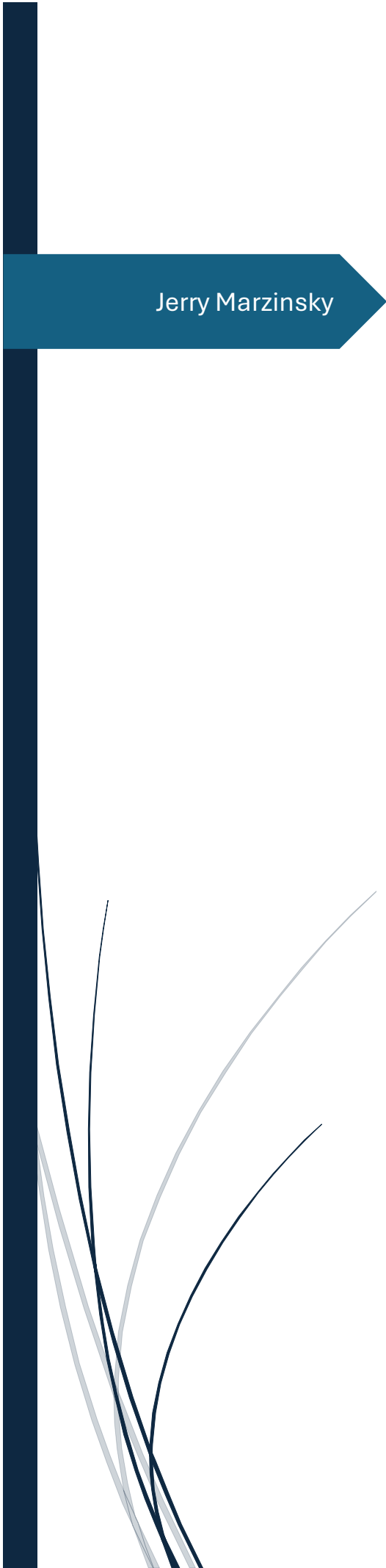




Jerry Marzinsky

THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PARTS 1 TO VI

By Jerry Marzinsky BA M.Ed
COMPILED BY THE SEPI AGENCY

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THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PART I

UNDERSTANDING AND GETTING RID OF THE VOICES SCHIZOPHRENICS HEAR

By Jerry Marzinsky BA M.Ed

July 18, 2016

This is the first of six articles based on 35 years of intense front-line experience with schizophrenic patients in a variety of settings. You will most likely not find this information in textbooks. The multi part series I will be posting to this site is to help families and those working with schizophrenic patients understand what is going on with them.

Schizophrenia is one of the top ten health problems on the planet at present. Current medical practice has no cure and at best can only drug these patients to temporarily suppress psychotic symptoms. They continue to bark up the wrong tree with their theory that the schizophrenic's brain is chemically out of balance for which they have no solid proof and that the voices are hallucinations. With the assumption that the voices are hallucinations they have not studied them as I have.



The voices these people hear are NOT hallucinations. They are separate and very different from who the patient is. They have a separate will and volition of their own which is not of the patient. They are NOT who the patient is. Although the medical establishment insists the voices that these patients hear are hallucinations, if one were to take a closer look and actually question these patients about the content of what they are hearing instead of just blowing them off and ignoring everything they have to say about their own condition and experiences, one would see that they are all saying the same things about the voices they hear.

Now if they were hallucinations, wouldn't they be random as hallucinations are, some negative, some positive, some total nonsense and everything in between, as individual as the person experiencing them? But according to the hundreds of schizophrenic patients I've worked with over 35 years, the voices are anything but random.

They are constantly negative, abusive, derogatory, nasty, insulting, and demeaning, ALWAYS. If you have a family member who is suffering from schizophrenia, ask them for yourselves.





They tell these patients not to trust anyone. They command these patients do so and say things that get them into trouble and alienate and isolate them from others. They tell these patients to do all kinds of things that sabotage any positive progress they may be making. If you have a schizophrenic family member you might wonder why they continually stop taking their medications despite their knowing how much trouble and the intense problems this behaviour causes for all associated with them (see Part III).

One must understand that there is absolutely no positive outcome for schizophrenics who hear voices to speak about them or what they are saying to them. They have already experienced frightened friends and relatives avoiding them when they brought up the topic. There are few if any who understand what they are really going through and what they are hearing. Psychiatry does these patients a grave injustice by telling them that their brains are broken and that they are sick and hallucinating.

Once these patients comprehend that the voices they hear are a foreign insertion, something very different from who and what they are and don't accept the voices they hear as thoughts which belong to them, there is an immediate relief when they understand that they are not fighting against themselves but something very different from who and what they are, something which is constantly trying to convince them that the negative, self-destructive thoughts they are experiencing belong to them and are in fact them.



The fact that these things are different from who the patient is can be seen when these patients are questioned about the trouble they have gotten into by listening to these "voices." Hundreds of times after my schizophrenic patients had gotten into trouble after listening to the voices, I would sit them down and ask, "Was it your intent to do this thing and get yourself into so much trouble?" The invariable answer was "no."

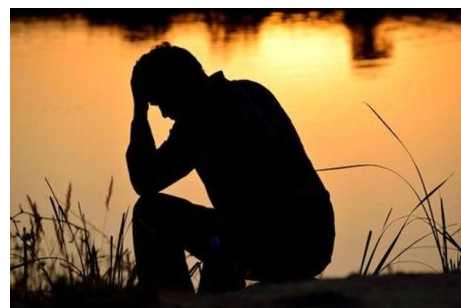
The question must then be asked, "Then whose intention was it?"



One of the first things these patients must understand if they are going to recover is that the voices they hear are real, and not hallucinations. They do not belong to them but are separate and apart from who they are. They do not have the patient's best interest at heart by a long shot.

Everything the voices tell them about themselves [is a lie](#) not to be believed. The voices hate everyone including themselves. They will do everything possible to isolate the patient from family, friends and anyone trying to help them. They command patients to behave in self-destructive ways that create hatred, anxiety, fear, turmoil and negativity. They are constantly filling the minds of their victims with subversive information about family, husbands, wives or girlfriends often telling the patient that the other is cheating on them, talking behind their backs etc.

The bottom line is THE VOICES ARE VERY REAL AND VERY DANGEROUS. The suicide rate for schizophrenic patients is significantly higher than the normal population. Many scores of patients have told me that the voices have told them that they are ugly, stupid and useless, a burden on everyone around them and that everyone would be greatly relieved if they would just kill themselves. I've heard these hundreds and hundreds of times.



I would be the first to admit reality in this case is stranger than fiction. For the naysayers out there, I would strongly advise you to not just listen to what I'm telling you but to ask these patients for yourselves if what you are reading here isn't true.

The voices are very real and run well established and predictable patterns unlike hallucinations. The first step in the patient getting well is to understand that the voices are not hallucinations. They are not coming from inside the patient's mind. Rather, they are separate, hateful and destructive. Great relief comes once the patient understands this.

And don't think that schizophrenics are the only victims of these things. They get us all to different degrees by inserting negative self-defeating and anxiety-provoking thoughts into our minds. Don't believe it?

Think about the last time you were strolling along minding your own business and all of a sudden, a horrible, disgusting, revolting thought blasted into your mind to do or say something that you would never do or say and were even shocked that you could even have such a thought. This has happened to all of us at one time or another. The first thing we wonder is, "Where did that come from?" It came from an outside source that doesn't belong to us and is not a part of you.

The second year I was in an APA approved Ph.D. psychology I got myself in trouble by asking the head of the department during a lecture where thoughts came from. He reacted as if I had asked him where a candle flame goes when you blow it out. He had no idea; said he would speak to me after the lecture but left the room quickly. We are similar to radios. The radio waves do not come from the radio, we tune into specific frequencies to pick up different transmissions. Schizophrenics are tuned to a very ugly, fearful and dangerous frequency and the station selector knob is broken and unmovable.

Again, I advise you to not take my word for it, check out what I am telling your for yourself. Ask your patients or those of you with family members afflicted with this dread mental disorder, ask them. The voices run very specific, predictable patterns that don't vary significantly from patient to patient. I'll try to post one section a week with the sincere wish that this information gathered over many intense years of front-line work in the mental health field will be of help to both the families and victims of this dread malady.

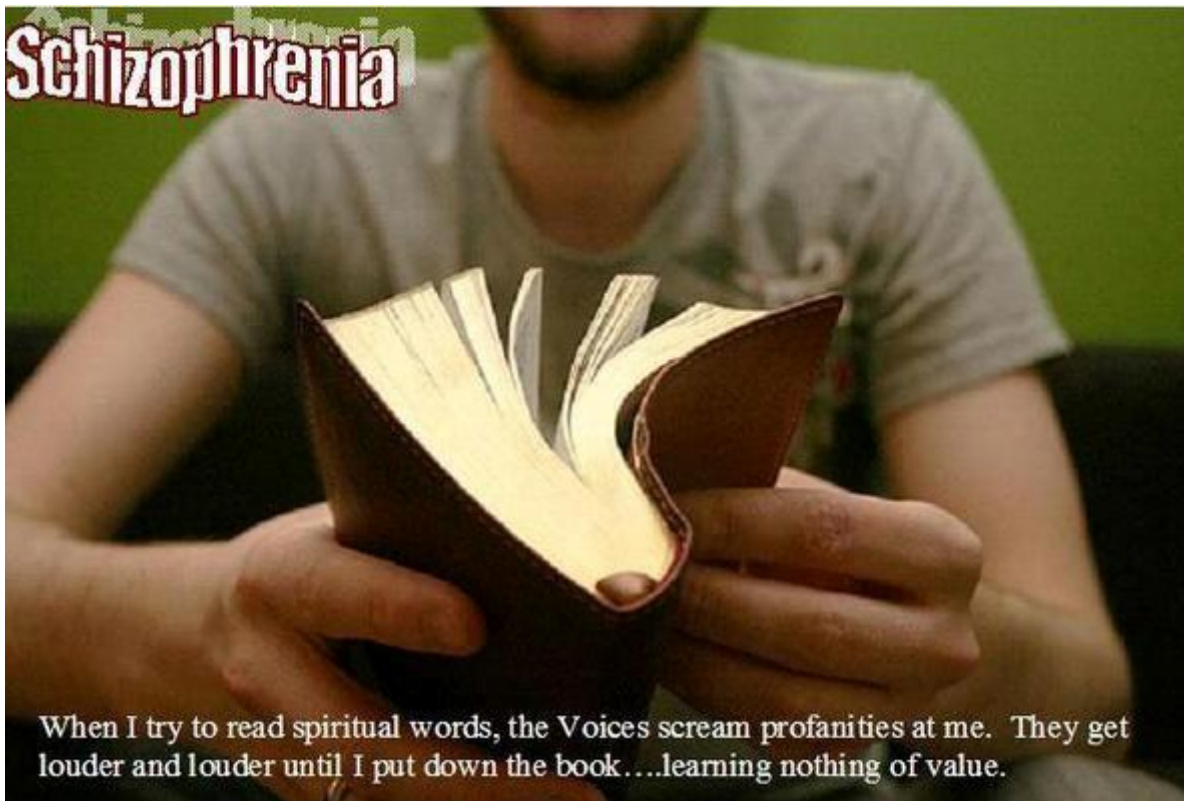
THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PART II

UNDERSTANDING AND GETTING RID OF COMPULSIVE NEGATIVE THOUGHTS AND THE VOICES SCHIZOPHRENICS HEAR

By Jerry Marzinsky BA M.Ed

July 19, 2016



One of the first of many odd behaviors I witnessed on the part of my schizophrenic patients came to my attention shortly after I started work at one of the largest psychiatric hospitals on the planet: They consistently chose to remain on the dingy wards rather than attending church services.

This was despite the fact that those who went to church not only got a pleasant walk through massive trees, fresh air and sunshine but they were often rewarded with cookies and ice cream after the services.

Patients with other psychiatric diagnoses had no problems attending church services and enjoying the associated benefits. Upon realizing this odd behavior among my schizophrenic patients was consistent, I began to ask questions.

"Why are you choosing to remain behind in the dingy wards turning up your nose to sunshine, fresh air and ice cream?"

There were a variety of responses. The most common of which were, "I don't believe in God, he's never helped me" and "I just don't like it there."

I was curious. Some hadn't been to church in years and attending wasn't even a consideration. What possible attraction could a dull bland ward have in the face of cake and ice cream?

Some of my schizophrenic patients who had tried to attend services said that they experienced a marked increase in anxiety even thinking about it. I began to ask questions about what triggered anxiety attacks so powerful as to overcome warm sunshine, a walk in nature and free ice cream and cake.

After months of questioning, one after another they told me the voices they were hearing in their heads grew significantly louder and more agitated even at the mere thought of going to church. Once they physically entered the church, the voices became so loud and intense they couldn't bear it and had to get up and leave. Others, determined to stay said the voices were so loud they couldn't make out what the preacher was saying.

Over time, the very same reports were coming in from patients who had never seen or spoken to one another. What was it the voices were telling them? Among the various derogatory remarks they directed against the church and the preacher, the voices consistently repeated two primary things: "Church is a bunch of crap, there is no God." and, "What makes you think Jesus is going to save you?. He couldn't even save himself."

Although psychiatry staunchly insisted the voices were nonsensical, meaningless hallucinations what I was experiencing first hand was very different. I found that if these patients were allowed to speak of their experiences without judgment and without the chains of preconception, the first hand information they reported was contrary to the label of hallucinations taught by the Ivory Tower of psychiatric education.

True hallucinations are random. Whatever the voices were, they were far from random and consistently negative. What kind of hallucination would consistently drive these patients out of church or preventing them from even attending which interfered with their hearing something positive that could markedly help them? Curiously, some patients said that upon entering church, their voices went totally silent and remained quiet until they left.

Finding these reports perplexing, I increased my questioning of both groups. It slowly became clear that those schizophrenics who were driven out of the church and bombarded so intensely by the voices they could not concentrate on the sermon, more often than not were plagued by a multitude of very strong voices.

On the other hand, patients who said their voices went silent after entering church were often found to be dealing with a single negative voice which was either not very strong in the first place or had been weakened by medications.

However this was not the rule, there were those who reported a single negative voice being so strong it was capable of increasing their anxiety level to the point where they actually ran out of the church hoping to shut them up.

After interviewing scores of these patients there was not a single, solitary report of their voices ever encouraging them to read the Bible, attend church services or partake of any other positive spiritual activity. Whatever these things were, they were unidirectional and those directions were negative.

The definition of hallucinations is that they are random in nature, but these voices were not random at all. What was it that held the voices on such a consistent and unswerving negative trajectory? What

held them on such an unswerving negative course?

I began to wonder how the voices responded to those few schizophrenic patients who owned Bibles and attempted to read them (see Part IV).

Again, as with all this information, I strongly encourage those of you who are dealing with schizophrenic individuals who hear voices not take my word for anything being said here. Drop your preconceptions and go see for yourselves. I've moved all around the country and dealt with schizophrenic patients from one side to the other. The voices these individuals hear are exactly the same from one geographical location to another.

Ask these poor souls about their voices and what those voices are telling them. Ask them what the reaction of their voices is to their reading the Bible and attending church. You will face some resistance due to trust issues they harbor. You must understand that historically for them, there is no positive outcome for them to speak of their voices. They have already experienced a long history of negative repercussions for doing so. They've lost friends who thought them weird or possessed. They've been drugged into oblivion by psychiatrists for mentioning them. People get frightened when confronted with something they don't understand and can't experience for themselves. Be trustworthy with them.



Among these obstacles is the fact that the voices themselves insist they tell no one about them, that others will perceive them as crazy, something which indeed does happen. You will need to be patient when asking them about their voices. If they sense any judgment or threat on your part, they will not take the risk and will remain silent. If they sense that you are genuinely interested in learning about their voices, they are more likely to open up.

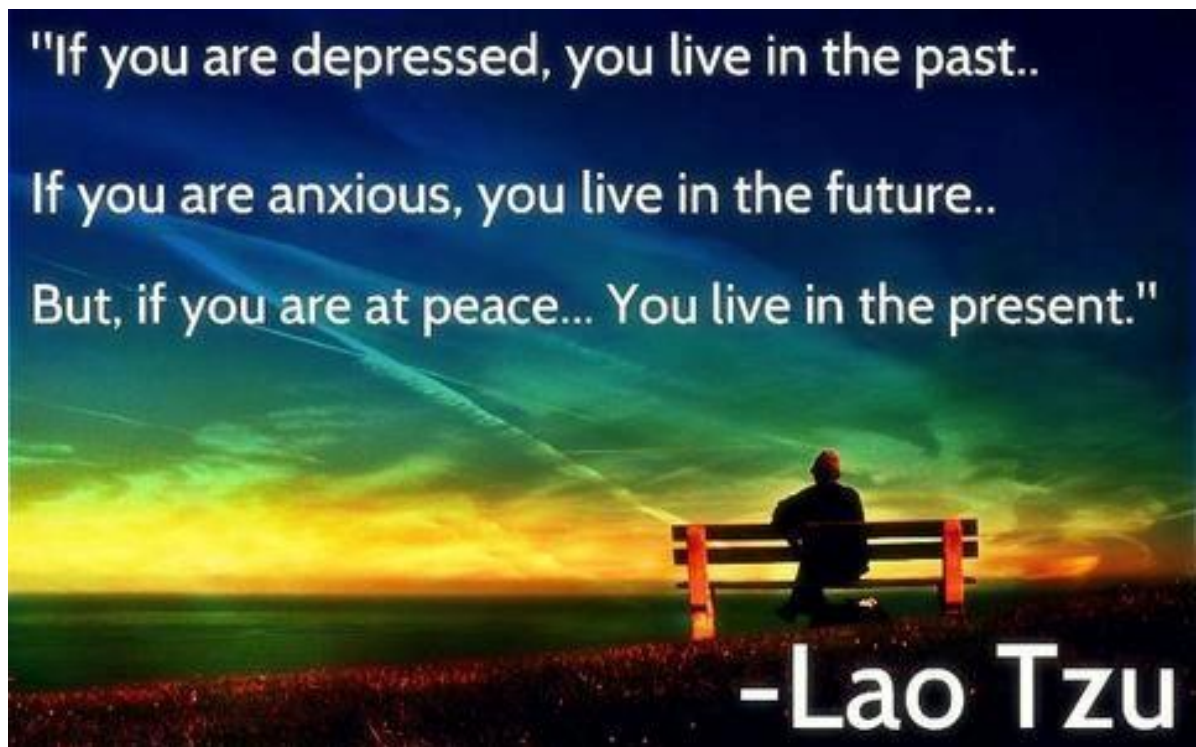
THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PART III

WHY DO SCHIZOPHRENICS KEEP GOING OFF THEIR MEDS GIVEN THE DISASTROUS CONSEQUENCES?

By Jerry Marzinsky BA M.Ed

August 17, 2016



Below is a response from a person hearing voices to one of our You Tube videos. It is firsthand information that brings up some very important information about the voices that schizophrenic patients clearly hear that is critical for those of you suffering from this malady to understand.

FROM THE YOUTUBE VIEWER: "I had an experience where I was being enlightened or expanding my consciousness and I made a pact to work for good and within 4 weeks I had 7-8 contacts with police and lost my job and driver's license, then I tried to explain that I heard voices and they told me to stop taking meds, then I tried to tell a judge and it was like the legal system backed the demons. I have spent two years trying to regain my direction and confidence. I am afraid to pray anymore."

FROM ANOTHER YOUTUBE VIEWER: This is a comment from a police officer with regard to his experience taking people to Bellevue who stopped taking their meds.

This man is right on the button. "I was a Police Officer in Midtown NYC, an area with a lot of schizo's and I took so many to Bellevue and they all stop taking the medication. I never believed it was demons until now. I never understood why they would stop taking meds and every family member I would contact would all say the same thing, 'he or she just stopped taking their meds'

"WHAT HAPPENS WHEN THE VOICES ATTACK: One of the first things I noticed after starting work in one of the largest psychiatric hospitals in the world was the difficulty we had with keeping patients who were hearing voices on their



medications, their only link to sanity. Repeatedly they would tuck their medications under their tongues and spit them out when staff weren't looking. The result was a slow slide back into a hellish psychosis where the voices constantly told them they were worthless, brought up every guilt ridden offense they'd ever done, demeaned them with constant derogatory comments and woke them up with horrible night terrors early in the morning when they began insulting and demeaning them again.

Hundreds of patients who heard voices who had never seen or spoke to one another were reporting the same content.

Eventually the voices began telling them that nobody loved them or cared and that anyone who attempted to show they cared were only putting on a fake show. The voices then moved on to telling them they were worthless, an abject failure and a massive burden to everyone around.

Experiencing a very different but very real horrible reality than others, they isolated themselves divorcing themselves from any source of potential help as the voices grew in intensity finally telling them they were a worthless piece of meat and that their families and everyone associated with them would be much better off if they would just kill themselves.

Note that each attack upon schizophrenic patients by these voices is specifically designed to turn their mental state negative for the purpose of generating a strongly negative emotional state within the individual.

As the attacks by these voices only the schizophrenic patient can hear progress and intensify, they are unable to sleep, become increasingly paranoid, anxious and isolated from others before the voices begin telling them again what a worthless burden they are to others, and how everyone associated with them would be relieved if they would just leave this world. It is no secret that the suicide rate of schizophrenics is many times higher than the normal population.

The insertion of such suicidal thoughts produces extreme amounts of negative emotional energy. If you ask these patients, they will tell you that after each attack their energy level drops to close to zero with some being so weakened that they can't even get out of bed. Some report that while the voices are screaming at them, they can actually feel their energy being drawn off leaving them weak and very depressed.

Very few actually can make the connection between the attacks of these voices and their energy level dropping to zero. They don't know where their energy has gone despite the fact that there is a one-to-one correspondence between the disappearance of their energy and the appearance of the voices.



GOING OFF THEIR MEDS: While working at the state hospital I found it odd that given the horror these patients repeatedly experience after going off their medications and decompensating into a psychotic state, as close to hell on earth as one can come short of war, even after experiencing the terror and paranoia associated with this state, over time they repeatedly quit taking their medications as if their memory of what was going to happen had been forgotten.

Their behavior was akin to a man sticking his hand in a fire, getting burned then screaming with pain only to do it again a few weeks later repeating the behavior until his hand was so damaged it was no longer functional.

It seemed I was the only one among the staff who found this behavior incomprehensible. Others on the staff felt such inexplicable behavior was merely a symptom of their illness and left it there. Others felt it to be due to the unpleasant side effects of the anti-psychotic medications.

I began questioning scores of patients as to why they stopped taking their medications given the devastating consequences. I continued this questioning for years. The most common response was they didn't like the admittedly unpleasant side effects of their anti-psychotic medications. Granted, these side effects weren't good, but compared to sinking back into the horror of insanity and a florid psychotic state the side effects were small potatoes. Their excuse didn't make sense.

I kept looking for answers until one day I was sitting with a patient in my office with her mother and we were both asking her why she again stopped taking her medications when she reported, "The voices kept telling me to. They told me they were poison and kept telling me the side effects were proof that the psychiatrist was trying to poison me. They told me to stop taking them."

I was aware that this wasn't the first time she stopped taking her meds and asked, "You've quit taking your meds several times before and every time you end up psychotic. Why do you keep listening to the voices?"

Her response; "Because they are so damn believable and persistent."

From that day on I would ask schizophrenic patients if the voices had anything to do with their quitting their medications. Many outright reported as did the patient above, that the voices told them their medications were poison and to use alcohol or street drugs instead knowing the withdrawal effects only increased their anxiety. Others also reported compulsive thoughts and feelings that their anti-psychotic drugs were bad and they were being poisoned but did not say the voices told them to stop taking their meds.

After questioning hundreds of schizophrenic patients it became very clear that the very first thing the voices go after is to try to get the patient to quit their anti-psychotic medications which calm them and the voices down.

If one studies the messages the voices give to these patients, they are all designed to foster fear,

anxiety and guilt all of which generate negative emotional energy which mysteriously disappears after the voices attack.

These anti-psychotic medications are major tranquilizers and prevent the patient from becoming upset, fearful and paranoid markedly reducing the amount of negative emotional energy generated for consumption by the voices.

The phenomenon also explained the high number of assaults upon state hospital psychiatrists who spent significantly less time around these patients than other professional staff and were immovably convinced that the voices these patients were hearing were mere hallucinations. Given this, the question becomes, what kind of hallucination would tell these patients to stop taking the medications which significantly weaken or in some cases gets rid of the so called “hallucination?”

THE ANSWER: The so-called hallucinations which are not hallucinations at all, strive for – through trickery and lies – to evoke negative energy in people. That negative energy then is siphoned from people by the voices. Thus, people feel completely drained of energy after an attack. In a serious way, the negative energy is their “food” - their sustenance. The voices prefer the psychiatrists who insist they are only hallucinations because this maintains a cover for the voices. The last thing the voices want is to be discovered.

THEY FEAR BEING DISCOVERED – QUOTE FROM CARLOS

CASTENADA: *“We have a predator that came from the depths of the cosmos and took over the rule of our lives. Human beings are its prisoners. The Predator is our lord and master. It has rendered us docile, helpless. If we want to protest, it suppresses our protest. If we want to act independently, it demands that we don’t do so... I have been beating around the bush all this time, insinuating to you that something is holding us prisoner. Indeed we are held prisoner!”*



“In order to keep us obedient and meek and weak, the predators engaged themselves in a stupendous maneuver stupendous, of course, from the point of view of a fighting strategist. A horrendous maneuver from the point of view of those who suffer it. They gave us their mind! Do you hear me? The predators give us their mind, which becomes our mind. The predators’ mind is baroque, contradictory, morose, filled with the fear of being discovered any minute now.”

[\(https://prof77.wordpress.com/our-predator-by-carlos-castaneda/\)](https://prof77.wordpress.com/our-predator-by-carlos-castaneda/)

THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PART IV

WHY SO MANY SCHIZOPHRENICS AVOID READING THE BIBLE

By Jerry Marzinsky BA M.Ed

September 2, 2016

This article is a continuation of Part II where we took a tour into the resistance schizophrenics encountered going to church or engaging in any positive spiritual pursuit. This was first noticed while working at the state hospital where their behavior diverged from that of other patients as they remained behind on dank wards when given the opportunity to go outside, walk across pleasant grounds in fresh air and sunshine on the way to church services where they were often given free cake, cookies and ice cream afterward.

If you have not read [Part II](#) then I recommend you do before continuing with this Part IV.

In Part II we found that many of these patients were consistently tormented by the voices they heard if they attempted to go to church. An interesting phenomenon for what were supposed to be hallucinations. For some, their voices got so loud and abusive that they were actually driven out of church. For many schizophrenics it was easier to just not go to church services. Part II left off where I began to wonder how the voices responded to those few schizophrenic patients who owned Bibles and attempted to read them.



Now to Part IV

After seven years at the state hospital, I took a job in the psychology department of a large state prison in the southwest. I continued working with and exploring the nature of the voices schizophrenics experienced. Due to California's Proposition 13 state hospitals across the country were being forced to shut down. For the most part, inadequate community mental health facilities and the resistance of schizophrenic patients to taking anti-psychotic medications resulted in their being sent into communities with little viable support leaving them unable to fend for themselves.

Unable to work, in record numbers they turned to drugs and alcohol to self-medicate the abusive voices raging in their heads. Many became addicted. They had few options to support themselves other than begging on street corners or turning to crime (see [Part III](#) on why schizophrenics stop

taking their prescribed meds). Many turned to crime. Many became disruptive with some becoming uncontrollably violent. After questioning scores of schizophrenic inmates it became clear that many were listening to and acting on the commands of their voices at the time they committed their crimes.

I was stunned as I listened to inmates report their voices telling them which houses to break into, when the occupants were up, where to find valuables in the home and when the police were about to show up. It was the stuff of which science fiction movies were made and had I not heard hundreds of such stories I myself would not have believed it.

The shut-down of state hospitals had backfired. Now the prison industrial complex had taken over the function state hospitals once had at many times the cost while providing very little treatment. There are few people on the planet who get in more trouble or punish themselves as badly as do schizophrenics. Their being sent into highly negative environments such as prisons and exposed to ridged staff programmed with a punishment mentality, a hostile and often violent living environment and little or no mental health treatment only made them much worse, more violent and more callus. At the end of their sentence, often more volatile than when first incarcerated they were released onto an unsuspecting society still unable to support themselves. They were given two weeks of anti-psychotic medications and told to go to the nearest hospital ER when they ran out. Such poor release planning contributed to a massive prison recidivism rate which hovers around 75% over three years.

Once I started work in the psychology department of a large state prison in the southwest I noticed that schizophrenic prisoners reported that the voices they were hearing in their heads were virtually identical in content to what these same patients had reported in the state hospital some 2000 miles away. They were hearing virtually indistinguishable from the voices heard by state hospital patients. The content remained extremely negative, derogatory and abusive. It seemed that whatever these things were, they had all been made by the same gigantic galactic cookie cutter, commanding their victims to behave in self-destructive ways that often got them sent to prison.



Prisoners were also revealing that their voices reacted in the same negative volatile fashion if they attempted to attend church services or read the Bible. I was taken aback one day as one of my inmate patients came in and reported that upon his reading of the 23rd Psalm, his voices reacted like they were being tortured. He likened their reaction to worms being thrown onto a hot frying pan. Again, very strange behavior for what psychiatry considered to be a hallucination.

The inmate's report sparked my curiosity, and I began to tell my other schizophrenic patients about it when reports began coming in that their voices reacted to the reading of the 23rd Psalm in a very similar manner.

How could this be? At that point, I wasn't sure what the voices were but the evidence was mounting that they were far different from hallucinations.

Unlike hallucinations which were random, the voices were always negative, abusive, derogatory and destructive. Whatever they were, they weren't good and it was clear they were contributing to the deterioration of my patients.

My instincts told me that whatever irritated the voices must also be bad for them. I knew in my gut that the louder the voices became as I tried different methods to probe their reactions, the worse whatever I was trying was for them. One of the first things I discovered tormented them was the patient memorizing and repeating the 23rd Psalm. Their reaction to this Psalm was quick and volatile. It was striking a nerve. Shortly afterward other patients reported that the repetition of the Lord's Prayer and the singing of the song Amazing Grace evoked similar tormented reactions from the voices.

I passed out copies of the 23rd Psalm to other schizophrenic inmates with whom I was working and found the results were overwhelmingly the same. The voices hated hearing the 23rd Psalm repeated by the patient.

Psalm 23

The Lord is my shepherd; I shall not want.

²He maketh me to lie down in green pastures:
he leadeth me beside the still waters.

³He restoreth my soul: he leadeth me in the
paths of righteousness for his name's sake.

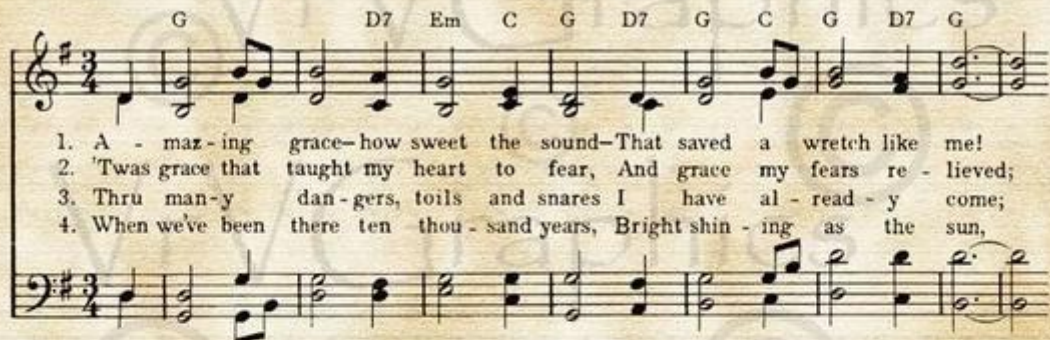
⁴Yea, though I walk through the valley of the
shadow of death, I will fear no evil: for thou art
with me; thy rod and thy staff they comfort me.

⁵Thou preparest a table before me in the
presence of mine enemies: thou anointest my
head with oil; my cup runneth over.

⁶Surely goodness and mercy shall follow me all
the days of my life: and I will dwell in the house
of the Lord for ever.

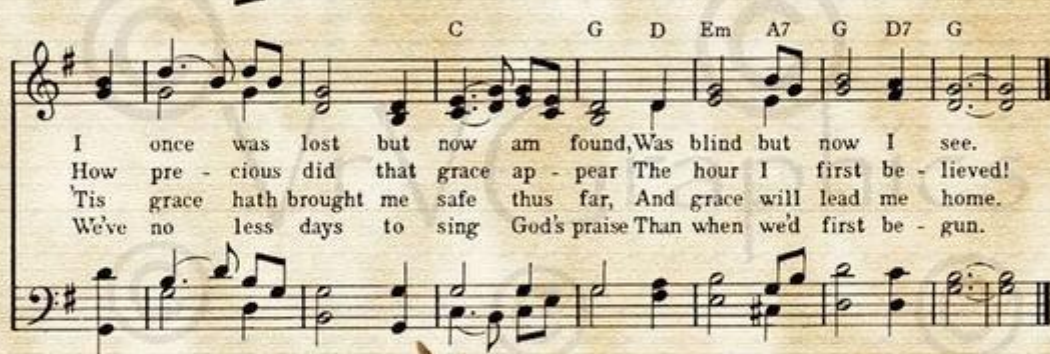
Amazing Grace

G D7 Em C G D7 G C G D7 G



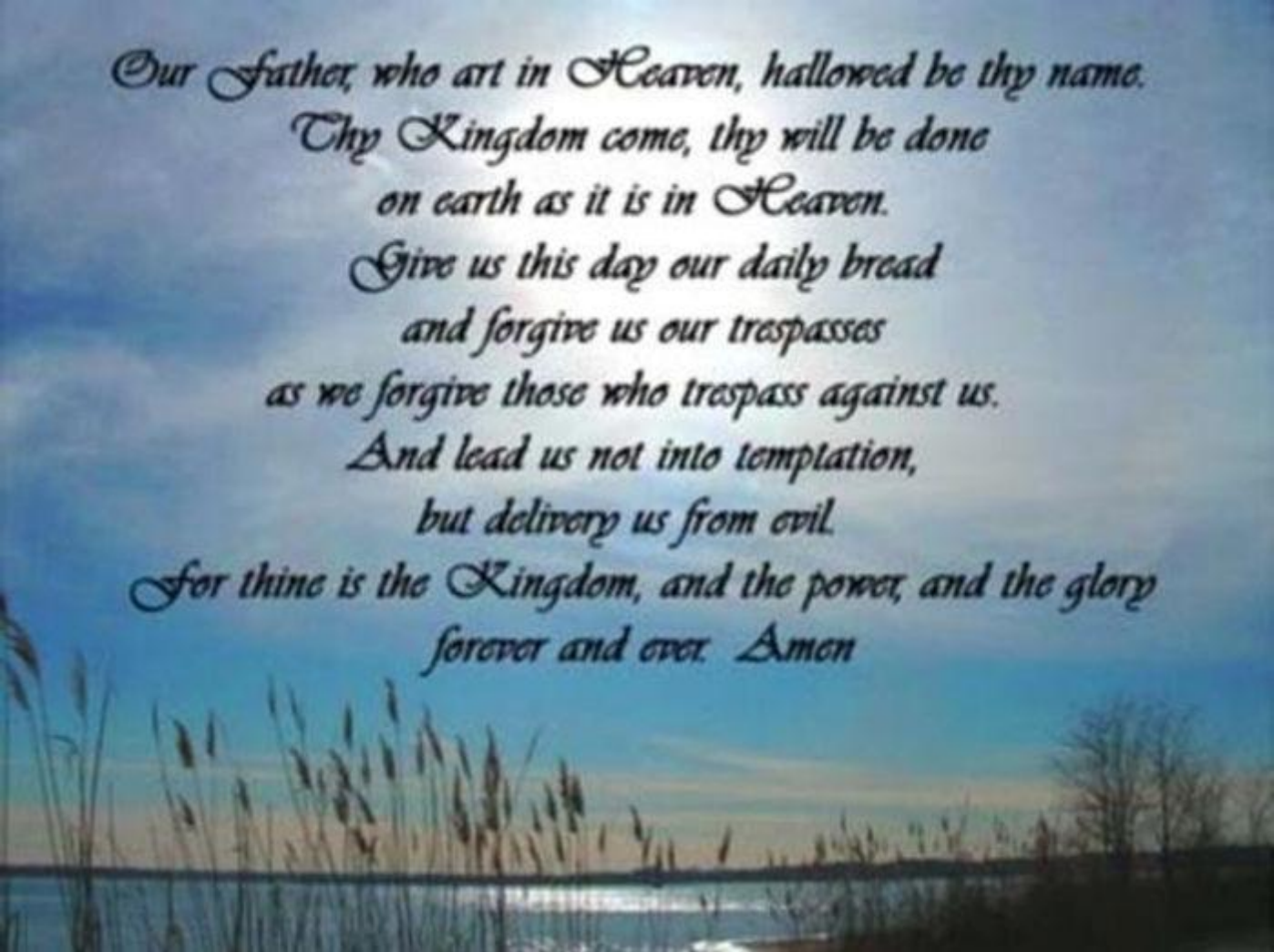
1. A - maz - ing grace-how sweet the sound-That saved a wretch like me!
2. 'Twas grace that taught my heart to fear, And grace my fears re - lieved;
3. Thru man-y dan-gers, toils and snares I have al - read - y come;
4. When we've been there ten thou - sand years, Bright shin - ing as the sun,

C G D Em A7 G D7 G



I once was lost but now am found, Was blind but now I see.
How pre - cious did that grace ap - pear The hour I first be - lieved!
'Tis grace hath brought me safe thus far, And grace will lead me home.
We've no less days to sing God's praise Than when we'd first be - gun.





*Our Father, who art in Heaven, hallowed be thy name.
Thy Kingdom come, thy will be done
on earth as it is in Heaven.
Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the Kingdom, and the power, and the glory
forever and ever. Amen*

The negative reaction of the voices to all of these materials was very consistent. The voices were reacting as if hot acid was being poured on them as the patient repeatedly recited any of these works.

During the course of their illness, schizophrenics had found very little they could do on their own to fight back against these horribly abusive voices other than take the medications which many abhorred. Many felt they were helpless victims with no power to shut them up or fight back.

Once they experienced the tormented reaction of their voices to the reading of these passages, they became aware that they had a means to hit back at their dictatorial voices. They no longer felt completely helpless and had at least one weapon to fight back. Many began fighting back.

As I checked on their progress, I found that in a large number of cases, the voices had made them forget to repeat these passages by showing up very quietly and slowly then increasing in amplitude or merely distracting the patient with other things. But despite this, the patient now had some means to strike back. In addition, the reaction of their voices to these passages convinced these patients who were often atheist's or agnostics that there must be some truth or power in these passages for the writings to consistently torment their voices to the point where they tried to stop them or make them



forget to repeat these passages when the voices showed up. Many were surprised after experiencing the reaction of their voices to this material.

I was in my office one day with an inmate whose voices were very strong. Although he didn't think they were who he was like myself at the time, he wasn't sure what they actually were. I handed him a copy of the 23rd Psalm and asked him to read it so he could see the reaction of his voices for himself. As he started to read, he went into a daze staring blankly at the paper. I encouraged him to keep reading. As he struggled to do so his face turned beet red. He broke into a cold sweat then said, "I can't do it. The voices are way too strong."

For those inmate patients I sensed really wanted to get rid of their voices, I handed out copies of the 23rd Psalm the repetition of which often increased their anxiety levels as their voices reacted negatively touching off an internal battle. Over time, I learned that the voices reacted negatively to any positive spiritual material the patient attempted to read almost 100% of the time.

When the chief psychologist discovered I was passing out what he felt to be religious materials he ordered me to stop immediately. Once again, as with the state hospital, I was called on the carpet for trying to find an alternative means of helping my patients. He had no interest in the results. Only approved, common methods of therapy were permissible. Problem was, none of them worked. The toxic medications along with their horrible side effects merely suppress psychotic symptoms while slowly destroying the nervous system. The fact that once these medications were stopped, psychotic symptoms reappeared was proof positive that these drugs were curing nothing, merely suppressing symptoms which were waiting just under the surface to reappear.

Some schizophrenic's are so eaten up by the voices that even with medications and therapy, they can't be brought back. Much to my surprise, I found that there are others who have isolated themselves for years with their abusive parasitic voices that they now consider them friends, although bad ones. After working with one patient for months and finally getting rid of voices he had lived with for decades, he found himself so lonely without their bad company that after a few weeks he called them back and they returned. If the patient does not want to get rid of their voices, there is absolutely nothing that can be done except medicate them and they will resist that.

The important aspect of this section is that patients who experience the effect that reading the 23rd

Psalm, the Lord's Prayer and singing Amazing Grace has on their voices they now understand they have at least one weapon to strike back at their tormentors. They don't feel as defeated and helpless. They often see for the first time that there is at least something they can do to hit back giving them some semblance of hope. The information I'm providing here is far from the conventional system of belief of mental health authorities who forbid experimenting with alternate methods of treatment.

As with any of the information that we are providing you, don't take our word for anything that we say. See for yourselves! For those practitioners out there working with schizophrenics who hear voices, and for parents or family members struggling to help loved ones with this dread mental disorder, try these things for yourselves and ask the patient to report on the effect of repeating these spiritual messages on their voices. Again, don't take my word for any of this. Open your eyes and see for yourselves.

Give your patients or family member hearing voices a copy of the 23rd Psalm, have them repeatedly read it and ask them how their voices respond. Drop your preconceptions, ignore what you've been told and verify for yourself independently.

Ask these poor souls what their voices are telling them when they attempt to go to church or read the Bible. Then ask yourself, "Is the reaction of the voices to this material in line with psychiatry and psychology's insistence that they are hallucinations?"

Although I've stated this in other articles, it bears repeating. You need to understand that for people who hear voices the outcome of speaking about the voices they hear is rarely a positive experience for them.

They have suffered a long history of judgment and negative repercussions after telling others about their voices. Friends and often family are freaked out. Many begin to think they are strange or crazy. The voices tell them straight up that if they speak to others of their presence their friends will think they are crazy.

They have discovered that if they speak of the voices they hear too often to others they are taken to doctors who pump them full of mind numbing drugs after being told their brains are broken due to a chemical imbalance.

In addition, they are told by doctors that the voices are merely hallucinations and nothing more. They are told they must remain on toxic, mind numbing drugs for the rest of their lives, a message devoid of hope.

After experiencing these reactions often more than a few times, they learn not to speak to anyone about their voices – to others who don't hear them.

To their more normal friends, the voices are often frightening, something they don't understand and

are frightened of. This seems to be a peculiar human flaw where curiosity of the unknown is replaced by fear of the unknown.



If the individual hearing voices senses that you are genuinely curious, non-judgmental and trustworthy, with time they will begin to tell you about them and once trust is established they will begin to speak of what those voices are saying to them. They cannot be pushed into this. They must learn trust. As they begin to trust you with such information they will tell you more.

Another major obstacle to their speaking of their voices to others is the fact that the voices themselves tell them not to. They tell them the worse scenarios of what others will do if they reveal their truth. Unfortunately, much of what they say all too often comes to pass. The voices have evidence from the individual's own past experiences to prove there are dire consequences to speaking of them which often keeps these patients silent.

It is important that these individuals trust you won't harm them and are at least giving them the benefit of the doubt. They have learned the hard way that it is safer not to trust others and keep silent with their experiences.

If they sense any judgment or threat from you they will remain silent. If they sense you are genuinely trying to understand, they will be much more likely to open up and share the reaction of their voices to the materials mentioned above. Again, don't take my word for any of this but also don't blindly take psychiatry's pronouncement that these voices are hallucinations. This is something you need to see and experience for yourself.

THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PART V

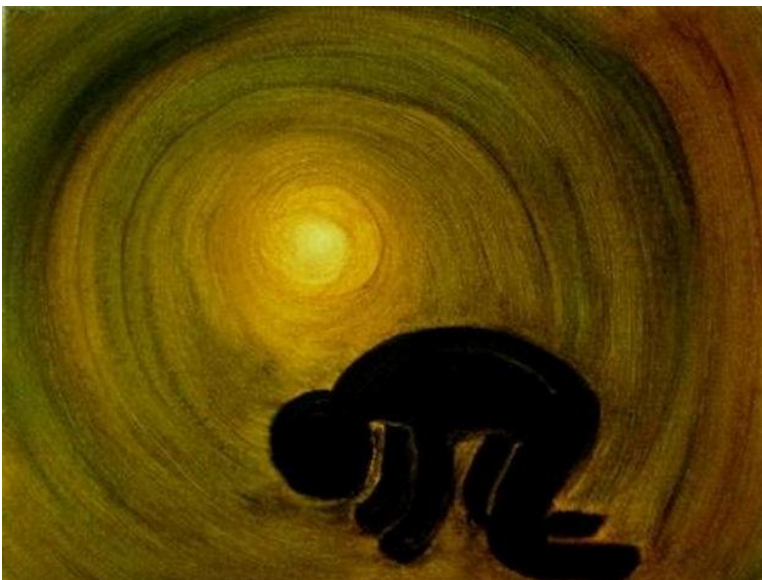
WHY ONE PERSON IS MORE SUSCEPTIBLE TO PARANOID SCHIZOPHRENIA THAN ANOTHER PERSON

By Jerry Marzinsky BA M.Ed

September 22, 2016

In Part V we discuss:

- Content of the Voices
- Energy Drain
- Hallucinations versus Schizophrenic Voices
- Punishing Investigators
- The Vulnerable Ones
- Mental Disorders and Genetic Predisposition
- Another Point of View
- The Non-Vulnerable Ones
- Changing from Vulnerable to Non-Vulnerable
- Conditions and Genetics
- Mental Habits that have a Negative Effect



There are many reasons some people are more vulnerable to psychosis than others, some of which defy conventional thought. In order to clarify these, one must first understand the content of the voices schizophrenics hear and the devastating affect they have on these patients.

Content of the Voices

In Parts I through IV of this series, we pointed out that academia has not done a single study on the content of the voices schizophrenics hear.

The longer one studies schizophrenic voices, the more evident it becomes that everything the voices say and recommend to the patient is designed to produce as much turmoil and negative emotion as possible through the mechanisms of guilt, shame, fear, anger and any other type of negative thinking they can insert or trigger.

I've had patients tell me that the voices go into their memories and bring up horrible, guilt-ridden behavior from their past that they had long forgotten about and then the voices rub that behavior in their faces repeatedly. Without question, the content of schizophrenic voices demonstrates an

itinerary that clearly points to the fact that there is some force that holds them on a consistent negative path that does not vary.

Energy Drain

When the voices have stirred up a frenzy of negative thought in a patient, to the point that their anxiety levels reach an intense fever pitch, then the patient's energy is drained off by the voices ([see Part IV](#)), leaving these people depressed and hopeless with barely enough physical energy to feed themselves and survive. It is yet to be understood how the voices actually siphon energy from patients.

Hundreds of schizophrenic patients have said that there is a one-to-one correspondence between the appearance of their voices and feeling completely drained after an attack. Many have reported they can even feel their energy leaving when the voices appear and start screaming at them. In numerous cases, the energy depletion is so severe the patient can hardly get out of bed.

A statistical analysis run of a large collection of such scales where patients marked off the numerical values of how much energy they felt they had before the voices attacked and how much they had after they left proved statistically significant.

The acute negativity and hopelessness generated by what these voices tell these patients and the extreme state of negative emotion they generate is reflected in the tremendously elevated suicide rate of schizophrenic patients in comparison to the general population.

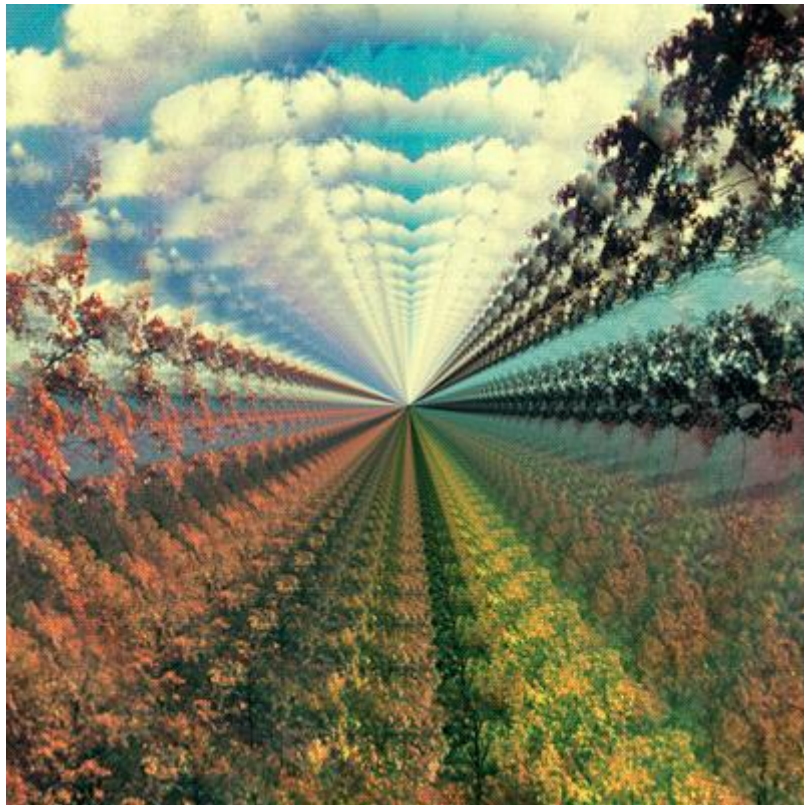
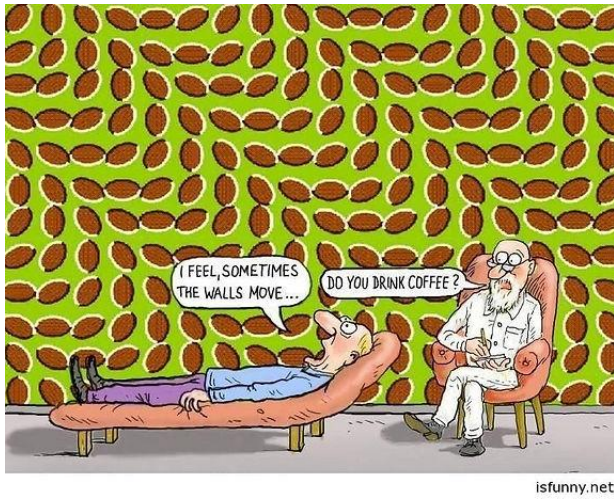
The key to finding a cure for this dread condition rests in studying and understanding one of its key symptoms: the voices.

[Dr. Wilson Van Dusen](#), a clinical psychologist who had worked in a California state hospital and one of the few clinicians who has actually studied and experimented with schizophrenic voices in depth concluded, "When the voices leave, so does the schizophrenia."

Hallucinations versus Schizophrenic Voices

If academia had studied the content of the voices they would know these voices are not hallucinations and would not dismiss them as such. Let's hope they come to their senses soon.

Hallucinations don't run fixed and consistent patterns. They are random; they can be negative, positive, neutral and usually completely nonsensical.



Where hallucinations are unpredictable as shown above, the voices schizophrenics hear are true to form negative and derogatory. In other words, the voices stick to a reliable blueprint from patient to patient regardless of home setting or institution type or geographical location.

Like a bullet fired from a gun, the voices schizophrenics hear have a course and trajectory as set as the forces that hold a bullet on its path to a target. The path a bullet takes after it is pointed and fired at its target is not random. Likewise, the content and intent of the voices schizophrenics experience are not random, and unless academia wants to change its definition, these are not hallucinations. Ask any schizophrenic about the content of their voices and they will tell you the same



thing as described above. They can't all be lying nationwide and worldwide.

To the patients, their voices are real and to anyone curious enough to study the voices, they will see evidence that tends to agree that there is more to this than currently hypothesized.



Punishing Investigators

We know the conventional medical establishment tells patients, families and the public that the reason for schizophrenia has to do with a chemical imbalance in the brain when admittedly they have no proof and do not know what causes schizophrenia. With blindfolds on, mainstream academia rejects anything outside of their standard textbooks. In their view, anyone who seeks the real cause or effective treatment needs to be punished.

The case of [Dr. Irmak](#), an esteemed professor and researcher in Turkey is a good example of such punishment. After publishing a paper in a professional journal stating that he repeatedly witnessed several cases of schizophrenia being cured by non-traditional methods, he was savagely attacked by colleagues in the medical establishment while the journal that published his work was lambasted for publishing this information.

One is left to believe that they don't want to see any cures as it would threaten their profits. It seems to me that discovering what the voices are and how to eliminate them from a person's life rather than simply masking their symptoms temporarily with toxic drugs is more valuable to the patient and society than increasing sales for the medical and pharmaceutical industries.

Here take these expensive medications for the rest of your life and your hallucinations will subside.

Susceptible (adj)

/sə'septəb(ə)l/

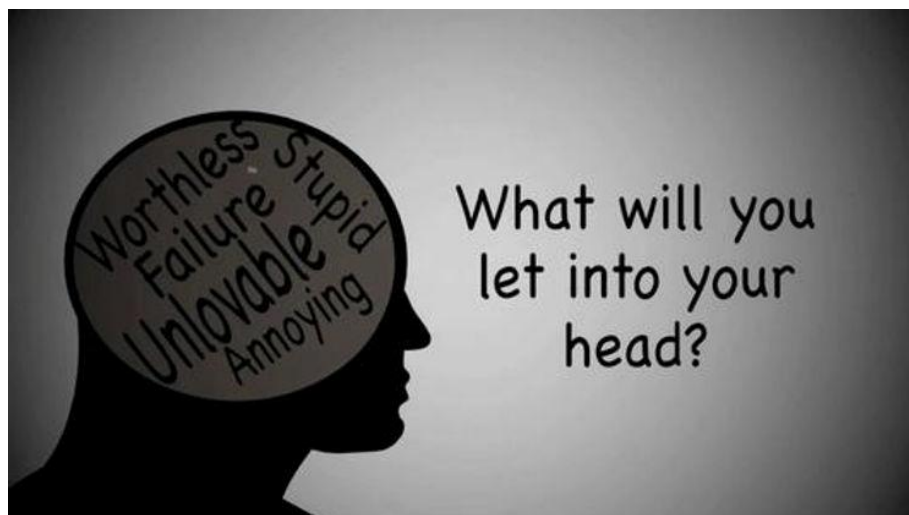
Definition: likely or liable to be influenced or harmed by a particular thing.

Synonyms: open to, receptive to, vulnerable to, an easy target for, liable to, prone to, subject to, inclined to, predisposed to, disposed to, given to, at risk of



The Vulnerable Ones

A great majority of my schizophrenic patients had been severely emotionally, physically or sexually abused which forged a mindset of negativity, fear, guilt, shame, self-hatred and distrust. Once a negative self-concept is created the person seeks out information that supports and maintains that negative self-perception looking for evidence that supports it.



Such a negative self-image generates a massive amount of negative emotional energy, especially in children. From what my schizophrenic patients have revealed, the voices hate children. Many struggle against doing harm to their children and often fail. A great number of patients who were reared in homes with a schizophrenic parent suffered extreme abuse at the hands of that parent who told them the same kind of abusive things the voices were telling the parent.

Schizophrenic parents often despise and neglect their children, males much more frequently than females who often struggle with a strong maternal instinct to protect the child. Psychotic parents instill in the minds of their children that they are worthless, useless, a burden, that nobody loves them and they are unlovable. By the time these children become teens they are often horribly disturbed, get in trouble in school and with the authorities. The more trouble they get into, the more negative emotional energy is generated.

In order to pacify these unrelenting negative emotions, many of these youth turn to drugs to self-medicate which is akin to pouring gasoline on a fire in an attempt to put it out. Unfortunately, many turn to meth which cracks them wide open for infestation by the voices. I've seen scores of prisoners who have turned to meth to temporarily feel better only to end up starting to hear voices. They think they are temporary hallucinations as they disappear when they come down until one day they don't. From that point on the voices don't go away and begin tormenting them 24 hours a day. They then hear these horrible voices even when not on drugs. They are now psychotic, often for the rest of their lives. Amphetamine is an extremely dangerous drug and causes more people to go psychotic than virtually any other drug floating around the streets, that we know of today.

And so it goes from generation to generation. This assures a future generation of negative emotion generators upon which these psychic vampires can feed. If they can get these children addicted then direct them to commit a crime for which society will imprison them, its easy going for them. They do not have to work to instill a negative emotional state; the prison environment does it for them. All they have to do is show up to drain their victims.

Mental Disorders and Genetic Predisposition

Traditional mental health authorities and academics describe a significant correlation between parents suffering from schizophrenia and their children later developing this same condition. I do not deny these correlations exist. However I do question their conclusion. Medical authorities fill their journals with articles reporting this correlation as “due to a genetic predisposition.”

Over many years of searching to find evidence for this belief, they have not found a single gene to prove these things genetically predispose the children of schizophrenics to develop this state of mind. Correlation does not constitute causation. Some studies have shown that some factors which correlate to a happening are illogical and make no rational sense, yet the correlation inexplicably exists.

After studying the voices schizophrenics hear for over 35 years, and interviewing many hundreds of these patients, their families and children, I submit a notion that even I would have considered ridiculous thirty five years ago had I not actually seen and experienced for myself what I’ve been describing.

I submit that the vulnerability of children raised in families with schizophrenic parents is not due to a genetic predisposition. The condition is primarily due to the action of the voices which creates a replica of the same horrible negative emotional state in the child that exists in the schizophrenic parent which these voices then mysteriously siphon off leaving the child or teen drained of energy. Once they have the child generating a similar level of negative emotion as the parent, they then have another source of negative energy on which they can feed for another generation.



In clinical practice, when an untreated schizophrenic parent came into the ER, I did everything in my power to get them into treatment and inform CPS (Child Protective Services) of any abuse unearthed. These children were in dire danger.

Another Point of View

I've had many conversations with [Sherry Swiney](#), a retired civil engineer, researcher and member of my writing team, whom I've come to know and admire over the past twenty years. As a young woman she was plagued by the voices and found a way on her own without drugs or medical assistance to eliminate them from her life. She's written articles about this, some of which are linked in this article.

Sherry has opened my eyes to areas of science, biology, ancient spiritual awareness and healing techniques, and in general the workings of the mind/body/spirit connections that unfortunately standard academia doesn't teach. Perhaps they don't know or maybe they don't want to know the most current breakthroughs in peer-reviewed science and genetics, who knows?

Her life experiences and thirst for knowledge have led her to concur that the voices these patients hear are not inherited but originate from a very different source. With that said, I'd like to turn the remainder of this article over to Sherry who is more than qualified to write about these things. She will go into more detail about the potential of genetic pre-disposition and what one thing being correlated to another actually means. It is my hope that her work is helpful to those who wish to dig a little deeper into this remarkably enigmatic topic. Once a root cause is known, healing is possible.

The Non-Vulnerable Ones

It would be safe to say that people who endure horrific childhood abuse are the most vulnerable to hearing schizophrenic voices. There is a correlation between severe abuse and schizophrenia but that does not mean that abuse is the cause.

A correlation points to an association, a connection, and a place to start looking to try to determine causation. As you will see below there are a number of times science has formulated a hypothesis based solely on a correlation, only to find out later that the hypothesis was incorrect.

Before going further, let me firmly stress that not all abused children become schizophrenic.

Likewise, not all children who grow up in a "normal" family setting are immune to this condition.

So what separates the vulnerable from the non-vulnerable in the area of hearing negative voices? The truth is WE ALL HEAR THEM from time to time, not in the form of actual voices like schizophrenics hear but in the form of intrusive thoughts we would never think of ourselves. If we are self-aware, we know these thoughts are not true and do not belong to us.

They are different from normal every day self-talk. They are in the form of a sudden negative thought, the kind that would cause most people to stop in their tracks or at least wonder: "Where did that come from? I would never think such a thing much less do such a thing!"

You wake up one morning feeling fine and bam! A negative thought pops in out of the blue that has no

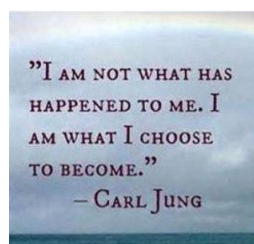
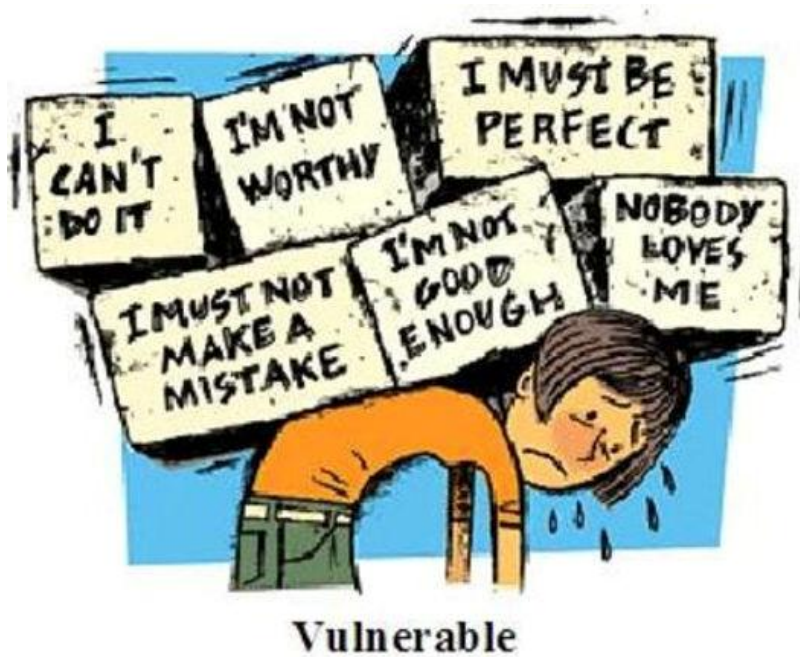
relation to anything you are feeling or thinking. You shrug it off – “not going to go there” – and go about your day.

You are driving down the highway minding your own business on your way to see an old friend, attend a meeting, go shopping – whatever – when suddenly you think to your self, “I wonder what would happen if I drove into the on-coming traffic.” You shake your head and think: “Do what?” You instantly recognize this as a dangerous nonsense thought but where did that nonsense thought come from? Certainly not from your mind as you would never entertain such a stupid thing.

These are just a few examples. You are not vulnerable because YOU would never entertain something like this – but the vulnerable might and the consequences would be tragic for them and other innocent people.

So, what’s the difference?

The difference is how we react to those negative voices, thoughts or notions that just pop in from nowhere.



Self-Esteem Synonyms:

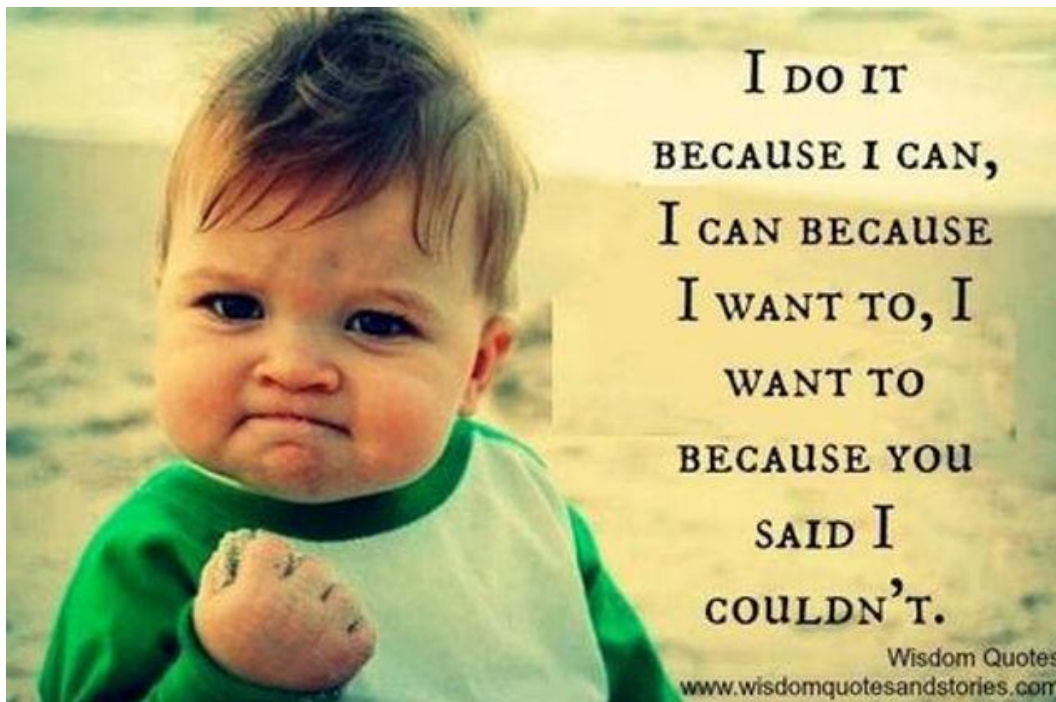
- Self-worth
- Self-respect
- Self-value



Non-Vulnerable

A person is not vulnerable to the negative thoughts and voices when they have self-esteem, self-love, and integrity. In addition to the poor souls that suffer schizophrenia, a person can live devoid of self-sustaining positive traits for many other, seemingly benign, reasons. Here are just a few:

1. They were not taught a positive self-concept in the family or school environment.
2. They were not taught to think for themselves in school or family settings (they were trained to be “other-directed”).
3. Their feelings and ideas were ignored in childhood and considered nonsense... or they were demeaned by a strict children-should-be-seen-and-not-heard rhetoric.
4. Their lives were not nurtured.
5. Their parents yelled and argued a lot.
6. Their parents divorced and they felt abandoned or were told they were abandoned.
7. Their parents were never home because they were always at work or traveling.
8. They felt they could never live up to their parent’s expectations.
9. They were bullied or teased as children, and no one stood up for them.
10. They learned it was safer to lie than be truthful.
11. They learned their lessons by observing others around them.
12. They were not considered as little people. They were just kids.



Changing From Vulnerable to Non-Vulnerable

Is it possible for people to change how they think of themselves and thus how they deal with the negative thoughts and voices?

The short answer is yes....in most cases. Few people can do this on their own (though it is not unheard of) so most people do need help, if they are willing to get serious about becoming someone new – like becoming themselves for the first time in their life.

The long answer is beyond the scope of this article and will be covered in another article. I will say that from my own experience, changing how the mind has been thinking for your entire life takes work and from my research has nothing to do with inherited DNA.



Conditions and Genetics

To think that physical and mental conditions are innately inherited is old science, perpetuating an old hypothesis based on correlation and genetic pre-disposition that has been proven to be incorrect.

Fatalistic ideas of the past such as those listed below have implanted learned helplessness in people which now needs to be unlearned:

There's no hope.

It's inherited and there's nothing I can do about that.

It's in the genes!

I am doomed!

The good news is we now know it is not in the genes.

Years of research over the past decades in something called [epigenetics](#) shows us that genes do not dictate a condition. We now know that the old adage that conditions are inherited is blatantly false.

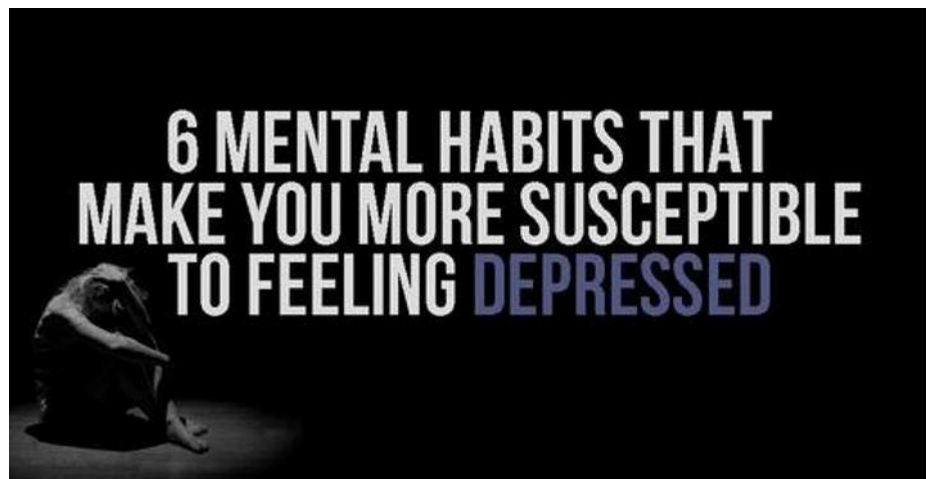
Epi means outside and genetics means genes, so epigenetics means outside the genes. Something [outside the genes](#) contributes to the underlying cause of a condition. Difficult as it may be to grasp, there is a biology of perception and a biology of belief which is truly a life-changing advancement in our understanding of genes. It is very interesting to find that perception and belief are the two main things attacked by the voices and conventional academe. Is there a correlation here?

In a [study published in late 2011](#), Stanford University found that an inherited difference cannot be explained by variations in genes themselves; scientists now know that genes are not the only authors of inheritance.

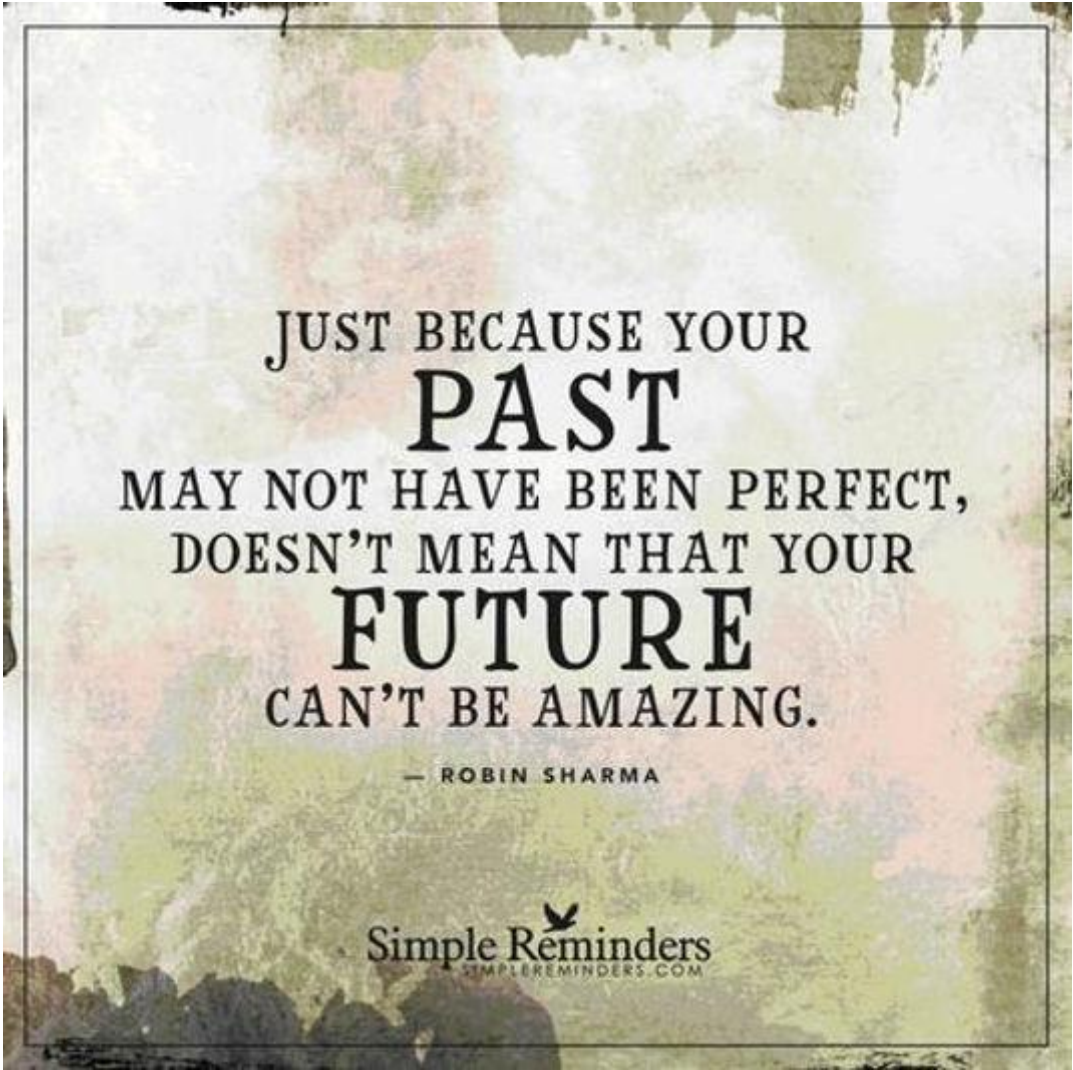
Mental Habits that have a Negative Effect.

For now, please note: Depression is often considered a precursor to a person developing schizophrenia. Standard medical providers and psychiatric systems attribute a chemical imbalance to depression, fixable with pharmaceutical drugs similar to

the way the schizophrenic voices are chemically suppressed. They mistakenly believe that tranquilizing people fixes the problem. It doesn't.



“The truth is that through decades of research, there has never been a ‘cause’ of depression that can be associated to a physiological condition. That being said, there are common precursors for depression that we are all susceptible to, and they have nothing to do with chemicals in our brains. They are little things that we all do every day that opens the door to the most common symptoms of depression. On the surface, they seem simple enough but have an accumulative effect over time. Before you attribute any signs of depression to something being wrong with your brain, pay attention to [these 6 bad mental habits](#) that can make you more vulnerable to the effects of depression.”



JUST BECAUSE YOUR
PAST
MAY NOT HAVE BEEN PERFECT,
DOESN'T MEAN THAT YOUR
FUTURE
CAN'T BE AMAZING.

— ROBIN SHARMA

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THE REAL CAUSE OF PARANOID SCHIZOPHRENIA

PART VI

THE TRUTH THEY DON'T WANT YOU TO KNOW

By Jerry Marzinsky BA M.Ed

September 30, 2016

In Part VI (final) we discuss:

- Peeling the Onion of Truth
- Hacking Your Brain
- Paranoid Schizophrenia can be Cured
- New Understanding of Science and Medicine
- Changing the Mindset
- Treatment Tactics that Weaken and Starve out the Voices
- In Conclusion

Disclaimer: The treatment methods we are speaking of may not work for all classes of schizophrenia. I can only speak from my own experience working with people that hear destructive voices described below. We are bringing this information to you free of any strings or gimmicks as we feel you have a right to know. I would be interested in hearing from other clinicians who have had success with different forms of schizophrenia.



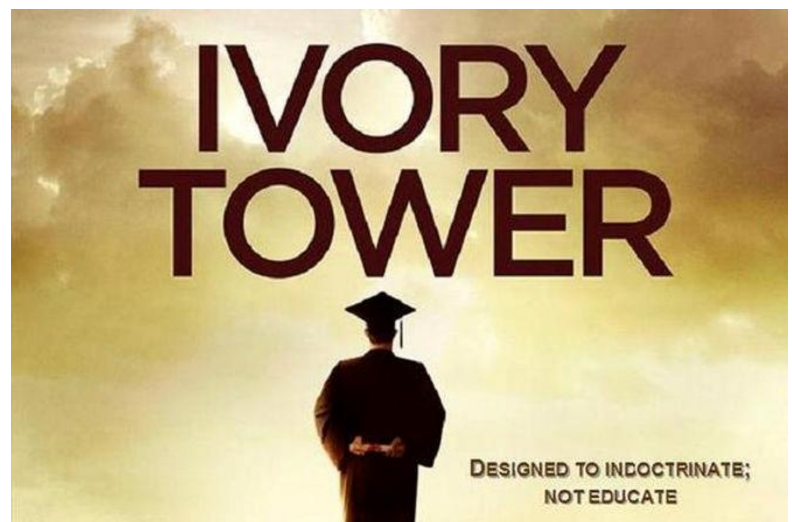
Peeling the Onion of Truth

It is no accident that you have found this article. You have been told by psychologists, psychiatrists and the medical profession that there is no cure for paranoid schizophrenia, and that this is a mental disorder caused by a chemical imbalance in the brain. You have been told the only treatment available is for patients to take anti-psychotic drugs for the rest of their lives. In the case of paranoid schizophrenia this is not necessarily true.

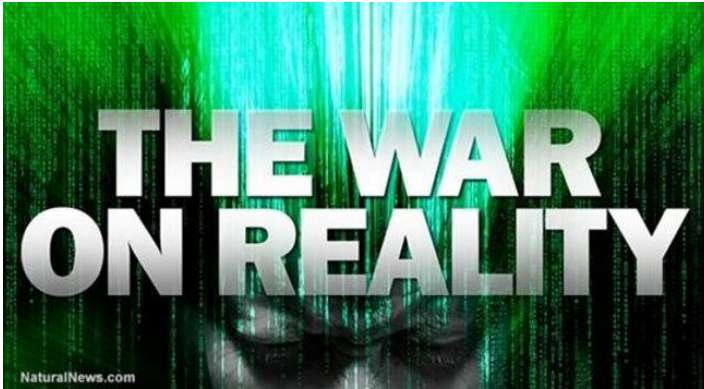
Hacking Your Brain

“Almost nothing you think you know – your beliefs, your truths – actually comes from first hand experience. Almost everything that you think is true was actually told to you by someone else. You assume that what is being told to you by authorities and news media (third parties) is true but you weren’t there so you are depending on what they told you to be true. Well, what happens when it turns out that those third

parties are deliberately lying to you, or withholding information or falsifying or distorting information? That’s actually the system in which we live: the media, government, institutions, and academia. Every sector of society is engaged in an elaborate scheme of lies and distortions and yet they have the ambiance of apparent authority and so they are believable by most people. It is these institutions that create this fictional construct in your mind which we could call the matrix, psychologically. [...] Reality then becomes whatever is promoted by the consensus institutions of



official narratives.” See the article by [Natural News](#). Watch the video "War on Reality" below (click on the picture)



Paranoid Schizophrenia can be Cured

As we suggested in Part V, there is a cure that individuals in the powerful pharmaceutical industry and within the AMA may not want you to know. We will discuss healing specifics in a moment.

Powerful organizations and others of their ilk in every sector of life have a history of taking action against those who provide information which would benefit the entire human race at the expense of their profit margin, and in that regard, the field of mental health is no different. One doctor came right out with the truth: “A patient cured is a customer lost.”

If I and others like Dr. Van Dusen hadn’t gone against the grain to study the voices for decades and if we had not experienced them first hand, the following would sound like it came right out of the pages of some science fiction novel but the truth of the matter is this: The voices are conscious, aware entities with different levels of intelligence. They want the patient to think the destructive, abusive thoughts coming into his head belong to him and are of him. They don’t want the patient to discover that the voices are coming from a totally separate mind, a mental, parasitic entity which has invaded their consciousness and thought processes. The voices don’t want their victim to become aware of this. Making patients think they are both insane and out of control generates much more fear and negative emotion on which the parasites may feed.

Psychiatry and the AMA are doing these patients a grave injustice by telling them the voices they hear are unreal hallucinations without having done a single study as to their content or how they operate. What they do provide to the patient is a message of hopelessness and despair, and they do not want others in the field investigating the voices.

Such an attitude fits nicely with the agenda of the voices, albeit inadvertently. The voices themselves don’t want you or the establishment to know there is a way to get rid of them, that there is a cure.

They do not want their true nature to be discovered. Their greatest fear is the information we are providing you. They feed off of fear, guilt, shame and all negative emotion. They are parasites that drain their hosts of their life energy.

Drawing from the personal experiences of researchers who had direct experience with the voices (Dr. Van Dusen and Sherry Swiney) and based on my experience in interviewing and working with many hundreds of schizophrenic patients who hear these voices, what I know is this: (1) the voices are very real, just as these patients have been trying to tell psychiatry for decades, they are not hallucinations;

(2) they require negative emotional energy for sustenance; (3) to feed themselves they must generate strong emotion in their victims and turn it negative as they cannot produce negative energy on their own; (4) they fear churches, holy text and any positive spiritual path that reduces fear, guilt and anxiety; (5) they fear being discovered; (6) they do not want humans interfering with their way of life; and (7) when the voices are silenced by any method, the symptoms of schizophrenia vanish.



New Understanding of Science and Medicine

For well over a decade while working with schizophrenic patients in a state hospital, state prison, mental health centers and hospital ERs, I believed the voices were the manifestations of a split mind. This is what the Ivory Tower had taught me. This view of what the voices were was so ingrained that for many years, despite a mountain of evidence to the contrary, I

denied and suppressed what I was seeing, hearing and experiencing as I dived deeper into studying these voices.

As patient interviews piled up and a stream of steadily increasing evidence pointed elsewhere, I rationalized it as it didn't fit what I was trained to believe. Some part of me didn't want to believe the information my patients were telling me about the predictable patterns in the behavior of their voices. As I discussed different methods to break up these patterns, virtually every patient I worked with intensively told me that their voices despised me. Different patients in different places at different times were all telling me the same thing; their voices were telling them I was crazy, dangerous, not to listen to anything I said, to cancel their appointments and stay clear of me.

Once my patients discovered that what I told them about their voices not only matched what they were experiencing but that I knew much more about how they worked than they did, despite the raving of their voices to stay clear, they kept coming. The more they listened to my feedback, the more new information they received about their voices. Most not only kept their appointments, they followed through with the exercises given them which were designed to disrupt and weaken the voices. Then one day a schizophrenic prisoner who was making good progress told me his voices were getting very upset with me. As he left my office he turned and said,

"You know what you are doing is dangerous don't you?"

A couple of weeks later he showed up for his scheduled appointment and said, "The voices want to talk to you." Over the many years I'd been working with schizophrenic patients, this had never happened. They always used the patient as their mouthpiece and patients would tell me what the voices were telling them. After I got over the shock I asked, "Well what do they have to say?"

The prisoner's voice deepened slightly and the words of the voices that came out of his mouth seared my psyche:

“You have no right to interfere with OUR way of life.”

The prisoner insisted those were not his words but were those of his voices. My already shaky denial system collapsed. The ominous message made it very clear that whatever the voices were, they were different, independent and separate from whom the patient was.

I could no longer deny what I'd increasingly been suspecting. Schizophrenics weren't operating with a split mind as academia had programmed me to believe. Whatever it was that had warned me off was a source foreign to, independent of and outside of the mind of my patient. The realization that schizophrenia was not due to a split mind but caused by the invasion of another mind separate from that of the patient was as much of a shock as being struck by a lightning bolt. Whatever it was that had spoken to me had spoken for not only itself, but for a group, “OUR way of life.”

I struggled with this realization for weeks. There was no one I could speak to about it who wouldn't think I had gone totally insane. Frightened yet curious I continued asking questions about the voices feeling confident that whatever the voices were, they could not get at me in any way other than ordering patients to attack me. My patients told me commands of attack from the voices were common. However, none of them ever carried out such commands.

Now that the split mind segment of my denial system collapsed, I held on tightly to the belief that the voices could not affect physical reality. A week later I was given a lesson to the contrary. It was so terrifying that I didn't schedule this man back for a return appointment for over three months when my curiosity overcame my fear.

I needed to find someone who understood and with whom I could discuss these experiences. I had read Dr. Wilson Van Dusen's book “The Presence of Other Worlds” years before. A clinical psychologist working within a California state hospital had also carried out investigations and experiments into the nature of the voice's schizophrenics heard and had come to a similar conclusion.

He published his book in 1974. It was a groundbreaking study of the voices schizophrenics heard. He found that not only were the voices conscious entities that he could communicate with, but they had intent and that intent was the destruction of his patients. He verified my findings that the voices are not hallucinations, but conscious, negative, malicious entities bent on the destruction of the patients they infested. I strongly advise those who are reading this article to also read his [book which is available](#) in .pdf format online.

Dr. Van Dusen's work confirmed my findings and I had to find him. I went through the [Swedenborg Society](#) which had published his book, wrote him and told him what I was finding. At that time he had retired and no longer had access to the clinical populations that I did. We formed a working relationship. He suggested measures that would reveal additional information about these voices and I carried them out to the extent I could as well as some of my own. For more than a year I worked intensely with him, verified all he had written and added astronomically to it. The most important and

critical thing that both of us agreed upon and felt we had to make known to others was the fact that it was **the voices which both caused and drove paranoid schizophrenia**.

If the voices could be gotten rid of, all symptoms of this horrible mental and emotional state disappeared with them. We began writing a book together and had three chapters finished before he died of cancer. I hope to include some of the work we did together in the book I am writing.

It is clear that modern medical science does not know what causes paranoid schizophrenia. None of their expensive treatments or medications cures it. It is not that these medications don't have their place in the treatment of this condition. Often they are necessary to calm patients down and suppress the voices to the point where the patient is calm enough to hear the information road map we provide that, if implemented conscientiously, would help them fight their way back to coherence. In many cases we've found that without the initial use of anti-psychotic medications the voices become so loud that attempts to provide this information to the patient are drowned out.

Once a patient is able to hear what we have to say they can be made aware that there are many ways to strike back at and weaken these voices who have turned their lives into a living hell without having to be chained to anti-psychotic medications which when used for prolonged periods of time cause permanent, irreversible damage to their nervous systems. The effectiveness of this information requires a drastic change of mindset and the forsaking of everything they have been told about this condition.

Changing the Mindset

It is the voices that drive paranoid schizophrenia and if they can be eliminated by any means, all the symptoms of this condition disappear with them. Paranoid schizophrenia is not caused by any physical disorder of the brain. In truth, this is a condition and not a mental disorder. People hearing these voices are not crazy but rather they are infested by a parasitic, destructive alien consciousness which feeds off of them like fleas feed off of mammals.

In the book we started writing, Dr. Van Dusen and I postulated that the voices are far different from the hallucinations as modern medical science insists. **They are conscious entities**. There are numerous studies available on what the voices are called by cultures around the world. The names of the voices have been consistent for thousands of years and are still used today.

Label	Cultural Origin
Demons	Demons are the disembodied spirits of the Nephilim who are mentioned in Genesis chapter six in the Christian Bible and Jewish Texts. The Nephilim are the offspring of fallen angels and humans. The Nephilim were destroyed in the flood, yet their spirits remained on the earth.
Satan	The original Hebrew term satan is a noun from a verb meaning primarily "to obstruct, oppose". In Judaism, Satan is a term used since its earliest biblical contexts to refer to a human opponent. In Christianity satan means Devil.
Archons	The Gnostic writings about the archons come mostly from the collection of books referred to as The Nag Hammadi Library (NHL) in the The Hypostasis of the Archons and The Apocryphon of John. The original name for Archon is Demiurge.
Flyer	Shamans use the term Flyer or Predator. The role of the shaman varied from culture to culture and with different circumstances. In some cultures shamanic ideology, technique and ritual dominated social interaction while in others it constituted a secondary influence. The word shaman itself has a Sanskrit origin.
Jinn	Genies (also called Jinn or genii) are spirits in cultures of the Middle East and Africa. The term genie comes from the Arabic word jinni.

One of the first things that must be understood if a cure is ever to be affected is that the voices these patients hear are NOT hallucinations. As these patients have been attempting to tell psychiatrists for decades, their voices are very real.

The patient also needs to understand that the negative, derogatory thoughts the voices insert into their minds do not belong to them and are not them. This information is vehemently resisted by the voices, and they typically become very active when this information is provided to the patient.

The patient must understand that the voices are conscious entities that are capable of inserting destructive thoughts into their minds for the purpose of generating negative emotion. In other words, the patient needs to grasp that the voices are something other than the patient and that these conscious entities are literally attacking them to get them emotionally upset or severely agitated.

The voices have one goal: to feed off of the negative emotional energy they generate within their victims. Without this food source, they die. For them their ability to generate negative emotional energy from their victims is a matter of survival. This is why they are so persistent. They couldn't care less how much damage and suffering they cause their human hosts, much as most people don't care about the horrible conditions in which factory farmed cattle are kept prior to slaughter.

Over the 35 years I've been working with and analyzing the effect of different treatment techniques on these voices there is one general rule by which I navigated. I honed in on any course of action about which the patient told me the voices didn't like or complained. My reasoning was that if the voices complained then the technique must be bad for them.

The problem I encountered was that when the voices were subjected to such tactics they became louder, more hostile and more volatile in an attempt to stop the patient from carrying out these new methods. Patients struggled with increased anxiety, agitation and upset as they attempted to carry out techniques the voices didn't like. Implementation became extremely difficult in the face of the unwritten law of psychiatry that nothing be done to upset psychotic patients. From their point of view, under the best circumstances these patients were unpredictable and potentially volatile.

I sensed that at some level, psychiatrists were fearful of these patients. The abnormally high rate at which schizophrenic patients assaulted psychiatrists who spent significantly less time with them than other professional staff lent credence to their belief. As such, psychiatrists who often wielded the most control over other treatment staff forbade any staff behavior that would upset schizophrenic patients. This was a significant impediment.

Under such circumstances, the work I was doing with my patients had to be done clandestinely and below the radar of psychiatrists who didn't take kindly to being defied. Over the years I discovered several tactics that both irritated and weakened the voices. As they evolved and were perfected, schizophrenic patients actually began to recover. Their voices disappeared and they went off their medications with no ill effects. Even though patients were demonstrating success, I was constantly in trouble with psychiatrists and psychologists who believed this was impossible.

After schizophrenic prisoners on my caseload began recovering, I was brought to the complex medical director for questioning by the chief psychologist, who viewed recovery as ridiculous.

The chief psychologist had a valid MMPI (Minnesota Multiphasic Personality Inventory) which had been given to one psychotic prisoner prior to the time I began working with him. I thought the chief psychologist would be thrilled that some method had been found to cure schizophrenic inmates and thus reduce the medical cost of anti-psychotic drugs. I could not have been more wrong. It turned out he was vehemently opposed to inmates being helped by non-traditional methods despite the fact that they worked.

When the chief psychologist learned that one of the inmates I had been working with had voluntarily gone off his medications and displayed no psychotic symptoms he sent one of his stooges down to

interrogate this inmate. The lackey psychologist brought the inmate into his office and demanded to know what we were doing in our sessions. He was perplexed by the fact that where other treatment staff couldn't stand working with psychotic patients for more than twenty minutes, there were times I was spending two to three hours alone with them.

This disingenuous psychologist cornered the inmate and demanded to know what we were doing. The formerly psychotic inmate sensed what was going on, realized they would never understand the truth and not only refused to tell him anything about these treatment techniques but insulted him, "He's helping us not like you asshole." The inmate could have gone all day without making that remark as it only infuriated the already frustrated psychologist.

The inmate was asked if he would be willing to take another MMPI. Seeing no harm in it, he agreed. This second profile also came out valid as did his first profile however the test revealed the man was no longer psychotic. The result of this second test triggered the inquisition and I was brought up before the medical director on charges of experimenting with inmates without department approval, something I would never have received.

None of the inmates I'd worked with who recovered were hearing voices any more. They were living a life as normal as possible within the prison and refused to serve as witnesses against me. Their refusal to go along with the inquisition board was one of the most sincere complements I'd ever received. With no proof other than the MMPI, I narrowly avoided being fired. I was now on Chief's shit list.

At this point with an awareness of what these patients were going through and what the voices were telling them I was able to forge relationships with schizophrenic inmates easily. I taught them things about their voices that they didn't even know and showed them how to disrupt and weaken the voices. They were shown that with much effort they could eventually get rid of them.

One of the most valuable things my successful patients had to comprehend was that there was a vast difference between what they personally intended for themselves and the behavior they were carrying out at the behest of the voices.

It had to be clearly pointed out that it wasn't their intention to find themselves in prison or any of the many other troubles they had gotten themselves into by listening to their voices.

They had to be asked straight up, "Was it your intention to do... whatever behavior got them in trouble or thrown into prison?" Their most common response would be something to the effect of, "No it wasn't my intention to get into all this trouble and I didn't want it to come to prison."

Then I would ask them "If it wasn't your intention that got you into this mess, then whose was it?"

The spotlight was then turned for the patient to begin examining the difference in what he or she actually intended for their lives and what the voices intended for them. It is critical that this

differentiation in intention be made.

Once the patient realizes that they are not fighting against themselves and are not crazy as psychiatry is telling them, and they clearly see the difference between who they are and what the voices are, they experience a massive relief. Their confusion dissipates. They see that there is within them a foreign insertion, an enemy that they can now “see”, from which they can remain distanced and protected. They see that there are tools to fight back against this enemy and they readily put them to use. It is our intention to give everyone these tools so they can carry on this battle to help them achieve freedom from the voices.

Treatment Tactics that Weaken and Starve out the Voices (1 to 10)

All of the following steps work together for optimum success.

1. Repeat positive spiritual material used as a mantra

This exercise is toxic to the voices ([See Part IV](#)).

2. Snap a rubber band

This exercise distracts the voices.

The voices have the ability to distract a patient’s attention from repeating positive spiritual materials. They do this by telling the patient there is a threat in their environment or there is something else more important that needs to be done. This is where the paranoid in paranoid schizophrenia comes from. Here is where the voices need to be stopped from distracting the patient long enough for the patient resume repeating the mantras in step 1 above.

Dr. Van Dusen sent me a book entitled “Thirty Years Among the Dead” where a doctor trained as a dentist and his wife began working with and curing schizophrenics. He utilized a weak static electricity shock to drive the voices out of the patient at which point his psychic wife took over. He discovered that upon the administration of such weak shocks, the voices shut up and if it were kept up they would temporarily leave.

I couldn’t get away with shocking the schizophrenic patients I was working with. I was already in hot water with the chief psychologist. I wracked my brain for something that would approximate a shock and after some weeks saw a rubber band on a secretary’s desk. I scarfed it up and asked one of my patients to put it around his wrist and snap it hard every time the voices came then eagerly waited his report of the result.

When he returned the next week he told me that although the voices did distract him from repeating the spiritual material (step 1 above), he was aware of their presence and when he realized they were talking to him, he snapped the rubber band hard. The voices shut up long enough for him to turn his attention to the repetition of the spiritual material.

When the chief psychologist found I was handing out rubber bands for patients to snap on their wrists in order to shut the voices up, he considered it nonsense and I was ordered to stop.

3. Avoid any negative source or situation which fosters negativity or creates negative emotion

This exercise helps keep the door to negative influences closed.

It was early on that I noticed that schizophrenics avoided church and virtually all positive spiritual activity and material but were attracted to negative material. Like moths flying toward a flame, they were attracted to all kinds of negative information and environments. They glued themselves to horror stories, murder mysteries, negative and fearful news reports, war stories, news of murders and any violence displayed in movies or on the TV all energetically penetrating the patient's emotions which fed the voices.

If they had any friends, they were usually a bad influence. Finding this curious I ran a series of inquiries. I had a number of these patients read a paragraph of positive spiritual material then read a paragraph of a horror story. I then had them write down everything they remembered about each paragraph. They consistently remembered significantly more of the negative material than they did the positive. It was almost like when they were reading the negative material another mind was also reading and concentrating, giving them increased memory on the content, but when they read the positive spiritual material, this other mind disappeared and they only remembered half or less of the content.

Therapists and family working with these patients must understand that their voices feed off negative emotional energy and when exposed to destructive information and environments the negative emotion generated only increases the strength of their voices. The patient will complain bitterly if they can't watch their walking dead movies or their murder mysteries. They must understand that this kind of fearful, anxiety-provoking information that floods us from our TV's feeds and strengthens these entities – not just in schizophrenics, but in all of us.



Remedy – turn off your TV. Do some research on the way TV frequencies [affect the brain](#).

4. Meditation

Meditation is one of the most positive and productive things anyone can do for themselves in any situation. There are many forms of meditation and none of them are “wrong”.

We know it is extremely difficult for schizophrenic patients to meditate as the voices are aware that if a patient succeeds in meditating, it is the graveyard for them. This is where the patient needs to be reminded that the voices are conscious entities and are outside the patient trying to invade their mind.

The voices fear a calm, peaceful mind and see this as dangerous to their survival. The voices absolutely abhor a calm, tranquil mind which if maintained for a long enough period of time will starve them out. This motivates the voices to get loud and berate the patient for even trying something like meditation.

The voices are fully aware that if such practices were adopted they would starve to death and they will resist at all costs. They will vehemently oppose any type of meditation, mantra or the patient's participation in any kind of positive spiritual group. Such activities are extremely toxic to them.

To overcome this, let me say that a calm and peaceful mind does not mean one has to have a QUIET MIND. Beginners who are not suffering with schizophrenia in meditation often comment that their minds are too busy to concentrate. Therefore the patient need not worry about a busy mind. What the patient needs to do is sit in any position that is comfortable. Close your eyes. Take a few deep breaths that feel comfortable (you can get into more disciplined breathing once the voices are gone).

Picture something pleasant and this can be anything: A photo or painting you like, a song that makes you feel at ease, a sound, taste or smell that brings a pleasant feeling, a place you've been or a place you want to visit some day, something that made you smile. Hold that pleasant image in mind as long as it will stay and then picture some other positive scene. Don't try to hang on to anything that floats by. Say hello and good-bye to each thought or image without trying to hold on to it. Let it flow by like wind through a landscape.

When you do this, the voices will no doubt show up to plant some terrible thought to distract you or mock you. Let those thoughts go by just as easily as you let the pleasant image go. In this exercise, it's all the same to you. You are not holding on to any of it. **You are not thinking about anything that comes in or goes out. You're just watching from the 10,000-foot level. No judgment good or bad. Just observing.**

Breathe normally.

This technique robs the voices of any power to pollute your mind. If they scream at you, say hello and good-bye just the same as everything else that passes by and picture something pleasant. Even if you can only do this for one second, that's fine. Do it again then again and again, one second at a time if

that's all you can do.

Try to do this exercise at least 5 minutes every day. Start with 1 minute if 5 minutes is too much and work your way to five, then ten, then fifteen, then twenty minutes every day. If you do this every day, as a matter of beginning a new life style, you will notice the voices are present less and less. When they know their badgering you has no desired affect, they will see that you are no longer a food source for them and they will leave.

5. The “That’s a Lie Program”

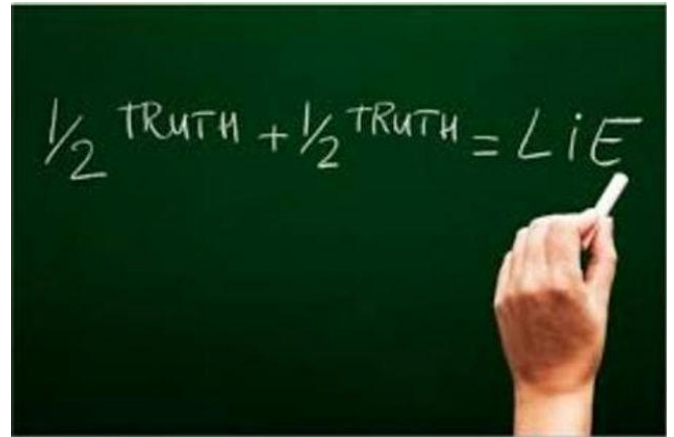
See the article titled “[That’s A Lie Program – Driving Off The Voices Schizophrenics Hear And Reducing Negative Thinking For The Rest Of Us](#)”



The “That’s a Lie” program is a mental program that if utilized conscientiously will significantly weaken the voices or any negative thought patterns and will empower you. It is a program you can use any time, anywhere and no one can take it away from you. Basically one needs to be aware of the fact that everything the voices tell you about yourself and who you are is not true. It’s a lie. They are good at that. The phrase, “That’s a Lie” is easy to remember when in the throws of an attack by the voices. That’s what makes this program so effective.

Don't be fooled by half-truths told by the voices. You are not what has happened to you, nor are you the worst thing you have ever done.

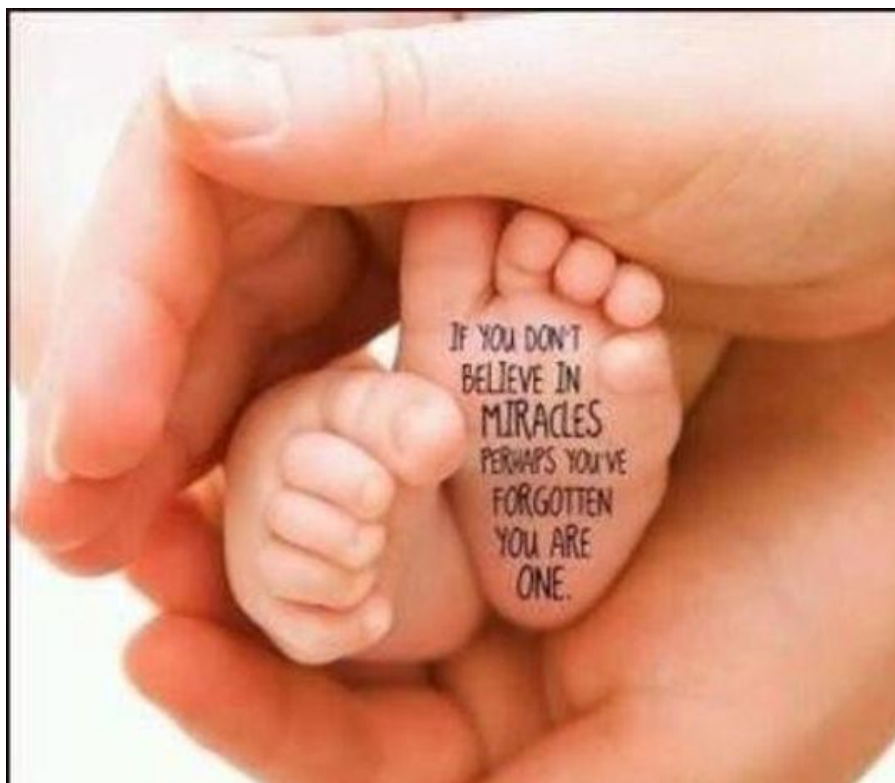
When under an attack by the voices they will attempt to fill your mind with all kinds of horrible things about yourself, which are all lies. It's not too much to remember the words "That's a Lie" no matter how hard you are being hit.



I received an email comment from a person who used this program on his own when being attacked and the voices countered back: "Cute. But it's too late for you." Of course that was a lie.

IT IS NEVER TOO LATE FOR ANYONE. This person was caught off guard and began to wonder if it was too late for him like the voices said. Was that the end for him? No, he just had to give it another go.

Don't get caught up in that kind of attempted trickery. You have to understand that the voices are not going to say anything nice about who you are or what mistakes you may have made in the past. They are not going to set you free on their own – not if there is a chance they can trick you into getting emotionally charged. So recognize that everything they say to you about you is a lie. Everything.



[Click here](#) to see a list of common lies the voices tell people to keep them off balance and generate negative emotion. This list cannot possibly cover every single lie ever spoken by the voices. It's just a guideline we hope you find useful. No matter who you are or what your life has been like so far, none of the statements on this list are true. They are all lies designed to get your negative energy flowing in anticipation for the next buffet.

The “That’s a Lie Program” was developed by Sherry Swiney. I’ve found it to be very powerful and easy to use in clinical practice. I have used this program with excellent success and I highly recommend it as a standard of practice during the process of healing. Her article on the program explains how she developed this program and how it worked to eliminate the voices from her life.

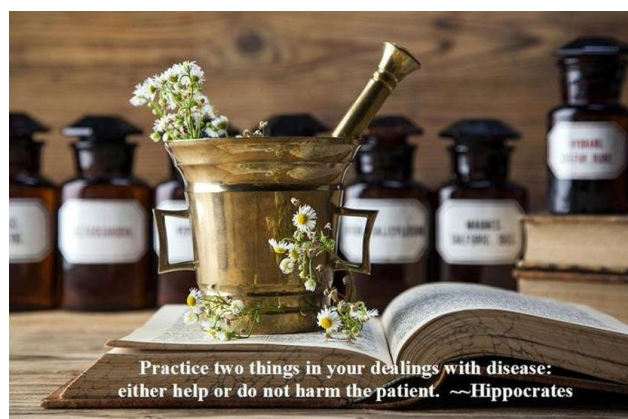
Below is an excerpt of her article.

“I have received numerous emails from ordinary people asking me to explain the “That’s a Lie” program I used to get rid of the voices I heard and suffered with as a young woman. I got rid of these horrible voices on my own without the help of psychologists or psychiatrists or their toxic drugs. I did this after discovering the truth about what they actually were, the same truths we are giving you in this series of articles that cost you nothing.

For those of you who hear voices or are consumed by strong and obsessive negative thoughts, it is critical that you understand that the voices and persistent negative thoughts that plague you do not belong to you. They are not yours. They come from outside of you.

They are NOT hallucinations and you are not crazy. They are conscious, energy parasites and must turn your emotions negative in order to utilize this energy as food. Their survival depends on forcing you to generate negative emotion then draining and feeding off this negative emotional energy. They cannot produce it themselves.”

[Click here](#) for the That’s a Lie Program and how to utilize it.



6. Natural remedies for reducing stress, anxiety and depression

When stress, anxiety and depression are reduced, it is easier for the patient to concentrate on steps 1 to 5 above.

No Rx needed. You're anxious, worried, freaked. You're upset about money, health, work, family, love. Your heart is beating fast, your breathing is shallow and rapid, your mind is imagining doom, and you wish you could just relax...now! Whether you have a full-blown anxiety disorder or are just freaking out, you may NOT want to try medication first—at least not yet.

There are many safe nondrug remedies for anxiety, from mind-body techniques to supplements to calming teas. Some start working right away, while others may help lessen anxiety over time. Here are just a few. We recommend that you always use the highest quality you can find and always look for non-GMO and organic. You may want to seek a trained herbalist or homeopathic practitioner for further information.

[Chamomile](#) – If you have a jittery moment, a cuppa chamomile tea might help calm you down. Some compounds in chamomile (*Matricaria recutita*) bind to the same brain receptors as drugs like Valium.

You can also take it as a supplement, typically standardized to contain 1.2% apigenin (an active ingredient), along with dried chamomile flowers. In one study at the University of Pennsylvania Medical Center, in Philadelphia, patients with generalized anxiety disorder (GAD) who took chamomile supplements for eight weeks had a significant decrease in anxiety symptoms compared to patients taking placebo.

[L-theanine \(or green tea\)](#) – They say Japanese Buddhist monks could meditate for hours, both alert and relaxed. One reason may have been an amino acid in their green tea called L-theanine, says Mark Blumenthal, of the American Botanical Council.

Research shows that L-theanine helps curb a rising heart rate and blood pressure, and a few small human studies have found that it reduces anxiety. In one study, anxiety-prone subjects were calmer and more focused during a test if they took 200 milligrams of L-theanine beforehand.

You can get that much L-theanine from green tea, but you'll have to drink many cups—as few as five, as many as 20.

Dietary supplements containing [L-theanine](#) are promoted for their ability to promote relaxation, reduce stress, and improve sleep, as well as boost concentration and alertness.

[Valerian](#) – Some herbal supplements reduce anxiety without making you sleepy (such as L-theanine), while others are sedatives. Valerian (*Valeriana officinalis*) is squarely in the second category. It is a sleep aid, for insomnia. It contains sedative compounds; the German government has approved it as

a treatment for sleep problems.

Valerian smells nasty, so most people take it as a capsule or tincture, rather than a tea. If you want to try it, take it in the evening—not before you go to work! Valerian is often combined with other sedative herbs such as hops, chamomile, and lemon balm.

[Passionflower](#) – In spite of the name, this herb won't help you in love. It's a sedative; the German government has approved it for nervous restlessness. Some studies find that it can reduce symptoms of anxiety as effectively as prescription drugs. It's often used for insomnia.

Like other sedatives, it can cause sleepiness and drowsiness, so don't take it—or valerian, hops, kava, lemon balm, or other sedative herbs—when you are also taking a prescription sedative.

Be careful about using more than one sedative herb at a time, and don't take passionflower for longer than one month at a time.

[Ashwagandha](#), also known as Indian ginseng or *Withania somnifera*, is an effective herb for stress.

A 2012 study published in the *Indian Journal of Psychological Medicine* found that ashwagandha root is effective in reducing stress and anxiety in adults by lowering levels of cortisol, the stress hormone. It also improves resistance to stress, which in turn improves the quality of life.

In addition, ashwagandha strengthens the nervous system, boosts energy, fights fatigue and improves the quality of sleep.

This herb is readily available in the market in fresh root, dried root, powdered or supplement form. The recommended dose is 1 to 2 grams of the fresh or dried root boiled in 1 cup of milk or water, 3 times daily.

[Holy basil](#) is another cherished Ayurvedic herb that works as a natural anti-stress agent. Being an adaptogenic herb, it enhances the body's natural response to physical and emotional stress. Plus, it helps the body function properly during times of stress.

According to a 2006 study published in the *Journal of Ethnopharmacology*, holy basil protects against chronic restraint stress-induced changes, through its central effect.

Chew 10 to 12 fresh holy basil leaves twice daily. You can even drink a cup of basil tea to reduce stress. To make the tea, put 1 tablespoon of fresh basil leaves in a cup of boiling water. Cover and steep for 5 minutes. Strain, add some raw honey and sip the tea slowly.

Eat omega-3s – You know fish oils are good for the heart, and perhaps they protect against depression. Add anxiety to the list. In one study, students who took 2.5 milligrams a day of mixed

omega-3 fatty acids for 12 weeks had less anxiety before an exam than students taking placebo.

Experts generally recommend that you get your omega-3s from food whenever possible. Oily, cold-water fishes like salmon are the best sources of the fatty acids; a six-ounce piece of grilled wild salmon contains about 3.75 grams. Other good choices are: anchovies, sardines, and mussels.

7. The value of eating a healthy diet

First, you have to intensively detox the body to draw out any neurotoxins that may have accumulated in the nervous system which hinder brain function.

Second, since many neurotransmitters like serotonin are produced in the gut, you need to detox and strengthen the digestive system. Healthy fats and a vitamin/mineral rich diet have incredible effects on people suffering with Schizophrenia.

All these lifestyle and diet changes combined with corrective chiropractic treatments to stimulate the nervous system will promote healing and proper neurological function.

You may be surprised to learn that when the body is cleared of toxins, steps 1 to 6 are much easier to do. This means you can expect the voices to poo-poo nutrition as anything viable or effective regarding healing the “mental disease and hallucinations of psychosis”. Of course, that’s another lie.

One of the most important factors in overall brain health, but also specifically for mental illnesses and invasions by the voices is nutrition.

Then to understand all the necessary dietary and lifestyle changes to promote healthy brain function watch this video:

<https://youtu.be/HD5GyR2Q8J0>

8. The value of exercise

Exercise is safe, good for the brain, and a powerful antidote to depression and anxiety, both immediately and in the long term. "If you exercise on a regular basis, you'll have more self-esteem and feel healthier," says Drew Ramsey, MD, Assistant Clinical Professor of Psychiatry at New York-Presbyterian Hospital, Columbia University, who blogs at www.DrewRamseyMD.com.

Twenty-one minutes: That's about how long it takes for exercise to reliably reduce anxiety, studies show, give or take a minute. "If you're really anxious and you hop on a treadmill, you will feel more calm after the workout," Dr. Ramsey says.

Hold your breath! Ok, let it out now. We're not recommending that you turn blue, but yoga breathing

has been shown to be effective in lowering stress and anxiety. In his bestselling 2011 book *Spontaneous Happiness*, Andrew Weil, MD, introduced a classic yoga breathing technique he calls the 4-7-8 breath.

One reason it works is that you can't breathe deeply and be anxious at the same time. To do the 4-7-8 breath, exhale completely through your mouth then inhale through your nose for a count of four. Hold your breath for a count of seven. Now let it out slowly through your mouth for a count of eight. Repeat at least twice a day.

9. The value of getting restful sleep without drugs

Sleep deprivation is typically experienced by schizophrenics but many people suffer lack of restful sleep.

How to Get Deep Sleep for Health – Did you know that sleeping pills only get you an additional 11 minutes of sleep? Or that they can cause you to feel tired the next day? Here is the formula for getting great, high-quality REM sleep in 5 to 21 days WITHOUT drugs.

https://youtu.be/_wi6yMDOhqU

10. Finding someone you can trust that you can talk to

We saved this exercise for last as it is so beneficial to know someone with whom you feel safe. Someone you can trust with telling them anything about yourself, like maybe the fact that you are hearing voices and you want some help eliminating them from your life.

You want someone who will help you stay on track with steps 1 to 9 above until you can stand on your own two feet, free of the voices, and strong enough to instantly remember all the lessons in the above steps.

This may be difficult as there will be few people who really understand what you are going through. Be careful to choose someone who is non-judgmental. You may decide not to tell them about the voices but keep other parts of your life open to them.

Know that they will tell you nobody can be trusted. Review the “That’s a Lie Program” in step 5 above to understand that there are people that can be trusted. You just have to find them.

Know that the voices will NOT want you to tell anyone about them and that many people will become fearful if you tell them the truth of what you are hearing. Keep in mind that one of the major aims of the voices is to have you completely isolated so there is no interference with their dictates. It is critical that you not allow the voices to isolate you.

Know that isolating yourself from others and any source of help is one of their main goals. Know that

the love of family and friends is toxic to them.

If they succeed in isolating you they can then insert all kinds of horrible things into your mind without interference from others trying to help you. Once they whip you up into a frenzy of negative emotion, then you are ready to harvest. Suddenly they attack and mysteriously your energy disappears. Even though you know you didn't use it and were lying in bed all night, you feel like you have been digging ditches all day in the hot sun you are so drained (See Part V).

Relating to your family and friends who are willing to help robs the voices of any control over your mind and helps you divert your thoughts away from accepting negative thinking so that you may concentrate on steps 1 to 9 above.

When you find someone with whom you are comfortable and who wants to help, ask them to review these articles. This will help them help you more effectively.

In Conclusion

I have done video interviews which are all [available here](#). The videos can be a very valuable asset in your battle against the voices. They discuss many of the things covered in this six part series.

It is our hope that this series has been helpful to you as you work toward understanding what the voices are and how to eliminate them from your life or the lives of others without prolonged use of the debilitating drugs which with long term use cause permanent neurological damage.

We are aware that both the AMA and pharmaceutical industries are not going to want you to have this information and most likely will suppress it when they become aware of it. For those of you who have the light to see the truths in what we've written, we ask you to spread this information as quickly and as widely as possible so that it proliferates so widely, they will be unable to clean the internet of it. They make no profit if people are cured, they make billions by telling people there is no cure; that victims are insane and must take expensive toxic drugs repeatedly for the rest of their lives.

For the sake of the many millions of people on the planet suffering from this dread condition, we ask you to disseminate the information here as far and wide and as quickly as you can. The quicker it spreads, the less likely they will be able to control it. Both schizophrenic patients and practicing clinicians who apply the information we present here will see the truth of it for themselves.

Please visit Jerry's Facebook page <https://www.facebook.com/EngineeringSanity>

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