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## Individuals

### ***Dr. George A. Fraser, M.D., FRCP, Medical Director, Ottawa Anxiety and Trauma Clinic***

(Regarding ‘Dancing Backwards Through The Alphabet’)

“Justin Thomas attended a workshop I gave in Toronto concerning the adult effects of childhood psychological trauma. His book screams of the devastating effects that condescending labels had inflicted on his developing mind. This is a story of his escape from cruel and false labels. His path to freedom is an inspiration to the all too many who have been harmed by identities forced on them by labels and words. The reader will rejoice in the author’s liberation from labels and at the same time reflect on lingering labels that they too would like to conquer. The research done related to Label Liberation can make an important contribution to humanity in understanding the complexities of personality formation and the powerful influence labels given in early life shape the adult psyche, similar to Sigmund Freud’s revelation of the power of the subconscious mind.”

### ***Brian Linehan***

Truthfully, ‘Dancing Backwards Through The Alphabet’ is an extraordinary story about a truly extraordinary life. It is wonderful to hear another human being of sensitivity speak the way Justin does about his harrowing circumstances and a way out that can, if applied, transform and heal the world. I have certainly learned something from Justin about the human spirit and perseverance. There is always room for one more person to be at the right place at the right time. Justin points to the liberating ‘State of Joker’ that can free us all from the double-bind of a ‘card game’ mentality of losing or winning. In doing so, Justin welcomes everyone to be label-liberated and home-free.

### ***Chris Dube, Editor of ‘Dancing Backwards Through The Alphabet,’ recommended to Justin by Connie Kellough, Publisher of Eckhart Tolle’s ‘The Power of Now’***

“Justin’s book is very promising, and in my personal opinion, is a very, very special book that will be read and re-read by a lot of people. It’s one of those rare books that is very simple, and yet in its simplicity, manages to uncover a strata of truth that all readers can identify with. It has the wisdom of ‘The Prophet’ and Rilke’s ‘Letters to a Young Poet,’ and will continue to be read a hundred years from now.”

### ***Raphael K. Chow, M.D., F.R.C.P. (C)***

“What a life! Justin is an inspiration for humanity.”

### ***Truman Capote, Author, ‘In Cold Blood’***

“In telling the whole truth, Justin Thomas shows us how a family soul-murders a creative child and communicates the miracle of survival.”

### **Alex Bellan, Psychologist, Board of Education, Toronto**

“Justin Thomas presented the preview of his autobiographical play at the St. Lawrence Centre, Toronto. I attended and enjoyed the performance in my dual role as spectator and as participant in the original unfolding drama. My first encounter with Justin took place in the spring of 1965. I recall answering the phone and hearing the voice of a young man requesting private psychological counseling. As I already had a heavy case load and numerous other commitments, I expressed my regrets and attempted to decline. I shall never forget the emotional plea that followed. It was so unlike the usual reserved and controlled request for an appointment. In a sense it was not a plea, but a haunting cry for help, the cry of the drowning man. He also assured me he was by no means requesting free service, as he had a private source of income consisting of \$2.00 per week. I began to wonder. Was it naiveté or total unconcern and indifference to monetary values that play so vital a role in the lives of most of us? I became intrigued. When we finally met, I found a young man thoroughly beaten by life. He had the typical rejected childhood syndrome. He was tense, anxious, frightened and insecure, but undaunted in his will to live and create. He had become emasculated and dehumanized by his years of sorrow and tragedy. He had lost his capacity to read, to write, or to think coherently. If ever there was a man who had lost faith in himself and had a pathologically poor self concept, it was Justin Thomas.

“Justin was physically and sexually abused by his parents throughout his developmental years. He was also mentally tortured by being labeled with derogatory terms. He did indeed experience difficulty in school, but not because of mental retardation, but rather due to a learning disability, as well as to his tortured frame of mind. Since intelligence was an issue in his life, his parents perceived him as being in the lower levels. . . I would estimate his IQ would range anywhere from superior to very superior. I would declare that his current high level of intelligence also applied during his childhood, when he was viciously mislabeled. All humans experience two realities, the physical reality and the psychological reality. For Justin Thomas, physical reality was akin to a concentration camp, a countless source of pain and suffering. He had been beaten by life, ridiculed, humiliated and became too timid and obsequious to confront his enemies. His subsequent disassociation compounded the problem.

“I remember that spring day of 1965 vividly when I received the urgent request from the young man for an early appointment. When Justin Thomas appeared, in a subdued and halting voice, he referred to his school difficulties and his inability to read or write. As the interview progressed, he began relating a history of physical and sexual abuse by

parents, and a scornful and humiliating treatment by relatives. After having been labeled throughout his developmental years as Dimwit, Dope, Halfwit, etc., to receive an invitation to two academic programs along with illustrious educators was a spiritual rejuvenation for Justin Thomas. Mark Slade, one of the ‘master educators’ who extended the invitation to Justin, a senior representative of the National Film Board of Canada, took note of the insightful observations of his protégé during the courses, having assumed the role of Justin’s mentor. Justin was encouraged by Mr. Slade to continue his research ‘probing the barriers that hinder human communication,’ now under the auspices of the Canadian government’s NFB. Justin was told by Mr. Slade to take as much time as he wanted and that he would have the full support of the National Film Board.

“Before long, Justin left for the United States where he naturally gravitated to leading authorities in American psychotherapy. The process of self discovery began in earnest, followed by the

emergence of his personal philosophy. With his creativity again blossoming, he established an educational experience, a synthesis of story telling and other art forms. His research was aimed at discovering a common ground to personal and social conflicts beyond all restrictive labels. He playfully labeled this discovery Label Liberation. He now has a message for all people, especially the weak, the downtrodden, and the crestfallen. He was critically acclaimed for his masterful characterization and his profound understanding of the human condition. Like Clifford Beers, he too writes of a mind that found itself. The obsequious image which Justin Thomas had projected in his developmental years, was now replaced by a powerful, self-assured, insightful and confident personality. What a miraculous transformation! In due time, in reflecting upon the traumatic experiences of his childhood, there is not the faintest trace of anger or venom.

“In due time, Mark Slade learned about his former protégé’s growing success on the stage and lecture circuit, and about the interest that publishers were showing in his book manuscript. Mr. Slade invited him to stage a performance in Montreal at the National Film Board. He told Justin he was considering a documentary based on his work. Justin was overwhelmed with joy for such recognition from his mentor and gladly accepted the invitation. Justin was under the impression that it would be a public performance but was surprised when it turned out to be a private performance. Immediately following the presentation, a demand was made and events took place that severely traumatized Justin, which evoked fear and disassociation in Justin. When he later met with an attorney to discuss the circumstances of his creative block a further traumatic experience ensued. Decades passed as Justin grappled with these new emotional tsunamis.

“After experiencing further harrowing spirals of the ‘dark night of one’s soul,’ Justin gives us all hope as he once again looks upon events with Spinozistic detachment and can encompass reality without bias or projection. He espouses the views of modern humanistic psychologists and makes self revelation the cornerstone for the therapy and cognition. He deviates sharply from the traditional doctor patient relationship, whereby the latter and not the former is asked to reveal himself. Justin seeks to eliminate the dichotomy and fuse the two roles into one. He puts flesh and blood into the maxim, ‘Doctor, heal thyself.’ Thus each individual should be capable of fully and exclusively participating in the healing process. Self actualization is within the reach of all of us.

“Justin reminds us that many people live by illusions and fear. By becoming aware of such distortions of reality, we learn to develop a new perception, leading to objectivity, health and authenticity. Our dependency on others for approval, prestige and status is self-defeating. Through self-reliance we become autonomous, inner-directed and the authentic person. Pain and tragedy is intrinsic to the nature of humankind. They can destroy us, or they can ennoble us. Justin has been ennobled by pain and tragedy and is willing to share his secret with the world.”

### ***Federico Fellini***

“A startling and original point of view. Justin is Providence.”

### ***Andy Warhol***

“If artist and de-hypnotizer Justin Thomas had met with Marilyn Monroe as a mutual friend had urged, Marilyn could be alive today.”

### ***Candy Darling,***

“After several enlightening talks with Justin about how we all get labeled and scripted into roles, I woke up enough to know that my transformation into ‘Candy Darling’ might not have been necessary at all.”

### ***Jack Griffin, M. D. Director Emeritus, The Canadian Mental Health Association***

“Justin’s journey may revolutionize the whole concept of the human being and help us re-examine our entire system of education.”

### ***Jozsef Izsak***

“I’ve had a long-standing belief that Justin’s gifts for communication and motivating people are such that, given a loss of interest in, in no particular order, his mother’s horrific, destructive influence over him, his befriending fuck-ups (that’s a psychiatric term from Hungary), and showing other people how hypocritical they are, he could literally change the world all by himself.

“It would involve simply convincing people that technology makes it unnecessary to have human misery. The ruling class would have to embrace the goal of becoming beloved benefactors and abandon their fear of others than compel them to increase war, poverty, misery and starvation at the very time we could be ending them.

“These are mere possibilities, but, I believe, for Justin no great challenge. So you see, if he allows others who have tried to suppress his vision of label liberation and ‘the state of joker,’ to pull him back into the ‘winner’ vs. ‘loser’ ‘card game’ mentality and sabotage his inspiring capacity for creativity, spontaneity, clarity and intimacy for everyone, he will have denied me and all others a chance to live in a perfect world.”

### ***Isaac Freidin, Kabbalah Centre, Los Angeles***

“Justin’s art, music, writing and heartfelt sharing brought tears to my eyes. Justin lives the essence of Kabbalah.”

### ***Marshall McLuhan***

“Justin Thomas is just-in-time, tribal man, free, emotional, uninhibited. If I were as private in public I’d lose my power.”

### ***R. Buckminster Fuller***

“I’m in total agreement with Justin and Label Libration – we are persons.”

### ***Paul Fieldstone, M.D.***

“I met Justin in a cafeteria. I had him pegged right off. Hippie-type ‘artsie’, probably sings protest songs, taken drugs and never worked a day in his life. But then I saw his one-person show. When he began to speak I became uneasy. The things he was saying were real – about human growth, human fears, how difficult it is for people to communicate their feelings to each

other – how people grope for personal identity and “cop-out” when the anxiety provoked is too great. Still, it didn’t seem right that he should be provoking me.

“There had to be a catch, a flaw – something to discredit him. But there wasn’t. His comments on human behavior were just too penetrating to be denied. Yet I had to label him. I needed to categorize him, because in our society one doesn’t command the respect of a teacher of human behavior without first undergoing the necessary steps of formalized education and publicized recognition by experts in the field.

“But Justin’s message is himself. It’s not important that he be a recognized authority in behavioral science. What is important is that he expresses his talent – his gift for communicating with people and making them reflect on their lives. He brings out the real me in people hidden behind their social roles and afraid to emerge.

“In this age of super-technology and specialization, human knowledge and experience has been so fragmented that a synthesis relevant to an individual seems unobtainable. The outward pressures of mass media and the confusion of rapidly changing times makes one feel impotent in the search of self-hood. But when Justin provokes others to reflect, he also searches for himself and by doing so, by his personal example he gives one the courage to find personal salvation in these times.

“If Justin can do it – I can do it. And if I can do it, why can’t anyone do it who wants to?”

### **Roseanne**

“Justin’s *terrific* at improvising.”

### **Johnnie Lee (Mrs. Bernarr MacFadden), featured guest on the Jack Parr Show**

“Justin is soul speaking to soul.”

### **Mark Breslin, Yuk Yuk’s Comedy Club**

“Justin’s the wisest of us all.”

### **Flora Rheta Schreiber, Author of ‘Sybil’**

“A fascinating story and a more fascinating life. It’s wonderful that Justin emerged as he did.”

### **Gregory Rickerby**

“I was quite touched and at the same time profoundly disturbed by the experience. It was like the meeting of underground rivers which flowed together.”

### **Chris Mucci**

“I spoke to Justin Thomas one evening and found that despite his being treated as a feral child and not being allowed to read or count until age 28, the wisdom he shared was incredible, astounding, mind boggling. Justin is a miracle. He defies description beyond all logic and reason. People generally fear giving a person that kind of acclaim because recognizing the profound capacity of someone such as Justin would cause them to lose a sense of their own power. In

reality, the reverse is true. Everything that is so honestly shared and appreciated is gained equally by all.

“As a mature student (of psychology and philosophy) with a childhood of horrendous abuse myself, my conversation with Justin put many things into perspective. In the short time we shared, he helped me enormously, as if I had had a whole slew of therapy sessions rolled into one. I was left with a true connection, not only with him but in an unprecedented way with myself.”

***Bette Middler***

“Label Liberation . . . how wonderful!”

***Diane Keaton***

“Label Liberation. Just what the world needs.”

***Robin Williams***

“It isn’t easy to blow my mind, but Justin has done it with his ‘I am a person first Label Liberation’ work, seeing people beyond *all* the labels. It’s a bomb – a ‘*b-a-l-m*’ - to replace our insane need for atomic bombs. What a gift for us all. I love it!”

***Carl Faber, Ph.D., UCLA Psychology Instructor***

“Justin is one of the keenest observers of people I have ever met, including professionals. He is a dependable friend, reliable confidante and was a student of mine who did intensive studies and excellent work for me - the most meaningful class participations I’ve ever had. His writing is excellent and has unusual creativity. He consistently has a deep understanding of self and others. He is outstanding - marvelous with seniors, adults, students and children, with great rapport and a sense of a child’s needs. He is caring and nurturing with good emotional maturity. He is unusually creative, imaginative, charismatic – a beautiful person who does fine work. There is the belief that throughout history there have always been seven deeply sensitive and insightful people in the world. If so, Justin is one of them today. His play, his manuscript and potential motion picture will be precious gifts for humanity, bringing much needed change to the world.”

***Edward Jones, Retired Personal Servant to Queen Elizabeth and Personal Valet to Prince Phillip at Buckingham Palace***

“If only the Queen Mother could have attended the London premiere of Justin Thomas’ play. She sits at home playing ‘Patience’ (solitaire) by the hour, trying to fit all the suits together. Perhaps if she can read the book version, she won’t have to puzzle over a deck of cards again – with joker Justin. Justin is an SOS, not only for the royal family but for the whole world.”

***Sir Alec Guinness***

“I wish Justin success with Label Liberation and moving us all beyond comedy and tragedy.”

***Sir Laurence Olivier***

“I don’t know what better means there are than the work that is given to the actor, to teach the human heart the knowledge of itself. I wish Justin every possible success with his remarkable undertaking.”

***John Wayne***

“We didn’t play to win or lose, yet I enjoyed the game with Justin.”

***Norman Rubin***

“Justin’s writing about Label Liberation is revolutionary in its simplicity.”

***Lorne Greene***

“Probing barriers hindering human communication and getting to the core of all personal and social conflicts isn’t easy, yet it can be done and Justin can do it.”

***Virginia E. Johnson, Masters and Johnson***

“I listened to Justin talk about label liberation with much interest.”

***Erich Splett, Germany***

“Through Justin’s journey I became aware of relations and truths, of people and things. I became conscious. Most of my education had not been the ‘leading out of darkness’ that education originally means, but a leading into the maze. After seeing Justin’s one-person show in London, another man from Germany, seated beside me, revealed that before he attended Justin’s performance he and all his family were Nazis. With tears in his eyes, he said, ‘I’m not a Nazi anymore.’

After experiencing Justin’s show that truly moves beyond comedy and tragedy, and then reading his manuscript, I was finding answers that made Label Liberation a reality. Both his show and writing helped me a lot, to dissolve my fears of being rejected and to liberate me from my communication problems. Reading it again and again gives me more and more. May peace and happiness be with him.”

***Bonnie Lutz , Model, representing Coca-Cola in Japan***

“I attended Justin Thomas’ London show and went back the following night because it was the first time in five years that I slept with the lights out. It was the most remarkable experience of my life.”

***Edward Gorecki, Instructor in Humanities, York University***

“I find Justin Thomas to be revolutionary – revolving people’s heads and emotions back to genuine trust and care for each other.”

**Andy Kukla, Assistant Professor, Department of Psychology,  
University of Toronto**

“Those of us who have come to accept the possibility of enlightenment, of a perfect knowledge which transcends perspectives, often manifest a curious symptom upon meeting an extraordinary person. We are compelled to stare intently and to ask: does *he* know? Does Justin Thomas know? Unquestionably, he knows many things. Being with Justin is the proverbial unforgettable experience. . . . Perhaps a master therapist is as profitable to us as the Buddha. In some way, for some reason, like the sunrise or the vision of a child at play, Justin Thomas challenges us to go beyond our present selves.”

**Deepak Chopra**

“Label liberation with glory, love.”

**Coleman Barks, mystic poet Rumi’s translator**

“For Label Liberation, and getting beyond the mind and language. Yes!”

**Katherine Hoey, Educator**

“Having taught both English and Latin, I am aware of the different geniuses of languages. The English language can obscure rather than enlighten, but Justin’s creative contributions, including his just completed manuscript, are crystal clear. Somehow Justin Thomas’ odyssey of self-realization is comparable to that of Ulysses as he overcame many obstacles before reaching home. Ulysses, however, was ever an adult, a full blown war hero, when he met his challenges, whereas Justin’s almost insurmountable obstacles were present from birth onward. As Justin shares his experiences he empowers the reader to reach an ‘at oneness’ with the self. His just completed work is an emotional equivalent to a cure for cancer.”

**Anne Mirvish**

“Label Liberation - getting beyond prejudgments - nothing could be more important for the world. What a critical step for humanity that Justin is encouraging us all to take!”

**Ed Mirvish**

“Justin defies all categories by doing it all. What an inspiration!”

**Arnold Schwarzenegger**

“Label Liberation, I’ll vote for that.”

**Richard Sloane, Esq.**

“The things Justin is doing will make a lot of people happy. He has unbelievable inner strength that speaks out to other people, the ability to reach right through to people, including reaching older people, and the quality of getting to the heart of things.”

**Jackie Mason**

“Justin Thomas has given a lot of thought to *many* things. With Label Liberation we should all be ‘driven sane’.”

### ***Milton Berle***

“I had to meet Justin and shake his hand. I appreciated his courage and honesty. He’s a real mensch. That’s what a human being is supposed to be all about.”

### ***Keith Hekker***

“Being employed in the world of finance I can truly say that we all need a reality check once in a while to get in touch with our deepest feelings and emotions. The whole experience reinforced in me a belief that I have fostered deep down inside for years but never really thought much about: that we are all people and sticking labels on us doesn’t solve anything at all, but hinders and impedes communication and mutual respect. I proudly wore my Label Liberation button for weeks!”

### ***Cornelia Wilber, M.D., Psychiatrist who integrated ‘Sybil’***

“We have a real honest to God problem with abusive parents because the results are so devastating. Practically all of the people who are criminals have been severely abused in childhood, so it produces criminality, social psychopathology, psychosis and multiple personality disorder. The question arises, how did Justin escape a more devastating result than he did?

“I think he escaped it by a curious kind of chance. He was considered retarded, consequently he couldn’t really absorb many things, and so when he said, ‘Well, they’re doing this deliberately to hurt me,’ this didn’t really penetrate, in terms of anger, revenge, hostility, and so on, because he didn’t believe what he learned. So by this peculiar twist of considering him retarded and his believing it, he was protected. They didn’t get what they wanted. His parents produced another human being who has now escaped, and can consequently be himself, whatever he chooses to be.

“And that doesn’t mean he has to be one thing either. He can be a creative actor, he can be a writer, he can be a therapist, he can be all three at once if he wants to, as one person. For the first time it’s okay for Justin to be Justin, and it’s okay for him to be whole.”

### ***Edward B. Marks, Associate Director, International Year of the Child***

“Label Liberation is a fetching and moving idea.”

### ***Edward Breathwaite, Sculptor***

“Justin has the ability to tap into the core of the cocoon, tickle the butterfly’s wings, and enable an escape from that hardened shell into a flight of truthful awareness.”

### ***Eli Rill, Drama Coach***

“Justin has a fascinating secret to share with the world.”

### ***Kelly Robinson, Director of Development, Mirvish Productions***

“‘Driven Sane’ is a fascinating, challenging, and daunting work which is most worthy of bringing to the stage.”

**Jack Lemmon**

“I heard about the shocking experience of Justin’s life and asked him to present his one-person show to me personally. What a fantastic story! What a life! I can’t wait for the book and motion picture.”

**Carol P. Horn, Executive Director, The Mental Health Association of New York and Bronx Counties Inc.**

“Label Liberation, I believe in it.”

**George Rohn, National Director, Canadian Mental Health Association, Chairman of the World Federation for Mental Health Task Force**

“I have, for some time, been interested in Justin Thomas and his particular mission. Much of what he represents and is attempting to do is very compatible with the objectives of international mental health. . . .What does Label Liberation mean? Society tends to ‘label’ us all. We are placed into tidy little categories such as ‘waitress’, ‘psychiatrist’, ‘housewife’, ‘cab driver’, ‘ex-mental patient’, ‘social worker’ (and on and on). Label Liberation is a remarkable experience, a synthesis of art forms, developed by an extraordinary man called Justin Thomas to foster human understanding by accepting each other as persons first. Justin’s exciting story is life-changing.”

**McClelland & Stewart, Publishers**

“A true and daringly naked odyssey that will shock, amuse and enlighten as it probes the startling potential of the human mind.”

**David Chilton, ‘The Wealthy Barber,’ (after reading an earlier version of Justin’s illustrated manuscript.)**

“The ‘story’ is amazing, in fact life transforming seems very appropriate.”

**Andrew W. Stasiw, Vice President, Video Portfolios – Productions, New York, NY**

“As I sat and listened to Justin Thomas tell the incredible story of his life, I saw a connection to matters occurring everywhere in the world today. Whether in Bosnia or in South Africa, philosophies of labeling causing hate must stop. Here, Justin in his own life attempts to turn the tide of hate by helping others who have experienced his pain. If the world thought as Justin, hate would cease to exist!”

**Sister Gwen Smith, Shalom House**

“The story of Justin’s survival and transformation is a source of joy and hope... for the sake of the many people I meet who need such inspiration.”

**Sandy Mardigian**

“I have read Justin’s manuscript and it was a moving and deeply personal experience and I am, I believe, *changed* by it. That is a thoughtful word and I think he will understand me. I thank him for allowing me to share so much.”

**Garry K. Van Patten**

“With Justin Thomas’ manuscript with its whimsical illustrations I could not help but imagine the childhoods of Hitchcock and Rousseau. The creative spirit amazes in its ability to transcend fractured ugliness, making it something beautiful, enlightening and whole – if not frightening to others. In that beauty one can detect, not a cry for help, but a determination to participate – whatever the cost in the human experience.”

**Ann Landers**

“I find Justin to be an extraordinary person.”

**Saeed Syed, Constable, Inter-Community Relations Unit, Metropolitan Toronto Police**

“If people everywhere heard Justin’s story and get the message, 99% of their problems would disappear.”

**Mike Bullard, The Mike Bullard Show**

“Justin Thomas filled the studio with so much love that in a few moments he made up for all the rejection that I ever got from my parents. The place I usually come from when interacting with my audience was completely blown away by Justin’s love. He’s a voodoo man. I had to give him another hug.”

**Jason C. Lotterhand, Associate Dean in charge of Curriculum, College of Parapsychology at Great Western University, San Francisco, Director Dr. Paul Foster Case’s educational organization, the builders of the Adytum (B.O.T.A.), Director Emeritus of the Venerable Mystery School of the Sacred Tarot and Holy Quabalah, Author of ‘The Thursday Night Tarot’**

“I consider Justin Thomas, who joined our philosophy study group for several years, a gifted person, quite capable of making a *significant* contribution to our culture.”

**Dr. William L. Bearchell, Captain, Administrator, The Salvation Army**

“Dr. Justin Thomas participated as a Group Counselor in The Salvation Army Oakland Adult Rehabilitation Center. . . Dr. Thomas was conscientious in his work and had a significant impact on those assigned to him.”

**David Sersta, The Learning Annex**

“Justin Thomas presents an unprecedented, thought provoking experience in Label Liberation that I would subtitle: Unmasking the Spontaneous Self. In his inspirational workshop Justin reveals the secrets therapists, motivational speakers and spiritual teachers have yet to share about how to precisely reclaim your full sense of Self, becoming front stage centre of your own life and welcoming everyone else to do the same.”

### ***Jerry Cooper M.D.***

“Justin’s play and book are absolutely phenomenal, a real wake up call for psychiatrists and other members of the helping professions, educators, students, families, celebrities, everyone!”

### ***Fraser Rose, Principal, McDonald International Academy***

“Yesterday, Justin Thomas from Label Liberation spoke to a class of our students. In a word, he was fantastic – both in the content he presented and in his dynamic delivery of that content.

“Justin captured the students’ interest right at the start by telling them he failed grade one three times. That shocked them because here was this incredibly fluent individual at the front engaging them, so how could he possibly have failed grade one three times? Justin explained why. (He didn’t tell them he now holds a doctorate in psychology.)

“By inviting – indeed adamantly urging – the students to ask questions about life, he got them to participate. They felt involved. The questions were written on the board and then Justin took them on one by one. Often he would simply ask the student who posed the question what he or she thought the answer could be. Justin realized that most of us have life’s answers within us, and just need some help getting them out. He wove his message around the answers.

“Justin’s message to the students was straightforward: they are persons first. All their labels – Canadian, Chinese, Korean, student, scholar, athlete, etc. are secondary, which, of course, means that we are all part of the same human family. Justin also talked about loving themselves, honoring their values, taking off their masks, and releasing themselves from the programming they had received as infants and young children.

“Justin’s talent is rare. It is a combination of personal brilliance and enthusiasm, combined with passion about his message, and a profound caring about the well-being of his audience. He will always be welcome in my school to share this with other students.

“It has been said that if there is ever a day of judgment the only question we will be asked is, “Why didn’t you become *you*?” After hearing Justin’s message, my students have a better chance of becoming who they are. I sincerely and heartily recommend Justin Thomas to any audience – anywhere.”

### ***Office of the Mayor, Mel Lastman, City of North York***

“Dr. Justin Thomas is making positive impressions around the world. Thomas leads a dialogue aimed at increasing human self awareness and promoting acceptance of people for themselves rather than their pre-existing labels.

So intrigued was Mayor Lastman with the unique program, that he invited Thomas to introduce it to ethnic community leaders. Thomas has presented his program in the United States and England to favorable reviews from a wide variety of appreciative fans including Princess Diana.”

### ***Susan Malm***

“Justin Thomas is a beam of pure light where there are darkened shadows, heart and soul extended where there is suffering, in the deepest sense a manifestation of truth and pure love.”

## **Stewart Stern, Author of the teleplay ‘Sybil’**

(In a letter to writer-film maker Colin Higgins)

“This must seem like a bizarre prize to find at the bottom of your Cracker Jack, but you have been dearly on my mind since I found your ‘Harold And Maude’ on my shelf the other day and read again the inscription you wrote inside, and also because of an odd and charmed encounter I had with a remarkably sensitive and humorous leprechaun.

“The gentleman’s name is Justin Thomas, a man who seems to have been not so much born as written by J. M. Barrie, and who came to see me from Oakland at the suggestion of my dear Cornelia Wilbur, whose work with Multiple Personality Disorder is well-known and who, as you may remember, was the psychiatrist who integrated ‘Sybil,’ and my ally during the writing of that teleplay.

“After listening, fascinated, to my visitor for two days I felt a powerful ‘something’ insist that I contact you, because his story, if it is to be told on the screen, and I think it could be, might be best told by you.

“He was an abused child who absorbed his parents’ judgments that he was too stupid ever to learn, so he couldn’t, wouldn’t, not in the school way, at least, until he matriculated into first grade at the age of 28 as a graduate of hilarity and pain.

“His life has been a Dickensian journey, full of characters you and I would give anything to play but were never eccentric enough to be cast as, in which he survived, wearing a cloak of the ridiculous as his defense, and went on to present his life to the public in a number of ways, and as a one-man show in which he appears in motley as – literally – the joker of the deck.

“This is the story of how a man survived, and it’s a story of hope that he finally presents. The image of the Joker seemed a marvelous one to me for a child who had permitted others to assign his value and then broke free, and the dilemma, and the way out of it that he presents, seemed a wonderful, circussy pile of yarn to string on the loom for a story. A fantastic project!”

## **The Honorable Sir Albert Rodrigues C.B.E., O.B.E., M.B.E., E.D., Kt.G.C., M.D., O. Ord. Christ, M.B.B.S.**

“It is Justin’s earnest and sincere desire to appraise us of his approach to various facets of life, of his deep analytical and rather delightful views, that he is now inviting us to share in his thoughts, emotions and outlook towards a fuller life for everyone. It most certainly has helped someone as weighed down by labels as myself.”

## **Hazel Henderson, Syndicated Columnist, Author of ‘Paradigms in Progress’**

“I really relate to Justin. He reinvented himself from scratch. It must have been much more painful than what many have been through. What a remarkable story!”

## **Dr. Warren Dohemann, President of Academics, Sierra University**

“What I have read is either the greatest piece of fiction-passed-as-reality, or one of the most important literary efforts in the area of autobiographical/psychological/cultural dissection. I am still overwhelmed by its magnitude and scope. Like epic novels dealing with the evolution of a

family or a political ideal (i.e. ‘Gone With the Wind’), Justin has presented himself, his family, his culture and his emergence in an entertaining and powerful medium... It is a magnificent cultural tapestry upon which all the labels of history play out the light and the dark side of being.”

***Howard J. Donsky, M.D., Rochester, New York***

“Justin has a gift to enable others to see clearly the interactions between themselves and those around them. He is an open book. Justin has no fear of self-revelation. This allows a transparent mirror effect where one can see right through him and thereby see one’s self. It would certainly be beneficial if everyone read his book, and even more important, *thought* about what Justin has to say. In the most inspiring way, it would free us all beyond the machinations of our minds. Justin’s writings are deserving of Nobel and Pulitzer Prizes.”

***Barbara Radin, PhD., City University of New York***

“Justin’s a modern day ‘Candide’ – an innocent who goes through terrifying experiences to reach clarity, and shares the secrets of cultivating our own gardens. It’s not only an educational and counseling masterpiece, but a combination of Sherlock Holmes and Jonathan Livingston Seagull that encourages all of us to never give up and shows us a way out of many human dilemmas. Fellini and McLuhan were correct: Justin is “Providence” and “Just-in-Time”.

***Diane Bennett, Coordinator, Seneca Social Services Program***

“Justin Thomas was an excellent speaker and workshop facilitator who left everyone with much food for thought. When he spoke I understood the ‘Joker’, the wheel of education and wheels of men and women and my ability to step in and out of the spaces between the spokes. Also, Justin’s decoding of symbols was really helpful for me in answering my acceptance of any person for what they are and not what they appear to be. Hopefully Justin will be back to Seneca with his energy and wisdom.”

***Janice Dembo, Coordinator, Toronto Mayor’s Committee on Community and Race Relations***

“Regarding Label Liberation that addresses prejudice and hatred in society, I look forward to hearing further about publication of Justin’s manuscript. Please let me know as soon as it is published so that we can explore with the publisher the possibility of the Toronto Mayor’s Committee on Community and Race Relations and the city’s Protocol Department, having a “Label Liberation Day” in Toronto with an event at Nathan Philips Square. . . . I can envision every city, town and village in the world following suit.”

***John Gell, Educator***

“Justin Thomas spoke to my sociology class. We were packed in the room, many sitting on the floor or window-sill. And then Justin began talking about the individual’s emergence from the group. Life begins with birth but later there is a second birth out of the group.

“Everything he expresses is said emotionally and poignantly. The examples are universally human and strike home. He moves about and uses gestures a lot – stunning, gripping, exciting, arousing. Cynicism begins to die. This guy knows what he’s talking about. He’s been through it all and he knows how to handle our worst nightmares and grow from it.

“When you talk to him, he knows which part of you is speaking to him. I realize that I don’t want to spend my weekend in escapist pursuits. I want to be with myself and with others and to share my feelings more. In an academic atmosphere, he has brought the focus back to feeling and love and family and liberation. Everyone is stunned and moved and you feel you want him to go on talking, to know him more deeply. To be that aware, to be that much in touch with yourself, to be so self-accepting and compassionate is profoundly inspiring.

“I think Justin would be great as an educator or therapist in identifying and overcoming the blocks in the therapeutic process. When he leaves, everyone is silent and thinking about themselves and smiling at others. Little is said as we file out but we feel closer to each other. Our priorities are changed and this weekend is going to be different.

***Paul Mines, Zeta Beta Tau, Alpha Rho Chapter, University of California at Los Angeles***

“I would like to thank Justin Thomas for the leadership and the sensitivity he gave to us in facilitating our encounter group. I know that everyone who took part emerged a different person. He provided the stimulus and insight enabling us to explore new, untouched regions of our identities. For this we sincerely thank him.”

***Krishnamurti***

“Justin Thomas’ vision of Label Liberation – Yes!”

***Jack McLeod, Ph.D., Professor of Political Science, University of Toronto***

“Justin Thomas’ book is the most open, candid, profound autobiography I have ever read.”

***Uisela Keeble***

“I learned so much, so quickly and surely. The concept of the actor and dramatist as healer is new to me and a great step beyond catharsis.”

***Northrop Frye***

“I’m a university professor at the University of Toronto. I’ve taught full terms at Harvard, Princeton, Columbia, Berkeley and Oxford, and lectured extensively around the world. I hold over two dozen honorary degrees, yet learned more about education, about symbolism and psychological projection in a few conversations with Justin Thomas. Justin is inspired and, as if under divine guidance, is able to see and at times predict developments. I am grateful that he chose not to sell out to his earlier publishers who planned to distort his important ‘stop-acting’ message, by trying to force him into the role of guru. Ironically, if Justin were living in Biblical times and questioning as he does today, he would be on his way to becoming a prophet.”

***Wayne Dyer, Author of ‘Your Erroneous Zones’***

“One of the real problems in the field of psychology, psychiatry, mental health and so on is just what Justin has identified – Labelling.”

**Werner Erhard e.s.t., *The Forum***

“Label Liberation . . . that’s *very* good.”

**Roger Croucher, *Royal Court Theatre, London***

“Anthony Page and I were both fascinated and mesmerized by what Justin does. We were with Justin for over one and a half hours and it seemed like two minutes. It will also make a fascinating book.”

## Media

### ***Paul Groen, The Globe and Mail***

“Label liberated Justin Thomas beat phobias with the third eye open. The book is a serious autobiography, written in a style that falls somewhere between Erich Fromm and Xaviera Hollander. It’s a touching account of an early life made miserable by a set of astoundingly vindictive parents who, because of their own neuroses, led Thomas to believe that he was talentless, even retarded. Gradually he evolved...the label-liberation experience. . . Thomas looks frail, vulnerable and much younger than his years, but exudes a palpable sincerity and sensitivity.”

### ***Music Review***

“Good Vibes: One of the most unusual recordings to come to my attention in recent years must surely be ‘How I Overcame my Fear of Whores, Royalty, Gays, Teachers, Hippies, Psychiatrists, Athletes, Transvestites, Clergymen, Police, Children, Bullies, Politicians, Nuns, Grandparents, Doctors, Celebrities, Gurus, Judges, Artists, Critics, Mothers, Fathers, Publishers and Myself’ – A Musical Autobiography – Justin Thomas. And that must surely be the world’s longest album title as well as the world’s longest opening paragraph. Guinness, take note!

“First produced as a play, this is a two record musical story of a man in search of and finally finding himself after a childhood adolescence of almost unbelievable emotional neglect. The message is heavy but the medium is light. The spoken words are delivered by Thomas in a soft, smooth boyish voice as are the songs which are his own compositions. Although the lyrics demand and command attention, the melodies are easy. In fact, a few of the songs (most notably ‘Stanley’ and ‘Give Me Some Direction’) could find their way to A.M. broadcasting sheets. The orchestrations are in the Rock idiom but are not loud and certainly not esoteric.

“I could wish that the liner notes had indicated the names of the musicians but this is a minor complaint. I could express annoyance at the use of Xaviera Hollander to speak a few words in order to justify her inclusion on the list of performers and perhaps boost sales a little. This production can stand on its own merit and doesn’t need her. Listening to this L.P. truly constitutes an experience; one that I believe most will enjoy. But even if you don’t, you’ll never forget it.”

### ***M. S. Werthman, Psychology Today***

“Justin has an important story to tell . . . a moving and disarming work . . . sincere congratulations on an amazing journey.”

### ***Variety***

“Adam Keith (Justin Thomas) . . . an important new acting find . . . probing the barriers that hinder human communication.”

## ***Jennie Punter, The Toronto Star***

“Justin Thomas’ one man show . . . a unique, baring experience . . . an autobiographical journey from pain to liberation. He unfolds the story of his life through flashbacks of both traumatic events and triumphant personal epiphanies. These moments gradually lead to a profound understanding and acceptance of himself and others as ‘persons first,’ a breaking-free that Thomas calls “Label Liberation,” a term he invented and first expounded upon through theatre and in workshop environments . . . The piece then goes on to reveal Thomas’ remarkably resilient creative spirit. It’s an updated version of an acclaimed one-man show Thomas performed at the St. Lawrence Theatre during 1971, and at the Round House theatre in London, England, in 1972. The full title says it all: ‘How I Overcame my Fear of Whores, Royalty, Gays, Teachers, Hippies, Transvestites, Athletes, Police, Children, Clergy, Politicians, Lesbians, Grandparents, Nuns, Doctors, Judges, Celebrities, Gurus, Artists, Bullies, Critics, Mothers, Fathers, Blacks, Yellows, Reds, Whites, Myself and You.’”

## ***Michael London, Los Angeles Times calendar feature story on Justin, January 16, 1985, pgs 3, 4, 5***

“Justin Thomas’ life story reads like something from Dickens. . . He relived traumatic episodes of his life in the hope that audiences would cast off shackles of their own.

“When he was a child in Toronto, Thomas’ parents abused him and his teachers wrote him off as retarded. . . Reached by home in Toronto, Cecil Thomas, (Justin’s foster father from the time he was 20) verifies the unusual circumstance of Thomas’ upbringing. “It was a heartbreaking situation,” he said. ‘Here was this boy who thought he was retarded, yet everyone who met him recognized an extraordinary warmth and intelligence.’

“Although he never learned to read or write, his creative talents blossomed. . . He resumed his education at first grade level, while at the same time being hailed as a “guru’s guru” in the blossoming of the Human Potential Movement.

“His autobiography especially stirred an Ottawa Post reviewer who wrote one of several reverential profiles of Thomas that ran in Canadian newspapers: ‘During the course of an evening with the book, I had been disgusted, moved to tears and finally left drained, hardly able to believe that one human being could suffer so much.’

“Thomas speaks of his childhood in Toronto with quiet detachment. He describes his parents as tragically embittered, themselves the victims of unhappy families. Their son became a target of constant abuse and ridicule. He was told repeatedly that he had suffered brain damage at birth and was incapable of learning. The lie begat truth. He developed severe learning handicaps that prevented him from reading, writing, even counting until after he left home at 20, he writes. At school the “retarded” label stuck. Justin flunked first grade, and each grade thereafter until he was tossed out of school.

“. . . Thomas had a strange schedule at UCLA. He was enrolled at the Fernald Clinic for children and adolescents with learning disorders. At 28, he returned to first grade, studying counting and basic grammar with classmates less than half his age. (At the same time) Thomas was enrolled in advanced theater and psychology seminars, where he was regarded as a prodigy.

“Justin is one of the keenest observers of people I have ever met, including professionals,” said UCLA psychology instructor Carl Faber in a 1968 letter of recommendation.”

**Gary Dell'Abate, Producer, Howard Stern Show**

“I got a call from Howard Stern’s publicist, Dan Kores, who suggested I phone author Justin Thomas. Howard and I want to learn about every facet of Justin’s shocking and magical journey.”

**Nathan Cohen, Theatre Critic, The Toronto Star**

“Justin’s novel play dedicated to the mass of humanity referred to in the title, ‘How I Overcame my Fear of Whores, Royalty, Gays, Teachers, Hippies, Transvestites, Athletes, Police, Children, Clergy, Politicians, Lesbians, Grandparents, Nuns, Doctors, Judges, Celebrities, Gurus, Artists, Bullies, Critics, Mothers, Fathers, Blacks, Yellows, Reds, Whites, Myself and You,’... .A story that must be told.”

**Susan Traill, Sennet, London, England**

“Remarkable experience.”

**The Observer Review, London, England**

“A conversation was had with Justin Thomas, Canadian actor and playwright currently appearing in one of his own works at the Round House, London. It is called ‘How I Overcame My Fear of Whores, Royalty Queers, Teachers, Hippies, Transvestites, Athletes, Police, Children . . .’ (space prevents printing the title in full): ‘Theatre to me is totally naked. I unzip the fly of words.’ . . . Marianne Faithful thinks there are not enough people like him.”

**Richard Bianco, WHBI-FM**

“My one-hour radio interview with him wasn’t enough – I can’t wait for the impact of his book.”

**Alexa de-Weil, Beetle Magazine**

“Justin is going to be called all sorts of things by many people. He calls everyone a poem. Justin is a quiet song.”

**Lorne Drenfeld – Canadian Broadcasting Corporation**

“Catalyst is a word that has been used to describe Justin – to me he is a catalyst between one’s inner feelings and overt expression.”

**Canadian Broadcasting Corporation TV News**

“Labels can be restrictive and prevent us from looking beyond the symbol to the person. It is doing away with the kind of restrictive thinking that stop us from seeing the person behind the symbol that is the prime concern of Label Liberation. For its founder, Justin Thomas, Label Liberation has been a lifetime effort.”

**Sylvia Train, The Toronto Sun**

“Justin’s fascinating, funny, frightening life story made an impact in London, New York, Toronto, Los Angeles and Tokyo when it was produced on stage and there is no doubt in my mind he’ll make an even stronger impression with his album and book. Go and buy one and have

an experience – it can't help but make you more compassionate of another human being – it's 'Duddy Kravitz' and 'One Flew Over the Cuckoo's Nest' rolled into one."

### ***Marjorie Earl, The Tribune***

"Every so often the tenor of daily life is jolted out of gear. The jolt may be delivered by an event, by a book, by a sight or by a meeting with an individual. For me the jolt came from a fragile, boyish-looking man who has written a book which is a classic case history of child abuse and its devastating, life-destroying effects. Every parent should read it and learn what a destroying word, a cold demeanor, any angry threat or a cruel blow can do to a defenseless child. . . ought to sell a million copies.

"His one-man play with the same title as his book, drew standing-room-only audiences when it was produced in Toronto and was later a success in London and Paris. Justin Thomas didn't pass Grade 1 until age 28. This child abuse victim tells a shocking tale."

### ***Gail Greenwood, Calgary Herald***

"Thomas believes prejudice, violence, alienation and the generation gap all stem from labeling and symbolizing."

### ***Record Week***

"Neither 'unusual' nor 'extraordinary' adequately describes the content . . . amusing, embarrassing and frightfully real."

### ***Jo Ann Goldberg, NBC***

"Seeing Justin present his work is a fascinating and powerfully dramatic experience. . . . a phenomenon. John Lennon sent his girlfriend to see it. Afterwards, all she could say was, 'Wow!'"

### ***Marianne Ackerman, Sunday Post of Canada, Ottawa***

"Justin Thomas doffs his mask. A few hours earlier I had finished reading the pages of his autobiography. . . . During the course of an evening with the book, I had been disgusted, moved to tears and finally left drained, hardly able to believe that any one human being could suffer so much, and yet emerge with enough nerve to sustain publishers and the book flogging circuit.

"Yet, there he stood. Not swinging from a light fixture. . . I could not help but marvel that the author of such a book appeared not only lucid, but rather normal, even charming. He moved like someone who had just ended a very long crying bout and now composed, felt cleansed and ready to discuss the source of his grief. . . He finally made his way back to the surface of reality. . . Astounding was his change. Justin Thomas discovered that his own low self-image was a reflection of the scorn heaped on by his parents, teachers and acquaintances. "I was the joker in their card game," he said in an interview. "Someone had to be the loser and it was me."

"As he worked through dozens of therapies and movements thriving on the west coast, Justin discovered that the revered founders and doctors either ended up confessing their own sad stories to him or despising him for exposing absurdities in their scam.

“Finally, his years of drifting culminated in a hilarious clash at the University of Toronto in 1971 between the very uptight officials of Renaissance ’71, ‘a festival of various media without the usual bureaucratic hassles,’ and Justin’s one-man show. In fact, bureaucratic hassles nearly killed the show when the organizers tried to get rid of Justin, but in the end Label Liberation was born from his performance. Since then he has played to groups from the conservative British Council to a London Theatre and the Canadian Mental Health Association.

‘The point is that labels are only symbols. We have to get beyond the label of spinster, greaser, teacher, retarded or whatever to realize that everyone is a person first,’ explained Justin during our meeting. ‘My aim is to tell people that they can be the stars of their own lives, and then invite others to do the same.’

“Label Liberation will bring Justin Thomas to groups or organizations wishing to hear the guru’s guru. ‘The meter isn’t ticking at Label Liberation,’ he says. Friends have established a small fund for his research, without any set fees.

“But the message of Label Liberation is sometimes spread spontaneously in the most unlikely places. Fives years ago, Justin and a friend were shopping at Creeds in Toronto when a saleslady pointed out Margaret Trudeau. ‘I looked over at her. She saw me and smiled, then came over and started talking,’ recalls Justin. Almost immediately they fell into a deep discussion of how symbols dictate a person’s reaction to another. ‘She understood me immediately.’ It was about two weeks before her breakdown and our conversation was very intense.

“She had many knots to undo. She rode her horse of ego and the results are quite evident. She mesmerized Mr. Trudeau with her masked innocence and now she has swapped symbols, learned all the techniques to being counterfeit. Only she knows how much anguish has yet to evaporate, but to the degree that someone calculates, they don’t fool the world or really improve themselves. She is still manipulated by – and manipulating symbols.’

“‘There are those people who achieve in the world, who, although they should be in a position to be frank and true, have based their identity on their position. The day Marshall McLuhan can accept everyone as being his equal, he will begin to know the self. To the degree that we are mesmerized and impressed by celebrity, we will all remain in the dark.’ McLuhan on Thomas: ‘Justin Thomas is Just-in-time, tribal man, free, emotional, uninhibited. If I were as private in public I’d lose my power.’

‘How I Overcame. . .’ should not be shelved with the volumes of self-help manuals coming off the presses every day. It is a powerful document, a story as moving as a concentration camp diary or the physical recovery of someone paralyzed by some freak accident of fate.”

### ***Cy Jamison, Editorial Consultant, The Reporter, Ontario English Catholic Teachers’ Association***

“At age 28 Justin Thomas dropped into a university of Southern California clinic – to pick up Grade 1. Now he has written a book about his years of suffering at the hands of the educational establishment, the medical profession, and a host of professional do-gooders who went out of their way to classify him as abnormal or retarded and who did nothing to help him overcome his fear of them. In dramatizing his own life, Justin Thomas offers a remarkable phenomenological description of injustice as perpetrated by human up human. He makes many of us uncomfortable, and that is how it should be.

“As Alex Bellan, a psychologist with the Toronto Board of Education, points out: ‘Justin reminds us that many people live by illusions and fear. By becoming aware of such distortions of reality, we learn to develop a new perception, leading to objectivity, health and authenticity . . . through self-reliance we become autonomous, inner-directed and the authentic person.’

“The most important lesson that Justin Thomas teaches is that we must learn to overthrow the therapist. Thus he seeks to reverse the set of illusions presented in the name of therapy, and the further set of illusions presented as a response to the therapist. If his readers get that message, and suspend conventional judgments upon it, he will indeed have done something.”

### ***Todd Sherman, Winnipeg Free Press***

“Justin Thomas is a person. Throughout his life he has been labeled as a retard, moron, genius, Jew, playwright and composer. But first and foremost he is a person. ‘Most of us are imprinted by labels,’ said Thomas. ‘As long as we are gobbled up by the labels of our groups, we are eaten alive. Most of us live one-dimensional roles when we are people first. If someone tells me they’re gay I say, ‘What’s your favorite food?’ If they say lasagna, I say, ‘Why don’t you call yourself lasagna?’ If you’re going to label yourself by a sexual preference, why not by a food preference?’

“Thomas, whose early life makes Christina Crawford’s childhood in ‘Mommie Dearest’ seem positively pristine, has spent his life rebelling against the bigoted labels that precede us. He calls this Label Liberation. Thomas has written his autobiography. The book recounts Thomas’ harrowing childhood and his eventual spiritual awareness.

“He says, ‘I was afraid to pursue the arts because I was so afraid of my sensitivity. I didn’t understand that being sensitive is the road to being human. I believe we are all deeply human, but we all become actors to please people and the community. This is an instant book on stop-acting classes.’

“Thomas was accepted at the UCLA Theatre Arts School. There he became interested in Esalen and Gestalt therapy. He developed quite a reputation as a campus prophet and poet and was eventually asked to lecture to students and teachers.

“Meanwhile, Thomas was working on a project for the National Film Board of Canada. The result was an autobiographical one-man play. It was a critical smash. Justin starred as a joker in the play, citing the inspiration for the character as his philosophy of life: ‘If life is like a card game, we need losers, and losers need winners for their identity. Most people are trying to live in a card game. Once I know that I’m the joker I know I have 52 cards in my hand and I know you’re the joker too and we can lay all our cards on the table. No more bluffing. No more lies. We can be for real.’

### ***Pete McGarvey CKEY Radio***

“The title sounds like a put-on - but it’s not. Justin’s gift turns out to be highly entertaining . . . very, very funny and very, very insightful. Justin’s not afraid to talk about love, truth and gut feelings. . .”

### ***RPM Weekly***

“. . . Amazing story.”

**Sabina Song, Envision Sales**, who had attended Justin Thomas' one-man show, experienced his workshops and proofread the editing process of his writings and illustrated manuscript "Dancing Backwards Through the Alphabet," shares her notes and comments, should they be useful related to the publication of this book.

"Justin Thomas was labeled 'retarded', treated like a feral child, not allowed to read, count, listen to music, swim or play any sports and when he asked what he *could* do was repeatedly told, 'Just sit like the dog you are.' Later, when he shared this with thousands of people over the years during his counseling work and workshops, they frequently described thinking to themselves, 'And I thought I had problems!'

Turning his traumatizing childhood into profound life lessons, Justin, one of the most creative individuals I have ever been privileged to experience, inspires others to tap their own creativity. Like the late psychiatrist and hypnotist, Milton Erickson, who was known to remarkably expedite the healing process for his patients by intuitively sharing anecdotes that trigger breakthroughs, Justin's story-telling about his life and improvised responses to people's questions and comments also dispel illusions in a similar de-hypnotizing way. With his new manuscript, 'Dancing Backwards Through The Alphabet,' readers will be able to reach into their own family past to dissolve the split between the unconscious and conscious world and ultimately between one's self and all others. In a truly magic-like way, Justin's candor facilitates our own unlearning of our intergenerational-scripting that keeps much of humanity in trance-like behavior. Just as he has, we become aware of new possibilities through which we can change and heal. When Justin perceives the deepest center of a person's being, and relates directly, compassionately and forgivingly, through osmosis we do too.

"Justin's extraordinary but true odyssey may read like fiction to some. As in the mythological quests of yore, there are two processes going on at the same time, much like in our own lives. One of them, the actual events that occur, and the other, a bringing together of our public and private split, giving us the potential for an intense experience of enlightenment. Reading the shocking spectrum of incidents in Justin's life and his responses to them propels us to an liberating understanding of the universal archetypal experiences that we have been taught to believe are unfathomable. As we share Justin's journey we join him in acquiring our own compassionate comprehension of our families, our relationships and the world around us. The incredible sequences of events that Justin undergoes and their surprising consequences, can lead us to rediscover, as if for the first time, our own healing story-teller and wisdom-sharer.

As Justin recognizes the trances that confined him and that we are all subjected to, through the inductions of others, he becomes a de-hypnotizer. As we join Justin on his odyssey, the media, family, community, education and the workplace will never be seen in the same light again. As Justin clearly points out, no matter if we experience ourselves initially trapped in a 'card game' mentality or not, everything that happens to Justin as he moves to the boundless 'state of joker,' remarkably synergizes with our own lives and the lives of those we know. Since we are all variations on a theme, by experiencing and decoding his horror stories, like himself, we are released from the tragedy and comedy of our own programmed minds."

Justin's life has been an extreme 'training program' that many of us might not have survived. 'Dancing Backwards Through The Alphabet' opens the door to the process of "unlearning" whatever is essential to dispel, leaving us free for true spontaneity and intimacy. In doing so, we have discovered a place beyond delusion as we redefine ourselves as label liberated, as silence,

as space. We have created a serendipitous opportunity to retrieve a sense of our natural self before any imposed conditioning. With this renewed 'pre-conditioned' self we can connect once again with our profound inner healer and become - timeless inspiration."

## **A Few More Comments by Sabina Song related to Justin's Writing**

"'Superstar,' 'nobody,' 'winner,' 'loser,' lucky,' 'unlucky,' 'success,' 'failure,' 'good,' 'bad,' 'attractive,' 'ugly,' 'brilliant,' 'stupid,' These are some of the 'labels' placed on us by others. Justin Thomas knows firsthand how harmful restrictive labeling can be. Thomas' story is nothing short of remarkable. Abused and labeled a 'retard' as a child, he re-entered first grade at age 28.

Accepted at the University of Southern California, Justin overcame a learning disability, and later earned a Ph.D. in psychology. He has become one of the leading voices in the new human potential movement.

Seeking to offer to others the benefits of his lifelong journey of self-discovery, Thomas originated the concept of *Label Liberation*. He is currently devoting his efforts to freeing himself and others from the all-too-common debilitating effects of restrictive labels that trap us in duality and obliterate our self-worth.

If you were *touched* by the classic films, *Forrest Gump* and *The Shawshank Redemption*; if you were *inspired* by *The Celestine Prophecy*, a parable about seeking a government suppressed document with hidden insightful treasures, you'll have an opportunity to read an authentic document about a true adventure of unbelievable suppression, awesome courage and inspiring stamina.

If you were *moved* by Carlos Castaneda's *The Teachings of Don Juan* or *excited* by Jon Kabat-Zinn's focus on the here and now or *transformed* by the vital writings of Eckhart Tolle, buckle up for a fabulous warp-speed inner-space journey with Justin Thomas.

You will be *startled* and *awakened* by the unprecedented literary experience by Justin Thomas, *Dancing Backwards Through The Alphabet*, soon to be bid on by publishers.

Justin has the ability to see through the superficial issues and reach the heart of the matter – a place beyond the everyday hypnotic trances we are all susceptible to, allowing us to discover 'matter over mind.' If Janis Joplin, Kurt Cobain, Sylvia Plath, Yuko Mishima, Pier Paolo Pasolini, John Kennedy, Spalding Gray, and all the others who had misplaced hope, had met Justin or read his writings and found their way through and beyond the 'card game mentality' we are all infected by, to the label liberated 'state of joker' Justin points to, I'm sure they would be alive today.

Justin proves that uncovering genius is possible for anyone. As Justin says,

'We are all Dorothy in "'The Wizard of Oz.'" As she does, we all have the opportunity to reclaim one's brains, heart and courage by recognizing that *we* are the scarecrow who *thinks* he doesn't have a brain. *We* are the cowardly lion who *thinks* he doesn't have courage. And *we* are the tin man who *thinks* he doesn't have a heart. In reality, the scarecrow knows how to find his way, the lion saves them all from danger and the tin man is so empathetic he can't stop crying. Dorothy 'awakens' to the discovery that her hoped for guru, the wizard, is a frightened little man, worshipped by munchkins who remain naïve, unable to see behind the curtain of the wizard's propaganda machine. Dorothy puts her own projections of the 'good'

and 'evil' witches into perspective. She sees that 'evil' and all other symbols and labels dissolve, evaporate like water, when she moves beyond *thinking* and awakens direct perception. When she accepts that we are not 'swimming pools' of various sizes, shapes or colors, but rather rivers becoming Ocean, concepts of 'past' and 'future' dissolve. She is home. She is the eternal 'now.'

The intimacy, sharing and truth that Justin exudes with the audience I attended was inspiring and moved me beyond words – a most valuable and memorable experience.

Perhaps with Justin's journey to the state of joker, humanity is, at long last, up to the challenge.

After the last proofreading of Justin's writing and seeing an illustration of Justin as the 'joker' in an automobile, here are a few associated thoughts:

- *Accelerate* with Justin on a riveting visual-verbal journey of self-discovery
- *Steer* through and beyond stereotypes
- *Move* confidently beyond your fears
- *Drive* yourself sane

Plus:

- *De-hypnotize* yourself awake
- *Tap* who you really are - abundant creativity
- Take full control of your life
- *Go* from scapegoat to escape letting them 'get your goat'
- *Discover* the 'now' testament
- *Explore* the making of a Golem
- *Teach* yourself, stop acting
- *Dissolve* the public-private split
- *Be* your own unique self by transcending self
- *Choose* clarity, a new way of living
- *Experience* the love that follows

## Timeless

Abuse  
Betrayal  
Anguish  
Numbing loneliness  
Would I know  
Who I am  
Without you?  
Once again  
I open the door  
To myself

By remembering

That each buried hurt  
When resurrected  
Is like a priceless pearl  
Formed and born of irritation.  
Once recalled feelingfully and threaded  
To other past hurts  
The strands of precious memories  
Are no longer a yoke  
Around one's neck.  
They can be shared with others,  
Given away.  
Instead of a burden  
They become an inspiration  
Turning desperation  
Into restoration of the soul  
Anguish into calm appreciation  
That one has survived  
And a place exists  
Beyond the comedy and tragedy of it all.

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