



## Break Through The Hearing Voices/Anomalous Perception Experience and Phenomenon

The Hearing Voices or “MAD” experience is complex, confusing and debilitating for many. Relationships suffer through lack of understanding and difficulty in talking about it in a helpful way. Progress in life becomes difficult and independence is lost, impacting the voice hearer as well as family and friends in many ways.

Perceptual distortions heard as voices assert an abusive relationship over the hearer, presenting a constant threat to and distraction from life. The voice hearer becomes absorbed in the ‘world of voices’, withdrawing from the opportunities the world offers through a lack of confidence, aggravated by the stigma associated with the phenomenon in most societies and communities.

We know that voices react to how we (both hearer and those surrounding them) respond to them. We know that many use the interaction with voices to change the relationship and move forward. There is a good deal of evidence showing better outcomes from dialogue based approaches such as those found in the Open Dialogue Approach from Finland (Focus is on the relationship between voice hearer and those who live with/support them) and the Maastricht Interview and the Hearing Voices Network (Focus is on the relationship between voice hearer and their voices).

Logic dictates that these successes point to a reliable, optimum way for voice hearer’s to take control of the interaction with voices, to communicate effectively with those who support them and thus feel empowered to do new things.

*LoveLife•LOL* is a structured approach that helps voice hearers, their supporting family/friends and clinical professionals work together in a constructive way to make voices irrelevant and empower the voice hearer to live a life of their own choosing.

Breakthrough is achieved when we realize that the “MAD” experience is lived in the MIND. Voices undermine our natural mind processes, feeding us a high volume of unhelpful, fake inputs to which we attach unusual significance because of the way they arrive. The mind, ‘always on’, responds to these inputs creating confusion.

When you can see the connection between these unusual perceptions, beliefs, working truths and how your mind processes them, you can use your natural mind to regain control, find a comfortable equilibrium and *LoveLife•LOL* !

**The tools to break through are in your incredible natural MIND. Understand the experience and communicate effectively. Rediscover yourself.**

### **What people say:**

**M, a client of my life coaching service:** Wow!

I hope that somehow I can help you as much as you have ALREADY helped me! After you left, the voices remained very quiet. They were there, but hardly audible... I found myself with a void. I’m starting to feel more “normal”. I’m acting more rationally, and the funk is starting to fall away.

**Stephanie Lehmann, HVN meeting facilitator, NYC:** Greg is a valued participant in the Manhattan Hearing Voices Group. His lived experience, a rare sense of clarity and insight into how his mind works, and how to work with his mind will be of great benefit to consumers, family members and professionals.

**Prof Dana Miller, Fordham University, New York:** Greg gave a talk to my Philosophy of Perception class. It was riveting and extremely articulate. He answered difficult questions with thoughtful clarity. Students found the talk more inspiring than anything I have presented. Personal experience makes an impact!

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## THE HEARING VOICES EXPERIENCE AFFECTS ALL OF US

Someone you know hears voices—and may not be telling you because of the stigma attached. The phenomenon and the experience are visible through our history—from cave art, to prophets, to demon possession to witches and various ‘spirit’ entities; to Socrates to Joan of Arc to the major revealed religions; to mediums and shamans, to John Nash and mental illness. Societies have found many ways to describe this unusual phenomenon. Individuals who hear voices adopt these community beliefs, feel and experience them in stronger ways—and develop what we rather unfairly call unusual beliefs. We don’t yet understand the mechanism by which it happens. We can see the impact on society, with hundreds of millions living with voices and many examples in history where society has been shaped by and tragically acted on what voices say.

## Fee structure for services is available on request

### SPEAKING

We are available to speak about the hearing voices phenomenon and experience and about what this means for the voice hearer and those that live with and support them. Hearing voices is about what happens in the MIND — our framework for talking about it uses ideas about how our incredible natural minds work and how the hearing voices/perceptual distortion phenomenon impacts that.

The phenomenon and how we respond is relevant to behavior/psychology, social and mental wellness policy, neuroscience, philosophy and belief systems, particularly the major revealed religions, which are a product of the voice hearing experience. My own voices encouraged a religious quest—a fairly common experience amongst voice hearers—and I speak to religion and philosophy from this perspective. **Invite me to your seminar, event or classroom.**

### MAD CONSULTING

I have about 30 000 hours of lived “MAD” experience. What people don’t realize is that living with voices is like living with real characters— it plays out in the mind intertwined with real life incidents, events and people. These experiences are lived, just as if they took place in the real world. I am an engineer (analytical) and a business consultant (emphasis on behavior, culture, strategy and systems). I paid attention to my voices. I made it my business to understand what was going on. **Whatever your project in the field of psychosis and MADness, I can help Make A Difference through a better return on your investment. Let us help you make #MADSense!**

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## RESEARCH — THE HEARING VOICES PHENOMENON, EXPERIENCE. THE MIND.

**Get a better focus in your research design, improve the return on your research investment and reevaluate existing research to find new value and insights.** My theoretical framework for helping those with perceptual distortions break through the experience is based on first principles and systems thinking— Body | Mind | World interacting together. The experience is lived in the mind - a high volume of invalid inputs of unusual significance overload our aware mind. Memory and memes become corrupted with unhelpful information and significance tags which is projected forwards by a natural mind process, leading to the confusion, mania and paranoia we observe. With practice voices can be made irrelevant by interrupting the process at the point of perceptual distortion—and work with Natural Mind processes to ensure a healthier response. Therapists using CBT and REBT will find it familiar. **A quick way to get talking—send me a study you have already done and I will mark it up for you to make our conversation worthwhile. Let’s make #MADSense together!**

## VOICE HEARER’S AND THOSE WHO LIVE AND WORK WITH THEM

*LoveLife·LOL* is a structured approach based on life coaching and leadership coaching principles. *LoveLife·LOL* asserts natural humanistic principles of love and respect, of human rights and the right to pursue happiness in the way we choose. When we accept and give meaning to voices, we give power to them and we give them a role in our life. Instead, we should acknowledge voices, not accept. This gives the hearer a position from which to decide against ‘unusual beliefs’, to reset the high significance decision making parameters in the mind. Fear associations are eradicated by practicing simple interrupt, replace mind techniques. Work **with** natural mind processes, not against. **Get a divorce from your voices—they are abusive! Services are offered in the following formats—please feel free to contact us about other formats.**

- Introductory talks (60 to 180 minutes)
- Participatory workshops ( 1 to 3 days)
- Train the trainer—let’s work together to help you introduce *LoveLife·LOL* as a framework in your mental wellness services. The theoretical model helps predict progress and outcomes.
- *Planned future development: An online equivalent offering coaching, the ability to create profiles and connect with others in supportive ‘pods’ and a helpline system. (Investor and partnering enquiries welcome).*

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## MAD LIFE COACHING — BE HAPPY! BE KIND, DO GOOD, HAVE FUN!

Breaking through the hearing voices/perceptual disturbance experience happens when the voice hearer and those who live with them, offer clinical support and treat them gain an understanding that helps them:

- Recognize the phenomenon, the mechanism by which the interaction happens is a tactical approach used by voices to maintain a high level of awareness of the presence of voices—to get and keep the attention of the hearer
- Recognize that it is the unusual significance we give to the perception that leads to “unusual” beliefs... made worse when the community itself fosters those beliefs in a system that makes them “normal”, even expected

These two factors are quickly understood and enable a radical change in the relationship with voices. Hearer’s will experience a bit of a void, perhaps even a little sadness at this change—that is natural. This is the opportunity to move forward, to recreate your own life in your own way. Surprisingly (though logically), your natural mind will have learned new skills and competencies from your lived experience. **Let’s work together on your journey to a new future of your choosing.** We can help you through the anticipated emotions and use my business consulting and leadership coaching skills to help you discover the hidden competencies you have. **Offered in person in Manhattan or on Skype. After the initial phase you are welcome to find your own ‘regular’ life coach in your area that suits your style and situation.**

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### Someone you know hears voices



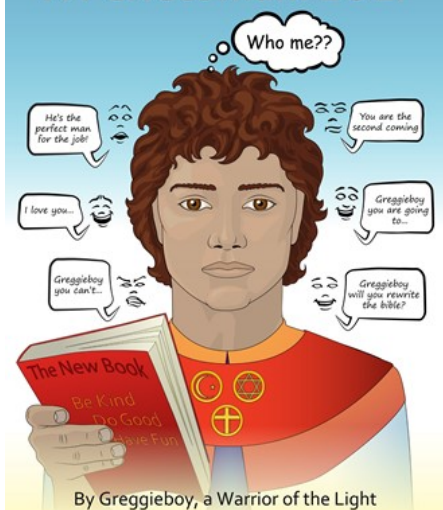
Break Through The Hearing Voices Experience  
by  
Greggieboy and the voices in his head

### PLANNED BOOKS

Much of this work began with the idea of writing about it. It’s still a great idea of course—we voice hearers are often full of great ideas, LOL! It comes with the experience.

I’ll get there, eventually... enquiries from publishers and “ghost writers” most welcome! HELP !!

### A Perfect Man. LOL!



By Greggieboy, a Warrior of the Light