

Bill and Bob V1.1

"Hi Bill" Bob says.

"Hi Bob" Bill replies.

Bill sits next to Bob.

"How are you today Bill?" Bob asks

"Not too bad today Bob. And yourself?"

"Ah yeh, not too bad myself Bill"

A nice pause passes whilst they adjust to each others company.

"So what has happened today Bill?" Bob asks Bill

"Not too much really Bob and that concerns me."

"Hmm, yes, it is always a bit bad to not have done much in the day Bill" Bob understands the distress in Bills voice

"I know Bob, why can I not always be so perfectly effective and functional as we need to be?"

"I don't know Bill, we just never really seem to be good enough at being ourselves." Bob admits to Bill

"I know Bob, if only I was a better version of myself, then I would always be satisfied with what I have done in the day."

"Yes Bill, if only you where better than you are, then everything would be okay. You would never need to be frustrated again."

"But Bob, I would never get any better unless I was frustrated about what I have done"

"Huh, yes, that's a good point Bill" Bob smiles and laughs a little

Bill ponders the conversation briefly with a little smirk on his face

"Huh, well thats okay then isn't it really Bob?"

"Yeh, I guess it is Bill"

They sit quietly watching the birds flying over the field.

Bill and Bob V1.2

“Hi Bob”

“Bill” Bob replies

Bill sits near to Bob whom notices exactly how far away Bills sits.

“It is a nice day to day Bob” Bill keeps things going

“Yes Bill it could be said like that”

“Such nice nature in front of us, with the birds and bees flowing around us” Bill keeps going

“Yes, your right Bill” Bob says with tight lips

“And here we sit together with our health and time to spend together”

“Right Bill” Bob keeps tight his thought and words

“And I get to come here to share my thoughts and consideration about life with someone that I feel comfortable to share such personal things with Bob.”

Bob loses his tension and looks down with sadness in his eyes. But doesn't respond.

“I hate those times that leave me confused and unsure how to describe how I am, when I have nothing physical in the world to relate it to. It is so hard to explain to others” Bill offers support to a struggling Bob. Slowley Bob prepares himself.

“It's so confusing sometimes Bill, when everything is okay, even becoming better, that life feels so shitty and confusing. All that has previously held me down are finally out of the way, and I just feel shitty, what was the point of all that hard work when the next moment some random and unexpected feelings can hit you Bill?”

Bill takes a moment to process Bob's frustration to find what he can in what was said.

“I don't know Bob, sometimes hard work comes back to you in hard enjoyment maybe.”

“Really Bill? I thought it was meant to come back in pure pleasure Bill.” Bob replies in seriousness

“Maybe it is pleasure Bob? I love to feel moody or sad sometimes really clears out all the cobwebs and I feel fresh afterwards”

“So it is okay to be like this then?”

“I think so Bob, perhpas you'll be able to enjoy the things that are going better, once you feel fresh”

“Hmm, Bill I think you might be onto something there”

“Yeh, I am pretty sure that makes sense to me Bob”

Bob looks to Bill with a stern but valued glance of respect

“Thanks Bill”

“Thank you Bob”

They fall silent to reflect on what just passed and the birds and bees continue to flow around them.

Bill and Bob V1.3

"Hi Bill" Bob says

"Bob" Bill gives a little nod

"Its has been a hard week Bill" Bob announces

Bill looks at Bob a little surprised to here this so openly announced so quickly and he has yet to sit down

"Oh Bob, what's been the problem Bob?"

"Well, nothing really Bill, that is whats wrong Bill"

Bill looks at Bob quite perplexed

"Nothing is wrong Bob? Then why has it been a hard week Bob? You are confusing me."

"Well nothing; as in the space around all my somethings Bill. I have to sit around doing nothing because my somethings are blocking my nothing Bill"

Bill squints with one eye as he tries to calculate the complex mathematical problem of nothing and something times together.

"So you have too much nothing Bob?" Bill asks

"Well, I don't know if it is too much nothing Bill, but I am paralysed by all these somethings that I have to sit and think about."

"What somethings are you thinking about Bob?"

"Everything and anything Bill. Or, well everything and anything related to things which I am sad about or regret."

"Ah, so you are annoyed about doing nothing over your somethings which you need to think about Bob?"

"Yes Bill, why can't I be productive and sucessfull or havign fun over my somethings? Sitting here doing nothing is no good for anyone." Bob answers

"True Bob, spending time over your somethings isnt worth anything for anyone Bob"

"Huh! What do mean that my somethings are not good for anyone Bill?! Anger flashes through Bobs eyes

"That's what you just said Bob."

"Yeh Bill but they are though arn't they?"

"For you Bob, they are very likely to be important somethings"

"Yeh Bill, and they make so much nothing whilst I don't think about them. They just stay around causing me problems"

"A bit like a dam in a river of nothing Bob?" Bill asks

Bob nods silently with a reflective look upon his face, Bill joins in with this shared nothingness.

Bill and Bob V1.4

"Hi Bill" Bob says

"Oh Hi Bob, I didn't see you there" He responds

Bob is a little confused at Bill's distraction as he sits down next to him. Bill is quickly back in his own world.

"Something hungry has got you Bill?" Bob asks Bill, who is a little confused as first.

"Oh Bob, you mean something is eating me. Nice metaphor. Well, yes I get sometimes distracted here. But I don't really know how or why. I don't really feel like it is my fault either, but how others have failed me. Now it is needed for me to switch off for a while so i no longer depend on these people in these ways."

"Interesting Bill. I never really thought of it that way. Switching off is actually the letting go of a connection that you have with someone that you no longer want."

"Well, I guess it is, when you say someone is hungry that has got me, well, some of the time I am thinking through event s that have happened which I wasn't comfortable about, or felt weird. And well yes, I suppose I am letting go of how they held me and being prepared for incase something similar happens again." Bill replies with a new understanding in his eyes

"So it is a way to deal with the experiences from other people that left you uncomfortable" Bob asks

"Yes, I think so. You know those things that are too complicated or weird to deal with at the time of it happening. So you just need to get on with things the best as you can without it letting it effect you too much at the time."

"Yup, I know those. Some people are weird, some people have strange ideas, some people manipulative and controlling, sometimes people show me something new, sometimes they show me the truth, and sometimes they are just amazing but I can't cope with it."

"Oh my god yes. Those last ones I treasure, but defo when people are controlling, manipulative or weird I have to take time later on to switch off from the effect they have on me." Bill says with Bob nodding in agreement.

"I went through a time when I was so busy I never slowed down and took time to switch off. I remained connected to those weird experiences and eventually I started to behave in similar ways"

"I know what you mean. There where some amazing people that showed me new and truth I didn't appreciate fully at the time until I swithed off and fully took on the impact it had on my life. I have always regretted not havig more time with those people." Bill shakes his head gently with remorse

"But it is so hard to switch off. Slowing down is a battle enough, to switch off is near enough impossible. My heart has to keep beating, my body needs to keep functioning. I can not just switch off whenever I want!" Bob is surprised with his own agitation

"I know what you mean. It can be so hard" Bill looks off into the distance and so does Bob, the birds dive and jive across the fields, both look a little switched off.

Bill and Bob V1.5

"Hi Bill" Bob says

"Bob" Bill responds. Bob takes notice of Bill's kurt response whilst he sits down next to him.

"Bob, how do people deal with stuff that gives them personal problems which where casued by other people?"

"How do you mean Bill?"

"Well, easy examples: prisoners of war that are tourtured, or someone in an abusive relationship, or perhaps a child abandoned by its mother and all the other kinds of personal suffering that no one else can really understand its effect on the person." Bill asks

"That is a very good question Bill" Bob replies

"Processing all the difficulties that these events can cause someone is so personal, how can anyone know what to do when? With all the confusion and mixed feelings how does someone know where to start inorder to fix themselves? On top of that, how does someone know where the target to get to is? In a sense that they know they are safe and are okay to be amoungst people without casuing them unessecary harm or damage?"

"That is another very good set of questions Bill. I am sometimes so plessantly surprised by depth of thought. But blimey, who can answer that?"

"I don't know, but how do we know when we are alright? There are so many influences, people who are going around saying what is right and wrong all the time, but most of the time they are idiots that no one listens to. Which is why they have to make such bold statements."

"Oh yeh, I know what you mean by those people" Bob chuckles

"But how do I judge how I am Bob? From these people that are idiots? Those that tell me how to be? But these are people I least respect and value."

"Right Bill, you can just ignore them"

"But what if they enforce themselves, how can they be ignored?" Bill asks, quite distressed

"Yes, that is when things become a problem, Wars, Dictators, and bullies are all results of these people who are not really important to others"

"But is that what I am really worried about Bob? These extreams of people altering my perspective of what is alright to be like? When someone having delt with personal issues to become reasonably balanced amoungst other people is caused problems by these people that are causing more problems?"

"Maybe, It seems a little far fetched, and yes, our values are based upon the concensus of all the other people around us. Including those of far reaching extreams. Thr problem comes from the dominance of any one person or group of people forcing their ideas on others."

"Bob, your such a clever guy, do you have any idea how to stop these people?" Bill asks Bob

"No, I cannot answer that Bill. I wish I could but it is beyond my understanding"

"Shame Bob, such a shame" Bill looks sad, and Bob looks at Bill with dissapointment in himself

Bill and Bob V1.6

"Hi Bill"

"Bob! Hi"

"Hi Bill. How are you?"

"Yes Bob, good!"

"Nice, Why so good Bill?" Bob asks

"I was told I should always be positive Bob"

"That make me miserable Bill"

"What about being positive makes you miserable Bob"

"No Bill, Positive people make me miserable Bill"

"Do I make you miserable Bob?"

"When I can't talk about my problems or greivences with you Bill, then yes it makes me miserable Bill"

"Well then I should find a positive way to be negative with you Bob"

"Urrgh Bill, sometimes you are clever, but sometimes an idiot." Bob starts to move to leave

"Wait Bob, you can't leave! That is not positive."

"Positive is attracted to negative Bill, law of physics, you cant survive without my negativity. You have to follow me wherever I am"

"What! No!"

"Oh yes Mr posivite Bill, you have to follow me to the toilet, to the bed, to work, and wherever else I might go"

"No no no no no no Bob"

"Oh Yes Bill. Just look at me as I stand up, you are draw to staying with me, to tell me how positive you are. You can't cope with me walking away being all negative."

Bill watches as his hands follow Bobs movements towards moving away. He is in disbelief.

"Oh no Bob, look at me, I cant cope without negative you! What can I do?!?!"

"The only thing I can think of is to think about something your not happy about in your life"

"Whaaat! But thats negative!"

"Yes Bill, but then you will be attracted to yourself"

"Oh, That's interesting.

Bill and Bob V1.7

"Hi Bill, hows it going?"

"I need help Bob."

"Oh really Bill, everything okay?"

"I need help in the art of conversation Bob"

"How can I help you in that Bill?"

"How does it work? I don't how to do it!"

"Well, I am not too sure really. We talk, we convey our point, ask questions, share our similar experiences and give ourselves some time to think and process what we need." Bob explains whilst he thinks

"And then what do we get after that?"

"Well, people involved have learnt something from each other, found space to reflect on their own situations and found some space to make the world a better place for themselves and others."

"When are we sure that it is working Bob? I have been dealing with some issues for a very long time but I can still be completely surprised when it comes up again"

"Now that is perhaps something we can talk about Bill?"

"You mean to talk about something that talking hasn't fixed yet?"

"Yes, we can talk about what ever we want Bill, and it doesn't change anything except ourselves"

"But that is terrifying Bob, more scary than many things in the world"

"I know the things inside ourselves we cannot control. It can be can be disasterous to how we would think we want to be"

"Bob, I don't think I want to do any more talking any more."

"Okay Bill, I understand what you mean"

They fall silent for a few seconds

"But Bob, what do we talk about then?"

"I don't know. The weather, sport, cars perhaps?"

"Yes, let's keep it to those subjects then"

"Ok then. The weather is nice today isn't it."

"Yes, it is a nice day." Bill replies

"That is a sporty car isnt it" Bob states

"Yes, it is" Silence falls on them once again. Bob gets up and leaves. Bill looks worried but says "My car is green!"

Bill and Bob V1.8

“Hi Bill”

“Bob.” after a pause “You know there are so many things which I think are right and cannot be anyother way”

“Oh yes Bill, that I am sure about”

“Right Bob, well, what I want to achive with this is to create a place where people can relate and understand where and what is a good place to be. And yes I know that there are going to be variations on all of this, but at the end of the day don’t we all want stability? We all want to go on with our lives roughly knowing what the deal is?”

“Well yes Bill, I think we mostly do. Some people like to rock the boat, some people like to calm the boat.”

“So when should I accept what other people are trying to tell me is the new acceptable, but I don’t agree, who is right on this? Should I refuse to accept other peoples insistance? I feel so responsible to the world for maintaining what is right and correct, but it is so hard when there are people working just to bend it all just for their own benefit and beliefs. Marketing, Religion, Money, Crime, Big Business, Politics etc etc”

“Yup, it is a battle in itself Bill.”

“So I have to hold onto all these values I have like nothing else, otherwise they will be forgotton by tomorrow Bob”

“Well, we have books, pictures, rituals, and coversation as a first thought as a way to remember. Also stories and songs that help us to come back to our values which are most important to us. Those values which are deep down and cannot be forgotton as they cannot be satisfied until what ever is required happens. Like those forever painful sides of us that are always longing for something, which makes our days always a little bit frustrating.”

“True, and we also have those which are important to us and help to satisfy the needs we have. They always help us forget all those un-needed things in the world” The two friends look caringly at each other

“So true, when you have something important, everything else can just flow away with the river of life”



Bill and Bob V1.9

"Hi Bob."

"Hi Bill, how are you?"

"Bob, I am wondering whether there is any point in being real, or trying to get there in order to build a better life and world."

"Why's that Bill?"

"No one else really cares or values it Bob."

"People tend to like learning the truth and finding that life can be more valuable when being able to live with it Bill"

"Yes Bob, but if I spend all my time trying to work out what is the truth behind so many lies and manipulations and then tell people, they go 'thank you very much!' walk away and have a better life, but with no regard or appreciation for me, but still they complain or give me resentment for doing what is required to learn these things. They are just so selfish and greedy. I get nothing for all my effort!"

"Am I like that Bill?" Bob asks

"So thinking about yourself Bob!"

"Oh. right Bill"

They both fall silent. Bob self-conscious, Bill staring angrily out into the world.

"When do I get to have fun, love, value or appreciation Bob?"

"I don't know Bill, doesn't there have to be someone that sorts it all out for everyone?"

"What like a god Bob?"

"Yes I suppose so"

"Well Bob, I am the least worshipped or gifted god in the entirety of godnessliness that's for sure."

Bob prepares to say something but Bill continues..

"I still have to do all the things that everyone else does, but also I have the burden of everyone else's twists and turns to tolerate"

Bob starts to say something again but..

"When do I get to heal my things? When do I get to spend some time on me? When do I get to be ok with me Bob?"

"I think you just started Bill"

Bill looks at Bob a little puzzled and full of emotion whilst Bob patiently waits for him to calm down

"Right, I get it, but I don't get it, but it makes sense somehow Bob." Bill looks out across the fields and birds whilst they settle down for a moment.

Bill and Bob V1.10

“Bill”

“Bob, your early.”

“So much as you are Bill” As Bob takes his seat next to Bill.

“Yes Bob, I needed a break from people today. There is so much hypocrisy that leads up to so many problems that eventually I just don't want to be part of it.”

“It is never going to be perfect Bill”

“Well, what am I supposed to do? Always accept it, or should I challenge the hypocrisy and all the problems it causes? Otherwise it will continue to grow and get worse won't it?”

“Sometimes other people are also working on challenging these problems, as much as yourself Bill, albeit in different ways that you may wish to do so.”

“Na, no one ever seems to give a damn like I do”

He continues after a moments pause

“No one seems to know the brutal truth like I do, it keeps biting me every day and nothing stops it.”

“Maybe others also have it and also don't say anything about it Bill”

“That can't be the case Bob, it just isn't possible”

“Why not Bill?”

Bill waits while he tries to find a reason

“Because they haven't heard what I have to say, so they can't have my ideas Bob”

“Where did you get your ideas from Bill?”

“From everything I see around me Bob, where else do you think?”

“What do you think other people see Bill?”

“I have no idea Bob, most of the time only what they are told to see, it is impossible to find out what they really think.”

“Most of the time I think they are just afraid as you might be. They play along with everyone else hoping one day that they meet someone brave enough who they can also share similar ideas with”

“Then why does it seem like everyone is against learning the truth?”

“I don't know Bill. Some people benefit from the mess, so they are happy for it to continue for them to exploit. Others are perhaps waiting for those that have the strength or will to bring to truth out and all the risks that can come with this happening”

“So you mean that people are waiting to join something that is similar to their ideas?”

“I suppose so Bill. Where they can mutually support each other to allow their ideas to become reality.”

“This brings me comfort that I never expected to have Bob. Thank you” As they look out to the fields.

Bill and Bob V1.11.

"Bob" Bill greets Bob as he looks over the field.

"Hi Bill" He replies as he sits next to him

A little time passes without anything said as they watch the birds flying over the trees.

"It is nice when there is a moment like this. Although admittedly I just broke it, it is still nice when there a moment of different silence which is notable."

"I am sure there have been times of silence between us before Bob."

"Yes Bill, but for some reason this moment seems noticeable, but there is also something that makes it ok for us to be silent about something noticeable. There is no rush to get to what is noticeable because we know we will get there in time"

"I see Bob, yes, that the underlying tension covered by silence is ok as a starting point. Gradually we can find our way to this case for silence without fear the conversation will be broken"

"Exactly, the silence is making space for something to come in and show itself." replies Bob

"Like an arena for where the battle will commence"

"Yes where the little devils can come out and fight in a safe space for everyone to see."

"Little devils indeed" Bill says

"I am glad that we are able to make this space for each other Bill, it is such an important time of trust and release of problems and frustrations"

"Yes Bob"

"Its is amazing how we are able to anchor each other where we are lost boats out in the sea. Drifting hopelessly nowhere, waiting for someone that will find us and tie us back down to the earth"

Bill is silent and sad

"And sometimes the only problem is is that we are lost and without an anchor in sight."

A tear rolls down Bills face.

"We end up grabbing for anything that might provide us with some kind of security which is exhausting" Bob continues

Bill breaths deeply but still says nothing

"Sometimes people don't realise what an amazing anchor they are for other people though and that they do not need to do anything more than be themselves to be anchored in return."

Bill looks to Bob briefly in surprise for such a compliment subtly placed. They both look out to fields in contemplation.

Bill and Bob V1.12

“Bill”

“Hi Bob” Bill responds as he takes a seat next to Bob

“You’re a bit late today Bill”

“Yes Bob, Sorry Bob” Bill says, but then goes silent and withdrawn.

“You want to explain yourself?”

“No not really Bob” Bill replies

“Oh ok” Bob replies

After a moment Bill asks “Why do we meet Bob?”

Bob is quite shocked by this question

“Well Bill, I think we enjoy to spend time with each other, in one way or another. Don’t you think something like that as well?”

“That isn’t my point really Bob. How did we get to here? Did we decide oh yes I like to meet you once a week, so lets do it. Or was it all by chance. How does this happen in normal life? With so many different relationships, how do we decide to have one, and how do we get it to be a good one Bob?”

“Is there someone else Bill?” Bob asks with concern

“And then Bob we get all dependent on each other and worried about losing what we have, isn’t it all frustrating and time consuming Bob?”

“Who is it Bill?” Bob continues

“And is life so dependent on only a few possible people that we can live happy and content lives Bob? Do we really have such a desperately small chance of ever being content and happy?”

Bob is quiet and reflective and after a moment “Some people are able to bring life into other peoples lives which are otherwise non-eventfull, and this dynamic energy people want to keep hold onto. Can you tell me their name Bill?”

“Ha ha Bob, I don’t know what to say to that really but I am here now am I not?”

“Hmm” Bob replies

“But Bob, when do we now how or when to leave and move on? How do we know when we could make a better life for ourselves with other people? How do we know what the people in our life bring us, and how much we lose when they are no longer there?”

“So many questions Bill. What are you afraid of that makes you think of all these things?”

Bill looks at Bob in a uncomfortable manner

“I don’t know what you mean Bob” and looks away from him over the fields

Bob smiles a little at Bills behaviour, Bills smiles a little to himself whilst they look at the birds diving over the fields.