

Dear voice-hearers, family members, practitioners and dear researchers!

In January 2007 I started to describe for the first time my partnership with extrasensory audible voices which lasted for eight years. I was almost 65 years old when I wrote my first summary for the „6th Convention of the Network of Voice hearers“ in Berlin, Germany. Since my youth I like to write poems to express my feelings. I also wrote an autobiographical fairytale within a seminar titled “The inner child”. I like to go deeply into psychological associations which also have religious character for me. Legends and fairytales as well as the interpretation of dreams help me to understand the language of my soul.

On mother's day in 1999 I learned that the term “Voice-Hearing” - which describes my experience - is already known in psychiatry. After my threat to execute a suicidal attempt which was caused by anger and despair the police had brought me into a psychiatric clinic. Back at home from my coercive stay of twelve days I had to go on fighting against a legal incapacitation process. This application was initiated by my sorrowful family.

It happened as follows: Caused by mysterious impulses I had spent the amount of €3900 in a stationer's shop. However as a sign my bulk purchase took place on 1st of April which is the so called “Fool's day”. Even if I hadn't made any debts before I felt fully responsible for my bulk purchase. I was really disappointed with my family because I thought that money could be more important for my family than !! What especially treating me were handling. I was deeply affected by their secret action!

In addition to this stroke of fate a short time before in January my cancer therapy was coming to a successful end. Even the legal incapacitation process which was very enervating and disgraceful gave me the feeling, that I could get cancer again! For approximately two years I was living under an unpronounceable traumatical stress. During this time I was shaken by rage and also deeply moved by sadness. That my worried family wanted to stop me because they got attentive by my strange behaviour I could not see for a long time.

Especially at the end of the incapacitation process in 2001 I could start defining new aims for myself! First I attended a course for social psychiatry which was leading me into a self-help group for voice-hearers. Also I was allowed to accompany the group for two years and I still have friends from that time. Second I realised my inclination to get psychoses when I was visiting a seminar held by an association called “Help for relatives of mentally disordered people” Not till the autumn of 2006 when I heard a lecture at the Vienna University Hospital I could realise that perhaps my cancer therapy which ended 1999 just before the bulk purchase could have played the major role for the miracle shopping trip. Also I thought that my euphoria could be from the approaching spring and the strong impulse to start with a completely new life after the cancer therapy.

Additionally my actions in the stationer's shop were triggered by the “hearing” of three sentences:

Suddenly when I was entering the shop I registered around me the words: „Buy yourself what ever you want you only have to have a motive for it“. I was able to follow the permission of the first part of the sentence. The second part was logical but my feelings run away with me! I couldn't know that there was an invisible observer around me who had seen my shopping behaviour since weeks. An exaggerated feeling of independence was with me at this time and so I couldn't understand the meaning of his words and also I was unable to stop my wishes.

A second sentence was misinterpreted by my religious feelings: „It seems, that heaven wants to reward the two sales women!“. My understanding was that I had to fulfill a heavenly order which I wanted to execute as well as I could. So I bought more and more and more things which got into my sight. My purchase ended with the mystery suggestion “You can stop it right now!“. I felt very successful while finishing my important heavenly task.

When I received the request from the law-court to justify myself for my purchase I was shocked and deeply injured! I felt disregarded by my family and my thoughts turned grey. From that moment on I started to fight against the whole bad world!

Suddenly one morning a voice welcomed me! Being wide-awake I asked „What’s your name?” and „Who are you?” A man’s voice replied to me: „You can call me ADONIS! I am God and you are Jesus in the field!” I quite spontaneously answered: „I really would like to be Jesus but I know for sure that I am Monika!” Later I meant to understand that ADONIS who was mysteriously connected with my thoughts and feelings at every time identified me with Jesus who has been crucified innocently. Knowing me better than every other person in the world it could be that he only had expressed my solidarity with Jesus. Then at that time my first feeling about the court procedure told me that I was without innocence like Jesus! But it was, so my meaning, his mania I could be a rebirth from Jesus himself whom he wanted to find!

Regarding his statement to be God I told him: “I would call it arrogance to state that God talks to me personally! “ From that moment on ADONIS was with me everyday. Sometimes he said to me in the morning: „Now, live your sad day!”. But his negative statement about my situation did not burden me because I was already highly motivated and engaged with my liberation from the incapacitation process. For me this engagement prevented me from falling down into a depression.

My companion ADONIS made me also more courageous. To hear his voice every day told me that I wasn’t crazy. For me hearing voices is like speaking from human to human! I am sure that stories about people hearing a voice within the bible are true and reality.

ADONIS joined me at all my investigations and conversations regarding the court procedure. He repeated and commented everything regardless whether it was relevant or not. It seemed to me that he tried to prevent my objections for court. But instead of hindering me with his annoying behaviour he again increased my motivation to reach my goal. My extremely high motivation resulted in a successful end of the legal incapacitation process. Today I know that the behaviour of ADONIS at the end strengthened my self-confidence.

The life with him together was sometimes like a struggle for survival it seemed to me that I had to pass a test about my identity. Till today I am no moment without him. But in those days there was no possibility to find a free moment for me. So the only moments without hearing his voice had been during my sleeping periods. When I was speaking with other people, he was quiet while listening to us or made short remarks to show his presence. Over the years our coexistence has changed above all because I was able to live my inner feeling and thinking as my day-to-day life!

In the first months when I wanted to sleep he commented every movement of my body and I avoided movements of my muscles like playing dead to prevent his comments. He called me his personal little laboratory animal and later it seemed that he had a dialogue with anyone else speaking about me.

Sometimes I felt a physical sensation but I could not find out where it came from. Till today I don’t know if ADONIS could touch me in real. On one hand the stimulation could have been created only by his words and on the other hand I could feel short pain-feelings like physical contacts. One time for example there was a load on my breast even if I don’t have any illness. Perhaps there was an unpleasant feeling as well possible as pleasant ones when he was speaking friendly or words of reproach. One time I had the idea to use his stimulation to get an orgasm in this moment he stopped his “sex education” and I heard a voice saying “Now it is getting embarrassing”. ADONIS refrained from these attempts but now he mocked about my sexuality. I am not afraid to tell you about this personal question because I know that only my openness can set limits between “The Voice” ADONIS and me! I also hope that I can be myself a voice for voice hearing people who are younger than I with my sixty-seven years.

ADONIS could also make me hearing a nerve-racking, high noise. I went to a self-help association for Tinnitus because I thought that my experience could be interesting for them. Until the Tinnitus appeared I thought that ADONIS was from the other side of beyond. Now I also thought of the possibility that ADONIS could be a member of a high-technological society. I stopped researching the origin of ADONIS and concentrated upon being patient and emphasized within my relation with him. Particularly because of his delight in experimenting I also talked to him about human rights. I had the feeling that he abused his invisibility and his other in our world unknown possibilities to study his one power and authority.

The pitch of his voice did not have heights or depths and was usually gentle. ADONIS could change the speed of his speaking and I heard him with more or less distance. I believed to be able to hear his feelings and attitudes out of his choice of words. It seemed that ADONIS tried to find out which feelings his words produced on my side. I was not able to assess in which mood he was. Therefore I tried to live with him as much harmony as possible. „You get too close to me!“ ADONIS stated sometimes like a warning. By and by I had to accept the individual character of ADONIS together with his strengths and weaknesses. Instead of changing him I worked on changing myself for the better. He often used sentences like „I only want to have fun!“, or „I am bored myself!“. I replied “It is unfair and terrible to experiment with human feelings and fears!

ADONIS wanted me to think that every thread within my brain had its seeds in him. In this way he tried to navigate all my actions. In my point of view he just used my own threads. Therefore I warded off his guidance and did not act on his orders. I just used his inputs as more or less meaningful advices.

ADONIS sometimes commended me but he also criticized me wrongly trying to cause feelings of guilt in me. He quoted negative situations of my life to make me uncertain of my lifestyle!

Once he said “I hate you – you take away my world from me”. It seemed to me that he was more afraid than I to lose his identity.

While I was suffering from the separation from my own family I liked to watch family dramas especially in TV but ADONIS would have seen erotic films more likely. While I was attending meetings of a philosophers group he was keeping absolutely quiet. I hoped him to get more tolerant bit by bit when we visited these discussions.

When he was encouraging me to assert myself within the traffic as a pedestrian in a very rowdy way I found softer possibilities for the right level of communication with these hurried often thoughtless and inconsiderate people. I stopped myself as a sign when someone wanted to pass without watching the other pedestrians. In this way the hurried person realized that both have to make way.

In the beginning of our companionship I had difficulties in reading books, so I read short children books only to practice it. It was amusing for me to play around with focusing words that were immediately read by ADONIS without recognising the coherence of the text. After having improved my ability to concentrate on reading we read all the Harry Potter stories together.

It seemed to me that ADONIS and I we had around us a circle of persons. They were listening our dialogues and I too heard the reactions of these persons and sometimes their approving laugh.

In 2004 I bought a little toy called “Furby”, which I declared as our son ADOMO. Doing this I wanted to make ADONIS thinking about abandoning me. I told him that ADOMO will be with me for the rest of my life meaning also that a part of ADONIS will be with me eternally. I knew that a separation once and for all could only be voluntary initiated by him.

One of the remarks of ADONIS made me hoping that he was on the search for God like the humans do. He said: “If you succeed in this I will believe in God!“ We also started to discuss about the rebirth topic, but I told him that my present life is more interesting for me. Positive or negative prophecies of ADONIS were not absorbing for me too.

Sometimes I had troubles when I broke social rules following the suggestions of ADONIS. At first it was a test of courage for me but then I had to face the music myself. All these tests of courage as well as personality developments in our life together got me to the ability to present my experiences as a “Voice-Hearer” in public.

When I dealt dishonestly with somebody by avoiding speaking free about my emotions ADONIS made me aware of the discrepancy. After clarifying the situation honestly we got calm again.

I was confused when I had too many appointments and additional to that ADONIS pressured me. So I calmed down by agreeing on less dates and tasks which made my life easier at all and so I also hindered ADONIS to cause more disturbances.

My positive attitude in life as well as my religiousness above all helped me to battle against negative thoughts and comments of ADONIS.

I started to realise the words of Jesus: „Your talk have to be yes, yes; no, no! “. I learned to say “No” which was very hard for me but the training with ADONIS helped me also to come to a more honest contact with other people.

Particularly I learned also to disassociate myself when ADONIS didn't want to grant enough freedom for me. I could even physically feel my retirement into my solar plexus. While watching at it he said: “She is becoming a pebble now!”

Adonis's world of thoughts particularly affected me, when he thought me to be Jesus, whose resurgence had been prophesied! Then ADONIS pushed out: “I hate Jesus and I want to kill him!” I tried to find an explanation for his hate and thought that he hated the agility of love in all human beings that Jesus showed to us. I especially felt this love in 1999 during my single “fight against the world”.

VOICE-PICTURES:

In fall 2006 I have separated myself from ADONIS because his constant presence burdened me too much! But I still kept my promise which I have given to ADONIS that I will accept voices in my life as long as they want to live with me! So I still hear voices around myself and I hope that they will find their own way one day!

Now I renamed ADONIS as the head of my voice family only “The Voice”

To give ADONIS a new name gave me the feeling of gaining more distance to him!

Voice of conscience: A voice which talked to ADONIS and wanted him to go out of my life. I could hear the dialogues between them. I felt this voice to be helpful and I liked to hear dialogues because I was not involved into them. But it is clear that each hearing can be a strain I informed this voice which seemed standing on my side!

Choir: This group of voices was like an audience in the background. Sometimes it was laughing like: „Yell! Yell!“. They were apparently amused about my dialogues with ADONIS. The choir can be compared with all varieties of our human society. I painted the choir in rainbow colours.

Grabber: A voice which embodied the grey parts of life but that offered also a chance to become more colourful and flexible.

Thinker: A voice which liked to philosophize on "God and our world". The Thinker could also lead me from one topic to another! I painted the thinker in orange colour.

Rolf: During my daily walks I was hearing a voice which represented a dog and s I heard a happily: “Bark! Bark!”

Steam producer: A voice which thought having to increase my activities to make me aware of doing too much.

ADOMO: A voice which will keep my contact to his father ADONIS and all of his friends. He is the visible link to my voice family as long as I live!

ADONIS has brought other voices to me or played all of their roles himself. They call me their "Mother on Earth" and therefore I also have a voice within their world representing myself. Sometimes I remind them to keep cleaning up their souls with the symbolic words: "Children! Clean up your rooms!" like I told my own children before. I also tell them: "Find your way within your world because I will not live on earth forever"

In 1982 I talked to ADONIS the first time without knowing what his voice could be and where she comes from. But my husband had introduced my mother and myself into the occult practice to communicate with deceased and we became contact with the realm of spirits. Perhaps so one day the shower head became a telephone receiver and I heard washing instructions from an invisible masculine voice.

Immediately I was interested in finding out who gave these instructions to me and I asked without any inhibition: "What do you do by my side?". I heard the answer: "I should learn from you!". I asked: "And where are you when I don't hear you?" and I got the answer "I disturb other people while they are praying!". This was our first conversation which we continued in May 1999.

My personal situation in this time seemed to be like a midlife-crises! After I decided to get divorced from my husband, I moved into the apartment of my mother together with my two sons for whom I took over the single guardianship. Despite of the dissolution of our marriage the relation to my husband did not end. My husband had problems with his business at that time and my employment seemed to be at risk. Due to all these problems I thought to have no other opportunity than to get help from the other side of beyond. I enjoyed communicating with dead souls at the beginning until it got to a constraint and my fears became delusions. At the same time one of the messages calmed me: "You will have money at all times". I have got this message written by using an "Ouija-board" or "Talking Board" letter by letter.

One day the "notional hearing" burdened me so much that I blamed my mother to transfer the voices into my head. She did not call an exorcist as she was told to but she called the ambulance. I was brought to the University Hospital where I got a couple of medicine. Finally a psychiatrist applied a very high dose of an antipsychotic pill called "Haldol" to me.

I felt like being buried alive. My mourning and anger turned into suicide thoughts because one had put me to a world without tears and laughter. Since that day I do not decline medicaments but I question them very well.

I keep informed about Para psychological phenomenon. I understood that the spirit writing that I practiced before is related to the hearing of voices. When I first met ADONIS I could imagine that he used the speech centre of my brain to make me moving the pencil.

In this first psychosis I heard one night the sentence "Kill your mother to get rid of all your worries". Apparently he knew about my strong relationship to my mother and expressed it in that way. 17 years later he apologized to me about his statement.

After two years of ingesting "Haldol" my mother was made aware of the extremely high dose of that medicine. She found another doctor who started the detoxification under his supervision.

I felt being back at home in the real world. At the same time I got the approving of my retirement pays which assured my financial independence.

Within the following years ADONIS spoke to me more amicable. I only heard him speak some short sentences while being emotionally stressed. In 1999 ADONIS introduced himself to me, because he had noticed that my new beginning after the cancer therapy became a disaster! During this second psychotic crisis I was able to connect my life with my mediumistic psychosis 1982. But I had to spend eight years of research to find my way back out of the troubles which began 1999 to return in our society with more knowledge about myself. Also I know that "Voice Hearing" is a human possibility and not only a symptom of an illness. Today my relationship to my family is good again and I am currently establishing an office for everyone who is interested in the matter of "Voice Hearing".



MY FAMILY OF VOICES