

Too many voices

Self-help and spirituality
in case of mental (and physical) suffering

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Introduction

A long time ago, when I still had television, I heard a mentally distressed woman in a documentary complain to a counsellor that the voices she heard were muffled by the medication, but that now she could no longer hear the good voices. At that moment, I could not imagine anything concrete with that, and I assumed that the "good voices" were part of the woman's confused state.

At the end of 2021, after a long period which had been physically and emotionally highly demanding, to my surprise, I began to hear voices myself. It started all of a sudden, one evening, with very humiliating phrases which luckily I do not remember.

Intuitively, I decided to go to the beach and sit there for a while, very close to the water, although it was already dark and rather cold. On my way back home, what I was hearing was suddenly intervened in. The voices were being disturbed, like a radio station, or wiped out, and a little later I heard comforting words and advice.

Too scared to go to sleep, I lay down on the sofa with a comic book for distraction. The malicious and helping voices were now alternately present, but I also felt severe physical pain. It was a very bewildering and exhausting night, because sometimes – as I understood later on – the helping voices were being imitated and I began to listen to false advice.

What I thought would only last for one night, became a long period of more than a year, with ups and downs and at certain moments a kind of suffering which I

would never have thought possible.

It is not my intention to dig up and describe all that suffering here, but to pass on some of the help I have discovered and of the magical world it has opened up for me. Only after a year and a half I (mostly) felt capable of distinguishing the good from the tampering voices and of noting down what that bizarre period had taught me.

As in the past I had noticed that therapists were sometimes put on the wrong track when treating me, I chose to observe and try things out myself, meditate, go into nature and learn to confide in the good forces. My hopeful conclusion is that the dark forces disappear when we are able to live in an atmosphere of warmth, love, freedom, wholeness, living in the moment and creativity, when we know that in our essence we are light, impossible to be hurt and connected to all the good things in the universe, and when we know that we are one with our helping forces, even if they cannot always make themselves felt.

That may seem like an unattainable ideal, but it is through small daily choices that, almost unnoticeably, we can evolve in that sense. What I could only superficially visualise or mentally evoke years ago, I can now feel and experience on a very deep level.

That is the atmosphere in which this booklet has come into being. What follows are concrete suggestions for people who are suffering mentally or physically and/or hear unwanted voices, with here and there a digression about being human and a spiritual creature.