

Notes from the Land of Psychosis

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Psychosis is sometimes destructive but also a more healing process for the soul than anything comparable but love and God. It does essentially have a lot to do with both. My first break occurred around 2002, briefly after 9/11, when nearly everything that I had then fell apart, broke down or did not exist anymore. The spark that lit the fire was maybe a spiritual website that I looked up then. From then on, perceptions went haywire. I experienced revelations, that felt comparable to channelling. I was guided, like a robot, through urban areas. The intensity waned, but became stronger again in phases in the following years. Various phenomena of unknown causes and nature occurred. Some are described in some non-academic literatures, such as telepathy, the presence of ghosts, guardian angels sometimes, sometimes only shown in the presence of white feathers, synchronicities, past life memories, visions that resemble clairvoyance, and travels in trance through other spiritual realms reminding of the nature of the universe, the laws of karma and other yet not understood entities, processes, dimensions and things.

I have dabbled in the process a lot with alternative therapies, such as past life regression, shamanism etc. Maybe these opened channels. But still often unexplained things occur, such as specifically shaped cloud formations just recently. My favourite phenomenon, however, is when songs talk to me. It reminds me of a good friend who was a radio DJ. He passed on. But sometimes I feel that specific songs that I hear carry messages from him. It is more an intuitive knowledge, rather a feeling. It is not rational, but certainly still exists. It is like this with many of these phenomena, even though if one does pay attention, they become more visible, real and material. Also, of course, nightmarish phenomena occur. A lot, in fact. This is why my official diagnosis is paranoid schizophrenia. It is part of the deal. There has been 'parapsychological' violence and a lot of conflict. And a lot of paranoia and scares. But essentially, it usually turns out well. And what helps more than any medication or other approach are any traditional spiritual approaches to deal with any phenomena.

Some of the original visions by now have had some repercussions in reality. I had been told in my original 'revelation' to go to Amman. And that the 'church' would be built in India. This was revealed to me in the channelled communication. Both verdicts had their definite correspondence in reality by now, 15 years later. I met someone with psychosis through the internet, from Nigeria, who claimed he had been told he is going to build a stadium like church. From my own experience, even if it sounds highly implausible, I believe I might see that happening.

Many of the insights, phenomena and occurrences that I perceive have their resemblance in some of the parapsychological or alternative or traditional spiritual literatures. Immaterial presences, visions, dreams, telepathy, demons, etc. These all are natural to me by now. Synchronicities are something that it started with, and something that I sometimes use as guidance. I believe Jung was very insightful when he referred to them as important points in which space and time are bent towards some higher goal. Maybe this is not precise, but the real ones do have a higher nature and can provide guidance in a spiritual sense. It is not advisable to chase them like looking for mushrooms in autumn, though. That will lead nowhere. Even if I understand that the desire might be strong sometimes. They will occur if the time is right. Generally speaking, I believe the discussed phenomena occur on a spiritual path. Once taken, these phenomena accumu-

late naturally. Different, yet comparable, for every seeker. The goal might be the same for everyone, and the path is known and described similarly in various spiritual literatures, from Buddhism, to Christianity and other approaches, among them mysticism also. Progression might be natural, and it might be difficult to turn back, once embarked on the quest. The seeker will naturally develop additional and new qualities and skills. They might be difficult at first, but become easier and natural with progress. New knowledge is sought and found as one progresses. The path might have dangers, but overall I have come to the conviction that the universe is safe, and nothing can really harm the seeker. The ultimate goal is – maybe – joining the light, which does not mean death but its opposite. Fundamental laws apply on the path and are learned when progressing along it. These resemble the fundamental principles known in all religions, in which most of them are virtually the same. Such as: the power of love and forgiveness, harmlessness, respect to all beings etc. Psychosis, when it shows in its known negative expression as a pathology, resembles probably being stuck at some part of the path and requiring some knowledge or learning. Reading various literatures might be a path towards overcoming any obstacles. Therapies might be useful likewise. Essentially, there might be many ways towards this goal, and each individual might need to find their personal approach. I had been told that my task was to ‘write’ in my initial channelling. Hence, since then, I developed a very compelling urge to write about topics that concerned me, that I felt passionate about. The channelling, the strong guidance from somewhere above, became more infrequent, but still occurs occasionally, even if usually very briefly only and sparsely dispersed in time. The literatures that guided me in my quest were literatures about near death experiences, a lot of literature about psychology and parapsychology, all sorts of lifestyle advise and alternative (New Age) spirituality, some Buddhism. I also read about politics a lot, which is my professional field, and which is of importance to me also, probably due to the connection to when my path started and other ways in which politics has influenced my path. My professional path is directly connected to my path, I believe, and not in contradiction with it. It should be said that today 52 million individuals worldwide are diagnosed with schizophrenia or psychosis, and many more (up to 28%) hear voices. Hence, I am by far not as unique as it might seem. It is possible, however, that newer approaches to deal with this diagnosis by medicine could help, as individuals stuck on medications in hospitals for long periods of time are not necessarily in anyone’s interest. But quite a lot is in development. I believe more psychological, alternative or spiritual approaches could be helpful, potentially, and less reliance on chemical based medications. Physical and emotional health is of course also important. But here the knowledges mainly exist already and only need to be applied. Finally, it would be important that such a diagnosis such as mine does not result in a social death sentence, which it sometimes does. But a lot is done in this regard (to ‘counter the stigma’) already by some social movements and patient groups. It would also probably be beneficial, if more and more creative research was applied to psychosis and affiliated illnesses. A lot can be learned. And historically, these phenomena had sometimes major impact. All the great religions, for example, have been founded by individuals with comparable experiences. We might not lack the tools and frameworks today for comprehending these phenomena. But with 52 million individuals worldwide, we should accept them maybe more in their own right rather than pathologising them. Guidance might be needed, but more than tranquilizers. One interesting aspect is that these conditions – psychosis and the affiliated conditions – started to increase towards what some have called an ‘epidemic’ around a time when secularisation replaced most spiritual interpretations of human perceptions, around 1750. Maybe here is a piece of the puzzle to be found that is needed to understand this condition better and hence become more capable of helping individuals struggling in its grip.

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