

# Loss of Self in Psychosis

## Explain your experience of Loss of Self in Psychosis

I have been in remission from a minimal severity of symptoms and signs caused by a devastating long-term condition called schizophrenia, involving chronic and recurrent psychosis. I am diagnosed with the most common subtype of the chronic disorder, known as paranoid schizophrenia.

Paranoid schizophrenia affects me by leading me to false beliefs, hearing voices, feeling like I have been chosen to complete extraordinary tasks, and, at other times, being persecuted or punished by someone. My formulation of idealism seems to come from my phenomenal consciousness, and when I get back into my everyday conscious self, there is a vague memory of that experiential existence.

The world's physicality is not the only entity; something exists outside the mind, experiential in nature and transpersonal in my mental activity. The most challenging psychopathological phenomena I have experienced include the loss of self, thought insertion, thought broadcasting, delusional perception, delusions of control, and thought echo. These all relate to an inner experience of phenomenality that views things differently. My understanding of the world entails much more than simply basic precepts. My internal narrative has purely intuitive metacognition, containing spontaneous thought processes. New developments in the physics of consciousness may be able to measure the experiences of this raw phenomenal consciousness quantitatively. Its onset may have been in childhood, going on to adolescence to early adulthood, with fundamental distortions of thinking and perception. Thus, although clear consciousness and intellectual capacity were maintained, specific cognitive deficits evolved as I walked my truth.

After continuous prominent episodes, I am in complete remission. I have been hospitalised ten times with psychotic episodes between 1977 and 2019. There are no disorder-specific symptoms present in 2020. However, the different psychopathology manifested a descent into my unconscious, where the conscious mind was losing itself, and madness ensuing, leaving impairments in cognition, including attention, memory, and executive functions. Moreover, it put me in the experiential world of people with the domain symptoms of schizophrenia, schizo- meaning split-phrenic-means mind. Therefore, a - multiple personalities- No – that is a misconception. It is the thought processes of a person with schizophrenia that have split.

The paralysing grip of the unconscious prevented opening my eyes as I struggled with an unstable disposition that amounts to psychosis on the brink of madness. What the hell happened in those 14 days (out of 31 days) I hovered in unreality during my time in the psychiatric hospital? My strong imagination invented a projection of a self at war with myself; at that moment, insanity existed. Confronted with the unconscious thoughts of my inner world resulted in my human ego losing its sense of self. My memory was lost as schizophrenia destroyed my mind from within, my worst enemy and nemesis. I could not remember my existence and the power of devilry delirium that psychologically operates menace, tormented and paranoid my conscious mind, and scared me. I lived in constant tension and often felt my "self" did not exist in this external world because the unconscious contents had driven me out of my wits.

Thank God my wife and children helped awaken my sense of self to live in the material world with them until mortal life ends. Then and only then, right at the end of earthly life, which is nothing to be feared or grieved over for more than necessary. The 'self' with its consciousness will be going into

another realism with different universes of properties. I sleep deeply, and my body and brain perish without expecting the self to wake again. But my consciousness holds firm; it will wake up and be eager to search the multi universes to find you in all eternity as your consciousness awakens out of natural death. I will look for you, and you look for me. Our frequency is finely tuned to the energy of your existence from creation to reawakens of perfect love properties that are always with us. I am technically a Christian Reformist but do not adhere to a single-world religion. I practice following ethical codes and aim to reach the best human standard, which is morally correct, to embrace the whole humanity in me. I believe in the hypothesis that God the Divine controls fate and beckons me when consciousness wakes in the afterlife into a different realism because I was born to exist. I represent the unique man, although every person's story is essential about life because each of us in creation suffers.

My significance on the planet is remarkable, exceptional, eternal, and sacred because I live to fulfil the will of nature, which is terrific. But unfortunately, psychosis has been a significant part of my nature because life is entirely of craziness and, at its base, utterly illogical. So, to avoid becoming its victim again, I must cling to medicine and what life has taught me.

I am astonished that there are things I am unsure about, like the afterlife, but I have a definite conviction about it, and others do not hold it the same way. I see things under people's noses, seeking love, admiration, and respect. People take the images outside them for granted reality and never allow the world within our minds to assert itself. The truth within us matures and transfigures us to sense the laws within us and judge ourselves to the ethical code to obey. I learned through my body and soul that it was necessary to sin. I needed lust to love the world because the kind of imaginary desire vision was perfection and purity. I should be glad to belong to this world order, leave it as it is, and find my genuine vocation, discovering my destiny and living it out wholly and resolutely within myself.

My essays have attempted to remove the stigma attached to mental illnesses, help encourage the proper support for treatment management and maintain the vision that life is not always at an end. I also lay bare a heart-breaking journey into my psychotic episodes in my books and online literature. The tales are bold and brutally honest, and I hope readers will find them encouraging and inspiring. Living with schizophrenia is profoundly disruptive in how quickly I can think clearly. However, my active imagination, the positive vibes, and the creative power of the divine (crazy) havoc ecosystem purge minds. It cleaned out the substances left as wastes in our minds, and the Divine purging of negative thoughts eventually swept away, and I was a wholesome self again.

Unfortunately, in 2021, I again relapsed and was hospitalised, my eleventh valued learning that changes cognitive domains and distorted perception. It gave rise to disruption again of psychopathology (a change in thinking) of cognition, and antipsychotic medication stabled the overthinking in my affray mind. Therefore, I must not forget that because of medicine, most people with physical or mental health challenges are usually happier and healthier.

Therefore, I intend to remain on a maintenance four-weekly injected dose of an intramuscular antipsychotic medicine to prevent frequent relapse and psychotic thinking. It helps remove the devastating feeling of loss of self, and as a conscious being, my philosophic voice raises that my existence is a significant problem. Nevertheless, I do not recognise psychosis as complete madness at the foundation because my perceptions and feelings do not lead to conscious subjectivity. On the contrary, I welcome it in a friendly manner, but still, in my darkness and the closest silence I can get with tinnitus noises, it suddenly dawns on me that I strive toward reason, essence and rationalism. Still, the unknown law in us without rules is mysterious, and we all call upon knowledge to understand life's incomprehensibility.