

# The Lunatic GENE

HOW TO MAKE SENSE  
OF YOUR LIFE



ADAM SHAW

THE HEART GUY

# **The Lunatic Gene**

## **How To Make Sense Of Your Life**

by

**Adam Shaw**  
**The Heart Guy**

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# Welcome To The Lunatic Gene

In reading this, you will learn how self-love, and unlocking the barriers to it, are the keys to understanding every other relationship in your life, regardless how challenging or amazing they are. You will discover how your head and heart communicate, and the role of your *Lunatic Gene* in distorting this information. Unless all three are aligned, your health will suffer and you will not be enjoying your life. If you want to feel better more often, this book is your gentle inroad, supplemented with practical steps, to show you exactly how.

If you are reading this, the odds are that you already identify with *The Lunatic Gene*. We all have it. It is usually more evident within your family relationships. You probably have a few issues with one or two of your nearest and dearest! This book will help you to navigate your family dynamics more harmoniously.

Your *Lunatic Gene* is often the part of you that reacts to pressure, stress or criticism, and it can cause two extreme reactions. The first will drive you to habits that you know aren't strictly good for you, but you do them anyway. Drinking too much alcohol, smoking, and poor dietary choices that can cause weight issues are just some of the negative manifestations of your *Lunatic Gene*. Please note the words too much in the previous sentence. Exactly what too much is will be down to your thoughts and feelings on the subject. All habits in moderation can be balanced and are not an issue unless you think they are. This will be discussed later in the book.

In its other extreme, *The Lunatic Gene* turns negativity into drive and motivation. When this happens you get people who change the world in very positive ways.

## **Your Life's Lunatic Adventure**

In your life right now you are on a journey of discovery. That adventure is whatever you make it. You will never know when life is going to end for you, or the people who mean the most to you. However, many people never consider this until it's too late. Reading *The Lunatic Gene* is your insurance policy for you managing this unpredictable certainty in your life.

In its most positive light, people are inspired to do incredible things, with amazing results. Think Gandhi, Nelson Mandela and Mother Teresa. Most people would have thought that they were lunatics for even attempting to do what they did at the beginning of their journeys. Have you ever had an idea that other people have shot down in flames? How did this affect you? Your response will be how *The Lunatic Gene* is currently showing up in your life.

## **What You Can Expect**

This book is not the answer to the meaning of your life. It is simply a guide and a few questions that will show you how lunacy plays out in your world, and how to channel that into the best adventure you've ever had. This type of lunacy is not just the element that can guide you to unhealthy thoughts and habits, it is also the element of you that can make you live an exceptional life, and change the world in a positive way. Because most people will never even consider this, you may well be considered a lunatic for wanting to positively change the world, being unique, and doing things differently to the masses.

This book will show you who you really are and how you are living in life's lunatic asylum. Your family are testament to that. If for any reason they are not: congratulations! You have clearly reached a state of inner harmony that allows you to love your life, despite any doubt from anyone around you. You clearly already have a strong sense of purpose and certainty within you.

If this is not you, I invite you to read on. This book will help you to love yourself more. If you do not love yourself totally, it is because of *The Lunatic Gene*. This book is an explanation of why this happens, and what you can do to make your life better. Ultimately, it is an exploration of your relationship with yourself. Working on this makes it is far easier to increase your wellbeing, resilience and relationships.

**Your time is your most valuable asset.**

If you wake up every day filled with joy, and happily embracing whatever life throws at you, the odds are you do not need to read this book. If, however, you don't love your life, frequently feel depressed or low, are stuck in a job or relationship that you hate, then it is likely *The Lunatic Gene* is playing out in its less positive light.

This book will explain this phenomenon, what you can do to stop fighting *The Lunatic Gene*, and start dancing with it. By the end of this book, you will understand that you are already living in the lunatic asylum of life on this planet, and know how your head and heart's communications through your *Lunatic Gene* influence your happiness and mood. This book is a light-hearted guide to the early warning symptoms of serious illness, and what you can do about it. Not everyone who reads it will make sense of their life. Indeed, this is as much a guide as to why life often doesn't seem to make sense, as it is to how it can.

*The Lunatic Gene*

Whatever reason you choose for wanting to know more about The Lunatic Gene, which is a part of who you are, I welcome you to this journey...

Adam Shaw - The Heart Guy

## **About This Book**

Back in 1992 I started my nurse training. Had I read this book then I wouldn't have believed a lot of the things I now write about. It took many years to reach any sort of sense on many of the things in this book. On that basis I tell you not to believe me in much of what I have to say. I simply suggest that you take what resonates with you and drop anything that doesn't. As your life and experience progress, you may find your mind opening to certain concepts that you read here that seemed ridiculous when you first read them. This book is a bit like watching a film as a child, then re-visiting it as an adult – the key message will be different on each occasion. There will be something of value for everyone, but only if you take action towards it.

The difference between knowledge and wisdom is action.

## About You

Whatever made you start reading this is largely immaterial. The fact is: you are now here. You have a part of you that causes you to do lunatic things, and probably perceive that you have a lunatic or two in your family. How these things manifest can either make your life great, or make you ill. This book will explain how your relationship with yourself decides this, and the factors influencing your decision.

The information in this book is to your sanity what showering is to your cleanliness. If you use it regularly your life will improve - if not, it will not. There is no point complaining that showering doesn't work, when you don't use one for a few months. The techniques and suggestions in this book work on exactly the same principle.

Some of what I will share with you may make sense, some may not: decide for yourself, and enjoy the journey. Most importantly of all: however seemingly crazy your family or life seem right now, there are others who feel the same. All of this is designed to draw certain people together to make sense of their lives, grow in confidence, and live a happier, more fulfilling life. As an individual you can make a difference, but only when you are surrounded by the right team. If you are ready to discover a better you and a better team, this book can help you.

# The Lunatic Gene

*The Lunatic Gene* is not a scientific discovery or a genealogical fact. It is both the answer to your problems and the cause of them. It is the voice in your head that talks you out of being happy, ambitious, peaceful or loved. It is also, in its most magnificent form, the voice that drives you to do things others would not think are possible. This book is a quest to make sense of the seemingly dysfunctional, and often illogical, world that we live in.

You cannot get rid of *The Lunatic Gene* - it is the conspirator of every action which has led you to guilt, hurt, pain and regret. However, if you learn to work harmoniously with *The Lunatic Gene*, your life can transform in the most positive way. This book is an adventure along that path, which took me forty years to discover.

If you are feeling trapped, unhappy, depressed, alienated, distressed, unloved or sleepless, *The Lunatic Gene* is almost certainly the reason for it. If you want to know why, and how to counter its often dastardly plan, I invite you to join me on this journey.

## **About The Author**

Before my first birthday I was moved into the grounds of a psychiatric hospital, where I lived for the first 17 years of my life. My parents both worked there, and lived within the hospital grounds. Watching people do seemingly insane things has been a large factor in my upbringing. I became a student nurse in 1992 and, ever since, have worked with people who have health and well-being challenges.

My work counselling dying patients in their final weeks, days, and hours has given me a lot of insight into how most people change their entire view on life when faced with death, and the mistakes that most people make, which come up with alarming regularity.

This book is aimed at giving you insight into what truly matters in your life, and what doesn't. Through my experiences of working for over 13 years as a nurse, I offer my reflections of life through the eyes of those who had reached the end of theirs. Nothing focuses the mind like the reality of imminent death. It is only at this point that many people finally realize what is truly important in their lives, and what is not.

Because of the heavy environment of working in this arena, I realised quickly that cultivating a sense of humour was an essential life skill. For this reason I advise you not to read this book if you are easily offended or stuck in your views on life.

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# Introduction

**I watched from a distance as a man in a suit walked into the middle of the fire.**

*The Lunatic Gene* (n) The genealogical cause of thought processes that lead to either illness and early death, or success beyond what most people would deem possible.

You will not find *The Lunatic Gene* in any science or biology books. It is the innocuous assassin, or the revolutionary leader running amok in your DNA, causing you to do things that lead to stress, guilt, judgement and unhappiness in your life. It is also the crusader who trailblazes paths where others fear to tread. This book explains this phenomenon offering you some help in understanding how *The Lunatic Gene* works, and how to harness it in a more positive way.

You will never make sense of life through the lens of reason. You are an emotional being, and act accordingly. To justify life through logic is madness. It is not the absence of information and knowledge that causes unhappiness, suffering and disease: it is the lack of application. *The Lunatic Gene* is the cause of this.

Most things you want to achieve in your life, you probably already know what you have to do to get them. You just, for some reason, don't do it. The same can be said of most major lifestyle choices. This book will not change your life, it's simply another portal of information. It will, however, explain how your heart functions from a psychological perspective. It will also demonstrate how *The Lunatic Gene* either causes greatness, or stops many people from ever being happy and fulfilled,

highlighting its activity as a primary contributor towards illness, disease and premature death. For some people this manifests as low-level unhappiness. For others this leads to acts of true madness. I have witnessed several of these in my life.

### **Where this journey began.**

When I was ten years old, my dad took me to the fireworks night at the psychiatric hospital where we lived and grew up. Both of my parents worked there as nurses and we lived in the staff accommodation within the hospital grounds. My sister and I stood holding dad's hand, watching the bonfire and fireworks provided by the hospital. With patients, staff and their families watching, the fire rose to over six metres in height. The heat from the fire on this cold night was intense, even from where we stood, at least ten metres back. I had witnessed many strange things as a child growing up in a psychiatric hospital. I knew it was traditional to burn an effigy of Guy Fawkes. However, I had not expected what was about to unfold.

### **I watched from a distance as a man in a suit walked into the middle of the fire.**

I saw his face as he walked in, which had an intensity and focus I had not seen before, or since, this incident. The flames swiftly consumed him. I had known that it was tradition to burn a guy on Guy Fawkes' night, but I was surprised to see that they were using a real guy this year! Eventually, a handful of nurses did manage to remove him from the fire, and an ambulance soon arrived as the smell of burning flesh permeated the evening air. At this stage I realised that this had not been part of the original plan. It took the man three days to die.

## **I wondered what could cause someone to do this.**

Over thirty years later, after working with thousands of people with health issues, and studying human behaviour, energy medicine, alternative therapies, personal development, regression, hypnotherapy, Neuro-Linguistic Programming and an array of other health and healing systems, I have gained some insight into what may have happened that day. Allied with over thirteen years working as a nurse on three different continents, with people who were seriously ill, I have learnt there are certain recurrent patterns which are early warning symptoms of disease.

Whilst these may not be as extreme as to land you in an asylum or a bonfire, if you are unhappy with any of your relationships, your job, yourself or your life, your heart is already in a state of dis-ease. This is probably the reason you found this book and started to read it. If left untreated, this can lead to your own heart attacking you, or another serious illness developing. Since more people die from their own heart attacking them than anything else on the planet right now, it may be a good idea to discover the agenda of *The Lunatic Gene* and prevent an attack before it's too late.

## **The bottom line.**

I have gained an understanding of what becomes important to people as they are about to die, how the heart works and the nature of *The Lunatic Gene*. This is the reason that you know how you could improve your life, but inevitably don't. This hidden aspect of your nature - which most medical experts fail to mention - is the same phenomenon that explains why unhealthy

habits, sickness and absenteeism amongst medical staff are far more prevalent than in the corporate world.

If you love yourself and wake up feeling good every day, facing life fearlessly and turning challenges into triumphs, you absolutely do not need to read this book. Your *Lunatic Gene* is operating positively, turning criticism and setbacks into determination and driven action towards your goals. If this is you, this book will bring you little benefit. Unless, of course, you derive pleasure from hearing about the random insights and reflections of a chap you have probably never heard of before.

If, however, you are living in fear, depression, apathy, pain and/or have depressive thoughts, this book may provide you with some insight as to why. My musings may even bring a smile to your face. At the very least it will give you the knowledge that there are many others out there feeling the same way as you. This is a journey that will explain how the wellbeing of your heart is affected by your head and thoughts, which are constantly affected by *The Lunatic Gene*. It can also help you feel better, have more energy, be happier, and improve your relationships with yourself, others and life.

## **Death is certain. Life is optional.**

I am not an expert or a model of perfect health. I enjoy occasional indulgences that would definitely not be considered strictly healthy by purists in the field. I am also prone to occasional risky adventures, cunning plans and random outbursts of ridiculousness. I have faced death, worked with the dying and their families and swum with crocodiles - albeit unintentionally. I believe judgement and guilt are the biggest killers in the world, all manifested through *The Lunatic Gene*.

This book is the result of my own journey towards some sort of self-acceptance of over forty years of insanity. I used to fight *The Lunatic Gene*: now I accept and dance with it.

If you are ready to discover a way to be a little bit happier, accepting your quirks and lunatic tendencies, this book can be your GPS to a better life through freeing yourself from the judgement of others, releasing guilt and showing you another way. I believe that everyone has lunatic tendencies, regardless how slight and/or innocuous. This book is an exploration of that trait. Although I use the word ‘lunatic’ frequently in this book, this is me making light of a very serious subject. On this premise, I make one clear distinction: anyone who would harm themselves, or anyone else, does not qualify for my call to action below. I advise you seek professional advice. There are also plenty of free resources on my website [www.adamshaw.co](http://www.adamshaw.co)

“Lunatics of the world unite. You have nothing to lose but your neuroses.”

Love,

Adam Shaw. The Heart Guy x

**P.S.**

Did you know that this book is associated with a video course? [Click here](#) for more details

# **Chapter 1. Life's Only Guarantee.**

## **Death: You never know when you will face it.**

Screams were piercing my ears from everyone else around me. I was lying on a chap, who was shouting out in pain. He was trapped under the huge, 1 tonne plus, 4x4 Unimog in which we had been travelling. His legs were pinned between the vehicle and the mountain growth. Our bemused driver stumbled around in a daze as petrol poured out from above him in the now upside-down vehicle. Meanwhile, the girl next to me could hardly breathe fast enough to emit the continuous high-pitched screams as she surveyed the carnage, with blood trickling down her leg from the small scratch she had sustained.

Bodies were piled in different places, in various states of lucidity, and some injuries had been sustained. This was like a scene from a horror film, except this time I was in it. However, somehow I had escaped with not a single injury and found myself feeling serene. I realised I had to take control of the situation. My career as a nurse had prepared me well for such crisis situations, and I knew I had to act immediately.

I swiftly realised the chap who had broken my fall, to his own detriment, would very shortly lose the circulation in his legs if the pressure was not quickly relieved. My assessment of the situation indicated his was the most pressing situation of all - quite literally. I stood on the undergrowth below him, which was clamping his legs under the Unimog, and pulled on the side of the vehicle to reduce the vice-like grip trapping his legs. This gave him just a little more room for his blood to circulate in his

legs. From here, I began to reassure him we would get him out soon.

## **Our South African off-road trip had certainly delivered.**

I had been on a trip along the South African Wild Coast back in 2001, on a tour called ‘The Marijuana Trail’, when a ridiculous piece of parking by the locals had caused us to roll down a mountain. Fortunately, we did not roll far, as a large thicket had broken our fall. There were no seat belts in our 4x4 for the twelve or so passengers. As I bounced around during the fall, time appeared to slow down, and I knew there was nothing I could do to control the situation. In spite of this, I felt completely relaxed.

On a narrow mountain road, two locals had decided to stop their cars and talk to each other, leaning out of their car windows on opposite sides of the road. As we came around the corner, we had realised there was only room for one car to fit through the gap they had left, and there was a car coming the other way. Our driver had little choice but to swerve off the path and down the mountain-side. It was either this or take a full-on collision with one of the other cars.

## **As blood and carnage surrounded me, I was able to stay calm and prevent the chap below me from losing his legs.**

Our curiously parked companions jumped on top of the vehicle to see what damage they had caused, increasing the weight on the trapped guy’s legs. I suggested to them this might not have