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Schizophrenia as a spiritual emergency**Anna Cornelia Beyer***Hull university, UK*

I am a scientist with schizophrenia. I am diagnosed with schizophrenia since 2002, but I also hold a PhD in Politics and am a member of Mensa and Intertel, the organisations of the top 1% of population in terms of IQ. I believe schizophrenia happens due to trauma, and God and spirit interfere. The voices that I hear have the quality of sounding like spirit communication. It all started out for me with a profound spiritual experience (channeling) in an emergency situation (2002, after 911). And it continued with angry spirit voices when I did not do life right, and nice spirit voices when I did life right. My voices become nice and helpful when I am a good person. I hear angry, sad voices when I am a bad person. With all my experience with schizophrenia, I believe Prof. Stanislaw Grof was correct in terming psychosis a 'spiritual emergency'. I think the voices that I hear are spirit communication and that I am sort of a psychic or a medium, without having been trained to be that and without having asked for it. In this talk, I will also explain how living a better spiritual lifestyle helps with coping with schizophrenia. This includes a vegetarian diet, abstinence from alcohol and drugs, prayer, faith, practicing loving kindness and all sorts of service to others, for example.

Biography

Dr. Anna Cornelia Beyer is a former senior lecturer. She holds a PhD in Politics from the University of Hull, UK, where she worked for 12 years until 2019. She is diagnosed with schizophrenia since 2002, and since 2008 researched this illness and published about it. She published extensively about schizophrenia and spirituality and healthy living. She also founded the new discipline of International Political Psychology.