



Te Reo Orooro

HEARING VOICES NETWORK AOTEAROA NZ

providing support & information on hearing voices and visions

June issue 2010

FROM THE COMMITTEE

We have been very busy this past year.

Our new website is up and running. We have filled it with lots of helpful information for voice hearers.

We hosted a workshop with Rufus May from UK, on "Understanding Voices".

Jacqui Dillon, chair of HVN UK and Director of Intervoice was a keynote speaker at Building Bridges and the ISPS Making Sense of Psychosis Conference.

This has raised our profile substantially and we are busier than ever.

We have two new support groups— one in Grey Lynn and another in Wellington. Thanks to our wonderful volunteers.

We held a stand at "Brain Day at the Auckland University where we spoke to many people about our work.

Thanks to the **ASB communities trust** for sponsoring this newsletter.

Thank you for your support.

HVNANZ Committee



Dr Rufus May, the controversial psychologist who starred in the channel 4 documentary called "The Doctor Who hears Voices" was in New Zealand this March.

Rufus is a strong supporter of the Hearing Voices Network and an active campaigner for the rights of voice hearers.

Rufus ran a series of workshops in New Zealand for Connect SR, and offered to run his workshop on Understanding Voices for the Hearing Voices Network in Auckland and in Palmerston North.

In Auckland we held our workshop at Western Springs Garden Hall. We had approximately 60 people attend.

Rufus started by sharing his own story. He was diagnosed as Schizophrenic when he was young and hospitalised; at one point believing he was a spy. When he recovered he decided that he would like to

Dr RUFUS MAY'S WORKSHOP ON 'UNDERSTANDING VOICES'

help others who had similar experiences as himself. He then embarked on training in psychology.

In his work he does not try to get rid of the voices but rather encourages people to explore the relationship with their voices. Encouraging voice hearers to gain a different perspective on what the voices are trying to say. Exploring ways of giving the voice hearer a stronger attitude towards their voices, puts them on more of an equal footing so that they become in control of their voices.

In his workshop he spoke how we all have many aspects to our natures. Different selves such as: the peacemaker, the critic, the judge, the rebel, the mother, the healer etc. Sometimes in moments of extreme trauma, some parts become more pronounced, or are suppressed in order for us to survive albeit physically or emotionally.

Often the parts that become suppressed may become an-

gry. Rufus encourages people to look at their voices and find what they are trying to say.

He told a story of a man whose voice told him to self harm all the time. When he told the man to ask his voice why he did so, the voice replied that he was tired of him being so powerless all the time. Self harming was a way to show he did have power over himself. He asked the voice if the man started do other things to make himself stronger would he stop. And the voice said, that was what he had been trying to do all along.

Rufus with help from Brigitte Sistig shared some relaxation and yoga techniques, as well as some of his boxing moves-excellent for getting rid of frustration.

It was a great afternoon and we were so pleased to be able to learn from the work Rufus is doing overseas.

We hope to be able to offer more workshops such as this in the future.

BRAIN DAY AT AUCKLAND UNIVERSITY

We were invited to have a stand at 'Brain Day' this year. It was held at Auckland Universities Business School in Grafton Rd.

What a success the day was. The number of people attending was phenomenal. We had a board set up with information about hearing

gave out many leaflets and handouts to the public.

There was a lot of interest in our stand. Some talked about how they had always heard voices and it had never worried them which is what the HVN research shows.

Others were interested in what it is like to hear voices, giving us an opportunity to share how it actually is. Families of voice hearers were keen to see what information we had to share. All in all it was a great success. Thank you to the volunteers that manned the stand.

BOOK REVIEW

THE BRIDGE BETWEEN TWO WORLDS by Odette Nightsky

This book is subtitled a “Shaman’s view of Schizophrenia & Acute Sensitivity. Odette Nightsky experienced what she calls ‘her own darkness of the soul’ in her 20’s. Rather than follow the psychiatric path she chose to follow the shamanic path to find healing. She is now a trained Shamanic guide and member of The College of Shamanic Studies U.K.

Her book is written in an easy to read style. It was refreshing to read a book with a different framework for hearing voices other than illness.

Odette prefers the term “Acutely Sensitive” to “schizophrenia” as she has found in her work that most people have been spiritually wounded. Leaving them profoundly sensitive to energies and to other realities.

Odette’s experience as a shaman gives her an in depth view of one trained to walk in other realities. The explanation at the beginning states “the Shaman lives the mythology of the unconscious”. Many voice hearers do hear and experience Gods and other beings from mythologies but have no frame-

work as the West has discarded these experiences as fantasy and delusions.

Odette speaks not only as a healer but also from personal experience which gives her a book a richness of one who has walked the path. She writes

“I finally realised that fear and fighting were the two most useless tools. Neither of them worked in helping me with these visiting energies.”

Odette researched what she could on such experiences. Then realised she was looking in the wrong place. She started looking into the history of religion, and the history of visions and voices in other times and cultures. These provided many insights and led her to discover the ‘shamans path’ was the best for her to deal with her experiences.

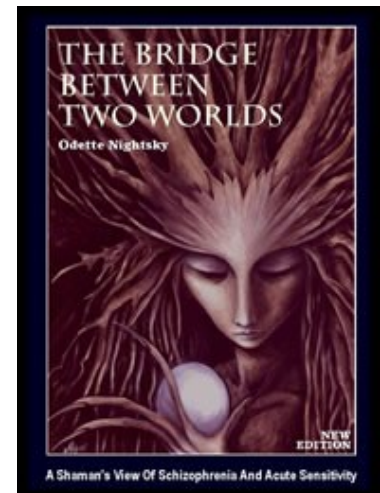
Her images and descriptions of the experiences themselves are succinct and create an accurate picture of what it is truly like for “acute sensitives.”

As such it is a great read for family and caregivers as well as voice hearers allowing them an insight into what the experience is like in

the type of language voice hearers themselves use. So often resources explain the voice hearing experience in a way that leaves it without meaning and the voice hearer without dignity.

The book uses stories of her work with others and her own experience to provide an insightful and useful guide for someone hearing voices. Encouraging people to treat voices and visions in a real and way.

This is a welcome addition to the literature available. It is available in NZ from Keepwell NZ. www.keepwell.co.nz



GREY LYNN & WELLINGTON HEARING VOICES SUPPORT GROUPS NOW RUNNING

We are pleased to add two new support groups to the HVN list. We now have a second group in Auckland. It is twice a month from Toi Oras premises, 6 Putiki Rd, Grey Lynn. It is held every 2nd and 4th Wednesday of the month from 6.30 to 8pm.

This group has been up and running for some time and all are welcome. As per our other groups it is open to all voice hearers. For more information please call Vanessa on **021 029 34959**.

Down the other end of the island

Wellington have started a Hearing Voices Support Group.

They meet once a month at this stage. The date is usually agreed on at each meeting. It was great to meet with everyone recently after exchanging many emails.

For more information or to find out where and when the next group will be held you contact Lize Dela Ruelle 021 049 0887 or Annie Joker 0272100024.

The details of all our support groups including the Palmerston North and West Auckland Group are on our website.

BIG THANKS TO DEBRA LAMPSHIRE!

We would like to say thank you to Debra for donating a copy of “Living With Voices” to the Hearing Voices Network Library.

We have few resources and are very grateful for the donation of such a great book.

It will be well used by the facilitators on the groups and in fact is shortly winging its way to Wellington.

CREATIVE PAGE

When Trauma Comes

When trauma comes,
There are no words.
The voices come
Like blackened birds.

They flap and sing
And squawk and lie,
Spoil the treasures
By which we fly.

When trauma comes
And hinders hope,
One seeks in fear
To live and cope.



When trauma comes,
There is no worse
Fright or torment
Or stifled curse.

When trauma comes,
There are no books.
The voices come
With evil looks.

They flap and sing
And squawk and lie.
Spoil the vision
By which we try.

Hywel Davies

MENTAL OR LOVED BEYOND MEASURE?- by Heather Howes

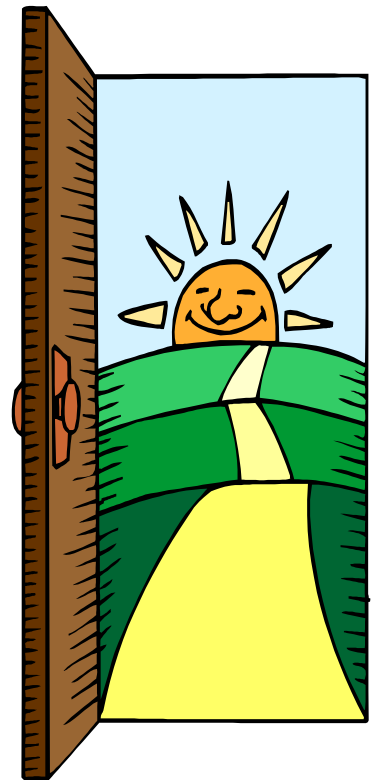
I get out of bed, the time is just right.
The clothes I want for my day have percolated to the top of each drawer.
The food I eat is perfect but only because I have already done the work.
I think of a friend, they phone me 20 minutes later.
The timing is spot on and we exchange gifts of love.

I notice things, patterns, colours, go/stop, do service, messages from God
I turn on the radio and a song I have not heard for years remind me that I
have been in and out of tune many times before.
The difference now is that I know how it works.
Another song written by a beautiful crystal child tells me they are waking us
and all along we thought we had to wake them.

Driving down the road a truck logo says something profound
I smile or laugh a little laugh and say thank you for such perfection.
I wonder at the order, the synchronicity, the utter simplicity.
My heart is so touched that life loves me so much.
Emotions flow, fleeting yet authentic,
like Rumi's guest house poem I welcome them all.

Has it always be like this for me? No
I thought I was mad, bad and so so sad
I frightened my loved ones and made them sad too.
The doctors said you are sick, here take these little pills.
We will cure you of all your little ills
I wobbled and tipped over time and time again.

But I am very brave, more than anyone could know.
I made a vow of courage, compassion and joy
My heart is true and my truth is pure
My love is vast, for me and you.
It spans the world and back again
Sealed with a kiss.



If you have a poem or story about hearing voices, or your recovery journey, we would love to share it with others through our newsletter. **SUBMISSIONS TO: HVNANZ**
POBOX 78-132, Grey Lynn
AUCKLAND 1245 or email
info@hearingvoices.org.nz

MAKING SENSE OF PSYCHOSIS Conference 2010

This conference was hosted by the **International Society for prevention of the Schizophrenias** and supported by **The Hearing Voices Network Aotearoa NZ**. Jacqui Dillon from HVN UK and Arana Pearson our own Co-Chair were keynote speakers. Our name and logo was on all the posters which was great for raising awareness of our organization. We are very

grateful to the ISPS in conjunction with the Mental Health Foundation sponsored some of our members to attend the ISPS conference. We called for applications and from these we selected the members to go on the scholarship. We thought it would be great to print some of our members reports from the conference. Some have been edited for the newsletter.



Jacqui Dillon Chair of HVN UK

REPORT FROM Dean Wetere HVN Palmerston North

What I got from the Conference:

1. Being able to recognise the signs of psychosis.
2. More understanding about what Psychosis is, the way it affects people on a day to day basis.
3. That there is more than one way to help people that are Voice Hearers like me.
4. Become very much aware of oneself and really uncomfortable with the

label 'schizophrenic'.

5. Learning a lot about Jacqui Dillon. I first met her outside we talked about "hearing voices" our stories are so much alike.
6. Looking at the statistics about Maori people and what I can do to help them help themselves.

So I considered this conference to be a success for me anyway. Do you know what really stood out for me?

The fact, that a total stranger sat down with me and listened to me talk about my journey.

How did I know she listened?

The next day Jacqui shared in front of everyone word for word what I had told her. That is how she started her presentation. She came to me afterward and asked me if I minded? I told her I was happy about it. Thanks for sending me!

REPORT FROM Richard Gray HVN Auckland (edited version)

I was one of the lucky ones to 'win' a ticket to the recent ISPS conference. This was especially invigorating, following on the HVN's Rufus May workshop and the Brain Day at Auckland University over the previous month.

Ingo Lambrecht spoke about the 'Kundalini syndrome'. Ingo spoke of how the bodies internal energy systems work as known by eastern philosophies, and western Christian

esoteric schools who use this system to elevate themselves to higher states of knowing and understanding. But like all transformational processes, including those that are called by western medical fraternity as psychosis or psychotic incidences, these things can be difficult and scary to go through unless one has an understanding of what is happening, and for most people, the accompaniment of good support too. Even then, for most

of us it is a hard journey, and one that has many western people committed to a mental institutions as being sick and unwell. Following lunch was Wirema Nia Nia and Egan Bidois talk "The Footsteps of the Ancestors". Wirema

did the introduction with Egan's voice from behind, prompting and coaxing him to pull out from his inner core that understanding of his experiences that our souls hold but our minds remain asleep from, unless we take up the batten to learn what our soul already knows. In this story Egan tells how his mother's family have the gift

of seeing their ancestors, or spirit world. As a child Egan said he had seen one, and sometimes two white ghost like beings in his room at night, always knowing when they were facing him or turning away. At one stage later on he felt his room go very cold and sensed an unwanted entity approaching his room.



Ingo Lambrecht



Richard, Lize, Mieke and Vanessa

At that same time his mother saw the two regular entities approach via the stairwell and enter his room to repel the cold entity. He said he had no idea who any of these beings were but after the cold energy left, he said the others did not return and came to understand that they had been there to keep guard over him to that day had passed. The story continues with the rest of his life growing up, and his meeting with

the mental health system. He found within his own culture an abundance of knowledge and wisdom.



Debra, Robyn & Adrienne

REPORT BY Roy Anderson HVN Wellington

The first day was a workshop on Recovery; which was based on what I was **thinking**, what I was **feeling**, what I was **doing** and what were my **body sensations**. Becoming mindful of these facets of our being helps overcome the distress state which can be an early warning sign for psychosis.

There was a strong message: "The greatest good you can do for another is not just to share your riches but to reveal to him his own." We bring with us qualities such as honesty, caring, hopefulness, hard working, kindness, patience, sensitivity, talkativeness, friendliness, helpfulness and sympathy. These are our strengths which give us a sense of self worth. Useful insights for dealing with distressing thoughts include: thoughts are not necessarily true; believing an unpleasant thought is not uncommon; it is good to realise we are wrong about a thought and to change it; imagining an unpleasant thought does not mean it will happen. Mindfulness is the key to overcoming psychosis. The practice of Yoga can be beneficial in becoming more aware of our mind and body systems. Simple breathing exercises can help still racing Thoughts.

Jacqui gave a heart wrenching account of early childhood abuse which led to the hearing of voices that comforted and protected her. As a young woman she finally escaped from her terrifying environment. Later, when she brings a daughter into the world, all her old demons resurfaced. She fears that she is going mad. Seeking asylum in psychiatric care finds her facing denial of the root of her problems and receiving insults for her injuries. Over time, she realises that her voices are many independent selves with a diversity of identities which she begins to embrace with understanding and compassion. She now is at a place where she can reach out to others and assist in their recovery. My own experience of voices and visions began at an early age now I look



Jacqui, Debra & John Read

back. Perhaps, even in my mother's womb, I ventured out in what I now identify as astral travel. During waking hours I craved for experiences that would help me understand why I was alive and why I repeatedly found myself in a state of anguish for no obvious reason. I was a deeply troubled young man when I had my first hallucinogenically induced psychosis. I thought I was Jesus and that the whole world needed redemption. I went through my second and third deaths during psychiatric care in electric shock treatment.

For a period of more than ten years, during which I was married and had two beautiful girls, things went well. I also graduated from the University of Otago with a Master of Science and was on my way to a career lecturing in Information Science. Everything around me crashed into a hypo manic climax in 1991 when the first War in Iraq started.

I found consolation in the friendship of other psychiatric patients. Our imaginations were a broth of spices and sweet bread. After the acute phase had passed, we reconstructed our life together with a much lower income and with work that involved less contact with people. But, since that time I have had repeated episodes of mental illness each separated by a few years and treatment lasting three to four months.

The beginning of 2007 saw a mighty strain on my mental resources which reached a crescendo in a judgement event and a complete recreation of my mind. Rather than putting my effort into the fastest route out of treatment, I prayed that I might stay in a psychoactive state as long as it was in God's service. In this period, I discovered that all of us are descended from

the same spiritual parents, so we are all Jesus's! Also, we all belong to a single closely related family. We are all eternal souls with the option of immortality. It was during this soul searching that I became aware of voices or a telepathic ability. In the hospital, this was usually disturbance in the form of swearing and cussing or subliminal suggestions from the psychiatrists that I would never recover now that I had been diagnosed as schizophrenic. Over the past two years I have learnt how to deal with voices, or as I prefer, every being by delegating management to my body (instead of my mind) which raises contacts when I am not too busy. I listen for activity while I am at rest.



Maika, Teresa, Roy and Arana

Normally, there is a mix of conversations that I have initiated and others which have been by an incoming request. The astral travels continue but now I find moving into a trance state easier from which I can converse with my beings and make my way to far away places. We prefer to call this condition "divine madness" because it captures the idea of transcendence from a normal state of mind into an significantly altered state. This implies the experience of communication with voices and immersion into visions of distant landscapes and beings of light. There is also the possibility of exploration of concepts that may be considered delusions such as "I am the Holy Father". However, even our most favoured references of judgement may turn out to be false. This suspension of disbelief allows us to receive and convey the will of the gods. In some cultures this is accepted as part of our inheritance: that we can and should be open to communication with our ancestors and gods. The Conference put voices and visions into a manageable framework for clinicians but perhaps we can go even further and say that these experiences are a gift from the gods, not an illness. Even within the most far fetched delusion, there is a possibility of hyperbolic truth. What is beyond argument is that someone suffering from voices and visions is not beyond treatment with an attitude of sympathetic care.

Te Reo Orooro



HEARING VOICES NETWORK AOTEAROA NZ

providing support & information for hearing voices & visions

We are part of an international society of Hearing Voices Networks co-ordinated through INTERVOICE– the International Network for training, education and research on hearing voices. For more information see their website www.intervoiceonline.org



You're just jealous because the voices only talk to me!

Your advert could be here. If you would like to advertise in our next newsletter please contact us. *Please note, the advert must abide by the principles of HVNANZ.*

MEMBERS & SUPPORTERS FORM

The Hearing Voices Network Aotearoa New Zealand is an independent society and as such relies on funding and donations. If you would like to become a member of our society and support our organisation please fill in this form and return to us with your payment. We are a registered charity and donations are tax deductible.

- **Voting Rights:** Whilst our services are provided to all, only paid members of the society may vote for or be part of our committee. As a society we are run by our members in the form of a committee that is voted in each year.
- **Newsletter:** Our newsletter is sent to all members. At present it's biannual. We welcome public contributions to it.
- **Internet:** www.hearingvoices.org.nz is our website It is packed full of helpful information which we update regularly. There is a forum on the site too. We also have an email subscribe list that is free.
- **Seminars and Events:** We will let you know you of any seminars or events we may be hosting and keep you informed of other relevant events. They are also listed on our website
- **Support Groups and Information to the Public:** Membership is not necessary to attend our support groups which we provide for free or at minimum cost. However membership fees do help us to better equip them with books and other resources

NAME:.....

ADDRESS

tel no:Email:.....

WAGED \$20.00 • UNWAGED \$10.00 • Corporate \$60.00

Membership Amount \$.....DONATION \$.....

TOTAL AMOUNT ENCLOSED \$.....

Please make cheque payable to:

Hearing Voices Network Aotearoa NZ, PO BOX 78-132, Grey Lynn, AUCKLAND 1245 Contact: Adrienne info@hearingvoices.org.nz

UPCOMING DATES AND MEETINGS

Cultural Perspectives & Considerations on hearing Voices and HVN AGM.

SATURDAY JUNE 26TH

An afternoon with speakers to share their different views with us. Saturday June 26th 1pm to 4pm at Connect SR 215 Wairau Rd Glenfield. Call Adrienne on 0272650266 for more details.

Grey Lynn Hearing Voices Group
At Toi Ora, 6 Putiki Rd, Grey Lynn. Every 2nd & 4th Wednesday evening 6.30pm to 8pm. Next dates : June 23, July 14 ,28, Aug 11, 25

Male Survivors of Sexual Abuse

Trust: support and help men to deal with hurts and fears and empowering men to pursue their hopes and dreams. They provide peer support groups and one on one support. Contact: Dave Passell MSSAT Auckland co-ordinator Ph 021356400.

Support Meetings: 1st and 3rd Mondays in Three Kings and 2nd and 4th Mondays at Henderson.

West Auckland Hearing Voices Group.

At Te Ata 146 Lincoln Rd, Henderson Every 2nd Wednesday 7.00pm to 8.30. Next dates are: June 16,30 July 14, 28, Aug 11,25

Understanding & Transforming Family Patterns. Friday 26th June to Sunday 27th June.

A weekend seminar Understanding & Transforming family patterns. Using intention, sound, prayer and ritual For more information ctc Galina Sanderson on 09 829 2364

www.deep-field-relaxation.com

Palmerston North Hearing Voices Group; At Journeys to Wellbeing, 1st Friday of every month call Chris tel: 06 355 3387 Cnr Rangitikei & 140 Broadway Ave, Palmerston North.

Wellington Hearing Voices Group.

Next meeting is 10th July at 94 Riddiford St, Newtown Wellington call Lize 021 049 0887