

Anomalous Perception – a new paradigm brings new understanding

Our history of the MAD experience is littered with confusion about both the phenomenon and what the experience means to those afflicted and for society. The lives of over two hundred and fifty million people today are severely curtailed by the experience and family and friends who share the strain. Historical interpretations include revealed gods, spirit beings and ancestors. Billions live with limiting beliefs derived from the experience.

The experience has undermined humanity for millennia - this is the bigger picture hiding in plain sight.

Wellness professionals see the impact and know we can do much better. When we can't see the wood for the trees, how do we decide which evidence is the best for the job?

A huge frustration for all of us is the difficulty of describing the experience – which is essential to gaining a common understanding that we can work with. Since auditory hallucinations are the most common⁽¹⁾, here is my description of that experience offered via comparison to a simple, familiar experience - when someone you know speaks to you. Something you can relate to. See diagram below: Numbers 1-7 relate to “familiar experiences” and 8-10 to anomalous experiences.

When your friend Joe speaks to you, you (focus) on what he says (content). You forget that your mind automatically adds a range of associated parameters (the stuff in brackets) which you readily bring into focus to process that content.



1. Joe, my friend (context) speaks to me (content) which gets my attention (focus). The mechanism is sound waves (phenomenon) which reach my ears (sense).



2. The (content) on which I (focus) is what Joe says, the tone he uses and the intent it conveys in it's totality.



3. My **perception** of that is something I synthesize - I select data I care about (relevance). My filters include many variables (feelings, preferences, needs, wishes). I also read Joe's body language and other cues about the context. I see what my heart feels—my frame of mind.



4. My (accept/reject) meme knows Joe is fun (personality) and my (frame of mind) is accept, my default (setting) with Joe. If I am not clear on what he said I am able to inquire. If it is not relevant, I am easily able to reject it.



5. My (train of thought) taps into my neural network (#7) to answer my (question to self), “What do I/we do with this?”. My feelings reflect significance to me and flow through my thoughts.

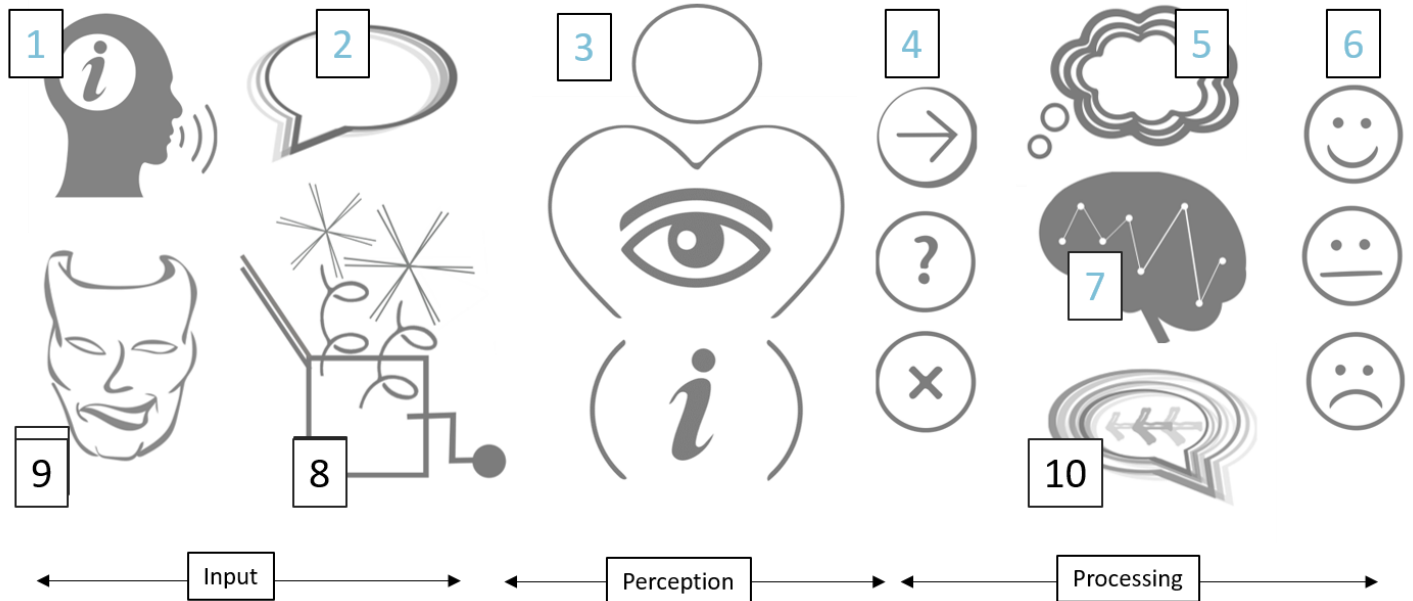


6. I answer the question by (comparing) an anticipated (outcome) to (preferences) – to maximize happy faces. Of course, the desired outcome may be an interesting conversation itself—as the thought train sparks smileys/frowns it wires my brain for future reference—as fun/not fun.

Talking to Joe is a reliably predictable happy experience which affirms our friendship.

MADSense

Components of anomalous perception



7. I store the outcome(s) of this thought chain in my neural network (associations and emotions) to improve my ability to reliably choose happy experiences and speak, act from a happy place.

The hearing voices experience introduces a layer of anomalous **inputs** that upset this process at all levels. **Everything** becomes an unpredictable variable.

What makes a perception anomalous is that we notice it as different than usual, by definition. It is in our aware mind and cannot be ignored. We experience it as other, as external with intent.



8. The anomalous perception is a jack in the box that disrupts our natural mind processes with poor information. It is an intrusive, **imposed**, complex perception with a variety of special effects (sense + emotion + content + spatial...) which get and keep your attention through weirdness and repetition. It engages survival mechanisms. We do not choose it, nor would we.

We can't flee, fight or explain and feel powerless. Anxiety/fear chemistry plays havoc with everything - chronically (conditioning) and acutely (paranoia and mania). The usual physical and emotional outlets are unavailable which spills out as mood swings, outbursts, irritability and anger.



9. Since the mind usually attaches character, personality and intent to a voice, we fill in the blanks in the usual data set to make sense of it. Voices become whatever we are prepared to believe - what they claim to be, and more. Our imagination provides a rich source of unusual 'working truths' which feed off #8 above. We give the experience meaning in an attempt to find value, connecting it to our real world without any quality of life benefit whatsoever.



10. Each thought is experienced as half of a conversation with voices in a back and forth game of ‘truth or doubt?’. Voices meddle, interject, redirect, deceive and confuse, polluting and overloading natural mind data and processes, infusing drama and cosmic opera via an ‘other’ world which occupies the mind. You see it as distraction, to catatonia.

Summary: We voice hearers have different data/info/context than everyone else – trying to interpret this in real world terms fails. Our minds are overwhelmed, not dysfunctional. Replace anomalous inputs and beliefs with good ones and our incredible natural minds work just as well as anyone – more creatively, lol.

To move forward: we can get closer to root cause by understanding the mechanism by which the anomalous perception is **received or noticed** – how Jack jumps out at us from the box with his tricks - **common to all of us**. This is a job for natural scientists, perhaps physicists and neuroscientists working together.

Wellness professionals with this understanding can help elucidate **the process by which unusual beliefs are established** and how we can use our incredible natural minds to dismiss them - interrupt the input, disrupt it's processing to replace with healthy, life affirming inputs and outcomes.

Voice hearers and society in general will benefit when limiting belief systems are dismantled and we rely on natural thrive principles of love, which allows me to be me, and respect, which allows each of us to be the best we can be. I thrive when we thrive.

Research reference (1) : Experiences of hearing voices: analysis of a novel phenomenological survey [http://dx.doi.org/10.1016/S2215-0366\(15\)00006-1](http://dx.doi.org/10.1016/S2215-0366(15)00006-1) Durham University : "Most participants described hearing multiple voices [81%] with characterful qualities [69%]". Published in The Lancet.

Be well, have fun.

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About Gregory Shankland aka greggieboy (My voices call me greggieboy)

I am a voice hearer and business strategist. MADSense offers new insights for voice-hearers, family members/friends, and mental health professionals to break through the MAD experience. I have about fifty thousand hours of aware analysis of the ‘anomalous perception’ experience and phenomenon – experiencing a wide variety of unusual perception types. I use my professional experience - first principles thinking from engineering, an improvement mindset gained in international business improvement consulting with an emphasis on behavior and culture.

I have a strong psyche-vigilance system that assures my happiness and wellbeing. My philosophy is - be kind, do good, have fun. I am crazy enough to be confident that this perspective will **Make A Difference**. Let's make #MADSense together! **Email: greg@mad-sense.com**

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