

# Adult years

Monday 21 October 2019

**\*NOTE:** From August 2019 to September 2019, I was hospitalised with a very severe psychotic episode, and during recovery, I continued to journal. What follows is an attempt to capture the uncapturable as best as I could with words.

The psychotic schizophrenia meltdown related behaviours quickly began after extra sensitivities in-school physical activity to put up a fight with my fellow pupil who was struggling to show to be a tough, rugged bad boy. And other corrupt, tough boys would bully him; as to harden, toughing him up. I got matched by my weight and height, chosen to fight him in the boxing contest that did not fit in with my aggression which was usually verbal.

I had developed a sensory sensitivity overload and experience hearing voices, paranoia, and joining problems such as anxiety and low mood.

For four years in Secondary all-boys school, I was compelled in the school system to be in boxing matches which were harming me psychologically. I was getting showered with praises to win and certificated for beating up a pupil in a setting that makes it legal and suitable to fight, and my conscience tells me it's wrong. I was always sad to defend myself with muscular strength, a sharp blow that stopped the aggression, and I apologise to my opponent. I felt disgusted, awful, and so sorry for days that I had to tell the boy daily sorry, sorry for the hurt I had inflicted on him.

***Various forms of psychological trauma in my childhood and adolescence were the game-changer for my Schizophrenia.*** And biologically, the experiences of severe or chronic stress in my daily life and discrimination impact my human body management systems. As a result, I become over sensitised, making me more vulnerable to mental health problems, including psychosis.

My physical and mental health problems were brought on by adverse experiences with more to do with the crucial environmental factor and my genetic condition.

**My madness was arguably psychological in origin and not caused by any disease or damage to the brain.**

Although, most probable chemical imbalances and genetic predispositions have some reverence because psychiatric drugs are valid. I had the tenth value - perception impairment and phenomenological reduction experiences in August 2019 when I descended into my unconscious, where the conscious mind was losing itself and madness ensuing.

I gathered an array of insights that are invaluable for understanding the experiential world of people with Schizophrenia. Still, in such a descent, the paralysing grip of the unconscious prevented opening my eyes to the external world, and the power of divine delirium that psychologically operates menace, tormented and paranoid the conscious mind had me scared.

I am in recovery, and I hesitate about their long-term use of an antipsychotic drug on me given a large dose; again, it is ineffective. **My madness becomes preventable when my reactions to adverse life events and psychological trauma use social approaches** to have more coping skills to be learnt with a therapeutic approach to be more productive based on sound and contemplative

psychotherapy. And that is far safer than antipsychotic drug treatment, which is thought to shorten longevity.

**It takes heroic courage to battle with the untamed thought forces, and my active imagination tormented the positive, creative power of the divine crazy ecosystem that purges the minds'. I** was living in a constant state of tension, and often I felt as if "self" did not exist in the external world. Although it was essential for me to have an everyday life in the real world, the unconscious contents had driven me out of my wits. So has the confrontation to succeed in triumph wrench away at the psychological explorations of the cold unconscious. It had my conscious mind in fear, and I tremble to attain a state of great sanity and wholesome health.

As I struggled with an unstable disposition that amounts to psychosis on the brink of madness, psychic ability occurred and touched the divine knowledge and inspiration as I hovered in unreality. However, when confronted with the inner world of the thoughts of the unconscious, it resulted in my human ego losing one's sense of self.

**My divine lunacy vanishes when psychological locking disappears.** Schizophrenia destroying my mind from within is my own worst enemy and nemesis. My strong imagination invention projection of a self who is at war with myself, and in that moment, insanity exists.

Actualities exist when wife and children awaken one's sense of self to live in the material world with them until mortal life comes to an end. Then, our divined nature spirited cells take up their journey again in realms without limitation.