

“It is one thing to be aware of what reality brings to you, it is wholly another to be aware of what reality brings others.” - Author

“We live in condensations of our imagination”

— Terence McKenna

I don't talk about consciousness. I talk about interiority. - Ken Wilber

“The fiery intensity at the heart of anger asks neither for smothering nor mere discharge, but for a mindful embrace that does not require any dilution of passion, any lowering of the heat, nor any muting of the essential voice in the flames.”

— Robert Augustus Masters, Emotional Intimacy: A Comprehensive Guide for Connecting with the Power of Your Emotions

1.

The first movement - Entering the World of a Broken Brain System

The starting point of any mental illness almost always starts with denial. Not because mental illnesses are not easy to diagnose in usual environments but because it is many a times a creation of self-neglect or too high benchmarks, or as mostly happens also, just too tough circumstances to cope with subjectively.

Thus the five stages of denial theory is a good place to start reading what happens when someone gets afflicted. It is not easy to accept what happens when suddenly everything around becomes imperceptible, a strange fuzzy logic in emotional states appears and the individual is unable to prevail with sound reasoning. The most difficult part usually is that while you may be doing one thing, how it is being carried out in the external reality may be something else altogether.

These are some key traits that are found in any spectrum of mental diseases in a wholly subjective. Justifications abound in the self about why something happened happened. And use of sedatives may help control the circumstance but course correction and mental processes recollection may become increasingly difficult over time. It is very much, what happens in our geopolitics today, there is an immense desire to overpower any narrative by two opposing sides. Like also in a court room. And like any circumstance, it is very difficult to sort the web of cat spurned yarn back into a ball all by oneself. These are key ideas that can help someone start a path to healing the mind that is made up of a body, brain and never to deny the spiritual body involved.

2.

The Shock of Being an Outcast

Every society today and since a very very long time finds the mental affliction or if that is one of the symptoms something to censure, taboo and stigmatise. That is because people in general find the state so helpless that even the pre-covid meme of what qualifies as an empath is kicked in its teeth. You cannot see how such a person decides to behave and thus the borders of identity take over, something you would do when you have nothing and a beggar shows up on the road, something you would do when you are sure that the person nearby cannot be identified and thenceforth.

In ancient societies, if you are in North America, the Natives believed such people are trying to join conflicting or discordant energies or entities in their body. One reason why that Jack Nicholson movie and book, *One Flew Over the Cuckoo's Nest*, had a protagonist Native American. If you dig you see why they understood correctly. They believed in separating such a person from the tribe and letting nature do what it has started by going to an inviting such person. But after the formulation of most religions, and what we now understand as Medieval times, Shakespeare and so on, these views were subverted and subdued to believe that such people are inherently evil. The practicality of doing so is to deter such movements by nature. Because we have become increasingly materialistic and those who are not, spoil the basket of eggs, it has been ascribed to by even the most practical rattlesnake killing, no electricity kind of southern US people. Where you cannot find an equivalent tool to measure the person with, how do you use the theorem of calling a spade a spade?

Increasingly, even in a single book-less liberal non-Abrahamic environment of India, where the Muslim challenge is reactionary if you want to understand George's views, people have by now become suspicious of mental issues, they are rampant even in rural environments but the crux of the matter is everywhere economic downturns will make this worse after covid because although sensitivity and education grows, it is next to impossible to believe in the good of the world without ascribing to a religion or communism and other such knowledge system gimmicks. The most pressing notion thus, after the first understanding is that it is best to keep silent and avoid confronting others about such matters unless they are intimate to you, and that they can bring something constructive to the table.

3.

How Discord grows in Common Law countries

The world of the material is ruled by language use and technical agility in applying knowledge systems. It is one thing if you are ascetical, prudent or pragmatic, it is wholly another that Noam Chomsky knows what he is saying when he says that language and symbols rule over us. Your state of balance can easily be influenced by a mental dagger or a mental candy. Thus unless and when you are facing a mental problem, you do not become very observant of your doing, things become broken easily. An adage that the author kept when going through school read on

a social networking platform was control your thoughts, control your actions, control your habits, control your destiny.

These are interrelated. Patterns emerge in our behavior and after the advent of new knowledge systems such as AI these are increasingly becoming more conscious and stepping into the territory of what was once, unconscious and then subconscious.

Discord generally stems then, from the words you use, their connotation and annotation to you over a long period of time and the changes they bring to the maps and symbols of your private realities.

Etymologies can help greatly, any language you use, any system you infer with.

4.

Psychoactives

It is not difficult to note that while medical sciences, delineate those who are afflicted after a use of psychoactives and those who are afflicted without them. However, what is pedestrian knowledge is that any psychoactive is a bad idea for a mentally weak or unforgiving center of self. Then, the most important thing to reconcile is that there are chemical and non-traditional psychoactives and some that qualify as simpler, less harmful things. In the bigger scheme of things, avoid every such thing, even alcohol, tobacco.

In a smaller scheme of things, hallucinogens can lead to extraordinary expansions. What matters is how much self time is safe according to the challenges in your life. If you seclude and try to make a further mess, is that something that can heal you? Or are you better off simply going safe and watching a good movie, a live concert or a game of football with or without a beer,

Temporal time and historical time of mankind are interlinked. If you can work with both within and without, these things do not matter. However to be able to work with such things popular frenzy of disdain against manifest reality is something to be careful about. The world is a difficult place and you are better off not harming your personal system of beliefs let alone convert midway in life to something that is more allusive.

5.

The Only Way I Know - Building Lines of Reality Defenses

It is one thing to take medication and lead a clean life free of distractions and plastic, media frenzies. It is one more to go for long peaceful walks - in nature, or in urban spaces at nightfall

or twilights. It is wholly another what you can do to prevent the errors or the diseased cognition from causing further harm. Harm comes when you perceive incorrectly. And once the gates of reality are wrongly opened to some part of you, it is a very bad idea to trace all the steps ahead. Once a breakdown comes, stop at the first point of intrusion and work to prevent that. It is irrelevant what happens after you make a mistake. What matters is how you prevent that from happening again. Although such talk is not worthwhile to most medical practitioners, if you have read this book till here and are working for someone afflicted it is a good idea to note this. What you see is what you get only till where you make an error. Once that comes in, stop further probes of what happened beyond that. Call it over thinking, share it with your counsellor or doctor if you can afford that. Else just create strong boundaries and live in a safer mental space. Everyone nearly everyone does that, multi-million entrepreneurs rarely entertain themselves, banker the same, same with professionals such as doctors or lawyers or anyone non-creative. The idea is to prevent floods in memory. The idea is to work with what you have instead of aspiring towards that which seem painful to reach.

6.

The Only Theory That Will Work - Signal Detection and Psychological Breakdowns

Its a mad world. Sigmund Freud did cocaine and read the Atharva Veda, a Hindu text, Ch 16 and wrote his theory in his Vienna thinking. Carl Jung has too much material to digest and too many opinions on it since he wrote his main tenets of thinking. If you can, go for it. Else the only theory that works for the majority is signal detection theory of psychology. Identify what is a valid signal and what is noise, write a diary everyday and keep track of time when possible, once you start to see the statistics and triggers - scribe them, work on them. You can read more on this theory on the internet and through multiple media outlets available freely and paid.

7.

Endocrine system is what breaks first

Pesticides, fertilizers, GMO seeds and industrial admixture abound in most countries where such afflictions are diagnosed. They break the endocrine system. Read about it. Thymus gland, Pineal gland, Pituitary gland it is a jungle out there. Some dormant organs in humans work in other animals. Animism, shamans, Jung you can go on forever and make your self happy that knowledge systems are incomplete but in the end everyone else is sane doing research.

8.

Depression

Go for long walks, run if you can. Avoid phlegmatic foods. Listen to yourself when doing something you like. Sit and do nothing everyday for half hour, depending on the spike rate of what goes wrong a lot can be fixed if you can build courage to sit alone and do with yourself what is required in alone time.

9.

The Gray world of Knowledge

There are plenty of people who have written a lot on what you can think when going through something bad. Substance abuse, relationship breakdowns, life crises at any age, a sudden turn of events, PTSD, evil whoever.

For the first topic read Timothy Leary, Robert Anton Wilson, Antaro Ali, Terence McKenna. For more mainstream and accepted views there is Ken Wilber, Robert Augustus Masters.

For everything else there are the two books that the author charged back into life with I.K. Taimni's Science of Yoga and Jana Dixon's Biology of Kundalini.

Although they are transformative, they border towards Hinduism. If you are okay with that go for it.

7.

Forward movements are always regressive to those who idealise too much

I guess this is a uniform view across history. But as the good philosophers from Germany said before they turned against the world in Nazism! History is a dialectic, of questions and answers. Read the books of history. Better, just read History in Quotations by Simon Schama if you can budget on Wikipedia of whatever you do not understand.

8.

For those in milder psychotic disorders

Read Itzhak Bentov's book *Stalking the Wild Pedulum* it is a pre-Cold War era book.

9.

Tragic pathos of Gopi Krishna

Read him if you want to read about release and transformation. Again, this guy is Indian.

10.

Indians and the Folk Nazis - Osho

Read him and his biography if world as one works for you

11.

The Shock of Iraq and Herod waits

Read Irina Tweedie's *Daughter of Fire* if you are happy to read about Sufis

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Green Energy - Why not be a consumerist

Most people who get into such states are hard-pressed badass idealists. So the last piece of advice is stay miles away from consumerism and the happy world of contentment and rejoicing, enjoying world. It is an ugly facade. You can do better from the inside out.

13

What not do - Seclusion in times of distress

Avoid it and it will remain easier to return to the world at large

14

The unreliable narration

Literature speaks of stream of consciousness narratives today. Andrei Tarkovsky made a motion picture called Zerkalo (Mirror) try it. Read Mark Danielewski for Right wing takes on the same topic. To center read Vladimir Nabokov's Pale Fire and translate it to or from Russian language. You will figure out more over time and a routine.

15

How deep does the rabbit hole go?

It is very very long. The poster child of West is consciousness but the neglected child's are the Eastern mind, ether as originally understood before Einstein and the Antahkaran. If you can afford to read on them, do good, make the world a better place.

Further Reading -

Finding Strength in Imperfection by Ce'line Santini

Play with yo-yo (to understand breath and Qi)

Play with playing cards (to work with randomness and order)

Understand and play Sakhmati (that's Russian for chess)

Play Go board game (Chinese game)

An Unquiet Mind - A Memoir of Moods and Madness by Kay Redfield Jamison

The Collected Schizophrenias by Esme Weijun Wang

If you can get clearance from your religious affiliation - do Yoga (Catholics bar it's practice)

About

The author at the onset suffered from right cortical brain atrophy that was measured at 6-7% on a scan of the brain was one thing. Anxiety and Tachy Blood Pressure followed by the time of writing the book. The author firmly believes in inward causation and roots of mental diseases being and released only from the inside out.