

Schizophrenia explained by a schizophrenic scientist

Dr. Anna Cornelia Beyer

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For William Ramsey with all my love, and for my friend Mark Ellerby and the 51 million people in the world who suffer from schizophrenia.

And for Rupert Sheldrake and Patrick Holford, in thanks for their guiding light. With deep gratitude too to Professor Kurt Weis and his wife Felicitas, who guided and helped me for many years, and with love to Kamran Matin and Professor Jan Selby. And for the wider International Relations (IR) family, especially to Professor Ruth Blakeley and Professor Ken Booth and Professor John Mearsheimer and Dr. Justin Morris and Dr. Chris Martin and Professor Tarak Barkawi and Professor Randall Schweller and Professor Alexander Wendt and Professor Chris Hamer with deep gratitude and love. I consider IR my professional family of choice. And for Kathleen V. and John G. and Patricia and our friends, who saved my life when I nearly died. And for my brother Gilbert, with lots of good wishes for a bright future.

For Elisabeth Bartel, who taught me a lot, for Heike, even if we never met, for Jane Ramsey and Peter Ramsey with lots of love, and for Rachel, Brian, Anne, David and Linda and Cathy Heckford-Dickinson from Hull Community Church and everyone from Hull Minster and the vegan community, who teach me to love! And for Helen Croxon, who guided me back to church, with deep gratitude, love and prayers. And for Geoff Probert in deep gratitude and with love.

*For the wonderful Ali Yilmaz, again for Mark Ellerby,
for Darren Smith and Reggie van der Werff. You are
all wonderful friends and I pray for you each day!*

*And for all the people I lost in my life, Tina Brose and
Sven Hensch and all the other wonderful friends,
Sandra Westermayer, and Ralf Koeniger, and Andreas
Biberger and 'Hool' and 'Maso' and Alexandra Gleich
and Eike Friedrichs and Nicole Herrlich and Michael
Eggerdinger. And all the other fine people I lost on
the way. I pray for you each day.*

*For the amazing Shaun Fenwick, who has been a
blessing, even if I rant sometimes, and the people
from Miranda House and Waterloo Centre, who have
been a fantastic source of support!*

*Especially for Will Ramsey, who loves me in a truly
saintly way!*

And for the University of Hull, with deep gratitude!

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The Universe (God) explores itself through
conscious life
and constantly improves itself through conscious
evolution.

Acknowledgements

I want to thank from my heart the wonderful people from Hull Community Church and Hull Minster, Dominic, David, Linda, Anne, Anne, Rachel, Brian and Ralph and Claire. I feel a wonderful place of acceptance in your church! I am so deeply grateful for that and I pray for you each day in thanks!

I want to give my deepest thanks for my family, Hannelore and Wolfgang Beyer and Gilbert Beyer, and Edda, who still talk to me, even if I became very evil towards them when I was ill and under too much pressure. I love you deeply and I pray for you each day too! You have shown true wisdom and saintliness to me. Thank you!

The same goes for my cousins Gregor and Robert Poetzsch and Heidi and Hans-Juergen Poetzsch, and Helke. I ask your forgiveness, I love you, and I pray for you each day.

I want to apologise to all the IR community whom I have offended. I pray for forgiveness and I pray in person for Prof. Ruth Blakeley, Prof. Jan Selby, Prof. Kamran Matin, Prof. Britta Weiffen, Prof. Athina Karatzogianni and Prof. Tarak Barkawi, Prof. John Mearsheimer, Prof. Alexander Wendt, Prof. Randall Schweller, Prof. Ken Booth, Prof. Chris Martin, Prof. Justin Morris, Prof. Raphael Cohen-Almagor, Prof. Rudi Wurzel, Prof. Mahrukh Doctor, Prof. David Lonsdale, Profs. Elisabeth, Simon, Matt Beech and Colin Tyler, and the University of Hull in general, Prof. Caroline Kennedy-Pipe, Prof. Beate Jahn and Justin Rosenberg, with love and admiration, and in deep gratitude and with honest apologies and asking for forgiveness. I also want to include Prof. Siegmur Schmidt and Prof. Sarcinelli from the University of Landau and Prof. Thomas Risse, Klaus Segbers and Cornelia Ulbert, and Matthias Ecker-Ehrhardt and Prof. Sven Chojnacki and Prof. Michael Zuern.

I want to thank the fantastic Catherine Heckford-Dickinson for being such an amazing friend! She has a wonderful heart that I admire! I pray for you too each day.

I want to thank the beautiful and lovely Helen Croxon from my heart for bringing me back to church. I am deeply grateful to you and pray for you each day.

I want to thank Ali Yilmaz, Reggie van der Werff and Darren Smith for their friendship. You have been great, and I pray for you each day too. I hope we might be friends for a long time. Darren has a wonderful sense of humour, and he must be chosen, if God really spoke to him. I have deep respect for that! Ali is a wonderful friend. I return his prayers and want to be lifelong friends. And Reggie teaches me a lot and I utterly admire his heart! He has won my heart in return. I pray for all of you daily.

I want to apologise to all the people in my life in the past whom I left behind. It was not ill intention, I needed to find work, and I love you and pray for you each day. With this I mean my school friends Martina Brose, Katja and Anke

Wendler, Knut Kretschmer and Rene and Sven. And my friends in Munich, whom I love dearly too, especially the amazing Sandra Westermayer, who has the soul of a saint! But also Nicole Herrlich, Ralf Koeniger, Bibi, Jens, Janos, Andi, Eike, and Eggi, Claudia, Linda, Petra, Pauline, Alex. I apologise if I missed anyone, I hope we will meet again at a future reunion and I pray for every one of you too! In deep gratitude also to my teachers and to Sven Hensch, Oli, Markus, Nicole and Katja.

I also want to thank the adorable Tina Lindhardt and Prof. Martin Jesus Ramirez. You have been truly amazing friends to me, and I hope we will meet again. I love you dearly!

I want to thank the adorable Judith Irving, who was lovely to talk to and taught me to pray. I want to thank St. Beuno's for their guidance. They have been truly wonderful, and I found the trick with listening to music in this interaction! I am deeply grateful for that and I pray for you too each day.

I want to thank Athina Karatzogianni for showing me to say: 'I love you' and how to make friends, the beautiful and very

clever Massi, Britta Weiffen, whom I love as a great inspiration.

Especially, I want to thank Prof. John Mearsheimer. He has been truly wonderful to me. He has the patience of a saint! Thank you from my deepest heart.

And I beg the forgiveness of anyone I ever offended! I was young and stupid. I want to live in peace with everyone.

Parts of this books have been previously published with Schizophrenia Bulletin and Schizophrenia Bulletin Open:

Lack of Communication and Integration as Cause of Schizophrenia

Schizophrenia Bulletin,
sbab119, <https://doi.org/10.1093/schbul/sbab119>
Published:

Love, God, and Schizophrenia

Schizophrenia Bulletin Open, Volume 3, Issue 1, January 2022, sgac031, <https://doi.org/10.1093/schizbullopen/sgac031>
Published:

Love, God, and Coming Out of Stigma.

Schizophrenia Bulletin (IF9.306), Pub Date : 2022-03-21,
DOI: [10.1093/schbul/sbac032](https://doi.org/10.1093/schbul/sbac032)

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All One Needs to Know About Schizophrenia on 2 Pages

Schizophrenia Bulletin Open, Volume 3, Issue 1, January 2022,
sgac041, <https://doi.org/10.1093/schizbulopen/sgac041>

Foreword

When I prayed on the evening of the 14th of August 2021 that God grants me the honor to write a book full of light and love and truth, I fell asleep on my bed and woke up through a high-pitched noise in both ears. A voice said: Don't run away! This to me meant that I am allowed to write this book and that I should not move away. It is the task I have set myself for this book to bring the light that I glimpsed into the life of others.

I have a troubled past. I was a refugee as a child, I had a very lonely and impoverished early adult years, I was diagnosed with schizophrenia in 2002, I had alcoholism in the years of the Trump Presidency. But since I turned back to God in 2002, I have experienced the most amazing things and seen glimpses of light and beauty and love that are so holy to me that I want to share them.

I have written two previous books on this topic. One is called *Health and Safety for Spirit Seers, Telepaths and Visionaries*

– *Self-help for Schizophrenia*. The other is called *My prescription for schizophrenia*. They build on each other.

I wrote the first book due to my experience with schizophrenia, trauma and painful voices and hallucinations, that were helped by spirituality, reading and vitamin use and a vegetarian lifestyle. When I developed full-blown schizophrenia, I read literally every book and every article about the topic that was in any way available to me, and these were lots, because I worked at a good University and had access to the scientific literature and because I was able to spend a lot of cash on books from Amazon. I wrote *Health and Safety for Spirit Seers* because there are very few self-help books for people with schizophrenia available. Those that do exist are very valuable but also don't give much hope for recovery or a happy life. I don't want to discard the work that has been done before me, I just want to add to it and improve upon it.

My prescription for schizophrenia was written after a long and very severe episode of schizophrenia that was caused through job loss and Brexit and a very long argument with

my family, whom I all love dearly. I lived through literally hellish experiences again, far more hellish than ever before, and I wanted to get back to peace. I wrote this book to condense a method with which I found peace and happiness, and I think I have achieved this purpose with this book.

With this book, I want to write an even happier book that tells the story of schizophrenia from an entirely personal perspective, illustrates my experiences with angels and God and aliens, talks about the spirit voices that I hear, and talks about how to find a way of life that seems in agreement with God and leads to a happy life even with the diagnosis of schizophrenia.

This book is dedicated to Rupert Sheldrake. Rupert taught me about telepathy and guided me towards spirituality. I am deeply grateful to Rupert for his gifts.

I also want to thank my family who has endured me for all my life, even though I have often enough been a very difficult person to live with. And I want to most sincerely

apologize to anyone I have hurt in my life! I am willing to make good and I pray for forgiveness and for other people each day.

Be the light with you and be you surrounded by love and peace!

All one needs to know about schizophrenia on 2 pages¹

I am a scientist with the diagnosis of schizophrenia since 2002, and a PhD since 2010. Due to my illness, I have researched schizophrenia for more than a decade and investigated it with testing the results against myself. I have come to a number of accepted, and a number of radically new conclusions:

My understanding of why psychoses happen:

ALL my psychotic breaks happened when political crisis hit, including unemployment and social breakups and deaths (trauma). And then spirit interfered (my voices) to help or harm me, depending on if I had managed well and been right, or wrong and been mean.

Pre-illness: born 6 weeks early, probably due to self-starvation of my mother (I guess, the way I know her), child refugee at 12, afterwards dysfunctional family, became a delinquent, bulimic youth, but recovered. Good at school and highly intelligent.

First episode: 2002, after 9/11, caused by 9/11 trauma, unemployment, social isolation, harsh financial problems, and deaths around me (spiritual channeling experience, I did nothing wrong)

¹ Accepted for publication with Schizophrenia Bulletin Open.

Second episode: 2008, caused by a relationship breakup and migration to the UK and the experience of massive sexual violence (angry spirit voices. I had argued far too aggressively with my partner, I guess.)

Worst episode: since around 2018, caused by Brexit, political chaos, jobloss, loss of friends (mixed symptoms, I got into a massive argument with my mother. But I also became a better – more spiritual - person otherwise. This resulted in mixed symptoms, angry and nice voices).

What I think helps

- 1) **Medications** help reducing the worst symptoms, but don't take them away completely. They should not be used as the only treatment option. For me personally, I even hear voices (the most common symptom of schizophrenia) on a very high level of two mainstream medications. In addition, these medications have resulted in massive weight gain and physical lethargy, which both are health risks in itself.
- 2) **Vitamins** (orthomolecular medicine according to Abram Hoffer) have some benefits that should be respected: vitamin C protects somewhat against cancer, and I am personal proof that vitamin therapy can be useful, because I managed to become the

only living scientist with a PhD and with 6 serious books on world politics published and more than 12 years successful work experience at a British University on a regime of nearly only orthomolecular medicine, combined with 2mg Risperidone (which is below the normal treatment amount of this mainstream medicine).

- 3) **A healthy lifestyle** is key to improve longevity. Patients with schizophrenia have a 10 to 20 years reduced life expectancy. A healthy vegetarian or even vegan diet plus avoidance of drugs and alcohol and avoidance of tobacco (nicotine replacement therapy is the best option if this cannot be achieved) and of course avoidance of drugs can increase the lifespan for about 10 years and hence undo the loss in life expectancy.
- 4) **Avoidance of Isolation.** Isolation is a key factor for suicide. People with schizophrenia are 10 times more likely to die from suicide than healthy people. According to Emile Durkheim and my own experience, suicide happens especially in complete isolation. Partnered, married, or well included people have a far better protection against suicide. I can testify to this from my own experience with 2 suicide attempts, which happened both in isolation and single life. Isolation can be countered with fighting the stigma of schizophrenia. This can be done by the patients themselves, with learning to become

more loving people. It can also be done by the media and other organisations with anti-stigma campaigns.

- 5) **Avoidance of harsh poverty.** Poverty contributes massively to the development of schizophrenia (I know of no case in my relations that were wealthy and became schizophrenic! Most schizophrenics are financially in dire straits) and contributes to the much lower life expectancy, I guess. Most schizophrenics live on benefits and are unemployed, this is extremely common. Some even say most homeless people are schizophrenic. This is a predictor for drug abuse and an unhealthy lifestyle. One simply does not manage to live very healthy when there is no money to afford a gym or nice healthy food. Desperate poverty might also contribute to suicide attempts. This is a very important, completely ignored, point in the literature about schizophrenia. The social economics of schizophrenia mean that patients will die earlier because they are pushed into the isolated, impoverished margins of society. That poverty contributes to earlier death generally is known. If this ever could be countered, we would probably see a massive improvement of our treatment outcomes. At the brief times when I was happily employed and economically lucky, I rarely needed to see a psychiatrist, was able to manage on a very low level of medication,

had no suicide attempts, did not smoke nor abuse alcohol, and had a very healthy lifestyle and a very healthy body. My first episode, and my worst (most recent) episode, happened in times of economic and political crisis, and jobloss and social breakup of relationships (9/11 and Brexit, both accompanied by unemployment, and with loss of relationships, 9/11 accompanied with deaths in my close relationships). The common poverty of people with schizophrenia could be countered by special employment support campaigns. This has been achieved for people with autism. People with autism are especially sought for certain jobs and get special treatment. Something similar should be developed for people with schizophrenia.

- 6) **Spirituality/ Love** helps becoming a better person and (not allowed in academic talk?) be allowed to ask for God's help and protection. I believe it does work, if you are meaning it seriously. I became an ever more spiritual person over the years, and I would say it served me well: I found an amazing truly loving partner who can and does support me and have achieved recognition in academic circles, especially as a unique case of schizophrenic success, and I managed to write some really deep books about world peace and have made quite a large amount of friends.

- 7) **Music** is an incredibly simple, cheap and easily and widely affordable tool to counter the symptoms of schizophrenia. Music can drown out the symptoms (voices that only the patient hears) and can improve mood and concentration.

Introduction

Let me introduce myself: I am a scientist with a PhD, worked for 12 years at the University of Hull, until 2019, in Politics. I am a member of Mensa and Intertel, and have written many books about politics, but I am also a patient with schizophrenia since 2002. That I combine both gives me the advantage that I can research schizophrenia with first-hand experience. I have both the scientific training and intelligence, and the symptoms. So, I can intelligently talk from inside someone with schizophrenia. I think I am one of the very few living scientists with schizophrenia in the world, apart from Prof. Elyn Saks in America.

Since 2008, I have researched schizophrenia and ended up writing many articles and a book about it, called *Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia*.

In this book, I will talk about the nature of the symptoms, including some illustrations and graphic examples, and I will share what helps me live with this condition.

First, however, let me introduce myself further.

I have schizophrenia. Since 2002. I hear voices a lot that tell me things. Sometimes, these are nice things, sometimes not so nice.

I was born in 1976 in Eastern Berlin, 6 weeks early. I only survived under the intensive care of the doctors without bodily contact to my mother. I don't remember much, apart that from I believe to remember that I self-aborted because of lack of nutrition and that my skin was not ready and burnt. But this is just a vague memory, I don't know if that's the truth.

I developed well later. My mum fed me very well and I went to kindergarten and school. I was so good at school that I was asked if I wanted to go to a special school. But I did not want to leave my parents, because I was only 7 or 9, so I

never went. I made friends and enjoyed life and developed a reputation for being argumentative and a little boyish. I would say I had a happy childhood, even if we lived under Communism. I did become a pioneer (children's organization of the GDR) but declined to enter the youth organization of the East, because my parents were highly critical secretly of the state. At that time, this became more common, but I developed a negative reputation at school with the teachers for it.

In 1988, suddenly, when I came home from school and worried about my Russian homework, my brother told me we have 2 days and then we will be leaving Berlin. I was shocked but excited. It became a hectic 2 days in which my parents tried to dissolve the household and we said our goodbyes to friends and left.

We ended in a migration camp in Berlin for a very brief period, then briefly lived with my Uncle, who had already left the East before us, then went on to Western Germany where we settled in Munich.

We had a small flat with gorgeous views of the mountains. My mother was not happy. And I was under shock. The family nearly was torn apart, but we managed to stay together. I started to read a lot. I read every book that I could find. We had a decent library nearby. I went to school and after some starting problems made it to a star pupil.

I needed to change classes all the time, which was unpleasant. But I made some friends, avoided the drug heads, sadly developed bulimia and got onto the wrong track because I stole money from my parents and chocolate. But at least I was good at school, good in English and Arts and Math. I finished with excellent results.

I had a boyfriend briefly. But my dad said I should go to University and my mum said not to fall pregnant, so we separated. I went also to a lot of parties.

After school, I was invited to visit Nicaragua. I thought the idea was exciting. So, I went. I had taken up smoking at school. The trip was an eye opener for me. I had never seen such poverty! I traveled on with a friend for overall 2

months through Central America and decided on that trip I want to study the world and its problems to help solve them. I had not been political at all before, but it seemed like the right thing to do.

When I came back home, I moved into a shared flat, worked in journalism and fell in love and studied International Relations. The man liked me, we were friends, but not much came of it. After my undergraduate studies, I did a visit to Spain, where I lived briefly, and then decided to go back to Berlin.

In Berlin, University was exciting. I found a great professor whom I adored. I worked very hard for him in coding his website. My lover had followed me to Berlin, but we did not meet anymore.

I worked hard at the University until 2001. Then came 911. I lived in a small, dark, cheap flat all alone. 911 shocked me like everyone else. I had developed anorexia too. The hard work for Uni, my anorexia, and the shock of 911 contributed to my first episode of schizophrenia. My lover

briefly later died in a car crash, and that made everything even worse.

I had an episode in which I had some channeling, I was told stuff from a source from above, left my body, and then was guided like a puppet through Berlin and instructed to visit Cafes and to shop for clothes. I even wanted to hitchhike to follow my professor to Russia. But I came home safely.

Finally, my parents interfered, and I was diagnosed with schizophrenic psychosis.

I lived for a little longer in Berlin with my brother, who had also come there. Then, I got a Fellowship to an American University and went there. I lived there in a shared flat with 3 men, 2 of them German, one Jewish American.

It was a great time. First, I desperately wanted to get home. But after one year, I loved it so much that I desperately wanted to stay. I studied at the University but not with great success. After 9 months, I needed to go home. I had fallen in love with America.

I went home, stayed for one year with my parents, and then found a job at a small University in Landau, Germany. At my first conference, I met a Kurdish man, and we became lovers. For him, I took up a job offer in Tuebingen, also Germany, and we moved in together there.

It was a troubled relationship. We argued a lot. He was a staunch Marxist and did not accept my Christianity or my feminism. After some time, he decided to go back to the UK, where he was previously living, and I decided to follow him.

I found a job in the UK at the University of Hull. But my relationship ended soon after. After a year or so, I started to hear really angry voices and have symptoms. I started to research schizophrenia and try everything out under the moon in terms of traditional and alternative therapy that was available. I was cautious with medications, always took a low dose and combined it with vitamins.

I had good times and bad, had friends, but was lonely. I loved work. I read a lot, wrote many books.

7 years later I met a lovely man. We got together. It was a magical first year of the relationship, with miracles and such. Then my University got into trouble, and Brexit caused chaos in Britain. I lost my job and became very ill. I developed alcoholism and severe schizophrenia. I was asked to attend AA and to go onto a higher dose of medication. Here I am now. Well and happy.

My research on schizophrenia

I am the only publicly known living scientist with a condition of schizophrenia apart from Prof. Elyn Saks, who works on mental health law. This gives me the advantage that I can judge any research on this illness from first-hand experience and makes me a pioneer for people with this condition. I have been diagnosed with schizophrenia in 2002, and have done my PhD in Politics in 2010, and worked from 2005 to 2019 at German Universities and the

University of Hull. I am a member of Mensa and Intertel, the organisation of the top 1% of population in terms of IQ.

My book ***Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia*** contains an abundance of information about health, physical and mental. It contains many therapies, lifestyle advice and advice on healthy living, including diet and exercise. It follows positive psychology in that it gives a lot of advice on healthy living with severe mental health problems, such as schizophrenia. It also solves the mystery of schizophrenia, which has troubled psychologists for many centuries and is a severe mental health condition. I was able to solve this mystery, as I am diagnosed with this condition myself and can speak and research with first-hand experience. It was work done in collaboration with many leading scientists, psychologists, medics and psychiatrists and with in-depth study of all the available literature. Mental health is a very important part of health, as 1 in 4 people today have mental health problems. And 51 million people worldwide suffer from schizophrenia, which so far was counted as a disease that is as difficult to treat as cancer.

The book (lauded by a reviewer as ‘powerful’) is the result of intensive research since 2008, in collaboration with many medics, psychiatrists and leading scholars. It has reached patients worldwide, some of whom have contacted me and with whom I am in exchange, attracted the interest of many Universities and research institutes in America and China, got me invitations to leading international psychiatry conferences, some of which I attended and presented at (and received standing ovations), and my research is closely followed by Eli Lilly, a pharmaceutical giant from America. This book here is the sequel to that book. I hold a network of leading psychiatrists in America and the UK who are interested in my research. A chapter from this book shared on Researchgate was downloaded 5500 times and a chapter to the sequel was downloaded close to 9000 times.

My idea what causes schizophrenia:

- Spirit communication and telepathy. I am convinced I had proper spiritual experiences with my schizophrenia, and I am also convinced from years

of observation of myself that conflicts in my relationships cause sort of telepathic communications between me and the offended others, and hence angry voices. When there is no conflict around me, I am well, or I even have pleasant voices when I do something positive. When I am in love, read spiritual literature, or feel confident and do positive actions, my voices become pleasant and nice and say things like ‘this is sensational’, ‘thank you’, or ‘I am proud of you’.

- The alternative is that the voices are thoughts turning audibly loud. In conflict and depression, voices (thoughts) become angry and sad. In joy and wellness, voices (thoughts) recede or become pleasant. I find this to be the less credible explanation, because I can usually not predict or change what the voices say voluntarily, which I could do if they were my own thoughts. Hence, they seem to have an external source.

My prescription for treating schizophrenia:

- Medications (I take Risperidone and Antidepressants),
- Vitamins according to Abram Hoffer (1g Niacin, at least 1g Vitamin C and 3g Omega 3 daily). Recently, I also added Sarcosine as a supplement and found it helpful.
- Spirituality (Prof. Grof claimed psychosis is a spiritual emergency). I pray at least 3 times a day,
- Healthy vegetarian or vegan lifestyle, diet with lots of fresh fruit and vegetables. People with schizophrenia have a reduced lifespan, which is believed due to poor lifestyle choices. Also, such a diet increases physical health, and makes me feel better physically and mentally. When I eat well in this sense, I have fewer symptoms,
- Music (Music reduces the symptoms to an absolutely tolerable level and most of the time eliminates them completely, my preference is calm music, classical, meditation, spiritual),

- Little (if any) alcohol and little coffee (both increase the symptoms of psychosis, instead plenty of water, coffee and alcohol are detrimental and increase and worsen the symptoms),
- Sufficient exercise and rest,
- Spirit release therapy.

With this prescription, I have achieved a level of physical and mental wellbeing and freedom from symptoms of schizophrenia that cannot be achieved by medication alone, which is the traditional method of treatment. This is the outcome of more than a decade experimenting with all sorts of traditional and alternative therapies and methods.

My main strength is research, I pride myself in being a strong researcher. I have published overall 8 books, more than 30 articles, and amongst them 2 books on psychology, and 17 articles on mental health, including a Nature article and many articles in leading psychiatry journals. I also did hold the project Mental Health, Art and Migration, which was funded by the Wellcome Trust. I am well connected in the field of health, mental health especially. My research has

attracted the attention of patients all over the world, and I wish to make a real impact further in this area. My research is also followed by leading pharmaceutical companies and Universities all over the world. Schizophrenia has been termed the last mystery of medicine, and I feel I have made fundamental advances in solving this mystery for the common good. My contribution I hope to make is to help people with severe mental health conditions (my schizophrenia research also broadly covers other mental illnesses).

This book

I believe the voices of schizophrenia (voices that are heard by the patient but that no one else can hear) are telepathy.

- 1) It distinctly feels like telepathy, as these voices are not heard with the ears but in the head only.
- 2) The CIA claimed aliens communicate telepathically, so telepathy could exist.
- 3) There are Buddhist accounts that claim that telepathy is a feature of spiritual advancement.

- 4) John Burke writes in *Imagine Heaven* (a book in which he collects the reports of near-death experiencers who went to heaven and came back) that in heaven one communicates telepathically.

This could mean that the voices of schizophrenia are telepathic communication by spirits and maybe telepathy in general. It distinctly feels like this.

There are angry voices (I had them for years) and nice, congratulating, loving voices (I have them recently more). The nicer voices are NOT any problem at all, and I would not like to miss them. They come with achievements, both professionally, spiritually, and socially. The angry voices come from conflicts and negative behavior. I have observed that all my angry voices always related to a conflict in any of my relationships.

I already developed a theory of telepathy in *Health and Safety for Spirit Seers*. In this book, I want to describe why I think the voices of schizophrenia are telepathy and investigate further the different aspects of this.

In this book, I will show the symptoms and potential cures of schizophrenia.

- 1) I will argue that the symptoms have a spiritual quality. My symptoms distinctly feel like spirit communication and telepathy (one can also call it clairaudience and clairvoyance). I always argue, also in my book, that the symptoms of schizophrenia must be thought of as telepathy. The main symptom in schizophrenia are auditory hallucinations, some people also see things. Auditory hallucinations are voices that the patient can hear, but no one else. To me, they have always felt like telepathy. Telepathy is an increasingly researched phenomenon. It is thought that aliens communicate that way, maybe animals too, and some accounts mention that spirits communicate via telepathy. Telepathy and voice hearing occur especially in the absence of sufficient real communication with other humans. This is known as 'stigma' or 'isolation', also as 'network crisis' in the literature, and is a very common problem for people with schizophrenia (being

excluded from society and peers to a large degree, which goes along with loneliness, unemployment, and results often in various behavioral problems). I will here also give some graphic examples, including some transcripts of voices that I heard and some illustrations of visions of aliens etc. that I had.

- 2) There is not necessarily a cure for schizophrenia. But this illness can be managed so that it is less destructive and less painful to live with. I will show how medications, spirituality, and supplemental therapies, such as vitamin therapy and music therapy and a very healthy lifestyle, amongst others, can help in managing the condition and live a happier and healthier life. I will also show how spirituality, practicing love and kindness in all affairs, but also confidence, and the character building 12 step programs can help overcome the worst isolation and stigma.

The Symptoms

The main symptom of schizophrenia is hearing voices. They are called auditory hallucinations. They feel like telepathy. They are audible only to the patient, no one else can hear them. I am often confused how my partner, with whom I share a house, can be so calm in all this noise, but he does not hear these voices.

These voices can be male or female and can be loud and aggressive or loving and calm. I heard the voice of a male who shouted at me: 'This is fascism! Or simply some strange instructions and commands, such as: Drink apple juice!'

I also heard the imagined voice of my mother arguing with me about falling pregnant (I know she wants grandchildren, it has been a very long year conflict between us, because I don't want children).

But I also hear loving and kind voices on occasion. This happens usually when I do something good. Something helpful for me and others. Something benign and spiritual and loving.

They might say things like: 'Thank you! You make history! I am proud of you!'

These loving voices I don't want to miss. They are really wonderful.

There were times when I thought to even hear the thoughts of people on the street passing me. This was when I was on a very low level of medication.

These voices feel like telepathy and spirit communication. I have argued this many times. I am personally convinced I had spirit communication. The CIA claims aliens communicate telepathically, some believe animals communicate telepathically, and there are accounts that in heaven spirits communicate telepathically.

I am not so sure my other idea of the voices as telepathic communication between living humans is correct. I tested this a couple of times at my partner, asking him if he really just thought what I had heard, he nearly always said no.

But at other times I have the feeling I can understand what animals say. That's really amazing. I feel I can listen to animals. Pigeons, for example, talk a lot about forgiveness.

I also had visions. I had a tour through karmic dimensions, being told by a fish goddess that my karma would be reversed now. I did have the feeling of talking to angels.

They asked: Make a choice. I said: I want to work for peace. They said: Good choice. That was all that was communicated. The communication happened telepathically, I did not see these entities, I was just aware of their great authority and benignness.

I once had a vision of a beautiful female angel, who looked like the peace angel in Munich and stood in the window of our house. I also had visions of aliens, new types. They said something like: You (the human race) must grow up now and explore space.

I had stigmata once and saw beautiful signs in the clouds, such as a smiley that was formed out of clouds. And many, many rainbows.

On the negative side, under Trump I imagined to be in World War III, with all that comes with it (bombings and death threats etc.). I chased fascists in that environment. It was terrible. It was really, really frightening. I also saw aliens and believed we had an alien invasion over my house.

This all ended with God's intervention. A higher power voice spoke to me, said to everyone 'protect this girl!' in a really loud, authoritative voice. And then it asked me what I

want to say. I said: I want to say: Don't kill and be nice to each other. But I also said: I don't want to be your messenger. It's too much of responsibility. Hence, I say Don't do everything I do or say. And I asked the higher power to speak through others than me too, because that would be more fun, and I did not want the burden to be a chosen one with all that comes with it. Then we had a bit of fun, laughter and all, and then it ended.

I drank quite a bit around that time. I was after this intervention asked to attend AA and get sober. When I attended my AA group, once I heard a lot of loving voices surrounding me and they said: We will raise you again. It's not about being up or down! They were so loving that I cried.

Cures

I have developed my own treatment prescription. It involves more than only medication.

I take Risperidone, currently at 8mg a day, the highest level. These medications help me a lot. I am not at all against medications for schizophrenia. I also take an antidepressant.

But for me, for living well, I have developed a more complex program.

It involves:

- 1) Medications as prescribed
- 2) Vitamins according to Abram Hoffer. Abram Hoffer developed vitamin therapy for schizophrenia. I followed this for many years, and these vitamins do make me feel better. I feel better when I take them. I take Niacin 1g and Omega 3 2 g a day. And I take at least 1g of Vitamin C a day.

This also lets me be healthier, as Vitamin C is good for the immune systems and prevents cancer.

- 3) I live a very healthy vegetarian lifestyle. I drink a freshly pressed juice and a smoothie each day, eat at least 5 portions of fruit and veg a day, no meat, but fish is ok, I drink some coffee, teas and water, and some cola.
- 4) I avoid alcohol and attend AA. I am a smoker of e-cigarettes or I chew nicotine gum. But I try to avoid cigarettes.
- 5) I am deeply spiritual. I pray several times a day and attend prayer retreats and church. I also donate money every month and volunteer.
- 6) I exercise regularly and take sufficient rest.
- 7) I listen to classical music a lot. Meditation music and reiki music is also good. Music drowns out the voices of schizophrenia. I even talk a Walkman when I walk outside, to drown out the voices.
- 8) No drugs!
- 9) I did spirit release therapy.

These things help me massively living a happy life. I tried a lot of other alternative therapies, but none of them worked reliably. This is the program that works best. The healthy lifestyle is so important as schizophrenia patients are known to have a 10 to 20 years reduced life expectancy. Part of this is due to suicide, but a lot is due to unhealthy lifestyle choices.

One of the alternative therapies that helped quite somewhat was 'spirit release' therapy. I met Terence Palmer through an article I had shared. He wanted to treat me with spirit release therapy with the help of a medium. The medium would ask his spirit guide to remove negative entities and influences around me.

This happened when I had terrible symptoms despite medication. I was not told when the intervention would happen. But on the day of the procedure (as I learned afterwards) I felt fantastic and cried in the evening, which I rarely do, out of relief. The procedure removed a lot of the voices that I had. The medium said I had 5 earthbound spirits attached to me and some other alien influences. Since

the procedure, I hear far less frequently voices and feel remarkably better.

This too to me is an indication that the voices are spirit communication and telepathy.

I also heard an evil voice for many, many years. It sounded like my aggressive ex-partner. I thought I heard him due to the trauma that connected us. This voice stopped when I finally talked to him again and asked for his forgiveness and offered him my forgiveness and made peace. Since then, this voice has stopped.

For reducing evil voices, producing loving voices, and live a happier life, spirituality and loving kindness are to me of utmost importance.

Stanislaf Grof argues that psychosis is a spiritual emergency, and that the psychotic drowns where the psychic swims. I found that spiritual growth is essential to live a better life with schizophrenia.

Medications are all well and good, but without spiritual growth and healthy lifestyle, they are not enough.

I apply prayer several times each day, loving kindness, and church service, I donate 10% of my monthly income, volunteer, and do prayer retreats. I am also vegetarian, recently vegan, out of spiritual convictions and live sober.

The more I do this, the more benign my voices have become. When I am aggressive or frustrated, or when I hold resentments against someone, I might hear angry, argumentative voices. They might say things like: 'This is fascism!' 'You don't understand that!' 'That really hurt!'.

But when I am loving and kind and do spiritual, helpful, loving deeds, my voices often start to cheer me on. They might say things like: 'Thank You!' 'I am proud of you!' 'You make history' and so forth.

I don't want to miss the latter voices.

Causes

Prof. John Read claims schizophrenia is caused by trauma. I think this is credible. I would add: It is caused by trauma, and then God and spirit interfere. Let me go a little into my own history to illustrate this. I was born 6 weeks early and survived only due to the skills of the doctors. In 1988, I turned a refugee, when the Cold War ended, we left Eastern Berlin and came to the West. My first psychosis happened in 2002. This was directly after 911, and after the death of my grandfather and a close friend, who died in a car crash, and brought about my own job loss. At the time, I was very lonely, heavily affected by the trauma of 911, and pursued self-starvation. I literally ate only one small bag of sweets a day. I had a spiritual experience then, with channeling, and being guided through Berlin by an unknown force.

My second psychosis started in 2007 or 2008, and was brought about by a traumatic relationship, which brought me to the UK, including lots of arguments and violent sex. It started after a party where I was given a full bottle of wine to drink, and after an episode of violent sex. This second psychosis was to last many years and was marked by the

hearing of argumentative and aggressive voices. Later, I also had a hallucinated gangrape experience and some more profound delusions. The voice hearing became chronic after this episode and lasted many years while I was working at the University of Hull. In that time, I also had spiritual experiences, of being talked to by a higher power. It said things like: You need to learn love now. Or: You need to learn wisdom now.

My third episode started when I met my next partner, Brexit happened with lots of fears around deportation and chaos in Britain, and job loss due to other causes. This episode was the most profound one and involve hearing really loud and aggressive voices that shouted at me, believing I lived through World War III and that I chased fascists, believing my mother wanted to telepathically force me to fall pregnant, which I fought fiercely, because I feel not up to having children and too old, and seeing visions of angels and aliens. I will provide some illustrations of the latter in the next part.

All my experiences happened in transition years, for me and two global transition years (911 and Brexit). Psychoses often happen after stress, and all these events happened in the

most stressful and traumatic times in my life. Self-starvation, alcohol abuse, and overwork and coffee abuse also always contributed to these psychoses.

I got well when I lived again in a calm, loving, stable environment, got psychiatric treatment (medications, I take Risperidone and lately also an antidepressant) and could afford to live healthily.

I hope my illustrations were helpful to some of you here. If you want to learn more, check out my website www.schizophreniaclinic.com or look up my book *Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia*, available on Amazon as paperback and soon as kindle book.

Schizophrenia Clinic and human rights

I have founded the Schizophrenia Clinic, where I advise patients with schizophrenia on healthy lifestyle interventions to help them lead better lives: www.schizophreniaclinic.com. I will also lobby for human rights for people with schizophrenia.

Schizophrenia and my experiences with telepathy, spirits and angels, God and hell (colour illustrations)

My background

I am a scientist with schizophrenia. I want to elaborate on something maybe obvious, that poverty and discrimination are intrinsically linked to schizophrenia.

I am highly intelligent, member of Mensa and Intertel. I had a decent life as a kid before we left Eastern Germany. When we came to Western Germany when I was 12, we suffered poverty, my family had to start from nothing. I started to work hard at school and became a model student, liked by the teachers. I also took up my first job at the age of 13, distributing papers, later I worked in bakery and sold meat for a supermarket and started to always search for work. I have worked most of the time ever since, and always tried to get my hands on a job.

I have to admit that I started also meandering on the dark side. My mum asked me to stay slim (it was her idea of

discipline), and I started to compensate for our misery with eating chocolate. I needed that emotionally, because I lost the love of my mum and dad as soon as we came to the West, they were too troubled to continue to love and raise us, so I spent my afternoons after school with my little brother in front of the TV, munching chocolate and watching McGyver. I friend told me what to do, a dirty little trick, put your finger into your throat, and you can eat and stay slim at the same time. So, I developed bulimia. Mind you, I was a traumatized young girl, with little guidance. I started to steal chocolate and money from my parents.

I felt first like McGyver. That was what I was now raised by, mind you. Only when I became a little older, I realized I was wrong. When I moved out of my parents' house, I was given so little money that I could only pay the rent for a tiny room in a shared flat. I did not even have enough cash to buy food. I had to cut my own hair with kitchen scissors (that was in the year 1997 or so!). Never even to dream of having my own car! I never did. Not even now, at 45! The money from the chocolate is now paid back, by the way. I had a boyfriend

at school, but decided against early marriage because my dad said I should go to University.

I was sent to a therapist, to help me with my bulimia. She told me to follow my dreams, and I imagined I would find the love and happiness back that I had as a little kid if I went back to Berlin. So, I went back to Berlin. I was very lonely there but found my first job at University. I figured that this is what I want to do.

I lived very spartanically. I could not find a boyfriend. A friend of mine from Munich whom I loved very much had followed me to Berlin, but he was not in touch. I think also my poverty was repulsive. No one likes being around someone who cannot even afford to sit in a café for a drink! I had my first psychosis in 2002, I was working very hard, starving myself (I ate literally only one bag of sweets a day and maybe an apple because I thought I need to be slim to find love), and lived in a dark basement apartment. I was poor. I had an out of body experience then and psychosis, which felt like spiritual guidance. My friend from Munich

died in a car crash, and I screamed out in terror and was brought to hospital.

After this, my lot improved a little. I got sponsored for an extended visit to the US, and then when I came back, I managed to find work. I found a partner at a conference in Turkey (not a happy relationship, very sexualised) and migrated for him to the UK. We separated as soon as I arrived, because I fell ill with schizophrenia and did not find a job close to him and he could not cope with that, but I found a good job in the UK. Schizophrenia became chronic. I was tormented. I did not have a lot of money, and while I managed to find friends, because I am basically a smart and nice person, I did not manage to find love again.

I worked very, very hard. I struggled with my schizophrenia. I was lucky after some years and was promoted. Finally, I had some little cash. I met a lovely man and we fell in love. When that happened, I realized how poor I had always been, because even if he was not rich himself, he lived a more or less normal life. He had a normal house, a little normal car, and some savings. All things that I never had.

The evil thing that happened was that as soon as we were together and I had my better job, we fulfilled our dreams and travelled a little. I think people got envious of me and wanted to force me into having a baby, just because. My mother especially. It got so painful to me that in fact I complained with the International Court of Human Rights! At least I imagined that my family wanted a child out of me. I think it is credible. That's what happens to women, I've heard and seen it in others too. That became so disruptive, that I could not manage to keep my job and ended on disability income. That's awfully little money. Poverty knocks again.

So, again I live in utter poverty. I can't even afford to take out a loan. I never owned my own car at the age of 45. I am discriminated in finding work. For some strange reason, my boyfriend still endures my misery. And the brilliant thing is that my intelligence is becoming recognized and I am allowed to study at Harvard! I wish more would come of this. I have the same dreams as anyone else, living a decent life, secure and with enough money. I am already sterilized

and in early menopause, so kids are not anymore in the game, and to be honest, I don't want any. I did not have a happy childhood and I rather crave professional luck than being a mother. I don't even desire a car. But I want to live DECENT life with the feeling of being loved and respected and having success.

All I have is a loving man at my side (that's a LOT, and he honestly IS really nice to me) a room for myself and a computer and many books. Not even a functioning bicycle, not a car, no travels (no cash for that). But otherwise, I am poor as a dog again.

My experiences

First episode

I lived in a tiny, dark ground level flat in Berlin when 9/11 happened. I worked at University at the time and pursued self-starvation for being loved. I often had only a coffee for breakfast, nothing for lunch, and a bag of sweets were all to take me through the day and a sandwich for dinner. I

worked very hard at the time. I liked coffee but was not abusing it. Nor did I smoke.

I had discovered the internet. I was online often; the internet was not as big back then as it is now. Around the time briefly after 9/11 I found a website with spiritual quotes. This, I believe, incited my first instance of psychosis. It happened when I sat at my computer and was working. Suddenly, I started to feel a transmission from above, like someone talking to me through my own mind. I wrote the conversation down, but later it was discarded. I don't know what the source of this transmission was. It might have been Jesus or simply a higher power or entity. It told me that first there was an attack on America, then the Middle East would be affected, then there would be something about Russia, and finally the church would be built in India. It also said something about Aman (I was later once invited to go to Aman, but nothing came of this).

I had a long conversation with this higher power. In New Age parlance this is called channeling. Then I had the impression of leaving my body, I went out into space, it was

dark and cold, and I fell back into my body and was very cold.

The power stayed with me. It guided me through Berlin. I took the public transport, and I ended up in an area that I did not know. I looked at the names on the doors. I walked around. I found a church and went in and stared at the candle. It flickered a little. Then I went out and went back into the city center. The voice instructed me to hold my breath on the streets and go into cafes and bakeries to buy food and drink and breathe. It also guided me to buy new clothes.

Later, it guided me like a robot through my neighborhood and told me to hold my breath and follow its instructions.

After this, I wanted to follow my professor to Russia, where he had gone on a trip. I started to hitchhike quite far, even though I was mentally not really rational, and I thought I could make it to Russia. I decided that's impossible and I came back safely.

Finally, this all ended when my parents visited, and we went to a hospital and they put me on an anti-psychotic medication and told me I had a psychosis.

Brief intermissions

In the coming years, I went to America for studies, and came back. I had no occurrences, wrote on terrorism, and all was well. When I came back to Germany, I only had one psychosis like incident when I believed someone was in love with me (I heard his voice in my head talking to me that he loves me) and I started to write to him, but he did not want any contact.

I had two instances of seeing ghosts. Once was on Sylvester night. I saw a black shadow walking behind me. One was in my bed when my boyfriend was away. I had the dream or hallucination of a teenage boy with a red cap trying to kill me with a knife. I screamed.

Long episode

When I came to the UK for my then boyfriend, a Kurdish man, we went to a party and had too much to drink. After that my hearing of voices started. I heard male voices shouting at me and I heard male voices arguing. I thought these were people known to me and I tried to talk to them. But this was wrong. I realize now that these were spirit voices. This went on for a long time. My partner left me because he could not cope with that. I heard a male voice shouting at me for many years. I also had the impression of being kicked all the time by a spirit entity with the foot. Once, I wrote some angry emails to my ex-partner and I had a hallucination of a gangrape that felt as real as it would have in real life. Also, once I was ill for one full week, and I hallucinated a lot on that week. All I can remember is that I had a tour through karmic dimensions, met a fish goddess and was told that my karma would be reversed from now on. I saw energies of people once, like a Jetstream when they left my room. I saw my own aura once; it was yellow and violet. I also had the impression that some loving spirit was with me often. I felt caressed once very gently, and I saw a shadow which I thought was my ex-love who died in a car

crash. The loving spirit called himself Frederik. I don't know any Frederik. But that's what he called himself. I asked him three times. They say you have ask spirits three times, and they have to tell the truth. I also heard an angry male voice shouting at me all the time and tried every alternative therapy to get rid of it. I also tried medication, but the medication did not seem to help. Once, I had the feeling to talk to angels. I was contacted telepathically by two entities from above. They asked me to make a choice. I said I want to work for peace. They said: Good choice. That was all that was communicated. These were invisible entities of high authority and benignness. I heard a single, kind voice on occasion from above. It said things like: You need to learn love now. Or: You need to learn wisdom now. I felt caressed by a male spirit several times. He was very loving. He embraced me with the utmost gentleness and my body felt as if he put a warm soft blanket over me. He was very loving. He embraced me with loving energy. I was deeply fond of him and asked him his name. He said his name was Frederik. We married in spirit, and then he left. In those years, I lived a quite lonely life, I became increasingly spiritual, but did not attend church service, I read a lot about heaven, spirituality

and the afterlife (near death experiences). I researched schizophrenia in and out, and I worked hard for my University on abolishing war. I experimented a lot with healthy nutrition and vitamins and became vegetarian.

Intense episode

When I met my partner Will, whom I love dearly, I had many miracles in my life. I heard a soft male voice say: He is good for you. I believe it was maybe my ex-friend who died in a car crash or Frederik. And the voice was right: My partner is the most amazing person that I have ever met. He is a truly saintly being and I love him deeply. We saw many rainbows together on one day, I think I counted five. I saw a heart and a smiley in the sky. The heart was on my birthday, it was a hole in the clouds. The smiley was on a random day, it was formed out of clouds and looked so precisely like a smiley that I wanted to take a photo, but when I came down with my camera, it was nearly gone, so I had it drawn by an artist for me. I saw an angel standing in the window, like a vision, when I sat on the sofa with my partner. She was a lady, tall and slender, in a beautiful golden

long dress, with short, curly hair. Another voice interfered and said things like: You are as big as Bach. Or: You really make history.

I took up prayer in that time and prayed a lot. I heard loving voices more frequently. I forgave my ex-partner, against whom I had harbored resentments and offered him peace and asked for his forgiveness. That made the angry voice go away. Before it left, it shouted things like: This is fascism! You don't understand that. And so forth. And it was keen that I drink apple juice.

I lost my job; the University was in poor shape and I was already ill. I developed alcoholism. Friends left me. I had a meditation at church in which Jesus said to me I should love more. So, I started to tell people that I love them. Some people were apparently offended by that. But I think it is really nice to express love. I had an experience in which I was loved by an unseen entity. This was the first time in my life that I experienced true erotic. It was tantra like. It was perfect desire. I never experienced this with a man. Not even with my now boyfriend, whom I love deeply.

I saw aliens. I saw three new forms of aliens. They smiled at me and a yellow headed one with blue ears only said: You

need to explore space now. (I think it referred to the human race). That was all that was communicated.

I had hellish hallucinations too. I thought zombies want to break into our house and steal bread, and that I would turn into a zombie and all was on civil war mode (this was in the hot days of Brexit). I hid under my bed and prayed the Lord's prayer. Then it went away. In the Brexit years, I thought I was threatened by the death penalty for writing to my friends, and that people wanted to kill me, and that I was tortured by a secret weapon of the CIA that used telepathy. I also imagined my family abused telepathy to force me into motherhood, even though I am far too old and too ill for this and both me and my partner do not want children. This was really painful, and due to this pain, I developed alcoholism. I am sober now.

I also thought some crazy pig farmers in Eastern Europe had installed a huge loudspeaker who blasted a ridiculous song through the world that was audible all over the world. It contained a sentence: I love you not. NATO had to come and shoot it down. It was so loud that people's heads in Eastern Europe exploded. Also, I imagined that I lived through world war, including nuclear bombings and killings

and bombs going off all around all the time. It was terrible. I imagined I had joined the academic resistance to the war and wanted to write a peace worker book, books for peace. I thought that fascists hid in Bunkers all since the Second World War between the old concentration camps and wanted to come out. Some lived in Munich. They were behind the psychiatric pressure on me and the pressure to reproduce, which I felt was coming from my family. I imagined I reported these fascists to America. I also thought the governments of the world had instructed us that we would face starvation due to genetic modification and climate change and that there would be mass migrations to Europe due to hunger, and we would need to find a solution all ourselves. These were terrible years. I even imagined that there were death camps around and such. It was horrible.

At some point, when I joined AA (I had taken up drinking due to the illness), I heard a lot of loving voices surround me and say: It is not about being up or down. And: We will raise you again.

Once, I also heard God talk to me, or another higher entity, but very powerful. It asked me what I want to say to the world. I said: I want to say: Don't kill and be nice to each

other. But then I added that people should not do everything I do or say (because I did not want this responsibility) and that God should also talk through others, as this would be better for me and world. On that day, I believed a lot of people wanted to come to visit my house, so that the city council needed to close the streets and train lines.

About the Symptoms

It starts with hearing voices. We have more than 51 million people who hear voices. Voice hearing is like waking up to the spiritual/psychic realm. Many people need to take medications to deal with these voices. But, while medications can help in really difficult situations, long term the better solution is to solve problems, and to grow spiritually. Perfection is not needed. But additional skills will come along, such as clairvoyance etc. and spiritual growth seems to be needed to manage these skills successfully. For me, this involves vegetarianism (I admit I was pescatarian, but recently turned vegan) and a commitment to non-violence and to not doing harm. I don't know how to bring

about the first instance of psychosis, which is the start of hearing voices. I believe many ways can lead there. This can be a traumatic experience, intensive meditation, some people experience this due to drug use (not recommended) and other such things.

I wrote about telepathy and schizophrenia in my book *Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia*. I speculated that people who hear voices are in fact exposed to telepathy and/or spirit communication. We have ever more people in the world who hear voices that no one can hear. Often, this is diagnosed as schizophrenia. But it happens in other mental illnesses too (depression, mania, bipolar). I suspect that possibly these voices are a representation of a new communication mode, or a very, very old one that is reintroduced. We are exposed to telepaths emerging, I reckon. This is why we have ever more voice hearers in the world.

Some people said in the previous generation we enter the age of Aquarius, with a heightened sense of empathy and spirituality. This could mean we are all about to learn telepathy in our next step of evolution. Why not? Humans

did learn speech at some time. Humans did learn to use tools at some point in time. Maybe today we learn telepathy and spirit communication en masse. Why should that not be a possibility?

Many people with schizophrenia, if asked, say they believe in supernatural entities or telepathy. I do too. That's precisely what it feels and sounds like. Medication doesn't eradicate this, just calms the patient down so that he is not disturbing anyone. But they don't end the perceptions normally. There is, for people with voice hearing, no way to unlearn that skill. Why don't we call it a skill? Not a psychopathology?

How to bring this on voluntarily I don't know. I reckon it develops spontaneously in humans. Usually, it happens after a traumatic experience. This can be poverty, isolation, overwork, bad luck in a love affair, loss of work, failure at education, drug use, or even pregnancy or too much meditation. It just happens to people. Why don't we recognize these people as people with different skills and try to study their skills closely and try to use them for our benefit, instead of locking them away, putting forced medication on them, and ridiculing and despising them and

putting them into shame and poverty. Maybe much is to be gained if we treat these people right and ask their knowledge and try to put their knowledge to use for our own benefit. Many people with schizophrenia would have much to offer. Many are highly intelligent. I have an IQ of 148 or something like that. I am in both Mensa and Intertel (a group that collects the top 1% of population in terms of intelligence). I have another friend with schizophrenia who also wanted to be an academic and who boasts an IQ of 156. If people with schizophrenia are not discriminated against anymore, but treated with fairness and given opportunities, we might reap massive benefits. There at least some historic eminent figures with schizophrenia who produced fantastic works. Prof. John Nash was one of them. He won the Nobel Prize in Economics. And there are probably more. Some authors claim Michelangelo was probably schizophrenic. Vincent Van Gogh was, many scholars believe, and he became the greatest artist the world has ever seen, or one of them.

The voices of schizophrenia – positive and negative

The voices of schizophrenia can be angry and sad and depressing and commanding. That is the reason the patient becomes paranoid and withdrawn and is also a reason for suicide.

Recently, however, I experienced a lot of instances of ‘happy’ and ‘cheerful’ voices. They said things like ‘this is sensational’, ‘you really make history’ and ‘thanks!’.

I believe they comment on my deeds, and when I do good, successful, spiritual and compassionate and true deeds, they congratulate me, in my academic life as well as in my private life.

I have observed something very precisely: Whenever I am kind and spiritual and do good deeds, my voices become nice and helpful. Whenever I become rebellious or do wrong deeds (like ranting on Facebook, for example, or not answering the phone or having a drink against my better knowledge – I was alcoholic hence my partner does not

allow me to drink) my voices become so nasty that it is painful.

I observed that I always get angry voices from my mother after an argument with her (we argue often, because we don't see eye to eye). My previous evil voices happened after a very argumentative relationship with a Kurdish man who was a Marxist and did not accept my feminism or Christianity. When I am at peace with the people around me, the angry voices are quiet. When there is peace around me and when I am not in any conflict, I hear positive, loving voices.

For example: Yesterday, I had a very good day without any voices. I felt brilliant. I did even manage to bake a cake (which is difficult when I hear voices, as they make me depressed and confused). This morning, I called my mother, and she said something that annoyed me so that I said things back that annoyed her. Afterwards, I heard her voice lamenting the whole day, so that I had a very bad day. This is a regular pattern, it happens mostly like this. I always get

worse after an argument. When I get along with everyone and everyone is happy, I am well.

When I do good deeds, loving and peaceful, and am spiritual, and connect well with people, my voices start to cheer me on instead and say things like ‘this is sensational’ or ‘thanks!’ and are very nice to me. I don’t want to miss those voices. They are great.

Thought broadcasting

A schizophrenic person might not only think that they can hear the thoughts of others, they might also think that their unspoken thoughts are audible to others.

About schizophrenia and spirituality

I personally am firmly convinced that schizophrenia has a lot to do with spirituality.

All my so-called 'symptoms' feel like spirit communication or telepathy or clairvoyance.

Without medication, they can be so disruptive that I might become very dysfunctional. They are worse in conflict and tumult, and less bad in peace times.

So, I see and hear things. Things that others don't perceive. I will try to give a honest account of my perceptions.

In 2002, I started to perceive something that in hindsight feels like channelling. I perceived information from above, something about war and peace and that I should go to Aman. Then I left my body and was in outer space. It was cold and dark. I fell back into my body and cried in despair that it had ended. In the channelling,

The voice said something back then, if I remember that right, that first America was under attack (this I believe was with 911), then I think (I don't remember all) the Middle

East, then it would be about Russia (never attack Russia! Every Realist knows never to attack Russia. Whoever attacks Russia loses always). I think it said it would be about Russia. Maybe it was just a warning. And IF I remember right, it said something that the church would be built in India, which could possibly mean that India or Indian spirituality would become influential. To the best of my memory. But I don't have the notes anymore. So, just don't wage wars and see what happens, my recommendation. And don't do everything I say or do just because I say or do it. I am myself, you have your own lives. I want to live freely, you too.



Then I was guided by a voice through Berlin. The voice guided me like on a guided tour, led me into a church and into cafes and so forth. It continued to guide me on, like a robot, and told me to hold my breath.

Later, I wanted to find my professor that I worked for and hitchhiked to follow him to Russia. I did not make it that far; I came back home safely.

My parents interfered and I was brought to hospital, where I did not stay but received medication.

Later, I only had some brief ideas about being in love, nothing further happened until 2007. Then it started again.

I had been to a party with my then boyfriend and drunk a lot. After the party I heard voices arguing and shouting. That continued for so long that my then boyfriend decided I am too ill for him and left me.

It got worse in 2010 again. I started to hear one particular voice shouting. I assumed it was my ex-partner. I tried a lot of therapies and vitamins. Once, I had a weeklong tour through karmic dimensions. That was fun. But no illustrations because I don't remember well apart from meeting a fish goddess.

I had a tour through spiritual karmic dimensions once and saw a fishgoddess (most of this trip is forgotten, only that I heard my karma will now be reversed):



It was ok until 2016 or so, when Brexit happened it got terrible again. I started to hear voices of my mother and others shouting at me that I should have a child and all sorts of other nasty things (due to schizophrenia I wanted to stay childless).

I usually feel the voices I hear are connected to people I know in real life. When the medications drown out the voices, I suddenly feel very lonely, because the company of

the voices is gone. Usually, the voices are angry and negative. Sometimes, they give compliments too.

I also had spiritual experiences. Once, when I was single in Hull and working at the University, it felt as if I had a talk to angels. Higher beings of a very powerful but benign nature contacted me telepathically and asked me to make a choice. I said I want to work for peace. They said that this is a good choice. More was not communicated. I was elated for some time afterwards.

When I met my now partner, Will, I saw a beautiful angel standing in the window. It was a woman; she was tall and slender. She wore a beautiful golden dress and had half long curly hair. She looked very beautiful and was all golden.



The angel looked a bit like the peace angel in Munich.

Also, when I met my partner, there were many signs around, which make me think we belong together. I saw a lot of white feathers. White feathers are a sign of angelic

protection. We found them in front of our house, and I saw them falling near me all the time. We saw five rainbows in one day together, which I believe was also a sign. And I did see a heart shape and a smiley in the clouds from my partners garden.

Afterwards, negative experiences came up again. I heard the voice of my mother shouting at me and making my life very difficult. That lasted for at least one year, if not more. I started to drink heavily due to that. But once when I attended AA, I suddenly heard a number of loving voices surrounding me and saying that they will make it ok again and that it is not about being up or down.

Usually, all I experience are angry voices shouting something at me. For example, they might shout: 'Drink apple juice!' All the time they shout something very simply in an angry tone that does not help me much. I heard my mother shout at me and a male angry voice. The male angry voice went away after years and with increased medication I don't hear my mother shouting at me anymore. These voices shout all sorts of angry sentences. Usually only one sentence the whole time. For example: 'This is fascism!' Or 'Have a child!'.

The angry voices make schizophrenia very difficult to live with. But the angels etc. make it beautiful.

For years, I thought the angry male voice was coming from my ex-partner. I hear all voices in German, though. Rarely do I hear something in another language. I thought I heard him shouting because he was angry or afraid and we had an emotional connection due to our relationship. The same would apply to my mother, because we had been very close.

Aliens

I had had a vision of a benign alien once after I did have my greatest idea. It seemed to greet me telepathically and smile at me. I heard that aliens communicate telepathically. It was one of those aliens that they call 'the Greys'. Later, I had a brief vision of an orange alien that might not be known about yet. It had a huge, nearly square, broad head, and a very wide mouth. I am unsure as to the nature of this alien or why I saw it. I also saw an alien that had a dog shaped head, like a comic figure, yellow head and blue long hanging ears. It looked very friendly. I think to remember that aliens told me we need to 'grow up' now, meaning we need to

explore outer space as the human race. The dog-headed alien had a humanoid, slender body. I am not sure of the orange headed alien. I only saw its face. Both of them I only saw smiling. They did not communicate anything. I only heard from someone (probably an alien with just voice communication) we need to 'grow up' now and explore space. That's what I perceived. I can only give you my word for it that I perceived that in my mind. That's all the proof I can give you. And I was not on drugs, even if I did like a little too much wine on occasion and I do take medication for schizophrenia and smoke. But I don't take any hallucinogenic drugs at all. Never.

The CIA claims that aliens communicate telepathically. That information leaked publicly on the internet. It does make sense. Why not? If that would be the case, that aliens communicate telepathically, then my visions of benign aliens could really be conscious greetings of three different forms of aliens to earth. I do not know why I would be chosen to receive these greetings, but the possibility certainly should be taken seriously.

If that is the case, we could try to make contact with aliens by training, for example, meditators to make telepathic

contact. We would not need all this fancy technological equipment, even if it should not be discarded.

Pictures of the three types of aliens seen:



I saw another alien (at least it might have been) more recently. It looked tall and skinny with a white, very slim head. It did not communicate but seemed to watch over me.



What animals say

Once, on a quiet day, I listened to a nature video. It was an English country garden sounds video. I felt I heard the animals talk on that video. Birds were commenting on everything critically from above. When pleased they sang beautifully in praise. Cows always complained that life is hard and unfair. Sheep always asked for more grass and little sheep for milk and their mothers. I heard dogs in the vicinity of my house, and they seemed to shout ‘danger’ (an alarm), ‘we have kids’ (protection), or ‘they are hitting each other, I am laughing’ (humor). Birds seem to act as the watchdogs of Garden Eden. They sit above all else and comment on what is going on on the ground. And when they are pleased, they sing in praise. Different species of birds seem to be able to understand one another. It’s an integrated system with a coherent order. More recently, I seem to be able to understand pigeons. They call for forgiveness a lot.

Trees as filters

I did see trees give off oxygen. I saw the oxygen floating upwards from some leaves. I realized that the small branches of the trees and the leaves are mobile so that a breeze can spread the oxygen better. That's the purpose. Otherwise, the leaves would be static.

There are different kinds of trees, and I wondered why. I guess, to the best of my ability: Trees filter air. Different trees filter different toxins out of the air. Different trees use different chemicals and oils, which make the wood of different trees smell differently. These chemicals and oils are used to filter different toxins out of the air.

Psychic attacks

After I had published my book on schizophrenia and telepathy, I had some years of intensive psychic attacks. I was bossed around, put under pressure and being induced to alcoholism and smoking. It's very difficult to defend against strong psychic attacks. I have not yet found a way how to defend against a strong psychic attack. A common psychic attack on women is undue pressure to reproduce, which I had many times in my life and which I find extremely unpleasant. I am sterilized because I do not wish for kids. I personally would dream of a world in which women are never put under pressure to reproduce. When I moved in with my partner, even though I am already 43, I had such intense attacks and pressure to fall pregnant that I developed severe alcoholism due to this and was strongly suicidal for some years. I'm sterilized, because I don't want children, and my partner neither. I believe, from a feminist perspective, there is an urgent need to outlaw pressure on women to reproduce.

Ghosts and angels

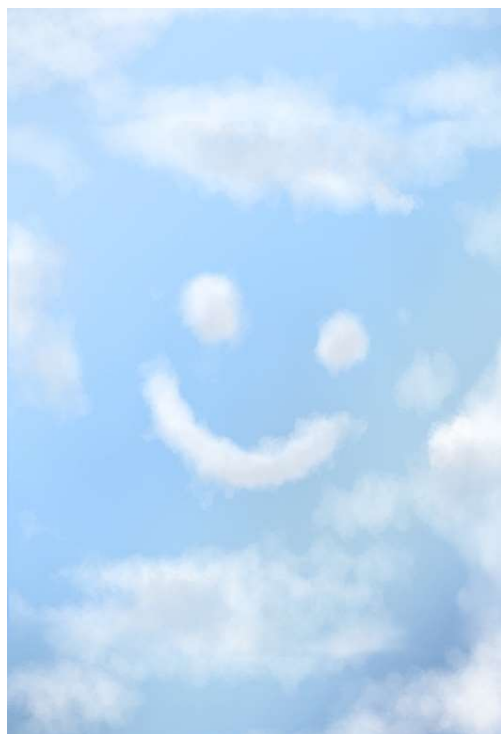
Sometimes, without medications, I see ghosts. I see spirits of men who I was fond of. This can be people who did hurt me or others. I saw three men who were not really nice to me, maybe they were nice enough and had their own problems. They were friends. Some of them are already dead. They visited me. I also saw the ghosts of my grandparents. Sometimes, this looks like a dream. Sometimes, they seem to be in heaven, sometimes in hell. I once saw my grandparents from my dad's side floating in a flying boat across a fantasy landscape and greeting. I saw my granddad from my mum's side, but he was wearing a war uniform in my vision or at least he looked grey. I also saw an angel once. It looked very beautiful and was female. It wore a beautiful golden dress and curly hair. Once, while I was working at a University, I was in touch with higher beings. I guess these were angels. They had high authority and were very benign. They only asked: Make a choice. I said: I want to work for peace. They said: Good choice. That was all that was communicated. By the way, granddad says just now, no one needs to worry. He's not at war. He's at

peace. All is well. He just showed himself in that uniform because that was war here at the time (Brexite). When I arrived in Hull, I was alone. I felt a kind and loving male presence protecting me. It gave me very sweet gentle caresses. I was very lonely and psychotic, and the presence asked me in spirit to marry him. I asked for his name. He said it is Frederik. For many years I tried to find out who it could be. I believe, it could possibly be a Frederik W.H. Myers. He invented telepathy and worked with mediums. He was a womanizer. He is really good with women; I can say from my own experience. And he teaches me mediumship, which often saved my life. I also am in touch occasionally with other dead people, some professors among them. They sometimes come to visit to talk to me. Most spirits are nice. I find very few evil spirits. Spirits from heaven are usually good in my experience. They are nicer than they were in real life. Spirits say it's best to live an as kind life as possible. That will bring peace and happiness. That is the road to a good life. They say some spirits are tortured after dead to make amends for their misdeeds. They say one has to make amends for all wrongdoings. It IS best

to kill no one. And repayments really work, sometimes only after death. (Karma).

Signs

When I got together with my partner, I saw many signs. I saw a heart shaped in the clouds, and a question mark shaped in the clouds at my workplace (the work ended soon after) and I saw a smiley out of clouds in the sky. That looked really weird. I wanted to take a photo, but I was too late. I also had stigmata appearing (dark marks on the palms of both hands) once. The stigmata were visible around Easter in 2015 or 2016 (I showed them my boyfriend and a colleague at work who worked in Theology). The signs and the angel were one or two years later. Much later, I saw white feathers appearing around me, as signs from my guardian angel. One white feather fell down next to me in the corridor of our house. I could touch it.



Hellish experiences

For years, I felt like being shouted at by a malevolent voice. It sounded like an ex-partner, with whom I had argued a lot. Nothing could remedy this, but when I finally forgave him and wrote apology letters to him and when my faith grew stronger, it stopped. I admit, I also take medication for this.

It started under President Trump. First, I had evil voices haunting me and once the perception that Zombies wanted to break in our house for the last food and that they roamed the streets because after Brexit there was a civil war and no food was left. I was so scared to turn into a Zombie myself that I prayed the Lord's prayer and hid under my bed. The next day I went to hospital and was ok again.

In 2020, I had a host of hellish experiences. I imagined to be in World War II (I imagined it was World War III). I heard bombs going off all around and cities being bombed, including London, and I heard shooting, and I imagined even my own house was being bombed. I also imagined that fascism had come back and that some vil men in Eastern Europe had installed a very loud sound

system that blasted ridiculous repetitive sentences ('I love you not') through all the world. NATO had to come and shoot these loudspeakers down. Fascists had survived in bunkers between the old concentration camps and in Argentina, and we had to chase them down. Some lived in Munich. I was convinced that Munich was a hotbed of fascism and I thought letting them swear on the Bible would be the only way to eradicate that.

I had the idea of an alien invasion. I heard a spaceship arrive. It hovered over Hull, the lights in my street went off, it was dark completely, I was silent in fear, then it went away. It seems to have come to protect me from the war that I imagined was going on. The next night I imagined someone would operate with metallic surgery on my brain.

In the same years (all of this went on in the Trump years), I imagined that President Trump wanted to punish me and had killed a lot of Academics. This became very scary. I even imagined I was under threat of death penalty, but I did not know what for.

I also imagined that the government announced that they had lost control over poverty and climate change in the world, and that the food supplies were not ensured due to drought, genetic modifying and climate change, and that the poor of the world would all come to the West and it would be brutal chaos and we would be left to our own devices to find solutions. I imagined that Academia collectively stepped back from their jobs, and that they had tried all they could, but their solutions were not accepted by those in power.

I imagined that I decided to be a peace worker and actually wrote some pleas for peace work and a Peace Worker Handbook. I imagined that I was in the academic resistance to the war and to fascism.

I also imagined that my family wanted to force me to have children. I was really very stressed due to this and got implausibly angry with my mother for this. I drank a lot in this period.

Resolution

Finally, toward the second half of 2020, I heard God's voice shouting 'Protect this girl! and then he spoke something through me which I don't remember, and I imagined to be in direct contact with God and that I was a messenger. My three rules I wanted to tell the world were: Don't kill! And be nice to each other. And: Don't do everything I do or anything just because I say so. I said that because I wanted to avoid the responsibility to need to be perfect. I am simply not perfect. I also asked God to speak through others too, that would be better for me and the world. Briefly afterwards my family interfered, and I was put on higher medication, asked to stop drinking so much as I did in this period, and asked to attend AA.

In that period, I heard angels surrounding me, and telling me they will raise me again and that it is not about being up or down. I cried, because these were such loving voices. This was when I joined AA and got sober. My sobriety date is 14.11.2021.

The Voices

I hear voices that no one else can hear. I hear them like I hear real voices, just not as loud. Without medication, they can become as loud as real voices. But no one seems affected by them. So, they seem to be only in my head.

I hear male and female voices, angry, sad, and nice and loving and proud voices.

Telepathy

For years, I thought these voices were telepathy. They feel like telepathy (clairaudience) would feel. I thought I can hear the thoughts of other people. I was fascinated by telepathy research; this is why I thought I hear the thoughts of other people. I thought I hear their anger when they are angry with me or their love when they like me or their sadness when I make them sad.

I finally got around testing this at my boyfriend. I rarely hear voices from him or think I hear his thoughts. But on occasion I do. I asked him several times if he just thought this or that. He always said no. Hence, it is NOT telepathy. It is NOT the thoughts of others that I hear. It is not a

subliminal connection to other living beings whose emotions or thoughts I perceive. This relieved a lot of anxiety for me. I feel free now realizing that.

Spirit communication

However, what I believe is that these voices might be spirit communication. It might be spirits surrounding me who talk to me. John Burke in *Imagine Heaven* writes that spirits (entities in heaven) communicate via telepathy. Also, my angels that I talked to communicated with me via telepathy. It might be guardian spirits, positive, loving and negative, harmful, entities that talk to me because for some reason I am sort of clairaudient. Like, I might be a medium or something like that. These spirits are not necessarily to be believed or to follow all the time. They are just entities. Some are nice and loving, others want to cause trouble. It is advisable to not always do what the voices say. I believe this now to be the case. What also points in this direction is that I did a spirit release therapy when I was very ill with a lot of very negative voices (lots of them). Spirit release therapy is done by a practitioner (I used Terence Palmer for this purpose) who uses a medium to ask his spirit guide to

remove attached spirits and negative foreign influences from me remotely. This was completed at me, 5 or 6 earthbound spirits were found and some other influences, and when they were removed, I was immediately free from the intense chatter around me and could function again. I have voices again, but not a chorus of them and only one or on occasion two and I can drown them out with medication and listening to music.

Not my own thoughts turning loud

The voices are definitely NOT my own thoughts turning loud. Otherwise I could change them voluntarily or with meditation techniques, which I tried. It does not work. Also, I cannot predict when the voices occur, and I cannot predict what they will say or if they are male or female, pleasant or unpleasant. So, they are NOT my own thoughts. Also, my argument was always that I would not punish myself with shouting inside myself at me things like 'This is Fascism'. I would not do that to myself. I have enough self-love to not do that.

Precognitive visions

Sometimes I perceive things that will happen in the future. This is known in mediumship. But it does not always occur and might be coincidental.

Visions

Sometimes I see people. I see deceased people, like my grandparents smiling at me. This might mean I see spirit.

Frequency of the voices

I hear voices very often, if not all the time. Some days, I hear voices all day. At the moment, I am free of them, because I took my meds and vitamins and am listening to music. Music helps a lot. The medications help too a little, but they don't take the voices away completely.

With these voices, it is very difficult to be rational. If voices in your mind talk along all the time, even simple things like cooking the dinner are a challenge. I worked for many years, but back then I was not as poorly and I heard only one voice that always shouted the same sentence, more or less, so it was easier to concentrate.

What the voices say

The voices give me advise and guide me. Sometimes, they talk nonsense and are harmful. But often they give me good advice. I would not like to miss them. I think it is spirit communication.

Some examples

I want to give you an example what it is like to hear voices. I will describe an excerpt from my day with what I do, what I think, and what the voices say. I will transcribe for an hour from 11pm to midnight.

Sunday, 15.08.2021

11:00pm

I am listening to calming, happy bossa nova from YouTube. I am writing this book. My boyfriend is getting ready to go to bed. I go downstairs to make myself another instant coffee, because I want to work late tonight. I feel inspired.

I went downstairs, boiled some water, went to the toilet. The male voice came back and shouted at me: ***Das verstehst Du nicht! Das verstehst Du nicht! Das sind Faschisten! Das sind Faschisten! Du wirst immer lieber. Das verstehst Du nicht. Es tut mir weh. Du musst Dir den Kaffee aufheben hast Du gerade gedacht. Geh nicht nach Muenchen zurueck.***

Translation: ***You don't understand that! You don't understand that! They are fascists. You are getting ever nicer. You don't understand that. It hurts me. You just thought that you need to save some coffee. Don't go back to Munich.***

In the meantime, I went to the toilet, my boyfriend came downstairs to kiss me goodnight. I saved some coffee; I am running low and need to buy some more tomorrow. I went upstairs again, switched my music to headphones, and continued to write. As soon as I put the music on, the voice went away.

The voice is male, it has a shouting quality. I heard it for many, many years. I don't think it is my own thoughts turning loud. Why should I think in a male shouting voice that anyone is a fascist or that I don't understand something? I simply don't think that. I did think I need to save some coffee for later. But the voice simply commented on my thoughts.

I also hear a female voice on occasion that sounds like my mother. She wants grandchildren. I heard benign voices too. Many of them. And I heard a conference like setting comment on me. They say things without warning. I cannot predict when I hear them or what they will say. Likewise, I cannot change it with directing my thoughts, for example by doing mantras. If I do mantras, such as 'I love myself and all is getting better and better' (just to give an example), the voice does not repeat that. But the voices reliably shut down when I listen to music. Music reliably drowns them out. My preferred option is happy, calm instrumental music.

Let me illustrate this:

At the moment, I am listening to a calm bossa nova YouTube video on headphones. I hear no voices at all.

I will switch the video off.

Silence for a moment.

The voice comes back and says: *Das macht jeder so. Geh weg. Ich mag Dich nicht. Du machst das richtig aber ich mag Dich nicht. Geh kochen. Du machst das richtig aber so geht das nicht weiter. Ich habe Angst davor. Es ist meine Schuld. Ich wollte Dich nicht mehr sehen. Mach das nicht jeden Tag. Das war Faschismus. Mach Nachdenken. Du bist eine Terroristin. Das werde ich Dir nicht vergeben. Mach das nicht mehr. Du hast mich reingelegt. Rede mit Deinem Vater. Du verstehst das nicht. Du verstehst das nicht. Ich wollte Dir vergeben.*

Translation: *Everyone does that. Go away. I don't like you. You do it right, but I don't like you. Go and cook. You do it right but it does not work like that. I am afraid*

of that. It is my fault. I did not want to see you anymore. Don't do that every day. That was fascism. Think about it. You are a terrorist. I won't forgive you. Don't do that anymore. You pulled my leg. Talk to your father. You don't understand that. You don't understand that. I wanted to forgive you.

Then I switched the music on again. The voice goes away. It's a male, shouting voice. It's a muffled shouting. Like, not very loud, but pressured. Angry or desperate. It does not sound a happy, loving harmonious voice.

While I listen to low volume music over my headphones (my boyfriend has a light sleep), the voice says quietly: *Bitte nicht schon wieder jedem schicken.*

Translation: *Please don't send this around again to everyone.*

And then: *Mach das nicht jeden Tag. Das brauchst Du nicht zu machen. Rede mit Deiner Mutter. Viele sind nicht mehr am Leben.*

Translation: ***Don't do that every day. You don't need to do that. Talk to your mother. Many people are not alive anymore.***

I increase the volume on my headphones a little so that I don't hear the voice. I continue to drink my instant coffee and smoke e-cigarette. The voice has become an incomprehensible very quiet muffle below the music. I need some rest from the voice, so I won't turn the volume down again. I will do another test in 5 minutes.

I hear the voice over my music, it says: ***Das machst Du richtig.***

Translation: ***You do that right.***

I have heard voices in English. I also heard a voice in Chinese once briefly. Normally, my voices are talking in German. Sometimes, I heard a chorus of voices talking about me. Like, some judges or people at a conference. Sometimes, they comment on what I do. Sometimes, they

are pleased. Sometimes, they are not pleased. I guess the male voice is sort of my spirit guide. I don't know what the female voice is that sounds like my mother. Maybe I have several spirit guides. Or, what I also once thought is that I hear my grandparents talk to me from heaven.

I hear the voice whisper: ***Geh bitte weg da. Andere haben Kinder.***

Translation: ***Please go away from that/ there. Other people do have kids.***

The voices have shouted at me a lot because I don't want to have children. That was very painful. I never really wanted kids, and the opportunity also never showed itself. When I was with a partner where it was biologically possible, we did not have enough money and not even our own flat and he did not want to have children either. And then I was single when the voices shouted at me to have children. I had a sterilization, because I had a very bad experience with my ex-partner, who did not want kids but left me alone as soon as I became ill and I was alone and feared pregnancy in a

foreign country. When I moved in with my now boyfriend, I was already sterilized and in early menopause, we don't have sex, and I am too ill and afraid to have children. Also, he does not want children.

Pregnancy is not the only thing the voices talk about. They were very aggressive that I need to have a baby. But I don't want that and can't anymore. In the Brexit and Trump years, the male voice always shouted that this is fascism. I started to repeat this and to call a lot of people fascists. Just because, if someone talks like that in your head to you all the time, you start to copy this involuntarily. It also shouted at me to drink apple juice. A chorus of voices had shouted at me to drink a lot of alcohol. That's why I became an alcoholic (I was not before that drinking too heavily). I heard a chorus of voices who shouted at me to drink a lot of alcohol. Commanding voices.

After I wrote this, I bought some alcohol. I had a relapse. I apologize deeply and sincerely. When I went to the shop, I saw a bird and it said: ***Don't do that.*** I am sober again and fasting today.

The voices are sometimes loving and kind, and sometimes angry. When they are kind, they say amazing things, like: ***You really make history.*** And: ***I am proud of you.*** The other day, I heard a desperate voice. That hurt. So, I had some wine. Today, the voices are quiet and gentle. That is very nice.

The voices are quiet today. Gentle. Apart from my mum, who is really angry that I did not give her grandchildren. She shouted in her mind so much at me about this that I did lie screaming in my bed and needed to take a lot of medication and alcohol and lost my job. My friends are friendly. My publishers want me to write interviews with the voices, because that is COOL, they say. I simply hear people. I think. And aliens too. And angels and Jesus too. But they are too busy at the moment and all is well, so I only hear my old mum and my friends. I'll do another interview with the voices for you, but at the moment, all is quiet.

Interview lazy Monday afternoon 4pm.

Mach das doch mal!

Translation: ***Just do it!***

Quiet mumble. Incomprehensible.

Das machst Du richtig.

Translation: ***You do it right.***

Geh bitte nicht den Sozialstaat so belasten.

Translation: ***Don't burden the social care system so much.***

Mach was aus Deinem Leben.

Translation: ***Do something with your life.***

Wir koennen nicht mehr.

Translation: ***We are tired (?). We don't know more (?).***

Das war Faschismus.

Translation: ***That was fascism.***

Was der Mann gemacht hat, war Faschismus. Das brauchst Du nicht aufschreiben. Das weis jeder.

Translation: ***What this man did was fascism. You don't need to write this down. Everyone knows that.***

They always talk in German to me. I hear my family and the state, I think, and aliens and angels and animals. I am not always sure who talks to me.

The other night, when I wrote, a bird flew by and shouted: ***Gefahr!*** Translation: ***Danger!*** Someone was in front of the house. But it passed.

7pm

The voice shouts: ***Everything comes back. Also, the skiing will come back.***

When I moved in with my partner, I heard a loud, angry male voice shouting at me in German. Most of my voices are in German. I don't know why. Maybe it is simply that God wants me to understand easier. I also don't know who these voices are. Maybe my spirit guides, or deceased people who talk to me. At the moment, I don't hear Jesus. Jesus would talk with a lot of love. Angels would talk with love and authority.

When I moved in here, I heard lots of angry voices shout: ***Das ist Faschismus!*** (Translation: ***This is fascism!***) and: ***I do like an old mother like you!*** (in a very derogative way). I got very aggressive myself, because the voices shouted a lot of such stuff at me all the time. But I am quieter now, I pray a lot, and my voices have become nicer too. God only knows who these aggressive voices were. I don't know. I did a lot of guesswork. I guessed it was someone who I knew. But I guess that is wrong. It might have been an angry spirit. You know, when I hear these voices, it's hard to imagine that these are not REAL, because to me they are REAL. What instead I try to do is to become a better person, closer to God, and by that changing the nature of the voices. And some medication. But they don't take them away.

1am

I slept and heard voices even in my sleep. Suddenly, there was silence and the silence was so loud in my ears that I woke up. I had a smoothie. Smoothies make me happy. I don't know why, but smoothies are happy food for me. I

really wish I could stop smoking. But I can't. Even if I try. There was once a week in which I rested, and I could stop smoking. I can stop nicotine when I lie down. But I cannot all the time lie down. I get nervous if I do that. But that's the only thing that really works. I am taking my Antidepressants and Vitamin C again. It's good for me. I stopped the Niacin and Omegas. For some time. But I will continue with the Vitamin C against cancer. Hopefully it works. And tomorrow I'll have a health day with lots of smoothies and vegan food for dinner. YUM! At least I don't smoke cigarettes normally, only e-cigarettes. But I wish I could stop. I really do. I just can't. I only can stop when I lie down. Vitamin C is good for me. I take 2g a day.

The voices chat peacefully along.

I transcribe in English: ***This woman wants to stop smoking. Don't lie down. Don't always lie down. For the psychiatrists this is exciting. – silence – Please not. Please don't write everything down. That is ridiculous. We don't know (who the evil voice was).***

I don't know either. You know what I think? It went away when I forgave my ex. Hence, it was a spirit who punished me for being angry with my ex. I guess that. Must be so. Only reasonable explanation. Because it did immediately stop when I forgave him completely and made peace with him. At the moment, I hear friendly psychiatrists. And my mum and she wants me to have children, but I feel not young enough (but she is asleep now). They are quietly, nicely, chatting now to me. The voices. The psychiatrists or spirits. It is nice. I can't stop smoking. They asked me to stop smoking. The only way I can do this is lie down all the time. I am sorry, but I find no other way. But I will do a health day tomorrow and drink a lot of smoothies, because this is like a wellness program for me. Will made me really happy today. He came here, asked me to fill my pillbox, and smiled at me and gave me a kiss and I think he said I love you. That made me sooo happy! I never had so much love in my life. I don't know why. I searched for love all my life! Maybe I smoke again because my ex from Munich cannot let me go and thinks of me. It's possible. He infected me with smoking. My friends say that I need to make amends

for the harm done. I had to start with my brother. It will take long until he trusts me again, I guess. If ever.

The voices who sound like friendly German psychiatrists ask me again to stop smoking e-cigarettes. I try. I will do an intensive health program tomorrow. I fasted for 3 days and yesterday I ate 4 egg and chicken sandwiches, because I needed real food. I was simply too hungry for veggie dinners.

Maybe I need to do it with the smoking like I did it with the angry voice and make peace with my ex from Munich. We separated because my dad wanted me to go to University. Maybe it was wrong. It was my fault, and then I was very heartbroken. But it was because my dad said I need to go to University, and I loved my dad more than my boyfriend. I was an arse, maybe, but I was still very young, and I loved my dad very much. I still do. Even if we had an argument because they laughed about me all the time and then attacked me to fall pregnant even if I was too old. But I tell him I love him every day nearly. I love my mum and dad. I tell them all the time.

A bird is calling outside. But today I cannot understand what it says. Sometimes I can understand what birds say. And cats. There was a cat and it shouted ***She is drinking too much. I will complain!*** Don't ask me why I understand animals. I met a shaman once, I asked for teachings. Maybe that's why. I really don't know why. I didn't practice shamanism for many years, and only dabbled a little in it. But sometimes I do understand animals. Sober, clean, meds and all. I know I need to stop drinking and smoking. There are two things to this: The shop around here, the only shop in walking distance, sells only some sandwiches, diet coke and a lot of booze. That's one part of the problem. We don't have a real supermarket nearby. I started to order food deliveries and have my smoothies delivered. That helps somewhat. And also, the voices are getting so loud and noisy sometimes that I need to have something to calm me down. And the meds don't work for that. Wine helps with that. It simply does. You know what? I think my two exes are chasing me. That's why I drink and smoke. Maybe it gets better when I make peace with them. I am trying to do that. If it does not help, I don't know.

The voices are very calm now and peaceful. That's nice.
Really pleasant. ☺

Sometimes I hear my body talk to me. He says: ***I am ill.***
And: ***I don't have faith.*** I think that comes from Kamran.
I drink because Kamran needs me. Otherwise, I would drink
something else than red wine and Shiraz. I will pray for him.
I did send him my book with my dedication. I offered him
my help and my prayers today.

Wednesday 7pm

My mum constantly demands my suicide in my mind. She
shouts at me all day long, just because I told her I can hear
what she thinks. She shouted at me to fall pregnant, then she
said she just wanted to pull my leg with that and she does
not care what happens to me and if I will achieve my goals,
and now she constantly demands my suicide.

She says: ***I will continue with this until this old whore
has killed herself.*** (In German). She is the only one I hear,

and she is the only one who calls, and hence it is her. I told the psychiatrists and the police. The next days I thought I imagined this and I was very nice to my mum again. I love her to bits and tell her all the time.

Sunday 3pm

A female voice shouts at me to have children. She shouts: ***Give up your dreams for the dreams of others.*** I asked Will if he wants kids, he said no. I don't want either. She says: ***I will do that until you commit suicide.***

Wednesday 12:30pm

I slept until noon today. This is why I am still awake. I'll write down what the voices say. I hear them all the time, but on low level at the moment. The medication that I take helps somewhat.

Male voice: ***Mach bitte Geschichte. Du brauchst das nicht aufschreiben. Ich will Dich nicht mehr beschenken (unclear). Du hast Deine Mutter immer***

verachtet. Deshalb hat Sie zurueck geschlagen. Du kannst das nicht mehr machen. Lese bitte die Zeitung.

Translation: *Please make history. You don't need to write this down. I don't want to give you anymore (unclear). You always disrespected your mum. That's the reason why she fought you. You cannot do this anymore. Please read the newspapers.*

Saturday 3am

I am woken up from sleep by a female voice shouting loud at me: *Es tut mir schlicht und einfach weh, dass Du so eine Schlampe geworden bist!* (Repeated several times)

Translation: *I am simply hurt that you have become such a slut!*

This voice was so loud that it woke me up from sleep.

After I took some more meds, because I got really scared, the voice says a little quieter: ***Der Wolfgang*** (my father) ***stimmt mir zu.***

Translation: ***Wolfgang agrees.***

And it continues: ***Du wirst ums Leben kommen. Davor kann Dich keiner beschuetzen. Es tut mir sehr weh.***

Translation: ***You will die. No one can protect you. It really hurts me.***

It's really upsetting this female voice. I had it for some years. It's extremely negative and upsetting. I took some medication to shut it down. When I did not take medication, I thought it was the thoughts of my mum, and I started shouting back at her. But I guess that's nonsense.

I heard a gentle voice talk to me, and it said: ***I will always forgive you.*** (In English).

And I found a white feather next to my bed twice! ☺ White feathers are signs of guardian angels.

Just now a voice said that I will be unemployed for 7 years. I heard an entity standing in the hallway and it said I will be unemployed for 7 years and then I will do something else.

Yesterday, we went to a concert. It was great fun. When we had a diet coke before the concert, we sat next to a couple who drank beer. I realized my social anxiety coming back. I hope I won't become as shy as before, because before I met my partner Will I was terribly shy. When we were sitting in the concert, a young man dressed in black sat behind us. I heard him think: ***Your book is good. I am from the CIA. We are paying attention. Stay here.***

Today, I heard the lamenting voice again all the time. It was saying that it hurts her and that I should help my brother. I was lying down a lot, because when I hear this voice I feel very ill. In the evening, my partner came upstairs, brought me food, and we chatted a long while and read a book about schizophrenia that a friend had sent me. I also opened up

my letter with my child sponsee in Guatemala. What I really could need more of is energy. I was very energetic when I worked at the University, when I was younger. But nowadays I am so sluggish that it hurts me. I get so little done in the day! I don't really know what to do about it. I drink a lot of coffee again and diet coke and I smoke ecigarettes, that helps a little. My partner says I should eat more and go swimming again. I wish!

Yesterday, too, I went to church to talk about my Peace Academy. We did not talk much, but I was asked to volunteer and make coffees and teas, which I did. It felt good to do something and I got an 'I love you' and big cheers at the end of it. That really was powerful! That changed my day a lot.

Today, I heard a voice all the time: ***Please give my daughter electroshocks. You must give my daughter electroshocks.***

Yesterday, I heard a voice (my mum?) all the time saying that I will kill myself. That's why I drank!

From all my observation, there are **only 3** (!) options what the hallucinations (voices) could be. I will list and explain them for you:

Telepathy. Amongst humans, animals and humans, aliens and humans or human machine. Telepathy amongst humans is a fantasy object that has been often discussed in some literature. It is unlikely, however, that it is that. Whenever I hear my boyfriend think something and ask him, he always says: No, I did not think that. And he is a very honest person. My mum the same. If it would be that, it would be called clairaudience. I hear animals speak to me too (animal human telepathy?) and sometimes the security state. Some say Haarp is a weapon with which the security state can target individuals via telepathy. But I am absolutely no threat. So, it is unlikely. I only once heard aliens. The CIA leaked that aliens communicate telepathically. It's a possibility, but inconclusive.

Spirit communication: I am personally convinced I had exchanges with angels and other entities from above. They

say in heaven one communicates telepathically and that God knows all our thoughts and speaks to us in our thoughts. Read John Burke *Imagine Heaven* for confirmation or investigate some near death experiences, and you will find this confirmed. This is very likely, maybe not all the time, but definitely some of the time.

My own thoughts turning loud: Some aspects speak for this, for example that I hear things that reflect my traumata that I am ruminating on, such as that my mum told me she wants kids from me or that I should stop smoking and drinking alcohol and not overeat and also the security state (I was observed by the Eastern German security state as a child when the Cold War ended) etc. etc. BUT on the other hand, sometimes I cannot at all influence the voices, and they are male and female, angry and nice, and sometimes they tell me things I definitely did not think about myself. If it was my own thoughts, I could influence them, I think. And I could change them with meditation techniques. But this does not seem to work, at least not always. So, not clear. It could be that drugs or stimulants, such as coffee, change

the brain chemistry so that one starts to hear one's own thoughts. (?)

Some more words about spiritual experiences

Spiritual experiences are incredibly frequent in schizophrenia, and that does not only apply to myself, but also to other cases that I have heard of. It becomes more the more spiritual one becomes. I myself had my first spiritual experience in 2002, after I started to read a website with spiritual quotes. I was not deeply spiritual back then, but spirit answered my readings.

Over the years, I have searched for ways to become more spiritual (vegetarianism, loving kindness, prayer for oneself and/or for others, service, donating money, reading spiritual literature, listening to spiritual music, attending church, helping those around you, etc.) and with that my spiritual experiences increased. In between, I talked to angels, heard a voice from above again (an archangel maybe, not sure), and often feel protected by spirits who guide me in my daily life.

Being with spirit is nothing sad, even if service and overcoming ego might sound grim and leading into

depression. It is not! It is beautiful, and all the things and all the love that has been given away is returned manifold. It is truly worth it! At the moment, I am at a stage where I dream of a world in which I could shower my love on everyone that I have ever met. It saddens me a little that many people don't talk to me. But when spirit talks to me, all is good and all will be ok and I feel truly safe and happy.

My Prescription

First Rule

First rule: please accept I am still human, and I make mistakes and get angry sometimes. Don't do everything I do or say. Even if I get angry sometimes and even I make mistakes.

My idea for the first rule: Please don't do harm and don't do everything I say just because I say it. Please always keep your own head on your shoulders!

My work on Psychology is deeply involved with Mental Health. My book Health and Safety for Spirit Seers contains an abundance of information about health, physical and mental. It contains many therapies, lifestyle advise and advise on healthy living, including diet and exercise. It follows positive psychology in that it gives a lot of advice on healthy living for schizophrenia. It also solves the mystery of schizophrenia, which has troubled psychologists for many centuries and is a severe mental health condition. I was able to solve this mystery, as I am diagnosed with this condition myself and can speak and research with first-hand experience. It was work done in collaboration with many leading scientists, psychologists, medics and psychiatrists and with in-depth study of all the available literature. Mental health is a very important part of health, as 1 in 4 people today have mental health problems. And 51 million people worldwide suffer from schizophrenia, which so far was counted as a disease that is as difficult to treat as cancer.

My prescription for treating schizophrenia:

- Medications at the lowest level needed (I take Risperidone and Antidepressants)
- Vitamins according to Abram Hoffer (1 g Niacin, at least 1g Vitamin C and 3g Omega 3 daily, improve mood and brain and general health. Vitamin C is good against the common cold and prevents cancer.)
- Healthy vegetarian lifestyle, with fish if wanted (people with schizophrenia have a reduced lifespan, which is believed partly due to poor lifestyle choices)
- Little (if any) alcohol and moderately coffee (both increase the symptoms of psychosis) and of course no drugs. I personally attend AA every day to stay sober. Sobriety is recommended with medications. I also avoid diet coke. I drink lots of water and herbal teas.
- No drugs!
- Sufficient rest and exercise. Try to get at least 7 hours sleep a night. It helps to take the medication before bedtime. I take 2mg in the morning and 6mg

Risperidone at night. This helps me sleep better. I also drink a huge mug of calming herbal tea before bed. I go for about half an hour walk each day at 8am and at 4pm.

- Spirituality (Prof. Grof claimed psychosis is a spiritual emergency)
- Music (Music reduces the symptoms to an absolutely tolerable level and most of the time eliminates them completely. Classical music is my preference – I listen to classic fm all the time - or meditation music from youtube.)
- Spirit release therapy. This is done by a practitioner with the help of a medium. It sounds hocus pocus, but it worked really very well for me.
- A loving, peaceful environment and learning to give love and be peaceful.

The main treatment tips summarised

I have been diagnosed with schizophrenia since 2002. I have lived through an illness that can be very painful and deeply frightening. But I found that spirituality is an essential part to the solution. I have lived through migration, poverty, isolation, heartbreak, abandonment, death of loved ones, war and violence etc. I reckon this was the reason for my schizophrenia and that spirit interfered to guide me. It started out with a spiritual experience (it is called 'channeling' in the spiritual literature) and the more spiritual I have become over the years, the better my life gets.

I think I hear spirit, and that's what the voices are. The main symptom of schizophrenia is hearing voices that no one else can hear. When I am not loving, I am in trouble, medication or not. When I am mean, or do wrong, I hear angry voices a lot, it can become really painful and frightening, and I might have nightmares. But spirit and God are very

forgiving and give chances after chances. They even told me with the voices I hear to love to my utmost ability. The other day I heard very loving voices tell me that 'love heals everything'.

They teach me to love, and the more I learn to love, the warmer and better my life becomes. Before, they taught me to write. That was a great endeavor too.

Learning to love and spirituality should be an essential part of treating schizophrenia (writing is optional, that is simply my profession and passion).

Love

The ability to love is essential in countering stigma, isolation and loneliness. Since I very consciously learned to be a more loving person, to everyone around me, my circle of friends has expanded exponentially and I am getting along far better with everyone and have finally found a loving partner, who is absolutely and truly amazing. The feeling of

isolation and loneliness and shame and stigma has left me. And I am not afraid anymore to admit that I have schizophrenia. The fear of people, too, has left me. It is the most wonderful freedom I have found and very healing for my heart and soul. With the sentence 'I love you' I can even chase nightly demons away. I sprinkle this sentence, and other compliments, liberally all around me on a daily basis, and I don't think there is anything wrong with that.

Spirituality

Prayer, meditation, faith, and kindness are an essential part in making the voices nicer. I am working with a 12 Step program for this purpose. Spiritual deeds are often rewarded with nice voices. For me, this includes intellectual good deeds, finding and telling the truth, and working for peace. It also includes trying to love and respect everyone to the best of my ability, and being forgiving. When I am angry and resentful, for example after a drink, my symptoms might become negative and frightening. I

started to pray daily and to volunteer at church, and to meditate, and since then I have more profound spiritual experiences. The voices tell me very often encouraging things. Such as, that I am a good person and they thank me, and that love is all that counts and such. They become an integral part of my spiritual life that I don't want to miss. I really would not trade in the nice voices for anything in the world! They are proof of heaven and God to me. I even believe due to my voices that I am watched and protected by spirits every second of my life and in every step I take, and everyone else is too.

Music

Against the remaining disturbing voices, music is a wonderful antidote. Listening to music or talking to people or listening to people talk helps counter the voices. My house has become very musical and we listen to the wonderful Classic FM all the time. I am also a huge fan of Radio BBC 3, and youtube

meditation music. It can be very calming, cheering and truly healing.

A healthy lifestyle

A healthy lifestyle does help somewhat and probably helps against early death that is common for people with schizophrenia. It includes a moderation or abstinence from alcohol, something which I am personally working on, nicotine replacement therapy if not abstinence from nicotine (I use e-cigarettes and the gum), and a healthy diet (I am mostly vegetarian), and an avoidance of drugs. Exercise is good too. Vitamins might help somewhat; I have no definite proof. Maybe the only proof is that I am the only living scientist with schizophrenia, apart from Prof. Elyn Saks, and the only one who managed to write 6 serious books on world politics. I took the Abram Hoffer prescription for many years, since about 2008 more or less until very recently (Niacin, Omega 3 and Vitamin C in mega-doses of at least 1g daily each). I think it did help me feel better and become better and think clearer. At the moment, I take only vitamin C,

because it is believed to prevent cancer, and instead take the traditional psychiatric medicine.

With this prescription, I have achieved a level of physical and mental wellbeing and freedom from symptoms of schizophrenia that cannot be achieved by medication alone, which is the traditional method of treatment. This is the outcome of more than a decade experimenting with all sorts of traditional and alternative therapies and methods.

Medication

Medication is not always needed. I lived many years on an extremely low level of medication that I took only to compromise with my mother.

But sometimes, medication is needed. When Brexit and jobloss hit me, my symptoms became so hellish that I went on a high level of medication.

I believe, you have to test it out in cooperation with a good doctor and see what works best.

Medications

Taking medications is recommended with schizophrenia and hearing voices. That is, if you can't cope without them. My medication helps me control my symptoms and lets me live a quite normal life without hallucinations. Without medications, I hallucinate the strangest things (see chapter 2).

There are different medications available. All have some side effects. One medication with the least side effects is Abilify. It does not work for me, though. It makes me paranoid. I take Risperidone. It has the side effect of weight gain and increased prolactin levels. But it makes me feel calm.

Here is a list of side effects:

<https://www.webmd.com/schizophrenia/medicines-to-treat-schizophrenia>

If the side effects of your medications are too troublesome, talk to your doctor to switch to another medication maybe.

Medications need to be taken daily. Alcohol needs to be avoided with medication. I have a pill box with compartments for each morning and each evening. I fill this box once a week with my medications and vitamins and it lies next to my writing station, my Mac, so that I am always reminded. I also write it into my diary each day.

If you want to forget the hassle of taking your medication daily, you can go for injections. There are monthly injections of some medicines, and you can forget about the daily pills.



Antidepressants are often combined with antipsychotic medication. I take Sertraline. Antidepressants usually have to be taken for 2 weeks before they have an effect. Mine have helped me overcome depression and suicidal thoughts. I feel very happy now. I can absolutely recommend them. However, the side effects of getting off them are severe. Please only stop taking them with a doctor's supervision and when you are in a mentally and emotionally good place.

Medications for psychosis, in my experience, are best taken in the evening (at least the calming ones, not Abilify, Abilify can be taken in the morning). It helps to take them before bed, because they will make you sleepy.

Vitamins

Abram Hoffer invented vitamin therapy. It is called 'orthomolecular medicine'. He claimed he could cure 90% of patients with this treatment.

I followed vitamin therapy for more than 10 years (Hoffer said chronic cases need 5 to 10 years for healing). It did not completely heal me, but in combination with all the other things mentioned here, I feel better if I take my vitamins.

Here is what is recommended:

1g or more Niacin a day

3g Omega 3 a day

1g or more Vitamin C a day

These vitamins have no negative side effects. Niacin can initially make your skin turn red. But this is not harmful and passes with use. Vitamin C is known to prevent the common cold and cancer. And Niacin and Omega 3 are good for mood, nerves, and brain health.

You can purchase your vitamins on Amazon, in your health shop, pharmacy or here:
<http://www.vitacost.com>.

Diet

Let us look further into diet. Dietary changes can influence a lot the way you feel. Some even claim schizophrenia is a dietary disease. I am not so sure about the latter, but a very healthy diet certainly helps me feel better.

Generally, for a healthy diet, it is recommended to eat:

- 1) A big breakfast - don't skip breakfast.
- 2) A medium lunch.
- 3) A small dinner.
- 4) Some snacks.
- 5) At least 5 portions of fruit and vegetables each day.
A portion is the amount that fits in one of your hands. All the juices consumed in a day count only for one portion.
- 6) Watch that you vary your diet (don't always eat the same things, think rainbow colours on your plate!),

include sufficient protein (meat, fish, dairy, soya, beans), and check every so often if you have any dietary deficiency. This can be done with a nutritionist or a blood test with your doctor.

There are a number of different diets that can be recommended:

- 1) Healthy standard diet: Good for starters. Includes everything, but is heavy on healthy products such as vegetables, fruit, breads, pasta, and meats etc. Avoids too many sugars and unhealthy fats and processed foods. This diet can be healthy.
- 2) Pescatarian diet: This diet is like the healthy standard diet but excludes meat. It allows for fish, and dairy products, and otherwise is focussed on lots of vegetables and fruit. Some research claimed this is the diet of the longest living people on earth. I followed this diet for many years.
- 3) Vegetarian: Avoids meat and fish but allows all else. If healthy as described above, this diet is super

healthy and people who are on it are slimmer and have fewer health problems than ‘normals’.

- 4) Vegan: This diet excludes meat, fish, dairy products, eggs, and everything with animal products. It can be super healthy. It’s a bit difficult to learn at first, and the right products are not always available. Watch out for Vitamin B12 deficiency and iron. Maybe you need to supplement these when on this diet.
- 5) Gluten and dairy free: This excludes all flour products and all milk products. It is thought to help some, but not all, people with schizophrenia. Best is to test it out. There are gluten-free breads available in the big supermarkets and dairy free milks. For more speciality products, find a good health shop or search on the internet.

I was a foodie for years and experimented with all sorts of healthy diets and superfoods. It’s great fun and your body will thank you. It is recommended to change slowly. I got vegetarian in about 2008. But it took me many years before I had perfected this lifestyle, and I even now cheat sometimes, even if it is rare.

It is advisable to calculate what you will eat when you travel. When I can, I always stay in self-catering accommodation. This way, I have more control over what I consume. This can be a self-contained flat or a bed in a hostel. Most hostels have a kitchen.

When you travel, you can also check out the vegetarian options in the place you visit. Search here: www.happycow.net

If you have very special and strict dietary requirements and are travelling to a foreign country, you can always have yourself a 'diet passport' made. This is a card with your requirements in different languages. You can purchase this on the internet or make it in advance at home before you travel.

When we eat out, I always order the vegetarian or vegan or fish dishes. I avoid pizzas and rarely eat pasta. I avoid stuff like burgers, kebabs, and other unhealthy food. Indian is great, Thai too, they base a lot of their dishes on vegetables and fish.

Some random observations:

If you have restless leg syndrome, take some Magnesium. It helps.

If you drink at least one litre of milk a day, your teeth will be really nicely white. I observed this when I did a smoothie fast (smoothies made with milk all day). I got compliments about my white teeth.

If you are vegan, you might become B12 deficient. I had this. I had needles and pins in my feet because of it. A glass of normal milk a day helps against that. Or, if you want to be proper vegan, take a supplement of B12.

Some easy, mostly veggie, budget recipes

Breakfast and lunch

Chocolate croissants (for 2)

Buy:

- 1) 1 pack puff pastry
- 2) 1 bar of chocolate
- 3) Powder sugar

Preparation:

- 1) Cut 2 (or more) quadrants out of the puff pastry
- 2) Cut or break 2 (or more) 1cm thick slices of the chocolate bar
- 3) Roll the chocolate into the puff pastry, form a croissant
- 4) Put on a baking tray lined with baking paper
- 5) Sprinkle powdered sugar on top
- 6) Bake at 120 until the pastry has puffed and is slightly browned

Cheesy eggs (for 1)

Buy:

- 1) One pack of eggs
- 2) One bag of shredded cheese
- 3) Ketchup
- 4) Toast

Preparation:

- 1) Scramble 3 eggs in a bowl
- 2) Mix half a bag of cheese under
- 3) Fry the mixture until not runny anymore
- 4) Serve with ketchup and toast

Herby mushrooms (for 1)

Buy:

- 1) 1 pack of mushrooms
- 2) 1 tub of single cream
- 3) Mixed herbs

- 4) Optional: shredded cheese
- 5) Toast

Preparation:

- 1) Wash and cut the mushroom in slices
- 2) Fry the mushroom in a pan with a little oil
- 3) Add some of the cream and some herbs, you may add some cheese
- 4) Fry until the mushroom is soft and the sauce thickened
- 5) Serve with toast

Tuna salad (for 1) (not veggie)

Buy:

- 1) 1 bag or bowl of mixed salad
- 2) 1 or 2 large can of tuna
- 3) Mayonnaise
- 4) 1 small can of sweetcorn

Preparation:

- 1) Assemble the salad on a plate
- 2) Pour the sweetcorn on top of the salad
- 3) Drain the tuna and mix it in a bowl with 2 tablespoons of mayonnaise
- 4) Pour the tuna mix on top of the salad

Salmon salad (for 1) (not veggie)

Buy:

- 1) 1 bag or bowl of mixed salad
- 2) 1 small can of sweetcorn
- 3) 1 small jar of seafood sauce
- 4) 1 pack of smoked or grilled salmon

Preparation:

- 1) Arrange the salad on a plate
- 2) Pour the sweetcorn on top

- 3) Pour 2 tablespoons of seafood sauce over the sweetcorn
- 4) Cut the salmon into small pieces and assemble on top

Red pepper soup (for 2)

Buy:

- 1) 1 or 2 cans of tomato sauce
- 2) 1 big jar of grilled and pickled peppers
- 3) Balsamico vinegar

Preparation:

- 1) Pour the tomato sauce and the red peppers into a blender, blend
- 2) Add 2 tablespoons of balsamico vinegar
- 3) Heat in a pan

Dinner

‘Stir fry’ (for 2)

Buy:

- 1) 2 packs of ready cut vegetables for the barbeque or
1 bag of ready cut vegetables for cooking
- 2) 4 cans of different beans (kidney, butter, chickpeas)
and peas, you can add sweetcorn
- 3) 1 jar of pasta bake or tomato mascarpone sauce

Preparation:

- 1) Fry the vegetables in a wok or pan until soft
- 2) Add the beans and peas and stir
- 3) Add the tomato sauce and mix well
- 4) Let simmer for about 30 minutes on low heat

Cauliflower Cheese (for 2)

Buy:

- 1) 1 large or 2 small cauliflowers
- 2) 1 jar white lasagne sauce
- 3) 1 bag shredded cheese

Preparation:

- 1) Trim the leaves of the cauliflower, wash
- 2) Cook the cauliflower in water until soft (test with fork)
- 3) Put the cauliflower in whole in a baking tray
- 4) Pour over the lasagne sauce and sprinkle a lot of (all) the cheese over it
- 5) Bake at 180 in the oven until the top gets slightly browned

‘Green Stuff’ (for 2)

Buy:

- 1) 1 or 2 small broccoli
- 2) 3 cans of peas
- 3) 1 can of sweetcorn
- 4) 1 tub of natural yoghurt
- 5) Balsamico vinegar
- 6) Cashew nuts

Preparation:

- 1) Wash and cut the broccoli into small florets
- 2) Fry the broccoli in a pan or wok until softened
- 3) Add the peas and sweetcorn, mix all well
- 4) Add 3 tablespoons of balsamico, stir
- 5) Add one tub of natural yoghurt, mix well
- 6) Add cashew nuts to taste
- 7) Let simmer on low heat for about 30 minutes

This dish tastes really nice if you serve it with mayonnaise, I personally think.

Biryani (for 2)

Buy:

- 1) 2 cans of mixed beans
- 2) 3 bags of microwave rice (preboiled, needs only heating)
- 3) Raisins
- 4) Curry powder

Preparation:

- 1) Mix the beans with the rice and fry in a wok
- 2) Mix the raisins and the curry powder under

This dish is really my GO TO when I am hungry and want something that's as fast as microwave food!

Aubergine Bake (for 2, lasts for 2 meals)

Buy:

- 1) 3 aubergine
- 2) 3 cans of tomato sauce

- 3) Balsamico vinegar
- 4) Brown sugar
- 5) 1 bag of shredded cheese
- 6) Breadcrumbs
- 7) Optional: Pinenuts
- 8) Optional: 1 pack of goat's cheese

Preparation:

- 1) Wash and cut the aubergine in 1cm thick slices
- 2) Fry the aubergine slices in a wok with quite a lot of oil until brown and very soft (be patient, this takes some time)
- 3) In the meantime, pour the tomato sauce into a pan, add 3 tablespoons of balsamico vinegar and 3 tablespoons of brown sugar and mix
- 4) Mix the cheese with 2 cups of breadcrumbs. You may add the pinenuts here.
- 5) Pour half of the tomato sauce into a deep baking form
- 6) Layer half of the aubergine on top of the tomato sauce, one slice next to the other

- 7) You may put some goats cheese on top of the aubergine slices
- 8) Sprinkle half the cheese mix on top of the mix
- 9) Repeat (tomato sauce, aubergine, cheese)
- 10) Bake in the oven at about 180 until the top is browned

This is our favourite Sunday dish.

No meat Lasagne (for 2, makes maybe 2 meals)

Buy:

- 1) Lasagne sheets
- 2) 1 jar red lasagne sauce
- 3) 1 jar white lasagne sauce
- 4) 1 bag shredded cheese
- 5) 1 bag quorn or veggie mince

Preparation:

- 1) Layer half of the quorn or fake mince into a deep baking dish
- 2) Pour half of the white and red sauce over the mince
- 3) Soak the sheets briefly (5 minutes) in hot water (you can forget about this if you use the sauce to wetten the sheets. The sheets need liquid to become soft when baked).
- 4) Cover the mixture with lasagne sheets
- 5) Repeat (quorn, sauce, sheets)
- 6) Layer all the cheese on top
- 7) Bake in the oven until the sheets are soft

Soulfood gnocchi (for 2)

Buy:

- 1) 1 bag of gnocchi
- 2) 1 tub of mascarpone cheese sauce
- 3) 1 bag of shredded cheese

Preparation:

- 1) Fry the gnocchi in some oil in a pan or wok until they are soft and slightly browned
- 2) Add the mascarpone sauce and the cheese
- 3) Stir until the cheese has melted

This is a really heavy dish for when you need something SERIOUSLY FILLING.

Fish Pie (for 4) (not veggie)

Buy:

- 1) 3 packs of fish fillets (cod, salmon)
- 2) 1 jar white lasagne sauce
- 3) 1 bag spinach
- 4) Dry mash
- 5) 1 bag grated cheese

Preparation:

- 1) Cut the fish fillets into small pieces
- 2) Arrange the fish pieces with some of the spinach in a deep baking dish
- 3) Cover with the white lasagne sauce
- 4) Mix the dry mash with hot water
- 5) Layer the mash over the fish mix
- 6) Sprinkle all the cheese over the mash
- 7) Bake in an oven at 180 for 45 minutes (or until the fish is cooked and the cheese is browned, test with a fork)

Fluids

I avoid drinking too much coffee, even if I love coffee. Coffee is thought to be able to bring on voice hearing even in healthy individuals.

Likewise, I avoid alcohol. I drank one glass of wine each night for many years, but then when a crisis hit, I developed alcoholism. This can be deadly. Alcoholism is a deadly disease. Furthermore, the medications don't work with alcohol. I attend AA now every day online and am mostly sober.

Here is the link to an 24/7 AA meeting:
<https://www.aahomegroup.org>

Here is a list of meetings that you can attend online:
<https://aa-intergroup.org/oiaa/meetings/>

The healthiest drinks are water, some juices, and herbal teas. I combine them daily. I drink water with the juice of one lemon in the morning, a freshly pressed celery juice too, then

some coffee, then water throughout the day, a smoothie at 3pm, and later some herbal tea to relax. I purchase my smoothies from The Honestly Good Smoothie Company. These are the most delicious on the market. But you need a mixer for them. You can also purchase freeze-dried powdered smoothies. They are good too.

I have to admit, I still sometimes drink too much. But it is recommended to avoid this. Alcoholism is a deadly illness. It has a solution in attending AA and pursuing the 12 Steps of AA. I drank to self-medicate against my voice hearing. But it's not a good way to cope. I drank when there was war here and pressure on me, but in calm times, it's easier to drink healthy. Recommended drinks for older people are water, some juices, and herbal tea. When I was younger, I drank a lot of coffee and I drank a lot of diet coke until recently. I am not sure how healthy this is.

The best drink to consume as a schizophrenic, I believe, is green tea. I drink a lot of green tea recently, and it makes me feel calm, I can think clear, and I am wide awake even if I am on a lot of medication. Green tea is thought to help

protect the heart, help brain function, make you alert, but not anxious, and protect against cancer, and help with weightloss. Green tea is the winner for me, if you can stand the taste. I drink lots of it recently.

Music

Listening to music helps me massively to cope with my voices. I prefer classical music (I listen to classic fm a lot) or calming music from youtube. I like reiki, jazz, and meditation music. Many schizophrenics find that music helps them a lot.

I even have a Walkman radio to listen to when I am outside. It helps me to focus in case I hear voices.

Listening to music helps me better than any talking therapy! It is balsam for the soul, makes me happy and calm, and entertains me, and drowns out any voices.

I listen to music all the time, and as soon as I switch the radio off, I might hear voices. But the radio or youtube drown them out reliably.

There are some meditation youtube music videos to be found that even are used for healing, opening the chakras, bringing about love, opening the heart, etc..

Music is truly a wonderful healer. When I wake up to voices who moan at me (they often say things like - *It hurts us. Because it hurts us. You don't understand that. They are fascists.* And such. – I switch on classical music, happy classical music is best, or a meditation video on youtube, there are so many of them! And it helps. It really helps to keep the voices at bay and be clear enough in my head to think and write.

No drugs!

I have no significant experience with drugs and avoid them. However, I have to admit I was briefly alcoholic, and I like nicotine. I take my nicotine in safe form, e-cigarette or nicotine gum. These are far safer than smoking and no long-term negative effects are known.

Safe stimulant use

Coffee: Many schizophrenics are addicted to coffee. Some psychiatrists have told that some schizophrenics eat instant coffee from the tin with a spoon. I found that more than the normal amount of coffee makes me paranoid. 2 or 3 mugs a day are fine, but when I drank far more, I suffered from a lot of panic all the time. I find that diet coke is better to avoid anxiety, because the caffeine level is lower. Herbal tea might be even better, if you want to relax even more. Some scientists even claimed that coffee abuse can lead to voice hearing. But I hear voices without caffeine too.

Nicotine: Sadly, I am a nicotine addict. Safer ways than smoking are the gum or patches (can be used long-term

without any known negative side-effects) or the e-cigarette (is believed to be 95% safer than smoking cigarettes). I think, nicotine abuse comes from hunger, malnutrition, and stress. Sleep, and healthy and sufficient nutrition and enough meditation or chill out time (I prefer that with music) help me use less nicotine.

Exercise and Rest

I am not big on the exercise front. Especially in the times of Corona. I walk for shopping every weekday. That gives me a half an hour walk. Before that, I went swimming ever so often, for half an hour or so. I want to do this again when the pools are open again. I start an exercise practice every so often, like running or gymnastics at home, but usually don't follow it for a long time. Half an hour walking in open space is enough for me. But everyone is different. A little more than that would be better. People with schizophrenia prefer gentle exercises, such as swimming, walking or yoga.

On the other hand, I am a big fan of resting. I love to lie down all the time and listen to music and watch the world go by through my window. I sleep normal, maybe more than

working people (I am an unemployed writer at the moment).
When I worked, my sleeping patterns varied. But do know
that lack of sleep can worsen psychosis and schizophrenia.

Spirituality

Spirituality is essential for me. I am highly spiritual, and it is said that spirituality increases longevity and happiness. It certainly does make me happier.

The Universe (God) explores itself through
humans/ consciousness
and constantly improves itself through conscious
evolution.

On God

God is conscious and good. God is so great that it would be impossible to understand Him. He is so great that asking for our image of him would be like to ask an ant about an image of the Himalayas. I think God does everything. I do believe in free will in a way, I guess, but I think God is so much more powerful than humans, that maybe we all simply play out God's will. God finally gives me love and a good life. It is wonderful. I pray each day for love in my heart and wisdom and knowledge in my mind. I feel that God is giving me the ideas in my head. My ideas come into my head. I think God gives us our ideas. I think God is also the light above, and angels are watching us all the time, our every thought and emotion and deed. God watches all of us all the time. Angels do. They judge every thought, word and deed. And they will always help us. I believe that. When I had my worst life experiences, God interfered and helped me. But when I was not a good person, God punished me. I was a

stupid teenager. Stole chocolate and money, just because I had a troubled family life and did not really know better. God punished me for that with poverty, shame and loneliness. But I paid it back. I undid my wrongs. I do believe we have to help the poor and do good deeds and we will be rewarded. I always tried to help the poor since I did a trip to Nicaragua and saw poverty there. My dream in life is to work for peace. I promised angels to work for peace. And to help work against poverty. Poverty is very upsetting. I think, if I do that and love people, God will reward me with his peace. I also want to help people with schizophrenia. Schizophrenia is a very hard illness. It is trauma, poverty and God's interference. To me at least it is. But I don't know if I can help. I just can try. But I did promise angels to work for peace. And I think angels will let me do that. That's what I hope. That I am allowed to work for peace, not war. Because I want to be happy and wise when I am old and I want to continue life in heaven, not hell. God allowed me to live without children. It was not God's will that I have children. Otherwise, I would have some. I write ok. I love to write. I really would love to write books for peace. Even if they might not always work and

might not always bring the ultimate truth. When I had my first psychotic episode, Jesus (I think?) told me to write myself free. And later, when I talked to angels, I said I want to work for peace, and they said: 'good choice'. God is ultimately all the power and all the consciousness that there is. So, I guess, all is going according to God's plan. So, I guess, I don't need to worry. I talked to a higher power once. Maybe it was Jesus. I do not know that, and I won't claim it. It was just a voice from above that spoke to me in my head. It told me I did wrong, and it guided me to learn better ways. And it told me that I can hear now (I think that's what the voices are), and that I should write myself free. Later, I heard the sentence: I AM. And I heard that I need to learn love and wisdom now. I am trying really to learn love and wisdom. But God will give me love and wisdom when I am ready. I don't need to struggle for it, I pray for it, nothing more is required than willingness, I guess. I wish God would allow me to stop smoking. I find it impossible to stop. God does not allow me to stop smoking. I smoke e-cigarettes. But the doctors say it's not such a big problem.

Diet

It is recommended to follow a vegetarian diet. Vegetarian means eating no meat, but eggs, some include fish, and milk products. Vegetarianism is recommended in many spiritual traditions as the more ethical lifestyle.

Prayer

I pray with a candle or on my knees every morning, I give thanks and ask for guidance. I pray also around lunchtime and in the afternoon and around dinnertime.

I pray for other people too. A lot. This gives me a deep feeling of being connected and combats loneliness.

When I go to church, I light a candle and pray. We tend to visit churches often. I attend services fairly regularly.

At home, I pray on my knees with my arms raised and bow after speaking to God because God told me to do so. I do this not all the time. Often, I lie down and pray in lying position.

I attend prayer retreats every so often.

Meditation

I recently learned meditating properly, after trying a couple of times. I am sitting in my chair, starting it with a prayer for inspiration or guidance, listening to meditation music on youtube, cross legged, with the correct hand posture, and wait for what comes into my mind. I do that every morning, and in the afternoon, and at night, when I feel like it.

Very often, I simply put on meditation music (I like reiki music) and lie on my bed and meditate that way.

Good deeds

A good spiritual practice is to commit to one good deed a day. This can be donating some money. I give 10 percent of my income away. This can also be prayers for others or sending birthday flowers or writing a nice message to someone. Volunteering, helping someone, all count towards this.

I read a newspaper article once that said people who do good deeds in their lives are happy at old age. There is also research that spiritual people are happier. It makes sense, if someone believes in the ultimate truth of a almighty force of universal goodness, and the survival of bodily death, one must be happier than if one does not believe in that, right?

Ideas for good deeds:

Prayers for people

Volunteering

Deciding to smile at everyone you meet on that day

Donate some money

Help some people around you

Write nice messages to friends and family

Clean the house, bring out garbage

Write a letter or send someone birthday flowers

Attend church

Do something for a good cause

Have a vegan day

Donating 10 percent of your income is called Tithe and is a spiritual practice that some Christians follow. I set up a monthly donation to some good causes and leave half of my 10 percent to donate every first of the month to some other cause. It makes me feel better.

Also, I pray for people around me often. I have a mentally ill friend and I pray for him daily. Since I do that, he seems

to get better. I also pray for people to find their faith or in thanks.

I check every morning what my good deed of the day will be and I have a diary in which I record my good deeds (along with any signs of spiritual guidance).

Study

I read for one hour a day on spirituality. I constantly browse for better books.

Retreat

Every year between the years I go on a retreat for 3 days or so. In this time, I limit my online time, I pray and meditate all the time, I read spiritual literature, listen to meditation music, and eat healthfully.

In the future, I might include fasting in this programme.

I intend to repeat this practice every three months.

I also attended a prayer retreat with St. Beuno's. This was an amazing experience, and the trick with listening to music came out of this. I am still finding accompaniment from St. Beuno's. It is a deeply cherished relationship for me and I am learning a lot and finding deeply spiritual, very loving people there. I can very much recommend it.

Constant conversation with God

I converse with God on a daily basis. I ask him for help and guidance, ask him to bring me closer to him, thank him, ask him to forgive my sins.

Church service

I attend my local church each Sunday and have made good friends. I enjoy going there and singing and talking to like-minded people and friends and feeling the spirit and listening to the sermons. The other day, I prayed for Jesus to meet me at church and when I attended church that Sunday, the speaker talked how we meet God here. That was a sign to me that Jesus had listened to my prayers.

Fasting

I learned and practiced full fasting so far only out of poor health, when I was ill. I practice partial fasting sometimes, like skipping breakfast. Or avoiding a special food, like chocolate. I nearly always avoid meat. I want to continue this practice and learn full fasts. But I have an underlying health condition, so I need to be careful.

Spirit Release

I did meet Terence Palmer on the Internet. I had posted an article about schizophrenia as spiritual voices, and he said we should meet. He proposed to treat me with spirit release therapy, and I agreed. He used a medium for this.

I did only know then week in which the procedure was conducted. But on the day of the procedure (as I learned later), I became free from my harassing voices, felt brilliant, and cried in the evening because I was so relieved (something I rarely do). Since the procedure (and it has been some months now), I feel much improved and the worst symptoms have gone.

This is the report I received from the intervention:

We have conducted a remote spirit release procedure for you in response to your recent request, and these are our findings:

One mid-level (grade 2) negative spirit entity attached to your outer etheric body has been removed by the spirit guide and his team of

helpers. The entity of interdimensional origin and reptilian species uses the etheric energy of humans for the incubation of their offspring. All possessions of the entity have been removed.

Your grounding with the planet was missing and has now been replaced, so you should feel better coordinated with your physical reality.

A curse projected to you has been negated, and you have been placed in a protective shield with a reflective surface to reflect the curse to its sender(s) and make it stop. The spirit guides always advise against challenging the sender(s), which only worsens the situation. We are advised to avoid interacting with negative people or those antagonistic towards us.

A control device implanted by a negative entity to interfere with sense perceptions has been removed, so you should now be able to perceive reality more clearly. This should relieve any symptoms of irregular sense perceptions.

All forms of negative energy have been cleared from within the inner etheric body, and all chakras are now harmonised to permit the free flow of positive energy through the body.

A small cluster of interdimensional parasites (spirit bacteria or spirit bugs) has been removed.

Six attached earthbound spirits have been released to the light. These had been forced into your etheric body with the deliberate intention of inducing false perceptions and confusion.

A negative self-created thought-form indicating anxiety and depression has been transformed into its positive opposite, which should give you a calmer disposition for your own well-being.

A dissociated sub-personality created at about the age of seven has been reintegrated with the core self, so you should begin to feel more emotionally complete within yourself.

You ought to benefit from our intervention almost immediately, or at least within the next few days. In the meantime, please follow the advice offered by the spirit guide on the attached recording, which I trust you will find helpful and informative. I have also attached a pdf with information about the methods used and some of our terminology.

I did not believe in this at first, but it really helped me massively, better than any of the other alternative therapies I had tried. And there was no effort at all from my side involved, apart from a chat to the therapist.

Here is his link if you want to consult him:

<https://www.terencepalmer.co.uk/?sfw=pass1626191888>

Please be aware that Terry currently only takes patients under the supervision and with agreement of a psychiatrist. If you cannot organise that, try to find another practitioner who does the same.

Lifestyle Tips for Schizophrenia

My spiritual lifestyle

I am a scientist with a PhD, and a patient with schizophrenia since 2002. Over the years, I experimented with a lot of alternative approaches to schizophrenia, and developed my own ideal lifestyle programme. It helps me massively to live well with this illness.

Nutrition

I started to switch to a vegetarian lifestyle about 10 years ago or more. The vegetarian lifestyle is said to be more spiritual; many spiritual leaders have claimed this. Also, it is thought to be healthier. Sometimes, I think about going vegan, but I like milk and cheese a lot. Also, sometimes I cheat and have tuna. I even sometimes cheat and have a chicken sandwich, but this is only when I am too unwell to go shopping.

We go shopping once a week to LIDL, and I cook all dinners fresh. We eat vegetarian dinners, such as vegetable stir fries etc. I attempt to eat my 5 fruit and veg a day.

For lunch, sometimes I have a vegetarian English breakfast in a nearby café. Or I have a cheese sandwich and baked beans. For breakfast, I have a Nutella sandwich or muesli.

I drink a lot of coffee and diet coke. In fact, I think I rarely drink water. I add some juice daily, and for a long time I drank a smoothie daily. This is something I need to work on. I want to drink more water and teas.

Health

I take medication (Risperidone, Olanzapine and Sertraline, antipsychotics and antidepressants). I take my antidepressant in the morning and my antipsychotics at night. The antipsychotics make me feel a little depressed, so I take them after food and before I go to bed.

I also take vitamin C each day, 2g. And a multivitamin. Vitamin C is thought to protect against cancer.

For many years, I took also Omega 3 and Niacin. Now, I am taking Niacin only on occasion when I feel a little blue. I think it helps me against the blues.

Sobriety

I attempt to live a sober life. I had developed alcoholism when Brexit happened. It was too much for me. I have found a lovely AA group, which meets daily apart from Saturday online. I attend this group regularly. If I pray and meditate enough, I can stay sober.

I am a smoker of e-cigarettes and chew nicotine gum. While this is thought to be not harmful, I want to long-term change it. When I lie down and relax, I don't need to use nicotine. I use it more when I sit at my computer.

Prayer

I pray daily. I pray all throughout the day and for long periods of time. It makes me a nicer person and I feel better due to it. Praying for others, in addition, gives me a feeling of not being alone but connected.

I pray the following each day:

*Holy Father, dear Lord Jesus
Please undo the harm I have done
And let everyone I have wronged forgive me
And let me be a channel of your love
And lead me into the light
Because I love you and I want to serve you with my life*

I also pray for love in my heart, for wisdom, and for guidance and similar things.

I also pray for everyone that I can think of daily. I don't have enemies, because I pray for the people who don't like me or with whom I had an argument.

This has become ever more important to me recently, because it makes a difference in how I feel. I feel happier due to it, more loving, calmer, and less lonely.

Meditation and Music

I listen to meditation videos on YouTube all the time. Sometimes, often, I lie down for doing so and only listen. This is like meditation. I don't like to sit for meditation. I like Reiki music and others. There is an abundance on YouTube. I also like classical music radio, such as Classic FM and Radio BBC 3.

When I listen to music, I have no symptoms. The music chases them away. When I switch it off, the voices sometimes come back. I even bought a Walkman radio for carrying when I walk outside.

Love

I try to be extra loving. I try to be loving to my friends and partner. I am bad in that I shout at my old mum often. I am trying to fix this, but she is very stubborn in her ways, and we agree on not everything. And sometimes I lose my nerve with her. But we agreed to talk less. And I pray for her each day. I send my friends letters and messages for their birthdays, flowers on occasion, and check in on them

frequently. I like to tell people that I love them and pay them compliments.

Daily schedule

I use diaries a lot. I write down everything I want to accomplish in a day. I schedule sometimes each hour in an online diary. I have a diary for expenses, because living on disability income needs careful planning. And I have a health, food and spiritual diary.

Spiritual deeds

I pray each day for lengthy times. All throughout the day. I attend church often, but not every Sunday. I visit church often in the week to find community. I did prayer retreats online and meditation retreats with a Buddhist monastery. I donate 10 percent of my income each month to good causes.

Exercise

I attempt to get my 5 times 30 minutes walking in each week. Sometimes, I have sprints of exercise, meaning I exercise for a week very intensively, starting something new, but then I

lose interest. I walk everywhere. I walk to church and for shopping. But here I need to improve.

Schedules

1) Daily Management

I write down everything I need to do in my online diary for every hour. So, I know for every hour of the day what I need to do, from small things, like brushing my teeth, to big things, like appointments. I plan the next day always in advance. This also helps to avoid boredom. I realise if I have an empty day the days before and can plan something in to avoid boredom. I write everything in red, when I have completed a task, I change it to black. I also have a normal diary in which I record events (such as conferences and doctor's appointments) and birthdays.

2) Daily Routine

I start the day often already at 5 or 6 am with 2 cups of water with the juice of one lemon and a freshly

pressed celery juice with an apple. I do own a juicer. It's very handy. This recipe is thought to replenish the dehydrated body after a night's sleep.

Later, I take my vitamins and medications and a coffee, then I usually check my emails and put on music. I do my morning prayers. I have a breakfast of baked beans with toast or a scone or even better wholegrain bread, which is very filling, and then dabble a little around with the internet, or do a job application. At 8am I go for a walk with my trainers on, and my Walkman with me to avoid boredom. Afterwards another coffee and continue with my morning tasks. I work better in the mornings, hence things like job applications or writing etc. I do before lunch.

At 10 am I attend a service online (Ampleforth Abbey).

At 11am I do the shopping for dinner.

I have a lunch of salad (tuna or salmon, recently fake tuna because I have turned vegan), and maybe a diet coke. Recently more often I drink a juice or water (I have started to avoid diet coke), then I make myself

a calming herbal tea, in a big mug, put on some classical or reiki music, and chill out. I have my lunch prayers, and then take it slow until 2pm. Then I might snooze a little and lie down.

At 3pm, I have another prayer and a smoothie. I prepare my smoothies from frozen bags that I buy online (the company is called Honestly Good Smoothies), very delicious. I prepare them with milk.

At 4pm, I go for my second walk of the day with trainers and my Walkman.

At 5pm, I start cooking. We eat at 6pm. We usually eat vegetarian dishes with lots of vegetables. After dinner, I get a cuddle from my boyfriend and a chat.

At 7pm, I do my AA meetings, with a lot of herbal tea accompanied. Afterwards, I have a bath every second day and wash my hair and do haircare and skincare and then I pray for others. Then I take my medication and the rest of my vitamins and go to bed.

Here is an example of a day:

5am lemon water, celery juice, meds and vitamins
6am
7am coffee, fruit, meds, oil on face, prayer, brush teeth baked beans, prayer, music
8am go for a walk with trainers and walkman
9am Job applications or writing
10am Service Ampleforth Abbey
11am go shopping for dinner
12noon lunch salmon salad and water, prayer
1pm water, music
2pm tea, music
3pm prayer, smoothie
4pm go for a walk with trainers and walkman
5pm cooking, water
6pm dinner stir fry, cuddle
7pm AA tea
8pm music, bath, wash hair, conditioner, body milk, plan tomorrow and the day after meds
9pm prayer for others, healing music
10pm bed, teeth

3) Weekly Routine

I follow the above schedule all days in the workweek, but I am flexible and change the schedule somewhat each day according to need. On

weekends, I follow a similar schedule but less strict. I don't to the walks on the weekends. Also, I don't cook on Saturdays, as we always have a takeaway on Saturday. Often, we drive out on Saturday for the day somewhere. On Sunday, I often attend a church service, either online or in person. AA is also not taking place on the weekend.

4) Monthly Routine

On the first of each month, I donate tithe. I give 10% to charitable causes. I also practice one of the steps of AA each month. At the 15th of each month, I complete my lifestyle book. This is a book that I designed and printed with www.lulu.com and in which I record how healthy I have lived, if there have been any episodes, if I drank, how my social life was, my finances, etc.

5) Yearly Routine

I celebrate birthdays, I celebrate mine and the one of my partner Will. We have cake, flowers, and other

lovely things for birthdays. Sometimes, I have him a piece on the radio played or we go to a restaurant.

We also celebrate our anniversary on the 6th January with cake and flowers.

I have a diary in which I write down all birthdays of friends and family and I make an effort to remember every birthday and send a loving email or a letter, or, when I have more money, flowers.

We love Christmas. I send a roundletter to all friends and family for Christmas. This is a longish illustrated letter, which I have printed in a copyshop, and in which I record my year. We celebrate with a church service, lots of classical music, and a vegetarian very nice dinner (tofurkey).

Between Christmas and New Years, I have a retreat, in which I pray a lot and withdraw and am very spiritual. In the year, I attend a retreat with St. Bueno's. I attend this retreat every so often, and I am allowed to do so for free, because I am unemployed at the moment. It is a wonderful spiritual place and I really can recommend it!

Influencing the nature of the voices

Coffee

Coffee is a favourite drink of mine. You can bring about voices and visions with coffee. They turn aggressive and frightful with coffee abuse. Coffee abuse means about 2 or 3 mugs within an hour, for example, and more than 5 mugs a day.

I abused coffee for years, and the voices were aggressive, and I was fearful all the time. This is due to coffee. Coffee increases anxiety and can bring about voice hearing in itself.

Alcohol

Alcohol can calm or make aggressive. I recommend avoiding it. I had love delusions under alcohol in which I wrote too many emails. It is not recommended. It also can lead to more hellish visions. All my hellish experiences from chapter 2 were under the influence of too much alcohol.

Calm, loving environment

A calm, loving environment is necessary to have calm and loving voices. I have a room that is nicely lit, according to my taste, and I listen to meditation or classical music all day. I live in a quiet street and have a calm, loving partnership. I avoid TV and cinema, especially violent or scary films. All this helps to keep the voices from being aggressive. Walking in nature is also beneficial. I avoid watching war movies, in fact I don't like any movies with drama, and dramatic news, and rather get my news from the internet. It helps keeping me sane.

Spiritual readings and practice

Spiritual readings and practice lead to spiritual experiences and voices. Since praying a lot I hear the voice of Jesus very often and have visions of angels and Jesus. When I read about guardian angels, I saw white feathers everywhere, which are a sign of guardian angels.

Summary

What you surround yourself with and what you feed your body and your mind influences the nature of the voices and visions. Be careful to surround yourself with the things you want to experience! This goes for movies and music likewise.

On Love

Love is like a force of nature between humans. It works like a physical force. Relationships between humans are governed by love. There are other forces of nature that govern mountains and the seas etc. But amongst humans, love is the guiding principle.

Love makes us happy. We are happiest when we are in love. Love is the key to happiness. When we get and give true love, we find happiness. All else is secondary. It is simple as that. That works better than pills or therapies or wealth or drugs or anything else. I was very poor once, but I was happy

when I was loved. I was always only happy when I was loved and when I could give love. From the heart. I was lonely for many years and heaven did not like me much. These were the hardest times in my life. I would always trade in love and heavenly peace against all honors and all riches in the world. And that depends on being a good, loving, faithful person. But God is great. He forgives even sinners. Like me. And he teaches us all the time. Angels teach us to love. I pray for love in my heart and wisdom and knowledge in my mind every day, as well as for all the great people I have met.

At the moment, I am blessed with love. I have love in my life. I don't know how I finally deserve so much love, but it is the most wonderful experience. It is purely from the heart. It has nothing to do with sex. It is kindness and caring and gentleness and listening and laughing together. It is the most beautiful love that I ever experienced. And, you know what? When I met this person, I saw a heart in the sky and a smiley out of clouds. Really true. It is my personal miracle! I am close to tears in gratitude when I write this, because I am happy.

Today, my boyfriend came into my room while I sat at the computer, and he asked me if I have enough medication and gave me a kiss and I think he said I love you. Very gently. It made me so happy! ☺ It made me so happy that I need to tell you! It really made me so happy!

Love is sweeter than sex. Will cares for me. He likes it when I bring home flowers, we cook together, and he loves my food. He accepts when I am too ill to do much and makes me a tea or brings me a sandwich. He cares deeply when I drink (which I try to avoid, I really do). He sometimes talks to the doctors for me. He is such a loving man. I do not know how I deserve this man! He is truly AMAZING! I love him deeply. He made me very happy when he came up into my room the other day and gave me a hug. He makes me very happy when he wants me to kiss him or cares for me. It might not be the love of Hollywood movies, with short dresses and sex and babies (nothing wrong with that, but I am too old and ill for that ;-)), but it makes me very happy, very, very happy, and that's all that matters.

Being loved and loving, I believe, are very important for humans. More important than fame or great fortune. I chased different things in my life: adventure, sex, fame etc. But being surrounded by love and giving and receiving love are more satisfying than anything else.

In fact, I pray each day that God fills my heart with his light of love. When we are in love, when we are loving, we feel happiest I believe. The search for love, giving and receiving, has been very important in my life. When I feel I can give and receive love, I am happy, no matter what.

On finding love

Love is mysterious to humans as anything. There are so many love songs, films about romance etc. that one never can finish learning about it. Here is what I learned about love:

- 1) It is not about good looks only. It is not about money only. It is about being a good hearted, kind, and considerate person. A good person. That's the

main thing! If you are a good person, you will attract good people.

- 2) A relationship is not about sex necessarily. I had my worst relationships with lots of sex, and my best relationships with no sex.
- 3) You will find a partner if you simply hang out with a lot of people who share your interests. I met my partner through a friend whom I met at a walking group.
- 4) Be very nice, respectful and loving to everyone you meet. This makes you friends, and among them there might be a potential partner.
- 5) Develop yourself. Work on your own dreams and pursue them. This makes you more interesting as a personality.
- 6) Be patient. It took me 7 years after the breakdown of a bad relationship to find my now partner. I had friends and affairs in between. But now I am in a really loving relationship with someone great!
- 7) Say 'I love you' as often as you can and in as many ways as you can. I found my now loving partner by starting to tell him that I love him, after we met twice

through a friend and chatted long at a party. We are now 7 years together, and I still tell him that I love him every day! There is no more powerful sentence than 'I love you'. Also, be generous with genuine compliments! And encourage your partner often.

- 8) Don't fight! Learn to harmonise or compromise.
- 9) A relationship is of mutual support. You both need to do your shares equally. Equally contributing relationships are most harmonious. In my relationship, when I had the better paid job, I contributed more financially, my partner has the house, he shares his house with me, we distribute the housework evenly, we have distributed the tasks. At the moment, I don't work, so my partner takes over paying for additional expenses, such as meals out and holidays.
- 10) Plan your future together. You need to find your common dream! If you have different dreams for the future, chances are you will start to argue at decision points.
- 11) Spend some time every day together. For us, it is after my partner finished work and after dinner,

when we have a cuddle for 10 or 20 minutes and on weekends, when we spend more time together.

12) Don't be either too bossy or too needy. Instead be sufficiently independent, but caring, and loving, and be a good listener.

13) Be always absolutely honest with your partner. Honesty is necessary for trust. BUT: Honesty without kindness is brutality. And kindness without honesty is manipulation.

14) Be quick to apologise from the heart if you make a mistake.

I read in *Imagine Heaven* that we are only judged on how much we have loved in life. Love is the ultimate force amongst humans. It is all only about how much we love. Not necessarily erotic love, but love like between friends and family. That's the whole point in life.

My advice on Love is to be as loving as possible. God is Love. Love is the ultimate principle and I sometimes compare it to superpowers! When I utterly love, good things

happen in my life and I always strive to find ways to love more.

A good exercise is to tell everyone around you that is close to you that you love and appreciate them. 'I love you' is not said often enough and is the most important sentence in the world! Tell your family that you love them on a daily basis, your partner too. I usually write my partner an email or a note that I put in front of this room door each morning telling him how much I love him and tell him throughout the day. The same with my parents. Since I do that, I have grown a better relationship to them.

Also, I think frequently on what I could do to love more. I pray for people; I talk to them and listen to them. I try to pay attention. I serve them (taking up chores in the household, for example). All these are signs of love.

I celebrate the anniversary of coming together with my partner fully, with roses (I bring flowers home often) and buying a special chocolate cake. We celebrate birthdays and I send friends flowers or at least a card or a letter for their

birthdays! Some people I only message on Facebook. But I have a habit to congratulate people on their birthdays. Since I started this habit, I have made many new friends and my friendships deepened.

PS: We decided against kids. I decided for a sterilisation when I was single. I feel with schizophrenia it would be too much of a burden to raise a family, and I was never really so interested in that anyway.

Friends

Caring for your friends is very important. Apart from staying in touch and meeting up with them, I have made it a habit to send flowers for their birthdays (I have an address book with the birthdays in it, and I note them down in my diary) and letters for Christmas. For Christmas, I send longer letters with photos included to all my friends.

Enemies

I have enemies because I was very aggressive when I was young. But increasingly, I have fewer and fewer of them. The method I applied for this purpose was to be extra nice, lavish people with honest love, kindness, and honest praise, send flowers to apologize to anyone I ever offended and nice letters, and pray for my enemies' wellbeing and their forgiveness every night before I fall asleep. This has increased the level of my peace to an amazing degree. While I was very lonely and isolated before and had the feeling, I was hated and shunned by many people, I am now surrounded by love, many caring friends, and my only

problem is that some people don't talk to me at the moment. But I am working on that by praying each night for them and to those who still listen, I send loving apology flowers or cards and Christmas greeting cards with honestly kind words and praise. My circle of friends and supporters has increased exponentially, and my circle of enemies has shrunk or become silent.

Being of use to society

One can even be of use to society on disability income or benefits. I have to admit that I don't need to pay rent and I have some savings. So, maybe not everyone can. I don't want to claim that. I don't know your situation. Also, I don't have children, so that helps a lot. But what I do is to donate 10 percent of my monthly income to good causes. I vary to whom I donate. But I do this persistently and budget it in. Also, I help other people with schizophrenia with my knowledge, I am friends to lonely and disabled people and care for them because I know what it is like to be lonely or disabled, and sometimes I volunteer at church. I guess, more

is possible. And I guess I don't do everything right. But I am making progress.

Love as a way out of stigma²

Schizophrenia is a severe mental illness, that is accompanied by delusions (false beliefs, such as that one is persecuted by someone etc.) and hallucinations (they manifest usually as voices that only the patient can hear, usually of a negative nature). Schizophrenia often goes along with suicide attempts, unemployment, poverty, isolation and stigma.

I am myself diagnosed with schizophrenia since 2002 and have suffered all the symptoms and consequences of this illness, apart from imprisonment and apart from being homeless. However, I was lucky to do my PhD and work for 12 years at the University of Hull, until 2019.

² This part was originally published in Schizophrenia Bulletin (2021). DOI: 10.1093/schbul/sbab077.

Stigma is a consequence of schizophrenia. It means that the patient is isolated, has little social interaction, usually only close family, might feel lonely and suffer under this. I have written about this myself and suffered from intense feelings of not being connected and loved sufficiently.

What helped me where a number of things:

- 1) Spirituality
- 2) The 12 step programs
- 3) Being more loving, Love

Spirituality

Spirituality teaches to be a good person and to be nice to everyone. I was for a long time interested in spirituality and studied Buddhism and later my own Christian faith. It has helped me enormously to cope with difficult situations, and it helps me get along better with people. From Buddhism, I have learned the loving kindness meditation, from Christianity I have learned to love my neighbor and to pray for others regularly and to care for my friends and family

and to help other people as much as I can. All of this has helped massively improve my relationships.

The 12 step programs

The 12 step programmes teach to become a better person and are character forming. They teach things like honesty, doing no harm, forgiveness, making amends, and respect. Putting these things into practice has helped me also very much improving my relationships.

Love

Recently, I am deeply interested in love. Love is the central teaching of the Christian faith. I strive to be more loving in all I do and at any time. For example, I donate money each month, I try to be of utmost kindness to everyone I meet, and I pray for all people I can think of each evening. This has helped me feel happier, it has made my relationship with my partner more loving, it has taken away all feelings of loneliness and isolation too. Praying for others, for example,

gives me deeply rewarding feeling of being connected and hence helps against loneliness.

Over the years, I realized that learning to be a better, more helpful, honest, and very loving person is the key to overcome stigma. I have found deeply rewarding friendships, I have found a wonderful loving partner, I am connecting generally better with people who I first meet. My feelings of loneliness and isolation are overcome. I feel connected and happy.

Journaling

I have a journal in which I record all my good deeds, how I spend my day, all my prayers and all my spiritual experiences. I also have a diary in which I note down times for lent, retreat, celebration, my lifestyle book in which I record my lifestyle choices and how I am doing, and birthdays, as well as day to day tasks.

Drugs

I avoid drugs apart from nicotine. But recently I did drink too much. I found that AA (Alcoholics Anonymous) helps with this and I prefer sobriety. God asked me to stop the cigarette smoking that I do too. I asked him for help with that.

I am unsure about psychedelic drugs. I personally don't use them.

Personal hygiene

- 1) Brush your teeth twice a day. Avoid sugar to keep your teeth healthy. Chew sugar free gum for having healthy teeth. Drink enough milk to have healthy and whiter teeth. Eat healthy. Pay a yearly visit to your dentist.
- 2) Shower daily or have a bath every second day (I do the latter). I wash my hair every second day. I care for my hair with special shampoo for hair thickening and conditioner and a mask once in a while. This makes your hair more beautiful. Someone told me that seasalt in the bathwater is good for your aura. I use seasalt in my bathwater.
- 3) Oil your face with a good natural oil. I use almond oil. This is for beauty and skin health. I apply this daily. Use a good body milk for your skin. I apply this after each bath.
- 4) Keep your hair and nails tidy. Go to a hairdresser to have your hair cut once in a while. Trim your nails when they become too long.
- 5) Wash your hands before cooking or eating.

- 6) Have yourself checked through with your doctor (a general health check) every year and pay attention to warning signs for illnesses, such as blood somewhere or a persistent cough etc.

The Importance of Light

I have my room decorated in white and light reddish tones. These make me feel great. I have a wall carpet that I bought on a trip to India, it makes me happy when I look at it. I have a cozy bed (really grateful for that) on which I spend a lot of time praying and meditating and listening to music (I am grateful for that a lot!).

My room is constantly filled with music from my computer. I play classic radio or youtube videos all the time. I prefer those relaxing meditation videos that you can easily find on youtube. They have special frequencies which they claim can heal you or open your heart or whatnot. You can play them for hours without advertisements.

My room is lit with 3 lights which stand on the floor and light the room very bright from below. I like that better. I don't like cold light from above.

This is just my personal preference. Other people might like plants in their rooms or pets or whatnot. I did not choose this for myself. Do with your space what makes you happy and make it a place you want to be in all the time.

Home Sanatorium

What I like to do is transforming my room into a home sanatorium. I have a quite large, beautiful, bright room with a big bed and my desk with my computer. We have a bathroom with a tub, and a normal kitchen. I own a juicer and my computer is used to write and to listen to music.

A proper home sanatorium experience can be as much fun and as much healing as a visit to a luxurious Swiss sanatorium. If you have a park around to do a walk in nature, and a pool to do some swimming, even better. I have both.

Here are some ideas for a home sanatorium:

Buy a bathrobe or a cuddly soft training suit to get you cuddly through the day.

Healing with juices and smoothies and teas

I recommend switching to drinking freshly pressed juices, smoothies and teas for some time, for a set time in which you want to focus on your health.

I tried juice fasts sometimes. I pressed my own juices with a juicer that I had bought from Amazon and drank lots of them throughout the day. This is supposed to be nourishing and healing. My favorite recipes are a combination of pear and beetroot or apple and carrot. I also tried smoothies. My favourite smoothie maker is *The Honestly Good Smoothie Company*. I bought a mix of smoothies there and sometimes tried to consume nothing for some days apart from a lot of these smoothies. They come as a combination of fruit, veg, and nuts and seeds, so they are very healthy. They come frozen, in bags, and you blend them in a blender with soymilk or milk. There are also dry powder smoothies. These are good too, but I like the frozen ones better.

You can add teas, herbal teas especially. You can buy a large range of different teas from Amazon, or in your health food

store. I like calming teas very much with lavender and chamomile. But I also love chocolate tea. When I was younger, I loved Chais and teas with spices. There are even books you can purchase with the different healing capacities of different teas.

Healing with frequencies

Recently, I explored healing with frequencies. There are a lot of different youtube videos with music in frequencies for a special purpose. Some are for increasing and attracting love, some are for healing the body, some are for attracting abundance.

Here are some examples:

<https://www.youtube.com/watch?v=TjH-2HvEY78>

852 hz Love Frequency

<https://www.youtube.com/watch?v=T6WZaqTzLI>

432 hz Attract money

https://www.youtube.com/watch?v=nFAw_2-NSUw

1111hz Pain healing

<https://www.youtube.com/watch?v=AlxZeFrGDgc>

Music for mental peace

<https://www.youtube.com/watch?v=duzMAKLtOIA>

Music to make you sleepy

Etc. Browse a little around. You might find just the perfect ones for you.

If you listen to these videos for some hours a day, not only will you find relaxation, you might also observe a shift in your wellbeing.

I recommend this approach. It is the softest, easiest, cheapest way to relax and heal at home.

I recommend taking a weekend and doing a juice, smoothie and tea fast and lying on the bed listening to different frequencies all weekend. You can even mix and match,

chocolate tea with love frequency, chamomile tea with healing in your sleep frequency.

Home Retreat

I went on an online retreat sometimes, and I attended retreats at a Buddhist monastery. You can easily make your own retreat at your own home. Key is to set aside time in silence and quiet (chose a time when no one is around and you are alone, at least in your room). Make a schedule. Scheduling and setting aside time for prayer and meditation is the main thing to do. You might add some reading and combine this with listening to frequencies and doing a smoothie and tea fast.

On my last retreat, I learned that praying about 3 to 4 times a day for 30 minutes to an hour is a good method to spend a retreat. When I have time now, I spend long times praying, lying on my bed and listening to frequencies. I make up my own prayer. I want to talk to God in a personalized way; hence I figure out what to say for myself.

What I usually do is retreating between Christmas and New Year, and again in the Lent time. I spend Lent with cutting out meat (I normally don't eat meat, but sometimes I cheat on my vegetarianism), chocolate, and alcohol. I focus all Lent on a very simple, healthy diet. I set aside some days to pray intensively. I pray each day anyhow. But setting aside some days for spiritual exploration is fun and relaxing and rejuvenating.

Here are some examples of prayers I have made up myself:

Holy Father, Dear Lord Jesus

Please shine your light of love into my heart

And your light of knowledge and wisdom into my mind

And guide me in everything I do

And:

Holy Father, Dear Lord Jesus

Please undo the harm I have done

And make everyone forgive me whom I have harmed

And make me a channel of your light

*And send my love and your light to everyone I pray for
And guide me into the light
Because I love you and I want to serve you with my life*

Etc.

Make a schedule for the weekend to give it that home sanatorium feeling. Something like this:

Possible Home Sanatorium schedule

7am wake up alarm, drink a chocolate tea, prayer for 10 minutes for guidance, breakfast smoothie

8am Self-analysis via writing, listening to frequencies

9am Walk for 30 minutes in nature, have another tea, listen to frequencies and relax

10am Half an hour prayer

11am Listening to frequencies, relaxing

12 noon Lunch of salad and some water or tea

1pm Half an hour prayer, another half an hour walk

2pm bath, spa, relax

3pm drink tea and a smoothie, go for another half an hour walk

4pm relax, listen to music, self-analysis writing

5pm another prayer time

6pm dinner of vegetables

7pm Retreat end

Happiness

Depression and Anxiety often go along with Schizophrenia. But that need not be so. There are a number of things one can do to feel happy and calm.

- Avoid drinking too much coffee. Coffee abuse is common in schizophrenics. But it leads to anxiety. Rather, drink a lot of water and herbal tea.
- Moderate or avoid alcohol. Alcohol is a depressant. It makes you feel down.
- Take an antidepressant.
- Do some light exercise. This gives you a boost for some hours.
- Listen to some nature music or some happy classical music or have a walk in nature.
- Give love to people. When you are nice to others, you will see how you immediately get a warm, happy feeling. You can do that by simply listening well, paying compliments, saying that you love someone, for example. That will make you friends. People who have more friends are less likely to be depressed.

- If you cannot find anyone to be friendly with, pray for people you know. This can be people you currently know or have known in the past. Prayer is a spiritual way to connect and communicate and praying for others definitely counts towards giving love to others. And probably you will find that people might contact you to ask how you are and that they thought about you if you do the prayer regularly.
- I personally find that whenever I am down and in danger of slipping into depression, I either contact my friends or start to pray. I might talk to God and Jesus and/or pray for my family, friends and colleagues. This is a relatively sure way of avoiding darkness of the soul.

Career³

Link between Schizophrenia and Creativity/ Genius

The link between schizophrenia and creativity and genius are often mentioned, even if the research is contended. Not all people with schizophrenia become creative in their lives, but the potential, it seems, might be increased in people with schizophrenia for both genius and creativity. Some research claims that the genes for genius and creativity and schizophrenia are linked. And the inner experiences, and uncommon perceptions, of schizophrenic patients might make them naturally more creative. Some historic examples speak for this, as the historical figure of Joan D'Arc, Vincent Van Gogh, and recently John Nash show. Also, from the online community of schizophrenic patients (there are some fora on Facebook, for example, which are very active) I know that many people with schizophrenia are great at producing very fine art. However, most people with

³ The following was reproduced from Health and Safety for Spirit Seers, Telepaths and Visionaries, reprinted with permission from Cambridge Scholars Publishing.

schizophrenia are not necessarily showing extreme signs of becoming famous and superstars. In fact, sadly, in some states where the medical systems are not as well built out, many people with schizophrenia in fact land in homelessness. The story of Nathaniel Ayers is a case in point for both great artistic talent and professional failure, including homelessness, and has made it to become a movie – *the Soloist*. Possibly, with creative genius (if one wants to assume this is present in people with schizophrenia) comes also a heavy burden of being possibly not as good at functioning in real life.

What can schizophrenics do? Famous people with schizophrenia

By far not all, but many people with schizophrenia actually can work. Some work part time, some even work full time. There even have been some famous people with schizophrenia: The Nobel Prize winning mathematician John Nash was diagnosed with it, some believe that Vincent Van Gogh had it, and some other individuals, mostly sports

men, artists, musicians and actors, had this condition. Some people with this condition go into psychiatric research and there is one prominent Professor in Psychiatry diagnosed with schizophrenia – Elyn Saks. Hence, this means that many options in careers are open to people with schizophrenia. In my research online I came across individuals with this condition who claimed to work in intelligence, engineering, sports people, people on disability income, etc. etc. Many options are possible, and the bottom line is not to give up hope but to try to achieve as much as possible.

Fun fact: Some authors believe both Vincent Van Gogh and Michelangelo suffered from schizophrenia.

University

The main route into successful professional work today is university. Many young people are diagnosed at university, because this is usually the age where this condition sets in. However, this need not necessarily mean an end to study or

any opportunity. With appropriate support, it is well possible to fulfil and complete studies.

Career tips: How to find a job

Today's world of work is ever more competitive. Employers look for young professionals with lots of professional experience already on their CV. This can be difficult to achieve if you are just about completing your studies, but using your summer period for an internship or some paid work can help you make yourself more employable in the future and you will gain some insights and practical experience that might also shape your ideas about your future career. Contacts formed in an internship or summer job might even lead to future long-term employment in some cases.

Preparing for a career after your studies should start as early as possible. Select your free time engagements strategically. For example, if you want to work in human rights, join Amnesty. If you want to work as a journalist, start writing

for a local or students' paper or journal. And the like. There are many options for students to build their CVs, and all experience is useful. Use at least part of your free time to be active in the area you want to have your career in later on. Also, it is wise to choose your modules in line with your future career path.²³²

Many students at the early stages are unsure what they want to do later on. Find out what you enjoy doing. Do you like to organize? Do you like to write and research? Do you like to help people? Do you like to engage with people or rather work on your own? Finding out what you like will give you clearer idea on where you could fit in in the workplace.

The next step on your career journey will be an internship or summer job. For some, this might be a new experience, others might have already had some experience from the past. This guide will help you find an internship or summer job and get it, as well as succeed in it.

CV

Any application to a potential internship provider or employer needs a proper CV attached to it. There are many additional sites in the internet with either tips or examples and templates. Be aware that different countries require different formats, the same goes for the company that you are applying to: think about what they will be interested in. If it is an academically oriented company, they might be interested in your course of study and what modules you took. They might also want to learn about your academic interests and potential publications or other academic activities. If it is, for example, an NGO, they might be interested in practical experiences related to the post you are applying to, such as foreign experiences, organizational skills and so forth. Don't be shy to put your experience on the CV. For example, if you organized a charity event in school, you can demonstrate with this some organizational skill. The same goes for engagement in University societies, sports clubs and other activities.

Some sources recommend to put personal interests on the CV, others don't. If they are compatible with the place you

are applying to, then it might make sense to do so. If not, rather leave them

To find out what jobs your studies qualify you for, visit for example [here](#) Politics.

Ensure that your CV is properly formatted, contains all the required data, and is correct. Please note that some companies use web-based systems for applications. Normally, you still can upload your CV as a Word or PDF file.

Cover letter

Along with your CV you normally submit a cover letter with your application.

The cover letter intends to signal your interest, why you apply, and why you think you make a good employee or intern in this company. Do some research about the company and the position first, before you draft your cover letter. References to key areas of the company might be valuable and might make the difference in your application.

Refer to the required criteria, if some are mentioned in the call for applications. Describe how you meet them. State why you want to work with this particular company and how you think you will fulfill your role.

Selecting and approaching companies

Below, there are a number of links where you can browse for jobs and internships. Make sure you have an idea what you are looking for, this will make your search easier. Decide on the region where you look and the level of position as well as the field of expertise. Approaching companies with an application can nowadays usually be done by email. Some companies have web-based systems for applications. Be sure you understand, which process they prefer and if it is via email, which person to address.

Usually, you will hear from companies within 3 weeks. Sometimes, companies don't respond at all to applications and this means that you have not been successful. You can

send one email inquiry after about 2 weeks, if you want to make sure.

Don't give up! Depending on your level of expertise and your qualifications as well as area of expertise and where you are looking for an internship or job, it might take a large number of applications. Keep applying. However, be careful to tailor at least your cover differently for every company that you approach. Companies are usually not very fond of mass emails.

Finding internships by other ways

Networking is a key skill which is highly valued in nowadays professional world. Via networking, you can spread information in professional circles that you are looking for a job and are available, and you might hear about positions opening that you can apply to. Joining with online sites such as Monster.co.uk and LinkedIn also can serve the same purpose. Many companies consult these sites and might approach you if they find a promising profile there. Even Facebook is recently used for

recruitment. Make sure to make your profile professional and presentable.

Blind applications are used in many sectors. This means, applying to a company that has not published an open call for applications. Blind applications widen your circle of potential employers, however, the rate of success is usually lower than with called for applications.

Interviews

You have been invited to an interview. Congratulations! Only a fraction of applications results in an interview. So you must have done something right. Now you need to consider how to prepare for the big event. A first step to consider is to check with the Careers Centre at your University for an interview training workshop.

If this is not available, you can very well prepare yourself by following a number of steps:

- Make sure you know what the position requires. Find out as much as possible about the position and the company in advance via their website and the job description in the Call for Applications.
- Sometimes, companies ask for a presentation at the beginning of an interview. Prepare the presentation well and tailor it to the needs of the company. You can do this better if you know more about the company. Practice your presentation beforehand several times. Usually, it is advisable to use power point, but inquire if the facilities are there.
- Some larger companies work with psychometric tests. There are several sites on the internet which can help you prepare for such a test. It is advisable to appear at the interview fresh and smart, heavy drinking before the test should be avoided.
- Some companies work with assessment centers. Again, many tips can be found online on how to prepare for such a situation.

- Appear well in time for your interview and be well groomed. Wearing professional clean clothing is advised.

How should you behave in an interview?

It is ok to think about questions before answering them.

- Answer questions precisely and correctly.
- Relate your skills and experience when answering the questions.
- You don't have to answer a question if you don't think it is relevant for the job.
- It is ok to ask some questions about the position at the end of the interview.

Follow up

Usually, employers will inform you soon about the outcome of an interview. However, if you do not hear anything within a couple of days' time, it is ok to contact them about the outcome. If the outcome is negative, it is ok to ask for some feedback on the interview, which might help you improve in future interviews.

Professionalism – how to stay employed

If you have acquired an internship or job, congratulations. This is what all of this is about. Make sure to be professional in your new environment. This includes utilizing all the skills that you bring to this company, such as good communication, discipline, and honesty. But it also is about some formalities, such as complying with the dress code at the company, appearing in time for work, and so forth.

If to talk about disability

Is a difficult question. Sometimes you will be required to do so, sometimes you can avoid it. Some psychiatrists recommend for or against it. You will have to make your own choice how far you trust the company and how much support you need. If more support is needed, it makes sense to disclose the diagnosis.

See for more information: Littmann, S et al. (1982): *Living and working with schizophrenia*. Toronto: The University of Toronto Press.

How to become good at what you do

Practice, practice, practice. That's the main thing. If you are an artist, paint as much as you can. If you write, write as much as you can. Whatever you do, practice, even if it is just at home and with simple means.

Other sources of activity and income are disability money and volunteering work.

Avoiding suicide

Patients with schizophrenia have one of the very high risks of suicide, maybe (I read that in a scientific article) about 10 times the risk of the general population. It's one of the main reasons why schizophrenic people have a life expectancy of 10 to 20 years reduced.

But there are things one can do to counter this risk:

- 1) Seek medical help (medication, antipsychotics and antidepressants) if your symptoms get too disturbing.
- 2) Surround yourself with friends and family and build relationships of trust and support long-term (friends for life, family, partner). When you are in danger, talk to a lot of those people and get love and help. In my opinion, isolation and silence are the main killers. That had already been found out by the great philosopher Emile Durkheim. And it proved itself in my own life with at least 2

serious suicide attempts in isolation and single life.

- 3) Try to form a dream for your life and pursue it. Adapt it when necessary. Build it on your strengths and talents. This is my recipe for always finding the power to get up again.
- 4) Get some emergency numbers for suicide hotlines if you are in a really difficult situation. Or, try to get talking therapy.
- 5) If you want, start to build up a faith in a higher power (a loving God). This can also help against some suicides.
- 6) Remember: Everyone of us goes through difficult times. And everyone of us finds happiness again! That's a rule of life!
- 7) Some suicides happen out of frustration in finding a partner. Remember 2 things:
 - a) Choose someone from those who choose you. That makes life so much better!
 - b) If you still stay single, don't worry. Some of the greatest figures in

history were single all their lives
(Kant, Newton, etc.).

A Talk I gave at a conference

Schizophrenia: Causes, Symptoms and Cures

I am really pleased and honored to be allowed to talk here today.

This invitation has come as a great surprise, and I immediately took it up. I think I have a lot to say about mental health and this forum seems the perfect place to do it.

Let me introduce myself: I am a scientist with a PhD, worked for 12 years at the University of Hull, until 2019, in Politics. I am a member of Mensa and Intertel, and have written many books about politics, but I am also a patient with schizophrenia since 2002. That I combine both gives me the advantage that I can research schizophrenia with first-hand experience. I have both the scientific training and intelligence, and the symptoms. So, I can intelligently talk from inside someone with schizophrenia. I think I am one of the very few living scientists with schizophrenia in the world, apart from Prof. Elyn Saks in America.

Since 2008, I have researched schizophrenia and ended up writing many articles and two books about it, called ***Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia*** and ***My Prescription for Schizophrenia***.

In this talk I will share what I think causes schizophrenia, I will talk about the nature of the symptoms, including some illustrations and graphic examples, and I will share what helps me live with this condition.

Causes

Prof. John Read claims schizophrenia is caused by trauma. I think this is credible. I would add: It is caused by trauma, and then God and spirit interfere. Let me go a little into my own history to illustrate this. I was born 6 weeks early and survived only due to the skills of the doctors. In 1988, I turned a refugee, when the Cold War ended, we left Eastern Berlin and came to the West.

My first psychosis happened in 2002. This was directly after 911, and after the death of my grandfather and a close

friend, who died in a car crash, and brought about my own job loss. At the time, I was very lonely, heavily affected by the trauma of 911, and pursued self-starvation. I literally ate only one small bag of sweets a day. I had a spiritual experience then, with channeling, and being guided through Berlin by an unknown force and an out of body experience.

My second psychosis started in 2007 or 2008, and was brought about by a traumatic relationship, which brought me to the UK, including lots of arguments and violent sex. It started after a party where I was given a full bottle of wine to drink, and after an episode of violent sex. This second psychosis was to last many years and was marked by the hearing of argumentative and aggressive voices. Later, I also had a hallucinated gangrape experience and some more profound delusions. The voice hearing became chronic after this episode and lasted many years while I was working at the University of Hull. In that time, I also had spiritual experiences, of being talked to by a higher power. It said things like: You need to learn love now. Or: You need to learn wisdom now. I also had visions. I had a tour through karmic dimensions, being told by a fish goddess that my

karma would be reversed now. I did have the feeling of talking to angels. They asked: Make a choice. I said: I want to work for peace. They said: Good choice. That was all that was communicated. The communication happened telepathically, I did not see these entities, I was just aware of their great authority and benignness.

My third episode started when I met my next partner, Brexit happened with lots of fears around deportation and chaos in Britain, and job loss due to other causes. This episode was the most profound one and involve hearing really loud and aggressive voices that shouted at me, believing I lived through World War III and that I chased fascists, believing my mother wanted to telepathically force me to fall pregnant, which I fought fiercely, because I feel not up to having children and too old, and seeing visions of angels and aliens and having stigmata and seeing a smiley in the sky. I will provide some illustrations.

I once had a vision of a beautiful female angel, who looked like the peace angel in Munich and stood in the window of our house. I also had visions of aliens, new types. They said

something like: You (the human race) must grow up now and explore space.

I had stigmata once and saw beautiful signs in the clouds, such as a smiley that was formed out of clouds. And many, many rainbows.

On the negative side, under Trump I imagined to be in World War III, with all that comes with it (bombings and death threats etc.). I imagined I chased fascists in that environment. It was terrible. It was really, really frightening. I also saw aliens and believed we had an alien invasion over my house.

This all ended with God's intervention. A higher power voice spoke to me, said to everyone 'protect this girl!' in a really loud, authoritative voice. And then it asked me what I want to say. I said: I want to say: Don't kill and be nice to each other. But I also said: I don't want to be your messenger. It's too much of responsibility. Hence I say Don't do everything I do or say. And I asked the higher power to speak through others than me too, because that would be more fun and I did not want the burden to be a

chosen one with all that comes with it. Then we had a bit of fun, laughter and all, and then it ended.

I drank quite a bit around that time. I was after this intervention asked to attend AA and get sober. When I attended my AA group, once I heard a lot of loving voices surrounding me and they said: We will raise you again. It's not about being up or down! They were so loving that I cried.

All my experiences happened in transition years, for me years with jobloss, deaths, relationships ending, experience of violence, and migration, and also in two global transition years (911 and Brexit). Psychoses often happen after stress, and all these events happened in the most stressful and traumatic times in my life. Self-starvation, alcohol abuse, and overwork and coffee abuse also always contributed to these psychoses.

I got well when I lived again in a calm, loving, stable environment, got psychiatric treatment (medications, I take

Risperdione and lately also an antidepressant) and could afford to live healthily.

The Symptoms

The main symptom of schizophrenia is hearing voices. They are called auditory hallucinations. They feel like telepathy. They are audible only to the patient, no one else can hear them. I am often confused how my partner, with whom I share a house, can be so calm in all this noise, but he does not hear these voices.

These voices can be male or female and can be loud and aggressive or loving and calm. I heard the voice of a male who shouted at me: This is fascism! Or simply some strange instructions and commands, such as: Drink apple juice!

I also heard the imagined voice of my mother arguing with me about falling pregnant (I know she wants grandchildren, it has been a very long year conflict between us, because I don't want children).

But I also hear loving and kind voices on occasion. This happens usually when I do something good. Something helpful for me and others. Something benign and spiritual and loving.

They might say things like: Thank you! You make history! I am proud of you!

These loving voices I don't want to miss. They are really wonderful.

There were times when I thought to even hear the thoughts of people on the street passing me. This was when I was on a very low level of medication.

These voices feel like telepathy and spirit communication. I have argued this many times. I am personally convinced I had spirit communication. I think I hear my dead family and my family alive via telepathy. The CIA claims aliens communicate telepathically, some believe animals communicate telepathically, and there are accounts that in heaven spirits communicate telepathically.

I am not so sure my other idea of the voices as telepathic communication between living humans is correct. I tested this a couple of times at my partner, asking him if he really just thought what I had heard, he nearly always said no.

But at other times I have the feeling I can understand what animals say. That's really amazing. I feel I can listen to animals. Pigeons, for example, talk a lot about forgiveness.

The voices are not my own thoughts. I would realise this and I could influence them if they were my own thoughts. But I cannot change them by thinking something else.

Telepathy

For years, I thought these voices were telepathy. They feel like telepathy (clairaudience) would feel. I thought I can hear the thoughts of other people. I was fascinated by telepathy research; this is why I thought I hear the thoughts of other people. I thought I hear their anger when they are angry with me or their love when they like me or their sadness when I make them sad.

I finally got around testing this at my boyfriend. I rarely hear voices from him or think I hear his thoughts. But on occasion I do. I asked him several times if he just thought this or that. He always said no. Hence, it is NOT telepathy. It is NOT the thoughts of others that I hear. It is not a subliminal connection to other living beings whose emotions or thoughts I perceive. This relieved a lot of anxiety for me. I feel free now realizing that.

Spirit communication

However, what I believe is that these voices might be spirit communication. It might be spirits surrounding me who talk to me. John Burke in *Imagine Heaven* writes that spirits (entities in heaven) communicate via telepathy. Also, my angels that I talked to communicated with me via telepathy. It might be guardian spirits, positive, loving and negative, harmful, entities that talk to me because for some reason I am sort of clairaudient. Like, I might be a medium or something like that. These spirits are not necessarily to be believed or to follow all the time. They are just entities. Some are nice and loving, others want to cause trouble. It is

advisable to not always do what the voices say. I believe this now to be the case. What also points in this direction is that I did a spirit release therapy when I was very ill with a lot of very negative voices (lots of them). Spirit release therapy is done by a practitioner (I used Terence Palmer for this purpose) who uses a medium to ask his spirit guide to remove attached spirits and negative foreign influences from me remotely. This was completed at me, 5 or 6 earthbound spirits were found and some other influences, and when they were removed, I was immediately free from the intense chatter around me and could function again. I have voices again, but not a chorus of them and only one or on occasion two and I can drown them out with medication and listening to music.

Not my own thoughts turning loud

The voices are definitely NOT my own thoughts turning loud. Otherwise I could change them voluntarily or with meditation techniques, which I tried. It does not work. Also, I cannot predict when the voices occur, and I cannot predict what they will say or if they are male or female, pleasant or unpleasant. So, they are NOT my own thoughts. Also, my

argument was always that I would not punish myself with shouting inside myself at me things like ‘This is Fascism’. I would not do that to myself. I have enough self-love to not do that.

Some examples of my voices:

Translation: *You don't understand that! You don't understand that! They are fascists. You are getting ever nicer. You don't understand that. It hurts me. You just thought that you need to save some coffee. Don't go back to Munich.*

Translation: *Everyone does that. Go away. I don't like you. You do it right, but I don't like you. Go and cook. You do it right but it does not work like that. I am afraid of that. It is my fault. I did not want to see you anymore. Don't do that every day. That was fascism. Think about it. You are a terrorist. I won't forgive you. Don't do that anymore. You pulled my leg. Talk to your father. You don't understand that. You don't understand that. I wanted to forgive you.*

But, when I do good deeds or do something of value, the voices can also be very nice and say things like: ***You make history! This is sensational! I am proud of you! Thank You! Love heals everything.*** I love it when they do that!

☺ It's really, really nice. If I find out how to make the voices be always nice, I will let everyone know! I don't mind the nice voices at all. I would not like to trade them in for anything in the world. I think they are nice, when I do good deeds.

Cures

I have developed my own treatment prescription. It involves more than only medication.

I take Risperidone, currently at 8mg a day, the highest level. These medications help me a lot. I am not at all against medications for schizophrenia. I also take an antidepressant.

But for me, for living well, I have developed a more complex program.

It involves:

- 1) Medications as prescribed
- 2) Vitamins according to Abram Hoffer. Abram Hoffer developed vitamin therapy for schizophrenia. I followed this for many years, and these vitamins do make me feel better. I feel better when I take them. I take Niacin 1g and Omega 3 2 g a day. And I take at least 1g of Vitamin C a day. This also lets me be healthier, as Vitamin C is good for the immune systems and prevents cancer.
- 3) I live a very healthy vegetarian lifestyle. I drink a freshly pressed juice and a smoothie each day, eat at least 5 portions of fruit and veg a day, no meat, but fish is ok, I drink some coffee, teas and water, and some cola.
- 4) I avoid alcohol and attend AA. I am a smoker of ecigarettes or I chew nicotine gum. But I try to avoid cigarettes.
- 5) I am deeply spiritual. I pray several times a day and attend prayer retreats and church. I also donate money every month and volunteer.

- 6) I exercise regularly and take sufficient rest.
- 7) I listen to classical music a lot. Meditation music and reiki music is also good. Music drowns out the voices of schizophrenia. I even talk a Walkman when I walk outside, to drown out the voices.
- 8) Surrounding myself with as lot of peace, fun, and LOVE as I can. LOVE is very healing, giving and receiving, both of it.

These things help me massively living a happy life. I tried a lot of other alternative therapies, but none of them worked reliably. This is the programme that works best. The healthy lifestyle is so important as schizophrenia patients are known to have a 10 to 20 years reduced life expectancy. Part of this is due to suicide, but a lot is due to unhealthy lifestyle choices.

One of the alternative therapies that helped quite somewhat was 'spirit release' therapy. I met Terence Palmer through an article I had shared. He wanted to treat me with spirit release therapy with the help of a medium. The medium

would ask his spirit guide to remove negative entities and influences around me.

This happened when I had terrible symptoms despite medication. I was not told when the intervention would happen. But on the day of the procedure (as I learned afterwards) I felt fantastic and cried in the evening, which I rarely do, out of relief. The procedure removed a lot of the voices that I had. The medium said I had 5 earthbound spirits attached to me and some other alien influences. Since the procedure, I hear far less frequently voices and feel remarkably better.

This too to me is an indication that the voices are spirit communication and telepathy.

Love, God, and schizophrenia

I am schizophrenic since 2002. I have lived through an illness that can be very painful. But I found that spirituality is an essential part to the solution. I have lived through migration, poverty, isolation, heartbreak, death of loved

ones, war and violence etc. I reckon this was the reason for my schizophrenia and that spirit interfered to guide me.

I think I hear spirit. When I am not loving, I am in trouble, medication or not. When I am mean, I hear angry voices a lot and have nightmares. But spirit and God are very forgiving and give chances after chances. They even tell me with the voices I hear to love to my utmost ability. The other day I heard very loving voices tell me that 'love heals everything'.

They teach me to love, and the more I learn to love, the warmer and better my life becomes.

Learning to love and spirituality should be an essential part of treating schizophrenia.

The ability to love is essential in countering stigma, isolation and loneliness. Since I very consciously learned to be a more loving person, to everyone, my circle of friends has expanded exponentially and I am getting along far better with everyone and have finally found a loving partner, who

is absolutely and truly amazing. The feeling of isolation and loneliness and shame and stigma has left me. And I am not afraid anymore to admit that I have schizophrenia. The fear of people, too, has left me. It is the most wonderful freedom I have found and very healing for my heart and soul. With the sentence 'I love you' I can even chase nightly demons away. I sprinkle this sentence, and other compliments, liberally all around me on a daily basis, and I don't think there is anything wrong with that.

However, I need to state that under Trump and Brexit, the voices told me to drink and rebel. When I rebel for a good and just cause, nonviolently, they say they are proud of me. Love and arguments are not mutually exclusive. One can struggle peacefully and nonviolently for a good cause, such as women's rights, for example.

Prayer, meditation, faith, and kindness are an essential part in making the voices nicer. I am working with a 12 Step program for this purpose. Spiritual deeds are often rewarded with nice voices. For me, this includes intellectual good deeds, finding and telling the truth, and working for peace.

When I am angry and resentful, my symptoms might become negative and frightening. I started to pray daily and to volunteer at church, and since then I have more profound spiritual experiences. The voices tell me very often encouraging things. Such as, that I am a good person and they thank me and that love is all that counts and such. They become an integral part of my spiritual life that I don't want to miss. I really would not trade in the nice voices for anything in the world! They are proof of heaven and God to me. I even believe due to my voices that I am watched and protected by spirit every second of my life and in every step I take, and everyone else is too.

Against the remaining disturbing voices, music is a wonderful antidote. Listening to music or talking to people or listening to people talk helps counter the voices. My house has become very musical and we listen to the wonderful classic FM all the time. I am also a huge fan of youtube meditation music. It can be very calming, cheering and truly healing.

Medications help in emergencies. But they are not a cure, and even on a high level of medication I hear voices. So far, I have found no medication that takes the voices away completely. But I am a great fan of antidepressants. I personally think, medication should be given in emergencies and reduced in calm times, to make them more effective in emergencies.

A healthy lifestyle does help somewhat and probably helps against early death. It includes a moderation or abstinence from alcohol, something which I am personally working on, and a healthy diet, and an avoidance of drugs. Exercise is good too, as for anyone, but the Covid crisis hindered this somewhat. Vitamins might help somewhat, I have no proof. Maybe the only proof is that I am the only living scientist with schizophrenia apart from Prof. Elyn Saks. I took the Abram Hoffer prescription for many years, since about 2008 more or less until very recently. I think it did help me feel better and become better and think clearer. At the moment, I take only vitamin C, because it is believed to prevent cancer.

I hope my illustrations were helpful to some of you here. If you want to learn more, check out my website www.schizophreniaclinic.com or look up my book ***Health and Safety for Spirit Seers, Telepaths and Visionaries – Self-help for Schizophrenia***, available on Amazon as paperback and soon as kindle book, or the sequel ***My Prescription for Schizophrenia***, which has just been published.

Thank you for your attention.

Prayer Diary

I feel a lot of guilt. In the Brexit years, due to schizophrenia and the chaos, I developed alcoholism and became a very aggressive person. I want to apologise for this. The mental health services were not reachable all the time. I really tried to be calm, but I was stressed and ill a lot. I ask everyone I have offended for forgiveness. I am working very hard on myself. And I pray for a lot of people and can only ask for forgiveness.

I decided to write this book as a sequel to Schizophrenia explained by a schizophrenic scientist. The intention is to record my experiences with deep spirituality and daily prayer. I wanted to record what happens with me when I pray daily and live a deeply spiritual lifestyle, if anything happens.

Monday 14 March

I prayed for about 2 days daily. I prayed the following prayer:

Holy father in heaven, dear lord Jesus
Please forgive me
Please undo all the harm I have done
Please let everyone I have harmed forgive me
And please let me be a channel of your light
And shine my love and your light on everyone I ever prayed for
And guide me into the light
Because I love you and I want to serve you with my life

I've prayed this daily, sometimes for long periods. On the weekend, I had 2 visions. One was that I imagined I entered the place where we went to by being protected by a light from above. That felt really nice. The other was on Sunday when I imagined that I would attract lots of visitors to our house. That was nice too. I stayed mostly sober in this period of time. I do AA nearly every day. I had one glass of wine today.

I eat vegetarian and fairly healthy but have Nutella and crisps. But otherwise, I eat fairly healthy.

I pray daily, long periods of time.

The good thing is, that the voices went away. I rarely hear voices now. Only sometimes, when I switch the music off, they come in.

I also pray for everyone I can think of, anyone who has been in my life in the past. This gives me a great feeling of being connected. And some people seem to become nicer due to it or have told me they thought a lot of me when I did that. I wish that more people would seek me out, but I guess I need to do this for longer. I usually pray for others around 6pm, before I do my AA meeting. Sometimes, more often than that.

I sleep well, live an orderly lifestyle, and am exceptionally content and calm and happy. It seems, nothing can really frighten me or worry me so much. I feel calm and happy most of the time. I just wish for more love from others. But a little voice in my head said I can have that if I continue doing what I do. So, I will continue. At the moment, I get along brilliantly with my parents, not so good with my brother and my cousins, brilliantly with AA, good with Mark

and Cathy and Helen is in touch sometimes. I visit church often, and I am deeply in love with Will. That's all.

Tuesday 15 March

I prayed quite a bit, but nothing happened. I ate in Relax café and stayed sober. I don't hear voices, only one voice saying when I started to pray again: *It's enough now.*

I prayed a lot for others today. I prayed that all people that I ever prayed for are being sent my love and His light.

What I can say, people I meet randomly are nicer. The taxi driver yesterday said 'nice' when he saw me, people on the street smile at me, and random people in Relax Café talked to me.

My brother is nicer too. He comes to the zoom now to greet me. And my parents have completely forgiven me.

I'll continue with praying.

I have prayed all afternoon. I had the feeling people like me more. But I am not yet sure. People in Relax Café chatted to me. And people on the street smiled at me. I'll keep watching this.

I use the same prayer as yesterday, only with one line changed:

Holy father in heaven, dear lord Jesus

Please forgive me

Please undo all the harm I have done

Please let everyone I have ever harmed forgive me

And please let me be a channel of your light

And shine my love and your light on everyone I ever prayed for and everyone whose lives I have ever touched

And guide me into the light

Because I love you and I want to serve you with my life

I've also prayed for all the people I can think of. I expand that circle each day.

I think, I started this last year sometime. So far, I get along better with my mum and my dad. And a little with my brother. But apart from that, nothing major.

I've prayed on an off since maybe 2017. But I started to pray a lot since 2021. And this year, when I am sober, I pray nearly all day every day. I've had some nice effects. I hear nearly no voices, as long as I take my meds and listen to music. And those that I hear are nice. That's really cool and something to celebrate.

I'll report what else happens.

Mark thanked me for my nice emails. That was nice. Mum was very sweet too.

Had one glass of wine in the evening. Felt a little blue afterwards. Wanted something else in my life. Felt less spiritual. Felt suddenly lonely. Desperately wanted something to do, someone to talk to.

I'll listen to meditation music again and pray, instead of not praying and listening to classic fm. That will help me feel better. When I listen to meditation music, I feel better. I feel more relaxed and don't worry so much.

16 March 2022

I dreamt very intensively and nice. I dreamt of old friends, being at a conference at night, trying to leave it while it was dangerous, and being in New York – which was awesome, everything shined brightly, there was a bridge, I had a dog, the light was cool, and I met nice people, it was cool! - and some other stuff. I dreamt again about a lonely past at a remote University that I was allowed to leave behind. Doing AA in the morning. I don't want to drink today. Listening to music.

I really had very nice, very visual, very intense dreams. I was at leaving a conference at night in the dream, visiting New York, and having a dog and a white jacket.

On my walk, I had the impression that people smiled at me more broadly. I pray my prayer all the time. I also had a lot of visitors on my website.

I don't have enemies anymore since I pray for everyone and I feel that people around me are nicer.

Doing AA again at lunchtime. Washed my hair, had a bath. Must clean the room.

Will was nicer than usual and came upstairs to tell me he loves me.

I prayed for others just now. It always gives me a feeling of being less lonely. I prayed a lot today.

I felt ok today. I was ok praying and felt neither lonely nor bored nor wanting to drink.

The voices said: *It is not your fault.* And: *We love you.*

I had not so nice voices later after an argument with my parents, and one small bottle of wine to drink.

I did not do AA but prayed again.

17 March 2022

I dreamt well, again of an old friend, a gay man, and a romantic relationship with him without sex. And something about animals again. Woke up at 3 or 4 with loud voices who said: *It hurts us!* It was annoying. I feared pregnancy again, as often because of the baby psychosis. I was not even in the mood to listen to music. I was grumpy as hell, very depressed, very dark mood.

I started to pray, and the loud voices became calmer. They really quietened down, and my depression lifted somewhat. I prayed my prayer that I invented (see above) and became calmer and the voices became quieter and my depression lifted.

I am now able to listen to meditation music, which does the rest.

I want to write. Writing keeps me sane and happy.

I prayed a lot, and the voices went quiet. I switched the music on, and I feel better. I felt really low when I woke up and thought I was pregnant. I felt so much in the dark, it was awful.

I pray a lot. Fell asleep and woke up to sunlight. Feeling ok.

Yesterday, after many days' prayer for forgiveness and for others, the voices said: *We love you*. For the first time! It was a female chorus in the sky when I walked outside.

I prayed that the war stops. I prayed that every day too alongside to my other prayer.

The voices say I will be unemployed for 7 years. If that's the case, I will learn to become a really spiritual person and pray a lot. It does not upset me so much. To be honest.

The voice shouted I must buy a kiddy trolley. I drank one small bottle, because this shit of babies simply does not stop. I really don't want kids.

I want the nice voices back. Not the pregnancy voices. I HATE them!

The voice shouted: *You must save money for a kiddy trolley.* I drank another glass of wine. It is DESPAIR.

19 March 2022

I drank for 2 days. I did not pray, because the voices forbid me to pray. But I will start again. Will was very sweet and showed me a rose.

I feel very ill today. I had pictures in my mind's eye. Not nice ones.

I will pray again.

I did not hear any more nicer voices.

I prayed today. Since then I hear nicer voices again.

I drank again.

20 March 2022

I drank again. Today, I want to stay sober.

I dreamt well. 😊 I dream really well these days. 😊

I will attend the church party today 😊.

I pray each day. I will pray each morning and lunchtime and evening for others.

Will said he loves me 😊. That was nice.

And my parents were happy 😊 That was nice too! 😊

I stayed sober today. That was nice.

22 March 2022

I drank 2 bottles yesterday. I dream very well, however.

Went to the dentist, it was painless and good work. Paid my compliments.

Lots of voices later. But I prayed at night. Dreaming well these days and my brother starts talking to me. I pray for him always.

Prayer results: Billy wants to talk to me.

I am taking Niacin again. It works reasonably well.

23 March 2022

Prayed somewhat. **Did not drink.** Took Niacin. Had some voices.

Talked greatly to my brother. We want to talk every day now. Mum also seems to have forgiven me.

24 March 2022

Forgot my meds last night. Having voices. Dreamt well. Dreamt that I eat worms and that I got back into Hull Uni. Voices. **But stayed sober yesterday.** Voices are very sad and down and say: *You don't understand that. Because it hurts us. We wanted to have a marriage. You don't understand that. Because it hurts us.*

I took my Niacin. The voices said: *You make history!* (They always talk in German).

I heard planes again today. I am afraid of the sound of planes since Brexit. But they sounded peaceful.

I managed to buy bread, I went to church but my friend there was ill and not there, so I only passed on my greetings.

My friend Mark is out of hospital. I never met him, we only write emails. We have done so for many years now.

Will cooked saggy vegetables. No, he said I should use them, but I cooked. I like diet coke and wonder if they still put cocaine into it. I drink a lot of diet coke, but as far as I know it's not drugs and it's safe to drink.

I cannot remember when I read a book. It's been a long time since I read a book. I write occasionally books. But it's been years that I read a book. The voices always are so loud and my nerves so bad that I cannot read. Also, the voices always talk German, so my English has been getting poorer. I struggle to comprehend English books. I read only very little, to be honest, and I am ashamed myself because of that. It's dumb not to read more, but I simply don't have the mental strength.

The medication works sometimes and sometimes not. Maybe it works, I don't know.

I did not pray much today. A little bit. I skipped AA. I miss science. I've been out of it since 2019. My businesses are a complete failure and I only have expenses with the websites. Well, I got 300 Euro once for my Schizophrenia Clinic. For something that I wrote.

I have enough cash to not starve. Will buys the bulk of the food. I have a roof over my head. But I have a very small income, I live on benefits, and most of the time I lie on bed and pray.

I'm not always unhappy. Sometimes I am fairly happy. I don't know. It would have been great if I would have managed to keep both: my job and my boyfriend Will.

I need to take my medication.

Sometimes, I see young men or young or middle-aged women driving past in their cars very proudly, and I feel ashamed and envious. At least a little bit. But I rather not have a car. I am too ill, I am not allowed, and I cannot afford

it either. And at the time when I had a little cash, I was too ill with alcoholism and schizophrenia.

I learned how to stay off the drink for some considerable time. That's great.

Mum and Dad are going to visit me. My brother is not going to join them. He wanted to talk today. But I was too ill to talk. We'll talk tomorrow again.

I pray for my family every day. I really do.

It's great. I can write again! ☺ I love writing. I love smoking e-cigarettes too. I know I must not drink alcohol. And I should not smoke these e-cigarettes either.

I have a headache. But I can write. Maybe I should keep taking the Niacin, because then I can write? If I take the pills, I mostly only sleep a lot. They don't take away the voices.

I will have a diet coke. I love diet coke. I am not such a big coffee drinker anymore. But I am too lazy to go downstairs and get one.

I think Niacin really works quite well. I can write again. I feel I have some mental clarity. I have energy to write and focus. I did not feel any urge to drink today.

I am dreaming well recently.

Just had some of the food. Soggy vegetables with beans in red sauce. But it tastes nice ☺.

I will wait with my medication. If I take them now, I won't be able to write anymore.

I did not pray much today. The voices tell me to stop praying. That's sad.

I was a failure at Lent. I did not manage to not eat chocolate or drink alcohol. ☺.

I had a little, quite a bit, Nutella on my toast in the morning. And some booze. To be precise, I drank one or two glasses on the start of Lent, and I had a binge just recently. That was all. And I drink a lot of diet coke. And I had one chicken sandwich.

But, I am proud of myself that at least I stayed mostly vegetarian.

Why does no one invent a Lent where one says: I will avoid any healthy food and drink? ;-)

No, that was just a joke. A bad one. Not a good one.

Better would be: I will pursue a Lent in which I will avoid feeling ashamed about what I eat and drink.

In Lent, I will live wholesome, meaning I will eat and drink according to my heart and my health.

I did not drink alcohol today! Great!

25 March 2022

I drank one bottle yesterday. I feel ashamed of myself. I did not manage to stay sober.

I don't know what to do.

But Will seems to have forgiven me and I dreamt sweetly of Florian. He was with me while I travelled through beautiful countries.

And he indicated I should not worry about the size of my booty.

I called Waterloo Centre again, but they don't call back.

I want better meds, those that make you violently sick when you drink. I want those.

I dreamt beautifully of Florian ☺. He told me I should not worry at all about the size of my body. He loved me.

BUT, on the bright side, I stopped after one bottle! At least that. And I was honest and not un-nice.

I dreamt of Florian last night. That was nice ☺. He was with me in spirit, loved and protected me, and said not to care if I gained weight. That's beautiful. It was a lovely dream ☺.

My mother is abusing me with trying to force me to make myself pretty. It makes me very ill.

I don't have money left to go on a demonstration. But I spent some money on a competition to make me a flyer or something.

They doctors declined to help me. They said they are short staffed. I don't get better medication.

I cannot find work for the life of me. I can try whatever I want. Nothing works.

The voices said I will be unemployed for 7 years. That's shit.

At least I can write again. I write diary. When I don't know what to write, I write diary.

I did not pray today. I should pray. I managed to stay sober.

I still don't know what these voices are. It's painful.

I got some communication from Psychiatry conferences and someone wanted a donation from me. I paid duely. I can't afford anything anymore.

I should wash my hair to make myself pretty for Will.

Mum says I should use make up. But I don't own make up.

If she would not shout at me so much, all would be better.

I drank again today. One bottle. I shouted at Mearsheimer and Ken Booth and Tarak.

NO ONE wants to give me work.

I never was successful ever.

Rich and famous. That's what I miss.

My mum freaks out. She said she won all the time and now she does not win anymore. And that it hurts her. I drink.

26 March 2022

I drank again. I shouted at mum. But today I am sober. And Will said he loves me. And the sun is shining. A lot to be grateful for!

I cleaned my room and am listening to AA and happy classical music.

Will is at the library. I cleared my bottles out. I drank some coffee and some diet coke.

I'm invited to lots of conferences again.

I apologized to everyone.

My psychiatrist does not want to help me anymore. I need to go back to Dr. Nayar.

But right now, I am free from voices.

I have the feeling I do it all wrong. I feel guilty a lot and then I pray for forgiveness.

The greatest time in my life were the years when me and Will travelled, and I felt on top of the world. That was brilliant. I did not drink too much back then. Not really. It only started when I had a lot of bad luck.

This is turning into a diary, rather than a book about prayer. I will work on it. I want to write another book. Writing is all I can do.

By the way, I went back on Niacin. It seems to help somewhat.

I prayed again. ☺ Will is at the library. He is adorable! He would never do such crap as I do. He is a good person, I am a bad person. ☺

I learn a lot from him.

I am listening to happy classical music, that helps a lot. No voices today. ☺ Mum wants to zoom with me at 8pm.

I will write to Mark.

I have a flyer made with ABOLISH WAR. PEACE FOREVER.

I will pray for others now.

Writing gives me deep pleasure. I love writing. Just sad that God does not give me good ideas what to write about. I wish I was sane and a great writer.

I will take one year to get well. I won't buy anymore diet coke or stuff. I need to save even more money.

I listen to beautiful shamanic music. It is really calming. ☺

I prayed for everyone and sent everyone my love.

I did send my book out and my love.

And I prayed for everyone.

I prayed again ☺.

I wish I could sit here in peace and write beautiful books and be paid properly for that. That would be great! ☺

I did not eat anything today. Just had a lot of coffee and diet coke.

Niacin helps somewhat. I combine it with medication.

The music is beautiful. I wish I could walk on a beach. ☺

I love Will deeply. Money is my problem at the moment.

If I still had my job, I would be better off, but I would not have this house and Will.

The music is beautiful, and Mark is a great friend. ☺

And some people forgave me and sent me nice messages. ☺

I did not eat anything today ☺. I only drank coffee and diet coke.

We'll have a takeaway tonight.

The music is very beautiful ☺.

I've been invited to a talk about the holocaust. I will attend that.

It's an amazing honour to be a member of the Royal Society of Medicine. I am really proud of that.

I hear voices again. They tell me to make myself pretty for Will and to become a mother even if he does not want it.

AA says that I must undo the harm I have done. I will fast today. I am not hungry. I will eat my food later or tomorrow or at night.

27 March 2022

I wrote to Sven, my boyfriend from school days, and I asked him for forgiveness and friendship. But I don't know if he will accept. I started to pray for him and the other friends from that time. I also think of my friend Geoff Probert a lot. I will dedicate this book to him too.

I prayed again today. Mark, my schizophrenic friend, has become my closest friend. I have a wonderful friend in him,

even if we never met. We only exchange tips, books and emails and birthday greetings.

My dreams have become brighter. I dream well these days.

I am fasting today and will pray for everyone that I know again.

I love many people dearly and some of them I tell them. But with prayer, I feel at least I can send them my love without needing to annoy them with emails.

I feel ashamed of the person I was when I was younger and recently again. I strive towards becoming a better person. I feel I was an ok person when I had work, but then I messed everything up.

I want to apologize to a lot of people that I am such an evil person. I do sometimes do that. I pray for a lot of people and for forgiveness. I found so much love in Will Ramsey and my friends and Hull Community Church. I am deeply grateful for that.

My brother talks to me more. I finally have found a loving partner. It was my fault. I got onto the wrong track after we were refugees. But we were all traumatized and my family struggled a lot.

Once, after I prayed for one week nonstop, I heard the voices say: ***We love you!***

Results of experiment:

If I drink and shout, I have terrible visions and terrible voices. They shout at me that I am a witch and that I don't understand that and that it hurts them and that they will never forgive me and such. ***You don't understand that. Because it hurts us!***

When I pray and am a good person, they become nicer. When I write something of value, they might say: ***This is sensational. You make history.***

After I prayed for one week nonstop the prayer above, I heard a chorus of voices tell me ***We love you*** and I felt protected by the light.

