

PSYCHIC EXPERIENCE



“ TALKING WITH JENNIFER ”

SPIRITUAL COMMUNI- CATION

Hallucination

A hallucination is the experience of seeing something that is not really there because you are ill or have taken a drug.

Q: I know that you go back to China and I would like to know is there anything that is memorable during the quarantine time or on the airplane?



A: So First of all it was a very long flight from the US to China, it was around 14 hours and before I got on the plane I went through several test and I travel from New York City to Pennsylvania and to Texas Dallas. So it was a lot of time and effort for me to like be able to come back. And I really cherish that because I haven't seen my parents for a long time. Of course, I miss my friends over here and my little chinchillas.

“ What is really memorable in this journey is that I'm slowly discovering that I have the symptoms of schizophrenia.”

And I don't know if that's the disease, I'm having but I know that's something wrong with my brain. And I seriously need to have a consultation with a psychologist. I'm plan

ning on doing that because this mental problem is getting really serious these years. I think it started from my childhood, around my kindergarten time, around 5 or 4 years old. And none of my parents or my close relatives really noticed that and they thought I was having bad dreams or I was in a very bad mood, but it turns out that there is some sort of illness in my brain and I could feel that it may sound very abstract to you, but I would like to explain it to you how I'm feeling and what I like saw in my brain. The first lie I'll start with I can see it's a non-existing ghost which is sounding like the horror movies but it's not because I don't see things through my eyes if I close my eyes those image, image and sound and just a few like varo stuff will appear in my head without actually opening my eye. So I feel like the symptoms are getting really really bad these years, especially when I reach my high school senior year. I feel like it's not about how much stress is in my head but there's something really sick in my brain. So I really need to see a doctor and that's also my biggest struggle in the University because everything is going so well but my brain kind of messed up with me.

Q: So you are missed out and seeing invisible things in your daily time.

Do you feel any fear, or what kind of emo-

tion do you have when you see the invisible things?

A: I don't feel like the stuff I saw are close to or even a little bit like horror movies. I saw sometimes there are in humans forms and I could tell that if the person is a young man or an old lady or maybe a baby so there they appeared as very clear forms to me. And what I feel about that is that I'm very used to seeing them, so I wouldn't be afraid about anything I saw. So my emotions when I encountered mental problems felt really calm and I was used to it, **“because it's been so many years like I am used to it.”** What I hate about this experience is that some of them start to put voices and sounds into my head, so it gets really loud and I can't hear the world. Like I'm talking to you right now, but if that's thing happened to me here then I'll be like pause myself and try to process everything in my head for a bit and then I can start talking to you again.

Q: Well I haven't had these feelings before, so I kind of understand this is a ghost or another world thing.

And do you have any inspiration from this when you're doing a project?

A: Yeah for a bit, especially when it comes to like music taste or artistic oh taste I feel like I'm really drawn into those very dark art, like I'm not even afraid of that because sometimes people find the bloody stuff and like

death. That's really disturbing, but it's not disturbing to me at all. **“ I kind of treat life and death in a very equal manner.”** I think none of them are scary. Yeah, I feel like that kind of influence my artistic elotes and for my progress. I really saw them to progress that close to my actual taste, because I'm afraid of scaring people like if I want to go crazy I can do really crazy. But I just stick with the normal life when I'm in school.



Q: Okay. So I think that you are not afraid of these invisible things, Are you ever able to communicate with them when you hear them in your head?

A: First of all, if I go to see a doctor and I try to explain the stuff I saw and I heard in my head, they wouldn't believe it. But I'll just speak from my experience about what I really heard. First of all, the ghost's sound goes in my head; they don't really open their mouths to communicate with me. They don't make sounds like throughout the mouse, but what they want to explain to me or talk to me



about there just put images in my head, and they will show me the the scenarios that they want me to sing. They are using my brain as a computer or a screen to show whatever images or sounds they want to show so it's a really crazy. but I don't really communicate with them like none of them have come to me and say like "Hi Jen and I know you have sound like psych magical energy and I want you to help me" like nothing like that happened they just use my head to show imagery is which is really crazy to me cuz I had to like tell them to leave me alone I'm not a side-kick.

Q: I see that you have so many typical interesting experiences, and also have moved or they have social media that like YouTubers are sharing stories like ghost things.

Do you have any comments or thoughts that I want to share after watching these videos?

A: I'll say I'm a big fan of looking at religious

religious tags and you know those psychics so-called psychic TV series. I'm a fan of that, but it doesn't mean that I agree with all of them. I could tell if someone is just playing a role on stage and they don't really have any like actual psychic powers. I'll say I'm a big fan of looking at religious religious tags and you know those psychics so-called psychic TV series. I'm a fan of that, but it doesn't mean that I agree with all of them. I could tell if someone is just playing a role on stage and they don't really have any like actual psychic powers. I could tell but I'm still a fan of watching those, like I kind of treat my illness as an entertainment for myself for a bit, because I had to like to take some of the pain. Overall it is a pain for me but I found some pleasures exploring my hidden talent.

Q: It's so interesting because I never talk to ghosts and I never have these experiences before.

A: No, **"It's a curse but not a blessing."** I am probably ill. I have no energy at all, but I feel like I need a doctor who will definitely tell me that I'm just sick. I need some treatment.

Q: Are you trying to get help from the doctor and it actually you don't want to see them anymore right?

A: The main reason why I decided this year that I have to see a doctor is because I can no longer distinguish reality and my Illusions any more. Like those voices and imagery is I getting so loud in my brain, and I couldn't function normally in my life. So that's a reason why I want them to disappear. Otherwise everything is so normal and I have this light little magical experience, I wouldn't mind and it's fun to experience and to talk about it to my other friends. But it's disturbing my life right now so I sincerely need to see a doctor.

Q: I feel like you come back from America to China to see a doctor.

Would you ever try to see a doctor in the State and then to help you to do these stuff or you're only getting the help in China?

A: I have considered like find some on the psychology consulting in the US, but I don't want to talk s*** about our New School. I feel like if I want an appointment with a psychiatrist it would take me forever. So one of my friends came to tell my parents that I need help and they need to find me the most famous and the best doctor in Shanghai to get me treated.

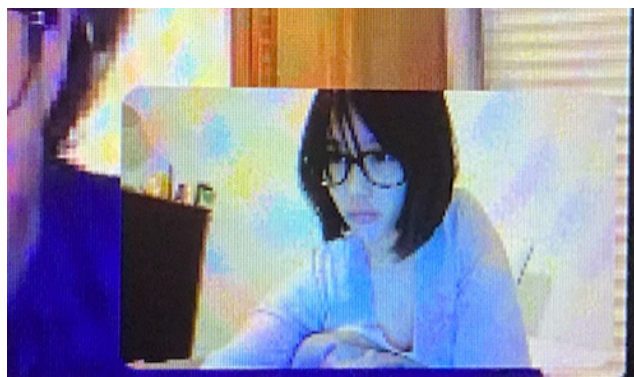


Q: You're also talking about you are very interested in religious things, like when you're reading the religions.

Do you have any difference between Western and Eastern religions?

A: I feel like Christian, a Christianity and Buddhism is that all lives are equal in whoever is the god. And the similarity is that we shouldn't kill each other. And I think that's the basic moral standard for a human being. So I'm not religious at all, but I feel like religious text could be the philosophy text for me. I just read them acid like a very comic book but I feel like eventually we're all the same and if we can all be kind to each other is like, no stupid show will go on in this world. We cannot because **"there are evil people outside and what was the reason why I like religious text."** I feel like I can become a better person if I follow some part of their philosophy. Yeah, that's the main reason.

Q: Where you are reading these books and you have these so unique experiences do they shave your identity or shave your characteristics as a person in your life?



A: For a bit. There's a very common saying in Buddhism that is like "what you see is not the truth and truth is everywhere." So what I felt really inspiring to me is that I look at my life completely differently like what was really important to me and what really got on my ass don't really get me anymore. And I feel like I'm not really impressed by material stuff but I am really impressed by people. If someone buys me really expensive things these gifts are not important to me anymore. But they have the heart to like make me happy and send me a gift and then remember some sort of important days of my life and I am really really impressed by that action all the time.

Q: Very cool ideas, I haven't had these thoughts before, but it's just so true that

if you have a schedule help from religions or get help on this I think it could be a good thing?

A: Do you ever wonder like if you are the agonist, this was some sort of mental disease

and you tell your friends. Maybe people that aren't even close to you like will you be afraid that people see you in a different way?

Q: I'm not afraid because I understand that people are different. People have different experiences. I kind of still believe that your experience is very unique and interesting.

I have a little answer to you, you don't have to take my answer as to what answer. I can share my idea of heaven life and death with you. First of all, in my idea I think **"death is not the end of life, and life is born in death."** When a baby comes out of mommy's tummy and the mummy will experience pain and a lot of struggle. I feel like a life is born in pain and the start of life is painful and the death of life is not the end at all. **"Maybe the person who passed away will come back in different forms; not in the forms of human being, they could be your flowers, they could be mountains, they could be dogs and cats, they could be grass on the field. Nobody is leaving us unless we really forget about them."** I feel like that's a type of philosophy that like a lot is that you don't have to fear the death of yourself and you don't have to fear the death of others. Because **"they will**



come back in other ways." The last things is **"don't commit suicide, like don't kill yourself. Whether you're religious or not it's never okay to end your life"**, I cherish your life that's the ultimate, that want to make about religion commits suicide. Oh well I feel like sharing another story of my friend's friend which is not really close to me. That the girl has committed suicide a few years ago. Their parents as she died of Overdosing, but I feel like the reason why I should commit suicide it's because of the drug. Although she jumped out the window on herself, but it doesn't equal to she is committing suicide because. It's a drug like messing up her brain and leads needed her to decide that she wanted to end her life. So technically she did not commit suicide, she was killed by the drugs and the people who gave her drugs.



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