and they've got more knowledge than you.. that's-s that Power thing ?, whooo.. he didn't like that at all.. so. eventually I aggravated it and he told me (mimicking voice) "I don't need this fucking aggravation.. .h I don't need", hang o', (mimicking voice) "I don't need this shit in my life, you're aggravating me, get the fuck out of my office",
- I: he said,



- D: those were his words.. so I came home and I called my lawyer.. it's very simple, and.. it's not about, I'm not suing him for money.. I'm suing him for precedent..
- I: ummm,
- D: F-fuck you.. you will not treat people this way.. you're lucky it was me.. what if it was some deranged lunatic with a gun.. come in there and blow the fucking brains out, and now suddenly your children don't have a father .hh because you're a bigoted asshole... where's the fairness in that ?.. you will not treat me this way.. So I've written a letter to the editor which is going to be published, and I've started a law suite, .hh an-n-d.. and I've made it very clear to him, I've told him what I'm going to do, I said (mimicking voice) "I'm going to turn you into a sacrificial lamb, you fucked up, you picked the wrong person to fuck with... that's it.. don't take this personally.. (laughing) I know it's going to affect you="
- I: = set a precedent, I mean -
- D: (Overlapping) it has-s to happen.. it has to happen so I've got the AIDS law project at Wits involved =
- I: = yes =
- D: = AIDS consortium's involved, if I have to I'll go to [Edmand Cameron ?] .hh one way or another this fucker's going to fall.. and all the other doctors are going to know about it..
- I: so hen.. would I be ri' right in understanding in your-r.. coping and managing.. with the status, it hasn't bee'..is it, it's really been about more about you, then.. you in a, in a process of being supported,
- D: yes.. I would say that is correct,
- I: umm..
- D: umm,
- I: and on a formal level ?
- D: I've done a lot.. I've done a hell of a lot.. umm.. in, in the States the.. US military.. can no longer kick a person out because of HIV positive, as a result of the work that Bill and I did.. veterans administration have ma-a-de.. umm, they have two categories now of HIV infections HIV.. symptomatic, .h HIV un' uh.. asymptomatic.. if you're HIV symptomatic you get.. automatic benefits blah blah blah.. Florida housing legislature, you cannot kick a person out of their home because of HIV positive.. .hh I was the first person in Florida to be F-f-ired from a job because I was HIV positive.. once again sued for precedent, they changed the-e.. the the uh.. the law.. in the state of Florida.. umm.. I was acknowledged by president Bill Clinton for all the work and the stuff that I have done, in in the ten years that I.. was involved in the American AIDS model.. uh.. in South Africa I introduced legislation for the legalisation of marijuana.. for-r, medicinal purposes.. um... brought up that whole scandal with that Sarafina thing,
- I: yes,
- D: created that, all that tebarcal.. an-n-d didn't, uh, it was myself and about three other people that were involved in the-e, in the whole exposure thing, and they were getting my perspective as an AIDS activist.. umm... haven't been terribly involved in law, here.. but they'v-v-e.. I've been waiting for-r.. a situation.. so this doctor has presented himself,
- I: ya,
- D: it's perfect, so.. thank you, thank you.. all right, please make it gentle on him I don't want it to hurt too much.. but you know my advice is immigrate (laughing),
- I: ((Laughing with respondent)),
- D: (laughing), how does New Zealand look ?.. how do you feel about travel ? (laughing),
- I: David, umm.. a question here.. who do you perceive the experts in the process of healing.. are ?
- D: .. each of us,
- I: ourselves ?
- D: umm.. if you listen to your body it never lies to you.. you bullshit yourself, but your body will never lie.. so listen to your body.. if you need to sleep, sleep.. I mean I've got a simple phil' philosophy. you fill what's-s empty.. empty what's full, and you scratch where it itches.. it's real simp-p-le (laughing), why do we have to complicate everything (pause) that we do.. we love.. we love to complicate the whole process.. (mimicking voice) "Oh-h what does this mea-ea-n?" it means nothing.. you know.. it mea-ea-ns.. that... it's raining.. there's no s-symbolism here, why does everything have to have some kind of an attachment to it.. some things just simply a-are..
- I: umm,

- D: and HIV simply is.. it's an is.. why-y are we looking for-r (mimicking voice) "well where does it come from who gave it to you did you get revenge".. .hh Wh-what Difference does it make ?, what are we going to deal with the situation as it is.. the reality of the [situation
- I: [so that's taking a practical-I -
- D: (Overlapping) Yeah.. all right, let's role our sleeves up.. let's get active and let's see what we can do.. .hh I'm in a process right now and so is Gill, it's been really interesting for me, I'm tired of lying to people about HIV AIDS.. I actually want to start telling them the truth.
- I: when you say lying ?
- D: not every time you fuck without a condom are you going to get infected.. there are specific periods of time when a person is highly contagious, if you are a women who has been raped, these are the things that you need to do in order to ensure the, the the cut down of transmission, .hh if you're a boy whose been raped these are the things you need to do, .hh the.. these are the drugs, if you do these drugs this is what going to happen, you're gonna probably wind up doing this this and this and as a result you might become infected, .. start putting people back in a position of choice,
- I: aaah,
- D: let's stop this-s-s...
- I: this ?
- D: stop the judgement, stop the abstinence crap.. because they're not, I mean-n.. sixty eight percent of our ch' teenagers before the a', by the age of fourteen have already lost their virginity.. .hh will somebody catch a fucking wake up here.. you know you can scream and shout morality and for the two children that aren't going to fuck, because they're strong little Christians or strong little Muslims.. .h mazeltoy doll, but the res-st.. I don't think so.. they're fucking around like rabbits.. and all we're doing is saying (mimicking voice) "well our children shouldn't be having it, you know" .hh at what age should we start teaching children about sex.. how about the stone age.. let's go back ther-r-e (laughing),
- I: .. All right.. I'm going to ask one more, and then [leave it for the day
- D: [ONE more ?
- I: and then I'll go on tomorrow... um..
- D: do I have to do homework (laughing),
- I: ((laughing with respondent)),
- D: please no homework, I hate homework,
- I: WELL-I (laughing)... um, any-y..thing that you-ou.. other than what you've mentioned, have, that you perceive.. have.. created or, possibly threatened.. your-r, coping or your managing your status ?
- D: (long pause) nothing's threatened it... nothing'
- I: anything else that you feel has-s.. facilitated it ? anything that you haven't.. discussed ?
- D: . I think that I pretty much covered everything.. umm.. I've had some incredible role models in my life.. an-n-d, as a young gay man growing up, there was no such thing as a role model.. my role model was Liberace, you know, whoopee fucking do...hh the butchest thing on two legs.. umm.. so I, I creA-ted.. the persona.. that I wanted.. didn't know how to-o, get to it.. and.. learned throu-ou-gh.. wearing the clothes, you know, it's like, you can always tell a man in a rented tuxedo, I was in a rented tuxedo for quite a while until I had my own tuxedo made.. and then it's like, (mimicking voice) "oh this fits, this is very comfortable",
- I: you're in training.. would you say that's very much.. part of.. the teaching learning.. process ?
- D: yes.. I think so.. um.. I, I think I would be awfully arrogant to assume number one that I have answers for anybody including myself.. .hh I think it's a process that we have to go through, of finDing what the answer is.. I have never lea-ea-rn-n-eD anything from success.. and I've had periods in my life where I've been very successful.. it's never.. I've never learned from it, it's so, it's a formula, and it's a formula that I can repeat wherever I go in the world, doesn't matter where I am, what country.. .hh I can re-cr-eAte all of that, I can create wealth, that is the easiest thing in the world to do.. what for... wh-why ?.. you know, if I were still in the.. twenties mindset, this house would be in Houghton,
- I: yes,
- D: it would be.. ten times the size, and ALL-I-ll the paraphernalia that you can imagine... why ?... so that other people can go (mimicking voice) " ooh, I wish I was David Patient"... swivel,
- I: David you say you haven't learnt anything from success, but then you've learned from your-r -
- D: (Overlapping) everything from failure..
- I: everything from failure,

- D: everything I have learned.. anything that has been of any value to me, has learned.. has been learned..
.. as a result of a failure that I've been able to turn around, and make a success..
- I: .. David thank you so much for your time,
- D: Oh you're welcome, cool (laughing).. I hope it's worked for you,
- I: yes, definitely..

APPENDIX C

Part 1

Paul - Narrative Interview - 1 of 2

- I: I just want to thank you so much for giving of your time and energy to be a part of study.
- P: ((acknowledges smilingly)).. It's only my pleasure.
- I: The letter that I sent you...that outlined the motivation for this study, do you have any questions in this regard?
- P: No (nodding).
- I: Well..um..I would just like to add, that as a student member of a helping profession it came to my attention how many people, when faced with issues concerning their health seem to rely purely on the medical actions and opinions of the doctors...well..it is with this in mind that I would like to get a better understanding of what living with an HIV-status means to you and how you are managing this status...continuing to live your life, grow and seek fulfilment.
- P: Umm ((nodding yes gently)).
- I: ((Smiling)) So from the start ...it is YOUR unique, personal experience that is of value to this study..It is really not a question of what is considered medically right or wrong, what is significant are YOUR own thoughts and feelings (pause) it is my hope that your story - and stories like yours may assist others in coping with their challenges...For this reason, I have chosen the kind of research that gives voice to your experience and feelings that we just can't measure...okay...here is the interview that I will be using ((both lean forward and review the schedule)) (pause) There are five broad questions regarding areas I would like us to talk around.. three of which are detailed areas of exploration...Within these are specific questions based on my understanding of managing an HIV-status according to the various readings and courses I have done..if in your telling of the story you do not cover these areas, these will act as a guide. This interview should proceed for about an hour, and as stated in the letter, um- we will meet again to further explore what we discuss today or finish that we do not get to do today...Would you mind if the interview is tape recorded?
- P: No, No not at all.
- I: This will simply help me analyse your info-
- P: (Overlapping) to go through it more slowly
- I: Yes...and to compare it with the other participants in the study. In terms of the confidentiality of the study it is your choice whether you want to be called your real name or a pseudonym.. it is your choice.
- P: .hh okay, I tell you I would like a pseudonym.. not because I am worried about confidentiality, but because immediately people perceive you have this or that then you have negatives coming at you and negatives are something I will not tolerate, You know (mimicking voice) "Oh poor Paul, SHAME" you know..the only reason keep that out of this.. nobody knows except you, my life long partner and my doctor. It is of no consequence to anybody, I don't talk about my in-grown toe nails, it is not pertinent to anybody..I don't talk about your dental problems, I don't talk about this, it is just another thing that I live with like I live with colds, flu .hh sore feet,
- I: Okay-
- P: Okay, I wouldn't mind standing on a stage in front of a thousand people and saying that because I don't have any fear about.. but what my..my concern is is the reaction of other people is what pushes you down-
- I: that negativity?
- P: That's what puts people in coffins.
- I: Would this be a part of managing your-
- P: (Overlapping) yes, absolutely.
- I: What would you like to be called?
- P: Umm (pause) Paul..over the years occasionally people called me Paul, I don't know if I was Paul in a previous life time and if I was projecting.. paulness, but I have been called a lot.
- ((Both smiling))
- I: Okay, okay..your present age?
- P: ..fifty one.

- I: What is your present work and how long have you been doing this?
- P: Present work is headmaster..and this is my eleventh year at this school..prior to that..um..I had three years at Swaziland also as headmaster..but teaching headmaster and being a small school you were chief, cook and bottlewasher..it was very very holistic..it was wonderful, fabulous - very warm very powerful, you got to know every child, every teacher and their weaknesses and their strengths...and it was very very empowering: a growth experience for me to take over this situation, this situation when it first started was very daunting ((laughing loudly)) .hh because I see in my life a progression of stages preparing me for the next phase of my life..and I look back and I think that if I hadn't gone through that ...shit. at that time, I wouldn't be ready for the shit I am getting now..so it's all been very logical and progressive
- I: Almost like a ladder?
- P: absolutely yes.
- I: What is your home language?
- P: English, ancestry Anglo-Saxon.
- I: How would you say what culture or community you identify with?
- P: Umm, English, urr, English family, English group of communities, I have an ancestor on the Scott side and an ancestor on the English side and um very much Anglo-Saxon.
- I: Well, um..How would you describe your family structure?
- P: Well..it's not what we refer to as your typical..what do you call this structure in our society ..NUCLear, nuclear family, not a husband, wife and two kids..but I believe in the extended family situation...especially in Swaziland where you have twenty five kids in one household - it works - so I have made up my business to stay on a small holding..my mother has her own little house there.. I visit her..but she has her independence.. I have mine.. My: partner has his own section and we have an interleading communal section ..so there is his his and theirs..I uh was very broody about fifteen years ago and I adopted two boys in Swaziland and they are both very successful in life today.. my youngest ward is now busy doing his masters at Wits and then he is going to Edinburgh to do his Phd in engineering..so that's fulfilled the father side in me, which um I think is part and parcel of being a teacher .. you want to nurture..and I got engaged at one stage.. and this ended up quite disastrous because the kind of women I am attracted to are career women because of my mom she is very much a career women..so when that fell through I thought no no, I still have to have children so I adopted these two boys and brought them up and it has been very powerful..and that's my family structure and I I ..people who come into my sphere of life I regard as... extensions of my family or otherwise they wouldn't be there...so I have tenants on my property who are kin now..becuase..they're there..okay..so that's my family structure (laugling).
- I: So it seems like ... there is quite a big social or family circle-
- P: (Overlapping) yes, yes
- I: Are you presently involved in a relationship?
- P: Yes, yes um, for the fourteenth year.
- I: Paul.. how long have you known that you are HIV positive?
- P: Uhh .hhh.. How long have I known?
- I: Uh huh, yes
- P: Umm (long pause) about ten - eleven years...so prior to that I have no idea.. I suspect looking at my own history that the condition was contracted about fourteen years ago.
- I: Oh, as far back as that... what stage of HIV would you define yourself in?
- P: .. You know I saw that question..and.. and I don't know quite what you mean, ..I mean..
- I: In terms of stages.. they talk about.. asymptomatic, symptomatic..
- P: Totally asymptomatic ..yes-s-s
- I: Alright..would you know your current T cell count or viral load?
- P: Umm, the last time I was tested was about ..four or five months ago um and although they were figure changes, the the the doctor in question whose very much on the ..is a gay chap as well is very into the whole thing and is always going all over the world on conferences...he said that although the figures had changed in fact it was exactly the same as two years ago, the the viral count I don't know, but the uh T cell count is about ... three hundred and something..bbbut ..this is of no consequence to MY perception..okay..whether it is two hundred.. eight hundred or one thousand seven hundred..it makes no difference to ME..it's how I feel that makes the difference to me okay..(laughing) I mean there are

people out there who have a T cell count of zilch and they say (mimicking voice) "according to my test I should be dead"..but they are not (laughter)..they are very much alive

I: ((gently smiling)) this is very much where the study is at - what is happening to you physiologically, what is happening up here and how do the two meet.

P: exactly,ya-a-a that's riight.

I: Are you on any antiretroviral medication?

P: No-o not at all

I: Um..have you ever been?

P: No

I: That's the end of the basic questions and we now shift more towards you, your story..your thoughts..your ideas.. not justification needed.

P: Are there lead in questions?

I: Yes... and interpret them as you will..here goes (laughter)..It is my understanding that a number of diverse changes are experienced after learning you are carrying the HIV virus..Perhaps you could share with me YC... experience of living with HIV and the changes and subsequent impact it has had on your life...ers.

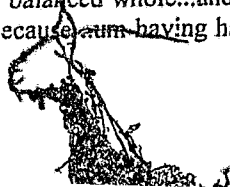
P: Okay..um....., what was the first point..since discovery

I: changes and subsequent impact

P: Okay....well umm..on initial discovery extreme anger not at having got it.. but the fact that it was out there and that happened and I happened to be it...after the anger which I can't recall how long it took to get over that uh uh uh, resignation to the fact that it happened..that has always been my philosophy in life...it's happened now..it's no good crying ..I come from quite a good philosophical background..my granddad and his brothers were all very philosophical spiritual people and I was..mainly tutored up to the age of fourteen by my granddad ..because my parents divorced when I was two..ummm..not because of anything other than my father had a drinking problem and gradually gambled away everything.. and drank away everything in the household and eventually we were sleeping on the floor...um and at that point my mom said "m..well except the kids you've managed to get rid.. you've thrown away...So I came up from that sort of philosophy...look at the situation, assess it and do something about it..don't wine and um...so when after I got over the anger I thought okay well here you are.. you've played around..been sexually promiscuous and you've got this thing..so now um live with it...Then uh..I made it my business to find out as much about the whole process as I could..how it worked, where it was contained what it was doing and uh.. and I decided that... the best thing. the best approach for me to have ..was o-originally pa..already part of my philosophy..which was to live life to the full..not to not to wine..I am very against wining and wingeing..I am always a doing person..um..assess the situation.. do something about it..so I immediately launched into a uh a uh couple of days meditation and fasting to try and get clarity..I needed that I have been doing fasts and meditation and um cleansing diets and purging and some sort..and um so ..that was... the discovery, the anger the acceptance and then where do we go from here. Umm the second point..changes..changes it has made to my life.. I became more (pause) involved and more...um...sensitive to the life situation. That was happily reinforced by..an armed robbery in which I nearly lost my life and lay there on that floor after being conked over the head thinking (mimicking voice) "is this how you're going to die..in a puddle of milk on a supermarket floor-

I: Umm (nodding and leaning forward).

P: and ..if you got another chance ..if you get out of this..what are you going to do about it?..and that just followed not to long by a second one.. also an armed robbery..so what I got..I believe things come to you for a reason...nothing is co-o-incidental..there are no co-incidences ..so my super conscious mind is telling me..(mimicking voice) "Hey Paul..you could be out of the picture within two hours twenty four hours or whatever...so-o-o..that encouraged me to fill up my life as much as possible to the point that people say (mimicking voice) "How do you do what you do..where do you find the time" and ..since then the change is my life has been ABSOLUTELY positive..in that I don't leave until tomorrow... I fill up..I work myself..I give myself rest..I give myslef a very very.. I am very very.. well balanced nutrition diet..I read a book recently called the optimum nutrition bible...which gives you wonderful.. um.. um.. um.. um ways and explanations of how why and what come disease..come disease..come again.. come whatever the rest of it..and I incorporated it into my life and I uh exercise and and spiritual exercise and mental exercise and physical exercise to make up a balanced triangle..to make up a balanced whole...and I um..don't entertain any thought of tomorrow... over a very short term period because um having had three near death experiences and having seen how this particular disease has



wiped out people by the score.. and having had close FRIENDS who have been wiped out... and then seeing their attitude and and trying to change their at - and not being able to get through to them having not had the skills I have now at the time..and then being f-furious that they actually.. allowed themselves to go..and the reason they allowed themselves to go - they accepted it - they accepted this as a death sentence... it's not a death sentence .. it's a lif-fe sentence..cause if you look at it from that point of view..I could be dead in a month..in two years..I could be..so.. forget about the dying part of it..take care of that.. which I have fabulous insurances and disability things and um so that if and when I go..nobody is going to suffer - I don't owe a cent to anybody -cause if feel that if I go I don't want anybody to inherit my debts.. so I just operate strictly on a cash basis and um..um recently I had another near death experience I was hijacked and it was a very very bad experience... .hhhh and my staff said to me (mimicking voice) "What if you'd been killed (pause) what would happen to the school?" and I said nothing would happen to the school..as a matter of fact the school would get very rich..a lot of books will come the schools way and I set up the trust ..so that if I am taken out members of the trust then get together they um.. interview for another principle and life goes on...After the funeral and all misery..I said it's not going to be a miserable funeral .hh I instruct you.. you will all come dressed in colour ((loud laughing)) you will play fabulous music at my funeral and .hh I will leave a tape to be played at my funeral telling you that I am not dead, that's just a corpse in there..the real Paul is up there watching all of you being happy at my funeral..you are going to miss you..sure I am going to miss you..but I am not dead I have just moved onto a different level-

I: Uh huh (nodding)

P: And that's what I w-want to happen..so I said they're - y-y-you are not going to lose out if I am going..other than I won't be here physically but I said watch. cookies I'll be up and down these corridors haunting you ((loud laughing)).

I: (laughing)

P: and that's the change it's made to my life..I immediately sorted out my debts..um I-I got on with the business of of um settling my funeral..I have a funeral policy..I have life policies..I have insurance policies.. I've organised my will it's very cut and dried and tight - who gets what why and when.. whom may not claim against whatever - been through to the lawyer and got that sorted out..um I have uh uh uh um a little thing in my wallet and it's lodged with my doctor..lodged with my mother and lodged with my partner..that my body goes to Wits medical school..so there's going to be no mess with coffins and that sort of crap..they can just skip around the corridors kicking my brain around if they want to..it's just a corpse..it's of no consequence (coughing)..So that was the major change in my life..and also to not carry .. I don't carry any uh anger or any... I get angry of course that's very normal.. I am a very passionate person .hhh.. but I don't CARRY dislike..I have forgiven anybody who has caused me and I have forgiven myself for what I've done to other people either knowingly or unknowingly ... and I-I carry a free conscience and if a s-situation arrives that could be negative ..which could be harsh or could be misconstrued I will go to that person and no matter how painful it is thrash it out...hh and even if they walk away being angered and they can't ...reciprocate..I've ditched that particular ...shit..as it were. And there's one person that still bothers me 'cause he's got a tremendous anger against me from a misunderstanding-

I: yes..

P: .hh he is a teacher who is now a lecturer at JCE.. and I just cannot get through to him..so ALL I can do now..is I.. when I meditate I visualise him and I I bless that situation-n and release it..because it does bug me but I can't hold onto it..he has to release from his side now..I've let go my side. ..So um um ..one could say..I'm ready to die at any moment..I'm prepared to die because I am prepared for life-f I don't carry any baggage any more and if I do pick some up some along the line..I go and sort it out like promptly. The result of that is that I don't get - I don't get the shits in traffic jams or .. people who do stupid things .hh on the road..I used to scream and shout and bang you know and...grab the steering wheel and curse...now I take it all in my stride..it doesn't anger me..it doesn't get to me..so-o the stress level on that on that..that plane has been dropped a lot. Because I know that stress is a negative.. in terms of this particular-r-r uh virus I get things out

I: Yes

P: I don't hold them, if something angers me I blast, If I think I've gone overboard afterwards I go back and give a hug even to my gardener. Then I say (mimicking voice) "I'm sorry, I came back and you haven't done such and such and such and you infuriate me cause I expect this of you..do something stupid like this makes me mad..BUT don't do it again..learn from your mistake as well..and sort of of ease if that way - don't don't let them carry around this resentment you know -



- I: Absolutely
- P: that he banged on me, give them an explanation.. say that is why so in future let's sort out a plan of action so it doesn't have to happen. And um.. ya..one one has a face that one produces at school especially dealing with pupils, but it's all all compassionate their is no anger or or vindictiveness or anything like that ..it's it's a very very nice place to be. Ummm..ya.. that that just about sums it up I would say.
- I: I just want to check that I am on the right track..it seems as if you.. are living very much in the present in the moment-
- P: (Overlapping) yes
- I: Would I be correct in saying this?
- P: Absolutely
- I: With a future orientation, even in the event of death? almost like a forward striving?
- P: Yes....Oh constantly, absolutely.
- P: Ummm..my my my my concern.. is that if I live my...not my concern..but it sort of whips across..that if I live my traditional four squares and ten..I don't have enough (laughing) time to do what I want to do..in those thirty years..hence the uh physical regime, the.. uh health regime from point of view of foods, exercise, mind exercising and spiritual..uh spiritual nourishment..cause I have to live to be a hundred and fifty to do what I have to do ((laughing loudly with zest)
- I: ((Laughing)).
- P: And then of course there is the paradox that the more you learn the more you realise what a clot you are (laughing) and I am getting quite..uh a little bit of an uh uh.. ego boost like this this Edward De Bono course on Wednesday .hhh where there were sixty people on the course and during the discussions...it became quite clear between myself and the person giving the course that we knew.. I knew more...most of what these people were just thinking about or or.. touching - I discovered that I had a tremendous wealth of information and experience which you can't test in anyway until you come into a group like that and suddenly realise oh my g-d you really are quite - bright (laughing)...all your reading and all your experiences and what you have dived into here there and everywhere you have a wealth of experience behind you..which is very gratifying to know .. and uh and at the same time shocking..other people are not that switched on or still have to get there..
- I: Um
- P: And um it was a most most intriguing uni.. situation on Wednesday, eventually I said to her.. you just got to shut me up and they said (mimicking voice) "No no no.. you you seem to know about this...um tell us what you think". So-o-o that's very gratifying that I have utilised these last ten years to maximum effect.. and will continue to do so - I have now joined a higher consciousness group.. which is c-connected to the PNI thing.. with uh Margo and uh (long pause) Larise.
- I: Oh yes..
- P: And that's also very exciting... getting very very deeper into dream interpretation - it w-WORKS.. it is amazing.
- I: So it sounds as a lot of what you have done is to pat yourself on the back.
- P: I have yes. absolutely I am very very pleased to have got as far as I have got and at the same time (pause) I know that I have just scraped the edg-g-ge of a very very large surface..that keeps me humble..that humbling..when you realise how little you really know in spite of how much you really know.
- I: Almost like a constant paradox-
- P: (Overlapping) Yes, yes.
- I: Umm (long pause) to fill in on..on what you are saying ..um .. just going to go through this, most of which you have already answered, so I won't have to go through them all - you said initially you were very angry..what did HIV mean for you then..and ...what does it mean for you today?
- P: Um (clearing throat)..At that point ..because of all the crap that was flying around..it meant a death sentence..okay.. .hh once I-I reconciled myself to it and fitted into my personal life philosophy, which is. .hh get out there and do things..because uh my grandfather taught me a little saying..he said (mimicking voice) "if you hesitate um he said don't hesitate make a decision..you are either going to run for that bus because you are late for it or you are going to say no I'll miss the bus and spend twenty minutes reading while I wait for the next one..but MAKE A DECISION.. and the decision.. making the decision even if it is the wrong decision.. if you consider it wrong.. and I've now come to the point in

my life that I don't think there is anything wrong with a wrong decision..indecision is the incorrect or the negative status..decision making is fine and I use this philosophy with my teachers and my pupils - make a decision DON'T fence it..I throw things at them in the classroom and at staff meetings and I say make a decision now...hhh..there is no wrong decision ..indecision is wrong that's what ..that's what that's vacillation that destroys you... .hh So that what it means for me now is a a a um.. a life sentence becaus-s-s ... the fact that ..should the negative mentalities be correct and there xxxxx (volition?) is going to be this this and this..which I don't believe having seen um the people who have accepted what doctors say and the people who have rejected what doctors say um ... I reject..I create my own reality.. that's what it does for me..I create my own reality ..and my reality now is this is a lif-f-fe sentence because I have dealt with it.. I've spoken to it..I've addressed it.. we have a pact..it and I and ..it wants to live and I want to live..so that's it.. I probably will live much longer than most people... um..m-my mother is eighty three and a brain like a di-iamond..the only thing is her body is packing up a little bit and there again that's because of certain things she brought into focus - her reality.. she knows why she's got osteoporosis and (coughing) it started up here ((pointing to his head)) and I uh..firmly believe that the physical which is part of my studies now.. the last few years..is a result of the mental - my body isn't superior to my mind it comes in spiritual mental and physical...and I busy currently doing a study on that ..using that um. positive thinking tape and showing them tapes of these Indian religious groups who do all sorts of amazing things to their body.. you know through their ear, their tongue.. walking on fire and.. don't have any physical reaction to that .hh and come out at the end of it pulling out this great palm ..no scar.. no blood..so-o there is the evidence right in front of me which.. which..which corroborates the mind is superior to the body..therefore I have no problem.. it's there..it's something there like I have dry skin in winter.. and a runny nose at the beginning or the season and that's just something the body has to go through..but it is NOT ME-E-E-E.

I: You're here? ((pointing to head))

P: I'm up there...yes-s..that's what's it's done...pushed me that way, cause I I had to find.. um or.. accept what is happening that I refused to do..it's not in my nature to accept negative things..um and deal with it and in dealing with it I have opened up these avenues which have actually bee-e-en there in my life history but now are focused and lost to uh very very two close friends and ..ex lovers.. go through dreadful deaths and..and needlessly because they accepted the negative..this things got me..it hasn't got me..it's there..so are the millions of goggos on my eyelids (laughing), there are thousands of them..I tell the kids this I say (mimicking voice) "I say your' full of all enzymes and germs and things ..but that's not you...And then went to a funeral of another good friend..also an ex-lover..died of the whole thing and um..the chap who did the service said um.. (mimicking voice) " you've all come here to commemorate... uh this person's... uh passing from this life to another and what's in that coffin there is not the person you knew that's the mortal remains the person you knew is already ascended and that reinforced again WHERE I AM and coming from my philosophical background where we .hh from an early age were introduced into reincarnationist theory and the proofs thereof and things that have happened in my life have given me absolute proof..I don't doubt it ...there is just no doubt..also having observed regressive hypnosis.. like hypnotherapy when people are taken back a-and the facts have been taking out of that - people who are fantasising creating these wonderful past lives and the real genuine cases who change languages and things start popping up..speaking perfect French or German when they just been a normal ordinary human being who just learnt English and Afrikaans perhaps a little bit of Zulu.. .hhh So I have no doubts anymore.. I know that I am an old soul and I know that um um I might end my cycle this time maybe not - I'm doing my damnedest (laughing).

I: ((laughing)).

P: hence the higher consciousness group..relieving all the baggage as far as possible...Now my next step is to contact Dr Gericke who is a hypnotherapist and um..try and clear any other stuff..although the courses I have done with hospice..the hospice counselling course and the course I did with Larice and Margo... .hh moving back and finding those blocks and dealing with them and ..uh I have still quite a lot more on that field.

I: Would I be right in saying that it is like um.. a whole cleansing process?

P: Absolutely

I: Right now and in the past?... And those areas that you are cleansing now.. that you find might inhibit any...be it ..mental physical or spiritual progression that takes place now?

P: Yes..they're blocks mental or um physical or spiritual.

I: Umm. (pause) to recap..earlier you said that ... it's almost like there is a relationship between you and the HIV virus - you've spoken to it..and ..briefly explain that relationship.



P: Okay .. one of the the uh books I've read ..there is so much overlapping one can't compartmentalise... hhh is that you you need to address um.. the situation..you don't ignore it.. you don't hide from it you don't fear it..so now you you actually bring it out..So now if you would like me to tell you how I brought it out..Uh huh (coughing).. So I am lying in the bath tub..now bathing for me is a spiritual experience it's the room womb thing..put on a candle..have myself a g&t or a glass of wine and um I play some beautiful music ..normally some meditative type of music .. the gregarian chant or something like that and um...I for twenty minutes I retreat from the world into that room-womb - cocoon situation..and um it was in that situation that into my head popped out this ...you must visualise...according to your perception what this thing is.. you must give it a face..and then ...the bathroom I have built for myself is a.. lovely big marble area there and the taps are down here and... um there is a gorgeous plant that hangs in here and there is a gap there looking out onto a little garden...and I was looking through the gap into the garden..although it was evening there is a light outside..and up from the back of this block came this green... thing.. with his big eyes...you've seen that that uh.. little photograph with that chap with his nose and big eyes,

I: yes, yes

P: But this was viscious..uh it was foul..it was green and blacks and reds and came right out over the top of the of the ..and this I saw now obviously in the mind, but it was there it was a visualisation and then...the next part of the visualisation is to reduce it to a manageable.. controllable entity...So-o-o we eyed each other - the eyeballing game you know - and eventually it blinked - so I thought oh okay..got you on that one..now you're too big, just reduce your size and ...eventually reduced it to a tiny little thing which I put in my palm and ...then sat there in my palm in the bath..and I spoke to it and I said (mimicking voice) "now I know what you look like and you know what I look like , now you want to survive, I want to survive..so we make a pact here.. I wrote down in my journal and we make a pact here ..you you get on with your bit in my body and I'll get on with my life.. but just don't get too obstreperous, cause then you you're going to die..then he he disappeared... After that I went up to my study and wrote a letter..dear virus now I know what you look like it is easier to speak to you..okay..let's get this down in writing... and I decided on a thumb print for the virus and we had a contract..

I: You..-

P: (Overlapping) I- I had to act on behalf of the virus..I have a document in my file - our agreement.

I: So it's a contract?

P: Um, a contract between us.. ya.

I: All right, are there any ...you've been discussing in terms of changes a lot gains.. um..almost like it has enhanced your quality of life-

P: (Overlapping) ABSOLUTELY, it's the best thing that could have happened to me

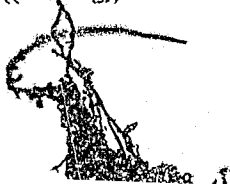
I: Are there any changes in terms of losses.. or ..if any ?

P: (Long pause) Losses? (long pause)....hhh to be very blunt only the sexual aspect..it's-s-s not sexually restrictive in the act itself..but in the quality of the act...condoms are not nice (laughing)..and that's about it... I can throw myself back to a time when the the the sensitivity of a very very close.. with intimate relationship..skin to skin is now lost to a point and that is the only loss I regret...BUT to uh uh neutralise that the other aspect the love the warmth the ..um.. non-sex aspects are heightened... my relationship with my current partner has now moved right off the physical level onto a spiritual.. mental level and we adore each other as we ever did before and there is no sex..not because of the HIV just because you reach a point in your relationship where it is not important anymore..it happens once a month..once in two months whatever, but then it happens..it's not forced, it's not.. demanded and it is a very very stro-o-ong place to be... it's the dri-i-iving force that got you into the very pickle into the first place - it's lost it's power.

I: Interesting 'cause it sounds like you are moving...not out of the physical realm, but certainly more into the spiritual ...in all areas..-

P: (Overlapping) and even when you do..encounter someone which happens from time to time ..gets involved with you on a sexual basis it has that dimension to it..it's not raw.. sex..it's very much a spiritual thing..UH uh at one point I thought this was bad news now it's going to restrict you... and then I thought nu uh uh... it's not, cause you believe there are not co-incidences..so whatever you need ..at the right time will come your way

I: ((nodding)).



- P: Hayley.. it's absolutely true... a couple of people have come into my life..just like that that have been rich beautiful..spiritual..physical and um.. because they were unexpected even the more profound as it were...and so I don't have any worries about missing out anymore...whereas my partner has this big thing about (mimicking voice) "I am missing out on life" .. I don't have any of this, because I know that what I need at any time because of who I am spiritually and mentally will come..
- I: That's part of creating your ...-
- P: (Overlapping) Absolutely ..your own reality.
- I: I am going to move on to a more detailed area, again we can try cover it quite compactly..uh...alright a lot of it you have covered.. moving more towards the coping mechanisms you are utilising...
- P: Ya
- I: It's my understanding before I met you and even more so now... that um you have your own forms of coping and in a sense participating in your own healing...If you were to share your story with others who are struggling with their HIV-status, ...hh what key factors would you say have helped you to cope with your situation, maintain your level of health a-a-and prevent HIV from progressing?
- P: Are you looking for a blueprint?
- I: YOUR blueprint..um
- P: My blueprint...um ...well the most important.. of all of them on-n-n a psychological level is be happy that you are what you are, irrespective.. of who you think you might or could be or who you think you couldn't be..accept the fact that there will always be those who in your eyes are superior or have better ..and the other extreme..that you are where you should be - self acceptance and and and...value..self value..very very vital..take the point that before you can look after anybody else or do any good or spread any wisdom...you have to come from that point yourself..so can't deprive yourself of rest..warmth.. all physical things..or mental stimulation or spiritual input... 'cause you need to grow in order to have a ripple effect on those who come to your.. sphere of contact...so first things first get yourself to an analyst..do some regressive therapy and clear your mind.. get rid of the shit, get rid of the baggage..become happy with yourself..become happy with yourself..don't be guilty like these two guys (mimicking voice) "I've got this..I've given it to other people..I'm a had guy..just. you are where you are because that's where you should be according to g-d.. according to to philosophy..according to psychology..according to all f-factors of life.. So that's the first thing .hh you are going to have to sort out..that I'm okay.., being me I have a right to be...all that desiderata.. absolutely learn it off by heart say it three times a day..three times in the morning, three times..make it part - that became part of my philosophy the desiderata - become the desiderata..then look at your lifestyle..and um.. past.. look at the time in your life when you were the healthiest physically and why..and you will find out you probably ate less and less complex foods.. and you did exercise exercised more especially at a school level.. and reintroduce this back into your life.. which I have done. I go to gym four times a week.. I do yoga every morning. I go for walks over the weekends..I give my body because it is a physical thing it needs exercise.. look after the body.. but don't become narcissistic..it is just a tool, it is your vehicle.. you clean your car. you change the oil. have it serviced. you change the parts occasionally..and that's what you need to do.. just give the body the needs ..what it needs oil on the skin and internal um..connected into that... take more cognisance of um nutrition..you read that certain foods are much higher in vitamin contents..take cognisance of what you put into your stomach..occasionally if you want to splurge like on a Friday and school when they are selling vet-cook and mince .hh you have one..but it's not the norm, it's not your way of living ..Then take care of the mental side - you're a tripartite body.. um a physical one, a spiritual one, a mental one.. so take care of your mental needs.. um as the rest of society we do that too much of that we have these gigantic mental bodies and these very well built physical bodies but we neglect the other aspects.. so try bring a certain balance in there.
- I: When you say mental needs, could you specify?
- P: Ongoing study uh regular reading.. I don't go to sleep before reading minimum of half an hour.. I have about eight different books depending on my mood, it may be nutrition, it might be physical exercise it might be a body building mag, it might be something heavy like quantum physics ..depending but every night you don't go to sleep before you read.. That's-s the mental aspects. On on the spiritual aspect..um uh a minimum period per day of of meditation and uh reflective thinking which is my bath time, that's my.. that's my my sacred time of my day .hh and then early in the morning I set my alarm for for four o'clock, then I get up go to the loo..shave so I'm reasonably awake but not quite .hh put a piece of sacred music on ...I like uh Hilda xxx xxx or xxx xxxx.. .hh ..I've got wonderful hebrew chants at the moment Voda Voda and uh .. Gedoish Gedoish Gedoish, put anyone of those on that are spiritually uplifting or Indian work or.. I've got a tape of the um, the the Tibetan monks which is this actual

((makes growl sounds)) type of chanting..put that on go back into a semiconscious state and and lift out of that..pick up a thought before you you uh.. recede into that state and then get that going.. uh a thought like um.. anything.. at the moment I am working on my body uh.. sh..physical perfection as far as my body is concerned not what other people think.. I want um.. uh things to come to my life which challenge me.. I want um to be able to-o to grow spiritually myself as well as to attract people of like minded nature .hh such as the .. higher conscious group um and share and grow that way and giv-v..uh.. and that's what I would say is that if if those those three aspects of what makes you an entity . the physical mental spirit ALL need feeding and in the course of your day .hh you can find that time..I do it.. the spiritual side in the bath a half an hour in the morning eve morning..physical side I give myself an hour a day and.. the mental side I give myself minimum a half an hour in the evening and the rest of my day is taken up with living..with getting on with my life being as efficient as I can.. as best as I can in my profession and my private life.

I: Would that be the kind of element that prevents you from that narcissism,..um..being locked into those three modes..-

P: (Overlapping) Absolutely

I: the whole day?

P: Absolutely, absolutely..and constantly reminding yourself that you are only - here - because you choose to be here.. you chose this particular uh sphere of life and it's it's it is uh.. terminal..from the day y-y-you're born.. you're terminal..your eyes start dying from when you are twelve. so..-o you look at that aspect that you really are just a. just a phase..only a vehicle that you.. what's uh.. that expression that you use? um.. (pause) you only are ..what you are - because of of your mind..and that's that's-s-s it's a chapter .hh and if you accepted that this is not uh uh a beginning and end of a time period be it five years. ten years. ninety years. a hundred and thirty years it's just a chapter.

I: So so what you're saying-

P: (Overlapping)..that's empowering-ing

I: that bigger picture ?

P: Yes, much bigger picture

I: and this is just a part of -

P: (Overlapping) absolutely it's a microcosm

I: I-In this things don't become so overwhelming?.. or there's-s perhaps-

P: (Overlapping) Well... it it introduces a uh fatalistic point of view but not in a negative sense um.. as I said to you I fill my day, I start at four-r I finish at ten um... when things get to a point that I start getting physically exhausted I sleep for for a a whole Sunday morning.. sometimes.. I give myself that need cause I must sleep.. but um it's it's MORE pertinent to fill your day and and and read as much as you can and study as much as you can and get involved in whatever you can.. because .hhh um.. you've been given this opportunity.. you didn't realise until you had three near death experiences and you picked up this virus.. but really you know.. it's a short span of ti-i-i-me.. therefore none of it is to be wasted, even if you're sitting contemplating sunrise and sunset which I do.. that is - valuable time.. it's used consciously appreciating that sunset.

I: Even though this is relaxation?

P: It's relaxation..and it's spirtual and it's mental because .hh you look at the colour spectrum that you're watching, you you lift into the r-reality here.. there's the sun going down again.. another day - passed another - moment gone and what did I fill that up with.

I: Wh- What I'm hearing and.. what it seems is that. you live very consciously.

P: Very consciously and that's the whole point. Very consciously.. .hh and everything that comes your way you don't jump to conclusions about it, you say now.. um like um, poor little me..WHY am I stuck with .. WHY did they send this bloody framework that cost me four grand the wrong way round.. Okay it's the wrong way round.. now what do I do with it ?

I: So.. so there's a plan of action =

P: = Bring in the positives ..bring in the negatives and you are looking at the interest enveloped and and the solu-u-u-tions..be they short term. medium term. or long term but to make a solution.

I: So the problem with a solution?

P: Absolutely.. uh problems are very important..you must have them. they're challenging. they're stimulating. they're uh .. sent to tax your ..where you are psychologically. spiritually. physically at that point in time and without them life would be very very dull.. don't ever see things as pro- see the as



challenges. Challenges coming your way all the time and how will I.. sort this one out... very necessary - VITAL not only necessary vital.

I: That that kind of momentum-m producing-

P: (Overlapping) I love that I love that expression from Yentl.. is it Yenta?.. what is that famous film about the Russian Jews (pause) Fiddler on the Roof.. where he says (mimicking voice) "Lord (laughing) Lord um (pause) uh.. why why why when you chose us and all the rest of it um.. why us.. must we always be the one's who suffer so badly ((both respondent and interviewer laughing). can't you choose somebody else just for a year.. and then he sings that lovely song about if I were a rich man and that sort of uh uh ..e-e-encapsulates what I am saying.. you know... sometimes you fall into that trap.. why-why me this time.. like when I was hijacked or attempted hijack .. I raced them.. I fought them.. it was like a bloody.. Chicago 1920's movie and .hh afterwards walking just before I was to get home um.. it sort of happened late at night .. why me-why me and then as I was saying to the kids a little while ago.. look at where the spin-offs of that.. somebody has given me an old Merc.. nowa that gave him the opportunity to give.. I became a a c-c-catalyst for a whole s-s-str.. array of of goodness.. because I was the victim or.. the catalyst not the victim.. never the victim.. a-and so that gave that person an opportunity to do a good turn for a change.. which is normally I'm the one doing the good turn.. do goody.. so that that whole ripple effect happened their ... also.. it changed my my my my um-m reality as a as a human entity.. had I been killed there I would have lost my human experience.. so i-it made me focus again - are you drifting ? - which I was-s.. are you are you not focusing anymore on on-a y-your triad life on your triad existence..so that gave me that shock you know.. you're not doing enough that's when I launched into uh the the PNI more seriously and into the into the higher conscious group and this thing with Edward Bono and the .hh Hemisink.. you know that you you don't get off track don't forget your time is limited be it one year, two year, twenty years or a hundred years.. it's limited=

I: = It's about focus ?

P: Yes focus .. exactly right.

I: Okay umm.. if you feel you've answered these go ahead and say so.. um (pause) what do you understand by participating in your own healing ?

P: ... It's my responsibility I create my own reality and if I want to get well it's up to me. if I think it's curtains and I want to die.. I'll die. I am totally responsible.

I: Which is the step away from victim hood ?

P: Absolutely.. I'm not a victim. I I I've created my own situation whatever it is and I have to handle it and I will handle it

I: And you are..

P: (Laughing) and I are.

I: (Laughing) Okay..initially when you discovered you were HIV positive.. what did healing.. mean for you then as opposed to what it means for you today.. has it a different.. connotation or...

P: (Long pause).. Well-I I've always had a very healthy disgust of medical things.. because of there.. um.. purely black and white attitude t-to healing so-o I would say. from then.. since then I have grown in in in what I believe healing to be.. from a um purely cause effect type of reaction to to uh um.. like like - have a headache take an aspirin or whatever - to a different.. to a more holistic attitude to healing that it does involve the mind and it does involve the spirit and it does involve the body.. back to the balance of the triangle or the pyramid - I am getting into pyramidology as well.

I: Oh really?

P: (laughing) it's very interesting.. yes-s-s-s .. you know we think in triangles.. have you heard anything about that?

I: In terms of Ian Weinberg's triangular model..

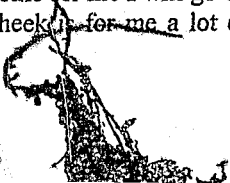
P: Yes-s-s-s.

I: Perhaps we could move to the next question.. which um.. you may feel you have answered..

P: Sure.

I: How are you experiencing and coping with the stress now ?

P: Well I experience stress very much on the the um.. crime side of life.. I carry a gun with me when I go out um and my recent experience with the the attempted hijacking um-m makes more.. but I don't - let - it get to me.. I'm prepared for it. I I don't believe I need to be a victim of that.. and if they're going to come for me I will go back go back at them.. I have a right to survive.. this Christianity - turn the other cheek.. for me a lot of crap.. I won't turn the other cheek.. you come for me I'm going to defend



myself.. I don't hate you. I don't despise you.. but I have a right to live as well. So-o that that that I know that that um. sits on my mind because I now carry a gun wherever I travel and whenever I go out of the school or go out of my household.. but it's it's a mechanism for um reacting to what might be a life-threatening situation to me. And that's how I cope with it.. I accept the fact that it could happen again it's happened twice.. .hh but umm and I could go out.. I didn't go out the last time I could go out.. but I'm not going to take it lying down.. I have the right to defend my life. Umm.. uh.. stress levels at school are all pertaining to to to um teacher problems. teacher pupil problems. pupil problems and I pick up a lot of that and I carry it with me .hh and uh but I handle I deal with it so the the the.. bottom line is .. whatever stress comes my way whether it be a worry.. whether it be a family situation or the school situation I DEAL with it and um I (pause) also.. the physical part of it I do a-a-a s-s-s light physical regime in the morning twenty minutes yoga .hh and after school I go to gym and actually work it out and.. by by increasing the endorphin levels in your body itself you you ditch all that crap.. and you get out of the shower I actually get out of the shower and say (mimicking voice) "Aaahh now that's the end of this is the cherry on top of my chocolate Sunday". And I wash all that crap off of my body out of my psyche out of my body.. down the drain and back into the earth where it can be neutralised .hh And that's how I deal with stress and I go home singing.

I: Everyday?

P: Everyday (laughing).. People say to me (mimicking voice) "What are you on Paul? tell us what you're on we want some of it." (laughing)

I: (Laughing with the respondent). Okay, I think.. what is your perception of your healing environment and your support systems.. uh your perception?

P: When you say healing environment.. what do you mean?

I: Umm.. Say on a formal level maybe looking at medical institutions, legislation, financial/legal aids and culture and then.. on an informal level issues like family friends other people with HIV. How do you find the supportive environment.. do you find yourself in a supportive environment?

P: Well-I from the point of view of legislation and groups and.. I think there is a lot going on out there and I think I might be able to contribute.. I've been asked by xxx to come and talk to them.. but um... I I don't need that I don't think I need that at the moment.. I think my own resources my my attitude um are my own support system.. and my books..ummm and my philosophy.. but uh I certainly think there's a lot of support out in the community I think .hh it's getting better uh.. we in our school support the group called the Soweto something organisation .hh which are training councillors on a very basic level in the townships to to do AIDS training AIDS awareness ummm

I: So you're saying it is out there, but for you .. you are more of your own supp. it?

P: Yes yes I am more my own support system.. As a matter of fact. by nature I wouldn't want to be dependent .. or (pause) reliant on an external factor such as an AIDS support group or um uh whatever. but if if ummm for instance I I was quite excited by when I went for my last set of tests and so on when the doctor said to me (mimicking voice) "Would you like to be part of the trial?" So I thought well WHY not if if the results of that can throw more light on.. um treating or controlling the the whole thing.. I'm quite happy to be a guinea pig.. cause I'm going to die anyway sooner or later either from natural causes or from uh gun shot blasts through my head.. so if you need.. if it's come my way.. perhaps that's for me to do and I'm not.. I don't believe it's going to be any better or any worse for me BUT.. on a medical level or a chemical level sure.. babe if you want to try this out on me I am happy.. jus-st you know.. point me in the right direction and I'm happy I'll do it.. for you and for the community not for me.. I'm happy with me.. I'm I'm quite quite happy with where I am and where I'm going and where I w-w-what I've achieved.. and b-but if this comes your way.. I believe in no co-incidences so maybe this is good for you to give it a try and.. use you as a guinea pig and perhaps that can save a lot of other people's lives.

I: What I'm.. What I'm understanding is that you see the support of the environment, it's almost as if you're giving more to that then you're possibly receiving?

P: .. But that's.. that's it doesn't work like that.. because as much as you give you get back with interest.. and I know that.. so the more I give the more I l.. you know I don't have to worry about that..I'm not losing by giving I'm gaining by giving... Just before we go on one .hh of the coping mechanisms which is MORE than vital, it's it's about, I'd say six-sixty percent of coping is learn to laugh.. I-I uh read quite a few, books and so on, on people who actually cured themselves by laughing and so on.. .hh and I am by nature, a very serious person and the last couple of years that has become a mor-r-e.. developed part of me.. a heightened sense of humour, having fun w-without worrying about the consequences just have go and have fun and enjoy yourselves, learning to laugh, enjoy yourself is very important... okay

- I: Okay so that whole.. element of humour..
- P: Yes-s-s-s.. ya enjoy, and you you're, the other thing to you you see it's with the giving and the taking sort of thing .hh you need to take as well as give-
- I: (Overlapping) yes ==
- P: = whatever comes your way and gra-a-ly .. and y you're actually a-a vehicle, you're a cup, emptying emptying and filling the cup all the time, y you're you're you're a a.. tool, really.. that's what I see.. okay
- I: umm.. okay ((long pause while checking through probing questions)).. I think you've answered a lot .. but but just to to you know, clarify.. =
- P: = (coughing)
- I: What factors do you perceive threat have threatened your-r healing process, or-r.. blocked you if any, either inside or outside =
- P: yes-s, their have been, they they've been um, emotional.. responses to-o to family or friends, where the the because of your-r, involvement on an emotional level with them, the impact of what they say and do and behave, hits you harder.. and one is inclined to, be knocked a little bit, arse over kettle, uh before one, retrieves one's uh o uh one's energy sources you know get your energy levels rising.. and and face that and go through it and h-a-a-rden to it.. and then once you've hardened and realise that's not the way.. get back to the forgiving letting go and so on, so yes.. that that sort of thing ummmm.. situations where you expect the, a type of behaviour or a, philosophy or a professionalism.. and you get clobbered, but having-ing, faced that now got over it.. expecting-ing, nothing, whatever does come your way.. it's a bonus.. and that's been ha-a-rd for me to do because I-I, I have high expectancies of other people and my dealings with them.. be they teachers be they pupils be they family, and umm.. what I've learnt now not to do is impose what, I believe they should be, or behave or so on and now now I I'm more accepting, and um if things don't go the way I think that's okay too, it's not not what I wanted but that's the way it is, so I've become mo-o-re.. understanding lenient.. of of my ow-w-n shortcomings and weaknesses and other peoples' .h and now to to the point where sometimes I get s-rattered on by my.. vice principle she says you know (mimicking voice) "shshsh such and such" and I say (mimicking voice) "yeah-h but it's that time of the year.. just realise it's it's mid June.. people are flue-e, their, patients are frayed they're worried about the June exams.. have some, understand a little bit .hh and umm.. that's-s, I've become war-ar-mer in my professional attitude also in my home life I don't I don't react as violently or as .hh angrily as I used to hhh
- I: You were angry befo-
- P: (Overlapping) Ya but it's LIFE it's life and you-ou just live with it.. and.. ya.. so I think that =
- I: = Umm.. so that's where the emotional-
- P: (Overlapping) Yep.. YES, the CHALLENGE to to do the has been sort of hampering one.. um demands made by-y c career and family, where as if you were a free agent as you which you choose to be if you want to.. despite of the pain that would be involved in breaking all those ties .hh umm y-I choose not to break those ties at the moment um ((smacking lips together)).. I might not ever break them but the idea of going to [Butang ?] in the Himalayas an-n-d star'ng there not coming back crosses one's mind..
- I: Umm
- P: but that would be escapist, I think it would be escapist, so ya, the the challenges to that, health and that, serenity that one tries to to.. bring into one's life are usually are emotionally based and ch, involving, close people or expectations looks like I'm getting a.. I'm le-a-arning to handle that
- I: That element of acceptance almost
- P: Ye-e-s ya, that's the way it's going to be, jus-s-t now now take next decision... (cough) the uh I teach the prayer as well well not not a prayer a saying umm.. to change it change it if you can't, arn to accept it
- I: Is that the-e beautiful-I uh-
- P: (Overlapping) Yes, Lord teach me to accept the things I ca, uh to change the things I can change accept the things I cannot change.. and the wisdom to know the difference it's in my classroom
- I: beautiful
- P: And I say it, whenever I go into my classroom I pick uh (laughing)
- I: ((laughing with respondent))
- P: conditioning myself to get to that mentality, I AM there almost but sometimes you slip, sometimes you slip.



- I: .. umm the factors that you feel hav-v-e and you've said a lot of them but if there is any-y-thing that comes to mind, um.. that has facilitated, for you has facilitated your healing ..
- P: ..Facilitated the healing ? hhhh ummm.. point of view personal point of view..
- I: Okay..
- P: Ummm... uhh.. personal attitude and taking responsibility... not looking to point not looking to blam-m-e not looking to go into a state of-f despair because it's now all over .h but taking, taking responsibility, this has happened to me because of me-e therefore, I can undo it, because of me I can undo it I have I have that power.. and that's-s for me the mos-s-t s-strongest facilitating factor, for my current state of good health and my continued and my ongoing that I I P'M IT and it's my choice..
- I: Would that mean you're in control ?
- F: Yes yes I'm in control and it's up to me.. um..
- I: Would that would that be the mind part you were talking of [earlier
- P: [totally
- I: Umm.. okay umm all right.. So you're taking back that control ?
- P: Yes, yes I'm in control and it's up to me.. um.
- I: Okay.. Umm.. all right.. who do you perceive are the experts in the process of healing and living with HIV ?
- P: (Long pause) hhhhh.. I don-n't know that any body's expert... but.. there again it's it's the the to use uh uh.. to go back to a religious framework.. there are many mansions.. there are many ways to to anything.. there are many ways of teaching a particular mathematics problem.. so I don't believe there are any expertise.. it is going to depend on the person's. where they coming from.. what they believe.. If you come from a medical family and you believe in that and you believe that taking cocktails is going to do the thing for you.. it's going to work for you 'cause it's your reality.. so that's your area of expertise. They might want to go to a naturapath and she or he will have his reality which if I'm a naturo naturopath type person - believe in natur-rathic medicines .hh that's going to work for me .. So I don't believe there is any expertise.. What we h-ve to do is pool all the different pers - points of view and the different tests and different approaches and say okay now what can work for me-e-e ?
- I: So what you're saying is quite individualised and holistic ?
- P: Yes yes a-and tailored to where the person's coming from themselves now wha - I mentioned that funeral to you that I went to.. .hh the chap that got up and spoke.. him and the deceased.. had been in exactly the same situation .hh um x amount of weeks before.. the one's death and the other one's recovery.. uh to health they had both been like. on their death beds and.. the one took one course of action which he believed in which was the cocktail thing .hh and the other one took another course of action which he believed in. Umm for the one it worked and he was there to give the the the a-abituary..for the other one - he was in the coffin.. So i-it's going t-to be determined by the individual again.. irrespective of.. expert-e-e-e-e-se..
- I: What's right f- that pers-
- P: (Overlapping) What's right for that person..and if they believe the expertise it's gonna work for them.. if they doubt it or they self doubt.. it's not going to work..
- I: And in terms of that that man who died ?.. Did he believe in-
- P: (Overlapping) N-no he believed that there was nothing he could do.
- I: Ohhh.. that's the road he took...
- P: Yes.. he believed there was nothing he could do - I've got it I'm breaking out in these rashes and things I'm going.. .hh the other said (mimicking voice) "get this" ((pulls an expressive sign)) .. in gentle terms (laughs) and went and did it and said (mimicking voice) "I know".. cause he's in the medical field . "This.. this makes sense to me.. this is what the results are on the test and this is gonna work for me". And there he stood.. and he said just as much.. he said (mimicking voice) "Had Peter.. .hhh followed my example and believed in what I uh.. I'm are he would be here today.. soo-o-o uh uh.. expertise is is.. p-pertinent to the recipient and their belief system.
- I: Paul..just to say you are such and inspiration.. thank you so-o much
- P: Is that it.. a-a-ah gee this was getting fun (laughs)..
- I: If it's okay.. um.. the next section looks more at your beliefs of spiritual emotional physical interactions in healing.. also looks at the impact you've had on others and how your interactions have changed. Ummm..so the next time we meet it may be for slightly shorter.. I'll go through this and if there are any questions..

I: You'll bring them into it... sure.

((Paul and I continued talking. I then switched the tape recorder back on to record)).

P: ((Talking on Christianity and confession)). Uh.. the fact that one can go in and talk to an anonymous uh uh recipient.. um.. not recipient.. uh uh listener and get it off - by doing the talking.. that's how psychologists function. I remember this friend of mine (), he was going for psychiatric treatment says (mimicking voice) "Paul, I'm going to stop going to this guy because .hh he doesn't help me he just sits there and I talk for the whole hour and I gotta pay two hundred bucks for this" b-but that's the whole point by you talking you concreti-i-ise the problems and once they become concrete you can solve them .hh and I learnt that through my hospice training - I trained as a dump hospice councillor .hh but when when y-you are working with people who are terminal let them blow let.. them and they actually finally come around to.. perceptions which you could never ever teach or impose or or or suggest they actually...get..-

I: (Overlapping) They come to that understanding

P: That's the right (), sometimes you don't win.. sometimes they die bitter and twisted.. but ve-e-ery very often they work through a lo-ot of crap and they die peaceful people.

I: Earlier you spoke about writing the letter and um.. you've had conversations..

P: Yes

I: Do you .. have you engaged yourself in a therapeutic environment where you can just.. talk freely ?

P: You mean in - in group session type of thing?

I: Group or one on one.

P: Ummm.. not not on the whole basis but my my my uh.. significant other and I sometimes ..just sit and do that.. we we we'll have uh.. a nice little .hh candle lit dinner and nice music.. we'll watch a uh.. film that's got a-a warmth about it you know.. like um.. Golden Pond.. something like that kind of.. something's warm .hh and we we actually off load and talk, talk cry umm.. specially over lost friends and people who could have been with us and are not because of of.. the the outlook and the attitude and um.. yes we we we do that within that group..but not on sort of a formal level.. although I have done that in a formal level.. ya in my my in my.. hospice training the first module was self cleansing and the same with the PNI course .. the first uh uh day or two was working through the self and where you're at and why you're at um... so ya.

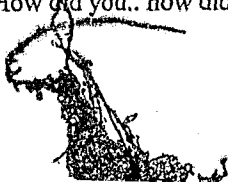
I: Umm.. the hospice training you did after you learnt you were HIV positive ? =

P: = Ah yes, as a as a uh uh uh um.. coming from the point of you where I'm .. you know.. I'm not... here for me alone.. I've got to put in to the community and put in the the the uh cup as well-I as drink from it.. and uh hence that and where I am now.. I I w-walked out of the school four years ago thought I've had it now I've done that bit.. I'm moving onto something else and then through a set of certain circumstances I was asked to come back ... and I thought now what are you going back for-r-r ? 'cause you've been there done that bought the T-shirt and umm.. the last two years of my teaching have been the richest and most rewarding of my entire life because.. I've become the guidance teacher and being that .hh I can bring all these aspects into.. into their teaching a-a-a-and situations that happen and um.. so it's actually a-a fulfilment and also a focusing for me-e because what I have to focus on do and teach I have to research.. so I come in there with and start discovering new things like that.. video.. which I picked up.. that again came my way co-incidentally (laughing)..

I: ((Laughing with respondent)).

P: .. which is you know it's it's marvellous.. it's unbelievable um sometimes it's a little..in in the beginning it's a little bit scary.. that you start thinking y- I better be careful what I think.. cause it's coming and it do-o-es.. um and that's very good and having reached that stage now Hayley where you know.. all your needs are satisfied before they've become needs and all your your wants not wants needs um.. and it's very powerful.. I I have no fear any more.. I have no fear of being killed on the road of dying uh.. I have no fear and that's extre-e-eme powerful.. um not to fear.. not to fear hunger not to fear lack of shelter not to fear lack of clothing not to fear.. that you're going to be handicapped in any way.. .hh and once you've transcended that fear.. you tap into this (pause) forc-c-c-c-e.. whatever you want to term it.. other people call it the collective unconsc.. other people call it g-d other people call it.. like. but you don't have to worry about a damn thing.

I: How did you.. how did you.. how did you.. let go of that fear ?



- P: Um... hhhh.. I think the the first near death experience I had was um.. ten eleven years ago and that was when I landed up on the supermarket floor thinking is this the way you're going to go ? and um.. that was uh some sort of a catalyst because once having gone through that and survived it.. and a lot of people didn't get through that.. umm.. then you realise okay.. life really is of.. no no real serious consequence um.. from the point of view of worrying about how long I'm going to live or if I'm going to cope or not. Something happened there - to me.. um um on that floor.. um.. and immediately after that incident I went and sorted out all sorts of crap in my life.. people I'd hurt, people I'd kicked out of my life. .hh I went and h-hunted them down and resolved things except for the one chap at at JCE. and um.. then resolved at that point to not to not to create any aggro or baggage as far as possible - that I know of (cough) and then ya.. I don't ever fear anything..um.. because uh..it'll come to you it won't come to you and accept that what - evers gonna come your way you divinely created to handle.hh and that's where I'm at.. I don't quite know the precise point but that was a major boost in that mentality of of not worrying.. Not worrying - People say (mimicking voice) "How can you not worry ?".. Do you know I just paid now, I had to pay thirty thousand rand on our electricity bill because they want to cut us off .h and we've got half the school we've leased to another school and they don't pay their bill so we're carrying them and we can't afford to carry them .hh and I to-o-ld my other half who is the financial controller I said (mimicking voice) "I I paid uh thirty five thousand off the electrici.." (mimicking voice)"We can't afford thirty five thousand" but gee we have to.. otherwise they'll cut us off and without lights you cannot.. he said (mimicking voice) "how we're going to pay" I said (mimicking voice) "don't worry about it.. it's going to resolve itself one way or another whether you jump up and down about it or you bury your head in the sand or you slap yourself with uh uh a whip, what's going to happen is going to happen just live with it".. he can't do that I can.. I have no fear.. if it doesn't pan out if there's a problem we'll handle it...
- I: Umm
- P: I think what's what's very very empowering to me is being a uh.. part of my my training as a his-history teacher and you read history and you watch films like Fiddler and um.. you see the titanic and so on and you realise you're very lucky to be this old (laughing).. there's so much mitigating against it um.. and that that empowers you.. people say (mimicking voice) " Uh-h you know uh.. poor previously disadvantaged" and I said you don't know what disadvantaged is.. I've just been to China last year and people sell you this.. magnificent which I bought um uh.. hand embroidered with gold thread uh uh table cloth um.. ((smacks lips together)) for five American dollars which works out to twenty thousand rand and it's taken them.. their kids and themselves four or five months t-to embroider this thing and that's how.. for five US dollars.. .hh I said now that's just the pinnacle.. go along to Bombay where families are born live and die in the gutter.. you don't know what suffering is.. I tell these kids you don't know what suffering is.. you're you're not disadvantaged.. you're very fortunate.. I said our squatter camps here are five star compared to the outskirts of of Rio and Brazil and the streets of Calcutta.. I said you don't know you don't know what poverty is and and suffering.
- I: That knowledge of comparison.. seems very important
- P: Yes.. ya like x and I say very often.. just over dinner.. we open a good bottle of wine or something and say you know we are so lucky.. look what's on this plate.. look what's in our hands.. we are exceptionally fortunate and yet .hh should that be wiped away overnight in an earthquake I would not be the slightest bit remorseful.. it wouldn't effect me one bit that that was all gone because I think I've I've managed.. I I have meant to say it where.. I've transcended three dimensional needs or wants or concerns.. I had a couple of uh relation's.. very very wealthy.. um.. and when they turned sixty.. they sold everything they owned and wen to live in what we would today call a squatter camp situation and.. drank out of.. um jam tins and dressed in basic clothing .hh and their philosophy was you had the the uh the h tide.. the ebb of life and now we have to experience the flow
- I: To fully appreciate..-
- P (Overlapping) before we can grow.. they gave everything up and everything away.. whole family thought they were stark rake-raving mad and they did it and um.. ya.. but then that side of the family have always been a little off beat (laughing)
- I: (Laughing) Paul again I want to thank you so much, you have been so inspiring.. Umm a time for our next meeting um..
- P: how about next week same time.. Wednesday's I I'm usually available but.. no Friday will be best.



APPENDIX C

Part 1

Lucky - Narrative Interview - 1 of 2

- I: Lucky.. um to start off.. I'm just going to start asking some basic identifying information about you .hh a-and.. well you've decided you will be called Lucky [in the study..
- L: [Yes that's right,
- I: Okay..Lucky your present age?
- L: It's thirty
- I: Thirty okay.. umm, what kind of work do you do.. at the moment?
- L: ..Well uh.. I'm uh, a columnist uh for the Sowetan, I write a column for them every week.. U-um I-I receive letters from people uh.. phone calls and emails.. so-o I: don't know how you would describe.. sometimes I'm asked to to cover stories.. you know as a journalist so.. it's some kind of an all round,
- I: Do you work on any particular theme, or story line?
- L: Well obviously my speciality is HIV and AIDS,
- I: Oh I wasn't aware of that..
- L: Okay..
- I: How long have you been involved.. in this type of work?
- L: Well uh.. it's about three months now, I've been.. you mean, I've been employed [by the Sowetan for three months,
- I: [Yes,
- I: Were you working in paper .. journalism prior to this?
- L: Uh no.. but uh.. I had uh uh some journalism experience from school and uh because I was one of the founders of the school publications... and uh I was one of the editors there.. but obviously it's not the same as journalism,
- I: But it's given you-u a type of ladder ?
- L: Ya.. - ya,
- I: Okay.. Lucky your home language ?
- L: Uh-h.. Well my home language is uh, Zulu
- I: Zulu?
- L: Ya, I encourage my kids to speak as much Zulu as possible.. uh... I don't believe in this uh.. I mean it's not like I'm undermining other languages but I think my children shou - should be able to speak uh..our own language
- I: And you - you're writing in English ?
- L: I'm writing in English.. which obviously.. I wish I could.. have been able to write also in Zulu,
- I: Umm.. How would you describe your family - your family structure?
- L: Uhh... Well my family's a very close nit one.. Uh-h-h... although I was, I spent most of my time with my step father.. you know.. because my-y.. my mother never got married to my biological father.. u-u-uh so-o we were a very close nit family and uh.. unfortunately my stepfather passed away s - uh six years ago.. and uh so I'm only left with my mother, and my two children,
- I: Are you living together?
- L: .. uh ya we're living together...
- I: (pause) Ummm.. Lucky want I want to say before .. remember it's your choice to answer whatever..
- L: Okay
- I: Okay sq.. Are you presently involved in any intimate relationship with anybody ?
- L: Yes I am..
- I: Okay.. .hh How long have you been involved with that person?
- L: Uhh.. Well i-it's it's the mother of my first child.. uh.. but there was a separation in-between, and then.. uh .. but we've been staying together now I think for six months, so we've we've like uh.. reunited and we're staying together,
- I: .hh well As I said last time when we met we clarified certain things so we may rehash some of it... How long have you known that you've been HIV positive ?

- L: Uh, it's been.. four years.. that I've known.. uh it's been four years.. but uh.. .hh you know I was able to trace it back to seven years ago,
- I: S-so you've know for four.. and you've been carrying the virus for seven?
- L: Yes
- I: Umm.. W-what stage.. would you say in HIV that you.. are.. How would you locate yourself ? Symptomatic - Asymptomatic
- L: (Pause) (Sigh) Uh, I don't know but uh.. I'm asymp - uh the former,
- I: Asymptomatic ?
- L: Ya
- I: Umm would you know your current.. T-cell count or viral load ?
- L: Uh, well at the tim-me.. uhh you know when I was diagnosed it was.. uh-h.. seven something - seven hundred and something
- I: Four years ago ?
- I: Uh-h.. No-o I - I subsequently went for a second test.. which was about, two or three months back.. it was about uh... seven hundred and something,
- I: Has there been any change... in this period ?
- L: I don't know.. I've not gone back and I don't think I will - go back again..
- I: Okay.. Umm.. Are you on any anti-retroviral medication ?
- L: None whatsoever,
- I: Have you ever been ?
- L: No.. .hh Well I was once at one stage.. but, I don't know if you can-n call it.. I-like I've been, cause I only used .. maybe for a week, you know uh.. it had some side-effects.. so I decided not to use anything from then on.. so-o I don't think you can say-y I've been on anything..
- I: And and so.. because of the side effects you decided to ..
- L: Leave it.. yeah,
- I: Thank you - thank you Lucky.. Um all right.. Now we've got the basic information we're going to shift towards you - your story and your life.. The question asked is - It's my understanding that a number of changes - different changes um.. are experienced after learning you are carrying the HIV virus .. .hh Perhaps you could share with me.. your experience of living with HIV.. and the changes.. and the impact that it's had for yourself and for other people,
- L: Well uh.. first of all it has uh.. enhanced my love for life..
- I: Your love for life ?
- L: Ya.. it has I- I love life more.. and uh, it has also made me more aware of my body.. uh-h and how it functions.. uh it has made me-e-e more aware of who I am.. it has made me more assertive.. uh because I realise that I cannot depend on another person.. other than myself.. So I kind of like.. you know.. realised and and sort of appreciated myself more.. because of HIV and AIDS.. Uh which I think maybe.. in a very funny way.. uh HIV w-was a blessing you know, in disguise.. because than you realise that all along you you really did not know who you were..and uh.. you know you kind of like liv-ve uh and you take uh life for granted you know.. Uh, but I've.. as I've said I've learnt to-o.. to appreciate life more and to to use myself more effectively.. .hh for the betterment of my people and my country.. Umm (pause) hhh.. and also it has made mee-e.. I don't know whether it's protective or what uh.. for my children.. you know, uhh because uhh I I see them as the as the... as the saviours of the world because I have uh I have a boy and a girl and so I would really like for them to take.. you know a positive stance in society.. and uh, everywhere I go whenever I get the chance to speak you know I go with them..um.. although the uh I think they are still young to understand.. but often we, we underestimate children's uh intelligence.. but I think they're getting there.. they're they're beginning to see-e and understand what it is that I'm doing.. and um obviously it would be.. it would prepare them better if they.. began to understand now then uh.. later,
- I: Okay
- L: So.. in a nutshell you know, my life has has changed very much obviously.. uh I mean HIV has.. uh.. the potential to destroy one's life.. so I'm also thankful to G-d that he has.. uh given me the strength you know.. to continue and the wisdom to inspire other people and.. .hh I only wish I could be appreciated more and paid more obviously (laughter),
- I: And rewarded a little bit better [(Laughter),
- L: Ya-a-a (laughter),

- I: Y-you say that um.. on the - for the most part.. it sounds as if it has really made positive.. changes almost like you've learnt to understand who you are
- L: Of Course.. and it has also opened you know other.. channels-
- I: (Overlapping) Like what Lucky
- L: Uh.. which is uh.. very funny it's it's like you had to be HIV positive to meet uh.. the the deputy president (laughter) or to-o.. or to speak you know in higher places, uh but it has also opened uh.. other doors for me in terms of the influence that I have .. (swallowing).. firstly through the the column I write you know I -I could not have reached uh one point five million people every week uh.. uh so-o I think it has also broadened my scope, it has made me wiser, it has put me into a leadership position.. so there are some positive things that HIV has.. [has presented for me..
- I: [Absolutely
- L: Except of course the money side.. I am still as poor as a church mouse ((Loud laughter)).. yeah-h,
- I: ((Laughing with respondent)).. Um, something I want to touch on.. when you said um, you've become more protective of your children ..hh um.. and you want to prepare them for the future, could you just.. explain that a bit ?
- L: .hh Uh-h.. Well you know there's uh I think that you know - about the alarming numbers of child abuse.. you know uh- uh- uh recently there were roomers that if you-ou-ou sleep with a -a uh young child.. you know uh uh HIV and AIDS will be cured you know, uh.. so I have a baby daughter, my second child is daughter you know and uh.. .hh I worry you know about where she is-s.. sometimes maybe I'm overprotective which is not good.. but then.. .hh but I always make sure that there's someone to to keep an eye on them.. you know.. where they go, what they do and things like that.. not in a uh.. kind of royal family setting.. but.. just to make sure they are safe and and things like that.. umm (pause) .hh but uh.. I also want to-o-o.. when I say protective, I also mean that you know that I have to-o present to them all the opportunities they can get, of going to school and getting an education, you know.. of being broad minded.. so that they can move away from sex.. you know.. because sex is not the.. only thing in life.. .hh but unfortunately i-in in the the black communities - particularly from the people in my age group.. uh-h for us sex was like a recreational facility, you know.. there were no recreational facilities you couldn't go the-e-e-r-re you couldn't go whe-e-r-re.. you know you just had to.. it's either soccer or sex [((loud laughter)),
- I: [Okay.. ((laughing with the respondent))
- L: Yeah.. so - so i-it was just that so um.. unfortunately and also the cultural part.. you know comes in also.. where you... .hh you find that you know if you have uh-h-h three or four girlfriends you know you think you're () uhh .. you know.. because culturally men are supposed to .hh have more than one wife or-r whatever.. so as a young man growing up when when if if women love you and if you have plenty of them.. it's like..it it boosts your ego.. So I think those are the thing I want to protect them from, you know
- I: Okay .. okay ((whisper)).. Lucky in that way how has HIV changed.. because that's a whole cultural.. dimension.. the way you're brought up and and a particular value.. so how has that changed in relation to your, to your children?
- L: .hh Well it has changed you know.. because as I say.. they-y obviously won't grow with that understanding.. Uh-h I will make sure of that you know.. whether they do it or not well it's entirely up to them.. but I will try to set up a mechanism where .h they understand.. uh the dangers of HIV and the dangers of being promiscuous and and a-and to to nail in the reality that it's not really an ego thing.. it's not a nice thing.. because along the line you have to pull.. you waste money because you have to please this one that one and the other uh.. and you deprive yourself uh.. the pleasure of loving a single person uh.. uh um unconditionally.. because you have to be here five minutes then you receive a call you've got to go somewhere, there's a problem and so I mean you end up having done nothing for the whole day.. so I would like t- uh for them to move away from that.. and uh.. hopefully. you know culture is something that changes =
- I: = absolutely
- L: = but uh.. unfortunately in in my culture people tend to hold on.. to ensure things so I think.. .hh we need to-o even if we don't change it altogether because there are good um.. aspects of our culture, but this particular one... and and particularly in relation to HIV and AIDS, .hh we definitely need to to change that.
- I: Okay: .hh thank you, Umm.. Lucky .hh your immediate impressions umm, of HIV when you were diagnosed.. and has that perception or impression changed.. subsequently ?

- L: Uh.. Well it has changed tremendously because uhm.. (long pause).. you know all along the impression that was created about.. uh AIDS was that it was this monstrous disease you know.. uhm.. so it kind of instilled fear in people uh.. which ultimately uhh.. showed itself, in the form of discrimination and the stigma.. hh So it has changed you know tremendously because as I say as I say even in my columns is that um.. hh the more information and the more knowledge I get around HIV and AIDS.. the the party ended for the virus, you know.. because then I was empowered and I knew how my body functioned.. uhh.. I knew-w for instance if I had flu what I need to do.. so I became in control.. of the situation.. so um... uh, it has changed tremendously and obviously now as I said I can-n.. I influence a lot of.. how other people think and feel.. I get a lot of questions.. they, around specifically that issue.. that.. (mimicking voice) "now I'm HIV positive.. WHAT do I do ?" .. That is what kills people.. because.. uh people are encouraged to go for tests for instance.. but once they are HIV positive then, what .. so that is where I come in.. where I tell them you know.. what HIV is what it means.. uh.. what you need to do if you have it.. so obviously that.. that helps, the person.. to.. to be elevated you know, to be empowered and to feel like they're in- in control.. So that is what happened also with me..
- I: So it it's y-you've taken.. your growth and you're now imparting it onto others..
- L: Yes..
- I: Okay... umm... was your when.. just - just to clarify quickly.. your initial uh perception was it that it was a monstrous disease.. [with the whole..
- L: Of course
- I: and the and so it grew when you started understanding and.. gaining knowledge and then and then the party ended..
- L: For the virus, yes,
- I: Lucky (coughing).. excuse me.. do you feel as if you are in a type of relationship with the virus ?
- L: Uh.. of course there is uh.. but the virus is not me you know.. I am, me..and it's only a small part of me.. Uhm.. hh there is a relationship when I was uh.. speaking at Gallagher estate on World Aids Day you know uh.. where the Deputy president was also speaking and where I met him.. um.. I spoke about how I-I had two meetings.. you know.. um.. two-o-o private and very confidential meetings.. one was with the virus itself hh where I wanted to.. to, find out from it, you know how determined it was to to destroy my life and uh.. how it planned to to achieve that.. uh.. and the other one was with death.. you know because I realised and grudgingly accepted that.. in order for me to live long and productively I had to befriend uh, this unavoidable occurrence .. so there is some form of a of a-relationship.. you know um.. i-if I'm down you know uh... I talk to it sometimes I think I'm crazy you know and uh.. you know I ask what is wrong.. what I've done wrong, what it needs and things like that.. and when I'm excited.. you know.. I'm.. I make sure you know that I get fully excited um.. so there is that type of a - a relationship.. althou-ough obviously you sort of imagine what the response is from it.. but uh.. one can only be as strong as as his mental capacity so I would like to think that hh it does respond.. and ya-a
- I: It sounds as o- as if you're almost in-n constant conversation.. is it almost as if you're asking what the virus needs.. at that particular time ?
- L: Yes.. yes
- I: Okay.. do you have an understanding of what the virus looks like ?
- L: Uh.. you mean scientifically.. [no I don't,
- I: [For you..
- L: Uh.. I don't.. it looks like uh.. I think like something - it's a parasite.. it depends on me.. so i-i it is parasitical and it is uh.. thankless because, it doesn't appreciate.. the fact that I'm hosting it, uh and it is in my body and it is also stupid.. umm in the sense that if it kills me then it also dies.. so umm.. that is how you can.. I can describe it.. but also it can.. as I said it it has opened opportunities for me.. it also has the power depending on how you - you respond... to elevate you to something else.. you know particularly at this stage when there's no one.. um..there's no people.. people are scared to come out.. so it can give you-u that strength you know.. almost like a healing strength - a healing power, where you can talk to people and say (mimicking voice) "this is who I am.. I am living with this thing.. but I am uh um.. uh comfortable with it you know, it doesn't effect my life, I'm not beaten whatsoever.." h and other people can be inspired.. So it's it's.. I don't know, sometimes it's good sometimes it's bad.. but obviously the ultimate.. it's ultimate stupidity is that it will kill you.. and then it also dies (Laughs),
- I: And so something very interesting you said is that it depends on you..
- L: Of course



- I: So it doesn't have that control if it's depending on you?
- L: Ya-a
- I: Umm.. how does your sense of who you are.. also just briefly 'cause you've mentioned quite a bit of it.. shifted in relation.. how you've got the virus it's not, it's a part of you but it's not all you.. so how has your sense of identity.. h changed?
- L: .hh hh.. well I don't know I've always been an outgoing person you know.. going out to parties and whatever.. I still do whenever I get the chance.. but NOW I think that I have.. uh.. changed in the sense that I would like to spend more time.. with myself.. to rest whenever I get the chance, uh.. to be with my kids.. which I didn't mind before.. uh-h -h to-o-q umm.. spend quality time.. I would say.. ya.. so sometimes you know you are living and then you're just doing all sorts of things without any direction.. but now my life is like.. structured you know to say.. tow the line (laughing),
- I: Like you.. you've become that much more focused [with a sense of direction towards your family?
- L: [Ya.. I think so
- I: Thank you.. ummm.. .hh your philos.. your life philosophy.. or your past lif-fe experiences as a.. as a young boy or man growing up.. has that.. umm impacted on the way you are coping with your HIV or living with your HIV?
- L: Of course, uh.. no doubt about that um.. as I said you know.. uh, I grew up with my stepfather..
- I: yes,
- L: And umm.. uh uh large portion of this this inner strength that I-I display uh.. can be tra-aced back to him, you know.. because I can still remember the first time when I, when I met him.. uh.. he said to me (mimicking voice) "I am not your father.. and um..you're going to live with us, if you don't want to live with us you can go - wherever you like.. ((short laugh)).. so uh-h I mean, it was shocking - I mean, meeting this stranger for the first time and it's.. it sounded almost like a cruel you know.. but he was that type of person.. he wanted to make sure that I -I understand who he was.. .hh so I uh don't call him dad or anything like that because.. he also respected my own father.. so he did not want to assume his role.. you know.. uh, he was a powerful man.. he was a strong man, you know he.. and um.. .hh he was not that educationally uh, powerful, you know but he was - he was powerful and generous.. you know he didn't tolerate nonsense and um.. I remember one time he found me crying in the car, I don't know I.. had problems-s of my own uh, and then he looked at me.. peeped through the window and then he opened the door and then he said (mimicking voice) "I see you've been crying what's the problem?" .hh.. and before I could say anything, he said to me (mimicking voice) "the time that you've wasted crying.. you know you could hav-ve.. been thinking about a solution.. to your problem.. now you're going to end up with a headache from crying and still have this - the problem.. so just.. you know that kind of a person.. who would say.. (mimicking voice) "This is the uh - uh.. challenge, how do I g-get through it?", you know.. So so and also we experienced a lot of problems including his death because he was killed by the police.. umm.. so umm.. you know he-e-e.. .hh sort of encouraged me and he instilled this discipline and this.. this.. this sense of saying you are the man (pause) you know.. if you don't want to do something say so.. if you want to do it, just do it, irrespective of who says what or who thinks what.. so long as you are.. umm.. satisfying yourself.. so I've - I've been able then to - to.. to get that in with this spirit of ubuntu.. you know as I as I grow up.. .hh so that whatever I have or whatever strength I have I need to share it..uh with the other person,
- I: .. I just want to clarify something.. tha- you said that discipline.. would that discipline be-e-e.. umm, there's a problem let's find a solution?
- L: Yes
- I: So you're quite solution oriented?
- L: Ya.. I mean if I were to criticise you.. I-I would also give you a solution.. what I think could be a solution.. so I would not say.. you know (mimicking voice) "you are useless and whatsoever".. so I would say "you are useless and uh.. this is the reason why I say so and maybe if you try to do this then you can.. so I would never criticise and not offer a solution..
- I: And also is it what you saying.. could it be um.. I have to ..uh be who I am, true to myself - I am the man, I am the power.. but at the same time I can't just focus on me.. I have to..
- L: Yes.. Yes.. so you can imagine if we had a nation of such individuals, you know.. the whole country would be a much better place [..
- I: [Oh yes..
- L: unfortunately it's not..[

- I: and also, you're then also suggesting that you've had a.. had a life experience in your past which was difficult with your stepfather.. but that turned into something positive...[
- L: [Yes..yes..
- I: similar to what has happened now,
- L: ya,
- I: Umm, .hh Any areas.. we've spoken about largely the areas of growth and the positive areas.. has there been any negative.. or any losses you feel that, that HIV has created for you ?
- L: (long pause) (sigh).. (laughs).. Well the independence obviously of doing.. uh.. whatever I wanted to do whenever you know.. but it's not a great loss.. I mean, as compared to the gains.. uh and also umm.. (pause).. I don't know whether it's also a loss.. but you know I uh.. I naturally I love women.. you know and I appreciate beauty.. umm.. so I had to kind of (laughing).. cut down on that eye for beauty you know and uh.. I had to restrict myself,
- I: Is that.. would that be part of the focusing and direction for you as well.. because you are in a committed relationship today ?
- L: Ya..ya.. but uh.. in terms of negativity from people uh.. no.. I would be-e lying.. I mean uh.. but also it's largely because of my outlook on life.. I don't give.. even if you were to tell me.. you know.. it wouldn't effect me.. because your opinion is-s is not entirely.. w-what or who I am.. you are merely expressing uh-h ..your opinion.. for instance if I - you were to say that (mimicking voice) "you are a bitch".. you know.. Umm, I'm merely expressing my opinion.. I don't know who you are.. I don't know where you come from you know.. so it shouldn't uhh.. effect you.. you know.. so that is the kind of mental attitude I have.. So.. there may maybe have been uh some discrimination or things like that.. but I probably just ignore it.. it's not important..
- I: Lucky would you connect that largely to what you said earlier in terms of, I am the man..[
- L: Of course..
- I: yes.. on how you want to handle things [..
- L: yes .hh
- I: that predominates-
- L: (Overlapping) I mean if you were to call me something and I decided to slap you.. then I would.. you know, if if that would make me feel good,
- I: So it's what makes - you feel good and what gives you that sense of it's okay - would that be linked to your feeling in control ?
- L: Yes, yes... no doubt about that,
- I: Okay.. umm we've answered this.. but I just want to go back and see if you want to add.. umm.. how has becoming HIV positive.. impacted on your quality of life ? Is there anything you would like to add ?
- L: No, I don't think so - it's predominantly positive,
- I: Positive.. Okay
- L: Ya
- I: Lucky.. we're going onto the second question.. Since you discovered you were HIV positive.. it's my understanding.. th-that you have your own forms of coping.. and in a sense participating-ing in your own healing.. If you were to share your story with others..which you seem to do.. who are struggling with their HIV status.. what key factors.. would you say helped you to cope.. in your situation.. maintain your level of health.. and prevent HIV from progressing further ?
- L: ... Well I think uh.. the first thing was uh (pause) obviously getting to grips with death... which is not an easy thing to do.. you know because people mostly fear death.. and uh.. unfortunately even whether you fear it or you don't you're ultimately.. you're ultimately going to die.. umm.. so I think that you need to-o.. people need to-o befriend - death you know and umm.. and uh you know just have a-a positive outlook in terms of-f.. loving yourself.. you know.. caring for yourself-f, being proud of who you are.. it's not about medication or drugs or anything to prevent .. .h you know and uh, it's very funny how uh.. that that love is the most overused word in the world.. but there is none.. you know.. it's primarily because people.. don't love themselves... so, I think if you - if people can master that.. you know, to love for themselves to care for yourself to be proud of who you are despite of the setbacks-s.. and the problems and uh the embarrassing situations that you've been through.. .h to still emerge as proudly.. as one can be.. THEN.. OTHER PEOPLE can love you.. you see.. other people can care for you and other people can appreciate you.. um.. so I think basically that has.. that has been my way of life.. you know, to say (mimicking voice) "that okay I made a mistake, fine.. uh.. where's the mistake how can I fix it"..

then I do it, you know.. But uh.. if you have self doubt obviously-y and uhh.. you feel asha-a-amed of yourself.. people see through you.. and they take advantage.. you know.. it's the same thing as as as uh PWA's being encouraged to.. to disclose their status .hh and you find that a person is not ready.. and then once they've they've disclosed them, they they go back to their shell.. you know.. then people begin taking advantage and I it's exactly what happened with [Guguglameni ?] in Natal.. then people doubt you, your sincerity.. your your whether you're taking chances or not.. you know, why.. why did she.. for instance they would come and ask you questions.. (mimicking voice) "why did you.. choose to disclose when other people are not ?" you know "who do you think you are ?".. Then you must be assertive and you must be in a a uhh.. elevated position and a-a powerful position to.. explain.. UNEQUIVOCALLY.. why you did that.. and convincingly.. then people will make sense.. of what you did.. but if you doubt yourself.. then obviously..

I: Lucky.. when you said umm.. come to terms with death.. how does.. how did you do that ?

L: Well uh, hhh I did that uh.. you know as I said earlier that having a meeting.. you know w-w-with death itself.. trying to-o-o visualise what it is.. what the force of - of death is.. um and and e-eventually coming to grips with the reality that - we're ALL going to die - one - day.. whether it's by car accident.. whether by plane crash whether-r-r uhh a fly hits you on the forehead.. you know.. (Laughter)

I: ((Laughs with respondent))

L: But we all have to die.. you know umm so that is how I did it.. just accepting... the reality.. not trying to-o dispute it or-r hope you are some blessed one or so.. you know.. you won't die,

I: So it's largely acceptance on that level

L: Yes

I: And then also.. am I correct in understanding what you're saying is.. .hh that.. you have to love yourself in order to heal [..

L: Yes..

I: and at.. within that we need other people to love us, and only then.. can other people love us ?

L: yes..

I: So in your healing process.. are you saying that, there is you-ou and there's others, and h-

L: (Overlapping) of course

I: And how would that.. how do the others work in that ?

L: Well others work in the sense that uh.. myself being strong, and being powerful, empowers the next person.. you know.. because the next person will will respect me, you know.. have you noticed when you need advice you don't go to a person you like [.. you go to the person you respect, you see.. so people will respect you and that is why they're phoning, that is why they are writing letters, you know.. and then I empower them.. I share my experi-i-ence, to make them strong, to make them feel, and be like myself..you know.. although I don't have that control over them.. they decide.. but I hope, you know, I can transform, uh the feelings I have.. uh, the positive outlook I have, onto them.. so that they can al-lso share it with their own families, and their own friends, you know.. um I mean when I first disclosed my friends were.. w-were coming to me-e-e.. and wanting to know.. why I had done tha-at you know uhm.. but the critical question from them was... h-ho-ow do I want.. them to respond.. and I told them you know I don't have the right to tell you how.. it's entirely up to you.. .hh so I am empowering them also by giving them the option.. to do whatever they like.. so they have a choice to - to go away or stay.. and obviously by staying they'll also benefit by my experience (how will you benefit from them)

I: [Okay.. and have they stayed ?

L: They have... the you know uh.. obviously I had to-o-o... uh bribe them in a way 'cause I was in the newspapers.. they thought that maybe if they went away, I would write about them (laughing).. I was saying.. so you know from a.. with a-a tongue forked.. with a fork forked tongue.. ya ya so.. uh.. they stayed on.. you know, they're wonderful people.. uh we go to-o soccer games together-r.. uh, we go to stokvels, you know parties and so t-together.. I am also a member of a society in Soweto where all these uh, so called criminals come to-o and uh.. you know it's uh.. uh.. I have a strong influence over people and um some of them come to me-e, you know they ask me (mimicking voice) "whether there is a cure.. is it true about uhhh.. this this thing that if you sleep with babies, you know so-o-o I don't know.. but I-I accept people for who they are you know I don't judge them... so they have stayed on,

I: Lucky it sounds as if ..you have quite a lot of in.. social interaction [around you.. has that -

L: (Overlapping) Of course.. I mean even before.. even before I was in the newspapers I've always.. when my father had taxis and uh.. and he was a business man.. and so uh sometimes I used to drive taxis..

maybe I've I've uh have obstructed you [(laughing).. so uh.. so I've I've always been a people's person.. you know I've always been around people and that is where I met most of the beautiful girls... ya..

I: [(laughing).. And Lucky um.. within that um.. whole social interaction.. h-how has that been involved in your healing ?.. you say you're influencing them.. how has that..?

L: That itself is the () because.. uh.. you go out, you speak to people, you know they ask you question-n-s and later people come and hug you-ou .hh you know they say thank you.. they tell you how brave you are as if you don't know (laughing).. but uh.. all of those things, you know put together.. they inspire you.. you know, uh.. I mean sometimes when I feel down I feel like I can just go to a group of young people and talk to them, you know.. I have young friends as-as old as my my son, you know.. uh, when I come back from work they w-wait for me you know at the bus stop and they carry my bag.. and you know umm.. I have chocolate.. and obviously that makes my own children envious.. because they want uh, that attention... but those are the things.. small things you know that make a big difference in my life and um.. so that is how I feel..

I: Um.. how do you understand.. participating in your own healing ?

L: ... I mean it's it's exactly what we're talking about.. it's that.. taking charge... you know, is participating in your own healing.. because often uh uh you know.. a person goes to a doctor with a headache.. and when they come out they haven't even used their pills or anything.. but they say they feel better.. you know, because they put all their confidence-ce uh..in the doctor [but if you TAKE that confidence and you put it in yourself.. then the same results.. you will get the same results.. you know and uh..

I: [Yes.. and this is something that you have used ? uh.. that notion ?

L: yes,

I: all right.. what did healing.. mean for you initially on the discovery of HIV.. and what does healing mean for you today ?

L: ... hhhh.. well..I mean initially I uh-h-h I did not think about healing.. I did not know what it was.. uh-hit was not even a consideration.. uh... but obviously as time went on as I said, the more information I get and the more manag.. uh-h confident I became and uh- the process of healing started then.. because umm.. there's a lot of guilt uh.. that goes with HIV uh.. a lot of depression.. blaming.. you know you want to blame other people for your o-o-own uh.. mistakes, you know.. so umm.. that's when I-I-I.. I gathered that information and it was easier for me to accept and to forgive and to.. do all sorts of things,

I: Okay so.. what you.. is it what you're saying is it that.. you kind of .. when you say gather information.. you kind of went on like a.. a information hunt [.. to to.. would that be

L: [ya, ya.. because you see I make it almost sound s-so easy.. because I want to - to concentrate on on the brighter side.. it took me three years.. you know to to really really come to grips.. uh with that.. it was during that three years.. If I saw something on TV about AIDS .hh I would watch.. uh.. if I saw something in the newspapers.. if I saw a magazine.. you know umm, I used to visit uh-h people in hospital you know.. uh if I heard a rumour that maybe ward twenty was for HIV positive persons.. I would go there .hh you know umm, j-just to sit there and see you know a sick person h-how they look you know.. whether there's pain in their body, whether... your head becomes big you know, and you can't walk out of the door.. (laughing).. So I did it to to find out all those things.. umm, so as I said the more I found out uh.. the more uh uh coping and also there was a a friend of mine, uh he was very special to me and he passed away.. and uh.. that was some kind of a challenge you know.. to say, uh live for the friend as well.. you know because although he was unable to live longer.. but he had the will, he wanted to live, he didn't want to die, so-o.. I sort of represent him..

I: Would that be a sense of your purpose - you kind of living for two of you now ?

L: Yes, ya,

I: Ummm, Lucky how do you generally-y perceive change when it happens in your life.. and then deal with the change?

L: (Sigh).. Change in what sense ?

I: Which ever sense you understand it to be?

L: I-I don't know.. but I mean change in itself is.. is unsettling.. I mean people fear change.. it's the same as change.. as in this country when there was change.. you know, other people were flying all over the place you know and uh you know.. so change in that fearing the unknown you know.. but for me - I changed that you see.. I make that unknown the excitement.. the adventure.. the journey from not knowing where you are going and when you arrive, and then you say this is what it looks like.. you see, so for me that is the excitement.. that is the the adventure, you know to say that you know.. uh.. in order

for me to arrive at such a destination that is what I need to do.. and I am committed to that.. that is.. that is what change is,

- I: And this is something you have done [- like in your information collecting,
- L: [Of course.. Yes,
- I: Okay.. all right.. um.. your experience of stress after-r HI.. after finding out you were HIV positive.. how has that bee-e-en and.. how have you coped with the stress that's changed ?
- L: Well I was uh.. hh initially you know stress played a a detrimental road you know.. in my life.. because uh.. as I said I'm an outgoing person.. so during those three years I lived a reserved kind of life.. not exclusively reserved, but I spent most of the time alone.. you know, which was unusual and uhh I spent most of the time sleeping you know.. uhh.. because I couldn't sleep at night you know.. there were all these conflicting thoughts on my mind.. umm .. whether to-o-o to-o uh.. rob the fidelity guards single handedly you know, so they can shoot you um.. just so you don't die of AIDS.. and uh how you will do that.. do you go and get a gun, where.. umm but suicide was obviously not one of them from like killing myself uh.. so I did go throu-ough a lot stressful situations.. worried about my children who's going to look after them you know umm.. then as time went on.. I got knowledge.. I got more training.. I attended more training sessions uh.. eventually I joined the United Nations .hh and that is where I got the professional uh.. uh opinion you know.. and that that has helped me a lot..-
- I: (Overlapping) In what way Lucky?
- L: .. Well in the way of um.. sharing factual information.. cause not everything that is in the newspaper is factual.. so umm.. getting expertise information from experts.. uh-h going to workshops.. uh uh talking to people who are HIV positive uh.. to get how they're feeling.. so all of those things have combined, to-o to bring out who I am.. ya.. a-and to be able to control the stress..
- I: Thank you.. okay.. your.. perception of the type of support given.. to you.. your perception of the support.. formal or informal support.. and how have they played a role ?
- L: Well.. formal support wo- .. what type of support are you talking.. inform.. when you're saying informal are you talking about the support from the people ?
- I: Yes, [as we discussed earlier..
- L: [Oh okay.. well the support.. the informal type of support uh.. it's a very interesting word.. uhh.. has been tremendous as I said.. but uh.. the formal one.. is lacking.. you know, greatly.. uhh.. for instance I'm not on-n medical aid 'cause obviously nev.. never mind how strong I am, there will come a time when I need uh, medication and things like that.. .hh I'm not on any medical aid umm.. a lot of the pharmaceutical companies uh uh are expensive.. the medication is expensive umm.. a-a lot of the insurance uh houses don't want to.. to give access to-o policies and things like that.. so the for - the formal type of support is really not there..
- I: Lucky would you say that that's been one of the reasons that you've chosen this avenue.. of-f com.. moving away from the medical.. or is it just..
- L: Well partly.. because I mean logically there is no cure.. so-o what use.. what's the use of of () yourself with all these drugs you know uhh.. which in time will be resistan-n-nt anyway.. .. but discovering yourself is more powerful than the drugs.. you see uhhhhm.. so.. I hope that you know in time.. they will find uh uh cure..uh which I doubt.. but uh.. the.. to answer your question the formal support is really not there.. but.. it's not entirely.. uh.. those people are not also entirely to blame.. I mean they're.. HIV is in this country-y.. relatively new, you know.. because the previous government.. uh.. didn't do anything.. WHATSOEVER.. and so I think the less said about them the better.. but I think it's criminal that, in this day and age we are still struggling about issues relating to-o uh, disclosure. the stigma.. we have gone a long way say from from.. say 1946 up to now.. had we started then.. but that's like uh.. spilt milk.. so what I'm saying is that.. um it is also difficult for these people so we should not also as HIV positive persons be selfish in that regard.. we have to consider.. .hhh that they're.. also uh.. still learning about what - what it is.. and already there two companies that have.. insurance companies that have.. that are allow allowing you know.. although it's limited.. [So everyone as much as I-I am is trying to get to grips with the thing.. only I wish-sh it was faster [you know.. so we also learn to be aware of such like.. you know.
- I: [yes [yes thank you.. umm.. (pause).. Lucky.. just before we finish.. the factors that you perceive threaten your coping strategy... or-r block your he-e-ealing process.. also in-inside of yourself or externally .. outside of yourself..?
- L: Well externally uh I-I mean besides finance and things like those.. yeah maybe it would be-e financial considerations.. outside.. external..uh and then internally I think.. uh.. you know uh uh.. eventually the virus will take.. uh control of me.. and uh - so that is the only.. I think that will be the only..

- I: So are you.. are you then say.. when you talk about finances are you talking finances in relation to.. umm.. the medical ? or are you..-
- L: (Overlapping).. No no just having money.. you know.. knowing that uh if there's any emergency you can afford to do whatever.. it ha.. it uh.. gives you peace of mind you know.. like if you didn't have money you would be worr-ried - what if my child gets sick now ?.. where would I get transpo-ort ? you know things like those.. THAT is why it effects the poo-oor.. gr-r-reatly.. then people who can afford to-
- I: (Overlapping) you you talking HIV - effects?
- L: Yes.. ya
- I: Because they've got those constant worries ?
- L: Yes.. because their their stress levels are high..you know [because then they worry about what is AIDS.. you know.. I don't even have a house, what's going to happen to me my children, you know the whole thing..
- I: [Oh.. I understand.. Yes
- L: But if you have some.. you know than at le-e-ast.. uh... not worry that much..
- I: Then your focus changes ? [Not so much about the food.. but about..
- L: [Ya.. about other things.. ya
- I: And then.. you're also saying that eventually your perception is that the HIV virus is going to take control,
- L: Of course.. I mean that's the.. that's the reality.. umm.. but um.. I remain con-confident it's not that.. it's accepting.. and living with that acceptance.. you see.. now whether it will be thirty years on.. or twenty or whatsoever.. or maybe I'll be knocked down by a car.. (smiling) you know uh.. so so HIV in itself is not about death.. you know.. it's about the quality of life whether you can uh.. live your life productively and meaningfully,
- I: Umm.. thank you..umm again.. you have answered this.. but perhaps there is something you can add.. the other factors maybe internally and externally.. that have facilitated.. this whole process... anything else that you think you would like to add.. to this..
- L: Ya well obviously I mean getting a job.. you know uhh.. had made..has made me more sure of myself.. you know.. uh... I know that I'm not.. for instance if I were to die tomorrow a lot of people will cry.. you know uh..so.. there would be some kind of a tribute.. um.. to say what happened and this and that.. so so you - you- you're you're assured in a way.. that even though you will be gone.. but at least your name - remains.. you know and uh.. and you've opened another chapter in history.. you know.. uh.. so that sort of-f-f-f uh uh alleviates.. the situation.
- I: When you say job would I be right in saying that.. on one hand because you've got this support system that you're making a mark.. sense of purpose and on the other financial,
- L: Ya.. ya.. ya of course.. ya... there's something you look forward to.. everyday.. [
- I: [A goal ?
- L: Ya ya.. that is why I posed the question, earlier.. that if z.. that when a person has disclosed.. then what now.. you see.. that is what kills them..
- I: That there's nothing aiter. ?
- L: That there's nothing.. after
- I: And what are you telling people when they say 'what now' ?
- L: Well uhh.. you know umm.. (smacks lips).. I tell people to be.. I don't tell them what to do.. I give them alternatives.. you know.. and I tell them that it is okay.. if they feel they want to die.. you know.. and I urge them to try to be like myself.. which is not easy.. umm.. hhh I encourage them to to learn.. you know.. cause I have found.. that that was the critical um um.. component of who I am you know.. I encourage them to learn.. I encourage them to be patient, with themselves.. you know not to rush things.. uh.. to create room for mistakes.. you know if you do something wrong than you can forgive yourself.. the best you can do is to learn from that mistake, and go forward.. you know.. then um.. I ask them not to waste time... you know just to to to.. I tell them if if uh the sun sets and I've done nothing then I get worried.. you see, so I-I take off this mentality of entitlement you know.. of saying.. what can the government do for me [..
- I: [O-okay..
- L: you see.. cause I am HIV positive.. I make them feel embarrassed uh.. for doing that.. I want them to - to go out there and say (mimicking voice) "this is what I can do.. give me a job" you know, umm to

volunteer their services.. you know.. it's not a waste cause you are learning as well along the way.. uh..uh.. to take .. to to take an active role in discussions around uh.. HIV and AIDS uh.. to influence decisions that government make.. you know.. to write letters to government to newspapers in terms of.. how and what they feel.. .hh and how they think things shou should be done.. because in reality HIV is not the only.. uh uh.. terminal illness.. there are other illnesses.. so-o if I were to ask you why so much attention on HIV then you would have to give me an answer, So-o I-I stimulate their minds.. I empower them.. because mostly they expect you to say (mimicking voice) " Oh shame.. I'll bring five loaves of bread tomorrow (laughing)..poor me [

I: [((laughing with respondent))...

L: and I don't do that a-and I-I'm honest..you know even when I [lambaste?] them on their laziness, you know.. I'm honest.. uh uh so so that is how I instil pride.. is that I-I wake up the lion in them.. you know.. because if you go on feeling pity for people than they f-feel pity themselves..but if you can say this you can do, it's up to you, you know, then they want to prove it to you that they can do it and then eventually they stand up and they can do it,

I: So you're almost becoming uh uh... what's the word.. people are are.. working with what you're saying-

L: (Overlapping) yes..

I: ..and proving to you which becomes self fulfilling for them

L: Yes.. yes,

I: Okay and.. so also you're showing people they have a sense of choice

L: Ya

I: And uh, something else you said..-

L: (Overlapping) Ya.. that they can choose to die..it's okay, it's fine..[

I: [There choice.. which is their responsibility

L: yes, it's got nothing to do with me.. ya,

I: And.. you're almost moving people out of victim hood.. out of the sense of poor me [

L: [yes.. and that is why actually I-I I said to people that they should be patient, that they should not rush to be like myself.. because people are not the same.. you know, and they should rush into disclosure.. you know.. uh. uh.. because then once they've disclosed, what then.. you see, but but if they take their time and do things correctly at their own pace .hh then the what then ? will be answered,

I: Cause it's first finding out about you ?

L: Yes.. it's finding out about yourself.. cause most of the time we.. I mean we don't look at who we are..

I: .hh Lucky something else you said.. you don't like to go to sun.. you don't like sunset to come without having, done something .. are you saying that you try live to the full one each day ?

L: Ya.. uh uh you know de.. my my-y slogan you know of AIDS is that ..it's another interesting day still,

I: another interesting ?

L: ..day still.. that is AIDS

I: day still.. Ohh-h-h, my.. that's is wonderful

L: So uh.. so uh so the only time you know that you've been sleeping is when you wake up.. so it becomes.. another interesting day still.. (laughing).. and then people will come then in terms of AIDS and what's...but it's another day.. ya..

I: SHoo.. okay.. just before we go.. umm Lucky who do you perceive are the experts, in the process of-f healing.. and living with HIV ?

L: uh..it's the carriers.. uh uh I mean.. a-a person who is not HIV positive cannot tell me how I feel.. umm that is why actually in my next column I am talking about uh.. Thabo Mbeki.. well I'm congratulating him firstly.. and uh.. I'm talking about the initiative.. the initiatives that they have been () including the partnership of () AIDS that was just launched on the ninth of October.. last year.. in all those things there's no active participation of PWA's..

I: Okay... so they're removing the people ?

L: So they're doing things for the people and we need to move away from that.. that is what we have been fighting for okay.. in the inter - in the inter ministerial uh committee of which he is chairperson .hh there is no uh no one HIV positive person taking part in that committee.. maybe there are of course HIV positive persons uh, among the ministers but we don't know them.. wh-what I'm saying is that there is no one that we know.. who is serving there.. so it's like they're making policies and taking positions on behalf of people.. you know uh.. in that speech, you know, that he made on the ninth.. there

is no where that he mentions.. uh.. HIV.. the active par - role of of uh.. uh HIV positive persons.. in the document from government that uh.. that's says what the role of individuals and government and whatsoever.. in the role of government there is no-o where that they talk about.. in the the active participation of uh uh persons living with HIV.. so that I have a problem.. we need to move away from it.. so that is what I'm talking about..

I: So it's almost like you're saying people.. w-what you said get involved in your life and get- also getting involved in decision making process [

L: [yes..

I: and in both people are removing themselves in their own life and on a political level..

L: Ya ya.. which is maybe why.. why of the reasons why the.. the infection rate is still escalating, you know.. because people don't understand what and what are going to give me an answer, you know.. it's not enough to just consult them.. uh.. you're HIV positive how would you feel about this, you know.. No you have to be there actively.. to say this we can't and this we can, you know to say this is what the people want.. so-o-o I think this is one part that we.. that we would want.. but obviously.. having said that.. the the persons themselves who live with this virus would have to-o equip themselves, to take up those positions.. you know.. I mean it would be foolish for me to expect uh.. the president to come to me and say (mimicking voice) "we are drafting a policy come and uh.. take part.. if if I'm not uh uh educated.. if I don't know, anything about policy and if I didn't have anything constructive to contribute.. that is why it's it's critical th - that people should empower themselves with knowledge with education.. so that they can be able to take an active role um.. in those uh top positions.

I: Lucky I just want to thank you for your really.. really valuable input.. umm.. and how have you found it so far...

L: No-o-o it's okay,

APPENDIX C

Part 2

David - Narrative Interview - 2 of 2

- I: This-s.. the, what I'm really, the whole study's really looking at-t.. min-n-d.. body-y, environment body =
- D: = umm =
- I: = connections,
- D: all right,
- I: so, the question goes.. .h according to the readings I've done,
- I: uh huh,
- I: .h there seems to be a shift where people look beyond drug therapy,
- D: uh huh,
- I: and biological factors in shaping their health outcome .hh, in your own experience.. how have you found.. that your thoughts.. feelings... spirituality..
- D: uh huh,
- I: social interactions.. have impacted on your immune system functioning,
- D: broad question (laughing).. very broad .hh I think.. I belie-e-ve.. an' once again it's my small truth.. that my thoughts directly impact the quality of my experience, if I'm going to think bad thoughts or negative thoughts, then all I'm going to experience is the negative.. once again the lemons and lemonade principle, .hh.. I belie-e-ve.. that, what.. medici,' western medicine tells me, is-s a possibility... it is not in my-y estimation a probability, and I, I always differentiate between those two things,
- I: uh huh,
- D: there is a.. probability that I will die.. their is a possibility that I will die from HIV infection... I'm also a firm believer in neuropeptides, the biochemicals of emotions, so-o.. I am the one who determines the quality-y and the landscape of my own experience.. .hh, if-f, I-I look at a situation and I say (mimicking voice) "this is a shit experience".. I'm-m obviously going to be putting shit things through my body, I'm going to feel shit as a result of it, and I'm going to act in a shitty manner...h if I look at a situation and I say (mimicking voice) "okay this sucks, how can I get Be-yond this, and move beyond this experience ?".. and I know that it has to be a change in my perception of it, because this whole.. or my my entire reality as is yours is based on my perception.. my coping sty-y-les and and where I'm coming from... .hh so-o, I, am very guarded what I say to myself in the privacy of my own mind.. my self talk is probably one of the, one of the, one thing-ing that I REALLY monitor constantly, I'm listen-n-ing to the voices in my head.. what I call the committee .hh mom da-a-d, cultur-r-e, schooling etcetera etcetera... an-n-d, I hear what they have to say, .h and then then I make up my own mind.. I don't buy-y. into.. other people's fears I'm very clear on the fact people love to give you their fears, they'll give it a... willy nilly and not even think about it, .hh I choose to own certain things, .h I choose not to own other...s, so-o, it's once again a differentiation of self.. from non-self,
- I: um, um.. it seems to be a big part of the whole process ?
- D: yea.. the whole.. it's been the whole process for me, I am not you you are not me, .hh doesn't mean to say we are not equal, just means to say we're different... does that answer the question ?
- I: uh huh,
- D: Okay, cool,
- I: umm... one, re spirituality you're discussing yesterday =
- D: = umm =
- I: = .. it seemed to me as if-f, this whole process has taken although spirituality is so relative for all of us =
- D: = umm =
- I: = what does spirituality mean for you ?
- D: .. spirituality for me is my connectedness that I'm not alone in this experience, and it's spirituality is wh' at a physical level, you and I-I are connected.. .h me and the squirrels in the roof are connected, ummm.. it's



the who-o-le butterfly flapping it's wings here, causes a hurricane somewhere else, but.. it doesn't matter..
 .h what I do-o, it is going to impact at some level somewhere.. I may never know the outcome of it, six
 degrees of separation..hh umm... so I believe from a spiritual perspective, that it's given me a clearer
 understanding of g-d, I don't believe for one moment that g-d put, HIV into my life for me to have some
 major learning curve.. .h that is what I choose to extract from the experience, .hh um... I don't, also believe
 that it's g-d's vengeance against people who are supposedly living debauched life styles and for our
 supposed badness in the in the, wha' what we choose to do and interact with each other.. .hhh spiritually-y..
 I hav-v-e, no-o doubt that there is something, I don't know what that is.. but I also know that it's not the
 christian-n.. values that I, w' was imposed upon me, nor the Judaic.. system of-f.. retribution-n and
 punishment an', .h I don't.. for me I can't see g-d.. as being this egotistical maniac who had to put a whole
 bunch of little people running around the earth to go (mimicking voice) "ooh walla walla ding ding, we're
 so impressed with you".. .hh I don't think that was the wha's about.. it was the principles of conversations
 with g-d.. .hh when I read that book, I finally feel like I'd come home, even thou-ou-gh.. the idea and the
 notion of Hitler going to.. heaven.. was like a real - mind - fuck for me.. .h once I got off my position about
 it.. what.. the book said, made a lot of sense to me.. .h and it made me feel very comfortable with my belief
 system.. that g-d is my frie-e-nd, my partner-r, I, I am g-d, g-d is me-e-e, I am just basically g-d in a
 physical form =

I: = umm, okay =

D: = acting-ing.. and doing g-d things in a physical form.. and I-I, always have choice.. and there's no-o.. you
 were a bad boy and, repentance.. .hh if-f.. I, I often use in my trainings, I say to people, (mimicking voice)
 "what is the one question g-d will ask you when you die ?".. and they always come up with, you know,
 (mimicking voice) "w' what sins did you commit ?" and they come up with this whole Christian dogma
 cuck .hh I believe the only question g-d will ever ask me, is (mimicking voice) " why did you not become
 the person I intended you to be ?" ... and that's the.. that's it.. that, that would be the cri-i-me.. if I was to
 commit a sin.. it's not to be-e, who g-d intended me to be..

I: umm,

D: does that answer your question,

I: ya-a.. and it very much relates to what you were saying yesterday -

D: (Overlapping) Oh very much so.. very much so,

I: the whole process see-ee-ms to be, a becoming of you,

D: YES.. I'm dis', life is NOT.. this big.. discovery that everybody thinks it is.. it's about simply remembering..
 I don't belie-e-ve that there's anything I don't know, I've simply forgotten it and I need to re-remember it..
 and that includes the experiences, and I also believe that we creA-te patterns in our lives to learn the lesson..
 .hh if I'm not going to learn the lesson doing X Y Z, then I'm going to do A B C.. but one way or another I
 need to learn the lesson so I can move along..

I: David umm.. in relation to that sense of connectedness =

D: = umm,

I: does that relate, to other people as well ?

D: Very much so, oh very much so, because I, there's g-d in me there's g-d in you, so-o.. if I acknowledge the
 g-d in myself I don't have a choice but to acknowledge the g-d in you.. which removes judgements.. which
 is kind of cool..

I: removes judgements,

D: yeah, which is kind of cool,

I: y' yesterday.. you said.. you find it very difficult to-o reach out for help,

D: umm,

I: .h how has this -

D: (Overlapping) not help, support,

I: support,

D: uh huh, I don't want to confu-u-se the two.

I: oh okay,

D: if I've fallen over and I can't get up, I'm gonna ask someone for help..



- I: Ho-
- D: (Overlapping) but if I can slide on my arse to my bedroom and get my slippers, then I'll do it (laughing) =
- I: = you'll do it.. how has that sense of connectedness.. now I'm going to ask you about your immune system,
- D: umm,
- I: ((clearing throat)) just in terms of health out (cough) health outcome, excuse me..hh how has that sense of connectedness, then.. had an impact on your health.. outcome ?
- D: twofold.. umm.. inhale exhale.. principle.. once again.. I cannot inhale, if I have not exhaled, in other words if I don't take care of myself first, I can't possibly take - care of you
- I: okay,
- D: (pause) .hh in-n, the spiritual act of taking care of me and my needs and my desires and my wants and goals, and all that kind of stuff.. because I acknowledge that in me-e.. I fee-eel.. that I have a choice, and I choose not to judge where you're coming from, because you too.. .h have that whole process.. if we can support one another in the process, and, and I'm very clear on support in as much as.. I don't believe in sympathy, because sympathy in essence says that I've got something you don't have =
- I: = umm =
- D: = all right, I've got resources you don't have.. .h empathy, I don't believe a person can empathise with another human being unless you've walked in their shoes.. all right, so-o.. I'm very big on the whole support thing, I don't know what it's like to be a women and menstruate, I don't know what that looks like.. .h however I can fee-eel.. what.. my understanding of your menstrual cycle is about and the cramps and all that kind of stuff, or the, or childbirth.. I will never know what it's like to be a women, because I'm not a women, and I'm not going to sit here and say (mimicking voice) "oh I understand..", 'cause I don't, w' what do I have to base that on, there's no reality to base that on.. .hh so.. I try and meet the other person in their model of the world and, you are an abu-u-sed women.. I've never been abused, I don't know what that looks like..h what I can do though, is, be there and simply support you.. it may be holding of the han-n-d, it may be passing you a tissue, .h it may be slapping you around.. you know, one way or another it's a form - of - support.. .h tell me what it is you need, and I'll do what I can to support you in the process, as long as we're both clear on what our boundaries are..
- I: have you had that in your experience.. RecEi-ei-ved that.. as opposed to -
- D: (Overlapping) YEs.. no-o-o I-I-I-I'd be lying if I said no, I mean there have been, there are people I allow to support me.. there are very very few people I allow to support me, .h um.. I think largely because I'm so independent..and, and it's not a matter of, I don't nee-ee-d support.. .h I believe that I can find my answers myself, I can find the solutions myself.. if I need to enrol-l you in supporting me through a process, I'm going to enrol you.. .h I, I don't believe in this whole victim-m.. consciousness of you know (mimicking voice) "oh watch me suffer visibly" .hh that doesn't work for me at all, I, I.. I suffer fools.. very very.. poorly.. okay,
- I: umm, (clearing throat).. I think you've definitely answered that.. um... your present coping style.. today.. your thoughts, your feelings, um.. may be impacting.. on your interactions with others.. has-s, your -
- D: (Overlapping) Yes very much so,
- I: in what way ?
- D: people see me as very aggressive.. um.. they see me as very in your face, and I would like to believe that I'm actually neither of those thing-ng-s.. I just have, a clarity in my own experience an-n-d, I don't belie-e-ve in.. backing down because of, worried about what other people think.. now.. .hh.. I' what I'm qualified at, because I'm-m, in tune with a lot of people's feelings, I never intentionally want to hurt anybody.. but if I've got to slap you, .hh to get you to see-ee, where you're fucking up your experience, and take full responsibility for it, then I'll do that.. at the same ti-i-me I will also be there to hold you, and to nurture you and do whatever needs to be don-n-e.. if you get to a point where you're so vulnerable, that you need that kind of support.. .hh you know I t', and and I once again, I'll refer to our trainings, in our trainings we have a s' a, a philosophy, in fact it's an agreement, .h under no circumstances do you touch another human being in this training.. without their expressed permission.. this is not a rescue ranger thing, I don't believe in rescue rangering.. I believe that every person has an answer, they may be a bit clouded and not be able to see it, because they're focusing down tunnel number one.. .h mea-ea-nwhile.. the caese has



mo-o-ved.. .h and it's in tunnel number three, .h what I can do is gently turn their head.. or alternatively, yank their head so they look down the other tunnel..

I: Okay,

D: so I think from a, perspective of me interacting with other people, .hh.. there's a lot of people that use me as a touchsto-o-nes, like (mimicking voices) "unhhhh" .. where they fuck up.. is they have a tendency to put me on a pedestal.. =

I: = uh huh,

D: and I don't belong-ng there, all right.. I-I have not done anything that they're not capable of doing as far as my illness is concerned as far as my life is concerned.. .hhh (mimicking voice) "if I can do it why can't you ? , so don't go..uh uh uh guru, Dave.. get to a point of saying.. what did guru Dave do-o.. and how can I apply that in my lif-fe.. how can I make it work for me.. .h in our trainings, I never - foster - dependency.. I cannot stand dependency on me.. at all... .hh you come into my training room.. I give you what I've got, at that moment in time to give you.. what you choose to do with it is entirely up to you.. but one thing I will not allow you to do, is hang around my neck.. .h I don't have ti-i-me for excess baggage... a-and, people who think that I-I have the answer for them-m, are in for a very rude wake up, because I DON't... I'm B..early finding the answers for myself.. what I don't need is somebody else.. giving me all of their power.. .h (mimicking voice) "take your power back" .. lead a horse to water, can't make them fuck the fish...

I: kay, umm.. .h it's almo's, well, from from what I'm understanding is.. from your experience just, quite simplistically then... y' you almo', there's almost trying to be-e, a ripple effect,

D: Yes.. umm,

I: for others,

D: Yeah.. to pass it along.. as I said to you yesterday, and I think you got in on tape too, there's no point in having knowledge if it's not put into action, .hh if I have all this knowledge, if I don't shar-r-e it with people, what's the point of having it.. wh' y'know.. so I've got something I can hold onto, the Ian Weinberg mentality, (mimicking voice) "I'm y'kno, I've got something you don't have" =

I: = yes, yes =

D: = no-o, I've got something that I want to share with you, .hh, because what I don't want is you in my face for the next six years (laughing).. =

I: = ((laughing with respondent))

D: GO out there and try it, an' and in in that process you will find your own answers.. but for g-d sake do something, don't just sit around bitching..

I: ... okay (pause) .hh.. all right, similar question-n but.. s-slightly different focus.. your .. itudinal, emotional, spiritual-l.. Changes hh

D: umm

I: or.. processes that have occurred.. .hh and coping behaviour.. H-how has that.. or what has been the, the attitudinal, emotional, behaviourai or spiritual changes.. that your coping has.. um.. triggered, in other people.. that you're interacting [with

D: [taking responsibility.. take responsibility for your own life.. stop looking for bla-a-me, stop giving away your power to people, stop beating yourself up.. you know, I always believe a' a' this whole thing about guilt ? .. shame to me is a complete waste of time,

I: umm,

D: .hh I, if I look at my own experience, I mean there is a lot of things that I go (mimicking voice) "Oh my g-d I don't believe I actually did that".. at that moment in ti-i-me, with the resources that I had.. I did what I thought was the right thing to do.. ten seconds later I may have regretted doing it (mimicking voice) "Oh g-d I should never have done that", .hh but I don't believe in the shoud'ves..., could'ves and would'ves.. I did what I thought was the right thing in that moment in time.. uh I, I'll use an example... my mother.. hh (cough) being the quintessential martyr loves to look for blame.. I was a.. problem child, let's-s, lets not mince words.. .hh and I did some really cruel and horrible things to my parents including-ing, holding a gun to my mother's head, threatening to blow up the house with TNT and all sorts of shit, so w' not a pleasant.. little person, .hh however, I also realise the resources had at that moment I was doing what I should do.. mom still to this day thirty years later (mimicking voice) "oh weren't you a terrible child, don't you feel terrible for what you did to your father and I", you know, and she.. climbs back up on her crucifix.. .hh



umm, and I basically turn around and say (mimicking voice) "no, I actually don't regret and o" (mimicking voice) "H-How could you not regret it, all the pain you caused us", I said .h (mimicking voice) "hang on a second.. .h I was a nine year old child, you were a thirty-y, fo' forty two year old adult.. who had the resources here.. who was the one who fucked up.. was it me-e, or was I simply in effect.. of what was going on-n ?" .. .hh so-b I've got a point where my parents, Now-w own.. their role.. in my childhood,

I: ummm,

D: I own my-y role in the childhood, and it's not like (mimicking voice) "I was the poor little innocent child", I was a conniving, manipulating, self centred, arrogant little shit .hhh all right.. that's reality.. however I was in effect of-f the circumstances that I was in.. .hh bringing that forward into present time.. I don't have regrets.. there's nothing that I can look back in my life with the exception of one thing and the regret I have is that I never had children.. that is a regret.. .h and it's not one that if I was to die tomorrow it's like (mimicking voice) "oh my g-d my life was a complete waste of time, I know I could adopt there's a number of different options open to me and at one point I will explore that. .hhh apart from that I don't regret any of that, I don't regret the drug addiction, I don't regret the male prostitution, I don't regret being promiscuous, I don't regret.. any of it (excuse me) WHY.. because I like who I am (pause) and if I hadn't, gone through that process to get where I am today, if one piece of that was missing, I might have spun gone off on a completely different path, and be a totally different person today..

I: um,

D: so I'm really comfortable with who I am warts and all.. .h all right.. and I know I've got the warts, I know they're there and I'm clear on what they are, .hh and I embrace all of that... you know, it's, it's th' the the notion of-f.. if I want to have a dog and I want to have that ninety eight percent of the time where that dog licks me and lo-o-ves me and lies by my side and curls up on the bed next to me.. I've got to be willing to pick up the dog shit=

I: = okay =

D: = .. you know, if you're NOT willing to pick up the dog shit, don't get the dog.. got to do the side work,

I: David has it always been like that for you, or has it been -

D: (Overlapping) pretty much so, and it's just become stronger and more developed, it's become more refined and more mature in it's approach.. .h as a child.. it was hectic and all over the show and I was hyperactive an-n-d dyslexic and had to lose other.. labels that they through at me.. .hh and I worked those.. I actually u-u-sed those to my advantage.. I didn't know it at the time.. all I was was in, in complete effect of the circumstances.. .hh looking back retrospectively it was the foundation for who I am today.. it's BECAUSE - of - all those experiences that I'm able to sit here and have a discussion with you like I am having today.. .hh and influence a lot of people lives through the media work that I do through my writing, all that kind of stuff.. .hh making people realise (mimicking voice) "Hey, stop being a victim.. you know, if your reality's fucked you've allowed it to happen.. what're you gonna do to fix it ?... stop, doing this.. it's so easy to blame.. don't take responsibility, aah I'm a poor little sufferer I'm, .h victim of circumstances hunner hunner.. no you're not... you're a spineless heap of parrot shit.. do something about it" (laughing),

I: ((Laughing with respondent)).. just to link up to something.. when I was speaking to one of the other participants he spoke about.. clearing the baggage,

D: Ya.. important,

I: would, is what you're saying now completely related to that.. in-n.. the guilt -

D: (Overlapping) I don't think it's about clearing baggage I think it's about integrating it,

I: integrating ,

D: yeah.. bringing it in.. not rejecting it.. why .h I need to reject an experience because it was pain-ful, or-it hurt or whatever those experiences were.. .hh if I reject it, I'm rejecting a part of myself-f,

I: aaah okay,

D: I don't want to reject a part of myself.. I want to embrace all-ll of it.. and when I embrace all of it, I can actually EMbra-a-ce it and say (mimicking voice) "Hey.. look at.. where I am today, as a direct result of that experience".. had I not had that experience I wouldn't be where I am today, .hh would I be as comfortable as I am, well the truth is I'll never know, it's always s' easy to go back in hi-ndsight and say I could've should've and would've..

I: yes,



- D: .hh bottom line is I didn't, I did what I thought was the right thing at that moment in time, and I've lived with the consequences.. it's about taking full responsibility..
- I: powerful,
- D: it's good stuff huh ? it works.. that's the interesting part.. it really really works.. because if-f.. hh I ca-a-n't bla-a-me.. you know.. if I look at my scripting.. alcoholic parents.. adopted child.. rejected at birth.. abandonment issues, dyslexic, hyperactive, hyper kinetic.. .hh uhm.. dysfunctional family... hhh gay-y-y.. the, and the list, I mean if I wanted to attach labels, it would be like an alphabet soup behind my name... and I could be in effect of that, and I could get a hell of a lot of attention doing that, OH-h man oh man, and I did.. I worked it for a long long time.. but I.. realised the kind of attention I was getting was this (mimicking voice) "agg shame, you know the poor little sufferer.. poor little, a' he's had such a shit lot, you know, blah blah blah".. .h 'nd one day I just turned around and said (mimicking voice) "I'm TI-i-RED of being this victim.. it's not working for me.. I'm not a victim.. I CREATED THIS SHIT, I BECAME A DRUG ADDICT, IT'S MY FUCKING RESPONSIBILITY, .hh what am I gonna do to fix it ?.." instead of saying (mimicking voice) "well y'kno' my parents were alcoholics and my birth mother was an alcoholic and .hh it's in my ge-e-nes.. and you know, it's genetic and hunner hunner hunner.. finding excuses for my fuck ups.. instead of saying (mimicking voice) "actually no, I own all of it.. it's, it - is - who - I am"..
- I: Is that the change that took place.. when did that change take place ?
- D: It's been gradual.. it wasn't a , once again it wasn't like a [sitohle ?] a moment of enlightenment or anything =
- I: = oh.. ummm,
- D: it was about... really working on myself.. I mean I've done a lo-ot of work on myself, this is.. has not been.. .hh I, I don't want to say (mimicking voice) "hasn't been an easy process" 'cause it actually hasn't been difficult.. .hh but about really confronting-ing and looking-ing at.. who I am, who I think I am, what I project to the world, and who I am at the cor-re.. .hh and stripping it down, kind of like an onion, pee peeling away all layo.. labours.. laYers -s.. and getting to that central point, the be.. the be part.. and the be of me-e.. is I love you.. all right.. and that's why-y I'm gonna get pissed off at you when I see you going back into that abusive relationship or I see you keep making the same mistakes.. YES I'm going to get FUCKING pissed off .hhh because I can see potential in you that maybe you can't see.. .h and the potential is I see g-d in you... g-d doesn't make mistakes,
- I: .hh David s'.. what I'm hearing and, and, its... is that.. this from what I've understood from yesterday has very much been a process that I said earlier on of finding you-ou, but at the same time it's you in relation to-o -
- D: (Overlapping) everything else.. umm.. very much so -
- I: (Overlapping) so is it the I.. and the I and ?
- D: .. it's I and you and me.. your business.. my business.. our business, g-d's business..
- I: aah okay,
- D: nd the only thing we ever need to negotiate is our business... and yet I spenn-n-d.. and I say I I'm talking about people in general, spend so much ti-i-me.. in your business.. I spend very little time in my business.. spend a lot of time in our business and very little time in g-d's business =
- I: = umm, umm... .hhh ... In relation to that.. and I'm going to link it back to the other participant.. I just want to see if there's.. he was speaking about working in a triangle of the physical, the spiritual and the mental,
- D: ..I can see that,
- I: .hh you can see that ?
- D: I can see it, it's not necessarily the way I function, but if someone needs a model to work with them, then that's cool,
- I: okay,
- D: it's about balance.. it's all about balance.. then we can use that we can use a whole bunch of other one's, as well .hh umm.. I'm n', I'm not to big on putting my life into a formula, because I don't think life is a formula.. .hh I think life is a series of rediscovering... so-o.. as far as-s, spiritually balanced, very much so.. physically balanced, very much so.. emotionally balanced, pretty much so.. I'd like to think of myself as a fairly balanced person.. .hh when I get pissed I get pissed.. when I'm happy I'm happy.. .h and i', one of the

thing-ings that.. u' has really been a tremendous gift, for me out of this whole process, although I don't believe that AIDS itself is a gift.. it's what I've extracted from it..

I: .. ummm;

D: is gratitud-de... is the state of gratitude, to be able to take a few moments out and say (mimicking voice) "h..h.. thank you, hh, just thank you.. you know, I'm so grateful to be alive at this point in time, in the experiences that I'm in, the shit and the roses combined.. hh it's all a part of who I am.. and to literally embrace all of it, make it all okay.. there's nothing wrong.. excuse me.. nothing wrong here, nothing wrong with AIDS, nothing wrong with people dying.. it's only about the attachment we put on it, hh and it's all about judgements.. that's what I've stripped it all down to, it's about - judgements (mimicking voice) "well you should do this", well.. what is a should.. h a should is a judgement, a should is me saying (mimicking voice) "if only you could be more like me, then I could accept your behaviour more"..

I: umm,

D: wh' WHAT right do I have.. to impose those kinds of values on you.. h you're not behind my eyeballs, you don't have a clue what I'm thinking, and yet I w-want you to be just like me.. so that I can be more comfortable around you.. instead of saying (mimicking voice) "HEY she's different, she's diverse, celebrate that, that's cool she does things differently" .hhh.. if we all liked the same thing there wouldn't be enough to go around... think about it.. you know (laughing), it's logical.. so thank g-d we are diverse, thank g-d we like different things, you like peas, I like beans.. h so you eat your peas and I'll eat my beans... you know.. stay in your own damn business...

I: (pause) umm.. that's actually the end of the actual.. formal.. questioning,

D: okay,

I: Is there anything you think.. in relation to what we've been discussing today.. and yesterday ?

D: no I'm sure a million things will hit and I'll e-mail you.. if something comes through,

I: anything at this moment..

D: uhm uhm, no

I: okay.. then I just want to ask you.. I'm sure there's a million things (laughing),

D: inevitably y'know.. when you left last night I got a whole bunch of stuff went, flying through my head.. so I smoked a joint and ignored it (laughing).. (cough),

I: ..yesterday you said.. and this is really just from a clarity [so again just briefly,

D: cool,

I: .hh though out the first part of our discussion yesterday you were saying.. while Bill was getting more ill,

D: ummm,

I: you were getting better..

D: umm,

I: that period.. what would you say accounted for YOUR.. ability to heal ?

D: (pause) the fact that I.. felt I wasn't done yet..

I: aaah,

D: I've always, as, even as a young child, I mean.. going back nine ten years ol-l-d, even earlier I think, but let's, let's start at about ten.. .hh I was always clear that I was here for a reason.. didn't know what the reason was, didn't have a clue an' .hh it's only in the last.. six or seven years, that my purpose, has become apparent.. to me.. and that always, almost like I was always running towards the holy grail, but I never knew what the holy grail was ?.. and it wasn't until I actually arrived there that I knew and became very clea-ea-r, on what my purpose is, why-y I'm here at this moment in time doing what I do-o, in the country that I'm in.. .h etcetera etcetera, .h

I: What is your purpose ?

D: my purpose is is'.. basically to emPower people.. put people back into a position of choice and power, and, and I use the word empower, it's a catch phrase now that everyone else is using..

I: yes,

D: but it's about bring-ng-ing back your own personal power.. owning your own personal power.. and I think that most people are scared shitless of that.. they don't want to own their own power.. .hh, so when Bill was



dying.. it wasn't a reflection of me-e.. as a person.. I di', I didn't take it personally.. all right.. he was in his process.. he was in his business.. I was in my business.. our business we shared, was the relationship that we had .hh so it got to a point wher-r-e.. initially when he first started getting sick.. I got really pissed off, you know, it was like (mimicking voice) "how can you do this to me-e ?".. well he wasn't doing it to me-e.. he was, he was on his-s journey, he was on his own pa-a-th.. .hh and when I got to a point where I could completely accept that, and where he was coming from.. .h all the judgements left, and it was just a matter of loving him through the process.. and when he di-i-ed it was O-KAY.. it was actually perfectly okay.. there wasn't, it wasn't this big ugly thing, we had three months to say goodbye to each other.. .h he died in my arms, in our bed, at home.. even though the doctor said (mimicking voice) "it's impossible, you can't take care of him blah di blah di blah", .hh we made a plan, we made it work.. .h and it was this hectic, big ugly thing.. .h the last seventy two hours.. w', about seventy two hours he started going into seizures.. .h, so I jacked up the morphi-ine, and I did all the things that I was supposed to do, and I had an agreement with Bill that when it got really hectic I was going to take him out.. which is exactly what I did.. all right, I kept my agreement with him.. .h that.. there was a side of me that didn't want to do it, I just, I just didn't want him to go, it didn't matter how sick he was, .hh and yet I've always taken agreements very very seriously, if you make an agreement, you damn well stick with it.. .h I made an agreement, I administered the morphine.. literally fell asleep with him in my arms, and he died.. and when I woke up in the morning, I woke up at about three o'clock, he had probably been dead about two hours at that point.. .hh perfectly okay with it.. perfectly okay, I was complete with that relationship.. that was his journey, I'm on my own journey...

I: .hh (pause) forget the future live for today,

D: umm,

I: .. can you.. perhaps help me understand.. for me there's a, kind of a.. a paradox,

D: um,

I: live for today.. yet there's that whole sense of purpose,

D: um,

I: where do you-ou.. fit in there ?

D: I think the drugs were wha' were the-e, the the hh.. catalyst.. to the, live for today mentality, it's just like (mimicking voice) "well I'm gonna die.. what the hell-ll, I may as well have some fun" .hh and it wasn't until I started actually kicking the drug habit.. that.. suddenly the whole notion of purpos-se and why-y am I her-r-e, and what does this mE-E-e-an, and all that other cuck came up.. and I never got the answers to any of that stuff at all.. .hh but became clearer and clearer on, the power that I had.. being able to influence people's lives, being able to put people back into a position of choice, .h even as young-ng as, twenty six twenty seven years old, I had that ability.. .h I didn't recognise that in myself.. .h and it was almost like I had this thing called the impostor phenomenon..

I: okay.. like the suite you were talking about,

D: .. exactly.. I wore the clothing-ng, but I didn't actually fit them, I was wearing the, the rented tuxedo mentality.. all right, so that's kind of what I was doing.. and the more I talked it.. the more I had to start owning it, because people started calling me on my-y shit,

I: oh..

D: (laughing) an-n-d in the therapy group, people would say (mimicking voice) "but you said this this and this, but you're not doing this this and this" I was like (mimicking voice) "whoop, guess I fucked up", had to look at my own self now.. .hh so-o.. the process of the, support groups was about me-e holding up mirrors, to them-m... but.. it was a double mirror.. which is a real bitch (laughing).. 'cause I had to look too.. didn't like it.. but realised that if I was going to get beyond where I was-s.. that I needed to do the work on myself, .hh and not to be that arrogant to assume that I had all the answers 'cause I didn't.. and I still don't..

I: ... that element of.. remaining humble,

D: very much so.. and and I think AIDS has been a hugely humbling experience for me, working with people who are dying is a very humbling experience.. .hh um.. it's.. touching the face of g-d.. that's what it's about.. so-o.. in terms of live for today and forget the future and stuff .hh I had bought in temporarily at some level-l, to what the doctors were telling me, what my society was telling me .h (mimicking voice) "you're gonna die-ie, you're gonna die-ie" .. (mimicking voice) "well FUCK it.. if I'm gonna die, let's have some fun..



- I: so how would you ch'.. how would that.. read.. for you today ? that sentence..
- D: I, think... I.. plan on a miracle... and.. I bank on reality.. for the want of a better way of putting it.. I'm clear on the fact that I have things that I'm moving towards.. there are very specific things that.. .h I want, I don't nEEd, but I want.. .hh if I get them that's great, if I don't get them I'm not gonna.. go slash my wrists and say (mimicking voice) "I'm a failure".. I have already achieved incredible things in my life.. I will continue to achieve credible things.. .hh where I am ten years from now, I don't have a clue.. I don't have a clue.. .hh and I actually don't need to know.. I know that I'll probably still be here and I'll be doing-ng.. ama-a-zing stuff.. .hh be it in my own personal life, be it as a public figure, be it as a, a facilitator, .h I don't know what that looks like, I mean.. .h I could wind up.. writing, books for the rest of my life.., but it's always gonna be about influencing other people to take responsibility..
- I: but the difference that I'm hearing and correct me if I'm wrong, is that is that sense of tomorrow,
- D: OH very much so, OH very very much so,
- I: which is quite different to... that -
- D: (Overlapping) from what it was.. and yet even then.. the.. the time when I went ahead and I got my will and I did all that kind of stuff, the very same day, I signed my will, paid for my funeral, I went out and I bought a house with a thirty year mortgage on it..
- I: ..shooh,
- D: so-o, it was about, taking care of the crap.. all right.. .hh to put it into terms of-f.. the-e.. and the only way I can really do this is, in the religious sense.. at the seventh chakra.. it's about extreme unction.. it's about the, killing - of - the - past,
- I: yes..
- D: it's not saying that the past didn't happen.. but it's no longer being in EFFect of the past =
- I: = o-okay..
- D: .. and that's in essence what I did.. I-I look back at my lif-fe, as a reference... I don't look back at it, with (mimicking voice) "Oh-h-h, these big regrets and I could've should've and would've".. .h I look back and say (mimicking voice) "this is what I did, what did I learn, how can I apply it today ?"... but also in the act of extreme unction... if you are going to be-e in the only moment of power which is this moment in time.. there's no power in the future, you've only got Power now .h I have to let go of my pa-a-st... I have to acknowledge the future.. but not get caught up in it,
- I: uh,
- D: because now is when it's happening.. this is when I'm experiencing happiness, this is when I'm experiencing joy.. .hh sadness, vulnerability, whatever the emotion is.. .h so-o I allow myself to fully experience all of that knowing-ing.. that if I allow myself to experience THAT.. whatever happens to be next, which could be one breath away from death, or it could be another six million breaths before I DIE .hhh .. I'm not going to know that 'til I get there,
- I: okay, (whisper)
- D: I can only know NOW.. so yes, I have long term plans, I have long term strategies with the things that I want to do.. .hh business wise, career wise.. u' umm.. H-homes and stuff like that, my next thing is now to buy a yacht, that's what I'm.. .h working towards right now.. .h and within a year I'll have the yacht.. how I'm going to afford it, I don't have a clue.. but I know I want it, so I'll get it,
- I: make a plan ?
- D: yeah, I'll op', if.. so, I'll sell a Picasso .hh, you know.. buy the yacht.. or better still.. I'll CreAte the money.. rather than have to sell something.. I've got no money in my bank account, I've got plenty of room for more (laughing),
- I: ((laughing with respondent))..
- D: there's plenty of room for more money.. ah, that's a Jewish logic (laughing).. =
- I: = glass half empty, half full ?,
- D: YEAH.. yeah.. no, it's just like (mimicking voice) "the, the bank account's empty.. good, I've got room for tons of money"..
- D: so-o it's that.. that outlook,
- I: YEAH.. very much so..



- I: Umm... yesterday you said you attach, all parts of your life on-n -
D: (Overlapping) music,=
I: = into to music ?
D: umm,
I: but what is your current.. s', music or-r song or-r ?
D: (snigger) you're probably gonna giggle.. it's from-m.. Prince of Egypt =
I: = yes =
D: and it's called 'when you believe'...
I: wh' -
D: (Overlapping) there can be miracles when you believe...
I: uh huh,
D: and I believe that miracl-l-es, happen.. when-n.. I know that they're there.. 'cause miracles happen in my life all-ll the time.. I mean, on a Daily basis there are small miracles that happen.. most people will say (mimicking voice) "when I see it, I'll believe it" =
I: = yes,
D: I belie-ie-ve it.. then I see it,
I: so it's the underlying.. the belief ?
D: BELIEF, oh absolutely.. and it's an unrockable belief, nobody ca some in and tell me-e, that that's not true, because I've experienced to much of it myself.. .hh nobody can tell me that there is not a g-d.. .h I've experienced too much of that.. I've touched his face or her face too many times to know that there's not something there.. .hh and keeping in mind that I came from a whole Da-arwi-n, you know =
I: = yes, yes =
D: = we go to worms and that's it,
I: so there's a powerful knowing,
D: Yeah.. and it's, it's not even, it's not even a QuEstion for me, do I belie' ?.. I don't have to belie-ie-ve, I know-w.. what is, what's to believe.. you know, I.. I know.. that if I jump off off a roof I'm gonna fall flat on my face and I can't say (mimicking voice) "fuck gravity" .hh =
I: = yes = ,
D: = that's a knowing..
I: umm,
D: same thing with my, with my-y.. spiritual conviction,
I: okay.. .hhh
D: and it's also not something I cram down other people's throats.. it's my-y belief ... and I recognise that it's my small truth, it's not necessarily your small truth..
I: umm.. .hh (long pause) no, I don't want to -
D: (Overlapping) OH go on.. get into it.. (laughing)
I: ((laughing with respondent)).. okay.. .h yesterday um.. you spoke about.. .h I can't remember the exact incident.. but, you said.. Oh.. with this doctor =
D: = umm,
I: usuall-ly.. you said you didn't get angry with him,
D: not at all,
I: .hh would your-r.. H-how would you have reacted in the pa-a-st ?.. or what was the change in your -
D: (Overlapping) would've thrown all my toys out of the cot, screamed and shout, made this big production, embarrassed the shit out of him .hh .. recognising his coping style was arrogance and stubbornness.. I know how to work with both of those coping styles.. I know that arrogance fears public humiliation.. all right.. .h so what I'm going to actually do is publicly humiliate him.. but I'm gonna do it through the correct form.. instead of me standing outside his roo-oo-m-m.. and.. faxing nasty letters to him and threats and all that other kind stuff, which is the way I used to behave ten years ago, .hh now it's a matter of (mimicking voice) "okay, that's where you a-are.. .hh WHY am I in your reality right now, and why are you in mi-i-ne ?.. what



am I teaching you, what are you teaching me ? .hh what I need to teach you, is that it's not okay to discriminate.. .hh what I need to do for you is remi-i-nd you.. that there are laws protecting people like myself, and that it's not okay for you to.. just willy nilly dis' discriminate when you feel like it... .hh

I: ... Directly relating to your sense of health..

D: umm,

I: how does that impact ?.. th' the change.. that.. not throwing out, the, the toys out 'he box,

D: ummm, in one way it's had a negative impact, because I always used to allow myself to vent that way..

I: okay,

D: now I've, now, now I've had to find other ways to vent.. when I'm angry or frustrated or something like that.. now it's a matter of.. I'll take my bike out into the, into the bush, literally.. and I'll ride where there are no path-ths.. and I will-ll... .hh do things that most people look at me and say (mimicking voice) " g-d that's weird, why you're doing that, that's so self destructive" and yet it's not, for me it's about pushing the limit ?, .hh and finding how fa-a-r my boundary goes.. and if I don't keep pushing the boundary.. then I'm going to get caught in this whole complacency thing, and that doesn't work for me.. .hh so I've had to switch how-w, I angle my anger... I've also taken my anger, which I feel at a very physical level.. .h and I eXpress it at a physical level, I've got pool noodles in there, and I'll come down here and take out a chair and beat the shit out of a u' chair.. I'll see the doctor sitting in the chair.. .hh acknowledging that there's a part of me that really wants to hurt him.. REALLY wants to hurt him.. .h so rather than physically attack the man, I will 'en visualise him sitting in the chair.. I'll take the pool noodle and pulverise the shit out of him..

I: and is it -

D: (Overlapping) just to physically get it out of my body, once again exteriorisation,

I: ummm.. and the effect that if you didn't externalise like that ?

D: then I would go back to that old way-y of, screaming and shouting, and throwing all my toys out of the cot, and that whole in your fac-c-e.. activist thing =

I: = umm =

D: = which.. in it's time was really important, and it created huge SHifts so I don't r', regret an, it, it was very very important period in my life.. .hh I've learned to manage.. how - I - act - out, and how in your face I'm gonna be.. .hh now days I strategise.. before I didn't, I was always in effect of what was going on (clapping hands).. now I think, sit back and say (mimicking voice) "okay.. where's this doctor coming from ?.. what's his story ?.. what does he need to learn ? and what is he gonna teach me-e ? .. what does he need to teach me in this ?",

I: David has it always, it's, s' it's never been a process of keeping it in ?

D: no I've never, I've never been able to do that, I've always vented.. I've always Acted out and, and as a child it came through a' as violence, .h as a young adult it came through in sex..

I: Okay,

D: now it's coming through-gh.. in-n-n.. the strategy that I, I, I'm-m... I s-sit back from a situation.. and, think (mimicking voice) "okay, i' if I respond this way, what am I gonna get.. if I respond this way, what am I gonna get, if I respond this way what am I gonna get.. okay .hh .. these two don't work for me, this on-n-e.. kind of works for me what else can I bring in-n.. so that everybody benefits, from this process,

I: okay,

D: .hh this doctor for example that rejected me.. I actually see it as a gift... he's too', he-e's taken me back to a period of time that I'd forgotten about =

I: = umm, =

D: .hh .. so that I'm very grateful for that.. and, my gift to him-m.. is that he needs to shift in his perception.. an-n-d.. i' in the process of becoming that sacrificial la-a-mb.. for the want of a better term.. there will be a gift in it for him.. he may not see it, he may not see it for donkey's years.. and, and that's not, I'm not responsible for his perception of the situation, .hh what I'm responsible for is what I can do and how I can influence change..

I: ...just a very-y... would you say that that whole process of venting, because it's been something that you've done.. since you were small ==

D: == umm,



- I: has that.. how has that had an impact on how you've managed.. health ?
- D: In later years.. in later years... I think my behaviour-r, of growing up especially in my .hh late tee-ee-ns, early twenties.. excuse me.. was hugely, hugely self destructive.. umm.. in the, in the sense that I understand the word self destructive.. an-n-d, I wasn't clear on my boundaries I didn't know the rules of the game, and I was trying to establish what those rules were.. now that I am clear on the rules of the game, I can navigate my way in, in this, in that situation.. .h I don't have to go into effect of stuff anymore,
- I: okay,
- D: you know, no matter how pissed off I get or aggravated I get, now, .hh you walk with me to the bank.. and we're standing in line at the end of the month.. there a-a-re.. sixteen people in line.. there are two tellers, one's doing a cash transaction counting cent, one cent pieces.. and the other one's just put a little sign out, on tea break,
- I: yes-s,
- D: I come unhinged... but I vent ((claps hands)) it there and then.. and ten seconds later it's like it never happened.. .h I will go there and I will give the bank manger a new ARSEhole.. .hh and ten seconds later I'm perfectly okay with this, like I got it off my ches-s-t, I'm not gonna hold onto this stuff..
- I: so it's living.. at that moment [in the present,
- D: [in that moment, (mimicking voice) "at this moment, I'm feeling angry and I'm gonna.. yo' you're the person whose causing my anger.. you're gonna get it",
- I: so you don't carry the stuff ?
- D: not at all I don't believe in it.. don't believe in carrying stuff..
- I: okay,
- D: that's what the other guy was talking about with baggage,
- I: yes,
- D: get rid of the baggage... I don't need to be attached to it.. I also don't need to be attached to the outcome.. once I-I have vented what I need to vent..
- I: ya,
- D: .hh I've shared with you my small truth, if you choose to do nothing with it, that's your indaba, it's-s actually got nothing to do with me.. I've said, what I wanted to say-y, .hhh I will tell you what doesn't work for me about you.. I will also tell you what works for me about you.. if you choose to do nothing with what doesn't work.. I've said what I've wanted to say.. I'm not carrying anything on you anymore =
- I: = umm =
- D: you know, whether you choose to fix it is entirely up to you.. .h and I'm not telling you that because I don't.. I'm not.. projecting - an - outcome,
- I: yes, yes, Yes,
- D: what I'm, s-simply doing is clearing myself, s' I'm not carrying stuff on you..
- I: that's the I-I- you.. us =
- D: = yeah,
- I: okay.. .hh umm... let me just see (long pause) .hh you say the, there's the, the chemical change in our systems so it's important not to stay-y.. stuck in a se', one set of emotions,
- D: correct,
- I: .hh would that be very much what you w're talking about now.. feel the anger, release the anger, and move on,
- D: exactly, because if not, then-n.. the biochemical of emotion, the neuropeptide...h it's going to get hooked into the whole.. cortisol-l-l.. (mimicking voice) "I'm stressed out right now-w, and g-d my life sucks", and what's gonna happen is, it's, actually over the long-ng term..
- I: = yes, yes.. yes
- D: = chronic low grade stress, it's gonna have an impact on my immune system,
- I: okay,
- D: so-o.. it's, an' it's the same with any emotion it's the same with, joy-y, it's the same with.. sadness, any kind of emotion.. .h let yourself have the emotion.. .hh for example I'll wake up, and it's about two weeks ago..



and I was in a very teary mood in the morning, so what I did was, I tried to get myself-f... to emote.. and Nothing would come up, I could'n't find what I was unhappy about or what was making me feel very emotional. hh I went to the video store and rented three videos, th' I knew full well would make me cry.. sat there =

I: = ummm, =

D: = and snot and traane for like two hours.. hh Puffy ey-y-es.. look like shit for the day.. felt fabulous, it was like (mimicking voice) "ahh.. ah so nice" (laughing),

I: shooo,

D: (cough) now I'm back in touch with who I am, there's not something standing between me-e and you-ou, and me and my other relationships..

((I now started questioning David regarding some of his writings he had given me to read))

I: okay... hh (long pause) you say here that.. speaking.. to people you.. or vent, uh talking to people about your diagnosis =

D: = umm,

I: is very important.. what is the function ?

D: .. yes you can hhh.. if I can so can you.. if I've overcom-me.. the obstacles that I've overcom-me in my life.. why the hell can't you ?, I don't, I'm not something special.. it's to put it in perspective, and, and to knock me off that pedestal that they choose to put me on because I really don't belong there..

I: aah,

D: I'm just a person whose trying to make sense of all of this shit too... don't put me in a position where I don't belong,

I: huh (pause) umm.. ya, here you s', i' it's said that.. don't fool yourself that you don't need to support, that you don't need support,

D: umm,

I: ..hh that 's what you were saying that you really.. you Have.. used support, and you have support =

D: = OH yeah =

I: = but very -

D: (Overlapping) selective.. selective.. there are certain people that I will trust, enough.. to let them come in and support me when I need support.. and, once again, if I've fallen. and I need help getting up, I will ask for the help.. if I can-n.. slide on my arse to go get my shoes in the bedroom, then I'll slide on my arse and go get the shoes in the bedroom.. if I was in that much pain and.. that discomfort (mimicking voice) "Gill.. please, could you get me my slippers" .hh ..

I: uhh,

D: but if I can do it on my own I'll do it on my own,

I: th' that lin-n-ks to what you were saying yesterday, of.. finding-ing.. the independence that you were =

D: = yes =

I: = and moving to interdependence,

D: exactly.. exactly... the independent period was an essential period but quite and ugly one.. because it was like fuck everything-ing.. fuck the world, this is my-y experience the American model =

I: = yes, yes =

D: of I me my-y .hh .. you know.. which, which didn't work for me at all.. I mean I loved it when I first latched onto it 'cause it gave me permission to be an arrogant shit.

I: yes,

D: .hhh then I started sitting back and saying (mimicking voice) " actually... m' m' my actions-s.. .h are creAtIng reactions and having a dramatic effect in my lif-f-e..

I: umm,



- D: and that doesn't work for me.. if-f.. what I'm doing is not working, I need to CHange what I'm doing, and try something different, and I did that, and that's how I F-found the interdependency.. hh it was literally something that I had to work towards and stumbled across, hh
- I: hum,
- D: it', a', and I didn't understand the notion of it.. it was either-r.. you are more important than me, h or I am more important than you, there was not third.. hh no one had ever told me about the third option which is you AND me..
- I: which is something that you've created with the virus and -
- D: (Overlapping) for myself, ya.. ya.. pretty much so,
- I: hh, okay.. then, the one thing that I just wanted to know here... um.. hh this first area speaks about peace and serenity,
- D: umm,
- I: .. where does that fit into your life at the moment ?
- D: (long pause) it does and it doesn't,
- I: okay,
- D: umm... insi-i-de.. there is a tremendous inner peace... this, as I said to you yesterday I don't have to prove anything anymore.. umm.. and yet in my business life, it's, I'm a showman-n-n.. I've got t' do the whole show thing.. hh but I don't get attached to the outcomes anymore,
- I: uh,
- D: which I think is all about the peace inside..
- I: umm, ya, =
- D: = it's like I'm actually, really okay with who I am.. I don't need you to approve of me, I approve of myself.. umm... I acknowledge my connectedness to you, I acknowledge my connectedness to g-d and to everything else on this planet.. hh and I don't need, I don't need to prove anything, anymore, I, I really DON'T need to prove anything.. there's no internal conflicts, =
- I: = oh, okay, =
- D: you know, I don't like I struggle with (mimicking voice) "oh my g-d what am I gonna do ?".. I make a decision, I stick with it, actually I don't make a decision I make a choice,
- I: umm,
- D: I always choose.. 'cause a decision is like cutting off all other options =
- I: yes,
- D: Do you know where the word decision comes from ?
- I: no,
- D: h do-oh, deocide,
- I: meaning ?
- D: well.. look at.. the cides that we understand.. there's suicide, killing of self, patrocide, killing of father, genocide, killing of a group of people dao is g-d.. hh killing off the g-d..
- I: o-o-o-h,
- D: = daocide =
- I: = yes, yes.. don't make a decision,
- D: Don't make a daocide, make a choice,
- I: shoooh.. hh David I just want to thank you so much,
- D: cool, thank you,
- I: really.. hh th', one thing I do want to ask is umm... you said earlier but just.. to get it on -
- D: (Overlapping) on tape, (laughing)
- I: tape,
- D: .. this is a recording.. you can use all of it.. you can use my name, you can quote me (laughing) =
- I: ((laughing with respondent)).. hh how has this-s.. interview experience been for you ?



- D: uh, it's been interesting as I think I shared with you before the tape came on-n.. umm.. I wasn't aware.. of the fact that I was carrying some stuff, on multiple grief.. .h and yesterday when we started talking about it and it was actually... talking about Bill-I, and then talking about Michael-I and Charl-I-es and, .h I mean the list g', I stopped counting at about eight hundred,
- I: aaa-aaah,
- D: all right.. when, when I'd lost over eight hundred people, I said (mimicking voice) "I actually can't count anymore" .. .hh .. an-n-d.. it was interesting for me-e, 'cause I thought I had dealt with.. all of this stuff.. the, when you figure on average I was losing about three to four people - a - week.. =
- I: = oh my =
- D: = there was NO way-y.. and I didn't recognise it at the time.. I didn't know that I was in grief.. constant state of grief... .hh so-o.. what I did was I dropped out.. of the HIV world..
- I: aaah,
- D: quite literally for a year and a half, and just said (mimicking voice) "no more".. .h and it was in that process, that I allowed myself to grieve.. .h but I never, grie-e-e-ved individually, it was almost like I had to create this big cocktail party.. =
- I: = ummm, =
- D: = so I could grieve all of them.. in one shot.. and yesterday, talking with Michael, Charles-s.. um.. Peter.. J', I mean this, the list goes on, .hh realising that I actually need to grie-ie-ve each one of them individually, =
- I: = umm, =
- D: because each one of them gave me such a gift, so this morning I started writing at two o'clock, .hh about each person-n, and, what I can remember-r.. about what they gave me from their experience, .hh and it's been an interesting process because, there's stuff there that I've never looked at before.. .h um.. I don't think it's anything that I need to work on and if stuff comes up =
- I: = umm umm, =
- D: I will work on it, .h but it's more about being complete with an individual.. versus.. a culture,
- I: aah..
- D: so-o.. it w's, it was really interesting for me.. so that, that has come up, .hh I know it's gonna take some work.. umm... I'm about to start writing my book with this lady that I've hired.. .hh umm.. we'll see what comes out of that... so no it's been a good experience.. AND I love to share this kind of stuff, I mean I, I really do..I, I think if-f.. .hh people can get something out of my story that they can apply in their own lives and make it work for them.. phew.. I've done my bit... I don't have to do anything else..
- I: umm.. thank you again,
- D: cool,

Field Notes: My feelings with regard to the nature of the interaction

- After hearing and reading about David from the people and articles within the 'mind-body' healing subculture, I felt so excited to meet him. The interaction was characterised by an incredible energy, in which black humour was juxtaposed with really funny moments as well as serious insight. Within this I felt comfortable and free to respond spontaneously. It was an interaction that will last with me and seems to have changed my perspective in many ways.



APPENDIX C

Part 2

Paul - Narrative Interview - 2 of 2

- I: before we begin.. umm how did you find last week ?
- P: quite stimulating in fact.. because when you talk about something al-almost like in a counselling situation [you focus]. I found it very stimulating.. I enjoyed it
- I: Umm [uhm a chance to go back..
- P: Yes.. to go through it again, yes yes.. I'm I'm pleased very nice..
- I: Okay today.. there's one question I left out that I just wanted to ask you, we can go back to that
- P: Okay
- I: It's these ((showing respondent the questions)) uh this.. a more detailed one and two shorter ones and then umm.. there's just a few that.. questions that I want to ask you that I went through our interview..
- P: Oke-e-e dokes
- I: According to the readings I've done.. again um.. targets very much what you were saying.. but perhaps some thoughts will come to mind today [.. according to the readings I have done there seems to be a shift, where people look beyond drug therapy and biological factors in shaping their health outcome.. In your experience how have you found that your thoughts, feelings, spirituality and social interactions have impacted on your immune system functioning.. or your health outcome ?
- P: Okay.. umm. thoughts feelings spiritual social interactions ya (pause) well I think it's that its a it's a total impact because.. having having gone throu-ough ummm on a on a on a uh different level, near death experience, and THEN-N coming into-o finding finding out about the HIV.. first of all when I was-s diagnosed the first time, 'cause I wanted a massive life insurance and I had to go for the-e blood tests.. and the um the t my doctor didn't tell me.. they um they sen they said I must consult with my doctor .h and then they sent through the report and said uh he didn't tell me that he he (mimicking voice) "there's something that you you need to know.. uh it's quite serious" and I said (mimicking voice) "I'm not interested.." he said (mimicking voice) "but don't you want to know.. w-w you know ?" so I said (mimicking voice) "No I don't want to know .. i-if whatever it is-s.. when it hits me it hits me but I don't want to walk out of here and think (mimicking voice) "AHHHH POOR.. ME I'VE GOT THIS" um, and I think that was that was for for for many many years, up until the time my doctor retired um.. and sent my file onto another doctor who called me and said (mimicking voice) "you know I I need to inform you about this" um.. it didn't it it you know the insur the insurance guys as well JH Isaacs said (mimicking voice) "aren't you curious to know what it is that they that th the has caused you to be refused this uh this um.. life cover" so I said (mimicking voice) "no-o-o.. it's it deesn't impact on my life whatso whatsoever, I'm fine I'm healthy look at me .hh when it starts, creating something then I'll start taking action whatever action's appropriate, so my thoughts and my b-behaviour pattern, my um, feelings .h um are are all all um.. part of of the 'he-e as far as I'm concerned .h the the cure for want of a better word or or putting the whole thing into its' perspective, so it's not the big boogy, that everybody makes it out to be.. it's it's what you make it out to be.. and I take that view spiritually as well umm.. this is a this is a uh cold this is flu this is uh, broken leg it's not going to change um.. uh my health unless I allow it to-o and I use I use I use examples in my lif-f-e where where umm.. I I've seen how mind can transcend the physical [and I teach this,
- I: [Yes
- P: this this whole week I've been working on my pupils .hh that um we we we've been operating on a Newtonian level-l umm.. 'cause that's where we we grow grew up from.. NOW going into the quantum physics side of things .h and you only are what you are because of where you're coming from .hh and that this whole thing of fire walking and piercing uhh.. the the the Hindu's and so on is because they transcend the three dimensional level [so
- I: Huh
- P: if you're not operating on a Newtonian leve subject to new Newtr .. w-w-s and, that's where that's where I'm trying to get to a, her consciousness development.. that if you lift yourself OUT of - the three dimens - that into the the z-zone as they refer it to .hh then you're you're not subjected to those laws and AIDS and cancer and all these ph-physical things are all that dimensional Newtonian-n type of of experiences, so if you lift OUT of that you're not subject to it anymore... see, so one one is really operating from a point of view that.. um, my body is not me it's just this vehicle I've borrowed for a period of ti-i-me to use and experience and um..

le-ea-ea-rn gro-o-w purG-G-e, previous uh uh uh um negatives that you have to purge and and cleanse .hh and so it's really.. you can't give it all that much uh um credence [because it's just..

I: [Okay

P: you know you're going to discard it soon or whenever, it might be sooner it might be later and then if necessary you'll you'll come back for another one and carry on, so from from that point of view, my thoughts my feelings my spirituality my social interac it's been um.. a warm rewarding powerful experience so so I would say rather than dis-empower me HIV has empowered me.. I've become a much more dynamic ALIVE alert focused human being .hh so umm I'm grateful.. that's why I-I think it and I have this pact because uh I I I say thank you because you.. because of you.. you my my poppie that popped up from the bottom of the bath [.. umm I have now.. quality life in the last ten years

I: Yes yes

P: umm and I I see so many people and I and I feel like shaking them till their bloody teeth rattle 'cause they're plodding along in this deadly, little rut and I said (mimicking voice) "just live.. each day ea each week be grateful you know, mo-o-o-ve COME AWAKE.. uh, this is your wake up call.. and so it has- it's been profoundly positive effect in my life rather th.. never negative never negative

I: And Paul once um.. would I be right in saying that you are using your thoughts [umm.. and your positive feelings to-o take you out of the physical reality in a sense so you're living in the... other realm where in fact you are now protected or-r.. removed..

P: Uh huh.. well let me put it this way, I I live very much in the physical I'm I'm here that's where I am.. but what I think you're what you're touching on is that you're not, you're a multi-dimensional entity .hh it's not just the physical.. and that's very important to realise that you're not only operating .h on a third dimension Newtonian level, you're actually, uhh, three or four different entities that are interacting all the time, and this is not the be all and end all of it, as a matter of fact in the sche-e-e-me of it as I understand, it's the lea-ea-st important therefore, give it the food, clean it, brush it, take care of it and that's it [you don't

I: Okay

P: you don't harp on it umm..

I: So this higher consciousness is then just a pa-a-rt umm.. or in this new dimension that you're working in

P: (Overlapping) new for me yes but it's not new it's very old.. as a matter of fact it's it's ancient it's timeless ya-a..

I: Yes.. social interaction-n umm ?

P: From a point of social interaction it's also it's also empowered me umm.. because.. sometimes sometimes it it can be depressing when I see the people who-o who um.. click onto the negative and it becomes the dominant factor and they end up in a coffin and I go to a funeral.. that's the that's the pressing part that it doesn't have to be like that.. .hh but from that point of view it's empowered me I, I have no fea-ea-r anymore.. and once you lose fear you you become, very empow-ow-ered, and that that you can transfer, your enthusiasm your your zest um your positive-ve... um role that you're on to other people, so, people now I am finding like when I went to the Edward de Bono course last Wednesday.. um that that all these people and all the accumulated knowledge and um.. they they still wresting with it, instead of taking it and running with it which which I do-o 'cause I know, my time is limited I've only got about forty years to go.. unless-ss you know a miracle herb and um and they they still, hauling with suspicion and umm.. doubts, no boy pick it up and run, if you trip get up you go for a run again .. I I couch that and people are beginning to draw-w that kind of of umm.. strength from me-e as well because they say you know uh (mimicking voice) "he's doing it and if he can do it I can do it" and I and I put that across.. I'm just a mere mortal, I come from a very very ordinary working class background and .hh um.. yeah let's go, you c can't lo-o-o-se.. and that's the important message, I-I'm living myself and and they they I've tried to impart to pe, by by example.. you can't lo-o-o-se.. so take the chanc-c-e make the make the decisions, bump your head get on with your life.. and I think that effects people.. people find that very stimulating..

I: So yes.. sorry ?

P: No go on..

I: So what I'm then hearing is that the social interaction you've seen people die and that's-s.. [in a sense you recognise your choice [so that's.. you, you're in a sense taking from that and then, giving..

P: [umm.. [ummm .. yes ya, the the the the the the um.. that part of it the giving part of it I I think is is becoming more pertinent to me .hh as I see this this energy flow works [that the more you re- the more it comes back to you, sometimes overwhelmingly so sometimes very emotionally so

that you can't believe that there is so much... positive well being out.. ther-r-e and by by by creating this flow this energy flow, it's, coming in all the time it's it's quite amazing.. .h w-what what I find a little bit, scary, is that some people find uh uh uh become dependent on it and I'm umm and I I I worry when people see too much in me-e that that they want to draw from that and I have to.. take them gently and then put them back, you know because they're drawing they want they want to rely on me too much [.hh

I: [Ummm [okay...

P: so and I can't let that happen because, I'm just relying on myself [..

I: [absolutely..

P: and I cz I can help them I can give guidance but, one has to, create a little bit of a distance sometimes say (mimicking voice) "Okay now.. there the too-oo-ls.. now you must get on with it, I can't, I can't do anything for you, YOU can do for you.. they sort of hook on you know, here here's a uh life raft, and I say (mimicking voice) "okay I got these skills I learnt them through this this and this .h you can also learn them, now let me give you a list of books tapes and uh you get on it cause cause you you've got to pick up this all I can't pick it up for you

I: So in a in a in, you are then-n helping other people empower themselves =

P: = absolutely

I: If they remaining dependent on you it's not an empowering process =

P: = That's right that's right.. although that is that temptation one has to counter it all the time cause you're not doing them any good .hh if they hook on to you [..

I: [absolutely

P: and it's difficult 'cause when the people find.. like in me that that I have that strength an-n-d um that confidence they want to hook onto you, they they wanna, hang on to you you, it's like a a life life uh buoy that's been thrown out to them [

I: Umm

P: .hh (mimicking voice) "no no no" and then I I I purposely - don't - answer messages not not always um but depending on the person's concern, I will not respond to requests to phone them immediately or- it's critical and then-n give it a week, so then phone them (mimicking voice) "so what was that crisis you had, s-seven days ago ?"..

I: Oh okay.

P: 'Cause I I've been there.. you get scared... hmm..

I: Did you ever have a model to follow ?

P: (coughing) (pause) Yes David Patient.. I think Dav David Patient kick started me, in in in in this-s-s sort of aggressive umm positivity.. it's a it's uh uh because I went to uh.. there was a festival of mind body and spirits at the seven arts theatre about four or five years ago [and um..

I: Oh oh

P: um I I'd read the the the uh the the preamble of all the different things and I thought I I would go to this one.. and in walked this guy BOUNCED in, cart wheeled in you know (laughing)..

I: ((laughing with respondent))..

P: and umm.. and used foul language and told people that he smokes dope and that he should be dead and .hh when, I thought wow, you know.. so I so.. so to the point and that's fantastic that was that was for me inspiration.. and I very often use him in my my arguments with people or or my discussions, as an example of a person who just TURNED IT ALL ROUND, and took off-ff and and I feel as if I am very much in the same mode [now, perhaps not as far as he-e-'s got because he's teamed up with Neill Orr now they're [doing all this stuff

I: [Yes [um um um

P: But yes .h certainly he-e.. and then I take people out of history, I use uh you know uh when I'm when I'm when I'm teaching when I'm thinking and when I'm studying .hh examples like the Buddah Elijah uh Mohammed all these people who have transcended.. the common and and hooked onto this POWER in one way or another.. and umm.. they get their, the Reik Reiki masters as well.. um so ya we certainly moving that way. sometimes um one feels a l-little bit nervous about it .h because um.. you don't know where it's gonna end, but that's also s that's also a challenge, I I like challenge I like change, um I THRIVE on on what other people would call disaster situations 'cause it, kicks ((clicking fingers)) me into uh uh um uh.. a response mode and I c I cope and I cope quite well I don't know it's developed over the years.. and that's very nice to know, I'm constantly surprising myself mind I uh very regularly (laughing) say (mimicking voice) "Wow did this real happen ?"

(laughing).. it's fun.. it's fun but it's it's it's unnerving for some people especially sta-a-de, uh people who who who are highly over logical, and everything must have a a, be compartmentalised in life [.. so m, that - it rattles them, one rattles one's self, it's it's very good it's very stimulating.

I: Umm

P: hh I have two two friends of mine that I absolutely, admire, they they don't they don't, know why I admire them so much.. I have a note from them aswell this morning ['cause they're starting a new venture, a-a-fter having two - total business disasters [and picking up the pieces again and putting them together .hh

I: [yes [yes

P: and I organised for this hug-g-e.. bouqet to go out to them last night and uh, I got this note on the windscreen this morning.. and becau - I admi-i-re them, they're they they're exactly it's .h they're exactly it's, from the point of view of the getting out of comfort's zone, they've been lied to-o, defrau-au-ded, conn-ned, they're just nice guys who're just softes, and, they pick up the pieces, they go through the trauma, they pick up the pieces and they're forge ahead into the next venture .h' now they're on the third one, this year [and I admire them so-o much,

I: Shoooh

P: and they say I've been such a good support and I say (mimicking voice) "but you, why I'm supportive is because you're DOING everything I teach, everything I believe in, you're picking up the pieces and forging ahead, you're not sitting there.. WHI-I-ning about it and that's very much my my my uh philosophy.. don't whine, do something..

I: In, as as a response mode as you were saying earlier ? =

P: = ABsolutely.. ya challenge it, see a see a see a positive opportunity in every-y-thing that comes your way no matter how bleak it looks.. and that um, putting into effect in my own life.. even now.. this day, it's still working and it's still exciting, umm I paid I think I told you about the A-frame..

I: yes

P: well that that was a mind blowing for me.. it's now, this stunning room you know that was a dingy dark little place and now there's this HUGE thing .h it's lovely and uh.. my my swan, I have a pair of black Australian swans .hh and I found on Monday the male's a broke broken, wing and um this had happened three or four days earlier and I hadn't, known about it and I took it through shooo yus South African bird specialist out in Pretoria, the cost of the thing is one seven, to get the whole thing operated and it had maggots in it and I felt so guilty and so so ba-a-d about it .hh and I thought okay so get to the you know, do your thing, what's the positive o-opportunity here ? and since then I've reorganised .hh the feeding and looking after and the mowing and all of it and made it much mor-r-e, conduciv-v-e to the swan's happiness, and all the rest of it and also make me look at if I'm going to have a a a set of birds like this, they need more individual attention.. an-n-d so sinc-c-e that the the mates at home the female, in the evenings I go and I.. I catch her and I hold her and I rub vaseline on her on her feet you know because they they get chapped from the from the water in winter .h and talk to her and I I bonded so much more with those two birds because of the disaster .hh and there again so now I'm I'm be I'm sure I'm pouring out a lot of Positiv-v-e love feeling to these two birds.. which-ch I haven't, unleashed before because there was um.. there hadn't been a crisis before and a crisis has tapped that, you see.. and perhaps that's just what they both needed, they they they you know because they're very special birds these these these um swans .hh so ya, everything has a has a bright side of it.. by discovering that myself.. virtually on a daily basis it's very empowering as well and very exciting for me it's.. new growth all the time and you w-when you think (mimicking voice) "what else is there ?" .hh it never stops..

I: So so Paul it's it's almost like... there's a heightened awareness .. you are very aware =

P: = VER-ry much so... =

I: = of what you are doing..

P: and and and your-r.. oneness-ss.. you see, the fascinating thing about what's happened to me since the whole the whole empowerment process and that, which was triggered by the AIDS [is that um..

I: [yes..

P: you you realise you you are an entity on your own.. but at the same time you you blend with everything.. there's no separation, not on any level not on a plant level, not on an animal level, not on a spiritual you you you're part of uh uh.. powerful .hh umm.. global-l.. and beyon-nd that organism.. and that IS stunning, to to to you see to know about it, to read about it is one thing, to FEEL it.. is incredible..



- I: may I ask what does that sense of connectedness, do, in this whole healing process.. what .hh as opposed to standing alone as a a connected being =
- P: = umm =
- I: = having that sense of broa-oa-der connectedness, what does that, do, how does that make you feel ?
- P: very powerful.. because it puts the the disea-ea-se and the negative par aspects into perspective [we we we're a pa-a-rt of this.. there's the the health, there's the disease, there's the good, there's the bad, there's the living, there's the dead.. there's no-o differentiation anymore.. so i-it puts it into the pers perspective that it should be..
- I: [okay
- P: it's not that important it's part of living it's part of life.. an-n-d that's okay, so it d-doesn't become a a major issue because it's not major, it's very very minor, it's a a a five percent portion of your-r your existence it's not the portion of this or or non-existence,
- I: Okay
- P: and when you go it's gonna be there or uh it's not gonna be there, that that's the way it is, you you you know, there's .hhh it's like HERE I am warts and all.. and that's okay-y (laughing)
- I: okay.. ya-a ((Laughing with the respondent)).. umm something that I didn't ask last time..
- P: Ummm
- I: ..which seems to be directly related to what you're saying =
- P: = uh huh =
- I: = is that .hh how has your sense of identity shifted.. in relation to your current status ?
- P: from a a from a self centred aspect, to a-a a a universal aspect.. one one one doesn't see oneself as being.. this little, entity, battling through life.. you you see yourself as part of the human raC-C-E.. rather than an individual.. although you have your individuality.. umm and and one can get into this this state now, where you can understand.. for instance now.hhh f-f-f ten years ago, I would have, cause what happened with the swan was this uhh well this uh local peasant who works on a Friday for me comes and does cleaning for us .hh the swan attacked him and he hit it with a broom.. that's how it's-s was broken, on the Friday =
- I: = oh my =
- P: = and I only discovered it on the Sunday evening... now I would've, committed murder, ten years ago.. 'cause I got quite a violent nature, and I would've.. chased him around and and banged him with a broom, and broken his arm probably, to show him what he what he had inflicted on this bird.. and my response was quite different.. I took him out there I sat him down, we talked about it, I eventually elicited the truth from him that he had hit the swan because it attacked him, 'cause they run out with their wings you see =
- I: = yes yes =
- P: = and he hit it like that ((banging hands together)) with the broom.. broke it's arm.. it's wing so-o then umm I said okay now, I explained the who-o-le thing to him and uh, with an interpreter my mom's maid interpreted for us 'cause he's not that very good at English and um he was ended up sitting their howling.. and black people on the whole are not, sensitive to animals feelings.. and um, now I've told him he will not work with the swans anymor-r-e .hh and he's practically begging me he says (mimicking voice) "he'll do that, he'll come on a Sunday morning and he'll do it under my supervision-n, but he wants to do it for the swan because of the pain he caused the swan".. this is now a raw-w.. rural peasant so-o uh you see, [how my focus has shifted..
- I: [Absolutely
- P: ten years ago I would have murdered the bastard I would have I would've beat I would've beaten him I've done it before uhh.. I've had had you know I probably be umm.. been caught, in past times for for the way I've reacted to certain situations .h but um, that's how the focus is shifted now I see him as a.. no not as a sus suspicious creature who is out to destroy animals .h but as uh uh uh unknowing.. .hh uhhhhhhh black uh black I'm not choosing very good words here umm... crude, he's crude he's sensitivities haven't been awoken to certain aspects of life, so having, done that now I feel better and he still works for me that wouldn't have happened ten years ago there would have been, a blood bath (laughing)
- I: So it's.. your your your way of dealing with anger, [has changed ?
- P: [Oh yes.. and and and with perception of people and how they respond, I I realise that.. li, a-as in that in that Edward De Bono lecture last week that umm, I've come a long way in the last ten years because of the intensity that I've been living umm.. having-ing, been diagnosed and having umm.. had near

death experiences that it's-s elevated me at sort of quite a pace.. to handle.. things it's it's even in school here there's always teachers come rushing in you know.. and one of our teachers is just not playing the game, she stays away from school and she doesn't do her prep and so on .h and I don't make excuses for her but try and sensitise them to the fact that where this person is at the moment, she's uh, I don't excus-s-e her for what she's doing, brought in all sorts of modifications and things into into the classroom there to so the kids don't suffer .h but one has to see where she.. is and um they don't want to see that (mimicking voice) "she's not doing her job and we want her out" that's there att [so I thought (mimicking whisper) "oh, just go a little beyond that"..

I: [umm.. so -

P: (overlapping) so it's much mor-r-e huma-a-ne [outlook on life.. rather than than um... uh.. looking for faults looking for punishment, looking for um.. uh expressing anger on different levels be they..educa whatever.. you just.. I seem more sensitised to humanity to people.. but we all misguided all of us in one way or another a-and the only way to grow-w-w is to bang your head, bang your head and bang your head and if you see people banging their heads you don't-t give them a kick in the groin, you take their hands and say (mimicking voice) "okay next time you, bang your head I'll be holding your hand so it'll be a little less-ss, confusing little less-ss, traumatic because you've got a support system here"

I: [ummm... and the impact that you that this change i-it see-eems as if your quality of interpersonal relations has changed [but how has that impacted on your health ?

P: [much changed... why I feel fabulous... ya I mean I.. BOUNCE out of bed every morning and uh.. I feel.. (mimicking voice) "HERE another day, you know, let's go"

I: So you're not carrying that negativity-y [to bed or when you're awake ? =

P: [NO-O no way.. as a matter of fact II de-e..um.. if there's such there's such an expression.. de-negativise [myself

I: [(laughing)

P: every evening, when I bath-th, you know I do this ritual in the bath I have a bath for about twenty minutes .h a day that's a very very special time for me .h and I actually take a bucket and I pour-r the water over my head and I say (mimicking voice) "I wash all-ll the negative off my body out of my psyche out of my mind, I think of of uh any altercations I've had during the course of the day and I, bless them and forgive them and I forgive myself for losing it" and I say (mimicking voice) "when I pull that plug all this crap's going out into the ground where it will be neutralised and I will get out of the bath rebor-r-n" if y-u want to use a a catch phrase and um, uh not carry any of that into my sleep and into my next day.. so-o, in fact.. um I don't carry any baggage anymore.. which is wonderful.. uh-hh 'cause each day's brand new you know, there's no left overs and if there are I deal with them.. -

I: Okay

P: immediately I think about it I make a little note I come in the next day and I say (mimicking voice) "okay.. come you and I need to just s-sort this little bit out here.. and uh.. and lay it too rest.. so yes it certainly it's-s-s been very empowering

I: ... umm let's just see (long pause) your present coping style your thoughts and your feelings is impacting on your sense of who you are or who you would like to become.. okay.. umm and your interaction which you said has improved.. it's impacted on who you are, -

P: (overlapping) Yes-s-s ..

I: perhaps there's still a place that you want to or who you want to become ?

P: ummm (pause) oh yes-s.. I think I'm just on the very first rung, of of a a very exciting ladder.. and umm.. I I looking at at people in the past who've who've done this I.. there again you know, we were talking last week about coincidences, there are no ccincidences .h so my youngest ward, Sizwe whose now also on this path he's.. you know he's he's working maybe, he's on a paper chase paper chasing path .hh he gave me a book called the uh um, [Founders ?] of the World's Great Religions -

I: (Overlapping) yes yes

P: .. and it covers-s people who you've never even heard of who've impacted on their societies and there s-seems to be a similar... uh characteristic similar [shay?] .hh except people who question-n the morality of-f... just.. day to day living and getting by-y hh, and saying (mimicking voice) "no no there's got to be more than this let's push a little bit futher".. so I I'm doing that.. and I I think the fact that I got the fire walking

I: yes

P: hing through the fax this week -

I: (overlapping) um um

- P: is a a another little push-sh, you you're on this path now and you're going to attract these things, at the right time so, obviously where I am now is attracting that that step, 'cause when one thinks of it.. my first issue was (mimicking voice) "no no no.. um this this Saturday is out the question I'm not ready for it" .hh umm.. but it's exciting that this h-has come my way because I have been talking to the kids about it, I have been talking to-o my my you know picking it up in my reading hh the the control of the third dimension by your-r your your the zone in the in the fourth dimension -
- I: (Overlapping) yes
- P: your alpha beta the the.. uh theta beta.. uh theta state ya.. (cough) and um.. yes I think I've got a long way to go.. I want to get to that point where I can transcend the physical.. how far.. I I don't know yet.. um the the the end result will be complete, physical transformation into into a a uh a light body .. I think Hayley the the most important.. point I I'm beginning to realise now is that you don't live for yourself -
- I: (Overlapping) um okay..
- P: and the more you open up and channel and do um the m freer you become.. umm which which is a which is quite um.. getting away from.. personal survival that sort of physical level .h where where you transcend that (mimicking voice) "Okay I'm not here just for me and for my own survival and my own growth hh and by by by realising that coming to that that sen sense of realisation you actually.. grow mor-r-e.. because uh it's expansive it's it's opening up in into the collective unconscious mind =
- I: = Yes =
- P: = first of all .hh and um that's very exciting because, you realise I'm realising you know there's no limitation.. and that is s-s-so fascinating that that the moment you.. you you set something in motion or you you you move into that mainstream or whatever it is-s that can be as simple as as um.. what can I give you an example that has happened recently to me.. .hh umm... you need information on on the planting of daffodils .h and within a f-f-f couple of days it comes to you.. y-you're sort of tapping into that higher consciousness and it's very very fascinating .h and and re rewarding in that, all that you've read about and all that you've learnt, are now-w transpiring.. you've actually-y seen the the proof of the teachings, the the basic uh biblical laws and koranic laws and buddhic laws .hh um are all-l all very much on the same level..
- I: which is ?
- P: .. the differences are man made.. and once you transcend the man made third dimensional-l.. mentality..
- I: (Overlapping) yes
- P: there's no differences.. it's universal
- I: okay, I hear what you're saying =
- P: = you're with me ?
- I: yes
- P: like one of the kids said to me (mimicking voice) "what what religion do you belong to ?", so I said (mimicking voice) "I belong to all of them".. (mimicking voice) "how can you ?" (mimicking voice) "because they're all-l just teaching the same thing in different ways, I said (mimicking voice) "and that's that's uh that's the way it is, and if you can if you can see-ee that it empowers you".. then you are not subjected to a human being's personal interpretation or um interpretation of of of a.. point of view or or or of a scriptural record, that's that's wonderful, so I I am now .hh in a situation where everything that comes to me, um I deal with because it comes for a reason.. and uh and I have no fear about what might or might not happen to me or as a result of my actions 'cause.. I'm in that flow-w now and secure in that it's not scary anymore, it was scary.. scared the shit out of me at one stage.. .hh and uh but it's not scary anymore, it's it's very very powerful.. pleasant, place to be..
- I: So Paul.. two things I'm hearing one, and correct me if I'm wrong I just want to understand you .h is that.. in this sense of connectedness you are able to give more and you've become receptive to more..
- P: yeah
- I: which is part of the growth process .hh and.. the second point you said which has now gone out my head..
- P: Oh it will come back
- I: um (long pause) oh sorry and yes, I remember when I was listening an-n-d from our last conversation there was that stage of fear =
- P: =oh yes =
- I: = but that you've been able to transcend it, this whole this whole you, don't fear it anymore is part of the

- P: (Overlapping) that's right.. so you see one one can now.. say maybe maybe looking at um.. .hh people in history, people who've who've moved and who've who've gone beyond the no-o-rm, the norm being living eating breathing and dying, .hh umm.. something has been a catalyst to kick them off, you take uh uh the Buddah he was this very rich little prince and went over the wall and saw poverty for the first time and it (clicking fingers) had this - impact on him .hh umm.. the AIDS has been mine.. that's been what kick kick started me into, exploring higher consciousness and transce-e-nding that little aspect.. which is that much of ones' ones' life... um. and and I think that that's the very important thing.. and I think that that's were Dr Weinberg's attitude and the uh the other group um the the uh that started as a result of him..
- I: Oh the-e.
- P: uh the wellness support programme =
- I: = oh yes yes ya
- P: were getting to that point now that, we really are mi-ind and um how that mind channels determines-s.. s-soul d-d-determines body, determines third dimension.. and I think that's-s that's where I'm I'm getting to so I have quite a long-ng way to go.. =
- I: = okay =
- P: = uh who knows how long, one doesn't know just knows it's a path.. from a dream interpretation work that I'm doing now I also.. know that I'm on that route.. dreams dreams talk to you they tell you, that you're on this uh particular pathway, no it's it's good, it's strengthening, it's powerful not to be afraid.. .hhh (cough)..
- I: When uh something I actually wanted to go back to.. just very briefly -
- P: (Overlapping) um
- I: um.. to explain the dream, the dream workshops that you're doing.. how how they..
- P: There's no fear anymore that's sorted out. but what they are doing is they're like uh uh a Guideline to to where you're going and where you are.. you get three kinds prophetics-s, the daily sort of input and the the reassurances.. so umm.. the uh by working through those through those interpretations .hh (coughing) on a reasonably regular basis not not necessarily every night, you're getting input from your from your super conscious mind =
- I: = okay =
- P: = your higher conscious mind.. uh where you're at where you're going to and um.. occasionally a pat on the back, occasionally a little reprimand, but a very POWERFUL umm (long pause) hhh what's the word.. GUIDELINES..
- I: okay
- P: okay, you go you go visit Italy you take your little your little phraseology book and your maps and so on.. =
- I: = yes yes =
- P: = and you find out the dreams act like, that they're a guideline to this new territory, that you're going into which is not measurable .h on a three dimensional Newtonian level.. =
- I: = absolutely =
- P: = and that's very very EMPOWERING again, you know.. and what's interesting now is people are coming to me and saying (mimicking voice) "Aaah I dreamt THIS.. what does it mea-ea-n ?" (laughing)
- I: ((laughing with respondent))
- P: I say (mimicking voice) "okay well let's get little interpreter and we'll sit down and we'll work it out where you were at yesterday and, " and so and that also, you know the way to learn is to teach =
- I: = absolutely =
- P: = and uh so that's that's very very nice and people now walk in and say (mimicking voice) "he knows something about dreams".. although he doesn't know very much at all-ll (laughing)
- I: ((laughing with respondent))
- P: he's just touched like, two percent of ..of of of of of uh um.. that aspect of interpreting and growth .hh but it's a touch it's a start.. it's.. two percent more than ninety percent of the rest of the popu - ((loud laughing)) lation
- I: ((laughing with respondent))
- P: So uh ya.. it's it's a start.. but I'm very very maybe in some of the things I've said you might pick up uh what ~~what~~ seems to be pri-i-de, it's not pride at all.. it's excitement, um.. I'm more humble than I've ever been in my lif-f-e.. I realise my total limitations at the same time.. .hh I-I've read this paradox the

more you know the less you know .hh I-I do in fact know more than a lot of people I might come into contact that Edward De Bono group was a mind blow =

I: = Umm =

P: = you know all these people are at that stage and I seem to-o have GOT it. not not all of it, I'm still-ll.. .hh uh as I say on rung one hh..

I: It sounds like.. you're recognising your growth =

P: = yes =

I: = but at the same time recognising how much you have to grow

P: That's right, the limitations of that growth.. and that's frustrating... one would like to speed it up a little bit.. then one realises that you can't, you have to take it as it comes step by step..

I: ... Paul umm.. okay the question that I would like to know, or ask rather is.. your attitudinal-I, emotional-I, behavioural-I or spiritual.. which we've been discussing =

P: = Umm =

I: = changes.. =

P: = Umm =

P: = umm.. changes that your coping behaviour.. has possibly triggered, in others in your community..

P: Well, my immediate my immediate um.. uh sphere of influence being my my little family, family group umm.. an-n-d my my buddy.. whose whos-s-e, diagnosed HIV positive and quite um.. advanced, and whose on-n went on one of the trials =

I: = ya

P: and he's on permanent medication.. .hh and umm.. I've been able to-o-o lift him out of depression, and uh and and he comes to me now for-r dream interpretation .hh and work through it together and.. umm.. and support and he sees the way I'm reacting and the way I'm handling things gives him the courage, 'cause by nature he's not a very daring =

I: = umm=

P: = explorative.. uhh person, he's a very much pedantic.. umhh live by the rules of life type of thing.. so that's been an inspiration to him, me.. that I I uh he'll come say now (mimicking voice) "how would you handle suchandsuchand such?" I go well (mimicking voice) "If I had it, that's how I would handle it.. you won't handle it the same 'cause you're not me", but that's-s-s some sort of guidelines.. um my my parent my my remaining parent she also um regularly.. my older brother who-o-o who him and I have been at wa-a-a-r since we were kids.. he's now softened and coming to it.. he's always been a know all you know the older brother umm... uh I feel I I get kids coming to see me and talking about problems which they, can't talk to any body else about.. so yes certainly.. being where one is you're sending out a vibration which people are keying into.. they're locking into and um.. come to you with a sense of trust and and know that what they bring to you is going to be totally confidentially.. handled.. instinctively know, don't even say (mimicking voice) "you know I must talk to you in confidence".. so you automatically assure them.. so yes sure... umm that was the question hey?..

I: Yes..

P: oh laughing), you know one wonders off..

I: Okay.. yes.. umm.. so you've had an impact definitely on your immediate family and umm -

P: (Overlapping) and sometimes on perfect strangers.. I was shopping umm.. at the bottom I go through the Hyde Park mall because of that little health shop there =

I: = yes =

P: and um.. I was in that little pick'n'pay..

I: yes..

P: there's a pick'n'pay down there.. and there was this women in this stunning green outfit, it was quite an elderly women .hh and I've, got a thing about green and I always loved the colour green and I give in you know.. people say (mimicking voice) "what is it about you and green?" .hh and I stood up and thought (mimicking voice) "gosh she looks so nice in that green outfit", and she she looked at me and she came up to me and said umm.. (mimicking voice) "why are you staring at me".. so I said (mimicking voice) "well umm. you look so stunning in that, sort of velvety um Lincoln green =

I: = yes =

P: = outfit" I said (mimicking voice) "and I I always thought".. and she said (mimicking voice) "OH yes" and she started chatting and then she pou-ou-ou-red out all her problems.. in the supermarket, I think we stood there for about two hours and I, sh-she just talked and talked and talked and.. of course again.. by

letting go, by talking she focused on, the issues in her own, life which were were.. you know then afterwards thanked me profusely to have a hug.. perfect stranger, and off she went.. and I didn't do much other, than - be-e the catalyst, and that was enough - that's what she needed, just at that point.. so I think there again the whole thing about the vibratory um.. sense that you you're emanating.. w-will touch certain people, and that's a classic case.. =

I: = Okay =

P: = children too, I find this is amazing.. I'll go to uh uh uh swimming pool 'cause I like swimming, and in summer I go to the zoo lake and swim in the afternoons..

I: Umm

P: .hh and you'll be sitting there or dozing off.. and this this happened to me, while I I was I was just lying there .h felt this little tug underneath my arm.. and I looked at my arm, and there was this little girl.. she said (mimicking voice) "hello" she was pulling the hairs on my arm, I said (mimicking voice) "what can I do ?", a-and sh-she just sat there, a girl was about.. five or six.. and she tail-al-al-ked away and then off she went you know, perfect.. children seem to be very sensitive to this =

I: = yes, yes =

P: = this-s this-s feeling.. um.. In the movies too I was sitting over there and a kid running, the next thing it stopped and come right over.. 'cause (xxx) my friend.. he always used to say (mimicking voice) "what's it with you and kids.. is it because you're a teacher ?".. they, just come and they sta-a-a-re at you you know.. you say (mimicking voice) "what [are you worried ?].. can I help you ? what's your name ?".. start chatting and.. th out comes this little problem .. (mimicking voice) "my mommy wouldn't give me money for sweets" or something.. (mimicking voice) "maybe because she is worried about your tee-ee-th" you know.. and chat away to them.. little things like that it's it's very sweet.. it's very uh.. charming.. um, so I it's-s does happen..

I: Is that, is this happening mor-r-e and more since..-

P: (Overlapping) it's uncanny.. yes.. in the last few years..

I: .. Okay..

P: umm-

I: (Overlapping) would you say it's part of that openness ?

P: yes-s.. I think so-o... ya.. it also, somehow you must emanate a-a non-threatening uh uh vi-vibration or or a shield, where people feel instinctively.. comfortable with.. um ya.. and I feel, you know w-when it comes your way .hh it comes for a reason for you too.. it's it's it's a a recipra-reciprical... giving and taking, it's not just giving all the time.. you're getting at the time, each of these little incidence, enrich me-e.. as well... so that's very nice..

I: .hh Paul umm, any, specific ways in which you recognise your friend that you were talking about.. his coping has changed ?

P: ... yes.. umm.. where as befor-r-e th the inclination was immediately victim victim consciousness oriented response.. now-w still happens occasionally.. umm.. uh.. I'll give you an example.. um I built a special room.. 'cause he's a tenant of mine aswell .hh umm for his videos, he's got this amazing video collection about f-fourteen hundred of them..=

I: Shhoooh =

P: he's.. been in the shops all over the world [being ?] in in SAA.. an-n-d, there's damp coming in on the bottom of the the um.. door.. of course videos and damp don't work.. .hh so there again, this whole thing of of umm.. co-INCidence.. he said to me-e-e.. uh few days ago - Wednesday uh Wednesday, Tuesday night, umm, would I would I like to choose a movie and and spend the evening there and uh watch the movie he was gonna make a little supper.. so I said (mimicking voice) "ya sure" "what would you like ?" so I said (mimicking voice) "well I I I'd like to see Fifty Five Days in Peking" I uh you know I've just been to China =

I: = yes =

P: and think it's more pertinent and all the rest of it and that was down on the very very lower level in the middle.. and he pulled it out and he said (mimicking voice) "there's a bit of damp in here".. then he started "Oh-h-h my g-d.. um I'm going to lose all these videos they're all gonna be ruined" so I said (mimicking voice) "no uh uh.. come again - come again" and he says "oh-h yes sorry sorry um.. ya, um, what's this challenge that's facing me now ?" so I said (mimicking voice) "well unpack all the videos and see".. and of the whole lot one had some mould on, he cleaned it tested it it was fi-i-ne.. .h now w-w... under normal circumstances that would have thrown him into a total-l.. state, he would have been depressed, he would've been bitchy he would've been at everybody's throats for days =

- I: = shoo
- P: = and he he, but but that was now a little slip.. mostly the time is (mimicking voice) "umm..okay, you've taught me this.. now what's the challenge here ?..
- I: amazing..
- P: So-o okay, what's the challenge here" (cough) and when people speak to me to.. the first thing I say.. espe - especially my brother my brother and I have had a hate relationship for a lo-o-o-ng time.. me being the b the new baby you know..
- I: Uh!
- P: and.. he's now beginning to, examine things.. like I came home yesterday and I had this, beautiful archway built, by my gardener.. into my garden, .h and my brother's com - very short sighted he he reads like this (signalling hands right up towards eyes and laughing)
- I: ((Laughing with respondent))
- P: and he won't wear glasses, he's so vain he's s-sixty now sixty two sixty three.. and he'd miSSed the the bend and knocked down my arch-ch.. so-o there's-s.. p-pieces and things, crushed plants and so on.. now .hh before I would have ranted .hh and this time I thought (mimicking voice) "oh.. it looks like somebody's knocked down my arch"=
- I: = (laughing) =
- P: so I eventually found out who it was.. this big dent in his car.. so I said (mimicking voice) "um".. I said (mimicking voice) "you obviously had fun this afternoo-oo-n.. uh how did you manage to demolish the arch so precisely".. now you know, that's the attitude.. there's no need for ang, then then, now normally he would've been on the defensive, jump up and.. he he burst out laughing so h' said (mimicking voice) "yes.. he tried to miss the dog".. this this lazy dog which was lying, she lies right in the middle so she can see up the drive.. .h and he was coming in-n and he tried to miss the dog not realising that there was no more room (xxx) that little space.. and he hit the the the edge of the pillar.. I said (mimicking voice) "oh well that's okay.. um, he can build it again on on Monday".. now THAT.. would never have HaPPened before =
- I: = really =
- P: = it would've this would have been uh uh uh an excuse for a major confrontation .h maybe even physical because we've had some serious physical confrontations as well.. .hh so, that's that is it is effecting, um that sort of of relationship.. ya..
- I: Okay.. uh-
- P: (Overlapping) .hh and my and my gardener as well.. I mean he's a little bit insane, literally he's not quite there he has petit mal.. .hh he does stupid things um.. and um.. I gave him instruction the other day.. and he fowled completely .h and when I saw it I burst out laughing.. now normally I'd get aggro you see (mimicking voice) "bloody fool" you know.. and uh, I said (mimicking voice) "Kelvin you know really I think, w-when I give you instructions from now .h I must give them to you in writing because you obviously didn't hear", because he's a little bit on the deaf side, he obviously didn't hear, properly what I'd said, .h and he also laughed.. now um.. five six seven eight years ago .hh there would have been this tension you know (mimicking voice) "you stupid peasant" type of attitude and (mimicking voice) "you, sort of uh uh uh.. aggro - imperialis-t - master" a-and it's not there anymore.. there's a [kyraderee-ee ?] developed there.. unmm, which's not threatening to him or me.. same as my reaction to the one who damaged the swan .hh it was a different way of handling.. a very.. potentially-y explosive situation.. but it happens naturally so.. it d-does effect -
- I: (Overlapping) and that triggers a different response ?
- P: Absolutely, and and ending up with a win-win solution =
- I: = Yes =
- P: = for both of you rather than a, a win lose situation.. that's a very very wonderful for me to see-ee, happening in my life..
- I: Paul-I um.. would I be right in relating that.. to the way you dealing with stress -
- P: (Overlapping) Um
- I: ..or potential stressors ?
- P: Yes.. yes... one deals with it =
- I: = Yes =
- P: = as opposed to shelving it or or or or relegating it to-o a.. what might be insignificant.. .h in terms of of uh ~~deception~~ insignificant.. where it's very significant.. but y-you're realising that now, no matter how small the thing is no matter how uhh that little stress situation you DEAL with it.. that's-s-s very very

good because it, doesn't go beyond that point.. it's finished.. and that's.. also again very empowering very strengthening because .hh there's no-o unfinished business =

I: = yes =

P: = sitting on your back

I: yes.. the baggage

P: ya.. and now, I mean uh.. the the book keeper through a tantrum because I paid thirty five thousand for the next-door's electricity bill.. .hh so-o I said (mimicking voice) "no no no.. that's, we either pay it or they cut us off and uh it's our supply as well as their supply, .hh and we worry about salaries at the end of the month-th.. shh that's-s-s the thirtieth, today's the seventeenth" (laughing)

I: So it's dealing with the present ?

P: Immediately.. ya..

I: Okay-y, um... all right.. briefly some things I just want, clarity on from last week.. umm.. I think the higher consciousness group we've, covered which is taking you into that zone area =

P: = Uh huh

I: = Okay, uh dream interpretation-n covered..umm.. just briefly.. Margo and Larices course where you were finding blocks from the pa-a-st..

P: Uh huh

I: .. and dealing with them

P: Uh huh

I: H-how did - how does that effect your-r day to day.. your present moment ?.. In other words what is the purpose of-f, clearing your blocks.. for you ?

P: Okay.. what I think I mainly gained I did the practitioners course umm.. and um... the w wh hh.. do it again,

I: Okay.. the clea-ea-ring =

P: I just want to find out.. =

I: = of the blocks =

P: = yes yes =

I: of the past, just briefly, um.. what was the purpose of that ?

P: OH, .hh okay.. that releases you.. wh whatever blocks you have and we we've got a lot of them and and I I did a lot of releasing when I did the hospic-c-e uh counselling course as well.. is that they they hold you back in-n.. the expanding of consciousness and and in in becoming.. because most of it is to do with guilt..

I: Okay..

P: umm.. and if you can clea-ea-r that guilt.. guilt against oneself as well as, f-for-r, what you might have done to other per =

I: = Yes =

P: = .. other other other people other entities .hh so-o it helps h you you clea-ea-r your baggage and dump your baggage.. and that of course opens you up =

I: uhh =

P: 'cause the less you're carrying.. the freer you a-are.. the freer you are... the freer you are (laughing)

I: ((Laughing with respondent))

P: You can expand more because, you free to expand.. so you you deal with it and there was some nasty stuff.. it comes popping up you know.., that you'd suppressed =

I: = umm, umm =

P: hh and yes.. umm.. I I that's why I found the course exceptionally exceptionally uh.. powerful.. is that it releases.. the BaggaGe.. =

I: = Okay =

P: = and and um.. so you know you you.. if you're not carry-y-ing anger and you're not carrying guilt and you've forgiven yourself for-r.. maybe.. passing on the the this this virus =

I: = yes =

P: = to other people and forgiven them.. =

I: = yes =



- F: = within the whole sort of.. ditching dumping clearing um.. wiping.. the the the the slate clean again.. that's-s-s the most significant part, point for me that it it it releases you, it frees you -
- I: (overlapping) to grow?
- P: to grow yes yes, absolutely..
- I: Thank you.. umm.. all right.. regressive therapy.. again, you mentioned that last week..
- P: yes
- I: Would that have a similar purpose?
- P: Yes.. that's what I want to contact her with, because .hhh SOMEthings may go further back.. um I I'm a reincarnationist I have no problem =
- I: = yes yes =
- P: = with that anymore.. I did at one stage .hh and I've seen.. hypnotic regression that's that's been checked and double checked and triple checked there can be no.. uh more explanations.. so their might be.. previous things, so that's what my next step is.. get hold of her (cough) do the regressive therapy thing and make sure there are no other little.. goggas hiding in the background, either in this existence or previous.. and um.. also to release and move forward.. that's what I think the.. the the positiveness of that is.. umm-
- I: (overlapping) so part of the ditching process?
- P: Yes yes..
- I: Okay
- P: umm.. ya
- I: all right, uhh..the desiderata.. is that right?
- P: Umm umm
- I: What would.. what just to understand, umm.. to, make full of the picture you were talking last week.. .h what is the underlying theme, or principle, of that?
- P: .. that, in spite of the fact that you are one of-f.. hhh.. bill-il-ions of-f of uh, entities you're very special
- I: Aaah
- P: That you're a cog in the wheel.. but you're a very special cog in the wheel!.. .hh that you you need to have, total self worth-th.. before you can become selfless-ss-ss
- I: Okay-ay..
- P: Okay?..
- I: Okay..
- P: and that's what the desiderata meant for me.. that that you you you you it's okay to be me-e-e.. irrespective of my sexual orientation my religious orientation my rac-c-e my culture whatever.. .hh my hang ups my problems my in-grown toe nails my w-a-arsed sense of humour, my-y.. capacity for masochism.. it's OKAY.. I have a right to be here.. and that's okay, that's the way you've, come through it and how you grow through it and whatever.. it's all, okay-y, and that you've got to accept in other people as well..
- I: Oh okay..
- P: That that, you're okay too.. I might not li-i-ke you with green hair and a bone through your nose.. .hh umm.. and and all the rest of it.. and.. that's-s-s you and that's-s that's fine, as long as it doesn't impact, negatively on me or anybody else.. .h that's okay..
- I: So it's to do with acceptance =
- P: = that's what the desiderata.. acceptance.. ya..
- I: Non judgement
- P: ya..
- I: And selfless, when you say selfless.. allows you to become selfless?
- P: S-s yes becuase if you if you all forgiving.. if you don't judge.. then you um... by by by uh uh uh uh uh DEDuctive process =
- I: = okay =
- P: = you're not judgable either.. you you're you're you're you're your own judge.. umm if you choose to judge yourself.. which I don't anymore.. at some point you do you know, you you get this this guilt complex and think (mimicking voice) "I've been so nasty to so and so.. la la la la".. now um.. that's okay.. I can be myself .. um.. and so I uh.. in the same way that makes me selfless.. I I .. if you really really want this jersey (laughing) I'll take it off and give it to you.. because you need and it and and you

want it and.. it's of very little significance to me-e, other than keeping me warm.. so umm. if you li-like that painting it's yours-s... um.. it's because I'm just channeling through anyway.. and a lovely old Jewish old lady I stayed with in Swaziland when I she came down from Zimbabwe, Joy Gruc-c-e.. and um.. she virtually had what she could pack into a couple of suitcases and put in her car.. .h and she taught me a fabulous expression which I.. very much.. took to heart.. this is now eleven twelve years ago, .hh rather give with a warm hand than with a cold hand.. that little saying, impacted on me at that stage so MUCH-ch, um.. which was also part of my growth into, letting go.. as if nothing .h we own nothing we are just moving through and.. .hh and I employed that ph philosophy in my life, very very seriously, it came to me at the right moment in my life.. umm.. ya.. that's the selfless part of it.. that that people need you without exploiting you.. you don't allow exploitation-

I: (Overlapping) that's the boundary-y -

P: (Overlapping) Ya.. y' watch that.. 'cause people would, they'd like to..they'd like to hook onto you and hold on.. got to just, ease them out of it, give them give them some.. empowerment stuff. .hh and say okay (mimicking voice) "okay now you you work on that then we'll talk about it.. I'll always be here, if you need to talk"...h and the same way wi with.. ya.. i-i-it makes you.. the mo-r-r-e uh (sigh) I'm not putting this very nicely hey ?, umm.. you you are selfless because (pause) it's a paradox.. isn't it Hayley ?.. because umm.. you you're more empowered and more in control than you ever were, but at the same time .hh you're not in control hh =

I: = yes =

P: =.. you're you're part of the-e.. the stream.. it's difficult hey?

I: It is..

P: to try determine uh... w-w-w-what it is.. but you're more empowered because you're less empowered, it's-s very odd... because you've given up and let go.. you have the power.. because it's it's you're not, trying to control it.. it's letting it happen with you.. so I'll say that is sel selfFISH-sh and selfless at the same time, it's two opposites of the of the the uh same thing..

I: The same paradox probably as in giving you're receiving-

P: (Overlapping) that's right, and I think that.. I think there is-s you know I've got this-e-s um... ying yang

I: Yes

P: That's the whole thing of ying yang

I: Oh.. okay

P: In order to be balanced you have to be-e... balanced.. you have to give and receive in equal quantities, you have to love and be loved in equal quantities .h it cant be one sided.. .h and now I find there.. now that I've let go and I sort of give love unconditionally.. you get unconditional love.. you you attract it as well.. I mean, not only from humans.. you can feel it in animals, you can feel it uh.. feel it in in the garden.. like I actually sit in the garden or sit next to a tree and fEE-ee-l the.. .hh love-ve from the tree-ee.. now, that might be schizophrenic.. but (laughing).. but it's it's it's a feeling of belonging.. umm and that's that's very strong as well.. that's very powerful.. that you're not alone..

I: ... yes... which is part of that connectedness you were talking about = ((very gentle tone))

P: = hmm umm... ummm..

I: Okay...

P: (coughing)

I: Are are there any other issues.. that you would like to discuss, 'cause were almost finished now.. .h umm =

P: = hmm =

I: = in relation to-o.. your HIV status or continuing to grow and live ?

P: ... I think to-to-to um (pause). put it in a nutshell.. I think.. from from the time of um.. being-ing.. assessed you know being.. 'cause it was about seven years after I had this-s test.. that I actually found out what it was-s-s. =

I: = Umm =

P: = .hh 'cause this-s uh doctor said (mimicking voice) "no we've got to pass this stuff onto-o.. you you to another doctor..that is.. the one I go to now or when I need to .hhhh an-n-d um.. the the the crux of the whole thing is that.. it's tau-au-ght me all the experiences and all the-e... books and philosophies and.. courses .. to and and pe people like David Patient to-o... put it.. into the-e.. proper perspective.. umm.. from the point of view of.. of you as a a a a-a.. a growing.. functioning.. entity.. that is - only an aspect.. um.. a good example is-s-s.. uh newly weds.. and.. uh eighteen months down the li-i-ne, [the wife goes ?] (mimicking voice) "okay the honeymoon's over .h now the marriage begin-s".. and as they

get older and older, the sexual aspect which was the initial attraction.. becomes about five, percent of of their lifestyle.. now that's the same sort of perspective I'm talking about.. it's not.. yes, it's putting it into perspective.. it's it's a Fact of life it's therr-r-r-e, .h but it's not lif-f-e...

I: ..yes umm =

P: = That for me is, what wh where I'm at now, but it's it's a thing it's there... .h I breathe I eat, I crap, I bath.. I have this uh uh.. and I deal with it -

I: (Overlapping) a - part - of

P: ya.. it's part of me, it's not, it's not the beginning and the end of life..

I: So, you say it's perspective ?

P: Yes perspective.. all perspective..

I: Paul umm... .hh could you maybe just share how you felt about discussing-ing.. your experience =

P: = Oh very =

I: = in the interviews =

P: = very nice, super.. there again, umm.. it's almost like therapy.. because when you talk to somebody who's sensitive to the situation, who's working.. on a on a similar.. mental plane.. it's um, it helps you to focus again.. so and and when we talk.. very much like the catholic confessional -

I: (Overlapping) Yes

P: you you you you share.. and a burden shared, if it's a burden is a burden halved.. it's not a burden.. it's exciting to share because by sharing it and talking about it to uh.. person like yourself who's doing research in that field.. you realise.. how far you've come.. yourself, so again it helps you to focus.. so it's very very empowering.. I felt wonderful last week after our experi (laughing) =

I: = (laughing with respondent)

P: = as I'm beginning to feel now.. 'cause it's nice to.. to to focus.. it t t helps you, to to put - things - into perspective again

I: Ya

P: and that uh very-y nice.. ya...

I: Okay... I just want to ask before we go.. two-o questions

P: Sure..

I: Something that I'm interested in =

P: = yes =

I: = last week you mentioned the, the trials you said that you were going to-o, participate in -

P: (Overlapping) Maybe..

I: maybe.. oh

P: Y', look it would depend on-n, on um.. the the blood tests.. =

I: = oh okay =

P: = he wants to do another set of blood tests -

I: (Overlapping) You're not participating in the trials as of yet ?

P: Not of yet, no-o.. but uh the fact, that I said to you it's coming, it's come my way.. that he's looked to me and said (mimicking voice) "you know .hhh I would like you.. to try.. but we'll do blood tests first".. I said (mimicking voice) "okay.. we'll see, you know, when I go down, I'll we'll see".. so b but that's it, if it comes my way it comes my way.. it's uh.. might be-e for my benefit and ultimately-y.. other people's greater benefit as as a guinea pig situation.. I don't mind being a guinea pig.. okay..

I: An-n-d th-that kind of follows through what you're saying.. you've uh.. grown for your benefit =

P: = ya-a =

I: = and for the benefit of others.

P: I think you have to.. I don't think we're here as as as umm.. individual entities.. you you're here.. as catalyst for, for your own growth and for everybody else's that come that come into your sphere of of influence.. ummm ya... other question ?

I: Other question.. (cough) excuse me.. the pyramidology you were talking about..

P: Yes

I: what again is the underlying-ing... uh fundamental concept in.. pyramidology ?, the underlying theme

P: Umm (clearing throat) well-ll the the... we we've now discovered, using umm.. brain scans and various other technology that thinking, occurs in pyramidal... dimensions-s.. and that all your your synaptic,



connections.. ar-r-re ummm linking groups of neurones in the brain.. .h which may not.. which may have similar ide-e-as but, but are not connected.. so the more, the mor-r-r-e um.. you you you read, the more you experience, the more you um... live.. um the more you think.. the more of these.. connections take place.. these.. =

I: = okay = ((said very softly))

P: but it all happens on a pyramidal BASis.. and there there's uh uh um uh... crystalli-i-n-n-e matrix-x.. apparently .hh um.. mentally and.. and and on a on a le..basic level of of umm.. your DNA-a..

I: Yes

P: that that uh.. are pyramidal..

I: Yes

P: so it would see-ee-m... n-now-w now I'm just touching on an area that I'm beginning to study =

I: = it's fine =

P: that the the the pyramid at Gisa.. is in fact.. a uh thought in stone..

I: my word

P: and the the the the so called.. king's chamber..

I: Yes..

P: that.. energy uh umm.. electromagnetic energy fie-ie-ld.. that is created by the shape.. the shape itself-f-f.. um is at it's heightened point, where that one third down, where the kings chamber is -

I: (Overlapping) yes... yes

P: now just last night I was I was looking through a a another little book.. and umm.. what wa what was she saying there... um.. that if you take.. if you take the.. the little umm.. apex of the pyramid.. which is just whatever it is.. and you multiply it.. squar-r-ed.. you get the pyramid.. if you multiply it cubed.. you get an a-rea which... covers-s the the the whole of the plA-ane, on which the pyramid stands .h you multiply it by five, you have the apex-x touching north pole and the squaring of-f.. the earth, right at the equator - but perfectly.. and um.. and so it goes on.. it's it's it's an incredible, so it see-ee-ms... um.. as I say I'm just touching on this now.. that, that we are.. the the whole thing, the earth, ourselves, are somehow connected to a crystalline.. pyramidal configuration.. umm.. and that's very very fascinating.. umm where it's gonna lead one knowing this I don't know.. but we'll see-ee.. it comes your way, you pick it up you run with it.. and uh.. umm... but there's something very powerful there... and uh.. that's about as much as I know about it.. ya

I: Just looking at that bigger force-

P: (Overlapping) YES =

I: = and the balance

P: yes.. yes... yes..I firmly believe.. if you, if this is pertinent or not I don't know.. umm.. that.. we are moving towards.. umm.. transforming.. that we we're leading to a point in-n, the vibra-a. tional.. radiation.. of of ourselves of the planet, of where we are in space.. 'cause you know we we, it's taken us thirty six thousand years to move.. in in one sort of half cycle in space, our solar system.. and getting into, what what they call a negative.. um.. negatiiv-v-v-e... s-s-something zone, it just escapes me at the moment.. that's one of the heightened vibrational levels coming through at the moment.. s' like in the last hundred years 'cause we're moving closer and closer to this this-s this-s particular zone in space, and umm.. it see-ee-ms from what I can read.. and get together and understand.. we are.. our vibrational systems are starting to to speed up .hh and we're going to come to a point where we-e.. transform out of a third dimensional onto a fourth dimensional, plane.. or vibrational system... as a as a race

I: as a race ?

P: as a race..

I: Okay

P: .. so that's very very interesting -

I: That's very connected to what you're busy doing at the moment

P: Yes.. yes... it-it-it's uh, all vibration.. and and we heightening we're going faster and faster HenC-c-ce like virtually on a daily basis, new discoveries.. something that really rocked me was uh.. wh what they were saying that.. .h every TV station, every radio programme, throughout the world.. is passing through this room.. and if you just had to-o have the right equipment.. you could pick it up.. you could pick up Russian broadca-a-sts or whatever, if you had the right equipment.. so it's her-r-e... and so are you.. now if you can Consciously start connecting into tha... uh.. it's mind boggling where you might - end up (laughing).. you know, it's it's and you think it's all here, it's happen it's right here..and so are

- you.. your connections and so on.. so ya it's very exciting and I I'm having da-a-ily experiences now... which-ch-ch.. I've got over the-e... not the wonderment of it, it's always wonderful.. but the, surprise element.. I now expect these things (laughing) =
- I: = ya-a = ((laughing with respondent))
- P: = and but when they happen it's still surprising, and still fascinating.. you know.. like the FLOWERS =
- I: = (laughing) =
- P: I was saying.. an HOUR ago.. (mimicking voice) "I must get fresh flowers", you know and you walk in with a bunch of fresh flowers.. =
- I: = it's amazing =
- P: = now that's.. .hh it's happening all the TI-i-i-me.. it it's..doesn't stop... it's very very exciting. (laughing).
- I: Almost like living on another dimension..
- P: Oh absolutely.. it's it's it's, you are.. you are.. you're starting to, to kick into-o, uh uh uh a different powe-power base.. and it's it's very very.. interesting..
- I: and immunologically ?.. the impact on..-
- P: (Overlapping) Well I think it's it's going to just neu neutralise that.. because.. .h umm.. it's about as significant as as.. as a cold or or or as uh... ((smacking lips together)) the the little gog.. the little umm.. germs that live on your eyelids and so on... it's it's it's there.. I think, from, from that point of view it's gonna... raise right out of.. =
- I: = out of that =
- P: = what what might term a disease fie-ie-ld..
- I: o-okay =
- P: = because you your vibration... will pick up to such a point, that it'll just neutralise.. .hh anything that might be construed by your-r, Body, as negative.. now who knows ?.. maybe the HIV is not only negative.. um for me it's certainly been a great positive.. =
- I: absolutely =
- P: = power.. you know, it's it's-s.. been very goo-oo-d... so umm... ya sure, I think I-I think that that's uh.. also i-i-i from a immunological point of view.. it will neutralise.. disease... it MUST.. because it's it's to high, =
- I: = yes =
- P: = for that thing to t-to live in.. you know..
- I: Paul thank you so-o.. rauch.. =
- P: Aah (laughing)
- I: it has been so-o-o-interesting..thank you for your time =
- P: = it's been lovely chatting to you.. any-y-time =
- I: = and when the.. um... whole document's finished.. perhaps then you'd like to go throu-ou-gh it, and to just check that I've picked up as you've.. tried to.. =
- P: = Sure..
- I: you know I haven't kind of missed.. -
- P: well if you need me for anything... umm just contact me..
- I: Thanks a million.. g-dbless you -
- P: (Overlapping) and you too..
- I: and really.. stay on your path
- P: Oh you bet.. you bet.. you bet.

Field Notes: My feelings with regard to the nature of the interaction

- As Paul was extremely verbal, I felt very much like the learner, enthralled at his sense of growth and knowledge. My sense was that Paul really wanted to share his story, and within this context I took on the role of listener, reflecting and questioning less so than with the other participants.



APPENDIX C

Part 2

Lucky - Narrative Interview - 2 of 2

- I: Okay .hh all right.. the.. project that I'm working.. the project is really focusing on-n.. mind body connections in healing, so the the question is as follows.. according to the readings I have done.. there seems to be a shift whereby people are moving beyond drug therapy-y .h and bi-i-ological factors in shaping their health outcome.. okay ?.. Lucky in your experience.. how have you found tha, your firstly your thoughts.. your feelings.. spirituality.. and then social interactions.. ha-a-ve impacted, on your, directly on your immune system functioning?
- L: .. well I mean they have uh.. impacted uh immensely =
- I: = okay =
- L: = you know, ya.. and profoundly so.. uh.. you know in the sense that uh.. you know.. I mean logically if you are, if you are not happy.. then your body feels down.. =
- I: =okay =
- L: = uhh.. but if you are happy.. say maybe you are at a football match and your team scores.. =
- I: = okay =
- L: you know adrenaline rushes-s in your body and you.. you stand up and you shout.. that is how I try to.. to live my life.. to live my life.. happily.. if there is anything like that uh.. um.. and then in terms of spirit-uality-y I am not sure whether you're talking about Christianity in the Christian sense, or-i whatever..
- I: Whatever spirituality means to [you
- L: [uhh.. well.. to me-e you know, spiri spirituality means something that I believe in.. so-o uh.. you know uh.. I believe uh, in myself.. uhh.. so I don't know whether you describe that as uhh.. but uh.. I mean I'm just saying that uh.. it's also important that people, uh, begin to to.. to think and and behave in this way, because obviously there there's no cure for AIDS..
- I: Behave in what way, Lucky ?
- L: Behave in the way-y .h and think in in a positive way.. in a way that says (mimicking voice) "...you know.. there is-s that.. that, good overrides uh over-overrides the the bad.. =
- I: = okay =
- L: = look on the bright side of life.. then obviously when you're looking on the bright side you're looking at positive things and beautiful things and bright things, you know.. =
- I: = okay =
- L: = so that uh overshadows.. uh the bad.. the bad in this instance being the, being the, virus =
- I: = okay =
- L: = so.. and your life being the light.. being the good =
- I: = okay =
- L: = so-o if you think good of yourself.. and uh.. the part of yourself you know you love yourself, you care for yourself, you look after yourself .h then there's.. little chance you know that the, the virus can depress.. as quickly as if you were ..doing the exact opposite..
- I: .hh Okay so Lucky you're saying that.. by thinking positively.. you're, in fact.. and by by making yourself actively happy standing up and shouting at football matches.. you're having a direct impact on what's actually happening.-
- L: (Overlapping) of course
- I: in your body ?
- L: of course
- I: Okay, .hh -
- L: (Overlapping) I mean basically I feel good.. uhh.. a lot of people have started to think that HIV and AIDS is about death..
- I: Okay..



- L: and I don't think it is.. at all.. because I mean you can die for oth, from other.. .. things as well.. so I think it's about the quality of life, that is what I'm talking about.. to enhance.. the quality of life, to increase the things that make you feel good.. =
- I: = okay =
- L: = to do moR-R-e, the things that make you feel good.. .hh I think that is what I mean, that, that is what it's about..
- I: .hh Lucky.. two things.. if I had to ask you, briefly to sum up how you would.. state your quality of life today.. how or what would you say ?
- L: ... well uhh.. (laughing).. uh.. briefly-y ?
- I: ((laughing with respondent))
- L: uhhh (pause).. I mean it's uh.. it's splendid.. I mean I'm enjoying myself.. I'm very busy, you know.. but uh.. I do a lot of things.. but that is how I strive, you know.. I strive on pressure and I strive on.. on a, achieving things.. the more I achieve.. the better I feel.. ya..
- I: You use the word strive.. uh, to my mind that brings the idea of move - going forward =
- L: = of course,
- I: can you jus-s-t...
- L: Well I mea-ea-n, I think that, you know if-f every individual in this country reall-ll-y had the sam-m-e.. mentality, you know the same type of thinking, then.. we would have f-f-ourty-y-y... million.. something, individuals like that.. then our country would be a better place..
- I: Like what.. Lucky ?
- L: uhhh... what d'you mean, like what ?
- I: You say.. you said forty.. million individuals like that.. like what ?
- L: Ya like.. like.. people who think positively.. people who want to strive for perfection, people who want to .hh to enjoy.. life, people who want to achieve things =
- I: = umm =
- L: = people who are goal orientated =
- I: = goal orien-, Oh okay =
- L: = you know.. then uhh.. people who are empowered, people who believe in themselves.. uh, you don't necessarily have to be rich.. or.. or have to-o have resources to to to believe in yourself, you know.. you can work your way up.. so I think that uh... a dream.. but if we.. if it could happen then our country would be-a.. a much better place..
- I: Lucky.. u-
- L: (Overlapping) and indeed the world..
- I: and the world, ya.. hh.. um you said earlier on spirituality, has basically been about, you-ou.. about finding or becoming you =
- L: = yes =
- I: =.. you know.. am I correct in that that interpretation ?
- L: Yeah
- I: Okay.. ummm (pause) just to clarify.. in finding you.. you see, what I am trying now is make direct links, so in finding you and becoming you.. when when I was reading through the transcript I mean I I found that.. one of the central issues.. .hh how has that, in itself.. impacted on your fee-ee-ling good.
- L: (cough)
- I: on your immune, system actually-y, boosting itself ?
- L: Ya.. it has in the sense that, you know, when you-ou.. when you-ou, find yourself you you become, more aware.. of who you are.. and uh.. and you become more aware ,of the role that other people play in your life..
- I: Okay
- L: uhh.. you be becom-m-e more assertive, you become more composed, you become more confident uh.. and this rubs, ONto, the next person.. you see.. so I think that has been uhhh... I don't know whether I'm answering your question..



- I: You're absolutely answering-
- L: (Overlapping) (laughing)
- I: In fact you're ans, answering the next question ((laughing with respondent)) as well..
- L: So so I think uhh.. you know.. that has, that is the situation..
- I: Okay.. what have you seen in terms.. when you say rub off on other people..
- L: Uh.. an example would be my colleagues, for instance.. uhh.. people uhhh.. would not expect, a an HIV positive person to talk the way I do
- I: Okay-y
- L: and uh.. when they do that and they read the, the column, they read it as an individual, which I, I promote.. you know, that people sho - HIV.. AIDS is a personal thing =
- I: = okay =
- L: So when they read that, you know.. som. thing happens in their minds, and in, an and in their bodies .hh they become empowered themselves.. you know.. that.. they also want to sta-a-rt to be like myself.. uh.. their minds.. s-starts thinking.. you know, which is good..
- I: Uh huh
- L: because then you, you're doing something.. by merely thinking and.. and there's this conflict in your in your mind about issues.. you are actually doing something.. so that is what I want to trigger.. I: Okay..
- L: and to trigger off uh, discussion as well.. well I have not been as controversial as I as I should've - I should be .hh.. but.. just to trigger discussion.. to trigger something in a person's mind.. then then that will obviously lead.. to-o, to them.. having.. uhh.. a better outlook.. -
- I: (Overlapping) Okay.. so you're focusing =
- L: = uhh on life.. =
- I: on the belief-f and the outlook of the person.. their attitude to life ?
- L: Yes
- I: .hh You said two things that I just want clarification on.. one you've used the word empower, and you've used that a lot ..
- L: ya
- I: .hh um and another word you used, discussion, if you could first.. clarify what you mean by empower, and then I'll-ll.. focus on..
- L: Uh.. when I speak about empowerment I'm not talking about uh... jobs-s and and things like that.. .hh I'm talking about uh self empowerment..
- I: = Aah okay =
- L: = you know, so that uh... if there's a task that a person needs to do-o, they they should feel Equal to that task.. so that is what I'm talking about.. because then, if you-ou.. were to have a se a sense that, uh.. the this virus was on top of you then you would be out.. and there would be no reason, for for countries to go to war if they thought.. if one thought, they would be defeated..
- I: Okay..
- L: So.. so you have to have.. this thing within yourself.. to say.. (mimicking voice) "I am equal to-o, to the task, and this I can achieve"..
- I: Lucky.. triggering a hundred thoughts in my mind.. .h first -
- L: (Overlapping) But we have not answered the second part of that..
- I: Oh yes, I am going to get to that (laughing) =
- L: = Okay sure..
- I: I'm going to get to that..
- L: Okay
- I: .hhh.. in terms of empowerment.. um.. you spoke about being equal to, in other words, are you saying... uh n-not feeling overwhelmed or controlled by.. ?
- L: Of course, of course..



- I: .hh And we've discussed that you have discussions with the virus, would that be that you and the virus are on an equal footing ?
- L: Uh.. I would like to be on top.. and I know that I am at the moment, because I'm healthy and things like that.. uh, but my approach is that you know.. uh, I also, give.. the virus credit.. because uhh.. you know, I know how deadly it can be.. and that it's uh really s-serious-s and a formidable opponent,
- I: Yes,
- L: so-o I give it uh.. credit that is due.. but it ends there..
- I: Umm
- L: and then we engage in discussion-n-s.. you know, we we argue-ue and we fight.. .hh but uhh, I'm still the host.. you know.. uh, so it has to-o uh.. live by my rules..
- I: So there's almost like a, mutual respect ?
- L: Of course.. of course, and also-o.. uhh.. you know that uh.. s-s-so long as.. I I can influence people in the way that I do.. I' uh, if I can speak to-o uhh.. less xxx people uh.. than it means I'm still on top =
- I: = oh-hkay =
- L: = uhh... by meeting you and conducting this interview, I'm still doing the things [that I want to do..
- I: [absolutely
- L: so it has not.. uh effected me.. uhhh... detrimentally at this stage.. so it means I'm still in control.. it means uhh... that's-s-s it's the underdog at this moment.. so I'm having a.. I'm riding the crest of the wave (laughing)
- I: and I can see that ((laughing with respondent)).. and I can read, that, as well =
- L: = ya
- I: Lucky, before we move on to the discussion question.. um.. in speaking to-o.. uh.. the two other participants, .h they talk about co-existing with the virus-s.. where, you learn to coexist.. now.. i' in, your rea, a lot of the readings that I I've read and and something you just mentioned, if people were equal we wouldn't have the war .hh .. you, talk about.. the battlefield.. against the virus, almost using uh, like a metaphor of war
- I: ya..
- L: .hh h' how is that for you, do you.. how do you find yourself, are you co-existing or are you at war... with the virus?
- L: .hh uh.. well.. it's two fold, one you mu, you coexist.. and then there comes a ti-i-me.. where the difference becomes so huge, you know, that.. one has to win.. and unfortunately at this point you know, we don't have, a cure or =
- I: = yes =
- L: = and things like that.. so.. .hh so we have to.. we coexist initially.. you know.. and you take the.. one once you decide to live your life positively, then you take, uh.. you become the top dog
- I: Oh okay
- L: Okay ? then you you you live on you live on .h and then there comes the time of war now, when it when it it it.. the war intensifies, then it pressures you.. and it brings you down.. then that is the war that umm uhhh.. it becomes a war at that stage - Later you know, when you-ou.. you learn to-o. struggle for life, you know you.. you try to get medication-n and things like those.. that is the actual war.. but initially - there is this CO-existence, wher-r-r-e.. this respect.. this mutual respect is sha-a-red.. and then you test your weaknesses and your strength, and things like this .hh and then.. in the end.. you know.. then there's.. this is that war..
- I: So where would you say you are now ?
- L: Well uh.. I mean for me... I-I'm.. I'm riding the crest of the wave.. you now, and and for me really it's not about death.. as such.. uh winning or losing the war.. it's about.. uh, having.. stood up, and having said. (mimicking voice) "this is my life, and uh.. I will control it".. uh.. I've actually won the war =
- I: = okay =
- L: = before it was fought.. so I mean I would have died anyway, so.. uh.. for me it's it's not an act, ya, and it's not about the actual, war itself.. but there is a war..

- I: Umm, and Lucky would you say now, are your attitudes and your feelings and, are you, do you believe, that, what you're saying and how you're thinking and what you're feeling has a direct impact on how your body is actually functioning ?
- L: Of course it does.. although I am not uh... you know =
- I: = Yes =
- L: =a medical expert or a scientist or anything like that.. but I do know.. you know, loj, using my, my humble uh senses that uh.. uh.. there's a difference between, in terms of feelings when I feel good and when I I'm not in a good mood.. you know uh -
- I: (Overlapping) What is the difference Lucky ?
- L: The difference i-it can also be seen, I mean your face can tell whether you're feeling good or not.. uh.. so if you, if you're not feeling good, as I said earlier.. than your body.. you know.. sh-sh-shrinks-s.. you see.. or if maybe you are sick, you know, your body sh-shrinks and and people can see that you're sick.. but on the other hand, if you are happy.. then you are full of life.. =
- I: = aaah =
- L: = it's a pity-y you know.. uh.. it's not video, so you can't see how I'm, how I'm I'm.. I'm gesturing..
- I: yes..
- L: but uh.. so that's what I'm saying, you know.. uh.. uh.. ya..
- I: What I'm doing.. it's really.. how you're feeling it doesn't matter about those medical objectives..
- L: Okay..
- I: Umm (long pause) okay.. something okay.. in in regard to discussions, you said, you mentioned discussions.. what was the importance of discussions for you ?
- L: (pause) Well uh.. there's a number of reasons why discussions are good.. firstly they would eliminate all the wars.. that are here, and all the violence.. because if people talk.. uh if people talk.. then they can disagree and they can agree.. but if they don't talk then there's.. violence.. one wants to force the other to understand their =
- I: = ummm =
- L: =.. their point of view.. but also, when you discuss-s you also enrich yourself.. irrespective of whether you agree with that person or not.. because then you give the other person a chance to, to to to tell you what there story is.. uh which you will learn, from.. and then you also get a chance to put, your, your message across.. so.. in that sense.. you are.. in a, process, in a win win situation, irrespective of whether you agree or you disagree.. but there might be something that the person can say that can, actually strengthen your point, of disagreement =
- I: = Umm okay =
- L: = or agreement.. ya
- I: Would that be a, similar process that is goes on between you and the virus ?
- L: Of course.. uh because then I mean uh... it had to.. there are certain things that it also has to understand.. you know, and umm... realistically there are certain things that I also have to understand.. for instance that my life will ch, have to chang-g-e, you know.. I will have to rest more and things like that.. .hh uh are directly linked.. to the strengths of the virus.. because if I don't do that.. then.. you know I know what's gonna happen.. so so.. also that is the respect that we share..
- I: yes, yes.. .hh and Lucky, um your disc.. how has this discussions, helped you deal with HIV ?
- L: .. Well uh.. it was tough you know initially, because I did not want to-o accept uh (pause) I did not want to accept the reality-y of of, the presence of this, uh virus in the first place, but uh... then-n you know, uh.. e' eventually you have to.. I mean if you-ou, really want to live a qualita-tive.. kind of life, then you have to..
- I: accept the virus ?
- L: ya.. it's like coming to terms with the truth.. it set's you free.. you know
- I: aah, facing the reality ?
- L: ya.. so-o, so, the mor-r-e you deny-y, or the more you-ou want to argue and fight and whatsoever, then.. the more you won't succeed..

(The interview stopped for a few minutes)



- I: All right, Lucky umm... again just briefly.. how do you think your present coping style, your current thoughts and your feelings-s, .h are impacting on the sense of who you are today.. or who you would like to become ?
- I: ... come again
- I: You-ou-r new coping style, the sense of acceptance and everything.. how has that impacted on your sense of identity.. of who you are.. or who you're still striving to be-e ?
- L: Well it has uh.. uh reinforced uhh.. who I am.. and it has made me-e.. uh.. more powerful =
- I: = umm =
- L: = as a person, more respected, maybe previously I was liked.. you know but now I'm, more respected, I'm mor-r-e influential and uh.. I also enjoy a certain sense of freedom-m,
- I: In what way, Lucky ?
- L: In a way that uh.. whatever I do-o, is what I.. REALLY - want - to do =
- I: = Aaah =
- L: so if, if for instance you you came to me and asked for an interview.. uhh... or maybe I should use another example..
- I: (Laughing)
- L: if you, if if, ya (laughing).. if maybe you get invited to a party.. and you really feel you don't have the time.. more times, people say (mimicking voice) "oh no I will be there" you know, and they, disappoint the other person.. because they know, that they can't make it, .hh so now.. I'm in a position where I can say (mimicking voice) "you know, I really w uld have loved to come.. but I don't have the time".
- I: What is, what is.. j what has created that ?
- L: I' It's this self belief.. you know, and this uh confidence..
- I: Umm
- L: and and and uh.. sometimes you think you want to please people when you're actually hurting them.. you see, because if you if you say (mimicking voice) "I will be at that party, then the other person's hopes, are raised.. and they go abou-ou-t uh, telling other people, .h that Lucky will be there and whatsoever.. when you knew in the first place you could not have been there.. when you don't come, on that day.. then you're causing more harm than you actually, realised.. by having said you would, you would be there.. and knowing that you-ou w'd, not.. .hh so I I am now, so I'm just using a simple example to-o.. to to to to illustrate.. you know uhh, and the freedom that I have, is to say.. (mimicking voice) "y'know this I can do, this I cannot"..
- I: Well I'm truly.. honoured.. that you truly.. can do this, thank you.. umm.. Lucky, you mentioned that you are more influential.. what other changes can you see, in your interactions with others ?
- L: Uhh.. hhh (laughing) well uhh, I've become bold to som-me, y'know who are less confident.. I, I sort of intimidate them, when I, when I get to a place.. uh you know, people want to plea-ea-se me, and they want to, change who they ar-r-e, you know.. uh... but also more importantly, I I'm influential in the sense that, people belie-ie-ve.. in what I say and they SEE it in how I live =
- I: = umm =
- L: = uhh.. and they, then they tru-u-st.. you know uh, that they can do it, as well.. and uh, my opinions when I stick.. y'know they, they influence a a whole lot of other people, including those in the high echelons, in society =
- I: = yes, yes =
- L: = y'know uh.. uh.. so, I've become (pause) I'm noticeable.. you see.. which is what everyone, is striving for.. to be noticed.. when.. when, ya..
- I: .h Which is quite different Lucky.. becau ' v', last week you said that initially after the diagnosis you, you became quite isolated..
- L: yes..
- I: so it's quite a big adju - change
- L: of course.. ya



- I: .hh all right.. umm..
- L: (cough)
- I: ..You.. you've said that you're imparting change onto the readers-s.. in terms of any feedback, or friends or family.. h are you seeing any, attitudinal-l, spiritual-l, behavioural-l or thought differences.. in these people, in your community ?
- L: Well uh, a typical example would be-e uhhh.. a lady that I spoke to-o, yesterday.. I've been talking to her and she, she's HIV positive for a month now.. and she-e.. she had a difficulty talking to her husband.. but yesterday.. after a month.. of talking to her, she called me and said (mimicking voice) "at last, I have spoken to my husband.. and he knew, also, all along.. but we shared, one thing in common, that fear, of actually.. wanting to talk about it.. so it's like we've been keeping this thing uh.. a secret, between us.. I had the.. we shared the same feelings, almost.. and all the time we thought things were normal.. y'know"
- I: Aaah
- I: umm.. so, for me that is the excitement, you know to say.. if people say you know (mimicking voice) "thank you, you've really helped us a lot.. you know.. and it turns out also, that I've been talking to these two people.. who are married.. all the time.. you see =
- I: = my wo-o-rd
- L: then the women says my husband is so and so.. and he says my wife is so and so.. ((laughing gently))
- I: ((laughing gently with respondent))
- L: and I've been talking to these two-o people.. now uh, not knowing.. that they knew each other.. and uhh.. but, in this =
- I: = Wow-w-w =
- L: = truth, that I speak about.. everything that I said to each individual, is i-identical... you see.. and then uhh.. y'know they, they gel these things together, then it's it's the way forward.. so that is what inspires me, really.. more than, more than uh.. material things-s, or anything.. that is what really.. uh.. you know.. boosts my immune system..
- I: that is powerful, powerful..
- L: yeah..
- I: Umm.. okay.. all right (sigh) what, are there, what issues would you feel that, that I haven't asked you, before we move on.. are there other issues that you would like to share, with people and us.. regarding this-s, whole.. new way of healing, in a sense ?
- L: .. Well maybe wh, what I can say is that.. you know for our country to reall-ll-y be-e, a better place, I mean.. HIV and AIDS is not the only problem..
- I: ya
- L: we have, racial problems.. .hh I think that people have to be true to themselves,
- I: meaning ?
- L: uh, meaning that uh... for me as a black person, I have to accept that I'm a black person .hh and uh.. I have to accept how I grew up.. uhh.. and then a white person can also.. do the same.. uh you know.. umni.. then we can come together in a.. tr-r-uTHful way.. from the same level.. but then you find that a lot of people .hh actually want to make excuses, you know for the pa-a-st.. uh.. want to hi-i-de priveleges that they enjoy-y-ed.. y'know that there's a whole lot of pretence =
- I: = yes =
- L: = that is going on.. and and we can never strive.. on, on on uh.. pretence, y'know.. so I think that.. uh.. when we do that we will share this common thing, that this is our country.. uhh.. this is what has happened.. it has happened.. it will never happen again.. and then, uh.. this is how we want to move forward.. so I think for me.. it's as simple as that.. I mean.. .hh feelings, there's no way you can.. intellectualis-se them.. I mean a feeling is a feeling =
- I: = yes, yes =
- L: = so-o.. people tend to-o.. I mean politicians an-n-d.. business-ss people.. they to in 'lectualise EVERY-y-thing =
- I: = yes =



- L: = and feelings is one thing you cannot do that.. so I think that, that would really make our country a better place..
- I: So Lucky you're actually pulling together a lot of themes that .hh on one hand, self acceptance now and before.. which kind of puts people on that equal footing to interac -
- L: (Overlapping) ya.. well you've heard the saying that you know.. if you.. if you-ou... want to know where you're going, you need to grips with your past.. where you come from, so I mean.. tha, it's as simple as that..
- I: Umm.. Lucky that directs, me to now (cough), these shouldn't take to long, they, are related to your readings .h and to some of the things last week, but you've just initiated one of them.. and that is.. umm... you mentioned.. almost.. understanding and accepting the pa-a-st.. now, the other participants I've been speaking to have mentioned this as well.. .h how have you dealt with issues.. negative issues .h in your past - have you dealt with negative issues in your past ?
- L: Uh.. yes I have, um.. maybe.. not all of them, but, s-some of those I know.. that have been troubling me, y'know.. um... I-I-I (pause) maybe most youngsters don't have uh.. good relationships with their mothers, y'know once they-y, grow up, 'cause mothers tend to, want to be possess you, 'cause they realise now is that you have to.. take your own direction =
- I: = yes =
- L: so-o... I've, had, uh... opinion differenc-c-c-es and, with my mother, you know and uh.. it ended up.. you know, where we-e really couldn't.. speak to each other unless.. it was over a fight.. you know, .h so uhh... I have been able, in-n coming to grips with my past.. to say, look, uh.. I've done things, I've done wrong.. A, B, C and D.. and uh.. I would like you to-o.. to-o take note of that, and I would like you to forgive me for doing that.. but I think, .h you have also done rre wrong, at one, two, three and four.. and then uh.. you know so in that way then you come.. uh..you you you-ou become peaceful-I, you know you sleep better, because you know that you s-sorted out one thing.. .hh but then there other people who-o... maybe who have done you wrong, that you-ou... can't see-ee, anymore, or maybe are dead =
- I: = yes =
- L: = or something.. so then I would write a letter..
- I: Aaah okay
- L: you know.. and uh.. uhh.. uhh.. express my frustrations and my anger you know.. and then uh.. I would tear ((banging hands together)) the letter into to, then I would feel much better.. so so.. I think that.. th there are different tactics for different people =
- I: = yes yes, absolutely =
- L: = umm.. and so being forthright.. has also helped my life.. I mean now
- I: yes
- L: ... uhh so-o.. so I have less problems in terms of.. uh personality clashes or petty things, you know, I can be able to-o.. to distinguish between what is important and what is not..
- I: When you say forthright you mean quite direct ?
- L: Of course.. ya, I mean if uh... I wouldn't do you a favour, I wouldn't do you a favour.. I'd rather than give my all than a portion of who I am..
- I: It's all really about honesty ?
- L: Of course.. yes
- I: .hh Lucky.. in a sentence again.. and and it see-ee-ms quite obvious, but to state the obvious.. .h w-what is your reason for clearing the past ?
- L: It's, coming to grips with the future... (laughing).. you said in a statement, so.. ((laughing loudly))
- I: ((Laughing with respondent))
- L: ya, so I mean you-ou... you can't move ahead without.. because then you keep-p... you your mi-i-nd.. keeps, driving you behind, you know.. uh... things of the past haunt you... whatever achievements you make, they're always clouded.. by some controversy that happened, y'know in the past.. so it's better to actually come clean and say.. (mimicking voice) "Look, I've done wrong here, and here and here.. but I'm still proud ((clapping hands)) and I'm moving forward".. that's the.. basically, that's the movement... I don't, I don't carry guilt... because uh.. whatever I did uh, then, I had to do it.. most probably I had to do it.. and



- uh... once the milk is spilt.. y' I mean uh.. maybe with new technology I can get it back, but for now.. if it's spilt it's spilt, there's nothing I can do (laughing)
- I: ((laughing with respondent)) .hh umm... all right (cough) last week you said that you're not going to measure, you're probably not going to measure.. your T cell count again, would there be any specific reason for that ?
- L: Uhh. hh I mean I don't know, but uh... T cell counts, you know they go down... and uh... they tend to say (mimicking voice) "press panic buttons" =
- I: = unmm =
- L: =.. you know..
- I: okay
- L: uhhh.. so that's why.. so I just want to-o.. to live the way I want to live, I'm going to a doctor if I have a problem.. .h a chest problem or-r.. flu-u or whatever.. .h but not to say you know (mimicking voice) "has it gone down-n-n maybe-e ?.. by half, whatever, ya".. I mean I just want to live my life..
- I: Uh huh, umm (pause) the rol-l-e that g-d has played, um you mention g-d qui-
- L: (Overlapping) g-d ?
- I: yes, you ment^{ed} quite a lot in-n-n, the last interview and a, also in one of your readings that I read, .h what role has-s- .s... bee-eeen ?
- L: Well I mean uh.. g-d, uh.. I mean whatever-r.. one may perceive him to be.. is really there... I think.. 'cause uh... I cannot understand how the sun's held up, in the skies-s.. you know.. uh.. it's beyond my.. understanding.. so-o.. uh.. and it comes out.. you know, over years and years.. uh almost at the same time, we know by this time that it will be winter.. so you know.. so I think, there is someone =
- I: = you do
- L: .. not necessarily human..
- I: yes-s'
- L: or-r... I w-would really like to meet him, y'know.. uhh.. I don't know whether he's in the.. well I don't read the bible, much-ch.. you know.. uhh.. but I do believe that there is this-s, superior being y'know.. uh that is looking over us.. whether it's from the sky or whether... uh no, I don't know, where.. where where it is ((gestures to show g-d potentially on the floor of the room)) (laughing)
- I: ((laughing with respondent))
- L: but uh.. whether he's a he or he's a she-e, I don't know.. but.. there is, this-s superior being
- I: and how has that helped you.. that f-
- L: (Overlapping) Uhh..
- I: that knowing ?
- L: .. it has helped ya, in uh.. in the sense that uh... you know that uh.. someone.. or-r is looking over, y'know, for you.. uhhh.. and that amazing things have happened.. y'know where you've lost ho-o-o-pe.. but somehow y'know, inexplicably.. you.. you-ou survived whatever-r.. predicament it is you're facing.. and uhh.. we've heard uh.. miraculous uh stories all along, like you know.. so I think he is there..
- I: Ummm.. Lucky also, you said you've prayed now more than you've.. probably more than you've prayed in the pa-a-st,
- I: ya
- L: .hh uh.. would that be linked to this whole notion of somebody-y.. taking care of [you ?
- L: [hhhh.. umm (pause) well I've prayed mostly about.. because the world has become.. I don't know by whose standards, but.. .h but the world as.. as as I said you know, is so full of sickness and uh, hatred you k- .h uh.. that you, we have to look elsewhere ,to say... (mimicking voice) "Is this really-y, how things should be ?" .. uh.. to find answers, you know, to seek answers to say (mimicking voice) .h are we trying to hard to bring peac-c-e, into this world ?.. you know, are we-e.. what is it that we are doing wrong.. or-r-r... you know that we are not doing at all ?.. you know .hh and uh.. I have not been able to find that in man mankind,
- I: okay,



- L: you see.. because everyone wants to-o.. to do things there own way.. so I'm looking beyond.. to say.. (mimicking voice) "what is it that we are doing wrong ?" or "what is it that we have not done at all" =
- I: = umm =
- L: = ya.. so I pr, that's what I pray about.. and also to thank uh.. g-d for my life, you know, uh... uh.. just for life.. the gift of lif-fe..
- L: s-so there's the, looking, there's the searching for answers and, and the thankful, and the gratitude..
- L: Of course..
- I: .hh ummm.. all right.. what's the time, no we got twenty minutes that's fine, .hh umm... last week you said you visualised the force of death... again, what I'm asking you I'm going to ask you to be brief.. unmm.. could you just explain that, to be a bit more specific, and and the reason for that,
- L: Well as I said you know, last week that uh.. (cough) dea death is-s a (pause) un-avoidable occurrence.. okay, so-o.. and a lot of people fear it, you see, so I think for me.. really... uh.. death is something that.. death is natural.. you know that was.. put there to, to happen.. uh.. so that uh, you can serve your time.. and then you can.. uh go away, you know.. uh so, so I looked at it in that way, you know and uh in in in whatever discussions or or things like that, you know, because a a all these things are in my mind you know, so-o uh.. I would not expect another person to believe what I'm saying or not, because it's what happens in my mind.. uh.. it's that.. then I find that once I get to grips-s.. with that reality then the fear.. of the unknown.. goes away..
- I: o-o-o-kay
- L: you see.. to say that you know, (mimicking voice) "I have spoken-n umm..to death.. and uh.. I I have accepted that one day I will come.. but I have also.. you know informed, uh death that (mimicking voice) "look, I also have some.. things to do, so-o, would you like to hang on a bit" (laughing).
- I: ((laughing with respondent)) shoo-oh,
- L: so I mean so far-r it's-s.. for say I've been HIV positive for seven years, you know =
- I: = yes =
- L: = .. so.. I umm.. I enjoy each day of my life.. uh.. and so.. it listens,
- I: And Lucky, .h what role does fear play for you today ?
- L: Oh-h well I mean for me-e fea-ea-r, stands for Face Everything And Recover.. so in my vocabulary there is nothing like fear..
- I: Thank you.. umm (pause) hhh, the process of disclosure.. 'cause I've read about it and you spoke about it last week.. .hh and you said that.. when is the right time for you to disclose.. .h umm.. how is disclosure related to healing?
- L: Uhh.. disclosure is related to healing in-n uh... two ways... maybe more than two.. but.. just to be brief.. it is.. when you tell a person... who exactly you are.. you relieve yourself =
- I: = O-o-o-kay =
- L: =.. of this greet, of this guilt and this secret you carry.. then you stop living a double life, because you see.. when you're HIV positive and you don't, you're not telling people.. then there's something that you're hiding.. that you're not telling.. so you are not who you are =
- I: = oh-h okay..
- L: uhh.. but then when you disclose.. then people.. y' y' you're free-ee.. in the knowledge that you've done.. what you had to do, and then the person can accept.. or.. uh, not accept you as a person.. and then you also give other people a chance to.. to know exactly what they're dealing with =
- I: = yes, yes, yes =
- L: you see, because, the irony of it is that sometimes when you don't disclose.. what I've found.. is that, um, you know in the townships you.. you sort of uh.. get together as guys, y'know maybe ten.. it's not like in [whites where there's privacy [and that's sort.. [.hh
- I: [yes.. [yes.. [yes
- L: so we find that like maybe you stand in the corner of somewhere and and you chat, you know.. and uh.. the issue of HIV and AIDS.. arises.. and you find that some of your fr friends, say terrible things, about HIV positive people =



- I: = ummm =
- L: = and you are standing there, knowing that you yourself.. uh.. is HIV positive.. uh but how do you deal with that situation ?.. you see.. and you end up actually having to agr-r-ee, =
- I: = aaa-aaa-h
- L: because now it's in a group thing.. you see to say (mimicking voice) "YA-a-a man.. this is, these people should be burning also".. so there's a conflict in you.. you are.. this thing.. but you are saying.. exactly the opposite, but when you disclose... then your friends know.. that (mimicking voice) "we care for this person.. there are some things that we cannot say, we migh-gh-t say privately, but you know we are with this person, and and whatosever, and they also learn from you.. because they also have this fear, of HIV and AIDS.. so if they live with you, .h they can see you, .hh they can see how you cope, and it helps them as well.. whether they admit it or not.. but.. uhm.. you do..
- I: Thank you Lucky.. Lucky umm.. you mentioned .hh you benefiting from others, uh you benefit others and you mentioned that your friends stayed with you.. How has that, helped your healing ?
- L: ya, it's a two way, thing you know.. because, they benefit from me-e, and I probably, gained more from them-
- I: (Overlapping) In what way, Lucky ?
- L: uh in a way that, uh... hhhh.. if you-ou, if you know-ow.. that, th' there w's there's a difference between alone and being lonely.. but if you if you know that, you come from work, and you're going ho-o-me to someone.. there's a difference.. so.. I'm gaining in a sense that they bring this refreshment..
- I: okay,
- L: you know, after the hard work at work and all those things, you know.. I can refresh myself, by spending time with them.. or maybe one of them coming to my house and we talk about things, and I can go to them, and talk about things, .h as opposed to, if I had no friends.. uhh.. then this is the importance of friends.. but they're not more important than yourself as an individu =
- I: = umm =
- L: = If you don't have friends, then you can find other ways.. of uhh, refreshing yourself.. but friends are important, and uh.. you know mankind was not made to-o, live in a vacuum...
- I: Yes,
- L: so, so they helped me in that way.. because then, uh when I meet another person they can suggest that we do s', maybe we go to the movies, maybe we go.. uhh, where ever.. y'know, .hh but they bring another dimension into, into my life, .h an-n-d they, trigger also, other discussion.. you know that (mimicking voice) "you know we've heard something like this about AIDS, you know.." so we discuss.. uh, things, you know and and I benefit also from the.. the information-n, the ignoranc-c-e, you know, uh.. it helps me a lot also, to understand the issues..
- I: Lucky, when you say refresh do you mean almost, to relieve.. a releas-s-e ?
- L: .. Uh.. yeah some kind.. I mean if you, if for instance sometimes when-n, when I talk to some of the people that I talk to over the phone or I receive letters, .h sometimes I'm depressed myself, you know.. because of what goes on.. around.. the sickness that I talk about.. the hatred.. those are depressing things, you know.. then when you go home, you know, you, you you sort of debrief.. y'know..
- I: o-okay, I hear what you're say-,
- L: (Overlapping) ya, then you share it with someone else, to say (mimicking voice) "Ay you know", without telling-ing.. uh, that person's name or anything of that sort, to say (mimicking voice) "you know.. .h there's so much going on that we don't really.. we are not into grips with reality", you see.. then you can share whatever experience.. so it helps to relieve.. uh.. yourself as well... although most of the time, I do the talking (laughing)
- I: You do the tal ((laughing with respondent)).. okay-y umm.. that one I want to ask you.. umm (pause) last week we spoke about external hindrances.. .h but we didn't speak about any internal-l, blocks to your healing.. are there any and if so-o what are they ?
- L: Umm well.. i' internal hin uh hindrances can be-e, something like.. guilt.. you know.. uhm... uhh.. pain.. you know.. i' if there's this constant pain that you cannot deal with.. you know you cannot-
- I: (Overlapping) emotional pain ?



- L: emotional pain, those are internal, I d' don't, I I think that that is what you're talking about =
- I: Do you, are you experiencing tha-
- L: (Overlapping) no, no.. umm.. but I did, you know.. uh initially.. y'know.. a as I said with the example with my mother.. and uh.. also-o-o.. uh.. with my friend, you know there's a friend of mine that I.. actually I saved his lif-f-e.. uhh (pause) and, and I had this grudge y'know that this person was not.. appreciating, you know what I was doing.. but I couldn't tell him, you know.. but uh.. he had other, friends he had other people, his life was normal.. and I somehow I felt it was because of me, and this guy.. is now overlooking me you know.. so that was a big problem for me uh.. until then you know I made peace, with that, just so.. (mimicking voice) "well this is exactly what I saved his life, for him to do, to be able to do the things that he wants to do, not to be.. forever indebted to me.. so you know I went to him and I told him you know how I w' I was feeling.. and uh.. and that probably it was mor-e-e.. jealousy than any other thing, you know =
- I: = yes =
- L: um... and so he's still a friend of mine.. uhm.. so those are the things that can hinder progress.. you know
- I: Thank you.. okay
- I: (cough)
- I: (long pause) .hh the role of choice, what role has choice played in your healing process ?
- L: .. Well choice has been a very important role.. uh.. because it also-o-o.. gives you the.. the the the the freedom in-n in the knowledge that you can, choose to do whatever.. uh.. uh... then you know that you know, if-f, there's a.. if you've taken the wrong direction.. you can still make a U turn.. and [turn around ?].. but there are people who-o.. don't have a choice, you know.. uh..
- I: How do you feel ?
- L: I feel privileged, I feel that I have.. choice.. uh.. I mean like.. like we talked about, uh drugs and medication, I'm not on anything, but I can choose.. to be at a later stage.. .h so I, it's like a reserve, a reserve tank..
- I: yes, yes
- L: you can run out of petrol, but you still have.. petrol (laughing)
- I: ((Laughing with respondent)) ... Lucky umm, hh just on a broader level, I just want to know, you've said about your friends and, are there any other mea-ea-ns or what other means do you use to control stress.. today ?
- L: Uhhh... I look on the good side of.. well there are two types of stress, there's the.. bad type of stress and there's a good-d, kind of stress, so.. I'm pu.. I strive on pressure in the sen, it's the stress itself, but.. it it pushes me to.. that is what I enjoy,
- I: okay
- L: you see.. to-o.. to have something that says, you know, move move you've got to, ya.. so-o, so (cough) that is how I survive stress, I don't avoid it ..
- I: umm
- L: you know and uh... I I cope with it in a sense that, I I should be able to, to identify exactly, what it is, that is a problem.. you know, I don't go to bed, uh.. with-th conflicting thoughts in my mind.. if for instance I-I... sometimes maybe I don't know what to write about, and the deadlin-ne, is tomorrow.. you know and then I try to sleep.. you know.. I'm trying to think, (mimicking voice) "when I, get there, what am I going to-o, to write about ?.. you know there are so many things happening".. I actually don't go to bed until.. I find.. what I will write about..
- I: okay, okay
- L: then my mind's at rest, then I go to bed and I sleep..
- I: so you deal with the stress there and then ?
- L: Yes
- I: okay, thank you.. .hh umm.. we've mentioned that ((long pause whilst checking the list of questions))
- L: (cough)
- I: ...The other, participants mentioned.. anger and conflict how they dealt, how they deal with it today has actually changed.. h' has this changed for you and if so-o, in what way ?



- L: Ya well it, obviously it has changed in a way that uhm.. before you know there was no-o, I had no choices.. all I knew was that uh, HIV was a death sentence and that was the end of the story.. but uh.. it has changed because I'm more informed.. uh... I make informed decisions.. so.. I mean, I'm in touch with what is happening..
- L: okay-y... has, Lucky has.. has your.. do you.. when you get into an anger situation with somebody els-s-e.. has your way of handling that.. 's is it cha-a-inged or has it stayed the same ?..
- I: (Clears throat) Well I try by all means to avoid anger.. but uh.. I do get angry, and uh... as I said I always enjoy-y... uh.. you know, uh.. expressing myself-f =
- I: = yes, yes =
- L: = you know.. but I do express it, I don't keep it inside..
- I: Ummm,
- L: so if you annoy me.. and you want us to-o, get into a, heated argument, I can radically do that.. uh, if that is how I feel, you know.. but uh.. depending also on how I feel, sometimes you might say the same thing that can.. uhh... spark this-s.. uh.. heated argument, sometimes I can just say (mimicking voice) "oh well.. if that is how you feel then (pause) it's your problem" =
- I: = what you'.. you're saying is you actually get it out ?
- L: ya..
- I: okay.. umm... h If you were to associate, where you are today.. with a song..
- L: With a song ?
- I: Ya.. hh and where you were at the time of diagnosis with a song.. would you be able to-o.. link a song to that ?
- L: ... Uh.. it's the impossible dream.. by xxx xxx-
- I: (Overlapping) the impossible dream, today ?
- L: ya, today.. uh (pause) because it talks about How-w-w the person strives-s.. you know to-o.. uh to dream the impossible dream,
- I: yes-s, yes
- L: uhh.. to go-o where the brave dare not go.. =
- I: = Aah,
- L: you know.. uh-hm.. to write the unwritable [wrongs?]. you know so that is what it, it talks about.. so it also touches on the past.. and into the future.. so I would say that uh...
- I: umm.. thank you,
- L: (cough)
- I: ... Okay.. and then-n... this is just you-ou-rs..
- L: Oh-h I thought you were taking out a blank cheque
- I: (laughing)
- L: ((laughing with interviewer))
- I: Umm... hh I-In one of your writings you used the analogy of a desert... that your life was like, like a desert became meaningless, the beauty of lif-f-e... how would you describe that today.. or how has that changed ?
- L: Well I mean it has changed, uh, because uh.. there's a, d-difference between.. (cough) a desert and uh (pause) uh.. uh.. fa-a-rm, you know in summer.. 'cause there's fruits, there's vegetables... uh.. you know there's uh... there's LIF-f-f-e, you know, uh... so, so that has been the difference, that, you know when I was-s uh, alo-o-ne.. I was-s, lonely-y.. and I was-s-s uh... feeling pain-n.. and uhh... I didn't have choices, uh... If you were to ask me one plus one it would probably be eleven, the answer would probably be eleven..
- I: ummm
- L: I was confused-d =
- I: = umm ((gently whispered)) =
- L: you know..uh.. but NOW.. I mean I.. I look bright, I.. I-I'm full of ideas, you know uh.. I'm sparkling, I look forward to life.. d' I share my life, you know.. uh.. so that is the point.



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