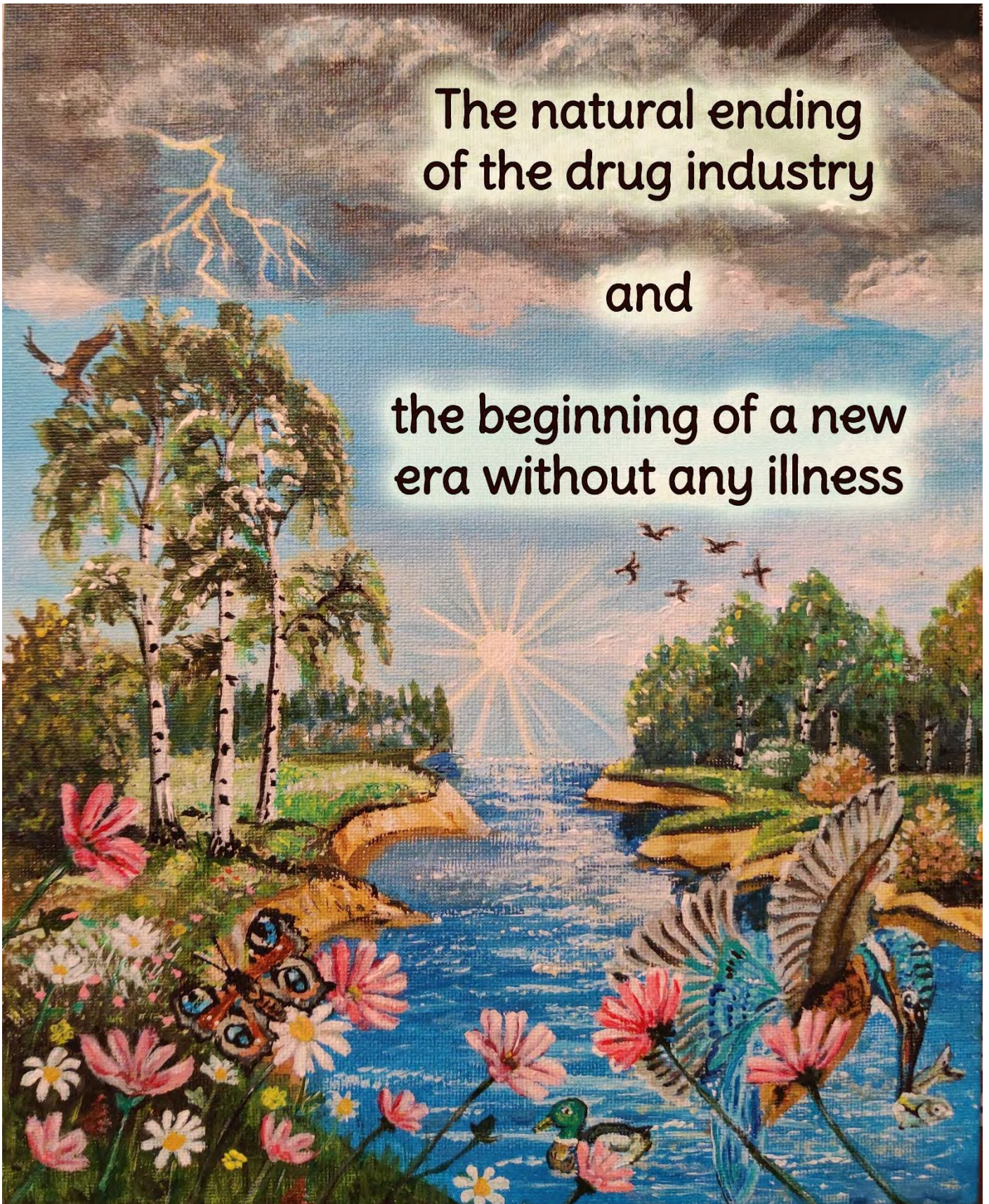


The natural ending  
of the drug industry

and

the beginning of a new  
era without any illness





## Text of the back cover

In the face of ever more people suffering from all kinds of mental problems and bodily maladies like chronic illnesses, we need to have a critical look at conventional medicine.

To do so is the objective of this book centered on the example of a completely healthy teenager having been locked up for weeks in a mental hospital without any justifiable reason, a tragic situation which may become a reality for anybody under the given circumstances.

Instead of endless theoretical discussions it is important to ask fundamental questions:

Are human beings really inferior to animals who do not need any pills?  
Why do they prosper without taking any artificially created drugs?

Do we really need numerous vaccinations in order to be safe,  
whereas all animal species are doing fine without them?

Was the theory of infectious diseases actually shown to be correct?  
Is confirmed scientific evidence available for the theory of contagion?  
Where are the control experiments to prove the existence of pathogens?  
Is there any proof for mental disorders being caused by neurons in the brain?  
Are doctors aware of the root of most illnesses, or are they actually unclear?  
Have the specialists found the cause of cancer and can they heal it?

The correct answer to such questions is in most cases very clear: no. For this and many other reasons, a paradigm shift is needed in the way we see and treat our body, as conventional medicine is still unable to resolve basic issues.

Should we trust the so-called medical experts or listen to what the body tells us? This is one of the main issues underlying all kinds of dividing lines in society.

It is decisive to have a close look at reality in the light of the great influence of the pharmaceutical industry on the healthcare system and to draw the right conclusions:

Either we make ourselves more and more dependent on what others decide about our body, or we stand up for medical freedom based on knowing the body's self-healing potential.

This book is ultimately about you as the reader, an invitation to check where you stand; particularly, which attitude you have concerning the issues addressed in these pages.

You and I, we all collectively decide in what kind of world we will be living tomorrow:  
one where we act as homo sapiens who are wise enough to know that we, like all other animals, are not supposed to depend on all kinds of drugs but live without needing any of them based on having learned to act in accordance with the principles of the natural world; or we continue on the path of needing ever more drugs for ever newly defined diseases.

This book was written for those who are prepared to ask the truly relevant questions.

#### Dedication:

This book is dedicated to all those who are ready to leave the many unproven concepts of conventional medicine behind in search for a deeper understanding of how to remain or to become truly healthy your whole life based on inner harmony and balanced emotions.

#### Encouragement:

In case you are not yet familiar with the book by Dawn Lester and David Parker titled, "*What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong*," you are advised to read it as a foundation to better understand the content presented in this publication to be able to make truly informed decisions. That book contains some 40 pages of footnotes, whereas in this publication the emphasis is on encouraging the reader to find out what is really true by doing your own research to know for certain that any health issue has its roots in the inner heart and soul of a person and must be resolved where it originates.

#### The authors' desire:

May this book serve as a source of inspiration to search for a thoroughgoing understanding of human nature, particularly the body, so that all decisions concerning health issues will be made based on knowing the universal laws governing the various bodily functions, along with being aware of the centrality of the quality of energy cultivated in the mind and heart as the main determining factor as to whether a person feels sick or enjoys good health and a long life based on having learned to love in such a way that is beneficial not only for the individual but to all people as one human family who cares for each and every one of its members.

#### Please note:

No part of this presentation may be quoted out of context but must always be seen in the context of all the scientific and relevant arguments presented based on the understanding that everybody has a soul and inner heart as the core of our existence as eternal being.

#### Disclaimer:

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<https://www.trulyhealthy.live/>

## TABLE OF CONTENT

|  |    |
|--|----|
| Prologue .....   | 12 |
| Chapter 1 .....  | 16 |
| Fundamental considerations .....   | 16 |
| Did you know that? .....   | 17 |
| From knowledge to wisdom .....   | 19 |
| Belief in drugs versus trust in yourself.....                                  | 20 |
| The root cause of the drug problem.....  | 21 |
| The purpose and essence of this book .....                                     | 22 |
| A few thoughts on the core underlying issues.....                              | 23 |
| The core condition to enjoy lifelong good health.....                          | 26 |
| Mind over medicine is indeed the correct solution.....                         | 27 |
| The challenge to be true to yourself and also to others.....                   | 28 |
| From Homo Sapiens to Homo Deus or to Homo Amandus .....                        | 29 |
| The challenge of recognizing and reclaiming our true dignity.....              | 30 |
| The emperor has no clothes applies also to allopathic medicine.....            | 31 |
| Preventable medical errors is actually the leading cause of death .....        | 32 |
| Recognizing the true origin and the right solution for health issues .....     | 34 |
| The root cause why the medical drug industry will definitely disappear.....    | 36 |
| The biased prejudice of scientists towards intuition and personal insight..... | 37 |
| Why is it very important to turn away from mainstream pseudoscience .....      | 39 |
| Characteristics of pseudoscience are present in mainstream science.....        | 40 |
| Prescribed drugs kill by far more people than wars .....                       | 41 |
| Chapter 2 .....  | 42 |
| The example of M.'s situation .....  | 42 |
| A completely healthy teenager was put into a mental hospital.....              | 43 |
| An outline of the issues regarding the case centred on M. ....                 | 45 |
| Further basic aspects in connection with M.'s situation.....                   | 46 |
| Questions by the parents to the doctors responsible for M. ....                | 47 |
| The treatment M. receives in the mental hospital .....                         | 49 |
| 21 questions by the mother to the staff responsible for M. ....                | 52 |
| Concerns regarding M.'s diagnosis.....   | 57 |
| Evaluation of the 6 documents provided by Dr "I." .....                        | 60 |
| Concerning the medication used to treat M.....                                 | 62 |

|   |     |
|---|-----|
| The unacceptable contradictory behaviour on both sides .....                                  | 66  |
| Contradictions in words and actions of some staff members.....                                | 67  |
| It is impossible to resolve internal issues through taking drugs.....                         | 79  |
| A thorough reflection on reality in connection with psychosis.....                            | 81  |
| Completely false reports about the mental situation of M. ....                                | 84  |
| How doctors create mental cases out of healthy people .....                                   | 86  |
| The staff did hardly any counselling conversations with M. ....                               | 89  |
| When people with a corrupt mind are the experts on the mind .....                             | 92  |
| A closer look at the grave side effects of the drugs given to M. ....                         | 94  |
| The drugs M. received are harmful substances the body tries to get rid of.....                | 97  |
| "There is no reason to drug him now. It is better to observe him." .....                      | 99  |
| <i>"He has an excellent mind but what is more important he has an excellent heart."</i> ..... | 102 |
| Core points presented at the decisive meeting with the authorities.....                       | 105 |
| Request to the authorities responsible for the situation of M.....                            | 108 |
| More proof of M. being the victim of medical malpractice .....                                | 110 |
| For M. aripiprazole is neither adequate, reasonable, proper, suitable, nor fitting.....       | 112 |
| Searching in vain for symptoms of psychosis in the life of M. before hospitalization.....     | 113 |
| Psychosis triggered by psychotic disorders tends to come out of nowhere .....                 | 114 |
| Why is aripiprazole prescribed against symptoms which this drug can cause? .....              | 115 |
| Do psychiatrists have delusions of grandeur, of overestimating their abilities? .....         | 116 |
| Who decided that patients do not have a right to a second opinion? .....                      | 117 |
| M. was kept in a mental ward without any of the reasons applicable to him.....                | 118 |
| Who decides what a formal thought disorder includes and on what basis is the standard? .....  | 119 |
| One example of a conversation in the psychiatric ward of the University Hospital .....        | 120 |
| Corruption of staff at the Psychiatric Department and of representatives of the Ministry..... | 122 |
| The failure of the medical establishment and Ministry of Social Affairs to protect M. ....    | 123 |
| Comparison between giving drugs and using alternative treatment.....                          | 124 |
| Is M.'s body merely physical matter that must be improved by taking drugs? .....              | 125 |
| How can you resolve a problem for which you do not know the cause?.....                       | 126 |
| Why is logical thinking not welcome in the Psychiatric Department? .....                      | 127 |
| Why is the hospital staff unable to distinguish between healthy and sick people? .....        | 128 |
| None of the descriptions for mental disorders and psychosis fits to M. ....                   | 129 |
| Excellent report by the lawyer assigned as spokeswoman for M.....                             | 130 |
| None of the many symptoms of a psychosis apply to the life of M. ....                         | 131 |
| <i>"Playing chess has a good effect on M. He is very good in it."</i> .....                   | 133 |

|  |     |
|--|-----|
| “Most of all I want to know the answer if I can go home but they never answer.” .....              | 134 |
| What caused the state of health of M. to deteriorate in the mental hospital?.....                  | 135 |
| M. is the victim of the doctors and staff refusing to resolve the given issue.....                 | 137 |
| How was evidence-based practice applied in the handling of M.’s situation?.....                    | 138 |
| Is it normal to be not so concentrated after a tough day or is it a sign of a psychosis?.....      | 140 |
| There is only one truth and one set of facts behind the many contradictions .....                  | 142 |
| Loving relationships are meaningless in front of the almighty drug .....                           | 143 |
| The failure of the National Agency for Children & Families / Ministry of Social Affairs .....      | 145 |
| Urgent request to take immediate action in the face of child abuse .....                           | 148 |
| The claimed effectivity of aripiprazole is deceit based on scientific fraud.....                   | 152 |
| Who are the true experts on the mind according to scientific standards? .....                      | 155 |
| Contradictions in the mind of the people are at the root of M.’s situation .....                   | 158 |
| According to experts on psychiatry it is clear that M. was not sick before hospitalisation.....    | 160 |
| WHO’s and other definitions of mental health confirm: M. was ok before entering the hospital ..... | 161 |
| Questions for the June 14, 2022 meeting with the hospital staff taking care of M. ....             | 163 |
| The refusal to answer questions confirms the rejection of scientificity.....                       | 169 |
| Adolescent/midlife crises are natural parts of life and not a mental illness.....                  | 171 |
| A comparison between the doctors and M. regarding the ability to show empathy .....                | 172 |
| The refusal/negligence of psychiatrists to deal with the fundamental theme: truth .....            | 173 |
| According to psychiatrists, everybody has a psychosis at one time or another.....                  | 175 |
| Medications have only a moderate effect on people with psychosis .....                             | 177 |
| M. had zero signs of some disability to interact with the world around him .....                   | 179 |
| M. has never had even the slightest psychotic episode .....  | 180 |
| Both the alleged problem and the claimed solution greatly lack evidence .....                      | 182 |
| Where is the evidence of M. having been seriously ill at the time of his hospitalization? .....    | 183 |
| Low-dosage pharmacotherapy must be maintained for 1 or 2 years after recovery .....                | 184 |
| The refusal to deal with the relevant issues by the staff of the mental hospital .....             | 185 |
| The irresponsible attack on the physical and mental health of M. ....                              | 186 |
| Irrational and anti-scientific concepts of psychiatrists are confirmed by their actions.....       | 187 |
| What about the active listening skills of the psychiatrists at the University Hospital?.....       | 189 |
| Presumption of innocence applies to M. regarding the claim of his having psychosis .....           | 191 |
| The legally correct way of handling the case of M.’s detainment at the psychiatric ward .....      | 192 |
| The underlying issues of M.’s case to be decided by the public – collectively.....                 | 194 |
| When the cold and stony-hearted make the decisions, the worst case is reached.....                 | 195 |
| Letter to the those responsible for M., two months after his hospitalization .....                 | 196 |

|   |     |
|---|-----|
| The utterly irresponsible behavior of the authorities.....  | 197 |
| Open end of M.'s situation.....   | 199 |
| Chapter 3 .....   | 200 |
| To which extent is science practiced? .....   | 200 |
| An intelligence test concerning the medical establishment.....                                    | 201 |
| The correct understanding of the human body versus the medical view .....                         | 202 |
| What are the consequences of the results of the intelligence test?.....                           | 208 |
| 12 aspects which confirm the failure of the medical system .....                                  | 210 |
| Conventional medicine versus the true understanding of the body .....                             | 212 |
| Who are the true experts concerning bodily wellbeing? .....                                       | 214 |
| You do not see the world as it is but as you are .....  | 215 |
| True versus false specialists in mental health.....   | 216 |
| The errors and misconceptions in the field of medicine.....                                       | 217 |
| The unscientific work of psychiatrists at the University Hospital .....                           | 219 |
| It is science that proves the doctors at the psychiatric ward wrong.....                          | 220 |
| The doctors and staff at the psychiatric ward are deceiving themselves .....                      | 221 |
| Psychiatrists prescribe drugs based on ignorance: they simply do not know! .....                  | 222 |
| Confirmed knowledge of absolute truth versus relative concepts and theories .....                 | 223 |
| Fundamental scientific principles are violated by the representatives .....                       | 224 |
| The failure of the authorities to act in accordance with the scientific standard .....            | 226 |
| It is all about theories and interpretations and not about science confirmed by reality.....      | 227 |
| 30% to 40% of patients do not receive care according to scientific evidence.....                  | 228 |
| The view of M.'s mother is confirmed by recent scientific findings.....                           | 229 |
| Evidence-based science versus the theories of psychiatrists on the mind.....                      | 232 |
| The contradictory concepts of doctors, particularly psychologists & psychiatrists .....           | 233 |
| The refusal of mental health experts to use the newest scientific knowledge to help patients..... | 234 |
| The great deception regarding psychosis which everybody must recognize .....                      | 236 |
| The core lie of brain damage which must be treated by taking antipsychotic drug .....             | 237 |
| Who can claim to have the truth on their side — what are the criteria? .....                      | 238 |
| The final decision is between upholding science or believing in some dogma .....                  | 240 |
| Conclusions from what has become a reality in the medical establishment.....                      | 241 |
| A sober evaluation of what modern medicine actually knows about the body .....                    | 242 |
| The incredible arrogance of the medical establishment is rooted in their ignorance .....          | 243 |
| What is the qualification of psychiatrists and how is it practiced in the case of M.?.....        | 244 |
| Have psychiatrists understood that people's life is the expression of their thoughts? .....       | 245 |

|   |     |
|---|-----|
| Thorough evaluation is absolutely required for effective and secure treatment.....                      | 246 |
| Obsessive thinking is at the root of wrong decisions made by doctors .....                              | 247 |
| The facts everybody has to face if they want to stand on the side of science .....                      | 249 |
| The classification system of mental disorders fails to distinguish between functional and organic ..... | 250 |
| The scientific study of psychotherapy based on the spirituality of human beings .....                   | 251 |
| To combine science and spirituality leads to the liberation of the true self.....                       | 252 |
| The unscientific work at the Psychiatric Department in the case of M. ....                              | 253 |
| Confirmed fraud and deception in the field of medicine.....   | 255 |
| Are the 6 principles of scientific work practiced by psychiatrists? .....                               | 256 |
| True science acts according to the principle of continuous questioning .....                            | 257 |
| To merely agree to disagree has nothing to do with scientific work .....                                | 258 |
| What is the solution in a conflict of the scientific standpoint versus opinion? .....                   | 259 |
| The confirmed disqualification of psychiatrists to heal mental disorders .....                          | 261 |
| Psychiatrists ignore the core of human beings: their soul or inner heart .....                          | 262 |
| Scientists uphold belief just like religious people — what is the difference? .....                     | 263 |
| The ignorance of doctors regarding the fact that every phenomenon has a clear cause.....                | 264 |
| The anti-scientific obsession of rejecting the soul as the core of a human being.....                   | 266 |
| True science versus a state-financed medical establishment dominated by Big Pharma.....                 | 268 |
| Are the best solutions pursued or those which benefit the pharmaceutical industry? .....                | 269 |
| Do we allow the central field of medicine to be controlled by economic interests?.....                  | 270 |
| Please consider, psychosis — an illness of the soul — is treated by swallowing pills.....               | 271 |
| When will we stop using wrong methods due to completely erroneous concepts?.....                        | 272 |
| It is decisive to have complete clarity without any unanswered relevant question .....                  | 273 |
| The truth about psychiatry based on the experience of experts on the mind.....                          | 275 |
| Christians quote the Bible, psychiatrists use their Diagnostic and Statistical Manual .....             | 277 |
| Famous professors of psychiatry versus renowned professors of theology.....                             | 278 |
| Most psychiatrists are deceiving themselves, confirming their own mental disorder .....                 | 279 |
| A false ideology is the underpinning of modern medicine, particularly psychiatry.....                   | 280 |
| Both fundamentalist religious believers and psychiatrists are stuck in their dogmas.....                | 281 |
| Any psychiatrist can easily become an agent of social control and coercion.....                         | 283 |
| A frightening choking off of the possibility for dissent and a silencing of very basic questions .....  | 285 |
| Psychiatric diagnoses are unscientific; doctors disagree widely when making diagnoses .....             | 287 |
| Medical dogmas are the core of the unofficial state religion in almost every country .....              | 288 |
| The erroneous practices of psychiatry originate in wrong concepts of the brain .....                    | 289 |
| A sober look at fake and unsubstantiated claims in the field of psychiatry.....                         | 290 |



|   |     |
|---|-----|
| Further voices from the side of mental health experts exposing what is wrong.....             | 292 |
| Psychiatric disorders voted into existence and consensus are used as pseudo proof.....        | 293 |
| Psychiatry admits that it has No cures and is therefore in no position to have authority..... | 294 |
| Knowing the facts about psychiatry to never become a victim of this pseudoscience.....        | 295 |
| The chemical imbalance model for mental illness was never scientifically proven .....         | 296 |
| The failure to embody the fundamental qualifications of a psychiatrist.....                   | 297 |
| Do you really stand on the side of true science or of scientific fraud? .....                 | 299 |
| Is scientific research the foundation or the dogmas of science? .....                         | 300 |
| The lack of a scientific foundation for medical claims .....                                  | 301 |
| Do you belong to the true intellectual elite of this world? .....                             | 302 |
| Chapter 4 .....   | 303 |
| Toward thoroughgoing solutions .....  | 303 |
| The battle against medical fraud and deadly medicine.....                                     | 304 |
| A person's health condition is determined by his inner situation.....                         | 305 |
| Who defines the borderline between what is healthy and what is an illness?.....               | 306 |
| Clinging to cultural health beliefs versus being free from limiting concepts .....            | 307 |
| The pattern behind using fear in order to get people to behave in a certain way.....          | 308 |
| The battle for the correct understanding is ongoing and still needs to be won .....           | 309 |
| Diagnosis, often described as the holy grail of psychiatry, is truly flawed .....             | 310 |
| Prescription deaths are the third leading cause after heart-disease and cancer.....           | 311 |
| Psychiatric drugs are based on the myth of a chemical imbalance in the brain .....            | 312 |
| The situation can hardly get worse, both in respect to pandemics and psychiatry .....         | 313 |
| There is something fundamentally wrong with the medical establishment.....                    | 314 |
| What do doctors know about the internal aspects influencing the body? .....                   | 315 |
| Modern allopathic medicine has not prolonged people's life .....                              | 316 |
| Actual data shows the failure of conventional medicine .....                                  | 318 |
| Exposing the false Gods who bring death instead of help .....                                 | 319 |
| Are truth, beauty, and goodness pursued at the Psychiatric Department? .....                  | 320 |
| Doctor "I." and so many others violate their pledge as physician/psychiatrist.....            | 322 |
| Will you remain in the realm of deception or move out from it into actual reality?.....       | 324 |
| Almost all the treatments are only symptom control measures and not curative.....             | 325 |
| The 2021 World Mental Health report shows one quarter more mental health patients .....       | 326 |
| 1 billion people worldwide suffer from a mental disorder: What needs to be done? .....        | 327 |
| The wrong approach of doing mental health screening of children .....                         | 328 |
| If the experts on the mind did their job well, no patients would have to be treated .....     | 329 |

|   |     |
|---|-----|
| Today 3 times as many mental illnesses are listed than 70 years ago .....                           | 330 |
| What must be known about the Diagnostic and Statistical Manual of Mental Disorders.....             | 331 |
| Core points to be aware of in order to recognize the dangers of psychiatry .....                    | 332 |
| The failure to feel responsible for one's actions enabled the great influence of psychiatry .....   | 333 |
| How is the task of prevention fulfilled under the guidance of the experts on the mind? .....        | 335 |
| To care of your mental health must be the priority over all other concerns .....                    | 336 |
| Everybody who is declared to have a mental problem must join the drug sect .....                    | 337 |
| Does the freedom to choose your belief system exist in your country? .....                          | 338 |
| The decisive question: will you continue to support a medical drug cult?.....                       | 339 |
| The wrong concepts of the brain promoted by fake experts on the mind .....                          | 340 |
| The correct understanding of the brain versus the materialist view .....                            | 341 |
| Using artificially produced drugs versus allowing the body to heal naturally.....                   | 343 |
| Who is the better healer: the ever so amazing human body or the doctor? .....                       | 344 |
| Choosing the easy way of prescribing drugs leads to ever more harm .....                            | 346 |
| A spiritually oriented view of human beings versus a purely materialistic view .....                | 347 |
| It is all about a self-destructive body versus bodily integrity based on inner harmony .....        | 348 |
| Choosing between hell and heaven, between being stuck in problems, and being wholesome.....         | 349 |
| Inventing mental disorders to gain profits through drugs stands at the root of evil practices ..... | 350 |
| Why do the experts on the mind not provide education on mental health? .....                        | 351 |
| Love as the strongest source of healing versus the chemicals in pills .....                         | 352 |
| Just as people may turn away from their ideals, the same is true for organizations.....             | 354 |
| The belief that mind powers belong to the brain alone is a concept of the past .....                | 355 |
| Ever more people are hooked on tranquilizers as well as antidepressants.....                        | 356 |
| The ultimate decisions everybody has to make regarding health issues .....                          | 357 |
| The horrible treatment methods of the past which persist in disguise.....                           | 359 |
| Among doctors, psychiatrists have the highest suicide rate .....                                    | 360 |
| The uprooting of psychiatry is our collective task and responsibility .....                         | 361 |
| The Mental Health Declaration of Human Rights must be recognized.....                               | 362 |
| The underlying overall issue of a total contradiction in society.....                               | 364 |
| Both doctors and patients need to return to true mental health.....                                 | 366 |
| What will change when the truth wins over the manifold lies?.....                                   | 367 |
| The fundamental reformation of the medical system .....   | 368 |
| True and false beliefs about health and healing .....   | 370 |
| Complete freedom versus total control.....  | 371 |
| Chapter 5 .....   | 372 |

|   |     |
|---|-----|
| A world without illness.....                                      | 372 |
| The end of all spiritual and physical illnesses .....             | 373 |
| The Christian understanding regarding health .....                | 374 |
| What remains when all the lies are removed? .....                 | 375 |
| The return to the original state of lifelong health.....          | 376 |
| From ignorance to knowing absolutely for certain .....            | 377 |
| Who decides what is right and wrong, good and evil? .....         | 378 |
| The wonderful results of the victory of truth over deception..... | 379 |
| The correct answers are already innate in every human being.....  | 380 |
| Natural healing methods versus artificially created drugs .....   | 381 |
| Chapter 6 .....   | 382 |
| What will you do?.....  | 382 |
| I take care of my health.....                                     | 383 |
| Who has the correct answers? .....                                | 384 |
| Will you open your eyes and heart?.....                           | 385 |
| Are you prepared to take responsibility? .....                    | 386 |
| It all depends on people's moral standards .....                  | 387 |
| Do you need or don't you need medication? .....                   | 388 |
| Where do you actually stand in your awareness? .....              | 389 |
| The correct solution is in your hands – in your heart .....       | 390 |
| How drug companies deceive us and what to do about it.....        | 391 |
| Where do you put your trust — in yourself or in others? .....     | 392 |
| To love yourself is the starting point of true peace .....        | 393 |
| The final page is for you as the reader to write on .....         | 394 |
| How will you use the precious knowledge? .....                    | 395 |
| Is your heart moved to act or not? .....                          | 396 |
| Your and my homework.....   | 397 |
| Epilogue .....  | 398 |
| Links referred to in this book .....                              | 399 |

## Prologue

Dear reader of these lines,

Ideally, scientists strive to approach a correct understanding and communicate what corresponds to reality. For example, if they want to develop a smartphone with certain functions, they have to keep researching until they get the desired result. Their work is ultimately about tackling problems and finding the best possible solutions. Such an attitude is also behind this publication, which is ultimately a public project, because the truth is there for everyone who wants to get to know it and use it in their lives to make the most of it. The starting point is the question: Is there an absolute truth?

A) You may doubt and think that everything is relative and that we can never find the unchanging truth that applies to everyone. With such an attitude you limit yourself unnecessarily and restrict your knowledge unnecessarily. B) You embrace the fact that there is a universal truth and that it is our job to find it and use it well to enjoy a happy, long life. Such an attitude underlies the content presented here and the other content that has been shared from my side over the past two decades, comprising some 16,000 pages that have not yet been made available to the general public. I invite you, the reader of these lines, to join in the collective task of discovering the full truth about the cosmos and the meaning of life, so that together we can come closer to fully understanding the essential facts we need to know in order to live the kind of life that will enable us to fulfill our highest ideals.

You will be familiar with Wikipedia, a platform founded with the aim of serving readers as a widely accessible and free encyclopedia; a comprehensive written compendium containing information on all branches of knowledge. In reality, Wikipedia is not free at all, but is dominated by a certain group of people who have an agenda that is anti-spirituality. This is just one of countless examples of how good intentions are abused over time in all walks of life by human self-centeredness.

This brings me to the next point: is man destined to be good? I am firmly convinced that this is the case. All people want to be good - as they understand it - so that even those who commit crimes usually defend themselves in court and claim that they have a justifiable reason for their actions. And not only that: every human being appreciates beauty and wants to know what is really true in order to lead a happy life.

The pursuit of truth, beauty and goodness is a core characteristic that is innate in every human being, as is conscience, so that ultimately all people want to be good and enjoy a beautiful life, which in turn is only possible if you align yourself with the truth. We are spiritual beings that exist eternally, a fact that is confirmed in many ways, even if you look back in history: At all times, people have believed in supernatural powers and a creator or ultimate origin of the universe.

In this respect, it is clear that while there are all kinds of views, there is also a common foundation of certain fundamental views expressed in moral values such as the Golden Rule, which all religious and spiritual groups cherish. The closer we come to the unchanging truth, the happier and more fulfilling our lives will be, because we are not meant to live in suffering but in joy.

In these few paragraphs, I have outlined the worldview that underlies what is expressed in this and the other books I have written and continue to write to express my beliefs and insights gained over six decades of conscious endeavor on this beautiful earth. You can learn more details in my autobiography and insights on True Love, which I will be publishing in the future.

The book you are holding in your hands or reading in electronic form is about the task of leaving behind misconceptions in the field of medicine and gaining the right understanding of the human body, which is the prerequisite for being able to live happily - once you know the full truth about yourself and the world. To get there, all misconceptions must first be exposed and eliminated.

The content of these pages is designed to bring to light the many lies spread by the medical-industrial complex, especially in psychiatry, as well as the correct way of looking at fundamental issues, as I

have done, for example, in the two books "Living with a truly happy heart and inner freedom in good health without any disease" and "Our task to find the right answer to questions of health." The contents can be freely downloaded from this website <https://www.trulyhealthy.live/>.

I am writing these lines in midsummer 2022 on a small island near the Arctic Circle, where I collect leaves to use as medicine. Around 40 species of birds nest here, one species even comes thousands of kilometers from South Africa. I am lucky enough to see many bird species in the air and on the ground, breeding and looking after their young. I see and hear birds singing happily, taking good care of their young and even using "tricks" such as pretending to be injured to draw attention to themselves as they move away from their nest. You probably know this natural instinct of birds and other animals to use various methods to protect their offspring. They all know what is best to do in different situations. Shouldn't this also apply to us humans, so that we always behave appropriately?

To seek a connection with nature in order to find inner peace and ask the fundamental questions of life that everyone deals with sooner or later, for example when confronted with a doctor's prognosis of having to leave the earth prematurely. Only when we look deeper do we find valid answers that are timeless and provide the basis for living in such a way that you can enjoy every moment because you have a pure heart and an honest mind like innocent children.

Wherever you may be in your personal development, what I want to convey to you is the hope that it is indeed possible to see your highest ideals fulfilled, because each of us is born to experience not misery in one form or another, but a deeply fulfilling period of a happy life here on earth. But to get there, we must first uncover all that is wrong and know the right perspective on every crucial issue we face. I hold the view that there is indeed a right answer to every question. The challenge is to find it and apply it to achieve the best possible outcome.

George Orwell rightly said: *"No matter how much you deny the truth, the truth still exists."* There is a vast area of undiscovered truth that we need to embrace in order to develop our potential well and live our lives to the fullest. From this point of view, the purpose of this book is to contribute to the overcoming of ignorance based on the knowledge of truth, which enables us to live without inner contradiction and accordingly enjoy every moment because inner harmony is established.

This book contains many a bitter pill to swallow for those who support the prescribing of drugs because the core conclusion from what is explained in these pages is that none of them are necessary in order to lead a healthy long life without any illness.

The main content refers to the reality of M. as a completely healthy teenager having been put into a mental hospital and the manifold challenges connected to it, including the lessons to be learned and conclusions to be drawn from what has happened, particularly: there is a great need for doing a thorough check-up on conventional medicine as it has become corrupt under the influence of the medical-industrial complex and the widespread pursuit of personal benefits rather than always having the very best of the patients and of healthy people in mind.

The documents which the mother of M. has shared with the authorities and the people responsible for the treatment of her son at the mental hospital provide some insight into what is actually going on in closed wards and how the staff at the psychiatric department of the University Hospital of one country has been dealing with one of their patients.

The psychiatrist responsible for checking on the mental situation of M. in the main hospital never spoke to his parents, and when the mother left a written message at the respective department asking this person to contact her, no response was given. In such a situation, it was impossible for the mother to speak to this person to get any answer from her. This simple example shows the incredible arrogance of people who claim to be the experts on the mind and put themselves so high above the patients that even the request of a parent to hear from them is coldly ignored. Merely from this standpoint alone it is high time to do a thorough check-up on the mental health of individuals with such a big ego that they feel they have the



right to “rule” over children like M., making such decisions as him being kept in a mental ward and drugged while ignoring the parents’ serious concerns.

The overall issue behind this case is the miserable state of the medical establishment from the standpoint of really caring for the long-term wellbeing of patients that can never be achieved by focusing on treating symptoms, which is the main preoccupation of modern medicine. A fundamental paradigm shift must be achieved toward making ultimately nearly all services offered by hospitals unnecessary because nobody will need them as all people have learned to take care well of their bodily situation so that they do not come into a position where they would need the assistance of doctors to know what is wrong with them and how to properly deal with their health issues.

Yes, this is the overall primary desire behind presenting the case of M. having been detained as a completely healthy teenager without any history of certain medical challenges into a mental ward for many weeks, which he felt was like being in prison with no need to be there. On top of this mental stress put on him, his physical wellbeing deteriorated greatly due to having to take drugs with very harmful side effects.

The goal behind sharing this content is that such situations as the one M. was put into will never become a reality again and that all forms of corruption in the medical system are clearly recognized and thoroughly removed to open up the way for all people to enjoy a happy long life without any unwanted interference by the medical establishment on the foundation of having learned how to properly respond to the signs the body is showing so that not a single pill will ever be needed.

Arthur Schopenhauer pointed out the following fact: *"All truth passes through three stages: in the first it is ridiculed, in the second it is fiercely rejected, in the third it is taken for granted."* This is certainly true of the content of this book, which will cause much controversy, but as history has shown, lies will eventually be exposed and the truth will prevail in the end.

For your own benefit, you are invited to reflect on key aspects related to the reality of conventional medicine, where there are very many problematic points. Accordingly, you will find a large number of topics that address relevant issues. The scientific data confirms every aspect described in this book. What is missing, however, is awareness of the available facts. For this reason, this publication is designed to stimulate deeper thinking about the overall situation and to awaken a willingness to deal honestly with the issues at hand and to draw the right conclusions.

There is an urgent need for all people to come out of the realm of pretended knowledge and be prepared to face the facts as they are and not as they would like them to be. Only then can we successfully explore the best way forward, not only for our personal lives, but for humanity as a whole, for which we are collectively responsible.

As unrealistic as it may seem now that Big Pharma will lose its enormous power, it will happen, because this industry is not built on truth, but on deception, fooling people into believing that they need their products to be or become healthy. This book is about the clash between timeless truths and the lies, especially in the field of medicine, where people would least expect corruption and scientific fraud, but which are rife in the medical establishment.

Only if we address the issues thoroughly can we find the right solution. This is especially true when it comes to health issues. It is all too easy to take the pill-popping route when feeling unwell, whereas in reality such behavior leads to more and more problems. The crucial question is therefore whether we are prepared to look for the causes and eliminate them, or whether we are satisfied with superficial pseudo-solutions that do not work in the long term.

Given that the World Health Organization is pushing for a convention, agreement or other international instrument (CAI) to establish a uniform approach to health issues of international concern worldwide based on the decisions of the intergovernmental negotiating body, it is all the more crucial to

expose the scientific fraud and deception underlying the various claims about pathogens as the cause of disease and all forms of corruption that have found their way into the medical establishment.

The task at hand lies in taking a close look at the underlying theories and practice in dealing with health problems using the example of a perfectly healthy teenager who was admitted to a psychiatric hospital and kept there for weeks while he was forced to take medication that severely affected his health. He is just one example of countless others who have fallen victim to so-called medical malpractice that continues in our midst, with the overall situation getting worse and worse. That is why it is crucial to subject the healthcare system to a thorough examination and reconsider the foundations on which it is built, namely a materialistic world view that is completely inadequate to deal with health issues properly, because human beings have an inner heart and soul, where all relevant decisions are made and where all physical ailments ultimately originate. This is where they must be resolved, and no medication is required for this.

This book addresses a reality that few are aware of, although it is relevant to everyone. More than anything else, the content of the following pages has been written for you to review your basic knowledge of the human body, as many misconceptions are widespread. It is not pleasant to realize that you have been led to believe something that is not true at all.

It is certainly a sobering realization to find that you have trusted incompetent professionals and have been misled into looking in the wrong direction and looking for solutions in the wrong places. This is certainly the case for almost everyone when it comes to health problems, because decades of indoctrination have instilled in people's minds the erroneous idea that modern allopathic medicine is the right way to go when they are unwell. No one likes to hear that they were wrong, but there is no alternative to facing reality and drawing the correct conclusions.

You are invited not only to read this book, but also to contribute your insights, which you can send to [nbeutl12@gmail.com](mailto:nbeutl12@gmail.com) to be published in the next edition if they help reveal the full truth that needs to be discovered in every way.

You will find more than 1300 question marks in this book because it is important to ask relevant questions and endeavor to get as close as possible to the full truth in order to proceed from there to deepen one's understanding. In this sense, this publication is a work in progress that will be improved with each new edition, while the goal of finding out what is really true and acting accordingly remains the same, a challenge that you are cordially invited to take up and contribute to achieving in the near future.

Yours sincerely,

Nikolaus Beutl

## Chapter 1

### Fundamental considerations

Dear reader,

In this first chapter, various topics are addressed relating to fundamental questions and themes which are relevant not only in connection with the title of this book but beyond, referring to core issues which require our attention if we are serious about what kind of world we want to leave behind for future generations.

Looking back in history it is clear that many bad decisions were made which have led to tragic consequences. The way to resolve them lies, therefore, in first of all re-orienting ourselves and then to move forward in the right direction. This book addresses many important topics which are relevant not only for the individual but for society as a whole based on the conviction that there is a fitting solution to any problem we may encounter and therefore it is decisive to search until it is found and to correctly implement it.

More than anything, this publication is about attitudes which people have and their consequences with the goal of encouraging the reader to reflect deeply on which view is best and to make it your own to be fine and able to contribute to the wellbeing of others. Sometimes it may not be pleasant to look into the mirror, yet this is what everybody needs to do, to be honest with yourself and not to pretend anything, to deal with your own inner reality and to live in such a way that you can be truly proud of what you are doing.

The overall task lies in leaving the path of taking ever more pills to get to the point where you do not need even a single one of them because you have well learned to take care of your body just as all animals are doing and have, therefore, no need for drugs. We are definitely not inferior to them and should therefore act accordingly by listening to what our inner voice tells us. If we do so, then we will not eat too much or exercise too little but make sure we are fit so that we can enjoy life both on the internal as well as external level to the fullest, which is surely possible if we cultivate loving relationships and make sure to respond to whatever signs the body shows us.

A life without illness is the normal state in which each one of us is meant to live. For this reason, we must not allow ourselves to remain in a certain prison of thinking that you depend on this or that pill because the doctor said so. Once you are truly attentive to your bodily needs you will find out that living like all other creatures without the need of artificially created drugs is the natural way of life we all can attain once we realize that behind the drug industry stands one lie after another. To uncover them and to draw the right consequences is easily possible if you are prepared to look at the scientific facts and data, and not cling to what you are told by the mainstream media and the medical establishment, which is built on numerous grave errors.

To expose them is a central task addressed in this book as well as presenting the correct fundamental answers which enable us to return to the original way of life without any artificially created drugs. What is missing is that all people leave the realm of pretending to know the attitude of being ready to face facts as they are and not as they wish them to be. Only by doing so can we successfully explore the best way forward not only for our personal life, but for humanity as a whole for which we are collectively responsible.

## Did you know that?

I would like to invite you to find out where you stand in your ability to distinguish between confirmed facts and what is commonly believed. In this book, a reality is addressed which is known to only few although it is relevant for all people. More than anything, the content on the following pages was written for you to evaluate your fundamental knowledge centred on the human body as many erroneous misconceptions are widely spread. It is not pleasant to realize that you have been deceived to believe something which is not true at all. It is a sobering realization to see that you have trusted incompetent experts and have been gravely misled to look in the wrong direction and to search at the wrong places for solutions. This is certainly the case for almost everyone when it comes to dealing with health issues, because erroneous concepts are firmly engraved in the minds of people based on many decades of indoctrination that modern allopathic medicine is the way to go whenever you do not feel fine. Nobody likes to hear that they got it all wrong, yet there is no alternative to facing reality as it is and to draw the correct conclusions.

Generally, there are two ways of knowing things. One is through another person telling you something and the other to find out through your own experience. The latter is the path we must take regarding questions of health because, incredibly, many lies are out there to the extent that on Christmas Eve of 2019, the result of one decade of research was published with the title *"What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong."* [\(2\)](#) The point is to know for certain both in theory and practical experience that the medical establishment got it wrong in many areas with millions of people dying every year because doctors are unable to provide proper help. This is surely a strong statement, yet the truth and facts will not disappear if you close your eyes in front of them. The sooner we are ready to face reality and to do what needs to be done the more unnecessary suffering we can avoid. The challenge is a very personal one, namely, to check for yourself what is true and where half-truth and deception begin.

Usually, conclusions are drawn at the end of a presentation, but in this case, I would like to offer you the main results of dealing with actual facts at the beginning for anybody to orientate to what the core issues are all about:

1) Because we are spiritual beings, conventional medicine that denies this essential reality cannot provide the needed answers. Based on a materialistic worldview, you can never reach the correct insights. That is especially true for the field of psychiatry, which is the focus of this expose on how the overall situation in the field of medicine looks like. The experts got it all wrong because they exclude the most important core of every person, the inner heart/soul representing the causal realm where all health issues originate.

2) The human body has such amazing self-healing abilities that no intervention from the side of the medical establishment is necessary except for situations like severe accidents and extreme cases of damage. Whenever a person is faced with health challenges, the innate wisdom of the body reacts immediately, initiating processes to preserve or to restore the original state of overall wellbeing.

3) No malignant developments exist in the body; everything is for our benefit. The problem is that allopathic medicine does not know this and has a very limited understanding of what is actually happening. For this reason, it is not very successful in providing real help, especially in the long run, with more and more people becoming chronically ill.

4) Most of the theories on which modern medicine is built are definitely wrong, starting with the germ theory, the theory of infectious diseases, and the usefulness of vaccines including the concept of genes being present in every cell. Scientists of the famous Max Planck Institute in Germany came already one

and a half decade ago to the conclusion that the concept of a genome cannot be upheld, yet it is done anyway because admitting the truth would have very grave consequences for the medical establishment.

5) The absence of a scientific proof for the theories on which medical doctors agree seems unbelievable for most people because they are not aware that the experts received the same education whereby, in most cases, their knowledge is merely based on concepts that were never proven as valid. That many specialists have the same opinion does not create a truth as facts can only be proclaimed on the foundation of valid control experiments having been made, which is definitely not the case in so many fundamental areas where medical dogmas rather than scientific facts are the basis for decisions.

6) In a situation of erroneous ideas being firmly established, it takes extra effort to recognize them and to leave behind wrong concepts that are permeating seemingly all areas of science wherever the claims are based on (scientific) dogmas, similar to those on which religious theologies are built. The task is therefore not to have some belief, but to know absolutely for certain what is true and to distinguish it clearly from all the areas where deception is present.

7) Real health can only be gained on the foundation of having the correct insights into human nature and basic processes in the body, especially how universal biological laws are active in support of the best way of dealing with issues. Everybody needs to know them and be able to correctly recognize why various symptoms appear in the body and what needs to be done. Unfortunately, conventional medicine is not based on such precious knowledge but fully dominated by the medical industrial complex. To be conscious of this reality is crucial to understand why millions of people die at the hands of doctors who act in the interest of Big Pharma rather than the patients.

8) The correct facts and the full truth are already exposed centred on the medical establishment and, therefore, the beginning of the end of the drug industry has arrived. Although only a few people know this, it will definitely come to pass because, in the end, the truth always wins over lies and untruths. To contribute to the victory of the truth over all kinds of deception is the main objective of this book whereby it is up to the reader and anybody concerned about the future how much they want to invest for the truth to be revealed.

At the core of all the confrontations lies the struggle in each and every person's heart to be good and honest toward themselves and others, to follow the voice of the inner heart, and to act only in line with the universal principles of nature. This kind of sincerity is the key to coming closer to embrace the full truth.

The fundamental choice is between spending your life in good health just like plants and animals without the need of a single drug on one side, and on the other to erroneously think you need pills although they all are, in the long run, only harmful to the body, especially those prescribed by psychiatrists.

The sooner this becomes known to people and they act accordingly, the earlier the demise of the pharmaceutical industry which has caused unspeakable harm will arrive. In case you are not yet aware of the enormous damage induced by drugs, you will surely learn about it in this book.



## From knowledge to wisdom

Most people think that with knowledge comes wisdom and if everyone can get wise enough, we can mould the world as we see fit. Anyone can become knowledgeable about a subject by reading, researching, and memorizing facts whereas wisdom refers to the ability to make sound judgments about a subject and to act in a beneficial way. Knowledge alone is not enough because it can be used for good or evil purposes. This fact is at the root of the manifold tragedies occurring in the world. We know this today more than ever yet, when it comes to behaviour, we see countless tragedies from the individual to the worldwide level because people are not acting according to what they theoretically know. The decisions are not made in the brain but in the heart, and there our primary attention must be focused.

Alas, this is generally not what is happening. For this reason, fundamental changes are needed if we want to live in a peaceful world. It all starts in people's hearts which are longing to experience real love and profound fulfilment, an ideal everybody can make their own by learning to love and care in a selfless way. On such a foundation can uplifting joy and fulfilment be felt which makes us truly happy.

Through the internet, we have access to a seemingly never-ending stream of information so that we can expand our knowledge further and further. But what for? Why would we want to know everything? What is really important for us to be aware of? Here is where the content of this book comes in. It is designed to support the shift from quantity to quality in the field of knowledge, and especially from there on to gaining more wisdom, which we all need in order to make the right decisions which are beneficial for our life.

This publication contains a few hundred pages, but the core content may be expressed in merely 4 words, "*No more drugs needed*," or in 4 sentences: 1) Man is meant to remain healthy from birth to death just as all other animals and plants; 2) Any illness has its origin in the psyche and soul of a person and needs to be resolved there; 3) To be successful in this fundamental task you have to learn how to achieve inner harmony; 4) Then, not a single pharmaceutical drug will ever be needed just as people have lived without them for millennia.

Among these 4 points, the most central one is surely the challenge to live with profound peace in your mind which enables you to become one your loved ones and to realize your innermost dreams. No amount of knowledge is enough to reach this goal because it requires wisdom or profound insights which enable us not only to know the truth but to embody it in our whole being by becoming wholesome as an individual and building loving relationships which lead to lasting happiness.

We are individually different from each other, but at the core we have a common foundation of a heart beating in our chest which may feel painful when we are sad, even to the extent that some people do not want to continue living because their innermost desires remain unfulfilled. To become deeply conscious of the fact that we are spiritual beings with a soul longing to dwell in a realm of selfless love is the starting point of going in the right direction toward the ultimate goal of dwelling in heaven on Earth and eternally thereafter in a sphere of unconditional love which everybody welcomes with open arms.

Knowledge must include knowing the difference between good and evil and right and wrong from the standpoint of heart. Only if I have learned how to act in line with truth, beauty, and goodness, values to which all people agree, can I enjoy a life without illness based on knowing the biological laws while being able to always recognize correctly what to do according to the symptoms appearing in my body. To be fine throughout your life both on the internal as well as physical level is definitely possible and can be achieved by everyone without the need of even a single drug. The content of these pages will hopefully support you on your personal path to complete inner harmony manifested in stable, good health.

## Belief in drugs versus trust in yourself

To make a long story short, people are told lies about drugs and therefore take them willingly, which they surely would not do if they knew the truth. The harmfulness of drugs is pushed aside in favour of the propaganda created by lobbyists of Big Pharma.

The pharmaceutical industry goes back more than one century with the roots in Germany from where it spread to America to be firmly established all over the world so that we have today a situation where, for example, 40 million kg aspirin, between 50 to 120 billion pills, are taken yearly — on average, 10 pills per every human being living on Earth. And this is merely one kind of pill whereas 20,000 prescription drug products are approved for marketing, adding up to more than 1 trillion dollars in pharma revenues worldwide every year. Obviously, there is zero interest to lose this enormous income which is steadily rising.

With such a huge amount of money at hand, it is easy for Big Pharma to indirectly bribe doctors and people in relevant positions to get their way, leading to a reality described by Robert Yoho, M.D., a top physician, in his award-winning book *“Butchered by ‘Healthcare’: What to Do About Doctors, Big Pharma, and Corrupt Government Ruining Your Health and Medical Care.”* It includes topics like *“Learn how toxic medications destroy health and how to quit them.”*

Further, you can learn that *“70 percent of us take prescription drugs, 20% of us more than five, a 6th of us take psych drugs, causing brain damage and early death, Opioids: millions take them and fifty thousand die of overdoses yearly, most cancer treatments are complete failures. Big Pharma sells drugs by faking their studies. Understand the lies they stuff into websites and medical journals. Learn why it all gets ignored (Pharma has the largest criminal settlements in history).”*

One key problematic is presented under the theme: *“Money short-circuits everyone’s integrity.”* Herein lies the key decisive factor. If honesty is firmly established in a person’s heart, then he will not take advantage of others. Unfortunately, this is not the rule but very sadly rather the exception in today’s world where egoism is a widely practiced way of life.

On the other side stands the attitude of being considerate of others, to show empathy and compassion for them. When you have learned to truly value yourself then you will naturally also have profound respect for others. Once goodness is firmly established in the soul of a person then he or she will reliably act accordingly. This is where we all should be as members of a worldwide family of brothers and sisters who care for each other.

The decision between believing in drugs and trusting yourself is easy once you know the facts. The content of this book is designed to help in this task by providing centrally important information about the grave harmfulness of drugs and what true scientists have found out about the amazing self-healing ability of the human body in order to support truly informed decision making rather than acting based on indoctrination by pharma lobbyists.

The end of the pharmaceutical industry will definitely come as more and more people have learned to recognize well what their body shows through various symptoms. To be attentive to your inner voice and to understand the language in which the body speaks to you are key elements to move out of the belief in drugs as a solution into being dedicated to resolving issues at their root in the heart and soul of a person.

All the relevant information on the grave harmfulness of drugs is freely available. It is only a question of being prepared to really look at reality and to draw the consequences by turning away from drugs as the way to go to committing to refusing to interfere in the body's own wonderful healing processes.

### The root cause of the drug problem

Why do people turn to drugs? When they feel some anger or frustration, they may take the bottle with alcohol. When they want to have some special experience, they may use some substance that gives them the feeling of a "high" which does not last long like that one of being intoxicated by alcohol. And the third option is to use prescription drugs to which ever more people are turning, which may reduce some symptoms in the short-term but are always harmful in the long run. Unfortunately, people find out about this fact in most cases when it seems already too late, when they have become already addicted to such pills and are faced with the fact that it is even harder to stop them than if they were addicted to some opiate drug or other substances.

The fundamental decision is to either deal with whatever problem that is bothering them or to use an artificial "solution" with the help of some drug. Whereas the former opens up the way for the issue to be dissolved, to be eliminated completely, the latter is actually no solution at all but only brings some short-time alleviation only to feel worse afterwards. So, what do people choose? Very sadly, more and more people turn to the cheap "solution" of using some drug which are actually harming them instead of being helpful to get rid of what is bothering them.

In the face of such a reality, the obvious question is, of course, why do people act in such a way? The answer is not difficult to find. It is because they do not respect themselves enough to say no to such primitive "solutions" like drinking excessive amounts of alcohol to bury their problems while knowing that it is not possible. The same is true when people run to the doctor to prescribe some pill for them. Instead of looking at themselves to see what kind of problem they actually have, they prefer to ask another person to choose a "solution" for them, which unfortunately doctors readily do by offering this or that drug to those who come for help.

If we look more closely, we see that people decide based on their internal situation: if they have learned to love themselves then they will not give in to the temptation to go the easy way of using drugs but search for actual solutions which allow them to address the real issue, particularly its root cause, and to deal with it in such a way that it will naturally disappear. This course requires more effort but you are rewarded with regaining inner peace and harmony which was lost at one point in your life.

Most people are familiar with the name Aristotle, but few are aware that he said: *"Educating the mind without educating the heart is no education at all."* This is very true and at the core of the problem: children do not receive an education that is centred on what their precious hearts are longing for but the focus lies on intellectual knowledge. Herein lies the origin of our ever-worsening overall situation when it comes to people being able to love themselves and others in a beneficial way.

The last days of the drug industry are here as soon as people decide to refrain from using superficial "solutions" while always looking at underlying issues and put their attention there rather than ignoring their real problem which lies always in the soul, as we are spiritual beings. To think that swallowing some pill will solve my depression or whatever may trouble me in my mind is nothing less than superstition, yet more and more people turn to it.

This publication intends to stimulate the desire to go on a quest of searching for root causes and eradicating them, so that in the end not a single artificially created drug will be interesting for people because they already have what they are longing for deep inside, which is the experience of warm

relationships based on having learned to feel profound respect for their own being and deep love for others. To pursue this path is the true solution to bring an end to any fake promises offered by the drug industry.

### The purpose and essence of this book

Time is precious and therefore it is good to ask whether what I am doing is worth the effort or should I do something else. Here I would like to give you a one-page overview of what this book is all about and why I suggest that it is truly worth reading:

1) The purpose of presenting this content lies in resolving issues and in becoming familiar with the **correct answers which will enable us to be in good health** from birth to the time of leaving this earth based on living in accordance with the principles of creation.

2) At the core stands the struggle of a mother whose completely healthy son M. was put into a mental hospital and detained there for weeks while being drugged with chemical products which gravely harmed his wellbeing. Her fight for the liberation of her son is hopefully a **source of inspiration** concerning what can be done for those who may come in a similar situation of being the victim of medical malpractice.

3) The overall context of the miserable actual state of conventional medicine stands at the root of what has become a reality not only for M. but also for countless others. To become aware of the huge problem in this area can be **life-saving for anybody who chooses wisely to avoid any kind of artificial drugs** as a solution to health issues.

4) In essence it is about restoring confidence in yourself to know for certain that you do not need an allopathic medicine practitioner to help you if you learn how to pay attention to signs and symptoms, because the body is your best friend that would never do anything against you. This means that the interpretation of doctors seeing **cancer as something malignant or viruses as dead particles attacking the body is totally wrong**. It may not be easy to digest this fact without further study. Therefore, it is valuable to read this book and other publications to learn in depth about the universal biological laws that are active in every human being to be able to remain healthy throughout one's life.

5) This applies particularly to the mental realm. The bulk of this book deals with issues related to the internal wellbeing of people to expose the many **truly wrong concepts of psychiatry**, which is unable to heal even a single person from mental disorders. In the light of 1 out of 7 worldwide considered as having a mental illness, this issue is truly relevant.

6) All in all, this content is about providing answers which have not been published yet in such a comprehensive form — in connection with other books which were written to help people have a crystal-clear picture of **where we actually stand in relation to modern medicine** and what our prospect for the future looks like.

7) Reading these pages is a lot like the red pill in the film *"The Matrix,"* whereby the terms 'red pill' and 'blue pill' refer to a choice between the **willingness to learn a potentially unsettling or life-changing truth** by taking the red pill or remaining in contented ignorance with the blue pill. The truth may not be easy to digest at first, yet in the end it is indeed liberating, enabling us to live the kind of life which we are longing for deep inside.

8) Becoming familiar with this content includes **the invitation to improve it by offering your input**. It is our collective task as humanity to find the correct answers we need to be able to leave a wonderful world for our descendants. Every word was written with such a desire in the heart, longing for the victory of

truth over deception in every area of life. Together we can make it become a reality once we focus on this essentially important task.

### A few thoughts on the core underlying issues

You chose to learn about the last days of the drug industry and the beginning of a new era without any illnesses. In this publication, you can get to know many reasons why the medical industrial complex will disappear, as it is built on numerous erroneous concepts. What is presented comprises enough content for a whole year of study for anybody to come to know for certain that no need whatsoever exists to continue on the path of taking ever more drugs. To the contrary, not a single one of them is necessary if we have learned to respond well to our bodily condition.

This is not a theory but a fact confirmed a million times in the course of human history where for many thousands of years people did not take pills yet they were doing fine. Not everybody, of course, due to widespread poverty and poor living conditions, however, just like all animals, human beings can do very well without any artificially created drugs if we have learned how to treat our body properly.

In case you are already well aware of this fact and you act accordingly, then it may not be necessary for you personally to read this book, yet I would like to encourage you to do so to gain deeper insights and to help others to be liberated from their prison of ignorance regarding medical misconceptions which have fatal consequences for countless victims. Because most people think that modern allopathic medicine is trustworthy, they simply do what they are told. To what kind of reality this can lead could be seen during the corona crisis where seemingly the whole world acted in lockstep with chief personnel from the medical field along with politicians pushing totally unreasonable measures.

The ignorance of the majority of people who are stuck in blind obedience due to various kinds of fears is used by those who hold the strings of power to implement their goals, which they successfully did during the past couple of years by moving enormous amounts of money from the commoner to the elite, creating a few hundred new billionaires. But this is only one goal. The main objective lies in the great reset which allows those at the very top to control in the end the whole world population and regulate everything in people's lives, leaving no more personal freedom.

In such a tragic situation it is decisive to stop and reflect deeply in order to gain a clear overview over what has become a reality and why it could come so far as where we are today. To do so is the objective of this and the other two previously mentioned books. The answers required to solve problems are there. Alas, hardly anybody takes them seriously and draws the consequences, as they require profound personal changes. Only if enough people open their eyes to recognize the core of the matter can the given confrontation between all kinds of worldviews be won, whereby truly the future of humanity is at stake.

Looking back in history it is clear that there have always been oppressors and the oppressed in all kinds of variations. Today, the methods are more refined but the basic issue remains the same: people who are incapable of loving are out to control others by force. Because they are not able to build harmonious relationships, such egoistic individuals use whatever power may be at their disposal to make others do what they want.

Self-centredness can be seen in the behaviour of both the worldly as well as the religious authorities. Due to the failure of spiritual leaders to guide people properly, the way was opened up for evil people to freely rule while subjugating millions of people for their agenda. Societies became more and more secular, not connected with religious or spiritual matters, and even atheistic to the extent that internal values count nothing but only a secular view of human existence.



In such a situation of negligence, the forces of evil could strike humanity in the form of the planned and executed corona pandemic. This success is seen for the globalists as a window of opportunity to further implement their goals of a total restructuring of society. First, they want to destroy as much as possible by actively pursuing an economic collapse to introduce digital money, which is a perfect means for the total control of people. Because the insane corona measures did not ruin society enough yet, further destruction is presently pursued centred on the Russian-Ukrainian war and all the unreasonable and ineffective economic sanctions, along with exploiting people further through purposely instigated inflation and the climate change hoax as another artificially created reason for all kinds of restrictions to be put in place to further restrict civil liberties.

All of this is only possible because people are generally so very weak and ignorant that they can be easily deceived. This weakness originates in their spiritual situation of not reflecting on fundamental questions but leading a rather superficial life so that they readily choose the seemingly easy way only to find out later — when it is often too late — that they made the wrong decision. The content of this book aims therefore to empower those who are searching for the knowledge that is withheld from the public by the mainstream media that is in the hands of a minority who align themselves with the goal of globalists who want to control everything and everybody in ever more ways.

The number 360 was chosen in the subtitle for the reasons why the medical industrial complex will disappear, because it represents a circle with 360 degrees symbolizing in this case considering reality from every possible viewpoint. You can imagine people standing in a circle and looking at the center representing the Truth, whereby everybody has his/her own standpoint according to the angle from which he or she looks at reality. The goal is to provide valid insights based on asking relevant questions for which clear logical answers exist. It is your and my responsibility to search and to find the correct answers which enable us to lead the kind of life which will bring profound happiness and fulfilment in life.

In other words, this book is not about theories but about coming closer to fundamental truths centred on the human mind and body. Once everyone has learned to take care of their personal situation, the doors are wide open for any problem to be swiftly resolved. This is the kind of society we are supposed to live in, but before we can arrive there, crucial points need to be clarified like the following. What is necessary to lead a long life in good health? Which conditions must be met for a person to have a sound mind? How is it possible to remain fine throughout your life without the need of any medical assistance?

Every reasonable question needs to be asked and answered. In this book, you will find many answers concerning health issues that may be surprising for you. Yet, these are all based on scientific facts and not on some unproven theories of which more than enough exist in the so-called scientific world that has, by now, widely left the realm of abiding to the principles of science in many ways, particularly in the field of medicine. The closer you look the more you will realize how bad the situation has become — and hopefully the stronger your desire will be to invest for the urgently needed changes.

The content of this publication is centred on a case study where a completely healthy teenager was put into a mental hospital and medicated against his own and his parents' will, showing what can happen to anybody in the civilized world where totally unqualified so-called experts have the power to make decisions that influence people's lives very negatively. To defend yourself against such intrusion, you need to go to court to get justice, but this is only possible if you have enough money and the judicial system is still independent.

All in all, this book is about offering solutions, of giving answers and stating how things actually are. It is about presenting facts rather than theories and based on conviction, not opinion. For this reason, any challenge directed to the content is welcome because this endeavour is about getting to the core of the matter in every respect and finding the correct timeless answers that will just as well be true in a thousand

years. In case you discover any error, please let us know so that it can be corrected. The goal lies in exposing the full truth centred on the medical field, particularly psychiatry, while at the same time addressing essential questions which are relevant also for other areas. Facts are presented with the awareness that the best explanation we will have tomorrow, the second best is the one we have today, and the third best is the one we believed yesterday. It is decisive to be always open to learn more and to gain an ever deeper understanding, to be able to move from the ignorance and darkness of the past into the realm of the light of Truth and a bright future based on knowledge and not opinion.

Herein lies the core decisive point: am I satisfied with believing something or is it important for me to know the full picture so that I can make an informed decision. This book is designed to offer answers concerning how things are irrespective of what the majority may think. In this regard, it is good to be aware that any renewed understanding has its origin in one person thinking twice, reflecting once again on a given matter, and gaining insights which have not been found yet. As human beings, we exist eternally in the spiritual realm, and therefore it is worth any effort to find the timeless truth necessary to develop our potential in the best possible way.

There is such a vast realm of undiscovered truth which we are destined to make our own to be able to develop our potential well and live our life to the fullest. From this standpoint, the purpose of this book is to contribute to true liberation based on knowing the truth which enables us to live without any inner contradiction and, accordingly, enjoy every moment because inner harmony is well established.

All people are meant to remain healthy from birth to physical death whereby our existence naturally continues in the spiritual realm based on the personality we developed during the years we spent on this earth. What is expressed in these pages was written with the desire to contribute to complete liberation based on knowing the truth which causes any kind of fear to completely disappear with only unity and wholesomeness remaining in us as sons and daughters of God who are created in His image to manifest wonderful qualities in a well-functioning body which serves us reliably until our last breath of our physical lungs to continue to breathe eternally the Love of God experienced in loving relationships which are expanded limitlessly to find ever deeper joy and satisfaction.

As the reader, you are encouraged to check the content presented in these pages to find out for yourself what is really true and to make it your own so that you will be able to embody truth, beauty, and goodness in your own unique way while enjoying excellent health all throughout your days on our beautiful Earth. We will definitely treasure every moment once we have learned to focus on what is truly precious — True Love. This is what everybody is meant to experience, but it can only become a reality if we lay the right foundation.

## The core condition to enjoy lifelong good health

In daily life we make countless minor decisions, and from time to time we are faced with a major decision which has a strong influence on our future. Such a situation surely arises when faced with being diagnosed with an incurable illness. What kind of questions will be on your mind? One of them will probably be: *"Why me?"* While many will feel like a victim of circumstances others will be motivated to do everything in their power to change the destiny put on them.

How will you react in such a situation? Will you ask fundamental questions like, *"What made my life worth living and what do I still want to experience?"* Most people ask such questions because we are destined to lead a meaningful life of which we can be proud based on having contributed to other people's happiness. In which way will you handle a cancer diagnosis which is given to some 20 million patients worldwide, half that number dies every year due to "cancer." Generally incurable and ongoing, chronic diseases affect approximately 133 million Americans, representing more than 40% of the total population of this country.

In reality each one of these illnesses represent a misdiagnosis because there are no incurable diseases but only incapable doctors who are unable to help patients to regain their health. You will probably not be aware of this fact due to your belief in what you are told by the so-called health experts. Once you ask the relevant questions you will find out that it is very true that each and every illness can be completely healed once the underlying root cause is removed by addressing the internal situation of a person and resolving whatever is burdening the soul, leading to certain symptoms in the body designed to support the regaining of complete wellbeing.

Only a tiny minority of the world population know that we are meant to be fine all throughout our life with all bodily functions operating well just as it is the case in myriads of creatures who do well from the starting to the end point of their existence. Do you belong to them or are you a prisoner of fear, afraid that you may get infected with some virus even though the theory of contagion was never shown to be correct like the other dogmas that are the basis of modern allopathic medicine?

Around the world the most common birthday wish is for good health and happiness because this is what people really want, to be healthy and happy. The decisive question is, what are you doing for this purpose? It is scientifically confirmed that being happy doesn't just make us feel better, it improves our health. Among the proven health benefits of happiness are improved heart health and increased longevity. On the other side stand as the the most common causes of premature death heart diseases, cancer, and death caused by medication based on mistakes by doctors. When reflecting on this reality it is obvious that the best insurance to remain healthy lies in making sure that you cultivate happiness as the most eminent emotion in daily life.

The conclusion is clear: If you want to live a long life in excellent bodily condition, you only need to make sure that you maintain inner harmony, which allows you to build wonderful relationships that are the basis for love to flow freely, leading to uplifting emotions to be part of your daily life. It is definitely possible to remain healthy from birth to leaving the Earth as soon as you set the right conditions for this to become a reality, which must be laid in the inner heart and soul along with learning to correctly understand what the body is showing you through whatever symptoms may arise. All of them will naturally disappear as soon as their inner root cause is dissolved. To be aware of this fact is centrally important.

## Mind over medicine is indeed the correct solution

Lissa Rankin is one of the few physicians who managed to go beyond limited beliefs, which has led to her writing the book *"Mind Over Medicine: Scientific Proof That You Can Heal Yourself"*. She emphasizes various steps to be taken on the path of regaining complete health: 1) you have to believe it is possible based on realizing that you do not have an incurable disease; 2) it is important to find the right support person who also believes that the body can heal itself; 3) listening to your intuition is a key point, to that voice that knows the answer what your body needs in order to be exploding with life force again; 4) a core task is to figure out the underlying root cause, to identify what might be out of balance; and 5) rather than a doctor, it is better to write a prescription for yourself on the foundation of identifying issues which have to be addressed.

The key factor lies in the realization that the body is my business. I am the gatekeeper of my mind. It is my responsibility to support my body's natural self-healing mechanism. Because for all illnesses someone had a spontaneous remission, it is definitely possible to recover from whatever malady a person may be struggling with. And this is the decisive truth to know for certain: whatever your bodily suffering may be, everybody can recover fully as soon as the internal root cause is eliminated.

Extensive research shows the key role of well-functioning relationships as foundation to enjoy good health. This means, of course, that bodily wellbeing has its ultimate origin in a happy heart and a sound mind. If we want to feel like overflowing with energetic life-force we have to first make sure to deal with whatever may be hindering us to be free inside, blocked to express what the soul is longing for. Unless this internal task is done well, disharmony may always lead to symptoms in the body that appear on one hand to help us become aware of issues and on the other as the working of the innate biological support system to enable a person to cope even with extreme challenges.

We need both scientific and spiritual insight to know how to listen to the signs in the body and to respond in the right way whereby, in the end, no more medical doctor will be necessary because it is a timeless truth that the body knows best what is lacking and shows it to us. To the extent that we have become conscious of the body's innate ability to self-repair and have an appreciation for how we can control these self-healing mechanisms with the power of our own consciousness, we will be certain that being attentive to the inner voice and outer signs manifested in the body is the best way to lead a long life in very good health, as all people are meant to do. It all starts in the heart and mind of a person, with the awareness of the healing power we hold within ourselves, waiting for us to tap into it and to allow it to be active in accordance with the universal biological laws while never interfering by taking some artificially created drugs, some pills consisting of chemicals which are harmful and not needed at all. This paradigm shift from relying on drugs to taking full responsibility for whatever internal issue needs to be resolved must be accomplished by each person who wants to move out of the prison of allopathic healthcare into the realm of true freedom where the body is allowed to naturally deal with any health problems.

As soon as healing is taking place on the spiritual and emotional level, it will definitely be expressed in increased wholesomeness in the body. The attitude harboured in the heart determines whether someone feels very fine or miserable. This is the core truth everybody has to make their own and act accordingly by cultivating a bright mind filled with positive thoughts and a loving heart. In this way, one will never need some medication, because love is indeed the best medicine and the basis for a completely healthy body.

## The challenge to be true to yourself and also to others

The content of this book is based on a true story which has led me on a quest to check thoroughly the fundamental claims made by the so-called medical experts, particularly in the field of psychiatry. The result of my research is very sobering, not only in this but also other areas where fraud and deception is present, which always originates in an immature heart. From this standpoint, it is clear that in these pages much corruption is exposed while at the same time it is done for the sake of helping those in question to realize what they are doing, and to turn away from the evil ways they are consciously or unconsciously pursuing.

In the end it is about experiencing on a personal level that the Truth will indeed set me free, and about complete healing which is possible for everybody once a person is prepared to deal with reality rather than hiding from it or trying to pretend it does not exist because of being too weak inside to face the truth about yourself. In a situation where you are confronted with the Truth you may first of all feel: *"Wow, I never thought that this could be the case, that reality actually looks like this..."* Yet, there is no alternative to embracing what is and making the best out of whatever circumstances you may find yourself in.

This book is about presenting answers and confirmed facts of which only very few people on Earth are aware of, especially when it comes to the profound questions of life and human health. How very far the overall situation is from where we should be as civilized human beings can be seen in many ways whereby the shocking truth about the extent of corruption could not only be witnessed by the actions of politicians during the past three years in connection with the so-called novel coronavirus but also on the side of the medical industrial complex.

When looking behind the scenes, it is obvious that at the core it is all about a battle between good forces and evil starting from the individual to the worldwide level. We live in a world where a tiny minority is exploiting the vast majority in many ways based on deception, lies, and half-truths, which are so strongly implanted into the minds of people, that they firmly believe them as the truth and seemingly nothing can convince most people that they are very wrong, because they themselves do not think twice but simply believe the so-called experts. From this standpoint, it is clear that I am inviting you as reader of these lines to check for yourself the content expressed in this book. My desire is for people to know the full truth and to act out of their own conviction and not because somebody else says this or that.

If you go to the internet and search for self-help videos, you are offered half a billion results, more than anybody can watch during his lifetime. This means that people want to help themselves and to share their findings with others about practical or internal matters. I myself like to get answers to questions in this way, whereby you can see when implementing them how valuable or in the worst case worthless the offered solutions are. Life is about learning with the goal of making many wonderful experiences. From this viewpoint, my concern is to find and share the ultimate answers that correspond to the eternal and unchanging truth of the universe and human beings, which include the fact that we are meant to remain healthy our whole life long without ever needing to go to a medical doctor. This is not some utopia but a reality which people experienced in the past which will be true for anybody who acts in line with the principles of creation.

The task at hand is to open your eyes to see clearly what is true and where you are deceived by those who want to use your ignorance to exploit you in one way or another to believe something that is false without recognizing it. Are you ready to search and find?

## From Homo Sapiens to Homo Deus or to Homo Amandus

We all are well familiar with the term Homo Sapiens, but maybe not so many with the term Homo Deus which Yuval Noah Harari chose for his book on a brief *History of Tomorrow*, addressing the quest to upgrade humans into gods. Generally, people like to improve themselves, which is a very natural desire as we are created in the image of God and should therefore exhibit divine characteristics in our behavior.

Unfortunately, this is not the view presented by Harari, but he asks questions like: “*How will we protect this fragile world from our own destructive powers?*” Why does the world have to be protected from humans? Harari suggests the possibility of the replacement of humankind with the super-man, or “*Homo deus*” (human god) endowed with abilities such as eternal life. He refers to living on Earth for an unlimited time, whereas all people exist already eternally in the spiritual realm.

The core issue is clear: Either we become true images of God who manifest heavenly qualities or we become pseudo gods without moral values, a tendency which has been going on for centuries and millennia. What is different now is only the scope of evil a tiny minority can do to the vast majority as could be witnessed through the Covid plandemic.

The true way which humankind should pursue is the one of being honest to yourself and to others with a respectful attitude of doing good for them as you want others to treat you well. Most of all we are called to become *Homo amandus*, people of love, those who have learned to love and care wholeheartedly for one another. (Amanda is a Latin name meaning “loveable” or “worthy of love.” Amanda is often used as a girl's name, and the masculine version, Amandus, is typically used for boys.)

All people are born loveable or worthy of love. Here is where our main focus should be, to make sure that everybody receives the proper respect as someone worthy of being deeply loved, and to help people to build loving relationships. The more we succeed in this task the less people will feel sick with the natural consequence of ever more healthy societies both on the inner as well as external level of living together, ideally as one worldwide family of man where we appreciate each other as brothers and sisters.

If we are truly wise as *Homo sapiens*, we will not move into the direction of *Homo deus* as suggested by Harari but strive to come closer to *Homo amandus* as the ones who are created out of love with the task to learn to love in the proper way and to become one in love. Such a unity opens up the way to precious experiences which are only possible if our dignity as true sons and daughters of God is established.

As soon as a person reaches this point of knowing absolutely for certain that we all are destined to live in a wonderful realm of True Love, the priorities will be set accordingly so that the number one concern will be to find ways to make others happy rather than pursuing self-centred satisfaction which is in the end only short-lived and never brings lasting fulfilment. This is only possible when human pursuit is connected with timeless moral values that are taught by religious and spiritual teaching including true humanism, because to be human means nothing else than to be loving, as nobody can live well without the experience of the warmth of love in his or her life.

The way forward into a wonderful future is only possible if we are centred on the strongest force in the universe, True Love, which also secures our bodily wellbeing.



## The challenge of recognizing and reclaiming our true dignity

The question, “*Who are you?*” is not satisfactorily answered by giving your full name, and also not by adding your profession or speciality like being an expert on the mind, maybe like psychiatrists who claim to be as the ones who think that they know better than anybody else what mental disorders are and what to do about them. In reality, they are making assumptions for which no scientific basis exists, like thinking that mental illnesses have their origin in a malfunction of the brain. Such an understanding is rooted in a materialistically-oriented worldview of thinking that human beings consist merely of matter and that what is called consciousness is the product of neurons interacting with each other.

It is important to be aware that those who have such a view of the world are limiting themselves to begin with, excluding what is most precious about human beings: their soul where the ultimate decisions are made as to what kind of goals a person pursues in life. Here is where every individual decides to what extent he or she is living for the sake of others with a loving and caring heart, or in a self-centred way with one’s own interests and preferences as the number one priority.

Many kinds of rules exist in society because people tend to be egoistic. We would have chaos if everybody is allowed to act with himself as the centre as the one who decides what is right and wrong for the community. In the Judeo-Christian cultural sphere these regulations are rooted in the 10 commandments whereby human rights are recognized as being endowed by God as our loving Creator.

Yes, “*God is Love*” stands at the core of Christian culture, and accordingly it should be natural for all those who grow up in that realm to be truly loving as we are created in the image of God. If we reflect on this fundamental truth then it will be clear for us that our true dignity lies in our being sons and daughters of God as our Eternal Parent. Contrary to this precious understanding stands the very primitive concept that human beings are the product of random mutations, a hypothesis which cannot actually be upheld any more on the foundation of recent scientific discoveries, yet is it done even by those who claim to believe in science. Merely considering this fact, it is clear that we have a serious problem as society when we trust people as specialists who are not acting in line with what science has revealed such as all existence being rooted in invisible energy as the determining factor.

If the experts on the mind took this fact seriously, they could never continue in their work as they are doing it because this means that any problem needs to be resolved on the energetical level. Once this correct understanding is put into practice, not a single drug will be necessary to resolve mental difficulties because no matter how serious they are, there is no alternative to dissolving them where they begin: in people’s soul and not in the body.

From this standpoint it is clear that M. having to stay in the psychiatric department of the University Hospital as a teenager who is completely healthy in mind and body could have never come about if scientific standards were followed. His health would not be harmed by having to take drugs, because everybody knows that these can never be the solution when dealing with internal issues. If the so-called experts knew that the true dignity of humans lies in our being sons and daughters of God, created in His image, then M.’s situation could never have come about.

Recognizing and reclaiming our true dignity as human beings is the solution not only to the case of M. but all other issues that need to be resolved, because once the correct basic attitude is practiced the outcome is guaranteed to be good in every respect.

## The emperor has no clothes applies also to allopathic medicine

You are probably familiar with the idiom “*The emperor has no clothes.*” This expression is used to describe a situation in which people are afraid to criticize something or someone because the perceived wisdom of the masses is that the thing or person is good. This phrase describes a situation in which people hesitate to criticize something because everyone else seems to think it is important.

To be a medical doctor is like the king's discipline, one of the most highly respected professions, because everybody may come into an unfortunate situation where their life depends on whether help through a medical expert is available or not. Yet, upon having a closer look the seemingly bright shining glory diminishes and ultimately disappears into nothingness when it comes to the physicians' ability to provide true healing. This tragic reality is confirmed in manifold ways such as ever more people being dependant on taking pills. Instead of the population being healthier today than in the past we see the continuous rise of chronic and incurable diseases.

In her aforementioned book, *Mind Over Medicine*, *New York Times* bestselling author Lissa Rankin, M.D., founder of the Whole Health Medicine Institute, takes on the establishment from the inside out, building a compelling argument for a new approach to health and healing that puts the patient in the driver's seat. And this is where he or she belongs and not into a position of having to do whatever the doctor prescribes, which in the case of M. is to stay for weeks in a mental hospital and to take the drug aripiprazole irrespective of how very healthy M. actually is. The psychiatrists' opinion counts more than confirmed reality. If the so-called experts on the mind took seriously what is explained in Lissa Rankin's books, then they would act very differently because placebo and nocebo effect data prove that our thoughts powerfully affect our physiology when we believe we can get well. This means of course that rather than prescribing pills, psychologists should invest in helping patients have the kind of thoughts and emotions which are beneficial for their overall health situation. As can be seen in the reality which M. encountered during the weeks of his detainment in the psychiatric ward, hardly anything—more or less nothing—is done in this direction.

Lissa Rankin is passionate about what makes people optimally healthy and what predisposes them to illness. She is on a mission to merge science and spirituality, a task which is long overdue, yet there are powerful forces out there opposing such a development as it would expose the great lack of scientificity on the side of the medical establishment. Yes, herein lies the core of the problem: conventional medicine is widely built on dogmas and not true scientific insights proven on the foundation of valid control experiments to exclude any errors. The more people are prepared to do what is obvious, namely, to empower the doctor within, the less they will be inclined to look for help from the side of those who pretend to have the solution but fail in most cases in concrete terms to provide concrete healing and lasting solutions.

The German version of Lissa Rankin's book has the title “*Warum Gedanken starker sind als Medizin*” (Why thoughts are stronger than medicine). Scientific experiences confirm that a person's thinking has a much stronger influence on one's health situation than whether he or she takes some drugs, yet this fact is ignored and the drug agenda is pushed further and further under the motto “For every ill a pill must be found not only as reaction to symptoms but also as prevention.” The goal is to sell as many pills as possible and for that purpose everything else is being sacrificed, particularly the wellbeing of patients. This is how reality looks in front of which nearly everybody closes their eyes or pretends that it does not exist, allowing the story of the emperor without cloths to become once again a reality.

## Preventable medical errors is actually the leading cause of death

In order to change what is wrong or bad, one has to first recognize where the problem lies. Regarding healthcare we see a situation where according to the Centre of Disease Control (CDC) and the Institute of Medicine, preventable medical errors account for the third leading cause of death after heart diseases and cancer. Yet, when we face the fact that most patients diagnosed with what is falsely defined as cancer die due to chemo, unnecessary and unsuccessful surgery, and harmful radiation, then it becomes clear that in reality medical errors are the number one reason for people leaving the Earth prematurely. They could have lived much longer had they received the kind of treatment they actually needed which, in nearly all cases, is the internal support they were longing for to heal their soul.

This ever so tragic state of affairs could come about due to totally wrong concepts on the side of the medical experts and a superficial attitude on the side of the patients to blindly trust that the doctors know what they are doing and therefore their guidance must be followed. According to the CDC, 90% of doctor visits are the result of stress, yet in their medical training the students are not told how to deal properly with situations of stress so that they could successfully help their patients to do the same!

Please take the time to reflect on what this means. The authorities at the official institutions have identified the core origin of health problems, yet nothing is done to address and to invest into eliminating these roots so that 9 out of 10 visits to the doctors become unnecessary to begin with! Such a reality proves the total incompetence of the medical establishment, yet most people rely on it to do the right thing. Such is the incredible situation of incompetence on the side of the medical system which is not serving the health of the patients but the interests of the pharmaceutical industry.

We see a certain pill-popping culture that has been adopted by patients and doctors alike. Healthcare workers are educated by professors bought by lobbyists of Big Pharma and patients are brainwashed or indoctrinated by them to believe in drugs as the best solution whatever the ailment may be. In this way, grave failures on both sides has contributed to today's miserable overall situation where preventable medical errors have actually become the leading cause of death, a fact which is all the more obvious the closer one looks at the reality of allopathic medicine.

Physicians are programmed to believe that it is their job to medicate patients and that of surgeons to operate on them so that they can become healthy again. Actually, it is the job of doctors to help patients to address the actual cause of the symptoms appearing in the body which in most cases is connected with some kind of burnout due to overwhelming challenges so that stress is one of the biggest killers among us. Instead of helping a person to deal with the issues that might be predisposing him or her to illness, all kinds of pills are prescribed which do not bring any solution whatsoever.

Toxic relationships, financial worries, social isolation and loneliness, a pessimistic worldview, etc. are all things that have been scientifically proven to predispose a person to illness. Our healthcare system is so broken because we are in the business of symptom relief, not symptom prevention. This fact stands at the core of the failure of the medical establishment, the refusal to deal with the real origin of illnesses and to resolve them where they begin – in the inner heart that gets wounded for all kinds of reasons and urgently needs healing. In other words, we have a disease management system, not a healthcare system. The conclusion presented in the TEDx-talk by Lissa Rankin, which is uploaded at this [\(3\)](#) link: *"We are turning a blind eye to this because we think that chronic stress is just an inevitable part of life. As doctors and patients, we are turning a blind eye to this because it is too hard to face. We do not want to realize what it would take in order to reduce our stress to predispose us to longer, healthier lives."*

Consciously or unconsciously, a collective agreement was made that both doctors and patients will not talk about this central problem and accordingly it not only continues but becomes worse and worse with

more and more pills being taken in a downward spiral on the side of the wellbeing of patients to the delight of the medical industrial complex. Most people are unfortunately not aware of this collective failure and continue to swallow ever more drugs — to their own peril.

Lissa Rankin says, *“The idea that medicine could be killing us is just an anathema for me.”* Yet she does not remain like most others indifferent in front of this miserable reality. To the contrary, she expressed in that talk with the theme *Is medicine killing you?* her desperation together with a message of hope: *“I have a dream of a healed healthcare system, one in which we will bring the best of modern medicine, everything we have learned about pharmaceuticals and surgical interventions and such, and we marry it with what it means to be a true healer, what I was called to do as a doctor... .”*

The intentions of Dr. Lissa Rankin are truly laudable, alas, she is not aware that such a combination will never bring the desired solution because drugs and surgery are part of the problem. It is not true at all when she mentions, *“Over the past century we extended our life expectancies by 30 years, that’s remarkable, because of the advent of things like antibiotics and vaccinations.”* This is what she was told and naturally still believes, as she did not check for herself whether this is really true. Actually, also decades ago people lived until old age if they had the proper living conditions available. Statistically it is true that the average lifespan has risen, but this is due to the greatly improved external conditions and not due to antibiotics or vaccinations. Such facts are unknown to her and most others who did not look at the details but only learned the narrative provided by those supporting the agenda of the medical industrial complex.

The current healthcare system is broken, it just is not working. This is expressed for example by North America spending more on healthcare than any other country in the world, yet 32 nations have longer life expectancies than Americans do. 70% of Americans take at least one prescription drug, and 20% take 5 or more.

Please let such numbers sink into your awareness along with the negative consequences in the form of harmful side effects to become aware of the truly deplorable overall situation not only in the leading power in the West: all around the world people are suffering greatly due to the failure of the medical establishment, what has become visible especially during the Covid crisis. How very bad the situation has actually become can only be seen if one is prepared to put any remnants of medical propaganda aside to have a sober look at the ever-growing problems in respect to the established healthcare system with so very poor long-term results.

Lissa Rankin recognizes part of the problem: *“We have taken the biochemical approach to medicine too far, and we have forgotten to be true healers.”* This breaks her heart, as she expressed. She even had a meltdown on the way to the place where she gave her lecture on the following day because she does not want people to misunderstand her. She definitely has the right heart of sincere desire to improve the healthcare system, whereby she even noted, *“Don’t kill the messenger,”* because this is what usually happens when unpleasant truths are addressed.

It is indeed high time for a thoroughgoing check-up on the medical establishment to see clearly to which extent it is in the end beneficial or harmful. This is our collective task for which each one of us is called to take personal responsibility.

## Recognizing the true origin and the right solution for health issues

In the aforementioned TEDx talk, Lissa Rankin speaks of her desire for soul to be returned to modern healthcare rather than doctors merely putting a band-aid on the symptoms that are the result of all kinds of stress situations. She dreams of a soul medicine, of reclaiming the heart of medicine to bring about true healing, while reminding people of what it means to be a whole, healthy human being.

She deplores that, e.g., 90% of hospital inpatients did not even know the name of their doctor at the time of their discharge and that doctors are dissatisfied to the extent that 9 out of 10 would not recommend becoming a doctor. Such facts show how poorly the job is being done when neither the caregivers nor the patients are happy about the system. In such a situation we have to ask: how many of us are prepared to draw the consequences and to invest for a thoroughgoing reformation of the medical establishment to bring heart and love into the center which are the core elements needed for true healing to take place?

Lissa Rankin points out that in our culture wrong concepts about stress prevail like the feeling, “I am stressed, therefore I am busy and worthy, and important,” while at the same time it is widely ignored that negative thoughts, beliefs, and feelings originate in the mind turn on those stress responses. This is indeed a core aspect which all those affected by it need to take into serious consideration: due to a lack of real self-confidence based on precious bonds of heart rooted in loving relationships people are widely looking for pseudo-satisfaction and artificial appreciation with improper attitudes which will never lead to lasting fulfillment.

Dr. Lissa Rankin guides the audience to be aware that social isolation and loneliness represents a stress situation just as a pessimistic worldview or the readiness to sell your soul for a paycheck. This is what really matters, to set one’s priority right as a condition to avoid stress, which may just as well be rooted in fearful anxiousness, worried thoughts, toxic relationships, or money worries. On deeper levels, stress is knowing that you have a song within you that you have yet to sing; stress is feeling out of touch with your life’s purpose; stress is negative beliefs about your health; stress is being overwhelmed with negative emotions, feeling that nobody gets the real you, or pretending to be something that you are not. Ultimately, stress is feeling disconnected from Source. Herein lies indeed the core reason why people do not have peace of mind which would enable them to cope well with challenging situations.

On average we have about 50 stress responses per day in modern culture. Lissa Rankin emphasizes in her talk that every time your body is in stress response its natural self-repair mechanisms are disabled, adding: “And what kills me about this is that as doctors, by not acknowledging that, by not helping you recognize that, by not identifying with you what might be activating those stress responses in your body, we might be doing the unthinkable: we might actually be killing you. We might be reducing your life expectancy, the quality of your life and your whole life span, and that is not ok.”

How do you feel about such concerns of a doctor who knows the medical system from the inside? Are you also moved to invest into the urgently needed changes about which Lissa Rankin notes: “What we need to reclaim is the soul medicine that we used to have. Several hundred years ago we were much better at the soul medicine part of this. We think that chronic stress is an inevitable part of our lives.” To move out of this situation requires going into depth when addressing health issues in order to become clearly aware where the root cause is to be found, which is always in the soul and inner heart where the decision is made to either focus on cultivating a stable inner state of peace and harmony or to live a rather superficial life and if troubles come up to look for a quick fix in the form of taking some drugs as if in this way issues could be resolved.

Lissa Rankin rightly emphasizes that we need what she defines as soul medicine, the experience that you are loved just as you are, adding, “*Medicine is laughing out loud, speaking your truth, medicine is*

*knowing that you belong, medicine is communing with nature, medicine is nourishing the body with real food, medicine is tapping into Source."*

Compare such an attitude with the everyday experience of most patients that their physician has only a few minutes time for them and the solution is nearly always to get some prescription to take some artificially created drug(s) while none of the aforementioned ever so essential aspects are usually addressed at a visit to your doctor. This very sad situation has become the general rule rather than the exception due to the collective failure of both doctors and patients to have a rather superficial and materialistically oriented attitude toward health in general with the end result to seek the cheap solution like swallowing some pills instead of searching for the root cause of the disease felt in the body and to eliminate it so that complete wholesomeness will be restored.

Lissa Rankin makes her attitude clear: *"This is my tough love TED-talk. I am saying this because I love my profession so much that it breaks my heart what has become of us. And I love each of you so much that I can't bear to see you squander even one more day of this beautiful life that you have the opportunity to live, and I don't want to see you accepting chronic stress as a natural part of our lives. We don't have to live this way. Life can be so beautiful. Every morning you wake up and you are so excited about the possibilities that lie ahead of us because anything could happen. And you are surrounded by people who love the real you, not the masks that you put on to try to fit in, but the real you underneath. You are living your purpose and you are finding and fulfilling your calling. You are expressing the divine spark in you."* Yes, these are indeed aspects to make your own in order to be able to truly enjoy life. Once such a mind-set is embodied, no more need for pills will arise and this will naturally lead to the very end of the drug industry.

The here-mentioned aspects have been scientifically proven to reduce stress responses in the body and activate relaxation responses, to help your body's natural self-repair mechanism heal you. When we become deeply aware that our body is beautifully equipped with such wonderful functions which are deactivated every time your body is in stress response, then we will make sure to avoid stress under any circumstances based on an attitude of having set one's priorities right to know what really matters.

About her personal situation, Lissa Rankin mentions in that public talk that by the time she was 33 years old she was taking seven medications in order to stay in the game in her stressful life. She was told that these 7 medications was something she was going to have to take for the rest of her life. Merely this simple fact alone once again confirms that allopathic medicine is not at all the solution aimed at healing but serves the pharmaceutical industry by seeing pills as the main solution to whatever may trouble the minds of people and affect their bodily situation. Lissa Rankin drew the consequences of her realizations and quit her job in medicine although she had spent 12 years training to do this work. She took her entire life savings and invested it into following a dream so that I could be here talking to the audience whom she encouraged to write the prescription for themselves. Yes, each and every one has to do this for himself or herself based on finding out what the soul needs because as soon as inner harmony is restored the external well-functioning of all the processes in the body will naturally follow.

Lissa Rankin's concluding words: *"I encourage you to give your body the medicine that it really needs. So I ask this of you. We are in this together. I have a dream of healing healthcare, and it's going to take a grassroots effort – you and me together. And I've got to do this together with you, empowered patients and conscious healthcare providers uniting together to reclaim what is rightfully ours. Let yourself give yourself the medicine you really need."* This is indeed what needs to be done by each and every one who feels responsible.



## The root cause why the medical drug industry will definitely disappear

If everything is fine then one does not need to write hundreds of pages about reality to offer in-depth explanations, because if things are clear then no extra reflection is necessary. This is only needed if things go wrong, and they have gone very wrong in the field of medicine when it moved from being centred on natural healing methods to relying more and more on artificially created drugs. The main change in this respect took place around one century ago when David Rockefeller made sure that traditional medicine is removed from medical schools in order to secure his monopoly by launching a targeted smear campaign against his competitors. Homeopathy and natural medicines were discredited and demonized through the newspapers and other media of the time.

In other words, lies were used to deceive people for selfish purposes which has not only continued but increased more and more as the decades passed by, culminating in the implementation of the corona pandemic which represents one more epoch-making victory of evil forces on the worldwide level. Things can hardly get worse as they are presently developing with incredible lies being propagated as truth in so many areas of life, from the personal level to international affairs. Behind all those evils stands a tiny minority of a powerful elite who pursues their egoistic agenda with no mercy for their victims.

The Covid crisis has awakened many people to realize what is going on, but the awakening has unfortunately not gone far enough. The globalists are therefore still in power, preparing for further “pandemics,” spreading even greater lies than ever in line with the reality that if tyrants are not stopped, they get more and more evil. Among the main lies promoted are man-made climate change and the usefulness of vaccines against all kinds of diseases, whereas the opposite is true. In the face of such a reality this book was written on the foundation of what is expressed in the other two previously mentioned publications by the author to shed light on core points why allopathic medicine is on a completely wrong track, as it is built on a materialistic worldview and therefore in no position whatsoever to benefit people in the long-run as everybody has a precious soul where any health issue arises and where it has to be resolved.

The title of this book proclaims the end of the drug industry which has certainly arrived as soon as the full truth about it is exposed and the correct alternative is presented so that people can see clearly the difference between the fake promises of the medical industrial complex and how to live without any of their products. At the moment few people are aware that a happy long life without a single pill is easily possible, a fact which is confirmed by the natural world where neither animals nor plants need artificial help to prosper well. What is required to reach this goal is the correct understanding of the basic processes in the human body and the insights necessary to maintain a stable harmonious spirit and expressing a loving heart.

To reveal everything that is wrong and how things should be done correctly regarding the task of taking care of your health is the first step to the complete demise of Big Pharma because once people are aware of the harmfulness of their products, they will stop using them. Yet the problem remains that people all too easily act even against better knowledge, a human trait which has allowed the present tragedy to become a reality. Unless this core root problem of corruption in the mind is resolved, no lasting solutions towards goodness is possible on a broader level.

From this standpoint it is clear that our focus must be directed toward what is going on in the hearts of people, and their actions have to be evaluated primarily in the light of how a truly caring person would behave. The failure to act in a responsible way has brought us to today's miserable overall situation, and therefore only the readiness to feel fully responsible will enable us to leave our tragic human history behind and to move into a bright future.

## The biased prejudice of scientists towards intuition and personal insight

At this [\(4\)](#) link you can listen to a lecture by David Tolin on “*Pseudoscience in Mental Health Treatments*” where he quotes Alan Cromer: “*All non-scientific systems of thought accept intuition, or personal insight, as a valid source of ultimate knowledge...Science, on the other hand, is the rejection of this belief, and its replacement with the idea that knowledge of the external world can come only from objective investigation.*”

Now, who decided that rejecting intuition is science and welcoming such a precious source of knowledge is pseudoscience? Actually, the opposite is the case. Those who do not acknowledge intuition as a valuable source of insights are pseudo scientists because they do not live up to the task of gaining knowledge from objective investigation. An objective attitude can be seen in people having no prejudice, in this case against people knowing things through intuition, an ability which the vast majority of humankind makes use of. It may be called gut feeling or other names; in essence it is about people knowing things not intellectually but intuitively and as it turned out in countless cases, they were very right.

In other words, there is such enormous evidence that gaining knowledge with the help of intuition is definitely a valid method whereas so-called mainstream science harbours a strong bias against sources of insights that cannot be measured with their instruments, although it is clear that even cutting-edge technology will be further refined to provide ever more detailed information which is not yet available at the moment with the help of existing instruments.

Science is defined as the intellectual and practical activity encompassing the systematic study of the structure and behaviour of the physical and natural world through observation and experiment. How about observing a sensitive woman who is always right when acting in line with what her intuition shows her? Scientists believe in experiments which can be repeated, always gaining the same result. But when a person proves that she can know things in advance and make the correct decisions without knowing details then suddenly scientists leave their own principles and definitions behind to show a very biased attitude to reject such an invisible source of knowledge as pseudoscience!

Science is the pursuit and application of knowledge and understanding of the natural and social world following a systematic methodology based on evidence. Scientific methodology includes objective observation, measurement, and data. More than enough evidence exists that a person's intuition is a valid source of knowledge, yet this fact is rejected by mainstream scientists, confirming that they are not really doing science as they have left the basic requirement of looking at things objectively.

Science is defined as the observation, identification, description, experimental investigation, and theoretical explanation of natural phenomena. Intuition is one of the natural phenomena people experience in daily life. Why is it excluded from scientific research and discarded as pseudoscience to begin with? No reasonable justification exists for such behaviour other than scientists being caught up in blindness due to their prejudice which hinders them from seeing things objectively as they are. They do not even attempt to expand their knowledge by looking for explanations of this natural phenomena of special human abilities which cannot be measured with some physical instrument, yet is very much part of real life.

Science is a systematic way of observing the world and doing experiments to understand its structure and behaviour. So, a scientific idea is an explanation for how something works or the truth about some aspect of the world that was figured out using the scientific process, which includes of course control experiments. One only needs to compare people who use their intuition and those who don't and it becomes obvious that those who do are much more successful in recognizing things correctly. This fact can be objectively confirmed in people all around the world, repeated again and again, yet most scientists are not prepared to deal with this situation, showing that they are pseudo scientists because they exclude part of reality based on biased preconceptions!

Here is another definition of science: *"Science is a way of knowing about the world. At once a process, a product, and an institution. Science enables people to both engage in the construction of new knowledge as well as use information to achieve desired ends."* How about using the commonly known fact that most people use their intuition or gut feeling to make the right decisions as an established information? Of course, this should absolutely be part of scientific research, yet it is not due to the incredible prejudicial attitude of scientists toward such special abilities which may also be defined as a certain sixth sense. Denying such a reality confirms that conventional science is on the side of doing pseudoscience.

Concerning the purpose of science, it is generally accepted that the central purpose of science is to explain and perhaps to predict. Do scientists make any efforts to explain why people are able to make the correct decisions based on their intuition or to predict what will happen with the help of their sixth sense? No, they close their eyes in front of such a commonly known phenomena, confirming that they are pseudoscientists who exclude part of reality. Yet, such people who act in the end anti-scientifically are in the position of being recognized as the authorities to be listened to and whose directions must be followed!

The 3 main goals of scientific research are: description, prediction, and explanation/understanding. Do scientists describe the phenomena of intuition, gut feeling, sixth sense, et cetera? No, none of the establishment does, proving that they are not real scientists but people who act with a deeply rooted prejudice against what they cannot measure with their instruments, although it is clear that the here-mentioned human abilities are very real. The question "What is the core of science?" can be answered in the following way: *"Testing ideas with evidence from the natural world is at the core of science. Scientific testing involves figuring out what we would expect to observe if an idea were correct and comparing that expectation to what we actually observe. Scientific arguments are built from an idea and the evidence relevant to that idea."* More than enough evidence exists that intuition is part of the human psyche, yet this reality is totally ignored by the vast majority of scientists, who in this way, identify themselves as pseudoscientists. Science can be thought of as both a body of knowledge (the things we have already discovered), and the process of acquiring new knowledge (through observation and experimentation — testing and hypothesizing). Why are people's intuition, their gut feeling, and their sixth sense, not tested to gain more scientific knowledge about these special abilities which are used on a daily basis by many people not part of scientific studies? The answer is once again the same: due to the prejudice in the heart and mind of mainstream scientists.

When you ask *"What is science truth?"* you get as answer from the *Oxford University Dictionary* as a source: *"Scientific truth is based on facts. Philosophy, religion, feelings, and prejudice have nothing to do with science. Only facts matter. Verified, reproducible facts are the bedrock of scientific truth."* Please consider: feelings and emotions are a 100% confirmed fact in every human being, yet they are excluded from scientific research! Why? Isn't science the gathering of knowledge from the natural world of which human beings are part? Of course, yet mainstream science is run by pseudoscientists full of prejudice and therefore definitions as the one quoted here are propagated, rooted in a terrible bias against what is deeply human—feelings—which are present in each and every person, not sometimes but continuously. Ignoring them is at the root of the downfall of science which is failing miserably, especially when it comes to providing valid insights into health issues, which are at the core of this publication.

## Why is it very important to turn away from mainstream pseudoscience

In the document titled *“The biased prejudice of scientists towards intuition and personal insight”* it was shown that the prejudice of most scientists exposes them as pseudoscientists, and as such their work is greatly lacking, especially when it comes to providing valid information concerning health issues, a problem about which you can learn a lot in this publication.

What is crucial to realize in this respect is the harmfulness of a prejudiced attitude as shown by the scientific establishment which is indeed fatal when it comes to apply poor science to medicine, as addressed, e.g., under the theme *“The battle against medical fraud and deadly medicine.”*

As a reason why it is important to learn about science, you can find the following explanation: *“Firstly, science helps our understanding of the world around us. Everything we know about the universe, from how trees reproduce to what an atom is made up of, is the result of scientific research and experiment. Human progress throughout history has largely rested on advances in science.”* How about understanding not only our surroundings but especially people’s inner world? Why is this not the primary goal of science? Why is it not considered to be of utmost interest to learn about internal aspects rather than knowing all the details of the external realm? The answer is obvious: most scientists are biased toward the realm which they cannot measure with their instruments and exclude them from their research instead of putting it into the centres.

Let us look at the statement *“Human progress throughout history has largely rested on advances in science.”* Despite the many claims of great progress, we see in today’s modern world very grave problems which have not been resolved. If we search for the answer why it is obvious that we did not do enough scientific work when it comes to the internal reality of people. Ideally, psychiatry should be the leading field in this respect, yet the opposite is the case. Psychiatrists are not at all experts on the mind but rather pushers of drugs when it comes to everyday reality. This totally unacceptable situation must urgently change and for this very purpose this book was written, exposing scientific fraud on many levels. As soon as the full truth comes to daylight, deception cannot be upheld any longer and it will definitely lead the medical industrial complex to collapse and disappear. But this will only happen concretely to the extent that people awaken to recognize the evil practices which are firmly established and defended by the lobbyists of Big Pharma.

In this respect, I would like to encourage everybody to listen to those who have been fighting for decades against such corruption, such as Peter C. Gøtzsche, e.g., his lecture [\(5\)](#) with the title *“Survival of a Whistleblower”* which he gave at the Summer Institute in 2018

The main values of science—to be rigorous, rational, honest, critical, creative, etc.—can explain how science aims as far as possible at the truth although the scientific knowledge is always under construction. To come closer to understanding the full truth, should we not be serious about implementing the here-mentioned values by adhering to strict scientific principles and to deal honestly with what is, instead of closing the eyes in front of reality? The latter is widely done by mainstream scientists who are nowadays more than ever depending on those providing money for their research, which comes mainly from the side of the industry which in turn pursues certain interests.

In this way, we are far from independent science with the consequence that we are getting further and further away from the truth than closer to it, especially when it comes to questions of health and the functions of the human body, which are largely misinterpreted based on a materialistic view of the world. Considering all this, it is truly high time to turn away from mainstream pseudoscience.

## Characteristics of pseudoscience are present in mainstream science

In the aforementioned lecture on “*Pseudoscience in Mental Health Treatments*,” David Tolin explains that pseudoscience is characterized by an overuse of ad hoc hypotheses designed to immunize claims from falsification through explaining away negative findings that question one’s own preferences or results. That is unfortunately continuously happening, especially when it comes to the official narrative like man-made climate change or infectious diseases against which all people must be vaccinated. As a second characteristic, David Tolin mentions is the absence of self-correction when scientists refuse to adapt their theory to new information, a behaviour which is widely spread in how conventional science deals with controversial issues. An openness to seriously deal with arguments is greatly lacking due to a mind-set of narrow-mindedness, sticking to scientific dogmas just as religious people act in connection with their dogmas of faith.

As a third aspect, he puts the tendency of evading peer review and an overreliance on testimonial and anecdotal evidence. Is such an attitude present in mainstream science? Definitely, no matter how much it may be denied, whereby it is crucial to also see the grave limitations of peer review because often new findings are not taken seriously as no peer review exists (yet). The readiness to let your own work be scrutinized by other researchers who do not agree with you is greatly lacking in mainstream scientists for reasons which can easily be understood because they are human beings after all and apt to live in their own little self-centred world. That does not mean that this is ok. Such an egoistic attitude must be addressed as it has led to too many tragedies already, which is obvious when you have a closer look at historic developments particularly in the field of medical research.

As a fourth characteristic of pseudoscience, David Tolin refers to the emphasis on confirmation rather than refutation by seeking out evidence that affirms benefits whereas it is the task of scientists to try to disconfirm their own theory. In reality most of them skip this important part, which can lead to deadly consequences for millions of people when it is done. e.g., by virologists who claim dangerous viruses against which people must be vaccinated without having done any control experiments as to whether their assertions are actually true. This is what could be once again witnessed on the worldwide level during the corona crisis.

Pseudoscience can be seen in people clinging to theories without attempting to provide irrefutable evidence and omitting control experiments to make sure that any error on the side of scientists is excluded. Unfortunately, this human weakness is widely present in the mainstream scientific world along with the attitude of the reversal of the burden of proof, demanding sceptics prove that claims are not true. It is of course the job of the one who makes a claim to prove that it is indeed valid. Further characteristics offered in David Tolin’s lecture are the absence of connectivity, the failure to account for existing paradigms from other disciplines, and the use of obscurantist language with impressive-sounding or highly technical jargon, a language which is essentially designed to be confusing for others. Again, this is what can be found in conventional science particularly in the field of medicine. A language is used which makes things sound more scientifically vigorous than it actually is.

The American Psychological Association has addressed this issue in a code of ethics, yet in reality experts are widely not held accountable for their actions. There is also the science practice gap of different groups of scientists with opposing views, manifested in confrontations “*involving deeply held beliefs, political passions, views of human nature and the nature of knowledge, and — as all wars ultimately involve — money, territory, and livelihoods.*” Yes, this is how reality looks like and depending on how many people are on which side, science is moving in a good or very bad direction whereby the latter has unfortunately become more and more widespread in recent decades. Therefore, it is truly important to address the issue of pseudoscience practiced by mainstream scientists.



## Prescribed drugs kill by far more people than wars

In some areas it does not make much difference what you believe whereas in others it may well be a question of life and death, e.g., when you think that traffic rules do not matter, you may soon find yourself in a very serious car accident. In this respect it is obvious for most people how grave the consequence of wrong concepts can be, but not so in others, particularly where people trust some experts to know best and do not invest themselves into making their own research to find out what is correct and what not. Unfortunately, the latter is widely the case regarding healthcare, with terrible and even fatal consequences for countless patients who rely on doctors who themselves are not really qualified to provide the needed support. One example are the 10 million cancer patients who die every year due to oncologists' ignorance concerning the true cause of cancer. The same applies to the adverse effects of vaccinations which do only harm, a fact that is clear for anybody who looks at the actual data.

And here is where the main problem lies: People do not know how very bad artificially produced drugs are for the human body, which applies especially for those prescribed by psychiatrists. On top of that, their claims are widely based on myths like that of contagion, of people making each other ill, and straight out lies like a biochemical imbalance in the brain as a cause of mental disorders. Without any scientific evidence all kinds of stories are created and repeated until everybody thinks they are true whereas they are not true at all, like the claim that pills can treat mental issues.

Hardly anybody is aware that a chemical imbalance in the brain as a cause of mental illnesses was never shown to be the case. It is a totally invalid claim which is alive and well although it has nothing to do with facts, just like the claim that pills can rebalance hormone levels. The masses have not the slightest idea of all these lies and therefore readily take the prescribed antidepressants and other antipsychotic drugs only to suffer the long-term consequences of becoming in this way a drug addict, whereby it is the harder to get off this kind of medication the longer a person takes it. Because people believe that they have some biochemical disorder in the brain it makes it all the more difficult for them to stop taking their pills, although they may suffer greatly from their harmful effects on the body. What it all comes down to is described in the book *Deadly Psychiatry and Organized Denial* where Professor Peter C. Gøtzsche documents that psychiatric drugs kill. He explains in evidence-based detail why the way we currently use psychiatric drugs does far more harm than good.

Deception is happening on many levels, particularly when trials are performed to show that a drug is effective. In psychiatry, participants are chosen who are already on some medication and when they receive a placebo then they show withdrawal symptoms more grave than those seen in patients who receive the drug to be tested. So, the experts compare and say that the outcome is better if people take the new pill. Withdrawal symptoms from antipsychotic drugs can be much worse than when people try to get off heroin. Usually, no clinically relevant positive effects are observed with new drugs, yet great benefits are claimed which are non-existent. Another evidence of how bad new pills are can be seen in those who get the drug leaving trials earlier than those who get a placebo, which means of course that a placebo is the better drug. Not adequately blinded trials are commonplace.

All kinds of ways are used to deceive people who become innocent victims of medical malpractice with all kinds of problems, such as half of the patients who take antipsychotics getting sexual problems besides the increased suicide rate both for young and old. The harmfulness of drugs can also be seen in statistics like: the more they are used the sooner people come on disability pensions. Within one decade, the percentage of people receiving such pensions due to psychiatric reasons rose from 10% to 60%! If the drugs were good, the data should show the opposite result. In this way millions of drug addicts are created by psychiatry who cannot get off their drugs.



## Chapter 2

### The example of M.'s situation

Dear reader,

In the following pages you learn about what became a reality for a teenager in the Western world who as a completely healthy person was put into a mental hospital and how those involved reacted in the given situation.

This story which began in May 2022 is shared because it could be anybody who comes to be faced with such circumstances and therefore it is important not to focus on who did what wrong, but on fundamental points which made such a tragedy possible. It is rooted in totally wrong concepts on the side of psychiatry which is fully supported by society.

The solution lies therefore in a fundamental change of attitude, particularly toward mental issues. The underlying issue is whether we look deeper at the root to recognize why people are struggling with some problem or we take a superficial standpoint based on the completely wrong concept that pills are needed to deal with challenges in the field of health. For thousands of years people have lived a long life without needing any pills and this is also possible today for each and every human being.

The core problem can be found in everybody having been indoctrinated so strongly by the mainstream media and medical establishment along with the whole educational system to think that drugs and vaccines are the best solution that most people seem to be incapable of having a second look at their concepts. This is what M.'s mother encountered when fighting for her son to be released from the mental hospital and to be taken off the drugs that were pushed on him.

Rather than pointing the finger at others in a situation where very grave mistakes are made, the main issue is the question as to which attitude you and I have in front of what is going so very wrong in society, particularly in the medical field. Are we part of the problem by blindly trusting the so-called experts, or are we prepared to expose what is wrong and to invest for the urgently needed changes to be manifested starting with ourselves leading a drug-free life?

In the following pages, the wrongdoings of certain people are exposed not with the purpose of blaming them individually but to make it clear how very bad the situation has become and to clarify what needs to be very different from how reality looks today. This book is about a fundamental change in consciousness as to what you and I believe is necessary in order to remain healthy our whole life long. For this purpose, it is necessary to have a sober look at reality and to make it clear which mindset and actions are wrong and on the other hand what the right attitude includes.

While sharing about what has become a reality, the main issue is to learn the needed lessons and draw the correct conclusions to bring an end to medical malpractice. This is what we must achieve by leaving false medical dogmas behind and making the right view our own so we can enjoy a long life in good health. The situation of M. presents many valuable lessons and therefore it is presented as an example of what can be done in the face of medical misconduct.

## A completely healthy teenager was put into a mental hospital

The middle letter of the alphabet, M., is used as abbreviation for the name of the person whose story is at the centre of this publication. It is important to consider that it could be you or me or anybody who can come into such a situation of being declared to be mentally sick although we are completely healthy. There are many lessons to be learned from this real story which is taking place in the second year of the second decade of the third millennium.

Yes, it may happen to any healthy person that he or she is considered to be a problem, a situation which we could witness already during the past two years in connection with Covid when suddenly everybody was seen as a potential danger for society and locked up in their own homes, forbidden to go out of the house except for certain purposes. Very sadly, only a few have awakened to what has actually been going on with a planned pandemic having been staged that was well prepared up to the finest details so that it could be so successful in reaching its objective, namely, to move trillions of dollars from the common people into the hands of a tiny elite at the top.

Immediately following this *coup d'état* in the form of the seizure and removal of existing structures to create a new social order along with the financial power of common citizens, with hundreds of millions having been pushed into poverty, this successful pattern is being repeated centred on Ukraine with the media propaganda again doing a perfect job to brainwash people so that they believe every word the mainstream media is saying. The beneficiaries in this case are particularly the military industry which in turn is also largely in the hands of a few super rich people so that basically the same process of stealing money from people is manifested where once again politicians play a crucial role to further the very evil agenda of those at the very top on the worldwide level.

All of this is only possible because people can be so easily influenced to believe something, no matter how irrational it may be. And here is where the story is rooted which is shared on these pages with the hope to stimulate one or the other among the readers to really start thinking and to become serious about what has been happening throughout history and is still taking place today on an enormously large scope with people being made to believe something which does not exist in reality.

It is about an exemplary young man who was taken out of his busy life from one day to the next to end up in a closed institution, declared to be a mental case, although he is completely healthy in mind and body. As of the time of writing these lines he is in the psychiatric department of the University Hospital with only one wish, to get out from there, with his parents fighting for him while faced with the established structures and powers in front of which their rights are very limited.

This is the story of M., presented in this book, the story of a teenager full of hopes and dreams in his heart, presently learning a handy profession (carpentry). One of his teachers told his mother that her son is **“a very, very good boy and excellent student.”** Basically, all his friends and their parents as well as his co-workers testify about him being a very reliable person of excellent character, heart, and mind.

One day in spring of 2022 he was brought without his parents' knowledge to the health centre of his town where it was suggested he speak to a psychologist. He was then brought to the National University Hospital where they did not find any physical reason of concern, so he was sent to the Child and Adolescent Psychiatric Department which is a separate building where patients are locked up who are considered to be a danger to themselves and potentially also for society. There he was diagnosed with a psychosis and is medicated with Abilify (aripiprazole) which is used in the treatment of mental health disorders such as depression, bipolar disorder, and schizophrenia although he has none of these symptoms.

**What caused the change** from M. being highly thought of and appreciated by everybody who knows him well to be classified as someone with a serious mental disorder? **How is such a sudden change possible from being an exemplary, dedicated person** full of ideas and dreams to be someone **classified as a mental case** who needs to be locked up at the psychiatric department and treated with drugs that have very harmful side effects? **There is zero reason for him to be classified with psychosis.**

**In which way is it proven that he has lost touch with reality as it is claimed?** This is a serious question. One of the staff of the National Agency for Children and Families told his mother that her son is “very sick” because this is what she was told. She never met him but blindly believes what the experts say whereas, in reality, M. is still normal and healthy as always — except where taking the drug aripiprazole has already taken its toll on him, as the side effects of this drug are grave. Surely the staff has a bad influence on him in the form of indoctrinating this young man that their miraculous drug, of which one third of those who take it suffer adverse side effects, is his saviour, the only way to go, to take it at least for one year and maybe for the rest of his life.

He was declared to have a psychosis which is defined as “A severe mental disorder in which thought and emotions are so impaired that contact is lost with external reality.” What are the concrete signs that M. has lost touch with reality so that he must be imprisoned in the psychiatric department against his expressed will and the strong opposition of his mom and dad? **Both the parents and their son see zero reason for him to be there.** Until their son was taken to hospital, they never heard from anybody that they consider their son to be a mental case.

What is so very shocking about this situation is that none of the many specialists and staff working at the University Hospital, none of the expert psychiatrists of the institution where he was placed, recognized even after many weeks of M. staying there that he is a completely healthy young man not only on the physical level but also mentally, although they are continuously observing him.

This book is particularly focused on internal aspects and questions that arise when reflecting on the overall issue of the excessive use of drugs where artificially created pills are NEVER the solution to health issues. They all begin in the heart and mind of people and must be resolved there. This is only possible by addressing the existing problems and finding the best possible ways to restore inner harmony as foundation for enjoying a happy long life.

## An outline of the issues regarding the case centred on M.

- 1) A **completely healthy teenager** was put into a mental hospital.
- 2) He is “forced” to take drugs which have **very grave adverse side effects**.
- 3) **Not the slightest reason and justification exists** for such a course of action.
- 4) **No confirmed scientific evidence** for the effectivity of aripiprazole is available.
- 5) We have a case of M. being **robbed of his freedom without any valid reason**.
- 6) **The bodily wellbeing** of an innocent young man is being harmed.
- 7) We demand a **thorough investigation and exposé** of what has become a reality.
- 8) Those responsible for M.’s situation must **be held accountable for their actions**.

We request that the **written questions** in the documents that were presented in connection with this case **be answered** as they are not only related with this case of M. but refer to an essential problem of using an **unscientific way of handling patients’ situation which absolutely must be stopped in all areas**. Therefore, we request that the **underlying issue of non-scientific content being presented as being rooted in science** to be checked and examined in detail, because in reality the way of handling M.’s situation by those in responsible positions is merely based on some **belief system**, in this case that taking pills is the solution to mental problems.

### **The goal is to end all unscientific practices by the medical establishment:**

- 1) The **effectivity of most drugs was not shown** based on scientific research which includes **control experiments without using any drugs** to rule out that the claims are not based on **self-deception**.
- 2) Particularly in the field of psychiatry, the **usefulness of taking drugs was never confirmed in line with scientific standards** to ensure that other components or aspects are not the cause for a person’s mental health being improved.
- 3) The introduction of **medical freedom of choice** by patients and **true healing methods which stand on the foundation of a profound understanding of the root cause of illnesses** and are therefore in the position to bring real and lasting healing.
- 4) The ultimate goal is that **exposing medical malpractice and unscientific work** in the field of psychiatry will also lead to **all other areas of medicine to be checked for true scientificity** by making sure that the control experiments are being done properly, which is definitely not the case with drugs used in psychiatry, for the claim that vaccines can protect people from getting some infection, and that radiation, surgery, and chemotherapy are the best way to deal with cancer (see details in the 2 books by Nikolaus Beutl).
- 5) Only drugs with **scientifically confirmed effectiveness** must be used for healing. All medication involving drugs must be checked for their objective effectiveness and removed wherever **alternative ways of natural healing** are possible — actually, in nearly all cases.

## Further basic aspects in connection with M.'s situation

1) A **completely healthy teenager** was damaged in his health through the drugs he received in the University Hospital. He was put there as someone in very good mental and physical health and then pushed to take drugs which gravely harmed his wellbeing both mentally and physically.

2) At Frontiers in psychiatry it says: *"In healthy individuals, treatment with aripiprazole (Abilify) leads to a **significantly altered network, as well as lower cognitive performance.**"* The network in the brain of M. was significantly altered so that he now has lower cognitive performance whereas, before entering the hospital, he was an excellent student.

3) In the report dated May 13, 2022 it says, "The boy has **probably** psychosis" and treatment was started already on May 9, 2022 **without a confirmed diagnosis**. The claims concerning the health state of M. are full of **contradictions** as shown in detail.

4) M. was classified as a patient having F 23.9 in the report of May 18, 2022. No valid justification for such a diagnosis exists in the light of the actual facts as outlined in this compilation of documents. **The misdiagnosis is already exposed**. The next step must be the **public apology** from the side of the hospital, the **indemnification** for the damage done, and payment of compensation for the harm to the brain and other parts of the body.

5) **Unscientific practices like pushing drugs** that merely may or may not help must **stop immediately** because the risks of damage are much higher than any expected benefits for which **no scientific proof** is available: everything is built merely on hypotheses and theoretical possibilities.

6) **Wrong and outdated concepts** like the need of some drugs to deal with mental disorder have to be **replaced through reliable treatment as natural methods** which are not based on illusions like the idea that taking some pills will improve brain functions.

7) The claim that drugs are the best solution in dealing with mental health issues lacks any valid scientific foundation. A **thorough comparison between those who take drugs** and those **who recover without them** was not done and accordingly the basic criteria of reliable control experiments is absent.

8) The **freedom of choice regarding the treatment** a person wishes to receive must be restored and secured so that nobody has to take medication against his will, especially when it is not proven to be positively effective, which definitely applies to aripiprazole.

9) The implementation of true healing methods which stand on the foundation of a profound understanding of the root cause of illnesses and are therefore in the position to restore the complete state of overall wellbeing with any health issues having been fully resolved.

10) In the interest of the whole nation it is decisive that malpractice and unscientific work is completely eradicated not only in the field of psychiatry but also all other areas of the medical establishment so that only 100% reliable methods will be used.

## Questions by the parents to the doctors responsible for M.

At the first meeting with the staff of the Psychiatric Department to discuss the treatment of M., the mother had the chance to read the following content that includes very important issues and questions from the side of the parents concerning the medication of their son through aripiprazole (Abilify):

The first **pledge** of every medical doctor is **not to do harm to the patient**. Therefore, we would like to ask you to consider the following points and respond to each one of them:

1) The list of the harmful side effects of the drug you are giving to our son is much longer than the expected benefits! This means that this medicine is **primarily HARMFUL**! Here are three links which confirm this fact: [\(6\)](#), [\(7\)](#), [\(8\)](#)

2) How is it possible that something good for the body can have **so many negative effects**? If it is good then it will have primarily good effects. As there are so many more possible negative effects this medicine is **very problematic**!

3) Please explain **how something good can at the same time be bad for the body**. This is a logical and practical **contradiction**! What kind of chemicals are in this medicine which have the ability to have good as well as bad effects at the same time for the very same body?

4) This drug is meant to help people with psychosis, bipolar disorder, hallucinations, etc. **which our son does not have**! This drug might treat irritability in children with Autism, but our son isn't autistic! It is supposed to improve concentration and severe mood swings which he also does not have (only slight ones, which are very normal). He is definitely mostly very positive, a fact to which all his friends can testify. Why then does he get a medicine against depression, etc.? **That does not make any sense at all!**

5) There are only 49% positive reports about this drug whereas 34% of the patients report negative effects. That means only every 2<sup>nd</sup> person can say something good about this drug, whereas **every third person suffers from negative results**! Please consider that this means, according to the statistics, that our son will suffer on average every third day negative side effects! Why do you put him into this very dangerous situation of being faced with this **grave risk with such a tiny amount of positive results** to be expected?!

6) **Serious warnings** concerning the usage of this drug: **black box warnings** are the most serious drug label warnings the FDA requires. The drug Abilify has two. One warns of **suicidal thoughts** among children, adolescents, and young adults who take aripiprazole. The other warns that elderly dementia patients who take the drug have a higher risk of death.

Do you realize the **very serious danger you are putting our son** into by prescribing this drug for him? For what it supposedly helps our son does not have, and the horrible list of serious side effects is absolutely not worth risking! You told us that this one is the mildest of the psychotic drugs. How much worse would be the others for our son?

**Who gave you the right to put our son into this kind of seriously risky situation when you are supposed to help him?** Please tell us **exactly what is wrong with M. so that he has to take this kind of drug** in order to become fine again.

7) It says in official page that this drug **DOES NOT CURE the condition** (which someone labels on our child). It **only MIGHT help** to control some symptoms! So, what is so very wrong with our child that he must be put under this **terrible risk situation to MAYBE get some positive result**? **How can you justify** such a procedure which is **not necessary at all**?!



8) We **absolutely do not accept the 34% possibility of serious side effects** (not even one of them) such as headaches, constipation, choking, suicidal thoughts, anxiety, insomnia, saliva drooling, tiredness, pain in limbs, joints, panic attacks, tiredness in chest, swelling in mouth and tongue, weight gain, tardive dyskinesia (strange face grimacing), vomiting, causing of compulsive gambling, etc.

9) If this drug will be given to our son without our approval, we would consider it **as attempt to harm our child**, which clearly goes against the pledge doctors are making upon their graduations. He is not at all in a situation where he needs this kind of medicine with such a miserable track record!

10) There is a 49% chance of possible positive effects, minus 34% of expected negative effects, leaving only a 15% realistic possibility that this drug has some benefit for our son. For this **tiny 15% chance to improve his situation**, you put him to the risk of all those negative side effects! Not even healing can be expected, as this medicine **does not heal** the condition. Why are you doing this when there is an **85% chance that it is useless and in the end only harmful**?

May we ask you to consider this comparison? If your car is not working well, do you go to a mechanic who then tells you that he cannot repair it but he can probably improve its function by 15%, but there is the reality that 34% of the cars he tried to repair got more problems? **No reasonable person would do such a thing!** Why then do you expect us to agree with our son being given a “medicine” which does not heal or resolve his alleged problem and offers merely a tiny 15% chance of improving his conditions where every third person taking this drug suffers from harmful negative side effects?

11) There are more than enough natural ways of healing without the need of artificially produced drugs. Our son does not feel unwell because he took some chemical substances. Why do you expect that he will become fine by taking them? There is **no logic** behind such a procedure. In a situation where his alleged problem has an **emotional cause**, it must be resolved there by dealing with his actual situation and not expect some **lifeless chemicals** to do the job because they **cannot correct a living biological system!**

12) We trust that you take these points seriously and give us very clear answers to each one of these points. We will record your statements because we need to be sure that you are doing your best to help our son in the best possible way and not put him under totally unnecessary risks of all kinds of terrible side effects. **He definitely does not deserve such a treatment.**

## The treatment M. receives in the mental hospital

1) M. is now **separated from his friends, and family members were until recently only allowed to visit for one hour per day!** M. feels like **being in prison**. Are such actions which give extra stress to M. helpful for him? They are definitely harmful! Why are those who make such decisions which are not helping at all but causing more harm to M. **making him suffer totally unnecessarily** and considered the authorities to be trusted and **M., the victim of their harmful actions**, as the one who has a mental problem? The answer is obvious: it is those who **claim to help M. while at the same time harming him** emotionally who are the problem here! They say that they are doing something good whereas in reality they are hurting him. Such **contradictory behaviour** points to **those who act in such a way as having a split personality or double standard**.

2) Concerning **internal causes of psychosis**, it is clear that *“severe stress or anxiety, feelings of persistent sadness”* can lead to psychotic disorders. Now we have **doctors who put M. into a situation of intense continued stress!** He is a very sensitive boy and strongly suffers under this kind of treatment. They purposely put him into such a situation by **depriving him of the love from his family members** who would like to spend much time with him. He knows that and would like to have them around, but such a possibility is restricted to merely one hour per day!

In this way, **the contradictory nature of those in responsible positions is confirmed**, that on one hand they are claiming to help M. and are well paid for that, while on the other hand they are treating him in such an inhuman manner by **stealing from him (not allowing him to have what is most important) the full experience of love from the side of his family**, hindering them to express their love to M. by restricting the visiting time to one hour per person!

3) What is being done represents a **cruel behaviour from the standpoint of Heart and Love** because **everybody needs, most of all, loving relationships**, especially when they are in a difficult situation like the one M. is presently in. He feels like being in prison and those who wish to be with him to comfort him are not allowed to do so to the extent that they wish! Can people who act in such a **cruel and heartless way** as to make so many people suffer unnecessarily not be seen as having a serious mental issue? **Who is in a position to evaluate their mental state?**

4) M. is considered to suffer from paranoia, *“the feeling that you're being threatened in some way, such as people watching you or acting against you, even though there's no proof that it's true.”* In his case, it is actually true that he rightly feels bad because he is being continuously watched and cannot speak one-on-one with his family members without being observed by the hospital staff. Why is privacy not allowed? In other words, the hospital staff is creating a very bad situation for M. from which he has to suffer! Why are family members distrusted to begin with so that they have to be checked upon concerning what they are saying with M.? What do such decisions reveal about the personality of those who make them? They claim to want only the best for M. and then do the opposite, **harming him severely emotionally** in his heart by depriving him of his freedom and the love of his family. Through such behaviour, the “schizophrenic” character or split personality of those who give such orders is once again confirmed.

5) **No physical cause** was discovered in the body of M. for the situation he is in. That means there are **internal reasons** why he was classified with psychosis. But who are the ones who have a mental problem? As the medication aripiprazole is used, a chemical drug, the decisive fundamental question here is: **how can some physical substance resolve something which has an invisible cause?**

The teaching of Christianity says that there are spiritual problems which can only be removed by fasting and prayer. (Mark 9:29, Matthew 17:21). So why, then, do the doctors claim that they know it better than Jesus who was a much more successful healer than they? He could heal all kind of illnesses which conventional medicine cannot heal. Psychosis is one of them. Of course, such **successful healing has**

also been practiced by countless Christians and other healers without the use of artificially produced chemical drugs! Why are such facts not acknowledged and researched by modern science? Why is merely the use of drugs seen as the only possible way to deal with such issues? So, we have on one side the arrogant doctors who claim to know it better than Jesus and millions of spiritual healers, whereas in reality the doctors' overall result in healing psychological issues is rather poor. They do not have a medicine to heal people with the condition attributed to M., yet they insist that he has to take drugs which anyway do not heal the sickness! How can such a course of action be justified?

We see the contradictory behaviour of the staff at the meeting in psychiatric department who refused to even listen to the questions the parents wanted to ask. Their behaviour disqualifies them to be called responsible caretakers or doctors whose first pledge is not to cause harm. In this case they are **not only harming M. but also his parents, family members, and close friends who all are suffering** due to M. having been locked up in a mental hospital for no confirmed reason whatsoever!

6) The U.S. Food and Drug Administration **warned that aripiprazole can cause impulsive behaviours** in patients. Studies have revealed impulsivity to be more common in subjects with disorders of personality and psychotic disorders. Now we have experts who diagnosed M. to have a psychosis that is associated with impulsive behaviours and then **give him a medicine which may cause this very same uncontrolled impulsivity!** Those who prescribe a medicine which can lead to the same result of problematic impulsive behaviour that is associated with the sickness can be rightfully considered to have a **serious mental issue because it is totally illogical to act in such a contradictory way.**

7) **Common causes** of hallucinations include *“mental health conditions like schizophrenia or a bipolar disorder drugs and alcohol” and “side effect from medicines.”* This means M. might have had hallucinations — if that is really true — because of the drugs he received in the hospital! **Why then did the doctor prescribe a drug which can cause hallucinations against which it should work?** To do so is a completely illogical behaviour.

8) The official FDA warning [\(9\)](#) includes: *“Increased risk of suicidal thoughts and behaviours in younger people. **Abilify may increase the risk of suicidal thoughts and behaviors in children and adults** ages 24 years and younger. Anyone who takes Abilify may be monitored by their doctor for new or worsening depression and suicidal thoughts and behaviours.”* **That means it is not a safe drug, yet it is given to M. without any need for doing so. Why?**

9) The **doctor even increased the doses** for M. although there is zero reason for having to do this! That means he **put him into serious danger without any need** whatsoever because **M. feels fine and behaves normally!** Under these circumstances, it is totally unreasonable to act in such a way as to bring M. into a situation where he may be faced with *“suicidal thoughts and behaviours.”* **Where is the limit of what a doctor is allowed to do without getting punished for his actions?**

10) As pointed out in the document evaluating the diagnosis for M., spiritual experiences are something normal which are appreciated by billions of people. Every human being has a mind and body, whereby the majority of mankind believes in human beings having a spirit which can communicate with an invisible spiritual realm. In a situation where only 7% of the world's population do not believe in spiritual beings, **it is illogical and totally unreasonable to go against what 93% of mankind experiences as a reality in one way or another!**

**Because the existence of the spiritual realm is confirmed by the vast majority of people, it does not make sense at all to deny it** and to limit the understanding of the cause of people seeing visions and speaking in tongues as something material, as a failure of the brain to work properly. If you ask those who do so, you will learn that they are very happy about such experiences, which are the common practice among Pentecostal Protestants (650 million worldwide), in denominations such as the Assemblies of God,

the United Pentecostal Church, the Pentecostal Holiness Church, and the Church of God among many others. These are established churches with hundreds of millions of believers.

11) **It is bordering on serious mental illness to reject such precious experiences as harmful** which hundreds of millions of people are having while being **very happy about being able to see visions and to speak in tongues!** The Bible mentions angels over 300 times and records experiences of angels speaking to people, guiding them, etc. How can a person be considered as an expert in questions of psychological issues who behaves in such a contradictory way of acknowledging the here-outlined facts, while at the same time **considering those who have visions or hear voices to have a psychosis?** By diagnosing M. and others as a mental case, they are at the same time declaring all those hundreds of millions of Christians who have such spiritual experiences as having a psychosis! By acting in such a **way, those in question surely disqualify themselves to stand in the position they are in** as so-called medical experts!

12) For centuries and millennia countless people with psychological issues have been helped and healed with the help of those who prayed for them, who offered extra love and care, etc. To deny this reality and to claim that patients must receive some artificially produced chemical drug shows a **truly ignorant behaviour, especially when all other healing methods are denied as useless.** In this case, despite M.'s mother begging the doctor not to use such drugs but only natural ways of healing methods, the doctor "I." rejected the parents' serious concerns and even refused to take the questions they had prepared for the hospital staff. Instead of responding to the relevant questions, they **force the drug treatment** on M. He has no other choice than to take the pills.

Such behaviour of **rejecting the well-established tradition of natural as well as spiritual healing has zero to do with acting in a reasonable way!** Why are such doctors who have such an attitude, which totally disqualifies them to be an expert, as they are **denying the reality of successful natural healing methods,** in the position they are in? **Their denying reality qualifies them to be classified as being mentally sick** according to their own standards.

13) The underlying truly serious and decisive fundamental question is clearly: **Who is in a position to evaluate the mental state of those who evaluate other people's psychological health? Who decides what is normal behaviour and what is not?** In the document addressing the diagnosis of M., the fact is mentioned that medical doctors are educated at universities that are greatly **sponsored by the pharmaceutical industry.** Their education is based on a materialistic worldview that claims that everything only consists of matter and no spirit exists as the core of every human being.

The final most important question remains: **What kind of worldview** do most people support? **A purely materialistic worldview or a spiritually-oriented one like Christianity?** The way this question is answered decides not only the destiny of M., whether he remains locked up in the Psychiatric Department of the Hospital, but ultimately of all people who suffer from some kind of mental disturbances even if it is merely through stress or too much pressure from work, colleagues, etc. The further destiny of this nation is decided today. In this country, officially two thirds of people belong to some Christian Church. The problem lies in the fact that officially this land is a Christian country but the respective values are not applied in society. **This contradictory situation must urgently be resolved.**

The only solution lies in this or any country being guided by people who honestly answer questions about themselves and others, by people who truly care. Unfortunately, such people are greatly lacking not only among Christians, but also and especially in the medical system which is more and more dominated by external factors rather than providing loving care for the patients. Collectively, we answer the question of how the future will look, one of regular lockdowns and more and more people locked up in mental hospitals, or one of true freedom originating in the human spirit.

## 21 questions by the mother to the staff responsible for M.

1) As the mother of M., I have been deeply suffering during the past three days because I was not strong enough to protect our son. I have been accusing myself that I allowed him to be potentially harmed by a dangerous drug which could even lead to M. taking his life. I know two young people who committed suicide in a mental hospital due to the influence of the drugs which they had to take. Why did you push me to accept that our son is given Abilify although I was against it?

2) In society people get punished for taking drugs and becoming drug addicts. It clearly says in the description of side effects of this drug: *"Because Abilify affects how your brain works, suddenly stopping the drug may lead to withdrawal symptoms. This is especially the case if you have taken it over an extended time."* You already told me that this condition will last a long time, so M. is bound to be a drug addict! **Who gave you the right to possibly make our son a drug addict**, as it is likely that he has to take now this drug for the rest of his life?

3) Abilify withdrawal symptoms include: anxiety, concentration problems, confusion, depression, etc. At the same time, it is claimed that this drug *"rebalances dopamine and serotonin to improve thinking, mood, and behaviour."* **That means this harmful substance is causing the very same symptoms it is supposed to heal!** Please explain to us how a drug that improves something can at the same time cause these same symptoms? If it rebalances dopamine and serotonin, how is it then possible that in the end the patient suffers the very same symptoms as at the beginning? This clearly means that this drug is a fraud. It claims to improve something and in the end it turns out that it may not help at all! If it did, then the person would not be in the same situation afterwards as before taking it.

Compare this situation with the use of crutches that help a person to walk after he breaks his leg. Their purpose is to support the healing and, in the end, when the person puts the crutches away he is fine and does not limp anymore. So, the crutches are helpful. But that is not the case with Abilify. If it would help, then it would be impossible that after stopping to take it **the original symptoms appear again!** This clearly proves that Abilify does not solve the problem, which means of course also that **it is useless**. Why does our son have to take it or a similar drug anyway? **Why do you not allow a natural healing process without the interference through artificially produced chemical products?**

4) Dopamine is a neurotransmitter made in the brain which plays a role as a 'reward center' and in many body functions, including memory, movement, motivation, mood, attention, and more. Serotonin is a chemical that carries messages between nerve cells in the brain and throughout your body. Serotonin plays a key role in such body functions as mood, sleep, etc. **Dopamine and serotonin are chemical messengers.** That means they are chemicals conveying messages. A message contains information. This is now an extremely serious point: how is it possible that Abilify, a chemical substance, contains information to tell the brain how to balance the dopamine and serotonin levels? Such a thing is absolutely impossible because **chemical substances cannot think and evaluate and make decisions** what is best for the body!

This means clearly that the claim that Abilify "rebalances dopamine and serotonin" is an enormous fraud because it is not possible that chemicals themselves control the message they are conveying! They are merely the visible substances through which inner (invisible) content is passed on.

**Who decides in which situation and how much dopamine and serotonin are produced and poured into the body?** The doctors say it is Abilify because this drug is able to balance these two hormones. This is a huge lie because it is impossible that a chemical performs such a delicate task as to decide how much hormones are used in which situation. If you disagree then please explain to me how this drug performs the evaluation and decision making as to secure a balance between dopamine and serotonin levels. *"Aripiprazole works by acting on various receptors in the brain, particularly dopamine receptors and*

*serotonin receptors.*” What does this mean concretely? In which way is Abilify giving **instructions to the brain as to how the receptors should act?** “*Serotonin and dopamine interact with each other to maintain a chemical balance in the body.*”

Please let me know how this chemical drug knows what to tell other chemicals what they should or should not do so that balance is maintained. “*Serotonin is associated with feelings of happiness, focus and calm, whilst dopamine is associated with feelings of rewards, motivation, and being productive.*” If Abilify is able to balance these two, **why then is it not used by all people to become more happy and productive?** What is your honest answer to this question?

5) At this [\(10\)](#) link it says that besides the aforementioned withdrawal symptoms, the patient may also suffer panic attacks and hallucinations! How is this possible after taking the drug for a long time against these very same symptoms? To claim that Abilify helps against these symptoms when they are there again even after the patient took it for years clearly proves that **the patient is being deceived!** Why do you give our son a drug that is not helpful since otherwise it would be impossible that, at the end, he has the **same symptoms as at the beginning?** Why are you doing this to our son when there is no need whatsoever for it?

6) That 34% suffer from negative side effects means that every third person suffers from these adverse conditions. What happens when it turns out that one out of three people, who eat a certain food which they bought in a shop, afterwards get “*headaches, constipation, choking, suicidal thoughts, anxiety, insomnia, saliva drooling, tiredness, pain in limbs, joints, panic attacks, tiredness in chest, swelling in mouth and tongue, vomiting,*” etc.? That product would be immediately taken from the market! **Why then are people still pushed to take Abilify when it causes all these symptoms of which 34% of those who take it are affected in one way or another?!**

The body knows very well what is good. Therefore, people do not vomit when they eat fresh nourishments but when the food is rotten. Why then is vomiting one of the side effects of Abilify? **Because the body knows it is bad and wants to get rid of its influence!**

7) Among the adverse side effects is also the *Neuroleptic Malignant Syndrome*, “*a life-threatening reaction to antipsychotic drugs, such as Abilify, according to a review written by The Neurohospitalist and published by the National Institutes of Health.*” Why are you putting our son into a position where he may be **faced with this life-threatening reaction?** There is no reason at all for doing this because taking Abilify does NOT HEAL his condition! It is totally unreasonable to risk a life-threatening situation for the “benefit” of NOT getting healed through a certain drug. Why are you doing it anyway?

8) The here-mentioned condition “*is characterized by fever, altered mental status, muscle rigidity and instability of the autonomic nervous system, which controls involuntary or unconscious functions such as heart rate, digestion, respiratory rate, urination and sexual arousal.*” This is what Abilify can cause in patients, yet you make our son take it! To do so is a serious violation of his right not to be exposed to such dangers which may even be life-threatening for him! Why are you doing this?

Please consider: Abilify causes the side effect of an altered mental status and instability of the autonomic nervous system. Which chemicals in Abilify can cause the mental status of our son change towards becoming instable and negatively affect the autonomic nervous system? On one side it is claimed that Abilify helps M. to become stable and clear again in his mind, and at the same time this very same drug causes a negatively altered mental status! So what is it then actually doing? Is it causing a positive or a negative effect on the mind? **Only one answer can be true because it is impossible that one cause leads to two opposite results in the same object.**



9) Let us look at another very harmful effect: Tardive Dyskinesia (uncontrolled body movements), “a serious side effect of Abilify characterized by involuntary movements that most often affect the lower face. Tardive means delayed and dyskinesia means abnormal movement. If TD occurs, it is often after long-term use (months or years) of these medications, but in some instances, it can result after just six weeks of drug use. Once it happens, the condition may not be reversible even after the medication is discontinued.” That means you are putting our son into a situation where his health may be irreversibly damaged! How can you justify such a cruel behaviour of potentially causing an innocent child’s face to be **distorted for the rest of his life** when the drug anyway does not heal?!

10) Again and again, the question arises: why are you doing this to M. in an attempt NOT to heal him? Yes, Abilify DOES NOT HEAL his alleged condition, yet you give it to him! It breaks my heart to see my beloved son being treated in such a way. What is your justification? How can you claim that he needs to take this drug although it will not heal him and even causes the very same symptoms after his stopping to take it against which it supposedly helps? How **can I defend our son against this serious attack on his health** for which any person would be accused in court if it happened outside of this place? The law forbids causing bodily harm to other people, yet it is happening in this building!

11) At the beginning you, as the doctor responsible for our son, told us that you do not want to do things without the agreement of parents, and then you pushed me to accept a treatment that we do not want for our son. I clearly stated 12 points, yet you pushed me to anyway agree to M. getting this drug. **Why do you not respect my free choice and manipulate me, pushing me emotionally to agree** only for me to suffer now from self-accusation because I was not more strong to defend our son against this attack on his health?

12) What then is your justification for giving Abilify to M.? That it helped 49% of other people? What about the 51% whom it did not help? Strictly speaking, this means that **for the majority of patients Abilify was not helpful**, and on top of that one third of them even suffered adverse side effects. That means zero justification exists to push this drug on people. Why are you doing it anyway? This is a very serious question. Please let me know how it was proven that 49% of the patients got better because of Abilify.

There can be numerous other reasons why these patients got well again. In science **a proof is only valid if control experiments have been made** to show that a certain claim, in this case that it was Abilify that helped the patients, is valid. In which way has it been ruled out that the patients did not get better due to reasons other than Abilify? I can tell you already that it is impossible to prove that taking this drug was the main reason for a person to get better. Because to do so one has to compare it with other patients who do not get this drug but get better due to a different environment, getting the attention that was lacking, being more respected and regaining in this way self-worth and inner stability, etc. There are countless reasons which may be the cause why a patient got better and among them Abilify might be one of them.

In other words, that it was Abilify which caused 49% of the patients to get better is merely a belief and nothing else! Yes, doctors believe it was due to this drug, whereas I can list 100 other reasons which cause people with the condition attributed to M. to get better. That means Abilify is merely 1 out of 100 possibilities to help with schizophrenia, which means of course **there is NO SCIENTIFIC PROOF whatsoever that it was Abilify that helped those people**, yet you push it. Why? Are you not responsible to act according to the scientific standards and not according to what some people believe, in this case that **Abilify is the best option? Zero scientific proof exists for this claim!**

13) Among the side effects caused by Abilify are also drowsiness and nervousness. How is it possible that a medicine that “*rebalances dopamine and serotonin to improve thinking, mood, and behavior*” causes at the same time such a long list of adverse side effects as already quoted? What is it actually doing to the body? **It causes two totally opposite effects:** it rebalances and improves functions

and at the same time it causes people to get worse! That means this drug is contradictory: on one side it helps and on the other it harms the body!

I asked you already in my third question of my first appeal to you: ***“Please explain how something good can at the same time be bad for the body. This is a logical and practical contradiction! This medicine which has the ability to have good as well as bad effects at the same time for the very same body?”*** It is scientifically impossible that one and the same cause has to opposite effects on the same object. For example, if you put colour into water, it is impossible that it changes its colour and at the same time does not.

The human body is working as one unified system. If you put a drug into it, it cannot help and harm it at the same time. If you think this is true then please show me examples. In the given case, we have Abilify which affects how the brain works. So, chemicals are entering the brain and changing it. But there was no problem with the brain to begin with according to the results of the screening of M.'s brain. **It is total nonsense to give a person a drug to change his brain when there is no problem there!** Why are you doing this? I consider this to be an irresponsible behaviour to do something irrational. So please explain to us parents clearly which kind of changes are needed in M.'s brain which Abilify is producing.

Please take this point seriously: A) no abnormalities were discovered in the brain of our son; B) you give him a drug that causes changes in the brain; C) you claim that this is good for our son. Please show us magnetic resonance imaging (MRI) pictures of patients before and after taking Abilify: in which way was the brain changed? It should be visible in the examination of the pictures.

Are you not responsible to work **according to the standard requested in science and show the undeniable proof through control experiments** that it was Abilify and not something else that caused the changes in the brain? Where can I find the report about these experiments with control groups which prove what causes changes in the brain? Where is the logic here? There are no abnormalities in our son's brain, yet you give him a drug which causes changes in the brain! Why? **Why does his brain need to be changed?**

14) Abilify was first approved by the FDA to treat schizophrenia in 2002. *“Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behaviour that impairs daily functioning, and can be disabling. People with schizophrenia require lifelong treatment.”* You diagnosed our son with schizophrenia or psychosis. **On what grounds?** It is our right as parents to know what you found out about our son. Antipsychotic medications generally block the transmission of signals in the brain that may be overactive in certain conditions. **So, which areas of the brain are overactive that requires he take Abilify?**

15) Please tell us about the **Hallucinations** you found in our son.

16) **Which serious mental disorder did you identify in him?** Which examples do you have that his mind is gravely out of order?

17) What kind of delusions does our son have? A Delusion is defined as fixed, false beliefs that conflict with reality. Please tell us **examples of his delusions**.

18) Please also let us know how you recognized an extremely disordered thinking in M. **What is so extreme in his thinking? In which points do you see extremely disordered behaviour** in him that impairs daily functioning. Please tell us a few examples.

19) At Frontiers in psychiatry [\(11\)](#) it says: *“In healthy individuals, treatment with aripiprazole (Abilify) leads to a significantly altered network, as well as lower cognitive performance.”* Please consider that in a healthy person the quality of the brain performance is significantly reduced. You give this drug to our clever son who has very good marks at school, mostly 9 and 10. **He does not have any psychosis — otherwise he could not be such a good student who is highly praised by his teachers! So, you give Abilify to our son to change his brain network in such a way that he will and have lower cognitive performance!** At the same time, you are claiming to help him! I consider this to be a serious attack on the mental health of my child.

20) I do not see any reason for our son to be diagnosed with psychosis. Aripiprazole is used to treat the symptoms of psychosis, a mental illness that causes disturbed or unusual thinking, loss of interest in life, and strong or inappropriate emotions, and manic-depressive disorder, a disease that causes episodes of depression, episodes of mania, and other abnormal moods. None of these apply to our son. He was full of energy and organized, being one of the best students at school, working weekends in the bakery, 4-5 times a week training in football for 1.5 hours, etc.

In the past days I met his two main teachers, his football trainer, friends...all have very good reports about him. For example, our son's carpentry teacher said that he is a **“very, very good boy and excellent student.”** How can such an exemplary, fully active person be at the same time diagnosed with psychosis?! It is defined as: *“A severe mental disorder in which thought and emotions are so impaired that contact is lost with external reality.”* Not the slightest sign of any of such symptoms!!! As a medical doctor, you are responsible for your actions and accountable for them. **What will happen if it turns out that you wrongly diagnosed our son with this illness?** I am absolutely convinced that this is what has become a reality.

21) Because of the seriousness of the case, I demand a written statement from the the doctors who put our son into this situation. I definitely know M. better than any of these specialists. I have observed his behaviour for 16 years. **Please tell us what has caused M. to get psychosis.**

Thank you for answering my questions and for responding to our very serious concerns.

## Concerns regarding M.'s diagnosis

Here are 10 points of concern in connection with M's diagnosis:

1) Doctor "I." of the Psychiatric Department claimed in the meeting on May 12, 2022 that M. heard voices from the billiard table speaking to him. M. strongly denies this. Whom are we to believe? Of course, the doctor because M. was declared to be crazy? But **there is also the possibility that the doctor was not telling the truth**, that he made up some story to justify his having diagnosed M. with psychosis.

On the other hand, the patient is very sure that he never experienced such a thing. **Who will check to find out who is telling the truth?**

At the website of the National Health Service [\(12\)](#) it says: *"Hallucinations are where you hear, see, smell, taste or feel things that appear to be real but only exist in your mind."* Types of hallucinations: *"You may have hallucinations if you: hear sounds or voices that nobody else hears; see things that are not there like objects, shapes, people or lights; feel touch or movement in your body that is not real...; smell things that do not exist; taste things that only you feel are not pleasant or is strange; think that your body is moving like flying or floating when it is not."* It is claimed that M. has hallucinations. Where is the evidence that this is really the case?

2) **Two thirds of this country belong to a Christian church. Christianity honours Jesus Christ as saviour, about whom it is said that he heard voices that nobody else heard**, namely the voice of God speaking to Him. He could see things that were not there like objects, shapes, people...the same is true for Christians who had the same experiences during the past 2,000 years until this very day, including many people in this country. Have they all been put into a mental hospital? Of course not. Why then was M. put there?

3) **The book of revelations**, consisting of 21 chapters, is included in the Bible, a book that billions of people respect. It is **filled with John's experiences** on the island of Patmos. **He heard voices that nobody else heard, saw countless things that are not there like objects**, shapes, people, or lights. He felt things that only he felt. He reported about them in close to 10,000 words in the final book of the New Testament.

So, we have a situation of reports of what was seen, felt, and heard by only one single person (John) being upheld by around 2 billion Christians worldwide as Holy Scripture which has been interpreted in numerous books, and also M. speaking about what he saw or heard — as it is claimed. What is the difference in the experience? None. **The very same experience is considered holy and at the same time dangerous** such that M. had to be locked up in the Psychiatric Department!

**How is a person called who evaluates one and the same experience as something good as well as bad?** The correct answer: someone who is mentally not quite all right.

Now, who has a mental issue? M. if he makes the same experiences as those recorded and highly appreciated in the Bible or the ones who classify him as having a deranged personality while at the same time considering the figures in the Bible who had similar experiences to be normal people? Or should they also have been treated in a mental hospital?

4) In the King James version of the Bible, the word "vision" appears 79 times and the word "visions" appears 24 times. In 73 verses, these words are used and **visions are described and seen as holy experiences** whereas, if M. sees visions, he is put into a mental hospital. **Why is the very same experience evaluated in totally opposite ways?** This is not logical at all. **People who do this are**

**considered to have a split personality** because they treat the very same experience in two contradictory ways.

5) In the Google search for "*schizophrenia signs*" you get 2.5 billion results. The very first two are: "*Delusions. These are false beliefs that are not based in reality.*" And "*Hallucinations. These usually involve seeing or hearing things that don't exist.*" Now we have **Jesus, his apostles, and disciples reporting about having seen things that do not exist in reality and having beliefs that are not based in reality.** The numerous reports about them are there in the Bible, highly appreciated, read and re-read by Christians all over the world whereas when M. speaks about things which do not exist as physical reality he is declared as very sick and treated with drugs that can seriously harm his health!

Such a course of action of **evaluating the very same experience as holy and at the same time dangerous does not make any logical sense!** This means that what is being done by doctors correlates with mental disorder. Why is M. put into hospital and not those who declare him to have a psychosis when they see Jesus, the apostles, and millions of Christians who had the same experiences like M. as being normal? By doing so, **those who made the decisions are acting in a completely unreasonable and contradictory manner!**

6) Not only Christians but also **all religions and teachings** dealing with improving people's spirit and body support **spiritual communication with God, angels**, etc. where people experience what is not visible to the human eye like those outlined already in this document. This means that **most people agree that to have spiritual experiences is something good**, especially when people are communicating with a higher spiritual sphere.

**Why then do the doctors deny this realm as a valuable experience** which is real for most people? **Such an attitude cannot be considered scientific** because it does not make any sense to deny what the vast majority of humankind considers real and actual experiences!

It is **not reasonable at all to deny what the vast majority of mankind believes**, namely, that spiritual experiences are good and helpful, and to insist that they are bad and must be dealt with by declaring the person who has such experiences as being mentally sick. Why are those who act in such an unreasonable way declared experts whereas those who emphasize the understanding shared by the vast majority of people in the world rejected? **To do so is illogical**, especially as no valid reason can be given for doing so!

7) The underlying overall question is of **course the existence of the spiritual realm that is influencing people all over the world.** All religions and spiritual teachings speak about it, some of them in great detail. Countless books have been written about experiences in that realm as part of the spiritual heritage of humankind, starting with the Bible, the most read book in human history. In the past 50 years, the Bible has sold 4 billion copies.

According to sociologists Ariela Keysar and Juhem Navarro-Rivera's review of numerous global studies on atheism, **merely 7% of the world's population do not believe** in spiritual beings. **It is completely unreasonable to reject spiritual experiences like speaking in tongues as harmful** and something that must be dealt with by giving those who have them a drug!

8) Official resources state: "*Sometimes hallucinations can be temporary. They can happen if you have migraines, a high temperature or just as you wake up or fall asleep.*" That means **M. may have had "hallucinations" for some reason other than psychosis!** It may turn out that **the decision to put him into the Psychiatric Department was totally wrong.** It is already confirmed to be harmful for M.

9) By far the world's biggest consumer of antidepressants is Iceland. In 2000, around 70 out of 1,000 people had taken daily a drug against depression whereas the number rose to 130 in the year 2015. Today, the number is surely much higher, especially after months of having to wear masks, so that Iceland has indeed the highest rate of antidepressant use. What does it mean when maybe 15 out of 100 are taking a pill against being depressed every day? That around 50,000 Icelanders are in danger to be classified with some mental illness? The present capacity of hospital beds is not enough and therefore one of Iceland's largest buildings is being constructed, the new National Hospital.

A mental disorder is generally characterized by a combination of abnormal thoughts, perceptions, emotions, behaviour, and relationships with others. The crucial question is: **Who decides what is normal behaviour and what is not?** In reality, it is the **experts educated by institutions sponsored by the pharmaceutical industry who are indoctrinated with the materialistic worldview** that mental issues must be treated with pills. They are already firmly brainwashed with this ideology of using chemicals to help people.

They are unable to heal the illnesses they themselves defined because **it is impossible for artificially produced drugs to resolve internal matters pertaining to the spirit of a person**. In other words, the people are deceiving themselves and wasting their money on pills that do not resolve the cause of their not being fine.

10) The final most important question: **What kind of worldview do we support: a purely materialistic one like what underlies modern medicine including psychiatry, or a spiritually-oriented one like Christianity and other religions?** How this question is answered decides not only the future destiny of this nation but also all other countries in a situation where Big Pharma already has an enormous influence on society, politics, and particularly on the medical establishment.



## Evaluation of the 6 documents provided by Dr “I.”

Here is a short feedback concerning the 6 documents the parents of M. received in which their questions are supposedly answered:

1) Therapeutic Effectiveness and Tolerability of Aripiprazole as Initial Choice Treatment in First Episode Psychosis:

This document deals with previously untreated first episodes of a psychotic disorder. That does not apply to M. as **there is no previous case of untreated psychosis**.

2) Antipsychotic Treatment Effectiveness in First Episode of Psychosis:

This study **compares the clinical effectiveness of various drugs**. No question was asked by M. parents about this theme.

3) Duration of Untreated Psychosis and Clinical Outcomes of First Episode of Schizophrenia:

In the first sentence it says: *“The relationship between the duration of untreated psychosis and long-term clinical outcomes remains uncertain.”* **No definite conclusions can be made**, which means of course that **no secure knowledge is available!**

4) Association of Hippocampal Atrophy with Duration of Untreated Psychosis:

It is stated: *“The duration of untreated Psychosis has been associated with poor outcomes in schizophrenia, but the mechanism responsible for this association is not known.”* That means there is **only the assumption of an association whereas concrete knowledge is absent!**

5) Efficacy and Safety of Aripiprazole in Child and Adolescent Patients:

This study states as a first side effect the **extrapyramidal syndrome**, referring to **“involuntary movements that you cannot control. When you experience extrapyramidal effects, movements that were once voluntary happen without your control.”** M., who is aspiring to join the national football team, is put in danger of not being any more able to control his body! For what and why? Because somebody declared him to have a psychosis, which is not proven at all!

As a second most common side effect, **hyperprolactinemia** is stated, referring to **higher than normal levels of prolactin** in your blood. Prolactin is a hormone released from the pituitary gland that stimulates milk production after childbirth. Why does M. have to take a drug with such a side effect?

Another most common side effect stated in this study is **metabolic disorder**, which occurs when **abnormal chemical reactions disrupt the body's metabolism**. This could affect how well the body can break down large molecules for energy, how efficiently cells can produce energy, or cause problems with energy regulation.

Why does M., an engaged sportsman, have to be put under this risk when there is no need for it whatsoever? **How can a drug that causes abnormal chemical reactions and disrupts the body's metabolism be safe?!**

This study clearly states that existing studies are still limited and *“conclusion[s] drawn from such studies must be evaluated with caution, and a further accumulation of controlled studies is still needed.”*

There are **no confirmed conclusions concerning the effectiveness of aripiprazole**, yet it is pushed on M.

#### 6) The Child and Adolescent First Episode Psychosis Study:

This paper describes the methods and rationale behind the study to evaluate different clinical, neuroimaging, biochemical, and other variables in patients participating in a study.

Again, **the document has zero to do with answering the questions addressed by the parents.**

Conclusion: **The parents' serious concerns are ignored just as well as M.'s strong desire to return to a normal life** after being taken into the Psychiatric Department **without any justifiable reason!**

Before having been put into the mental hospital, M.'s weekly schedule included carpentry school until 4 pm, early evening one-and-a-half hour football training and swimming afterward on Monday, Tuesday, Wednesday, and Friday. On Thursday evenings, he took care of the 7-year-old daughter of a yoga teacher while the mother was at the yoga school. On weekends, M. worked in the local bakery or played with his football team. From such a busy life, where he was highly appreciated and much liked by those with whom he was in contact, he was suddenly declared crazy by the doctors, a mental case with a psychosis, and is **now treated with a very dangerous drug although his parents strongly opposed and insisted on a natural way of dealing with him.**

Zero reasons exist for M. to be in the situation he is in as **he is, mentally, completely healthy** according to his parents and everybody who knows the difference between a sound mind and a mental disorder. His colleagues at the bakery even signed that they experienced M. at the party on Saturday evening to be normal as usual before he was brought to the hospital a couple of days later. He was very social and was dancing together with them. They did not notice anything unusual in him.

One of his superiors emphasized that it was always a joy to have him working in the bakery. The staff was always happy about his positive attitude and diligent work. She feels very sorry for what is being done to M. and is looking forward to having him back.

That not even the specialists in the department dedicated to dealing with mental issues are capable of distinguishing between healthy and sick people as it turned out in the case of M. is truly shocking, besides the doctors not being able to provide even a single document where at least one of the 33 questions which were asked by the parents are answered!

## Concerning the medication used to treat M.

1) From May 4–8, 2022 M. was checked in the National University Hospital. They did not find any physical reason of concern and concluded: *“At the moment **there is no reason to sedate him with medication. It is better to monitor his mental status and changes in behaviour without medication if possible.**”*

2) On May 8, 2022 he was transferred to the Child and Adolescent Psychiatric Department and there **the doctors immediately wanted to give him a drug**. Because of M.’s parents opposing, they agreed to wait one day to provide the opportunity for them to research the drug they had decided to give to their son. **What to do when two doctors come to opposite conclusions?** One concluded that it is better for the child not to use drugs whereas the other insists that drugs must be given? **Who decides what is the better option?**

3) M. is receiving aripiprazole which is clearly **not a safe drug for numerous reasons**. The list of potential side effects is very long and includes death. **Zero reasons exist for putting M. into this danger of experiencing harmful side effects that 34% of those who take it do!** You cannot take this drug without a prescription which confirms, of course, that it is not safe for anybody to take it.

4) It is claimed that this drug *“rebalances dopamine and serotonin to improve thinking, mood, and behavior”*. Why then is aripiprazole not given to all people who would like to improve their thinking, to be in a better mood, and to gain better behaviour? It does not make sense at all to **claim such a wonderful positive effect** of that drug and **not to provide it for everybody to benefit from it!**

5) In the description of side effects, it says that *“Because aripiprazole affects how your brain works, suddenly stopping the drug may lead to withdrawal symptoms.”* How is it possible that among the withdrawal symptoms are *“anxiety, concentration problems, confusion, depression, etc.”* when this drug eliminates these problems? That such **symptoms reappear after taking the drug means that the problem was not solved** — the functions in the brain were not rebalanced! The conclusion is clear: **fake claims about the effectiveness of the drug** are being made.

6) It is stated that *“Abilify affects how your brain works.”* What kind of changes are taking place in the brain that do not resolve the problem but on the contrary cause dozens of negative side effects? The answer is obvious: **harmful changes are caused in the body through taking aripiprazole, which result in the long list of adverse side effects!**

7) In order to show that a drug works, **scientific control studies must be made** to prove that it was exactly this drug and not something else which caused the patient to get better. **Such studies do not exist for aripiprazole. Actually, it is impossible to provide such a proof** as there are countless other factors that must be excluded as reasons for the improvement in a patient’s health. **Only if all other causes are ruled out** can we speak of a scientific proof and this is not possible!

8) **Why then does M. absolutely have to take it although the effectiveness of this drug is not proven at all?** Yes, this is the core issue: it is claimed that patients get better due to aripiprazole, but there is no scientific proof excluding all other causes for the improvement of the health state!

9) The conclusion of psychiatry research [\(13\)](#) is that **giving information about the side effects** of a psychopharmacological agent **provides beneficial effects** on the tolerability of the drug, independent of the kind of psychotropic agent. Although the doctors had promised to the parents to do their *“very very best,”* **they did not say anything to M. about the harmful side effects of this drug, depriving him of the beneficial aspects of the treatment.** How can such a course of action be justified?

10) At MedlinePlus trusted health information [\(14\)](#) is provided. The very first point you read is: *"IMPORTANT WARNING" where you learn that a "number of children, teenagers, and young adults who took medications for depression during clinical studies became suicidal (thinking about harming or killing oneself or planning or trying to do so)." Zero reason exists to put M. in such kind of very serious danger!*

On that official website it says that, *"You should know that your mental health may change in unexpected ways when you take aripiprazole or other antidepressants even if you are an adult over age 24. You may become suicidal, especially at the beginning of your treatment and any time that your dose is increased or decreased."* Again, **why is M. put under such serious risk for his health when there is no need for it as it was stated in the doctor's report in the main University Hospital?**

11) Further, it says that *"Your healthcare provider will want to see you often while you are taking aripiprazole, especially at the beginning of your treatment... The doctor or pharmacist will give you the manufacturer's patient information sheet (Medication Guide) when you begin treatment with aripiprazole. Read the information carefully and ask your doctor if you have any questions."* **Was such a Medication Guide given to M. so that he knows the risks of the treatment he gets? NO! Why?**

12) It says that *"No matter what your age, before you take an antidepressant, you, your parent, or your caregiver should talk to your doctor about the risks and benefits of treating your condition with an antidepressant or with other treatments. You should also talk about the risks and benefits of not treating your condition."*

The parents prepared many written questions concerning this point but the staff of the Child and Adolescent Psychiatric Department refused to deal with them and the doctor "I." responsible for M., even stated, *"We can't waste our time to answer your questions."* How can such an attitude be justified when it is clearly emphasized that speaking about the pros and cons is important, what Dr "I." himself affirmed in the first meeting with the parents?

13) The question, *"Why is this medication prescribed?"* is answered in the following way: *"Aripiprazole is used to treat the symptoms of schizophrenia (a mental illness that causes disturbed or unusual thinking, loss of interest in life, and strong or inappropriate emotions) in adults and teenagers 13 years of age and older. It is also used alone or with other medications to treat episodes of mania or mixed episodes..."* **None of these apply to M.'s situation and, therefore, it was affirmed in the University Hospital that there is no need for drug medication. Why does he have to take this drug anyway?**

14) Aripiprazole is in a class of medications called atypical antipsychotics. *"It works by changing the activity of certain natural substances in the brain."* **Why do the activities in M.'s brain have to be changed? Not the slightest reason exists to do so, yet it is being done! Why? How can such a procedure be justified?**

15) The question, *"What special precautions should I follow?"* is answered on that website by listing many points which include: *"Before taking aripiprazole, tell your doctor and pharmacist if you are allergic to aripiprazole, any other medications, or any of the ingredients in aripiprazole preparations..., tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking or plan to take. Be sure to mention any of the following... Tell your doctor if you have severe diarrhea or vomiting or you think you may be dehydrated. Also tell your doctor if you have or have ever had heart disease, heart failure, a heart attack, an irregular heartbeat, high or low blood pressure, a stroke, a ministroke, seizures, a low number of white blood cells, dyslipidemia (high cholesterol levels), trouble keeping your balance, ... tell the doctor or dentist that you are taking aripiprazole. Do not drive a car or operate machinery until you know how this medication affects you. Do not drink alcohol while taking aripiprazole... Tell your doctor immediately if you have any of the following symptoms while you are*

taking aripiprazole: extreme thirst, frequent urination, extreme hunger, **blurred vision**, or weakness. It is very important to call your doctor as soon as you have any of these symptoms, because high blood sugar that is not treated can cause a serious condition called ketoacidosis. Ketoacidosis may become **life-threatening** if it is not treated at an early stage. Symptoms of ketoacidosis include dry mouth, nausea and vomiting, shortness of breath, breath that smells fruity, and decreased consciousness.”

**Why is such a long list of precautions necessary if it is a safe drug? Merely the fact of all these warnings and request for precautions make it clear that it is not safe!**

16) The list of precautions to be taken continues with many more points which include: “You should know that aripiprazole may cause dizziness, lightheadedness, and fainting when you get up too quickly from a lying position. This is more common when you first start taking aripiprazole. To avoid this problem, get out of bed slowly, resting your feet on the floor for a few minutes before standing up. You should know that aripiprazole may make it harder for your body to cool down when it gets very hot... **You should know that some people who took medications such as aripiprazole developed gambling problems or other intense urges or behaviors that were compulsive or unusual for them, such as increased sexual urges or behaviors...**” Was M. informed about all these important points of warnings to take precautions? No, he was not. Why?

17) See WebMD [\(15\)](#). M. was diagnosed as having a “delusional disorder, previously called paranoid disorder, a type of serious mental illness called a psychotic disorder. **People who have it can't tell what's real from what is imagined.** Delusions are the main symptom of delusional disorder. They're **unshakable beliefs in something that isn't true or based on reality.**” This does not apply to M. at all.

18) Concerning the question, “How Is Delusional Disorder Diagnosed?” you can read that, “Although there are no lab tests to specifically diagnose delusional disorder, psychiatrist or psychologist, health care professionals trained to diagnose and treat mental illnesses. They'll use interview and assessment tools to evaluate the person for a psychotic disorder. The doctor or therapist bases the diagnosis on the person's symptoms and their own observation of the person's attitude and behavior. They'll decide if the symptoms point to a disorder.” **Where is the documentation of such a check-up as it is described here?**

A diagnosis of delusional disorder is made if: “The person has one or more delusions that last a month or longer.” This, of course, also does not apply to M.

19) In respect to the question, “Who should not take ARIPIPRAZOLE?” a list of conditions is presented that are contraindicated with this drug, including “confusion”. Everybody is confused sometimes. **What are the clear standards as to how much confusion is allowed?** It is claimed that M. is confused, yet he is treated with this drug, which is, of course, a **contradiction** in itself as are so many other points in connection with aripiprazole.

20) The question, “What Conditions does ARIPIPRAZOLE Treat?” is answered by naming various illnesses of which **none apply to M.!**

21) Here is a **list of some of the side effects of that drug**: “A Feeling Of Restlessness With Inability To Sit Still, High Amount Of Triglyceride In The Blood, Agitation, Anxious Feelings, Indigestion, Constipation, Dizziness, Difficulty Sleeping, Increased Hunger, Headache, Nausea, Vomiting, Anxious Feelings, Tardive Dyskinesia, A Disorder Characterized By Involuntary Movements Of The Face, Mouth And Tongue, Extrapryamidal Disease, A Type Of Movement Disorder, Orthostatic Hypotension, A Form Of Low Blood Pressure, Fever, A Skin Rash, High Blood Sugar, Abnormal Muscle Movements, A High Prolactin Level, Excessive Fat In The Blood, Throat Irritation, Stuffy Nose, A Toothache, Pain With Menstruation, Joint Pain, Muscle Pain, Low Energy, Pain, Muscle Tremors, Decreased Appetite, Weight

*Gain, Cough, Diarrhea, Nervousness, Reactions At The Site Of The Injection, Generalized Weakness, Intense Abdominal Pain, Diabetes, Low Blood Sugar, Low Amount Of Sodium In The Blood, Low Amount Of Potassium In The Blood, Decreased Blood Platelets, Very Low Levels Of Granulocytes, A Type Of White Blood Cell, Low Levels Of White Blood Cells, Low Levels Of A Type Of White Blood Cell Called Neutrophils, Suicidal Thoughts, Thoughts Of Hurting Or Killing Others, A Type Of Movement Disorder Called Parkinsonism, Neuroleptic Malignant Syndrome, A Reaction Characterized By Fever, Muscle Rigidity And Confusion, Serotonin Syndrome, A Type Of Disorder With High Serotonin Levels, High Blood Pressure, A Heart Attack, A Low Supply Of Oxygen Rich Blood To The Heart, Atrioventricular Block, A Type Of Slow Heart Rhythm Disorder, Rapid Ventricular Heartbeat, Atrial Flutter, Slow Heartbeat, Prolonged QT Interval On EKG, Low Blood Pressure, A Common Cold, A Spasm Of The Larynx, Pneumonia, Pneumonia Due To Accidental Inhalation Of Vomit, Enlarged Fatty Liver, Liver Failure, ,Inflammation Of The Liver Called Hepatitis, Gallstones, Priapism, A Prolonged Erection Of The Penis, A Skin Disorder With Blistering And Peeling Skin Called Stevens-Johnson Syndrome, A Condition With Muscle Tissue Breakdown Called Rhabdomyolysis, Seizures, Sleep Apnea, Fluid Retention In The Legs, Feet, Arms Or Hands, Chest Pain, Difficulty Swallowing, An Inability To Completely Empty The Bladder, An Enlarged Liver, An Enlarged Spleen, Abnormal Liver Function Tests, Heat Stroke, A Significant Type Of Allergic Reaction Called Anaphylaxis, A Type Of Allergic Reaction Called Angioedema, Accidental Falls, A Yellowing Of The Eyes Or Skin From Buildup Of Bilirubin Called Jaundice, Pancreatitis, Abnormally High Or Low Blood Sugar, A Type Of Significant Allergic Skin Reaction Called DRESS Syndrome, Fast Heartbeat, Painful And Involuntary Movement Of The Eyes Called Oculogyric Crisis, Visual Sensitivity To Light, Double Vision, Blurred Vision, Accumulation Of Fluid In The Tissues Of The Eyelid, Excessive Saliva Production, Dry Mouth,..."*

**Conclusion: giving aripiprazole to M. represents an attack on his health that may seriously harm his wellbeing and must therefore be stopped immediately! No justification whatsoever for such a course of action exists!**



## The unacceptable contradictory behaviour on both sides

The representative of the National Agency for Children stated on May 16, 2022 that they are listening to the doctors at the Psychiatric Department as the experts, yet it is they themselves who decide what is best for M. without being qualified to stand in such a position of final decision maker, as they are not the specialists in questions of child's health and psychological wellbeing. They have the right to make the final decision without the necessary qualification! **They told the parents that the doctors at the Psychiatric Department know best**, yet the specialists there have to follow the directions given by them! This does not make sense and reveals a truly contradictory behaviour.

The same applies to the doctors at the Psychiatric Department. They insist, "*As the experts we know what is best for M...*", yet they follow the orders of people who do not have any special education in psychology! In this way, they are disqualifying themselves to be in the position they are in because they know better than anybody else what is best for the patients, yet they put into practice what people decide who are not qualified to make such decisions and even clearly admit that they are not the experts and therefore follow the guidance of the doctors responsible for M. In this way, the contradiction in the behaviour on both sides is confirmed. The representatives say one thing and then act in the opposite way.

Why must the parents follow the directions of people who contradict themselves? It does not make sense at all to declare one thing and then put the opposite into practice. Such behaviour is classified as having a mental disorder by the experts at the Psychiatric Department, yet they are obedient to the directions of people who act in such a way! This course of actions reveals their own contradictory nature, qualifying them to be evaluated as being afflicted with a mental illness according to the standards set up by psychologists.

According to this reality, we have an incoherent behaviour on both sides. This is a totally unacceptable situation in which the parents have to be obedient to people who act in opposite ways than what they say. Why do M.'s father and mother have to do what people order who are, according to the definition, classified by psychologists as having a mental problem?

At first, family members could freely stay with M. without restrictions. Then it was decided that each one is only allowed to spend one hour with him per day, and then the decision was made that parents can spend two hours, and finally the order came that anybody can only come according to a strict timetable decided by the National Agency for Children. They are not the experts who know what is best for M., yet they are the ones who make all the final decisions. This is a reality which shows an irresponsible attitude on the side of the responsible people to know better, who then act contrary to your stated beliefs anyway, resulting in this case that the qualified experts need to follow the directions of people who are not specialists concerning children's health.

In the meeting with the staff at the Psychiatric Department on May 9, 2022 the parents were told that to uphold the emotional bond between the family members is very important and very helpful for M., yet they are following the directions of people who do the opposite by bringing division into the family! Again, their incoherent behaviour is revealed. What is being practiced is separating parents and children by distrusting, e.g., the mother who was not even allowed to go out with her son into the garden on a sunny afternoon whereas her daughters could take their brother to their flat for the evening. Why?

## Contradictions in words and actions of some staff members

In the two documents dealing with the diagnosis and the treatment given to M., many aspects are pointed out in which the persons responsible for helping M. are contradicting themselves in word and deed, which is especially obvious from how they behaved in the two meetings with M.'s parents. The first took place on May 9 and the second on May 12, 2022. In the first meeting. M's mother had the chance to present her 12 written questions for the staff whereby you can learn here about the reactions she encountered.

1) As an excuse that the list of harmful side effects of aripiprazole is much longer than the list of benefits of the drug that is given to M., the responsible doctor "I." said that this applies to all drugs. That means for all the drugs they are using the number of harmful side effects is far greater than the advantages for the person who is taking them! How can drugs with such a very poor track record of effectiveness be considered the best possible solution for treating the patients?! Merely insisting on such a way of dealing with mental illnesses shows a **contradiction in the mind of those who consider it normal and good to prescribe such drugs although countless harmful side effects may be the result of taking them, including the death of the patients!**

2) At the first meeting of parents with the staff responsible for M., the doctor "I." stated that M. has a psychotic disorder which is **"very harmful for him"** and therefore he has to take the drug. But there is **no proof whatsoever for such a claim!** In which way is M. suffering so that his situation must be considered as being in a state of mental health that is very harmful? This question was not answered.

3) The doctor emphasized on that occasion that he can say that he 100% wants to see the kids feel better. What is he doing for this purpose? As it is obvious through his attitude during these two meetings, he does **not live up to such an attitude at all when it comes to taking care of M.**, as it was pointed out already and is continued here in the explanations about what was said and decided in meetings.

4) Doctor "I." admitted that all kinds of perspectives must be taken under consideration, including the emotional side. How he and others are faring in this respect is explained in the first 3 points dealing with the treatment M. receives in the Psychiatric Department. These show a truly split personality in the behaviour of some of the staff. **It is stressed on one side that considering the emotional wellbeing of M. is very important for them, and on the other that decisions are made that cause him and his parents to suffer greatly**, such as limiting the time of visits for family members to merely one hour per day although M. is longing to have his parents and siblings around as much as possible!

5) In that meeting, the doctor claimed that aripiprazole is very helpful and will get M. back from the state he is in. By making such a statement, he is **contradicting the official explanation** about this drug, which says that it will NOT HEAL the condition. Did he not read the document describing the effectiveness of aripiprazole, or is "I." **lying on purpose in order to get the parents' agreement to the decision to give M. this drug?**

6) Doctor "I." emphasized the staff does not want to harm but only to help. Why then do they make decisions which obviously do make M. senselessly suffer, such as restricting the love from his family, which is most important in his life, to merely one hour per person per day? **To say something and then do the opposite** is a sign of some kind of mental disorder or at least greatly lacking integrity, especially when it has the result of **seriously harming people's hearts!**

7) The doctor also stressed that it is important for M.'s nervous system to calm down while at the same time depriving M. of the love his family members who wish to share with him by not allowing them to spend more than one hour with their brother/son. This shows that "I." is **saying one thing and then doing**

**the opposite.** How should depriving M. of precious love make him more calm? To assert that truly confirms that the person who makes such claims has a mental issue.

8) He even emphasized the word “everything” when he stated, “*We use EVERYTHING that helps,*” and that, “*absolutely, we want to see him get better.*” How this *EVERYTHING* looks like can be seen, for example, in his attitude when M.’s mother wanted to give him the 21 questions which she had prepared during her 3 days of intensive research (day and night) prior to the meeting — as a mother does who loves her son dearly and sees him in grave danger of being harmed by drugs. Although M.’s mother had invested everything to find as much detailed information as possible about the drug and to present her **well organized questions, the staff refused to deal with them!** Such a behaviour reveals a **very grave inner contradiction by making great statements and then acting in the opposite manner!**

9) When the mother expressed her concerns about M. having to take the drug for a longer period, which of course increases the chances of his getting more of the harmful side effects that 34% of the patients receiving Abilify suffer, “I.” responded by telling her that usually it is recommended to take it for one year! So, it is very real that **M. is being put in serious danger** for his health condition. To do so while **at the same time insisting to want only the very best shows indeed a contradictory nature.**

10) The doctor also mentioned that it is important for M. to be himself again and therefore he has to give him this medication. He emphasized that this is what he has to do. **How about an alternative treatment? Why is it forbidden?** This is a very, very serious question. Why is only one single way of treating psychosis — as it is claimed M. has — allowed? Which reason can be stated that alternative healing methods do not work? None. **Zero justification exists to claim that it is not possible to heal mental health issues in other ways than taking chemical drugs!** To the contrary, it is confirmed in millions of cases that people who had a period of psychotic issues became normal again without taking a single pill. Doctor “I.” is an expert. Does he not know about all the many other ways of healing mental problems? Did he never study about them? If not, how can he claim to be a specialist in such questions? If he knows about them but ignores these possibilities, then he is **deceiving the patients because he knows better yet anyway pushes them to take the drug.** Either way, he is really **disqualifying himself to be an expert** in dealing with mental issues!

11) The doctor “I.” said that it is best for M. to get this drug and sleep. He insisted on this **as the one and only best way.** An alternative approach is out of question. Why? How can such an attitude be justified. It cannot, because there are numerous other ways of helping people with mental issues! This suggests that he is **a disingenuous person who knows better but pushes drugs on people anyway.** Or does he know nothing about the millions of Christians for whom supporting healing through prayer and special loving care are natural practices in their spiritual life? Is his general education as a specialist so poor that he does not know about such basic facts?

12) **The decisive question refers now to the whole nation** financing this mental hospital. The authorities approved “I.” as an expert who is doing the right thing. There are also religious and spiritual people in this country who have visions and the ability to speak in tongues, etc. Why are all of them not put into the Psychiatric Department but only M. and a few others? **What are the criteria to distinguish whether someone is ok or needs to be treated in an institution? Who makes the decision** as to who will be locked up and who is allowed to remain at liberty? What are the concrete scientific standards for doing the evaluation that confirms a person definitely has a mental problem?

13) The diagnosis by the doctor concerning M.: “*He has so many thoughts and cannot control them. Answers are random and not quite fitting.*” There are countless situations where students have many thoughts in their minds at the time of their examinations for which they did not prepare well. They give answers to the questions in the tests which are not quite fitting. The very same scene is encountered by

billions of young people worldwide when writing school tests. They may be having many thoughts and struggling to organize them so that they can give the right answers. This is very normal.

Similarly, doctor “I.” checked on M. and his ability to think clearly and to give fully fitting answers to his questions. Because M. was struggling a bit such that his answers were not exactly fitting, **he now has to take drugs to improve his cognitive abilities!** The prescribed drug will definitely help him, as the doctor assured at that meeting for the concerned parents. The question arises, why are all students worldwide not getting such drugs so that they will be able to get better marks at school? Why is only M. the privileged one in a situation where he needs them the least, as he is already, together with another student, the number one (two) in the class?!

It is **totally irrational for Dr “I.” to prescribe the drug only for M. and a few others** whereas there are countless people who are faced with situations where so many thoughts are going through their mind because they are confronted with some problem. Why does not every young person receive that drug as preventive measure so that they will not find themselves in a situation where their *“answers are random and not quite fitting.”* Surely, the drug should be given to young girls when they fall in love for the first time, because then they are very likely to come into such a situation of finding it hard to control all their thoughts and to be attentive when their most beloved asks them something, so that they will not disappoint their love but always impress him with very fitting answers.

I hope that by now it is crystal clear for everybody how ridiculous it is to claim that M. has to stay locked up in the Psychiatric Department because he cannot always fully control his thoughts — something that anyway nobody is able to do!

14) Dr “I.” told the parents that, ***“This is a long one. There is not an easy fix. We have to help him with his psychotic episodes:”*** Where is the proof that M. had such episodes? They do not exist! How does the doctor know that M. cannot swiftly get fine? On which foundation does he make such a prediction?

According to the doctor, M. has so many thoughts and cannot control them well such that some of his answers are random and not quite fitting. This normal situation is diagnosed as a psychotic episode and the expert predicts that his case is a long one, a difficult case which cannot be fixed easily. Thus, M. absolutely needs to take the drug. In other words, “I.” has become a prophet; he knows already that this is a long one with no easy fix possible because, as a specialist, he noticed that not all of M. thoughts are well organized and some of his answers not really fitting. What an expert we have here! He has observed well and he came up not only with the best drug for M., but he also knows already that his case is maybe like ‘long Covid’ and very difficult to resolve. Should the doctor not get special credit for that evaluation of M.’s situation? The staff thinks so; everybody agreed with their doctor in the meeting when he said that. But the final word in this respect is not yet spoken.

15) In the name of the whole staff of the Psychiatric Department doctor “I.” tried to comfort the concerned parents: *“We try to do our very very best.”* Yes, he literally said this. So, there is nothing to worry about with so many people doing their *very best* for M. That the objective facts speak quite a different language became particularly obvious at the second meeting 3 days later, when the doctor had already forgotten his great promise and everybody agreed that they do not have time to listen to the questions M.’s mother wanted to ask! **How can people be classified who make empty promises?** Are they hypocrites, or what would be the right term?

16) Doctor “I.” and his staff agree as he affirmed: ***“We always evaluate the pros and cons of a medication. After 3 days we can see how things are going. We have to meet again and talk.”*** What a wonderful promise and generous readiness of the staff to really do a thorough job. Alas, on the third day after this promise was made, seemingly everything was already forgotten and there was not even half an hour time for a meeting with the parents to really evaluate the pros and cons of M. getting drugs. Some 20

minutes was all the responsible people could come up with on that day **to NOT respond to the very serious concerns of the parents!**

How many pros and cons were evaluated at that second meeting? None, because there was no interest in such an evaluation. How about talking together to find the best solution? Sorry, also no time to do so and no appointment for another meeting. What **was promised in the first meeting was suddenly forgotten and non-existent!** How are people called who do not keep their promises?

17) That sad situation was also not changed by one of the staff having emphasized in the first meeting: *"It is important that we exchange information back and forth. It is important to say what is on our mind."* These words represent merely empty proclamations. At the second meeting, it was suddenly not important any more to share with one another. Just a few minutes were allotted for the parents to express what is on their mind and then the issue was finished for the staff. They do not agree with M.'s parents. Full stop. **On one hand, sincere sharing is emphasized and on the other it is blocked!** What does this say about the people who act in such a contradictory manner?

18) In the first meeting, it was emphasized after M.'s mother shared her view of the situation: "It is very important for us to know your side of the story." That the staff did not really mean what they said became obvious in the second meeting when there was suddenly **no time to listen to the worries of the parents due to their son's being treated with a drug with many harmful side effects**. In which way are people characterized who say things which they do not really mean? Aren't they called pretenders?

19) As an open-minded group, the staff advocated that the best solution was *"a holistic approach"* to M.'s situation. This term was emphasized in the first meeting but, alas, three days later, this insight was already forgotten and the drug the one and only choice as the way to go. Any other option was out of question. Such an attitude has, of course, zero to do with a holistic approach when any other method is out of question to begin with! **Is the staff really so poorly educated that they do not know what a holistic approach means or are they just saying nice words which they do not mean?** What does this show about their character?

20) It was acknowledged in front of the parents: *"We have to listen to your voice and what you want because you have custody over M. That is our guide. We are obligated by law to listen to the parents' will."* Three days later, the law was already forgotten. No more time to listen to the parents and to answer their written questions of serious concern. Although the staff has the obligation in front of the law to listen to what the parents of the child want, there is simply no time for that. Just a short meeting is enough and that was it, which is how the second occasion to come together to share turned out. In order to solve the problem that the parents did not agree with—their son being treated with aripiprazole—the right of custody was swiftly taken from them! The so-called children protection office took over and they certainly support M. being drugged.

21) Because the 5 brothers and sisters have all liked to come to visit M. in the hospital, it was affirmed by the staff that *"because of the special bond it is good to enforce good recollections."* Yes, that is the theory which they have learned, but when it comes to the practice, different rules are applied: Only one hour per person per day, that is all. No more spending longer time together — because **to keep family bonds alive is not good for M.** and therefore they must be strictly limited! After one hour passed, the attentive staff members always make sure the family members leave the building.

Such a truly contradictory behaviour is shown by the staff, but never mind, they all pledged: *"We try to do our very very best."* Is that really all what they could come up with, **one hour a day permission from the side of the hospital for family members to share loving affection with their son/brother at a time of serious crisis for him when he feels like being in prison with no prospect to get out from there?!** Yes, that is their understanding of what doing their utmost for the patient means, confirming once again

what a split personality they must have **to pretend to be caring while at the same time showing a cold and heartless attitude from the standpoint of Love, which is most important for every child.**

22) At the end of the first meeting, appreciation was expressed by the staff. *"It was really good that we talk together and speak our mind. That is really important."* Unfortunately, three days later, no trace of feeling the importance of a meeting for deeper sharing. No time for that. And even worse, **the doctor "I." expressed that he will NOT WASTE his time dealing with the questions the mother of M. had prepared for him** and the staff taking care of her son! How can such a behaviour be called? Disrespectful? Maybe the term 'schizophrenic' is much better because to promise one thing and then do the complete opposite surely testifies to a split personality.

23) Concerning the difference of opinion between how the parents feel about their son and what the staff thinks about him, it was said in the first meeting that ***"We don't need to argue who knows best or who is the wisest person or what is the best perspective."*** Instead of looking at the pros and cons as promised, suddenly a dogmatic attitude was emphasized, that there may be different standpoints but that does not matter because, anyway, what the staff decides will be done. Full stop.

How is it possible to weigh the pros and cons when they are not expressed and compared? Only the expert knows: you do not need any discussion because **everything was already decided before the meeting even started. M. has to take the drug** the doctor prescribed for him and there's no time for any further discussion! Such a way of dealing with the parents can be considered a betrayal of their trust by the staff when, at first, the promise of a serious evaluation was made and then nothing of the sort was done.

What does it mean to have the attitude *"We don't need to argue who knows best or who is the wisest person or what is the best perspective"* and not to allow discussion? It means nothing less than that **the staff is not interested in the best solution!** They know it all and, whatever suggestions the parents may come up with, they have zero interest in it. How can development take place when people have such a dogmatic attitude? It is simply impossible. **What was learned at university is blindly believed and what those above in the hierarchy say is put into practice without any questioning.** The dogmas and structures are established and it is absolutely forbidden to question them. If someone like the parents of M. dare to challenge the doctors with uncomfortable questions then they are silenced. To deal with their concerns is officially declared to be a waste of time!

24) In the first meeting, the parents were told that *"You can always contact us by phone."* When the mother asked for an email address to get in contact with the hospital staff, she was not given one but told that it is better to call. So, she could not send them the questions she had prepared for the staff which they refused to listen to in the meeting.

When she asked for the full name of the person responsible to make the medical decision concerning what kind of drugs are given to her son, the staff said that they do not know his name — or they refused to reveal it! The mother could only find out after one week or so the real name of doctor "I.". Such is the attitude with which parents are treated by the experts in psychology, the science of mind and behaviour! Not even the most ordinary rules of human contact are observed, in this case to reveal your name when you make decisions concerning the life of another person which affects it gravely and may cause much harm!

25) In the first meeting, seemingly only ceremonial, pathetic promises were made: ***"We go together, the parents and the staff. We always let the parents express their concerns. We want good mutual understanding and communication and learn from what is being said."*** Again, that is the theory whereas in reality the opposite is being practiced as already pointed out. Instead of going together, the staff makes the decisions which must be accepted. No serious questions or concerns are allowed or



considered. **No time for that!** Such an arrogant and heartless attitude is practiced, disqualifying the staff of the Psychiatric Department, but who checks on them?

26) When the mother of M. expressed her desire at the first meeting to record what is being said by the doctors and staff, she was forbidden to do so. Why? What is so bad when the parents want to have a recording of their meeting with the staff who are all at work in a public job? The topic is the situation of the parents' son, but no permission to record what is being said! **It does not make sense at all that recording is forbidden when parents only want to have a recording of the meeting to listen again to what the doctors said to consider more deeply what was expressed.** What does the staff want to hide?

27) At the second meeting, the parents were told that their son has to stay in the hospital for a longer time, but they did not agree and asked for their son to be allowed to come back home. But no permission was given because M. was already getting the best possible care there, as it was claimed. The mother testified to the improvement in her son's situation already after the first 4 days in the main hospital where they checked M.'s brain and spinal fluid and found nothing wrong. He was transferred to the mental hospital on May 8, 2022 anyway although his condition was quite fine. **He was in perfect mind condition before they started to give him the drugs!**

But **the staff members did not show any interest in the evaluation of the person who knows M. far better than any of them**, who merely saw him for the first time in their life a couple of days earlier. They insisted on a contrary standpoint, claiming that taking the drugs improved M.'s situation. But it was not enough for them, so they increased the dose although the parents strongly opposed such a measure! Such a course of action truly confirms the incompetence of the staff. **They all know that the list of harmful side effects of the drug is very long and it cannot heal the patient. They testified that M. is getting better but anyway doubled the doses! This does not make sense at all considering the danger of harmful side effects.** Unfortunately, to act reasonably does not seem to be the strength of the experts in questions of mental health!

28) One of the staff members of the Psychiatric Department asked the parents. ***"Can you see that he is still not quite coherent?"*** What does it mean to be coherent? For example, it is coherent for some 2 billion Christians to speak in tongues, which nobody understands, and to see visions which only they see. For the staff at the mental hospital, the testimony of such Christians is not coherent because according to the National Health Service [\(12\)](#), such experiences are hallucinations. Who decides what is coherent thinking and speaking? What makes perfect sense for these Christians is very strange for the staff at the Psychiatric Department. In their eyes, those hundreds of millions of believers are all mental cases afflicted with a psychosis because they appreciate the ability to speak in tongues and to see things which others do not see.

The fundamental issue here is that **one group, the psychologists, decide what it means to be coherent** according to their worldview. Of course, for a materialist who does not believe in the human spirit it is strange if Christians speak about their spiritual experiences. So, they are declared to be psychopaths or whatever name they may receive from the experts. Because there is no mental hospital big enough to contain these millions of people, it is coherent thinking and action for doctor "I." that he gives aripiprazole to M., whom he may at least save from hallucinations. **For his mother, it is coherent thinking and action to get her son out of the mental hospital as soon as possible, as first of all he is not sick and second of all is his health in serious danger** of further damage through the drugs he has to take.

29) **Nothing serious was detected in the main hospital.** Therefore, it says in the report: *"There is no reason to drug him now. It is better to observe him."* **Yet, there is the iron rule that every patient must be given drugs.** No way to escape that course of action. That is what must be done no matter what!

Contrary to this evaluation, the mother was told by the staff of the children protection service that M. is *“very sick and needs to stay in the hospital.”* What is now true? The evaluation by the doctors at the main hospital came to the conclusion that observing M. without giving drugs is the way to go. This has nothing to do with being seriously ill. Why are these two institutions reporting opposite diagnoses?

When asked what the cause of this so-called episode is, the response by the staff was that they don't exactly know the answer. This means that **they are not clear about what caused M. to have the illness** they defined according to their definition, yet they know what to do with people like him: give him double doses of the drug. If a mechanic does not know how to repair a car he will never prosper, but medical doctors get rich even when they are unable to heal their patients, which is 100% true for those working in the field of psychiatry. In every other field, one has to show quality results in order to do well, but that does not apply to the medical field when it is in the hands of the state.

30) Here is the bottom line: **The same phenomena is evaluated in two totally contrary ways:** For Christians, it is something very good to speak in tongues and to see visions whereas psychologists and psychiatrists classify such an experience as the person being afflicted with a mental illness. This is the dividing line which is established on every level. **For those who include the human spirit, it is normal and good to have spiritual experiences whereas those with a materialistic worldview cannot understand such phenomena** and classify it as a mental sickness. Unfortunately, although the country where M. was born is primarily a Christian nation, it has chosen like most others to walk down the path of materialism which leads definitely earlier or later to misery.

31) The diagnosis for M. is that *“He was not coherent in his talk because he had so many thoughts. He could not coordinate his sentences.”* Therefore, he has a psychosis! In the meeting with the parents, it was agreed that alcohol might have triggered this effect. He ended up in the mental hospital and it will be a long haul to get out from there as the doctor predicted. As it turns out, **it is so very easy to be classified as a mental case and to be locked up even though** you are perfectly healthy in mind and body, with no more freedom even to go out into the garden if you want to have some fresh air. For every move, permission must be obtained! How can such a course of action be justified in the case of M.?

32) In the meeting doctor “I.” emphasized that *“We always look for the cause — yes — not to give just drugs. We never do that. We have done extensive medical work in the hospital. Everything is normal. We did not find any somatic reason for his episode. We did not find the reason but he is still hearing and seeing things.”* Yes, tests were made of the spinal fluid and two brain scans yet nothing was found, so the conclusion was clear: M. must have a mental illness.

The logic behind this reasoning: **There is no physical change in the brain** or body fluids. For this reason, **we must give drugs which cause changes in his brain.** Here, we have a conclusion that does not make sense and is even potentially very harmful for the people who are the victims of this grave error through thinking that physical changes in the brain can resolve issues which have a spiritual reason or cause.

The diagnosis told to the parents in the second meeting was that their son *“is still hearing and seeing things.”* Everybody is seeing and hearing things during the night and some also during the day, during meditation or prayer, etc. There is nothing special about this because spiritual experiences are real for the vast majority of humankind. **Zero reason exists for M. or any other person to be locked up in a mental hospital for having such experiences!**

33) Many people are familiar with the expression *“I saw the light”* with the meaning that if someone sees the light, *“they realize something or change their attitude or way of behaving to a better one.”* Now we have M., who as a teenager, who has had this experience and determined to change his life for the better

— although he was already doing very well in every respect. Yet, he ended up in the mental hospital for having begun to really ask many questions based on deeper realizations.

**His search for answers to fundamental questions in life has led to his being declared to be crazy** and needing serious care in a closed unit from where he cannot get out until some authorities decide that he is allowed to leave. In this case, the Ministry of Social Affairs as the ultimate authority in matters of child protection. On behalf of the Ministry, the National Agency for Children and Families is in charge of day-to-day administration of child protection services. The basic unit for child protection is the local child protection committee, which is responsible for child protection services at the municipal level. They can decide whether M. has to stay in the mental hospital for months.

34) When the parents pleaded with the staff to allow their son back home because they cannot see anything strange in his behaviour, wanting him to go back to his normal life from where he was brought into this prison although he is absolutely normal, doctor “I.” insisted: *“Our duty is to make sure that he is healthy, that his brain illness must be under control.”* **To have too many thoughts that one finds difficult to control is declared a brain sickness that absolutely must be treated with drugs!** This is the understanding of the experts and everybody trusts them — except for the parents of M. Of course there are others, but in this situation they have no rights whatsoever over their son. The authorities decide. Even if they go to court to get their son back, it is the judge installed by the government who will make the decision.

The central question remains: **How is it proven that M. has a brain sickness?** In which way is this claim confirmed using the scientific standards of control experiments?

35) The other workers of the Psychiatric Department agreed: *“The hospital staff here does not see him as normal. He was speaking incoherently. We want to look if there is anything else causing this. We want to find out what brought this on. He is having this for the first time and he is jumping with his thoughts...”* This is the situation. The experts in psychology do not know why M. is sometimes jumping with his thoughts — **what every human being is doing in one or the other situation.** He does not speak in the way they think is coherent according to their worldview. So he is definitely disqualified as a normal human being! The specialists do not know what the cause is, but they know the solution: force drugs into M. Such is how the objective reality looks like.

36) The brainwashing of the child is already successful. The doctor “I.” proudly reported after having doubled the doses that *“M. said that he is now more like himself after taking the drug. The problem with psychosis is that the longer he stays in the psychosis the more dangerous it is for his brain.”* **The possibility that M. feels good because of other reasons than having taken the drugs against his will does not come to the mind of this expert psychiatrist** — or whatever his title may be. Nobody on the staff to whom his mother asked knows his name, as he is new to the department He joined only a few weeks ago. She only found out his real name much later at the meeting with children protection representatives.

37) The doctor warned the parents: *“If he would continue this without the medication it will become schizophrenia. His present symptoms we call psychosis. It is so important to get it under control now that it will not develop into schizophrenia.”* Should the parents not be grateful to the doctor who knows well and does the right thing according to the motto: double dose means twice helped...? **Unfortunately, the doctor is indoctrinated with a materialist ideology and worldview so that it is out of question for him that there may be some invisible cause behind what he observes.** He does not believe in it so it cannot exist. With such an attitude, he will not find the cause for what he classified as mental illness in M. although he is perfectly normal and healthy, fine in every respect, except for being suddenly in the prison of the psychiatric department without any fault of his own and suffering from the harmful side effects of the drugs he receives. When the parents wanted to speak about their understanding of the situation, the ‘iron fist’ of doctor “I.” was firm: *“We do not go any further. We will never agree on that.”* **The term ‘iron fist’ is surely**

**justified in this case because the situation may result in M.'s death**, which is one of the possible side effects of the drug he is forced to take!

38) One of the staff members explained: *"We have different views and that is what it is. So we have to find a way to overcome that, to find a solution. I think it will not lead to anything if we discuss our viewpoint and your view. We need to make a decision about the situation that is that he has to stay. He needs to be in the hospital. That is our opinion, he needs to be treated."* The solution was already there to begin with: M. absolutely must be "drugged." There is no way round it. The doctors made the decision that **everybody needs to get drugs forced down the throat with no way to escape — the rooms for the patients are like prison cells**, the building is guarded with security locks so that nobody can enter without permission and the staff is well trained if physical force is needed to enforce the directions from above.

39) When the parents emphasized that the doctors do not know the cause of what they defined as psychosis in their son, the response by the one in charge in this situation was: *"We have our opinion here so we need social service to decide."* The so-called experts do not have the truth and scientific facts on their side. **They have merely an opinion. But their opinion counts 100% and the conviction of the parents 0%.** The latter have nothing to say. They were invited to a meeting with the representatives of the family protection center for May 16, 2022. Doctor "I." made it clear that the staff believes that the health of M. is at risk, and he is right, but not for the reason he thinks. **His wellbeing and ultimately his life is in danger because of the drugs that are being 'forced' into him and not because of some supposed mental illness** which he definitely does not have.

40) Because the staff did not allow the mother of M. to read for them the questions she had prepared, she encouraged them to do so later sometime, but the answer from the side of the staff was clear: ***"We are not going to do that. We will not answer because we do not have time."*** They have the time to watch M. all day long, to follow him around wherever he goes, but do not have the time to sit down and read the serious concerns of his parents! Merely this fact alone shows already the incredible hypocrisy and dishonesty of the staff concerning the claim that they only want the *"very very best"* for M. They totally ignore the pleas of his mother whom they allow only one hour per day and no longer to be with her son!

They made their standpoint clear: "We are not obligated to answer your question," and doctor "I." put it in his words: ***"We can't waste our time to answer your question."*** In other words, ***IT IS A WASTE OF TIME TO ANSWER THE QUESTIONS OF THE PARENTS.*** That is the attitude of the staff taking care of children! They **totally ignore the parents' serious concerns** and possess the children as their property with which they can do what they want! Only the state authorities can be a certain hindrance but because they anyway belong in the same boat or company, paid by the government, one hand washes the other... The here quoted response is what the mother of M. received in the second meeting after she told the staff that she had worked for three days without sleep to prepare these questions. Such a dedication of a deeply loving mom did not impress the staff in the slightest way! To the contrary, the response of the main doctor was, as you already know, that he will not **WASTE** his time with answering her questions! **Is it not high time to check the mental situation of people who react in such a heartless way?!**

The **incompetence of doctor "I."** is also confirmed in his giving 6 documents to the parents in response to her asking 12 plus 21 questions in which **none of their questions are answered!** How can a person be considered to be an expert when he is **incapable of pointing to material which answers the questions** that are asked in a situation where he does not have time to answer them himself?!

At the end of the meeting, it was declared: *"We will activate now the decision of what will happen. We cannot do anything other than that."* Like 'robots' with a switch to be activated or like blind receivers of directions they went on to implement what they have to do: to make sure that M. swallows the drugs. Where is the justification for such a course of action based on true scientific standards? It definitely does not exist.

41) On the website of the Child and Adolescent Psychiatric Department of the University Hospital you can read about this institution: *"We provide specialized interdisciplinary services that take children's needs into account, as well as their family's needs... An emphasis is placed on kindness in all communication as well as a good cooperative relationship with parents/guardians. For more information, please speak to our employees, who are always ready to answer any questions that may arise."*

After having come to know what is explained in the here-presented points, it is clear that there is a **huge difference between theory and reality, between what is being said officially as stated on the website and the actual experience** as in the example of how the parents of M. have been treated. It is claimed, *"We provide specialized interdisciplinary services that take children's needs into account, as well as their family's needs..."* whereas M.'s desire to come back to society, as he is completely healthy, is totally ignored! This reality counts nothing for the staff. They ignore the desire of family members to spend more time with their brother/son: out of 24 hours, one single hour is granted to be with their beloved. No exception. Even heartless rules must be observed because the rules are above human needs! That is the situation as of the time of compiling this report.

The total **opposite of what is stated which the staff stands for is bitter reality**: Instead of *"kindness in all communication,"* a cold shoulder is shown when serious concerns are expressed! Instead of a *"good cooperative relationship with parents,"* absolute obedience to the orders from the doctors is demanded. In the end, parents have zero rights in front of the appointed experts because they know it best, they are like God... As a theory it states: *"Please speak to our employees, who are always ready to answer any questions that may arise."* The practical experience is in the case of the parents of M. that the opposite is true: NO TIME to answer questions. We WILL NOT WASTE our time with answering questions!

42) The conclusion is clear: those who put M. in this prison-like situation are the ones who have a 'psychosis' and not he. **Their actual behaviour confirms that they have a serious mental issue — according to their own definitions, which are set up in the field of psychiatry.** In this way, it is confirmed that the diagnosis which they put on M. rather fits to them. What they claim to represent and how they behave has not much to do with each other. It is contradictory. Their thoughts are out of touch with reality because they think so highly of themselves whereas their actual standard is rather poor. Their thoughts are not conforming to reality and therefore they have a psychosis which must be treated by 'drugs.' Who will prescribe which drugs they should take? The answer is obvious: Definitely not one of them. Their attitude and practice have shown that they are truly incompetent when it comes to know how to deal with mental issues. Only someone who understands deeply about the importance of the human heart/soul and the preciousness of Love is in the position to help the staff of the mental hospitals in this country and all over the world with the real medication, which is not pills but True Love.

43) It is high time for a **fundamental reformation, a change of the parameter in terms of how human beings are seen. We must not continue to ignore the centrality of the human heart and spirit but finally place it into the centre of our concerns** and ways of how we resolve issues. To do so is the one and only correct way toward a happy future for the nation having the highest anti-depressants consumption as well as for the other countries of the world who all need to learn how to deal with inner issues in the right way.

44) The already-presented points should be enough to show that **a very, very serious issue exists in the field of psychiatry both in theory and practice.** If you want to know more about the here-introduced example, please become familiar with some experiences made when visiting the Child and Adolescent Psychiatric Department: On May 14, 2022 the mother of M. visited her son at the mental hospital where she asked the staff what they consider to be wrong with her son. The answer was: *"He has thoughts which are not quite real."* That is their concern and, therefore, *"We want to be sure whether this has something to do with schizophrenia."*

**Who has never some thoughts which are not quite real?** Nobody, because everybody is bound to come into situations where one's thoughts do not fully correspond with reality. The problem is only if you happen to express them in front of a psychiatrist. Then you will be swiftly declared to have a psychosis and disappear into one of their 'closed institutions' from where it is very hard to get out no matter how healthy you may be. Everybody working in psychiatry using chemically produced drugs may be defined as a 'mental case' because what is being done is totally unrealistic — their thoughts are not in accordance with reality. They think that by taking pills mental issues can be improved. This is indeed nonsense, as **it is impossible to resolve spiritual or internal matters through external means like taking drugs to change the brain!** To be convinced that this is the way to go **clearly points to having a mental problem by firmly believing something which cannot be true.**

45) The staff appealed to M.'s mother: *"The doctors have to go through a lot of things to find out what is wrong with M. They try to understand why there are such thoughts in him."* Yes, that is their task, but it is not being done the way it is supposed to be accomplished: **by listening attentively to both the parents' and the child's heart** and to work together to find and implement the best possible solutions. This is not what is being practiced which confirms the incompetence of doctors and the staff on the most fundamental level. **Hardly any time was spent for deep sharing between the doctors and their patient M. to help him in his internal situation — what the experts claim to be doing!**

46) Here are a few more responses by staff members: *"We are seeing that M. is getting better. For now, we have to stay on that path that is very important to just follow the plan."* **They are already brainwashed to think that only drugs help so the only reason why M. is fine must be that he took the drugs.** Very simple and clear for them because they refuse to even consider that other reasons are behind why M. is doing so well. This blindness of living in their own very limited world is indeed seriously dangerous as countless people have been poisoned already in psychiatric wards through drugs prescribed by the doctors in those institutions or the patients killed themselves because they could not bear any longer the conditions into which they have been put.

47) When M.'s mother told the staff, that *"Mama knows what is best for her son,"* the response was that this is true, but in reality what she thinks is best ignored. So, she concluded: **"Mama has no voice."** **The staff member confirmed: "Yes."** In this way, one more person working in that place confirmed that parents have nothing to say — the opposite of what is declared on the website of that department of the University Hospital! Why is something officially declared and then the opposite is practiced? Such contradictory behaviour cannot be considered as mentally healthy.

48) M. was highly praised: **"He is all the way a good human being. We see this. Everybody here sees this and everybody is getting quite fond of him."** The staff members acknowledge that M. is all the way a good human being whereby all the way means of course from beginning to end, in every respect. In this way, M. is confirmed to be completely healthy by a staff member, but that does not change the rules: since he is already there, he has to take the drugs. No way around that, irrespective of whether he is mentally sick or not! It was even expressed that M. brought **"very positive energy for everyone"** in the mental hospital, but it does not count at all that he is uplifting the spirit with his excellent mental health and big heart, because he is there as patient who must be treated with drugs!

49) It was once again confirmed that *"We always want children to be as little time as possible here. The main goal is that nobody is here all year long, that patients are here the least amount of time: we really want this place to be empty all year long."* Wow, what a wonderful attitude, if only reality was not the opposite. M. and his family members as well as the staff agree that he is doing very well and that he is a good human being all the way so that everybody is fond of him, yet there is the system which stands above all of them which says: **Everybody who is put into this institution must be treated with drugs — no**



**matter how healthy he or she may be. This first rule must never be questioned.** Those who do will be totally ignored and no second will be wasted dealing with concerns questioning the fundamental rule.

50) So, we have a situation where **people who themselves have some mental issues pretend to care for patients with some kind of psychosis which they defined for them.** Yes, this is the bottom line. As a result, **M. feels “It is depressing to be here.”** During the hour his mother was allowed to spend with her son, the staff came in and out of the room where they were speaking, so the mother commented: *“You have to be around us and disturb us.”* The honest answer was “Yes.” The system of total control is well established behind the walls of psychiatric clinics like the one where M. is locked up.

**That M. does not fit there can also be seen when looking at the website** where it says under *“Encouragement for Children and Adolescents Dealing with Difficulties: Don’t give up, success in life is a marathon. Find and nurture your skills. Set a goal and make your dreams come true.”* With none of these points, M. has any difficulties. He is doing very well and is very far from having some mental issues.

The same applies to the point at the website: *“There Are a Lot of Things You Can Do for Your Mental Health: Eat regularly and choose healthy foods, Get enough sleep and rest, Relax, for example with music, meditation, reading, Exercise regularly, for example by working out, swimming, dancing, Be around friends and family, Participate in social events and nurture your hobbies, Compliment and give back to others, Be on your own side, Be modest, Talk about your feelings, Be honest with yourself and others, Think about what increases your energy and well-being, Think positively, Write down what matters to you, Seek information and assistance...”* This is what M. has been practicing and then he ended up in the mental hospital because when he talked about his thoughts and feelings, he could not express them in such a way that doctor “I.” was convinced that it was coherent enough and well-fitting to reality. So, he declared that M. has a psychosis that absolutely must be treated with drugs.

On May 15, 2022 his mother was granted one hour to talk with her son during which she could once again find zero incoherence in what he expressed. He was answering all her questions very reasonably. This leads us to the conclusion of a very sobering reality: **A totally healthy person may be any time locked up in a mental hospital and forced to take drugs with very harmful side effects!** The staff working at the Child and Adolescent Psychiatric Department of the University Hospital is continuously observing him to find out why he became mentally ill as it was expressed by the staff. They are looking in vain for a cause for his supposed mental illness and do not find one because there is none whatsoever. He is not ill at all, yet he is kept there!

What about the mental state of his mom and dad? It is claimed that they have a harmful influence on her son: *“M. becomes more insecure when his parents are with him.”* What kind of justification exist for such a claim? That would mean that M. does not want to be with them because he does not feel fine in their presence. Why then does he want to get out of the mental hospital when he supposedly feels better there than being with his parents?! When asked, M. definitely affirmed that he wants to be with his parents, particularly with his mother.

In the report from the children protection service it says: *“The mother has requested the boy’s medical record (medical history files) but the hospital/institution thinks it will work against the benefits of the child, as these files are a concern of his health and wellbeing.”* How can it be harmful if the mom and dad learn what the experts found out about their son? **It does not make sense at all to think that it is not good for the child if the parents know what the doctors have found out. Zero reason exists for such a claim and this fact shows once again the problematic mental health** of those who make such an assessment.

## It is impossible to resolve internal issues through taking drugs

The question which healing method to use is a very fundamental one which must be thoroughly addressed, especially in the light that, worldwide, more and more people are sick in one way or another, with the number of chronically ill people rising continuously. This shows that conventional medicine is miserably failing to help people be truly healthy.

It is stated for example that *“Aripiprazole works by acting on various receptors in the brain, particularly dopamine receptors and serotonin receptors.”* What does this mean concretely? In which way is *aripiprazole* giving **instructions to the brain as to how the receptors should act?** *“Serotonin and dopamine interact with each other to maintain a chemical balance in the body.”* **How does this chemical drug know what to tell other chemicals to inform them what they should or should not do** so that balance is maintained? It is impossible that a chemical substance has the overview as to what needs to be done in order to re-balance hormonal levels as it is claimed that *aripiprazole* can do.

*“Serotonin is associated with feelings of happiness, focus, and calm, whilst dopamine is associated with feelings of rewards, motivation, and being productive.”* If *Aripiprazole* is able to balance these two, **why then is it not used by all people to become more happy and productive?** Merely the fact that this is not shows that fake claims are made about the effectiveness of this drug.

Dopamine is a neurotransmitter made in the brain which *“plays a role as a ‘reward center’ and in many body functions, including memory, movement, motivation, mood, attention and more.”* Serotonin is a chemical that carries messages between nerve cells in the brain and throughout your body. Serotonin plays a key role in such body functions as mood, sleep, etc. **Dopamine and serotonin are chemical messengers.** That means they are chemicals conveying messages. A message contains information.

How is it possible that Abilify, a chemical substance, contains information to tell the brain how to balance the dopamine and serotonin levels? Such a thing is absolutely impossible because **chemical substances cannot think and evaluate and make decisions** about what is best for the body! Therefore, the claim that Abilify *“rebalances dopamine and serotonin”* is an enormous fraud. It is not possible that chemicals themselves control the message they are conveying! They are merely the visible substances through which inner (invisible) content is passed on.

**Who decides in which situation and how much dopamine and serotonin are produced and poured into the body?** The doctors say it is Abilify (*Aripiprazole*) because this drug has the miraculous ability to think and to know what is best to restore and to maintain balance between hormones. This is a huge lie because it is impossible that an artificially produced chemical drug performs such a delicate task as to decide how much hormones are needed in which situation. The claim that the drug knows how to perform the evaluation and decision-making **as to secure a balance between dopamine and serotonin levels is definitely false and lacks any evidence through control experiments.**

The most common Abilify side effects in adult patients in clinical trials were *“Nausea, vomiting, constipation, headache, dizziness, movement disorder, anxiety, insomnia and restlessness, dizziness, lightheadedness, drowsiness, tiredness, excess saliva/drooling, blurred vision, weight gain, constipation, headache, trouble sleeping, fainting, mental/mood changes (such as increased anxiety, depression, suicidal thoughts), trouble swallowing, restlessness (especially in the legs), shaking (tremor), muscle spasm, mask-like expression of the face, seizures, trouble controlling certain urges (such as gambling, sex, eating or shopping), interrupted breathing during sleep.”* And then there is a very long list of other harmful side effects of this drug. **What a potent drug to cause so many harmful effects!**

The strong advice is given to those taking aripiprazole: *“Get medical help right away if you have any of the following symptoms: fever, muscle stiffness/pain/tenderness/weakness, severe tiredness, severe*

*confusion, sweating, fast/irregular heartbeat, dark urine, signs of kidney problems (such as change in the amount of urine). Get medical help right away if you notice any symptoms of a serious allergic reaction, including: fever, swollen lymph nodes, rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.” Those who take Abilify (Aripiprazole) are encouraged: “Tell your doctor right away if you develop any unusual uncontrolled movements (especially of the face, mouth, tongue, arms, or legs).” They are also warned that **this medication may cause very serious conditions which may be permanent!***

Because a large portion of the world population is so well indoctrinated by the pharmaceutical industry to trust their products, they do not mind even all these horrible side effects of that and other drugs. That is the tragedy mankind is faced with since the last maybe 100 years or more. It is so deeply engrained in the mind and consciousness of people that chemical drugs are good so that nobody questions their effectiveness but nearly everybody willingly takes whatever drug they are given.

On the other side is the small percentage of people who use their God-given brain well and recognize what is pointed out in this reflection, namely, that in most cases it is impossible that drugs perform the actions in the body ascribed to them. Upon having a closer look, it becomes clear that biological processes can only be effectively supported through using natural products. This is the bottom line which each and every human being must realize to get out of the grip of Big Pharma.

This process starts with recognizing that we all are spiritual beings and therefore all issues must be resolved on the invisible internal level. **No physical drug can do that!** Full stop. This is absolutely true, yet the vast majority is stricken with blindness in this respect so that they do not realize that **it is impossible that drugs resolve problems which have their origin in the mind and heart.**

Not only the destiny of each individual but the future of humankind is decided by the way this fundamental question is answered: do we recognize that we have a spirit and a body in a relationship where health and happiness can only be secured if we take good care of our soul as the core of our being? Whatever name you may give to this internal realm, the decisive question is whether we know that, indeed, any health issue must be resolved there and **no drug will ever be able to heal some immaterial problem in the heart and mind** of people where every kind of illness ultimately has its origin.

Let us therefore leave the materialistic worldview behind and realize that we are indeed eternal beings destined to cultivate a loving heart as a foundation to be able to enjoy life on earth until old age with a healthy mind and body. Only by walking this path will we arrive where we should be as brothers and sisters of one worldwide family who are meant to care for one another to secure the prosperity of all. This is the way to go and not the one prescribed by the medical industrial complex, where money and not the wellbeing of the people is at the root of the agenda that is being put into practice.

## A thorough reflection on reality in connection with psychosis

On the internet you can find a booklet on *Mental Health Evaluation & Community Consultation*, which was developed for mental health workers, school counselors, alcohol and drug professionals, and others working with youth and young adults who may be at risk for psychosis. In case you are not aware, psychosis describes “a mental state characterised by distortion or loss of contact with reality. Positive symptoms of psychosis include delusions, hallucinations and/or thought disorder. There are multiple causes of psychosis, which include substance abuse or withdrawal, exposure to severe stress, inherited and acquired medical conditions or diseases, and mood disorders.” Who has never been in a mental state where one shows symptoms of thought disorder? If you are honest then you know that everybody comes into a situation at times where one’s thoughts are not well ordered or one may be struggling with emotional issues and finds it therefore difficult to think clearly. **The problem starts when such ordinary experiences are defined as a sickness.** This is a very serious issue which has ruined the lives of countless people.

To help the public realize that what those working in the field of psychiatry are doing rests on totally wrong concepts regarding the nature of human beings is one of the objectives of this sharing about the given case. The materialistic worldview underlying the ideas used in this area turned out to be fatal for millions of people who lost their lives prematurely in psychiatric institutions. **It is high time to make a fundamental paradigm shift based on the understanding that any kind of mental issues are rooted in the human heart and spirit** — and nowhere else.

Accordingly, **it is wrong when the experts think that psychological problems are caused by physical factors** like genes inherited from the parents, etc. There are multiple causes of psychosis that include exposure to severe stress, but not as the specialists claim to be “*inherited medical conditions*.” It is equally wrong that psychosis can be the result of “*organic causes, intoxication, and functional disorders such as schizophrenia, bipolar disorder, schizophreniform psychosis and schizoaffective disorder*.” Whatever names may be used, whenever it is claimed that the psychological problems people are suffering from have a material cause in some organs, the experts are very wrong because even a severely handicapped person with all kinds of abnormalities in the body can be very happy without the slightest mental problem. It is always in the spirit and inner heart of a person where the final decisions are made as to how a person feels based on a person’s attitude.

**A fundamental change of worldview** from the personal to the worldwide level is crucially important if we want to have a prosperous future and not go further down the road to ever more people being diagnosed with some mental illness for which specialists create all kinds of names. Unless this task is achieved, it is impossible to get out of the downward spiral toward ever more misery because any kind of problem needs to be resolved where it began which, in the case of mental issues, is definitely always in the spirit and mind of people and not in the body as psychologists and psychiatrists falsely assume. Because they do not know the true cause of what they define as disease, they are unable to heal it.

In the description, one can read that “*A psychotic episode commonly isolates the person from others and impairs family and social relationships. Difficulties in school and work performance arise and secondary problems such as unemployment, substance abuse, depression, self-harm or suicide and illegal behaviour can occur or intensify...*” The situation of M. has zero to do with what is explained here, yet he received this very diagnosis.

The common stress-vulnerability model for psychosis falsely assumes that the major determinants of a person’s vulnerability are “*biological, genetic and neurodevelopmental, and its expression as disorder is influenced by psychosocial and/or physical stressors. A positive family history of psychosis is associated with an increased risk of vulnerability to psychosis*.” What has been going on in a family is, of course, very influential on a person’s internal situation, but this has nothing to do with some physically inherited

abnormalities but **only with a person's problematic inner situation** which may develop under difficult circumstances.

According to the psychology book, initial signs and symptoms of psychosis include: *“Changes in affect: feelings of vague suspiciousness, depression, anxiety, tension, irritability, anger or mood swings. Changes in Cognition (Thinking): Difficulty in concentration and memory, thoughts feel slowed down or speeded up, odd ideas, vague speech. Changes in Sense of Self, Others or the World: Feeling somehow different from others or that things in the environment may seem changed. Physical and Perceptual Changes: Sleep disturbances, appetite changes, bodily complaints, loss of energy or motivation and perceptual aberrations.”* Such symptoms are very common in people all over the world. Nothing special about them. The problem only starts when they are defined as associated with psychosis and then decided that the person who has such experiences has to take some medication. Here is where the demise of a person, and not his healing, begins! **Psychotic drugs can never heal people. To the contrary, they always make the situation worse, because adding some artificially produced chemicals to the body can never be beneficial for resolving internal struggles.**

The experts tell us that *“Common types of delusions include: persecutory delusions, religious delusions, grandiose delusions, delusions of reference or that certain comments or other are cues are specifically directed towards oneself...”* Did you ever check how such specialists react when you tell them that it is they who suffer from some serious mental issue because they arrogantly put themselves up as the judge to decide what is religious delusion and what is not — although, in most cases, they themselves know very little about the preciousness of a religious life? For example, speaking in tongues and seeing visions is, for most psychologists and psychiatrists, a sign of mental illness whereas hundreds of millions of Christians highly appreciate such experiences.

Merely this simple example confirms the utter incompetence of such experts. They insist they are able to evaluate something about which they have no idea. They do not have spiritual experiences, yet think they are in a position to judge them. How can they even think of being able to give an evaluation based on ignorance? **Those for whom spiritual experiences have become part of their daily life are the true experts.** To claim that those who have such precious experiences are mentally ill shows not only a truly arrogant, but also a totally ignorant, attitude that borders on serious psychological sickness by those who come up with such a classification or support it.

The experts tell us that *“Thought disorder refers to a pattern of vague or disorganised thinking which may appear illogical.”* Unfortunately, psychiatrists generally show such characteristics of a mental disorder by insisting that seeing things others do not see and hearing what others do not hear are signs of a psychosis, which is not logical at all from the standpoint that all human beings have a spirit and can therefore have all kinds of spiritual experiences. So, **the core problem lies in psychiatrics being ignorant concerning the existence and influence of the human soul and spirit on the body.** Their denying this fundamental realm proves their incompetence to accomplish their goals.

A person's information processing is impaired when they have a so-called thought disorder, which unfortunately applies to most people working in psychiatric institutions because they are not thinking logically when it comes to the cause of mental sickness and possible healing methods. **It would be logical to take into account that 93% of the global population believes in some form of spiritual realm affecting them. Materialistically oriented scientists ignore or even deny this precious realm, which disqualifies them to begin with because to do so represents a very ignorant and illogical behaviour.**

In the textbooks we can read that *“Changes in cognition may impair insight and judgement. The individual experiencing psychosis may not be able to recognize that something is seriously wrong.”* Changes in cognition that impairs insight and judgement is happening all the time. The experts say that the individual experiencing psychosis may not be able to recognize that something is wrong with them,

whereas this also applies to them; psychologists and psychiatrists **are the ones who do not recognize how stupid they are to interpret such normal human processes as herein described as a psychosis.** Yes, this is the sober objective reality we are faced with. The so-called specialists are not prepared to look deeper but just study theories that others created and do what they are told, to give drugs to every patient in an irrational belief that chemicals can solve problems having an invisible origin in the heart and mind of people.

They claim that *“While these symptoms are definitive of psychosis, disturbances of mood, behaviour, sleep pattern and activity also occur. Many individuals with an underlying psychological/psychiatric disorder will initially present with physical symptoms that concern them, such as tiredness, repeated headaches or insomnia. An underlying psychological disturbance should always be considered in an individual presenting with persistent or ill-defined somatic complaints in the absence of demonstrable physical pathology on examination or investigation.”* So, what are the somatic complaints in the case of M.? They are absent. He has no psychosis whatsoever, yet the experts are totally failing in recognizing this ever so simple fact. This is truly what is most shocking in the given situation. It only confirms how deeply they themselves have entered the realm of having some serious mental disorder by declaring that others who are completely healthy are a mental case and then forcing drugs down their throat!

Next it is explained that *“The way an individual may present in this 'active' phase is quite variable. The commonly described scenario of the disturbed psychotic individual is only one possible mode of (usually late) presentation. Just as common is the more 'quietly' psychotic individual who is gradually slipping backwards, losing their place in society and dismissed as being just odd. In fact, negative symptoms such as decreased motivation, energy and interest, blunted affect and a decrease in the richness of inner mental life are common in the acute phase.”* **All these descriptions by psychologists have zero to do with the mental situation of M.,** yet he is in their prison from where he can only get out if the ‘experts’ graciously allow him to go into the garden for some fresh air...

The culprits don't have the slightest idea that they are evil-doers ruling over other people's lives, harming them in horrible ways up to death, which is documented in countless people having died in psychiatric wards for all kinds of reasons originating in what the medical doctors did to them.

When will psychiatrists be held accountable for their actions? Who is in the position to evaluate their work objectively? This work must absolutely be done now to prevent more damage to innocent victims by false diagnoses.

## Completely false reports about the mental situation of M.

The reports about M. say that there were “*acute changes in behaviour during the last 10 days before his entering the hospital.*” This is mere myth. It has nothing to do with his actual situation, as there were no severe and drastic changes but very subtle ones of his starting to reflect more deeply and asking more questions. **This kind of wonderful change was noticed by his mother who was proud to see her teenage son developing well. Alas, it was interpreted by the specialists as some negative changes that must urgently be treated!**

In the document, it is stated that he became “*very much unlike himself. He does not speak coherently, his short-term memory is limited, he says inappropriate things.*” Every human being may experience such situations, sometimes. Nothing special about this when you know what they did to him, namely, **giving him two strong sleeping pills that have a long list of harmful side effects.** On top of that, he was put under emotional pressure through overacting women around him.

Who decides what is coherent and what is not? What is the concrete measurement for determining how good the short-term memory must be? Where can you find the standard as to what is appropriate and what is not? The answer to such questions is not scientific but merely personal and, accordingly, anybody can be declared a nut case when his thinking, etc. does not correspond with one's own — in this case, of the psychiatrists making the evaluation. **They can come up with anything and do not have to prove it!**

In the reports it says that “*he went to school but ended up in the swimming pool, he gets lost...*” That this is a made-up story is obvious for anybody who knows what actually happened. Something is artificially created to justify evaluating M. as having a mental sickness. And this may happen to anybody. For this reason, this sharing is presented **with the hope that people wake up to face the reality of what is actually going on in the psychiatric institutions right in our midst in highly civilized nations.**

That he was basically fine when he came to the hospital is obvious when you read that he was “*always polite with no superiority complex...*” **How can you be always polite and at the same time confused?** It does not fit together but is a contradiction, because you can only be always polite when you are always conscious of what you are doing! To have a psychosis means to lose touch with reality, whereas in M. the opposite is the case. He was and is always living in the present — otherwise, he could not be a successful sportsman and excellent student. Merely **3 days before being put into the hospital he was asked to be the referee for a football match** of two girls teams. How could he do such a job of being fully concentrated during the game to recognize any mistake of the players while at the same time being in a state of psychosis, as claimed by the psychiatrists? It is impossible!

A psychosis is “*a severe mental disorder in which thought and emotions are so impaired that contact is lost with external reality.*” This is one of the official definitions of what a psychosis is all about. The mental situation of M. has absolutely nothing to do with it. End of story. That is what one would think, but not in a world where people cannot distinguish between experts and deceivers, in this case in the field of psychiatry. **People blindly trust so-called specialists, which means that the latter can say and do whatever they want and nobody is checking on them!**

It is claimed that teachers and his football coach expressed concern about M. The mother spoke with them and found out the reality. Her son was asking many questions. That may have been unusual for them, but it is something natural and good, nothing strange about it. Unfortunately, not so in the eyes of psychiatrists who see in every person a potential patient who needs to be treated with their drugs.

“*M. experienced a change of behavior and thinking last week.*” Billions of people on Earth have such experiences. In the case of M., it was in a very good direction; he became even more responsible than he already was but not so in the eyes of those who do not believe in a spiritual life and evaluate everything



from a purely material standpoint, who just blindly believe what others say without checking whether it is correct. They never confirmed with the parents whether it is true what the overconcerned daughter was saying!

In one of the reports, it is noted about his mother: *"She does not believe in medical science. It clearly does not need much for the parents to reject treatment even though it is considered vital."* The truth is the opposite. She believes in true medical science and not in the 'quackery' of those who have a drug for everything and are eager to prescribe more and more of them. It is also mentioned that she is in a cult and that she rejected life-saving treatment for her child. This is also a lie, but facts are unfortunately not important to those having their own agenda — to have one more object into which to put drugs. Concerning the claim of M.'s mother being in a cult, this 'cult' is recognized by the authorities in Austria as one of seven officially registered religions in that country.

Further it says that *"Probably he has a psychotic disorder or psychosis."* The experts do not know. They just assume. But what they do know is what can be done about that: Give him a drug! And so they did, starting with Quetiapine and Imovane in combination despite the fact that the safety and effectiveness of Imovane (zopiclone) **have not been established for use by children and adolescents under 18 years old. Yet it was given to M. who is only 16 years old as the very first choice!**

The question *"Can you take quetiapine and zopiclone at the same time?"* is answered: *"Using Quetiapine together with eszopiclone may **increase side effects** such as dizziness, drowsiness, confusion, and difficulty concentrating."* So, **they created the perfect recipe to put M. into a condition where he may feel dizzy and confused so that they can declare him to have a psychosis because, according to their thinking, he is not clear anymore in his mind!**

The warning says that after taking this drug, *"the next morning, you may not remember what happened. This may be more likely to occur if you also use alcohol or other sedative medications."* So, they added Imovane to Quetiapine to provide the basis for greater chances for M. to behave abnormally, which they need to have as justification to give him more drugs.

If you check, you will find out that Quetiapine is not a sleeping pill. It is often used off-label and *"Its efficacy is poorly documented, and even low doses may have substantial side effects. There is thus reason to warn against prescribing quetiapine for sleep."* Yet it is being done by the experts, adding another drug so that the chances of adverse side effects are increased to have more justification to declare M. a mental case!

## How doctors create mental cases out of healthy people

So far you could learn about various aspects of how the doctors dealt with M. in the hospital, whereby it is truly shocking what they did from the very beginning. In the evening, after having been brought to this place, M. could not fall asleep because he found himself completely and unexpectedly in a situation where he had to go through brain scans and a checking of his spinal fluid after having been declared to have a serious mental sickness. He already had his plans for the coming weeks, when he would be doing some practice in connection with his school to which he was looking forward very much, cancelled.

How would you feel in such a situation, being suddenly pulled or ripped out of your world, being thrown into a very insecure situation where you do not know what will come next? Isn't it truly natural that one finds it hard to fall asleep under such circumstances? Not, if you are in a hospital with psychiatrists checking on you. The specialist came at 2 am to his room to check on him and saw that M. was lying peacefully in bed but could still not fall asleep, as it says in the official report. So, it was decided that he needs some help and voila, two strong sleeping pills were chosen and given to him, because he *"probably did not sleep in the night before,"* which is merely a fictive assumption not true at all.

One of them is quetiapine. If you ask Google whether it is a dangerous drug, the very first answer you get is: ***"Quetiapine can cause a serious heart problem."*** When you go to the website describing that drug, you immediately see: ***"IMPORTANT WARNING... Studies have shown that older adults with a brain disorder that affects the ability to remember, think clearly, communicate, and perform daily activities and that may cause changes in mood and personality who take antipsychotics (medications for mental illness) such as quetiapine have an increased risk of death during treatment."***

An important warning for people who have depression follows: ***"Children, teenagers, and young adults who take antidepressants to treat depression or other mental illnesses may be more likely to become suicidal than children, teenagers, and young adults who do not take antidepressants to treat these conditions. However, experts are not sure about how great this risk is and how much it should be considered in deciding whether a child or teenager should take an antidepressant. You should know that your mental health may change in unexpected ways when you take quetiapine or other antidepressants even if you are an adult over age 24. You may become suicidal, especially at the beginning of your treatment and any time that your dose is increased or decreased."*** Imagine, a person is given a drug that puts him into such a risky situation although there is no need whatsoever for doing so! **How can someone with a sane mind take such a measure simply because a person is lying peacefully in bed at night** but not yet asleep because of too many thoughts?

In the initial report, it says his bodily functions and reactions are ***"perfectly normal."*** First, they pushed M. to take such strong sleeping pills, they chose to begin with the higher dose which had a very strong effect on his metabolism because it was the first time in his life that M. took sleeping pills. And when he was not so clear afterwards, this is then used as reason for him to be classified as a mental case!

When you ask the official sources: ***"Why is this medication prescribed?"*** the answer is that quetiapine tablets are used to treat the symptoms of schizophrenia, ***"a mental illness that causes disturbed or unusual thinking, loss of interest in life, and strong or inappropriate emotions. Quetiapine tablets and extended-release tablets are also used alone or with other medications to treat episodes of mania (frenzied, abnormally excited or irritated mood) or depression in patients with bipolar disorder (manic depressive disorder; a disease that causes episodes of depression, episodes of mania, and other abnormal moods)."*** **None of these symptoms appeared in M. yet, from the very beginning, he was given this drug.**

Further it is stated: *“In addition, quetiapine tablets and extended-release tablets are used with other medications to prevent episodes of mania or depression in patients with bipolar disorder. Quetiapine extended-release tablets are also used along with other medications to treat depression. Quetiapine tablets may be used as part of a treatment program to treat bipolar disorder and schizophrenia in children and teenagers. Quetiapine is in a class of medications called atypical antipsychotics. It works by changing the activity of certain natural substances in the brain.”* A medication is used to change the brain of a completely healthy person but if afterward he acts in an unusual way, he is considered to have a mental sickness!

As you can read, this and other drugs are used to treat *“abnormal moods”*. Who decides what an abnormal mood is? The specialists do, according to the textbooks created by their teachers. Originally, it was one or the other person who came up with some ideas and concepts in the field of psychology and initiated a certain school of thought, which was then accepted by others. Finally, **because many think in such terms, it is seen as a scientific fact whereas all these views simply remain hypotheses or theories and nothing more!** It is decisive to be aware of this fact to move out of the realm of trusting people who merely have some opinion about the mind, namely the psychologists and psychiatrists who are the official experts.

The correct answer to the question, *“How does the drug know which kind of changes must be caused according to which mood?”* is again that it does not know anything. It is merely a dead material harming the body which tries to get rid of it as soon as possible. Zero positive effect on the mind of people is created through them. That is the confirmed reality for all artificially created chemical drugs, but **unfortunately most people believe so strongly in those who create and those who prescribe them that they are blind to what is actually happening in the medical field.** The established system of claiming to effectively treat sicknesses with drugs is an evil fraud and deception which has cost countless lives and is continuing to do so day by day. This reality is confirmed in manifold ways if you have a closer look at what is actually going on. Why is everybody who has a bad mood not given this drug so that his mood improves? The answer is again obvious: because it does not do what is claimed it does, yet people are too scared of diseases and of dying that they lose the ability to think clearly in this respect, and they anyway trust those with the white coat in the hospital as their saviour to liberate them from whatever ailment they are suffering from with their pills and injections.

Just as for all other antipsychotic drugs, this one also **does not heal the patient** and therefore people are told: *“Quetiapine may help control your symptoms but will not cure your condition. **Continue to take quetiapine even if you feel well.** Do not stop taking quetiapine without talking to your doctor. If you suddenly stop taking quetiapine, you may experience withdrawal symptoms such as nausea, vomiting, and difficulty falling asleep or staying asleep.”* This is the perfect recipe to make people into life-long customers of pharmaceutical drugs: give them a drug for problems with sleep which then cause the very same problem if you stop to take them!

The question: *“What special precautions should I follow before taking quetiapine?”* is answered in the following way: *“Tell your doctor and pharmacist if you are allergic to quetiapine, any other medications, or any of the ingredients in quetiapine tablets or extended-release tablets...”* As with other drugs, a long list of precautions follows. Why? Because **it is a very problematic drug yet, regardless, it was the first choice for M. even in the higher dose and not as officially suggested by starting with the lower dose!**

The theory says: *“You should know that quetiapine may make you drowsy.”* Was M. told this? Of course not. The drugs were pushed on him and then when he was severely nauseous the next day, they asked him questions. He could not answer them properly because of the aftereffect of having taken two strong sleeping pills at the same time. Therefore, he is declared to have a mental problem that must be treated with more drugs! M. told his mother that, most of all, he felt nauseous in the hospital. After knocking

him out in this way through the strong sleeping pills, the experts came to check on him and because he could not think clearly, they decided that he must have a mental sickness!

It says: *“Tell your doctor immediately if you have any of the following symptoms while you are taking quetiapine: extreme thirst, frequent urination, extreme hunger, blurred vision, or weakness.”* In the report, it says that M. peed in his bed one time. First, they give him a drug which causes him to be drowsy and leads to frequent urination and then when he is too tired or too fast asleep and pees in his bed, the situation is seen as a confirmation that he has a psychosis as he cannot control his bodily functions even though at the same time it says in the report that all his bodily reactions were perfect! Another side effect: *“You should know that quetiapine may make it harder for your body to cool down when it gets very hot. While you are taking quetiapine, you should avoid excessive exercise, stay inside as much as possible and dress lightly in hot weather, stay out of the sun, and drink plenty of fluids...”* With M., it was surely the case that his body was ‘overheated’ as he was very grateful when his mother put her usually cold hands on his forehead where they cooled his head.

The ‘final’ warning: *“Do not dispose of medications in wastewater (e.g. down the sink or in the toilet) or in household garbage. Ask your pharmacist how to dispose of medications that are no longer needed or have expired.”* Can you imagine, **the drug is so dangerous that it should not be disposed in the usual household garbage**, yet it is given to M. as the wonder drug that saves him from sleepless nights — which anyway he never has, not the slightest problem in this respect as the mother told the staff, but what parents say is not interesting for them in this case! Harmful drugs are pushed on innocent victims like M. He is definitely totally innocent, known as an exemplary young man, and now in the hand of drug prescribers who are paid by the state for ruining the lives of countless people. This is the reality which has happened in millions of cases around the world and is continuing and definitely worsening. Therefore, it is high time for a fundamental re-evaluation of the field of psychiatry.

About the drug that was given to M., it says: *“You should know that quetiapine may cause dizziness, light-headedness, and fainting when you get up too quickly from a lying position. This is more common when you first start taking quetiapine and when your dose is increased. To avoid this problem, get out of bed slowly, resting your feet on the floor for a few minutes before standing up.”* So, if someone comes to the hospital in the morning and watches M. getting up in this very slow way, one would naturally assume that there is something wrong with him and agree that he has probably in psychosis, whereas in reality it is the **doctors who have caused him to be in this state of having lost the vitality** he used to have as a dedicated sportsman.

## The staff did hardly any counselling conversations with M.

As you can read in the respective materials, those who take drugs are told that *“You should know that having depression or another mental illness greatly increases the risk that you will become suicidal... You and your doctor will decide what type of treatment is right for you.”* How does this look in the case of M.? He was not told anything about the harmful side effects of the drugs he receives. He has no voice in respect to deciding what is good for him, and his parents who oppose their son being given drugs soon found themselves in a situation where they were officially deprived of the right to make decisions for their son. The right of custody was (temporarily) taken over by the National Agency for Children and Families, which 100% supports the course of action by the psychiatrists!

About the drug given to M., it is clearly stated that, *“it should be used as part of a total treatment program which may include **counselling and special education**.”* Was such counselling done for M.? The bitter reality is that even after weeks in the hospital, **not a single such serious conversation took place from the side of the staff!** Merely this fact alone disqualifies that institution to be called a (mental) hospital because people there are not receiving what they need most of all even though it was firmly promised in the first meeting that they will do their *“very very best.”*

Concerning the recovery phase, the so-called experts tell us that *“With available treatments, the great majority of people recover well or fully from their initial episode of psychosis. The recovery process is dynamic, affected by a number of interacting factors. These include the treatment environment, medication and psychological therapies, factors within the person and factors within the person's family and social environment.”* So how many percentages does each aspect contribute to the recovery? The specialists know the answer: 99% it is the drug. Therefore, it absolutely must be forced on the patients. All other factors are secondary and not really important. According to their understanding, one hour per day exchange of love with a family member is surely enough. More is not needed and therefore forbidden! Merely from this viewpoint, it is clear how grave the mental disorder is in the minds of those who give such orders to minimize the contact between the patient and his beloved family members.

What about the *“factors within the person”*, in which way are they dealt with? As it turns out, not at all. When the mother of M. asked her son after his staying for 10 days in the mental hospital, what kind of conversations he had with staff workers concerning his inner situation to share what is going on inside of him, the answer was that only the person chosen as his lawyer spoke about such topics. M. is willing to take the drugs only to be able to get out of the Psychiatric Department where he feels very bored — to never return there. The staff did not offer him even a single book to read during all those long days he has spent there. Does that mean doing the *“very very best”* for the person under one's care as the staff claims they are trying to do?

About the recovery process, psychiatrics tell us that *“Specific issues to be dealt with in third phase include helping the person and family make sense of the illness experience and see the need for treatment and helping the person to re-establish a confident sense of themselves, which will allow them to return to their premorbid level of functioning. Problems such as post-psychotic depression, anxiety disorders, altered sense of self, loss of confidence and social withdrawal need to be addressed directly in a preventive manner.”* So, which of these issues apply to M.? None, definitely not a single one. His situation has nothing to do with having had an episode of psychosis! But what needs to be looked at seriously is the behavior of those responsible for helping him. They put him into this miserable situation of imprisoning and humiliating him in front of his friends who came to visit him. Suddenly, he was the crazy guy, the one in the mental hospital, without any fault of his own! M. feels very bad about this point.

In official materials about psychosis, it is stated: *“The Involvement of the family in all phases of the disorder should not be under-emphasized. An educated and committed family is a valuable resource for the individual and the treatment team.”* And this is how reality looks: on May 16, 2022 the staff of the mental

hospital reported to the Child Protection office that for them it is clear the comments and communications of the parents are having a disturbing influence on the medical treatment of the child. In which way mom and dad are harming their son is of course not stated, but surely the staff does not like it that the parents do not agree with doctors *“forcing pills into their son”* who does not want to stay with them one minute longer.

On paper it says: *“To achieve maximum recovery, a supportive and collaborative approach to the person and their family, use of a range of specialist treatments and a comprehensive biopsychosocial approach is essential.”* So, how does the collaborative approach of cooperation with the parents look like in the case of M.? It is largely absent.

In the documents they received, the content where their son spoke is blacked out — unreadable! The parents are not allowed to know what their teenage son expressed to the staff! Merely this fact alone represents a symptom of a mental disorder on the side of the experts because it is so arrogant to think that you, a worker in a mental hospital, have the right to rule over the parents although you have done more or less nothing for the person you are supposedly taking care of, or should we say, pretend to be concerned about. If you have reached the stage that you think mom and dad should not be allowed to know what their son shares with others who are paid to support him, then you truly have a serious problem in your attitude, especially considering the fact that M. explicitly asked in a written document that his parents get access to what the doctors reported about him.

It is a very serious issue to have such an ‘egomania’ as to think that you are entitled to control those who have shed sweat and tears and given their heart-blood to raise a beloved child. From the viewpoint of love, these workers have no qualification whatsoever to dominate the life of M. and his parents, to set up rules for what they are allowed to do and what not; yet they are doing it, confirming how deeply they have sunk into their moral standard based on the arrogant attitude that they know it better because they learned some theories.

For those like M.’s mother, who knows how very harmful drugs like aripiprazole are, it may be shocking to read that *“Medication is usually continued for at least twelve months after a first episode and then slowly discontinued while the individual continues to be monitored.”* This is what her son is faced with as a completely healthy and energetic young person full of hopes and dreams: his life is being ruined by a very harmful drug. Every third person who takes them is faced with grave harmful side effects — up to death. Yes, this is the situation into which M. was put without the slightest fault of his own and no justifiable reason to do so.

In the manual you can read that *“Following recovery from a first episode, a significant number of people will never experience a recurrence of psychosis. Others will develop recurring episodes of psychosis, but be relatively well in between and continue a productive life especially if they continue on maintenance medication.”* Again, the harmful drugs are the saviour. They are the key to salvation. If they are taken then, in the end, everything will be well. This is the promise whereas reality is the opposite. Ever more people’s lives are being destroyed through their taking such drugs that are supposedly helping them whereas, in reality, they are destroying the bodily substance, harming them more and more.

The reader learns that *“The number of people who develop significant disability from a first episode is small.”* Only a few out of ten or a hundred patients — it is all relative. Such collateral damage must be accepted because the drug is so wonderful. Again, if you take the time to seriously reflect on what is actually happening then you will hopefully realize **how deeply psychiatrics and those working in this field are stuck in their own mental disorder with respect to their not even having so much awareness as to recognize what they are actually doing!** As it turned out in the case of M., they are not even capable of distinguishing between sick and healthy people! Can anybody fall any lower than claiming to be the expert while at the same time being **unable to recognize whether someone has a healthy mind and spirit or not?**

Once you open your heart to face what is actually happening, it is surely hard to digest it because the reality is truly heart-breaking. Those working in the medical field surely mean well and mostly have quite good intentions, but the closer one looks the more obvious it becomes how very far they are from truly caring for people's wellbeing. If they did, they would first of all consider what they would do with their own most beloved: to ask, first of all, what is going on in their heart, what is worrying them, while doing their very best to share their love with those close to them and not putting a pill down their throat as the best solution.

Where are those with a healthy heart who can feel what is shared here and who are prepared to join the fight against Big Pharma, the heartless or stony-hearted people who do not mind the death of millions only to get more financial profit for themselves?

Further, the manual tells the reader that *"The first episode of psychosis is an extremely confusing and traumatic experience for the person and their family and causes considerable distress and disruption."* How does this look like in the case of M.'s family? Most members are not really worried because there is nothing to worry about except that he is trapped in a prison from where it is very hard to get out; not the slightest trace of an extremely confusing and traumatic experience as first episode of psychosis in the life of M. It simply does not exist. Only the reality that he has been put into a mental hospital without his fault and more and more getting brainwashed to absolutely believe and follow what doctors say.

The theory says that *"Treatment of the first episode requires a comprehensive biopsychosocial approach and a range of specialist treatments aimed at treating the person's primary psychotic symptoms and assisting them in overcoming the secondary personal and social difficulties which the illness often creates."* The biopsychosocial approach systematically considers biological, psychological, and social factors and their complex interactions in understanding health, illness, and health care delivery.

Where is the practical application in the case of M.'s situation? What is being done from the side of the experts to ensure a profound understanding of all these factors and to deal with them properly? In his case, there was no first episode, so there is nothing to be done. In reality, not much is being done for others who are declared to have a psychosis in this respect. If that were the case then it would also be provided for M., of whom the unfortunately blind staff is fully convinced he is a mental case.



## When people with a corrupt mind are the experts on the mind

This sharing is not conveyed for any personal reasons but to address a very serious fundamental issue. After M. stayed more than 2 weeks in the mental hospital, his mother for the first time had the chance to speak personally with the doctor responsible for her son. When she asked about his situation, the doctor "I." told her that *"His frame of thoughts are flying."* Before that meeting, M. had confessed to his mother that actually he fell in love a little bit with a girl at the party of the bakery workers on Saturday night a couple of days before he was brought to the hospital. At that occasion, he danced with her for the first time. So, his emotions were flying high before he was brought to the local medical centre to be checked. When the mother asked the doctor if now everybody who falls in love has to go to a mental hospital. The answer was, *"No, but M. does have a psychic problem."* When the mother objected, he told her, *"Let us agree to disagree,"* as this is the way to go. That is no problem for him, as he mentioned — because in the end it is anyway he who decides and the mother has nothing to say!

Then he told the mother of M. that *"M. came here with a psychosis. The longer he stays in it the more problems he has occurring in his brain which can cause permanent damage to his cognitive functions and memories. As he stays longer in these psychotic episodes the damage is done to the brain. That's why it is essential not to stop the medication. We are obliged to help him. We are obliged to treat him because I could be sued if I don't do it. That's a problem."*

When the mother tried to object at this point, doctor "I." said that if she does that again then, *"this interview is over"* — although it only had just started. The doctor insisted that *"We need to treat him, he needs treatment. It does not help him when he is every day, every day, in total stress about everyone."* As an expert in manipulating people he is exaggerating, whereby what he expressed has little to do with reality.

Then he continued: *"That does not help him when he gets continuously attacked every day with his symptoms. That's why he needs help, and we want you to help us. Every time I see you, you are not being helpful."* In such a situation the mother responded that *"I love him a million times more than you. I know my son. I love him a trillion times more than you and I know what is best for him. I do not believe in drugs because there are 1000 other ways how to help people when they have some kind of mild psychosis."*

Instead of responding to what she said, doctor "I." emphasized that *"He does not have a mild psychosis. That is the difference here. He has a psychosis. He must have psychosis as there is no physical problem with his head."* The mother noted: *"So his mistake is that he fell in love for the first time in his life and now you declare him to have a psychosis."* The response by the staff A.: *"M. is a very, very kind person."* He has gotten into very bad things: *"He has a strong psychosis."* Doctor "I." is the expert, his words count and must be supported irrespective of the fact that his evaluation has nothing to do with reality.

Please consider next point which the staff said: *"M. is a role model in many ways, He is also very sensitive, he is so sensitive, and now I am thinking out loud, I am a little bit afraid that he is sensing all this fighting and all those arguments. He told me that he wants to be on everybody's team, but that is not always possible."* So, we have a person who is a role model in many ways, someone who **"loves everyone and cares about everyone."** How does the staff know? Because they see how M. is acting. At the same time, the specialist claims that M. has a strong psychosis. How is it possible to be seriously mentally sick and at the same time be a role model of love and care in many ways? It is impossible. Here we have yet another example of how 'schizophrenic' the medical expert has already become to make such contradictory claims.

A staff noted at that point in the conversation: *"M. never puts himself in the first place. E.g. when playing basketball, he will lose on purpose just to let someone else win. I do it also."* So, M. is always putting others before him with a caring heart, which would be impossible if he had a strong psychosis as

claimed. It was testified: *"M. loves everyone, he cares about everyone, particularly, all his family members."* When his mother wanted to comment at that point, Doctor "I." stopped her immediately and said strongly, *"This is the last time warning. If you interrupt me again then this meeting is over."* He became once again angry with the mother just as he had been in the first and second meeting with the staff, because she dared to ask questions and to object to his opinion.

M. was even told he has to choose whom to love — he should not love all family members but take sides. In this way, division is created and supported! The contradictory nature of the doctor is also confirmed through his claiming on one hand that M. is *"every day, every day, in total stress about everything"* while at the same time stating that M. is always caring about other people's situation. It is impossible to do both! Why is a person who contradicts himself in so many ways seen as the expert, with the staff of the social services looking up to him and doing what he advises?!

The staff worries: *"I am afraid that he might be sensing these arguments, these tense arguments of fighting. I was just worried about that."* What kind of confrontation he is referring to is obvious: M.'s mother opposing how her son is treated with drugs. When she wanted to say something, Doctor "I." simply declared, *"The meeting is over,"* and left the room.

That is the kind of response the mother got when she had after her son being in the psychiatric ward for more than two weeks for the first time the chance to talk personally with the doctor treating him, whereby one of the staff was also present as a witness. He allowed her just a few minutes of communication. That was it. End of story. No real conversation was possible. This kind of person sets himself up as the expert who knows well about the human psyche! What it all comes down to is absolute obedience to him, and if somebody does not submit, then this person is simply excluded, has no voice, what has been the reality for the parents of M. from the very beginning.

Please consider this objective reality: one only needs to study what is written in books about psychology and pass the exams, and suddenly you are an expert in this field and a recognized authority which allows you to do whatever you want because nobody is checking on you. You are the specialist in this field together with others who all have the same way of thinking. If there are any signs which can be interpreted as a mental illness then absolutely drugs must be given. Merely the attitude Doctor "I." has been showing towards the parents of M. disqualifies him in the position he is in.

Why are people with such poor social behaviour declared to be the experts in questions of psychological issues, when they themselves do not know how to behave properly. In most fields of life, strict rules and standards must be followed but when it comes to psychiatry, those in the higher positions can command what must be done according to their personal preferences and everybody follows because they are the supposed experts even if their actual standard is rather low, as turns out to be the case with Doctor "I." from the standpoint of caring for patients with a loving and caring heart.

## A closer look at the grave side effects of the drugs given to M.

If you check the answers given to the question, *“What side effects can this medication cause?”* you will find a long list which includes: *“dizziness, feeling unsteady, or having trouble keeping your balance, pain in the joints, back, neck, or ears, weakness, muscle stiffness, pain, or weakness,…”* M.’s body is very well trained, but since he came into the hospital, he is always very tired with pain in his legs, although he did not do any real exercises like in his daily sports activities before he entered that place! His health is seriously harmed by the drug, but the parents’ pleas to stop giving it to him are totally ignored!

In the first meeting, the parents suggested listening to good music as support for the emotional state of their son, and the staff promised to provide it, yet when his mother asked about this point 10 days later, still not a single opportunity for such support was provided! Also, it was promised that they will do some simple art work with him, but not the slightest trace of it happening in reality except for one single very short activity. Those who should take care of M. are not doing it whereas the parents who are eager to provide such support lost custody over their beloved son because they do not agree with the heartless method of the hospital to push drugs down the throat of their son while **doing hardly anything to really support him on the emotional and psychological level**. It is a tough challenge to remain mentally healthy under such condition of being locked up and followed in everything you do.

Among the many other side effects are “headache” which M. certainly got after having to take drugs — and this provided the reason to give him another pill, this time against headache. Besides pain, *“irritability, difficulty thinking or concentrating, difficulty speaking or using language,…”* are listed as side effects. The doctors witness it in their patients and interpret them as a sign of psychosis — which they themselves have created by prescribing the drugs. Such is the vicious cycle from where it is very hard to escape once you end up there, as became the reality for M.

Other side effects include: *“breast enlargement in males, discharge from the breasts, decreased sexual desire or ability.”* These are some of the effects for receiving this drug the doctors gave to M. in the first night. You may think that his is nothing to worry about, but there are also others like: *“fainting, falling, seizures, changes in vision, uncontrollable movements of your arms, legs, tongue, face, or lips, painful erection of the penis that lasts for hours, fever, excess sweating, fast or irregular heartbeat,…”* Such serious side effects are partly already happening in M. He was given this drug already in the very first night after his arrival to the hospital, which means of course that his health was gravely harmed and impaired, as could be witnessed by those who have eyes to see and recognize what is happening.

Not only Quetiapine, but also the other drug M. received, Imovane, has a long list of harmful side effects. Those taking the latter are warned: *“Do not take this medication before you would need to be active and functional. Impaired judgment and memory lapses may occur in such situations. Your body needs time to eliminate the medication from your system. Wait at least 12 hours after taking this medication before driving or engaging in other activities that require mental alertness.”* Again, drugs are pushed on M. which cause him to have impaired judgment and memory lapses, and then this kind of behaviour is classified as psychotic and used as justification to lock him up in a mental hospital!

How do you feel about this statement? *“Many medications can cause side effects. A side effect is an unwanted response to a medication when it is taken in normal doses. Side effects can be mild or severe, temporary or permanent.”* Please think for a moment: why should drugs that are capable of bringing about specific positive changes in the brain like rebalancing the hormone levels as claimed in the case of aripiprazole, that bring about at the same time all the previously mentioned horrible side effects, be given? That does not make sense at all, yet everybody accepts it. It is truly shocking and painful to see such a reality of the vast majority of people being incapable of recognizing this very simple obvious contradiction with for many people ultimately fatal consequences.

Among the side effects caused by Imovane, those of the second drug M. received in the first night are *“aggressiveness, behaviour changes (e.g., excitement, hyperactivity, violent behavior), clumsiness or unsteadiness, daytime anxiety or restlessness, severe drowsiness, hallucinations (hearing or seeing things that aren't there), memory problems,...”* The vicious cycle is once again closed. The patient is given a drug causing symptoms which in turn are interpreted as signs of a psychosis with only one conclusion possible: the patient must be treated with more drugs that cause these symptoms... It is an endless circle so that one may easily end up having to take drugs for the rest of one's life — all initiated and caused by the **medical establishment**, the expert psychiatrists who are well-trusted by the state authority with **no checks and balances on their activities!**

In the official documents, the advice is given: *“Stop taking the medication and seek immediate medical attention if any of the following occur: ... Abdominal cramps, difficulty breathing, nausea and vomiting, or swelling of the face and throat, thoughts of self-harm or suicide... Some people may experience side effects other than those listed.”* In other words, the list of harmful side effects is endless, yet such drugs are officially approved and even recommended.

Why is it so difficult for people to recognize even the most obvious, in this case, that something which causes such a huge amount of harmful side effects cannot be good for the body? If you have preserved the ability to have a sober look at the overall situation then it will be absolutely clear for you that **all of these drugs are nothing else than poison causing countless negative reactions in the body.** Full stop. It ends there, because no healing is ever achieved through psychotics in patients with a mental issue.

That means these drugs are not only useless to heal people but show harmful effects, maybe slightly on those who are in a good physical condition and strongly on those whose overall situation is already weak. People welcome a ‘medicine’ which is merely harming their body and are even grateful for it, paying readily the bill while getting only an ever-increasing number of all kinds of problems caused by these very same drugs which they are upholding as ‘savior’ or remedy for their situation.

One of the side effects: *“Bad taste in mouth: Zopiclone may cause you to have a coated tongue, bad breath, or a bitter taste in your mouth. These effects often occur when this medication is being used.”* Why would something beneficial for the body have such a negative impact? It does not make sense. The body knows very well what is good and therefore rejects such drugs, with **vomiting and diarrhoea being one of the most common side effects as the body wants to get rid of the harmful substances.**

Please consider what the drug M. received from the very beginning causes: *“This medication may worsen symptoms of depression, including thoughts of suicide or wanting to harm others. It may also cause agitated or aggressive behaviour. If you experience these symptoms or any other behaviour change while taking this medication, contact your doctor immediately.”* Again and again, the very same picture: **The drug causes behaviour changes, which in turn are interpreted as a psychosis or whatever name the experts may use! And this situation is used as justification to give more pills to the patient.**

Concerning breathing, it is mentioned that *“Sedatives can suppress breathing. If you have asthma, or other lung disease that increases your risk for breathing difficulties, such as sleep apnea, discuss with your doctor how this medication may affect your medical condition, how your medical condition may affect the dosing and effectiveness of this medication, and whether any special monitoring is needed.”* **How can something good for the body cause at the same time troubles in breathing, the most essential activity, as a person dies after a few minutes if the lungs stop working?!**

Regarding confusion, it says that *“This medication affects mental efficiency, e.g., concentration, attention, and vigilance.”* And concerning becoming dependant on this drug: *“Dependence and abuse have occurred with the use of zopiclone. The risk of developing dependence increases with higher doses*

***and the longer that zopiclone is used.***” The highway is well established to turn healthy people like M. into a drug addict.

The design to make ever more people dependant on drugs is perfect. *“If this medication is stopped suddenly, you may experience withdrawal symptoms such as anxiety, agitation, and hallucinations.”* **Drugs are given against such symptoms which, in the end, appear again and are the reason for new drugs to be prescribed!** This basic pattern can be seen in countless examples as soon as you look at the world of psychiatrics with open eyes. But who opens them to see what is actually going on?

Like aripiprazole, Imovane also has depression listed as one of the side effects. It is used against something which it at the same time it causes. There is no logic at all behind such a procedure, but that does not concern psychologists and psychiatrists who themselves suffer from one or the other mental illness because otherwise they would stop the insanity they are upholding and practicing day by day.

When you look at the safety of drugs, you find, e.g., the statement that *“The overall safety and tolerability of aripiprazole is favorable compared to other atypical antipsychotics across the approved indications.”* And when you ask the question, *“Is aripiprazole a safe antipsychotic?”* you get as expert opinion that *“Aripiprazole is a generally well-tolerated third-generation antipsychotic with low rates of motor side effects and metabolic adverse effects that occur commonly with several alternative antipsychotics.”* What does that mean? Compared to other drugs, aripiprazole is better. That’s all. Others harm 60% of those who take it whereas with aripiprazole it is merely every third person who suffers from side effects, which range, in the worst case, premature death.

## The drugs M. received are harmful substances the body tries to get rid of

Sedative medications have been known to cause mood swings and symptoms of depression. Zopiclone can cause excessive drowsiness and decreased mental alertness. Kidney disease or reduced kidney function may cause this medication to build up in the body, causing side effects. If you have kidney problems, you may require lower doses of this medication. So, **it is definitely a poison which the body tries to eliminate.**

Please stop and think about what this means: If this medicine is good for the body, then there is no need whatsoever to eliminate it because it only has a constructive calming effect so that the person sleeps well! Why then is it decisive that it is swiftly getting eliminated when it is beneficial to help people so that the organism can recover well during the night?

If a person cannot concentrate well the following day after taking this pill, it would mean that the dose was too high and affected the body for too long instead of only for the night hours. But that is not what is happening. All kinds of harmful effects are created that affect people negatively, yet they are taking these drugs anyway. In the case of M., he is forced to take them. Doing so is the only way to have hope to get out of the prison he is in and, therefore, he complies although he was against taking drugs at the beginning as you can read in the official reports.

**Another side effect is memory disturbance:** *"Amnesia of varying severity has been reported following normal doses of medications like zopiclone."* Why is an excellent student with very good marks like M. put into a situation where his memory may be seriously disturbed? Not the slightest reason exists for doing so. Why was it done anyway? Because it was considered harmful for him to lie peacefully in bed late at night, not sleeping as many thoughts were going through his mind. There was no need for him to rest well for the next day as the plan was only to do some tests on him in the hospital. Yes, zero reason existed to push sleeping pills on him which he anyway did not want to take!

The reader is informed of further side effects: *"Performing activities while not fully awake: People taking zopiclone may perform activities such as sleepwalking, driving, preparing and eating food, and making phone calls while not fully awake and unaware of their actions. The next morning, they may not remember what happened."* There we are: *"Here we have the proof that people have a mental sickness because they act in such a strange way."* What is not being told is the truth that this is caused by the drug, but people like M. are declared nut cases!

How do you feel about this warning? *"The safety of using this medication during pregnancy has not been established. Zopiclone may cause harm to the developing baby if it is taken by the mother during pregnancy. This medication should not be used during pregnancy unless the benefits outweigh the risks. If you become pregnant while taking this medication, contact your doctor immediately. Breast-feeding: This medication passes into breast milk. If you are breast-feeding and are taking zopiclone, it may affect your baby. Talk to your doctor about whether you should continue breast-feeding."* It is good for the mother to have a good sleep which is supported by this drug. Why should it be at the same time be harmful for the baby? It does not make sense if it really fulfils the task for which it is given, namely, to calm down the mother so that she will rest well.

In the placenta, carbon dioxide and waste products are released into the mother's circulatory system, and oxygen and nutrients from the mother's blood are released into the fetus' blood. So, the body knows very well what to allow to enter the bloodstream of the embryo or fetus. Why should zopiclone then cause serious problems other than if it is more or less a poison which is harming both mother and child?!

The statement is very clear: ***"The safety and effectiveness of zopiclone have not been established for use by children and adolescents under 18 years old."*** No proof for this drug to be safe

for M., yet it was given to him in the very first night of his stay in the hospital! **Why does society allow the so-called experts to do whatever they want without anybody checking on them?** No checks and balances exist for the medical system, particularly for virologists and for psychiatrists who can basically do whatever they want, in most cases **without getting punished for damaging the health of people.**

The question, "*What other drugs could interact with this medication?*" is answered with a very long list of drugs, and sure enough, quetiapine is mentioned as one of antipsychotic, which is problematic to be given at the same time. But it was done anyway in the case of M. because the doctors do not really care to minimize the danger they put people in. How can the parents defend themselves against such irresponsible actions of putting their son in danger without any need whatsoever?

If you have read the reflections on this case, you will know that the core issue is the very grave misuse of position by the authorities on the side of the state and the hospital, which is leading to countless children being seriously harmed with M. being only one example. In his case, all the proofs are there. But what about lawyers who are ready to file the urgently needed court cases against the state in his homeland and any other nation where such misuse of position and power is taking place in the medical field?

The state authorities as well as those acknowledged as experts are misusing their position with no control organ over them. The workers at the social service claim that they trust the experts and then decide according to what they say, which means of course they are confirming also all the totally false decisions made in hospitals. It is a vicious cycle going on all over the world, enabling situations like the one we have witnessed during the past 2 years where the politicians trusted corrupted "*medical experts.*"

In M.'s case, custody was removed from the parents who want to protect their child and put into the hands of an organization that fully supports the decisions of psychologists and psychiatrists who are seriously harming their son. In other words, the National Agency for Children and Families, which is paid to protect children, is doing the opposite through acknowledging the actions of those who harm children as the correct way to go!



***“There is no reason to drug him now. It is better to observe him.”***

In the first report from the hospital, it says that M. arrived there *“after the father and the two sisters brought him to the healthcare services.”* The truth is that one of his sisters alone did so without informing the parents.

It is claimed that the reason for doing so is *“because M. started feeling that people were following him home from school.”* This incident happened in the afternoon of the day before he was taken to the hospital and it was merely one incident. Is he the only one in the world who felt that someone is following him? Of course not, countless people have this experience without ever being declared nut case as a result.

When asked why his brother is in the hospital, his younger brother said he does not know. He evaluates him as completely normal, only that now he is always tired in the hospital and is strange for the younger brother because M. was always full of energy. He shares one room with his elder brother and would have certainly noticed a drastic deterioration in M.'s health, which is claimed to have taken place in the days/weeks before the hospitalization.

Further, it is stated that *“The father thinks that this has been going on for about one week.”* The truth is that his father strongly denies that he ever gave such a report to the hospital because there was zero reason for doing so!

Only the worry that *“One sister found him to be a bit erratic”* remains. Erratic or inconsistent behaviour is *“behaviour that is unpredictable, or may be considered irregular or illogical for the situation, or not keeping with the standards of behaviour for a given set of circumstances.”* Such behaviour is common in all people in certain situations, particularly when you consider that you can classify any behaviour as erratic from your own viewpoint if you do not understand why a person is acting a certain way. Nothing special about this.

*“There is no history of any psychological or mental illness. Clear delusional disorder do not appear.”* The only negative observation the doctors could come up with is that *“he does not keep the thread in a conversation.”* This is happening all the time; people do not stay on one topic if many things are on their mind, which is especially true in the case of M. who has been thinking a lot recently, wanting to share with others, but did not have enough opportunities to do so. Again, nothing to worry about whatsoever.

The conclusion of the initial report is that, *“We have here a 16-year-old boy with a rapidly deteriorating psychological health during the past week or 10 days with delusional thinking.”* Suddenly, the possibility of delusion had become a fact! No proof for such a claim exists, yet it is there in the official report. The first doctor emphasized that he does not see delusional behaviour in M. whereas soon afterward he was suddenly given such a diagnosis in the hospital for which no basis in reality exists.

To exclude any biological cause, examinations were made during the next 3 days that all showed that no bodily cause for the supposed psychological symptoms, which are all imagined realities by those who expressed them. They have nothing to do with the objective situation of M. The overreaction on the side of the daughter can be understood due to past personal experiences, but at least the doctors at the main hospital should have realized that there is nothing to worry about concerning her brother, but they failed miserably to do so and transferred him to the mental institution in a distant building where he has been imprisoned for weeks.

In that report, it says that a psychological disease is suspected, noting that ***“there is no reason to drug him now. It is better to observe him to recognize changes in behaviour without drugs, if possible.”*** Yes, that was easily possible but it was not done. There was at no point the need to give him

drugs, yet the process was initiated with the result of M. suffering various kinds of pain in the body, all of which would have never appeared had not drugs been 'forced' into him, including through psychological pressure.

In the report by another person as the reason for admission, it is stated: "**Suspicion of psychotic disorder.**" Here you read that *"possibly he has been a bit strange in the past few weeks or months but acute deterioration in the last 7 to 10 days."* Now, if the situation was already bad and then sharply deteriorated during the days prior to his admission to the hospital, his state should have been already quite bad but, in reality, there was nothing to worry about, **only suspicions, so that it was decided that no drugs are necessary.** That means the story of a rapid decline in M.'s mental health cannot be true! The father and younger brother confirm that this claim is a lie, yet it is there in official reports!

Also, in this report it says that the mother and has a history of refusing treatment for her other children. She has kept her children healthy so that they hardly need visit the doctor — and then she is accused of having a history of refusing treatment for them, which was hardly ever needed. The accusation is that she did not call an ambulance in emergency situations. Also, this claim does not correspond at all with facts but is merely a made-up story that is being told and readily believed by the doctors.

In the report you learn that *"the mother thinks that M. feels bad because he has not been good to his younger brother and is now being liberated and becoming a better person. The mother is sceptic to take the spinal fluid through puncture but she can be reasoned with."* It is normal to struggle internally when you realize that you have hurt someone. Nothing special about this. To the contrary, it is good and important to go through such a process of learning and realization.

Another excerpt from the report: "**He says that he is under a lot of pressure but is smiling and joyful.**" Merely this statement alone would let any attentive person realize that here we have a boy with a good character and healthy mind because it is not easy to keep smiling even if you are under pressure. Alas, the ignorant psychologists and psychiatrists interpreted such exemplary behaviour as yet another sign of a contradiction in M. and as justification that he must have a mental disorder!

In the next report it says that treatment is already necessary and if the parents are against it then the child protection service must be contacted. Treatment for what? **Nothing is confirmed, only suspicions, but the treatment is already decided!**

In the first report from the mental hospital, it says that M. has an unspecified psychosis. Through the change from one ward to the next out of a suspicion of some mental sickness, it became a fact! It is stated that he is there to process his psychotic disorder symptoms. **The imagined drastic changes became a confirmed reality because this made-up story had been repeated again and again** just as the claim that *"he is very much unlike himself."* This is the report of the doctor who did not know him before, so he can only write what he was told, and this is merely what an over-worried sister thinks who does not realize that too much worry or fear greatly decreases the ability for objective evaluation. But the specialists should have this ability, yet they have been failing miserably in this core point.

The report states that *"He is polite, not suspicious, and does not have superiority complex."* And also that, *"He speaks to dead things, does things which he cannot explain."* That people speak to immovable objects is normal behaviour for hundreds of millions Christians who pray in front of a statue, addressing Jesus or Holy Mary. Nobody thinks that they need to be treated in a mental hospital for doing so except psychologists and psychiatrists who believe that only matter exists. They cannot explain to themselves what others are doing and therefore declare them to be psychotic. That would not be such a big problem because it is continuously happening that someone calls another person crazy, but the so-called experts have the right to not only make such a declaration but to consequently destroy peoples' lives and

health through the drugs they are pushing on them, and to even take away people's freedom as M. has been experiencing.

Concerning the note that *"It is difficult to have a conversation with him."* It is obvious that this is the case, as a discussion between a materialist and a spiritually oriented person is not easy. Nothing special about that. No need to declare the other person to be a mental case, but rather it is advisable to check one's own attitude.

After 10 days in the hospital, the report says that the treatment goes without incident. Nothing to worry about, but *"M. forgets things, says inappropriate things, is not coherent."* That is all what is stated as the diagnosis and justification for him to be there! Needless to say, such things are present in everybody's life to various degrees, which means of course that anybody may be locked up in a mental institution for showing such signs of 'abnormal' behaviour because the standard which must be met is to never forget things, to always say only what is appropriate in the respective situation, and to never be incoherent.

This term, which refers to a lack of logical or meaningful connection, applies to a person when decided by the specialist in the psychiatric hospital. **Their concepts are the standard according to which people are declared mentally sick or healthy.**

Herein lies the core of the problem that must urgently be resolved lest ever more people become victims of so-called experts destroying countless people's lives.

*“He has an excellent mind but what is more important he has an excellent heart.”*

After experiencing M. for 10 days in the hospital, one staff member testified to his mother that M. is pretty strict with himself while always caring about others, emphasizing the behaviour of M.: *“Oh, yes, I can see that he is always thinking about others. He has an excellent mind but what is more important he has an excellent heart. He is very considerate, always thinking about other people.”*

When the mother asked in response, *“Why is he here? Something is not all right in this situation.”* The staff member simply said: *“Yes, yes”* but nothing is done about this ‘criminal’ situation. It can indeed be called this when a totally innocent healthy person is held in a psychiatric ward where he has to take drugs that are harming his body such that he is continuously tired and feels pain in his muscles. He was a tough sportsman used to getting bruises, so he is hard on himself and not easily complaining, but the strong drugs put him in that miserable condition.

In one report, it says that *“M. became very disoriented last night and fell asleep before we could give him the drug.”*

First, they give him pills that knock him out so that he is nauseous and very tired, and then **they report that M. is disoriented, a state which they themselves caused!**

How do you feel about this statement in a report? *“The parents want to be in control what is being done with their son but that is not possible as treatment is necessary.”* For what? No justifiable reason whatsoever exists for doing so. Points of concern the doctors came up with in the first reports include: *“He does not say much and does not have many questions. He is playing with his sister who says that he is getting worse and starts forgetting.”* Why was this happening? Because the night before, M. was pushed to take two strong drugs (Imovane and quetiapine). When he is dizzy afterwards and not asking many questions, it is seen as confirmation that he must have a mental illness which must urgently be treated!

Concerning the initial observation in the hospital that *“He does not form eye contact with anyone,”* it is once again a fact that he first received two strong sleeping pills at the same time and then when he could hardly open his eyes the next day to look at people, it is seen as yet another symptom of a psychosis for which drugs absolutely must be given!

The actual reason for the initial changes in M., which his sister noticed and about which she was worried, was the desire of M. that he wanted to improve himself. Therefore, he has been thinking a lot and asking many questions. His over-worried sister can be forgiven as she had a traumatic experience in the past of having been put for weeks into an artificial coma, but not the psychiatrists who declare her brother a nut case. Are they really so incompetent that they cannot distinguish between healthy people and those who have a mental issue?!

The doctor at the local medical centre, who checked on M. when his sister brought him there, told the mother that her son acted a little bit strange, that the way he was communicating and answering questions was a bit off; *“He was not answering completely directly.”* Is that a problem? Definitely not a reason to bring him into a mental hospital.

This doctor noted that M. was well oriented and he knew where he was, but *“He was unnecessarily afraid that something was going to happen to him when there is no threat.”* That is where the story began, at the first doctor, and then many others who followed, and now he is locked up in the mental hospital! Maybe M. had a precognition that some grave change in his life is going to take place?

Concerning the situation that *“He was shaking a bit,”* the reason was that M. felt cold, as he did not have enough clothing on. He was originally on his way to the nearby swimming pool before his sister picked

him up to bring him to the medical centre without informing him of her plans. So, his shaking has zero to do with some mental issue but with his having waited in the cold for his sister to arrive.

Another observation: *"Sometimes he was a little bit slow to reply."* This is also a natural part of M. He is one of the best students, but because of his shyness he is not always swiftly responding. Surely, nothing to be concerned about.

What was unusual for the doctor was that *"It was strange that he talked to me as if he had seen me before."* The mother knows that her son rather considers everybody as his friends, which also dissolves this aspect as something to be worried about. To act in such a way is a personal style which definitely is not a reason to end up in a mental hospital.

The doctor emphasized, *"I can assure you that they would NOT keep anybody or medicate in the hospital unless they had made their own evaluation also."* What kind of mental evaluation was made in the case of M.? The *"imagined and made-up stories"* that were told to doctors were readily believed by the specialists who did not even realize that if somebody would need some mental assistance, it was those who were over-worried about M. and not he himself, as he was quite fine before he was put on drugs.

When the mother noted that she was told her son has to stay in the mental ward for at least two months in the beginning, and then maybe more, the local doctor exclaimed, *"For months?!"* He could not believe it. He had merely suggested to the elder sister of M. to speak with a psychiatrist who can evaluate her brother's situation. He emphasized that he did not make a referral, but just gave this advice as a recommendation. Realizing what had come out of this situation he sincerely apologized to the mother, telling her that he is terribly sorry for this. So, at least one doctor feels sorry and apologized for what his colleagues are doing, yet the reality remains that M. is locked up at a psychiatric department where the staff does their very best to take care of him and to help M. to be fine again.

But how does this look like practically? Not a single conversation between the staff and their prisoner about how he feels, what he thinks, and what his concerns are, etc. Yes, not a single real profound sharing in the course of the weeks he had to spend there. Nothing is done to help M. but only drugs are given. That is how their care looks like. Such a reality is truly shocking when you look at it from the standpoint of M. having been declared to be afflicted with a psychosis and then not the slightest efforts are made to resolve it.

In one of the reports from the hospital, it says that *"M. picks up a biscuit, puts it to his lips, and then puts it down again. He does this twice."* This is seen as yet another strange behaviour confirming his psychosis. But how does reality look like? He acted in this way because he was supposed to fast on that day in preparation for an examination but then he was erroneously brought food to eat. He was quite hungry, so he was wavering whether he should eat or not — and that is proof he is mentally sick! The doctor only needed to ask why M. was hesitating to eat the biscuit and then the issue of a supposed mental problem would be swiftly resolved. This is yet another example of how superficially the experts observe their 'victims' to whom they prescribe all kind of drugs with severely harmful side effects.

The advice by the experts: *"The key to the early recognition of these disorders is to maintain a relatively high index of suspicion when dealing with an adolescent or young adult with persistent psychological difficulties and persistent or worsening changes in their personality or behaviour."* To be suspicious of people who struggle with some issues is the way to go? Bravo and praise to the experts who have understood well what needs to be done! Unfortunately, the opposite is true. If we had more trust for one another and built closer relationships of heart-to-heart sharing, mental disorders would be absent in this world. Not the slightest trace of them could exist in such a situation where heartfelt relationships are firmly established with bonds that can never be broken.

Alas, reality is quite far from this ideal, which could be our personal reality tomorrow if only we began to invest all of our heart and soul and strength into building connections as sibling of a worldwide family with deep respect for one another as sons and daughters of the Living God. Herein lies our true identity, and the more we allow it to be present in our mind and heart the deeper we will feel appreciation for one another. In such a situation, a culture centred on Heart will arise that will last forever because True Love is what life is ultimately all about here on Earth and in the eternal world thereafter.

Those who have understood this core essential truth know absolutely for certain that to take some pill or drug to deal with some mental illness or to support such a course of action is the real mental disorder covering the Earth, where the vast majority welcomes drugs as a means to deal with issues that have their origin in people's mind and must be resolved there. No drug, vaccine, chemo, etc. can offer any positive contribution to a person's life because artificially produced chemical substances are never ever the solution to illnesses.

A few minutes of daily coherence practice has been proven to reduce and prevent many of the negative effects of stress, such as scattered thoughts, feeling overwhelmed, emotional distortion, fatigue, exhaustion, sleep disruption, anxiety, and burnout.

It is our collective responsibility to find the most effective tools to help people reach a state of high coherence between mind and body, which in turn makes all forms of intervention easier to implement and helps produce long-lasting effects. It is in our hands to create a Heart-based culture where people gladly care for one another out of love and not some duty.

We can indeed ignite the intuitive intelligence of our heart to improve decision-making, focus, engagement, communication, creativity, innovation, and productivity from which we all benefit. It is our collective responsibility to invest into this most central area to ensure a wonderful future for our children.

## Core points presented at the decisive meeting with the authorities

1) **The health of M. is already seriously harmed through the drugs** he is receiving. He has continuous pain in his legs! His mother usually gives him a massage when she visits her son. He really finds it hard to keep standing up and has pain especially in his upper legs. He is tired already after some little exercises. He has pain in his back as it says in one of the reports. This is the complete opposite of his excellent physical condition before he entered the hospital when his body was very well trained. In reality, his health is already gravely damaged through the drugs. Among the adverse side effects of aripiprazole are: *“dizziness, feeling unsteady, having trouble keeping your balance, weakness, muscle, pain especially in the legs, ...”* M. has been suffering from such and more harmful effects! As a tough sportsman, he does not easily complain about physical pain, but M. is suffering a lot from adverse side effects of the drugs. He does not speak about it because he does not want others to worry and maybe also out of fear that this may be another reason to stay longer at the psychological ward.

2) M. is the victim of medical malpractice for which numerous proofs exist. He was been **in very good spirits** during the days leading up to the time of his being hospitalized with both his mental and physical health being excellent. No sign of some mental illness at all, as his father and younger brother who live with him as well as his mother who spoke with him in the evening before entering the hospital testify.

3) The doctor of the local medical care center told his mother that he perceived M. having been brought there as an “emergency situation” because otherwise an appointment with the doctor would have been made had there been a history of 7 to 10 days of drastic deterioration of M.’s health, as it is totally falsely claimed in the reports. When his sister picked him up at the swimming pool in the morning of May 4, 2022 she did not tell her brother where she would bring him, so M. found himself suddenly in a situation where his mental health was checked which naturally brought him into distress.

4) The doctor affirmed in front of his mother that **“There was nothing wrong with M.. His mental problem started the same day I saw him.”** But the official report from the University Hospital says that *“The father thinks that this has been going on for about one week.”* This statement is definitely false as M.’s father and brother confirm. No unusual signs were observed during the days and weeks prior to M. having been brought to the hospital. Why is the truth about the situation not written in the official report?!

5) The doctor emphasized when his mother inquired that **“Clearly, M. did NOT have any hallucinations, no hallucinations. He was merely slow to reply.”** This is also confirmed in the report from the University Hospital that says, *“Clear delusions do not appear.”* That means, of course, that **he does not have delusions.**

6) After checking M., the doctor came to the conclusion that he **did not see any reason for serious concern** and therefore **only suggested** that his sister bring her brother to talk to a psychiatrist. The doctor emphasized upon the inquiry of M.’s mother that he did not make a referral for her son to be brought to the hospital, but just gave **his advice as a recommendation to see a psychiatrist** to clarify the issue his sister was worried about.

7) In the report from the University Hospital, it says that a psychological disease is suspected, noting that **“there is no reason to drug him now. It is better to observe him to recognize changes in behavior without drugs, if possible.”** Yes, that was easily possible, but it was not done. Until now, **there was at no point any need to give him even a single drug**, yet the process of drugging M. was initiated with the result that he had to suffer all kinds of side effects, particularly pain in his upper legs due to the medication he receives based on a suspicion with NO scientifically confirmed facts!

8) **Contrary to the conclusion upon the check-up at the main hospital that no drugs are necessary**, the doctors at the psychiatric department started immediately (on the second day) giving



aripiprazole to M. and even soon increased the dose, although there was no need whatsoever for doing so. **No proof that M. is seriously ill and must be treated with drugs was ever given!** Where is the proof? All points which are presented in reports as signs of a psychosis have already been shown to be completely invalid.

9) After experiencing M. for 10 days in the hospital, A. testified to his mother that her son is pretty strict with himself while always caring about others, emphasizing about the behaviour of M.: *“Oh, yes, I can see that **he is always thinking about others. He has an excellent mind but what is more important he has an excellent heart. He is very considerate, always thinking about other people.**”* All of this would be impossible if he was sick with a serious psychosis!

10) A., who is with M. a lot at the Psychiatric Department, recently told the mother that *“M. was quite tired after some small exercise.”* How is this possible for a well-trained sportsman? He often has pain in his muscles since receiving the drugs whereas he was in excellent physical health before he came to the hospital, doing football training for around 1.5 hours 5 times a week, working weekends in the bakery... His health has been seriously damaged through the drugs he received.

11) It is claimed that M. is getting better. **No proof exists that he got better through the drug and not through one of 100 other possible reasons for his situation to improve.** In science, **a proof is only valid if control experiments have been made** to show that a certain claim, in this case, that it was Abilify that helped M., is valid. In which way has it been ruled out that patients do not get better due to reasons other than taking aripiprazole? It is impossible to prove that taking this drug was the main reason for a person's health being improved because to do so, one has to make the comparison with other patients who do not get this drug but get better due to various other reasons like a different environment, receiving attention that was lacking, being more respected, and regaining in this way self-worth and inner stability, etc. There are countless reasons which may be the cause why a patient gets better, and among them Abilify might be one of them.

In other words, **that it was Abilify (aripiprazole) that caused 49% of the patients to get better is merely a belief** and nothing else! **Decisions** that are **not based on scientifically confirmed standards cannot be considered rooted in science where control experiments are always required to confirm** a statement is valid and all other possibilities ruled out. Due to the absence of valid scientific evidence that this specific drug is the best remedy for the situation of M., it is **unlawful to enforce such a decision** that he must take aripiprazole!

12) The same also applies for all other antipsychotic drugs, which all cannot be proven to be the main cause for a person to get better. Without proof, any claim resting on such an absence of scientific evidence is therefore **merely an opinion and not a scientific fact**. The wellbeing of M. has been gravely harmed through the completely false diagnosis and totally inappropriate treatment he is receiving at the Psychiatric Department. The doctor stated that M. has a *“brain illness”* that must be treated there. Where is the proof that M. really has a malfunctioning brain such that he must be treated with drugs? No such evidence was presented.

13) How did the sudden change come about from M. being known as an exemplary person full of ideas and dreams to be someone classified as a mental case who needs to be locked up at the mental ward and treated with a drug that has very harmful side effects? There is zero reason for him to be classified with psychosis. No valid proof of his having a mental problem exists in the light of the official definition of this term and practical reality of the situation of M.! **All incidents interpreted as a sign of his psychosis can just as well be logically explained based on his being mentally completely healthy**

14) **What are the concrete signs that M. has lost touch with reality** such that he must be imprisoned in the Psychiatric Department against his own expressed will and the strong opposition of his mom and dad? Such a **proof of M. being seriously sick has not been provided even now!**

15) When using aripiprazole, there is a 49% chance of possible positive effects, minus 34% of expected negative effects, leaving only a 15% realistic possibility that this drug has some benefit for M. For this **tiny 15% chance to improve his situation**, he was put into the risk of all those negative side effects! Not even healing can be expected, as this medicine **does not heal** the condition! Why is this done to him when there is an **85% chance that the medication is useless and, in the end, only harmful?!**

16) The core issue to *"Trust the science"* is an anti-science statement because asking questions and checking whether results are really true is the one and only way to do science. Scientific work must always be questioned in order to gain deeper insights and not get stuck in dogmatism, which unfortunately is prevailing. Therefore, it is not only the full right but also the duty of M.'s parents to **make sure that true science is being practiced**, in this case by having a close look at what is claimed by the psychiatrists and not to blindly trust them. To do so means to live up to the scientific standard.

There were two stages in *"the processing of abnormal behavior."* First, the physical check-up at the University Hospital with various tests that confirmed everything is normal in M.'s body, and then the second stage of processing consisting merely of observations and the personal opinions of psychiatrists who evaluated M. as seriously ill with a psychosis, whereas such claims can easily be disproven by an independent control organ.

Conclusion: We have a case of grave medical malpractice with the victim being seriously harmed. A healthy young man was falsely diagnosed with a psychosis and given strong drugs that caused the symptoms which were falsely reported as signs of some mental illness. They have nothing to do with a psychosis but are the clear consequence of M. having received a medication that resulted in far-reaching negative consequences for his physical health. Some 80 pages of evidence material have been prepared in connection with his unjustifiable hospitalization at the psychological department. I ask that these are checked by completely independent specialists for an objective evaluation and that the people responsible for the serious bodily damage of M. be brought to justice. To do so is the clear responsibility of the child protection services.

## Request to the authorities responsible for the situation of M.

- 1) Please provide clear proof that M. has a psychosis.
- 2) Please provide scientific evidence that the drugs given to M. are absolutely necessary for him and that there is no alternative to taking them.
- 3) Please provide proof that the specialists in the Psychiatric Department are indeed experts who know how to heal mental problems in terms of concrete results of complete healing and the restoration of the full psychological health of people.
- 4) Please provide evidence that the drug used to treat M. is capable of accomplishing what is officially claimed, that *"It rebalances dopamine and serotonin to improve thinking, mood, and behavior"*.
- 5) Please provide proof that it was not the consequence of the strong influence of Imovane (7.5 mg) and quetiapine (12.5 mg) given to M. in the first night in the hospital that has led to the symptoms that were wrongly interpreted as a psychosis and how many times he received them.
- 6) Please state the reason why the situation of M. prior to his having been brought to the medical centre without him even knowing of such an intention of his sister was not discussed with the parents to clarify what his actual mental condition was like prior to entering the hospital.
- 7) Please clarify why it was necessary to immediately begin medication with aripiprazole in the Psychiatric Department although the report from the main hospital says *"There is no reason to drug him now. It is better to observe him."*
- 8) Please present clear reasons why you had to remove custody from the parents.
- 9) Please provide the reason why it is correct of the staff responsible for M. at the Psychiatric Department to collectively claim that they have no time to answer the questions offered by the parents? How can it be justified that not even a single one of the 33 questions presented in written form was answered by the responsible doctors?
- 10) Please clarify all points of contradictory behaviour on both the side of representatives of the National Agency for Children as well as the staff at the Psychiatric Department as presented in this document based on what was actually said and done by people responsible for the situation of M.
- 11) Please answer all the relevant questions compiled in the documents why it is better for M. that his mother is not informed of what the specialists have found out about her son.
- 12) Please provide the scientific proof that drugs like the one given to M. actually cause the positive effects claimed in the description. In which way have control experiments been made to rule out that it was not other reasons improving the patients' health condition?
- 13) Please provide the scientific evidence that mental problems can be resolved by swallowing pills. How is it possible that some chemicals heal the psyche of a person so that they can be considered to be the correct way to go and not alternative healing methods as requested by the parents of M.?
- 14) Please present a report on the course of processing done with M. at the Psychiatric Department. What kind of measurements were taken to examine his mental health condition and what are the results?

15) What are the concrete steps that were taken to ensure his recovery? Which practical projects and objectives are pursued to resolve the issues which have caused him to be declared as having a psychosis?

16) Who is responsible for the damage of M.'s health that manifests in various ways such as strong muscle pains in his upper legs besides all other adverse side effects including the mental suffering of finding himself in the Psychiatric Department without having shown any signs of a mental sickness as any objective and independent psychological investigation can confirm? That he was not mentally sick until entering the hospital is confirmed in manifold ways, including the fact that he was the referee of a football match 3 days prior to hospitalization. What kind of compensation will he receive for his physical wellbeing having been gravely harmed?

17) One of the staff taking care of M. with the name A. literally said about M.: *"He has an excellent mind but what is more important he has an excellent heart."* Why must a person who is evaluated in such a way by someone who spends much time with him be treated with a drug?

18) The here-mentioned staff also confirmed that *"Oh, yes, I can see that he is always thinking about others."* How is it possible that someone is always concerned about others while at the same time suffering from a mental illness? These two exclude each other. Only one can be true.

19) Please provide a clear report from the side of M.'s sister who brought him to the hospital to clarify why she did it and what were the concrete circumstances of how she got M. to be checked at the local medical centre without making any appointment.

20) We ask for an official apology by the doctors responsible for the misdiagnosis of M., which he can show to all his teachers and friends to confirm that he was put in the Psychiatric Department of the University Hospital for totally unjustifiable reasons.

21) We request M.'s immediate release from the hospital and to allow him to stop taking antipsychotic drugs, to give permission to stay with his mother, and to provide for this purpose a social housing support in his hometown where all his social contacts are.

## More proof of M. being the victim of medical malpractice

In the middle of May, one of the staff members who spends much time with M. told the mother that *"We are seeing that M. is getting better."* And then on May 23, 2022 Doctor "I." emphasized that *"He does not have a mild psychosis. He gets currently attacked every day with his symptoms. **He has a strong psychosis.**"*

The state of M. moved from being classified at the main hospital as a case which only needs to be observed without giving any drugs — *"There is no reason to drug him now. It is better to observe him."* — to being evaluated as getting better at the psychiatric department, to the doctor claiming that M. now has a strong psychosis. He went from being a person who merely needs to be observed and getting better to being diagnosed as someone who has a strong psychosis which must be treated with drugs. Where did this happen? In the mental hospital, according to the diagnosis of the doctors responsible for him. The logical conclusion would be that he was made a loony, someone with serious psychotic disorder, in the psychiatric department!

On May 23, 2022 the mother could for the first time have a personal conversation with Dr "I." in the presence of one staff member who takes care of her son. The doctor reported that he talked on the same morning to M.: *"He told me that he was a bit scared about going home, what would happen there."* When she asked her son afterward, he responded that he spoke about being concerned about what will happen when he is out of the hospital not that morning, but already several days earlier. Why does the doctor not report correctly?

The doctor continued: *"What I have been noticing on him last days that he was telling us about some symptoms that could be from psychotic episodes we told you about."* At that point, A. came up with the story that *"I wasn't here this weekend but he said that on Saturday he went to gym with his brother and there he got a little bit afraid of the running machine, because he saw some numbers on the running machine and that there might be someone in this running machine watching him, and he got a bit paranoid because of the people. We think it might be anxiety or something underneath."* Running machine refers to a treadmill as a device used for walking or running while staying in the same place.

The mother spoke with her eldest son and he confirmed that no such thing happened, of a machine speaking to his brother. M. explained to the mother that while running he realized by looking at the numbers that he worked too hard — that he put too much stress on his physical body according to the feedback given by the machine in the fitness centre. Such a normal situation, which anybody training on a treadmill can experience, is interpreted as the machine speaking to the person and so he must have a psychosis!!

Doctor "I." agreed with the staff member who reported about M. being very concerned about everybody: *"I think so. Probably he has some OCD tendency as well so he needs further treatment and maybe some psychological examination as well. We've got a psychologist here who can talk to him as well and get further understanding of his problems."* Did that not happen already after his staying there for two weeks?!

Obsessive-Compulsive Disorder (OCD) includes repeatedly checking in on loved ones to make sure they're safe, counting, tapping, repeating certain words, or doing other senseless things to reduce anxiety. What are the fears and worries M. is obsessed with? He is not obsessed with anything, but as a person who thinks about the people around him and of his future in a responsible way, he naturally worries just like all other human beings do at one time or another. To be concerned has zero to do with being obsessed with something!

That it is impossible M. has some obsession is also confirmed by the observation of the staff that *"he is always thinking about others... He is very considerate, always thinking about other people."* How can

someone be always concerned about others, while at the same time suffering from an Obsessive-Compulsive Disorder? It is impossible.

The doctor noted that *“he is better since we started the medication, his thoughts are not flying as before, his delusions are not as much as before. So, I think we are in good track here. I understand you disagree.”* Again, he is contradicting himself. In the same meeting, Doctor “I.” spoke about M. being better and at the same time that he is worse, that he has a strong psychosis.

When the mother noted that her son’s falling in love his first time could possibly be the reason for M. being a bit flying in his thoughts, the doctor responded: *“Not really — he has a psychotic problem.”* These are the words of someone who is seen as an expert in questions of psychology although he does not understand that falling in love causes one’s thoughts to fly high and interprets such a natural situation which most people experience at one time or another as a sign of a psychosis!

He told the mother that *“We needed to start medication as soon as possible because of his psychotic problems. M. came here with psychosis. The longer he stays in psychosis the more problems he will have occurring in his brain.”* But the report from the main hospital said *“There is no reason to drug him now. It is better to observe him to recognize changes in behaviour without drugs, if possible.”* Instead of doing what is better for M. --- not to give him drugs but to merely observe him — it was not done!

The doctor testified in that meeting that *“M. loves everyone, He wants to care about everyone around him. He is in league with everyone. He wants to comfort his parents; he wants to comfort everyone.”* The definition of a league is a union of individuals. M. wants to be in harmony with everybody around him and this is seen as a sign of his having a mental illness! The mother asked the doctor if that is his psychotic problem of his son.

The lies discovered by the mother are grave and need to be checked. Again, where are the checks and balances for the experts? This is a very serious problem which must urgently be addressed because M. is surely not the only person who received a completely wrong diagnosis by those who should know best but are failing miserably to distinguish between healthy and sick people.

Additionally, M.’s health was seriously harmed. When the mother visited him at lunch time, he usually had to sleep first for some time before he could speak with her because he was too tired and he had various pains as a result of taking drugs. The mother usually gave him a foot massage on these occasions as she is trained in this task.

## For M. aripiprazole is neither adequate, reasonable, proper, suitable, nor fitting

If you check the Medical News Today website on aripiprazole [\(9\)](#) you get the most important information about that drug, which includes warnings of mild side effects like *“Nausea, vomiting, or constipation, memory loss, headache, blurry vision or dizziness, upper respiratory infection, such as a cold, anxiety, feeling sleepy or having insomnia, restlessness or feeling like you need to move, rash, hair loss,…”*

Common side effects of Abilify seen in children using the drug include: *“Feeling sleepy, tremor (shaking), fatigue (lack of energy), nausea or vomiting, fever, feeling restless, blurry vision, dizziness, drooling or having more saliva than usual, changes in appetite, headache, stuffy nose, weight gain, muscle stiffness.”*

Serious side effects which can occur include *“Stroke, feeling confused, trouble walking, high fever, fast heart rate, rigid muscles, changes in your metabolism, such as diabetes or high cholesterol. (Metabolism describes all of the chemical reactions that happen inside your body.) fainting, infections that don’t go away, impaired ability to think or move, trouble thinking clearly, decreased motor skills, problems with your body’s temperature control, sweating, redness, heartburn, tremors, trouble speaking, thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behaviour or mood.”*

Why does M. have to be put into a situation where he may face such conditions? Zero justification exists for doing so, whereby there is a special warning: *“Suicidal thoughts and behaviors in younger people.”*

Please consider that just because a person's thoughts and perceptions are slightly disturbed and the individual is having some light difficulty understanding what is real and what is not, the patient is punished with having to take a drug with all the here-listed adverse effects whereby 34% of those taking it report one or more of such symptoms!

Any person with a sound mind would say that it is neither adequate, appropriate, reasonable, proper, suitable, nor fitting to put M. into this kind of danger due to the claim that his thoughts were slightly disturbed because he found himself suddenly in a mental ward without any justifiable reason and he has some light difficulty understanding why he was brought into the hospital on the day he did not need to go to school in the morning because he had finished his project ahead of others as one of the best students. In other words, not even a miniscule reason exists that M. had to be put into this danger of suffering unnecessarily mentally and physically merely because of some alleged unclarity in his thoughts. Reality is that after having to take this drug, M. is suffering from “Nausea, memory loss, headache, blurry vision, dizziness, feeling sleepy, pain in his muscles particularly in his upper legs.”

Besides this, he has **lost the freedom to do his football training** (4 to 5 times a week), **meet friends, engage in his work employment** to which he was very much looking forward, being **blemished or stigmatized as someone who is spending weeks in the mental hospital**, etc., all for the claim that there was one occasion where he was not completely clear in his thoughts and perceptions, as it is purported!

Who is the one with a mental illness in this case? The perpetrator or the victim whose mind was so bright when he came to the mental ward that he played chess very well there?



## Searching in vain for symptoms of psychosis in the life of M. before hospitalization

As possible symptoms for psychosis, the following are possible: (1) *"A drop in grades or job performance."* The opposite was the case with M. until he was brought to hospital on the day he did not need to go to school because he had finished the current project earlier than others. He was so good that the teachers decided in the first days of May that he will receive the final report of the school year with very good marks without having to do the exams which were still to be made!

(2) *"Trouble thinking clearly or concentrating."* Obviously, nothing of this sort was part of M.'s life because otherwise he could not be an excellent student.

(3) *"Suspiciousness or unease around others."* Such an attitude has nothing to do with M.'s behaviour, as he considers everybody his friend rather than not trusting people. He likes to be with friends, was on the school class party with his main teacher on Friday evening, and on Saturday evening at the party with his bakery co-workers before he was put into the hospital the following Wednesday. Nobody saw anything strange in him at these occasions.

(4) *"Lack of self-care or hygiene."* Again, the opposite is the case. Even on the evening before he was brought against his will to the local medical centre and hospital, he told his mother that he wants to improve himself to become better at everything which made mom more proud of M. who took good care not only of his bodily wellbeing but especially of his internal development.

(5) *"Spending more time alone than usual."* Zero signs like this are found in M.'s life.

(6) *"Stronger emotions than situations call for."* Who decides how strong emotions are allowed to be in a certain situation? If psychiatrists play God to know best which emotions are proper and for which emotions one has to be put into a mental hospital without consulting with parents, then they are definitely disqualifying themselves to be experts on the mind.

(7) *"No emotions at all."* Once again, the opposite was and is the case with M. who had just fallen in love a bit and had a first dance with that girl a couple of days before entering the hospital.

(8) *"Impaired in their ability to experience empathy."* This is the finding in studies of empathy in individuals who experience psychosis. The opposite is indeed the case in the attitude and behavior of M., about which one of the staff who has been there for him testified that he is there for everybody and has, therefore, no lack of the capacity to understand how someone else feels.

The list can be continued and one will not find any aspect of a psychosis present in the life of M. before his having been put into hospital for a check-up to be in the end declared to have a strong psychosis!

One main characteristic of psychosis is people having lost touch with reality. From this standpoint, it is very clear that such a mental disorder applies much more to the person who declared that M. has a psychosis and decided that he must be treated with the stronger version of the aripiprazole pills in the mental ward, although the report from the main hospital said that it is better not to give M. any drugs but to merely observe his behaviour. That is the conclusion of the mother who knows M. best among all people involved and found no sign whatsoever of a psychosis in him. Where can the person be found who is in the position to evaluate this case objectively?

## Psychosis triggered by psychotic disorders tends to come out of nowhere

This is what psychiatrists claim: *“Anxiety-induced psychosis is typically triggered by an anxiety or panic attack, and lasts only as long as the attack itself. Psychosis triggered by psychotic disorders tends to come out of nowhere and last for longer periods of time.”* Why should psychosis arise from nowhere? Only people who do not even realize that for every mental problem a clear root cause exists think in such terms.

How would the psychiatrist who diagnosed M. with psychosis have recognized signs before M.'s alleged episode of a psychosis which now are commonly appearing? There were none, so he could not have seen them however good an expert he may be. Additionally, one has to ask why psychiatrists think that mental problems arise out of nowhere?

The obvious question therefore is: what triggered the claimed psychosis in M.? The psychiatrists did not find out even with M. staying for weeks under their care and staff observing him all day long. His mom's inquiry with such staff members did not bring any concrete results. So, everybody remains in ignorance concerning the cause of the episode of a psychosis attributed to M.

In such a situation, would it not be fair and proper to do a thorough check-up on the mental health of the doctors and staff at the psychiatric department who insist that a person with an excellent track record before entering their ward must be treated with the strong version of a drug for having had a light episode of a psychosis?

*“Psychosis is defined as an episode during which a person loses touch with reality. The symptoms of psychosis include delusions (false beliefs) and hallucinations (false auditory, visual, tactile, or olfactory perceptions). Psychosis is sometimes mistaken for a mental illness, but it is actually a symptom that can be triggered by chronic substance abuse, some medical conditions, and certain mental illnesses.”* As pointed out already, none of these have anything to do with the situation of M. before entering the hospital.

Now, who has delusions or false beliefs here? M. who did not want to take drugs prescribed by the doctors because his bodily and mental health was in a perfect condition, or those who impute a mental disorder to M.? Who has lost touch with reality? M. who has been doing very well in life, successful, hopeful, filled with energy, or those who claim that he has a psychosis and must absolutely be treated with strong drugs?

Concerning anxiety and psychosis, psychiatrists say that *“People experiencing episodes of anxiety-induced psychosis often maintain an awareness of their anxiety as it intensifies, as well as some understanding of what is happening even as they lose control and disconnect from reality. People with psychotic disorders usually are not aware of their disconnection from reality. Anxiety-induced psychotic episodes usually end once the anxiety has diminished. Episodes triggered by psychotic disorders often intensify with time. Anxiety-induced psychosis can be treated by addressing the anxiety. Psychosis from psychotic disorders must be treated by addressing the psychosis.”* Now, which one applies to M.? The mother has been trying to find out from the doctors and staff but all her efforts have been in vain.

One of the two main characteristics associated with a psychosis is delusion. *“A delusion is defined as a false, inaccurate belief that a person holds on to.”* What is the inaccurate belief M. is clinging to? His mom did not get any concrete answers in this respect from the experts. But on the other side, a very obvious delusion can be seen: the doctors and staff who insist that M. is in a state of mental disorder and must therefore receive the more powerful version of the aripiprazole pills every day, although such a claim cannot be justified by reality in respect to the mental health of M.

## Why is aripiprazole prescribed against symptoms which this drug can cause?

The question “*Can aripiprazole worsen anxiety?*” is answered at the governmental website *pubmed* in a document at the national library of medicine: “*After they started aripiprazole, their psychosis, agitation, anxiety, or aggression worsened. Although the cause of the increased agitation was unclear, it may have been related to long-term use of dopamine-blocking antipsychotics and resultant upregulation of postsynaptic dopamine receptors.*” You learn about this in a study on “*Agitation associated with aripiprazole initiation.*” The obvious question is, once again, does it not show a sign of delusion, of a person having lost touch with reality, when he is prescribed a medicine that leads to symptoms against which the medication should help?

At Alvarado Parkway Institute, for example, an inpatient anxiety treatment program has helped countless people manage their symptoms and improve their quality of life. “*Each patient receives a comprehensive assessment to help us get a complete picture of their mental health and the nature of their anxiety. Our team then creates a customized treatment plan tailored to their individual needs.*” Why was nothing of this sort done for M., nor any concrete treatment plan made and reported to the parents?

Treatment typically involves some combination of the following: (1) **Medication** — to help balance mood-regulating chemicals in the body. These may include anti-anxiety medications or anti-depressants. (2) **Cognitive-behavioral therapy (CBT)** — helps patients identify negative thoughts, beliefs, and behaviors that lead to anxiety and to replace them with healthy, positive ones. (3) **Relaxation techniques and self-soothing strategies** — helps patients minimize the frequency or severity of panic attacks.

In the case of M., the first point regarding chemicals being put into his body is fulfilled, but of the others hardly any traces can be found. Add to this that, inpatient treatment for anxiety-induced psychosis should allow patients to stabilize and recover from their psychotic episodes in a safe and supportive environment. Yet, what has become a reality for M. is that upon entering the mental ward he was so fit in his mind that he could play chess very well and later the diagnosis was already “*a strong psychosis.*” That it was caused by the drugs given to M. was of course not mentioned by Doctor “I.” who reported this to his mother.

At Alvarado Parkway, once stabilized, patients participate in the diverse therapies that make up their individualized treatment plan where the goal is **optimal mental health, maximum independence, and the highest possible quality of life** for every patient who comes through their doors. What about the Psychiatric Department of the University Hospital? What kind of treatment is offered there? Drugs, stronger drugs, and again drugs. This is definitely the case in how M. is treated there.

Antipsychotic medicines are usually recommended as the first treatment for psychosis. They work by blocking the effect of dopamine, a chemical that transmits messages in the brain. However, they're not suitable or effective for everyone, as side effects can affect people differently. Was it checked by the specialists whether such a treatment was suitable for M.? Obviously not, as he is suffering severe adverse mental and physical consequences of being treated with the strong version of aripiprazole.

The question: “*Can psychosis be cured?*” is answered by “***There is no cure for psychosis, but there are many treatment options.***” In the case of M., only one is used. Drugs. How long does psychosis take to treat? “*Your experience of psychosis will usually develop gradually over a period of 2 weeks or less. You are likely to fully recover within a few months, weeks or days.*” In the case of M., no period of a drop in his mental health condition happened before entering the hospital and therefore also no period of recovery is planned. He just has to take his pills. That is the solution to a problem which actually does not exist!

## Do psychiatrists have delusions of grandeur, of overestimating their abilities?

About the common symptoms of psychosis, you can read that there are different types of delusions that people experience. *“For example, you may think you are a very powerful person or that you’re God. These kinds of thoughts are called ‘delusions of grandeur’. You may not always find delusions or your unusual beliefs distressing, although people often do. You may be able to stay in work and function well even if you have them.”*

This certainly applies to those who diagnosed M. with a mental disorder. They insist that they know it better than his mom and even refuse to allow her some private time alone with him. She is permitted to spend only one hour per day with her son whom she loves a million times more than those into whose care he was put in the mental hospital, as she affirmed in front of Doctor “I.” who does not doubt that this is true but he is certain that he knows better although M.’s mom gave birth to M. and has observed him for one and a half decades whereas Doctor “I.” has used only a miniscule tiny portion of that time with him, 0.000... percent of the years his mom has spent with her beloved child.

What does it say about a person who has such delusions of grandeur, of thinking he knows a person better only because he has read some books and passed some examinations on theories other people came up with? Why does the first-hand experience and confirmed knowledge of M.’s mother count for nothing in front of the doctor? To the contrary, he is convinced that M.’s mom has a harmful influence on her son and therefore she is not permitted to speak with him without surveillance by the staff who immediately intervene when they notice something with which they do not agree. Their ideas are the standard according to which people’s behaviour is judged. Isn’t such a delusion of grandeur a clear sign of their having a psychosis?

Another symptom: *“Cognitive impairments are ones that relate to mental action. Such as learning, remembering and functioning. Some cognitive impairments associated with psychosis are: concentration problems, memory problems, difficulties in understanding new information, and difficulty making decisions.”* None of these applied to M. before he was put into the psychiatric department, whereas now he is developing such symptoms there against which he receives drugs. In this way the fatal circle is closed.

The question of *“What causes psychosis?”* is answered on the expert website that *“Nobody knows exactly what causes psychosis, researchers have not identified one single cause. There are different reasons why you may experience psychosis. It is thought that most people who experience psychosis, it is due to their life experiences, which are largely out of their control...”* None of this sort has been a reality for M. He had his life under full control, leading a very disciplined life, not missing the 5 times per week voluntary football training even a single time in the course of years.

One has to seriously question the mental health of those who do not know exactly what causes psychosis while claiming that they can recognize it clearly in a person whom they see for the first time and after a very short period of observation. The doctors wanted to immediately give M. aripiprazole when entering their ward, from the very first day, although there was the official report by the main hospital where he was checked during the 4 days prior to being transferred that doing so was not necessary. Again, isn’t it a delusion of grandeur to think that you know it better without even doing a thorough evaluation yourself?

Concerning delusional disorder it says that *“You may have a delusional disorder if you have a firmly held belief or beliefs that other people within your community do not share. These are likely to be constant and lifelong beliefs.”* It always comes back to the same core point: Who are psychiatrists to decide which belief system is acceptable and which must be treated through a medication with drugs like aripiprazole which M. has to take?



## Who decided that patients do not have a right to a second opinion?

Patients are encouraged at one of the official websites to *“Tell your doctor if there is a type of treatment that you would like to try. Doctors should listen to your preference. If you are not given this treatment, ask your doctor to explain why it is not suitable for you.”*

Concerning a second opinion, it is explained that *“A second opinion means that you would like a different doctor to give their opinion about what treatment you should have. You can also ask for a second opinion if you disagree with your diagnosis. You don’t have a right to a second opinion. But your doctor should listen to your reason for wanting a second opinion.”* You are allowed to say why you disagree but you have no right for an evaluation by another doctor? Hmm, from which kind of mind does such a direction or decision arise? If the doctors have only the best interest of their patients in mind, why then is it not supported to ask various experts for their opinion? This does not make sense at all.

On the website of an organization that runs over 90 mental health services across England that offer front line support for people in their own communities, you learn that an advocate is independent from mental health services. *“They are free to use. They can be useful if you find it difficult to get your views heard. There are different types of advocates available. Community advocates can support you to get a health professional to listen to your concerns. And help you to get the treatment that you would like.”* With the help of volunteers, they also run a further 140 local peer support groups and an award-winning advice and information line which receives over 4,000 requests for help every year. What about an advocate for M. in his country?

About the possibility of making complaints, you learn that *“If you can’t sort your problem, you can make a complaint. This is where your concerns are investigated in further detail. You can ask an advocate to help you make a complaint. **Advocates that do this are called Independent Health Complaints Advocates. They are free to use and don’t work for the National Health Service.**”* In which way are complaints against the medical establishment handled in M.’s nation?

Regarding medication: *“Antipsychotic medication can help with psychosis. **Your doctor should give you information about antipsychotics including side effects. You and your doctor should choose the medication together.**”* Medication is another word you can use for medicine. They mean the same thing. Now, did the doctor choose together with M. how his alleged psychosis should be treated? Of course not, because he is only 16 years old, a teenager who knows nothing compared to the knowledge of the expert. How about discussing the issue with mom and dad? No such discussions took place except at the first meeting in which empty promises were made. When they arrived at the mental ward holding their son, the decision was already made that M. has to take aripiprazole. They were given 24 hours to do research on the drug and when they protested against it on the next day their opposition was ignored and the drug was given anyway, and 3 days later even a higher dose was given although no reason to do so existed!

*“Doctors should check that your medication is working.”* How has this evaluation been made in the case of M.? If you look at the details, you see many contradictions in the way M.’s situation was evaluated and how he was treated, particularly the dose being raised, even though no reason whatsoever for such a course of action existed. What is so serious about this case is that doctors and staff who make grave mistakes are in the position of sole authority to decide what is good for the patients and what not, whereby the overall answer is in each and every situation: Drugs are always good. This point must never be questioned. They are an absolute must even if no justification can be given in concrete terms of a real danger to people’s health like the one of M. without his taking pills.

## M. was kept in a mental ward without any of the reasons applicable to him

On the aforementioned website [\(16\)](#), you find information on how to ask for a Mental Health Act assessment: *“Your friend or family member will only be detained under the Mental Health Act if they are assessed as a high risk to themselves or other people. There is no definition for what high risk means. It could include: Not being aware of hazards because of delusional thoughts or confusion, refusing to eat for fear that food is contaminated, or threatening to harm others due to delusions or severe paranoia.”* None of these reasons apply whatsoever to the situation of M. before having been brought to the mental hospital.

The answers to the respective questions are clear:

*“Who is in danger of being harmed?”* — Nobody.

*“What evidence is there that M. has of a psychosis?”* — No confirmed evidence exists.

*“Has he had it before?”* — No.

*“How has his behaviour changed?”* — There was no change to be worried about before his being brought to the hospital.

*“When did his behavior change?”* — After he received strong drugs! There is no proof for any negative changes in the behaviour of M. before entering the University Hospital.

No reason whatsoever exists for detaining him in the Psychiatric Department, yet it has become a reality. The term *“high risk”* is not defined. This is also telling because it allows a wide range of interpretation.

The question *“How do you treat psychosis naturally?”* is answered by providing the following advice:

*“Try to get enough sleep. Sleep can help give you the energy to cope with difficult feelings and experiences.”* — M. slept always well and had lots of energy.

*“Think about your diet.”* — He was eating well and had always a good appetite.

*“Try to do some physical activity.”* — M. did more than enough of it, each and every day besides his school, including weekends.

*“Spend time outside.”* — M. likes to be in nature a lot, especially in mountains.

*“Avoid drugs and alcohol.”* — M. has always been abstinent in this respect except maybe 3 spoonful he tried because one girl offered it to him at the party with co-workers in the bakery. That is all until now.

In other words, all the advice given for people who have a psychosis does not apply even in the slightest way to M. How then can he have a psychosis? This is the elephant in the room which absolutely must be addressed.

## Who decides what a formal thought disorder includes and on what basis is the standard?

Among the common types of psychotic experiences is disorganised thinking, sometimes called 'formal thought disorder'. Mental health professionals may use the following terms to describe what one is experiencing: *"Racing thoughts is when your thoughts go through your head very fast. It can involve them racing so fast that they feel out of control. Flight of ideas is where your thoughts move very quickly from idea to idea, making links and seeing meaning between things that other people don't. Many people find that they experience racing thoughts and flight of ideas at the same time."*

A new study has found the average person has more than 6,000 thoughts every day. *"Researchers have developed a new way to determine the beginning and end of each thought. Identifying this moment as a 'thought worm' has allowed scientists to calculate exactly how many we have a day — and the average was a staggering 6200."* This is the scientific result found in 2020 whereby Dr. Poppenk, Canada Research Chair in Cognitive Neuroscience, explained in the research, published in *Nature Communications*, that *"Our methods help us detect when a person is thinking something new, without regard to what the new thought is. You could say that we've skipped over vocabulary in an effort to understand the punctuation of the language of the mind. When a person moves onto a new thought, they create a new thought worm that we can detect with our methods."*

This means more than 300 thoughts per hour and at least 5 thoughts per minute. Now how did the psychiatrists determine how many thoughts are allowed per time unit? From where did they take their measurements? Obviously, **a scientifically confirmed basis for their evaluation is absent**, yet they have the right to put someone who has too many thoughts into their mental wards?!

Who decided that it is not allowed for your thoughts to move *"very quickly from idea to idea, making links and seeing meaning between things that other people don't"*? There are enough people who see this ability very positively to be able to figure out things swiftly, yet psychiatrists consider this to be a sign of a mental disorder.

If you have disorganised thinking, you might *"Speak very quickly and stumble over your words so that other people may find it difficult to understand what you're saying link words together because of the way they sound rather than what they mean, which can make your speech sound jumbled to other people (this is sometimes called word salad) change the topic of conversation very quickly as your thoughts move from one thing to another find it difficult to keep your attention on one thing."*

On **which standard was the decision made** that what M. expressed falls into the category of a mental health disorder and even a mental illness as stated in the report of the doctors responsible for M. dated on May 18, 2022? What is written there is the OPINION of one or the other psychiatrist, but **having an opinion about a person does not make it a fact**. It has to be confirmed through clear **evidence, which is definitely absent** in the case of M., because his thoughts lacking clarity can easily be explained by his having been put into, for him, a shocking situation of being locked up in a mental ward without, for him, any conceivable reasons, as he did not feel mentally sick at all before having been brought to the University hospital and no complaints were made about him in this respect.

About internal experiences, it is explained that *"Some people experience voices or visions as part of a spiritual experience. This may be a positive experience for you. It may make you feel special or important and help you make sense of your life. It could however also be a negative experience — for example, you may feel that you're possessed by an evil spirit."* M. clearly testified that he **did not feel influenced by an evil spirit** and, therefore, no reason to worry about his mental health existed at any point before his hospitalization.



## One example of a conversation in the psychiatric ward of the University Hospital

On May 31, 2022 M.'s mother spoke with one of the staff, A., who is mainly with her son and asked him if he knows why she is only allowed to spend one hour with her son while other family members get several hours. He responded that he does not know exactly but, *"What I can guess probably it is because of some tiredness or too much burden."* How come spending time with his mother, whom he loves very much, is a burden for M.? Only people with some mental disorder can come to such a conclusion that if mom and her son, who love each other dearly, spend time together then it is tiring for them!

The mother explained about the situation on the previous Saturday evening when she came and her son was so tired and asked for a massage, which she gladly gave him. M. was so tired that he wanted to sleep afterwards, but the staff did not allow him to sleep, yet. So, she still went for a walk to the kitchen area with him. M. felt very good after the massage of his painful legs (another side effect of Abilify) and asked his mother to continue with a foot massage. M. was grateful that he could sleep so well in the following night. But what did the staff tell M. the next day? *"M., maybe you don't really like the mother's massage."* This attitude really disappointed M. The mother mentioned this to A. as an example of what kind of attitude is expressed by some of the staff towards her son fully dominating his life.

A., who has learned how to give massages, noted: *"I think it is important. 1-2 hours massage is quality time."* At that point, another staff, E., interfered in the conversation and said: *"I think instead of talking this now it is better to talk something else."* The mother responded: *"Yes, about M.'s dreams for the future, a question which he was eager to answer 3 weeks ago before he was brought to the hospital. And now when I asked him in the kitchen area what his plans for the future are, he answered: 'I do not have any dreams.'"* This is what was surely quite painful for his mother to hear, how her son is getting destroyed and rather hopeless in the mental ward.

At that point, the mother asked A. if he participated in the staff meeting one day earlier. The answer was, *"Yes, I was there."* The mother inquired: *"Do you know what was decided concerning my son?"* A.: *"I don't really remember. I think it was just about something they knew already."* The mom noted: *"Do you know that they are telling me nonsense? And they are putting my child against me?"* A.: *"Yes."* So, the mother continued: *"I can't agree with that. It is not the right treatment. They are confusing my son who was very happy about my massage for which he gave me a big hug only to hear afterwards from the staff that maybe he doesn't need it. That was really confusing for him, as he told me. He is very sensitive and wants to be on everybody's side, so he listened to the staff and from that time he expressed that he doesn't want my massage, even though before it was the best think he could get. This kind of treatment of my son is sick! That is not normal."*

A. agreed: *"Yes."* Mom continued: *"You know, separating a child from mother is not good."* At that point A. denied what is happening: *"It is not like that."* The mother of M. affirmed: *"Yes, it is like that. I observe it here for many days already. Even you said: M., you need to choose sides, that he can't be with everybody. He can't be with mamma and other family members at the same time, those who unite with the staff. It is all because of the drug."* A. denied what he said earlier: *"I would not say choose sides, I would say speak what you want."* Mother: *"Yes, but M. is confused, influenced by the staff here and by his sisters. And that is why I'm the only one with another opinion and all the time I'm pushed away. The majority is on the other side."* A.: *"Yes, it is happening in life that people do not agree about things."*

The mother asked: *"Is there some prospect that they will stop giving him this Aripiprazole?"* A.: *"I don't know, I did not hear a talk about that, because they are still having the opinion that it is needed to prevent damage. But you do not agree. I do not know."* The mother noted: *"If you study about this drug in detail you will find out that the drug does not cure the symptoms and has more bad side effects than good."* A.: *"But it helped many children. They talked about some research and some experience."*

Mother: *"The last report from the main hospital said the boy should not be given a drug if possible, he should only be observed. But the doctors here did not do that. The first thing they did is to push right away the drug. You know M. from the very beginning of his time here and you know he is not any mental case."* A. agreed: *"Yes."* And then he added: *"M. is in the middle always (between the two parties of drug advocates and those who reject such a treatment.)"* The mother noted: *"I know, he is a pure boy, victim of many circumstances."*

M. entered the conversation at that point and said, *"Mamma, if I stay now in this psychiatric department, I will be soon out even without having to take the drug."* So, his mother responded: *"Yes, it would be great and I would agree on that."*

This conversation took place while the three were playing billiard. The mother asked her son: *"M., how do you feel now after the game?"* The answer: *"I feel nauseous."* Mother: *"We know why. How many days did you get already this aripiprazole?"* — *"3 weeks and 5 days."* After a bit of thinking: *"3 weeks exactly."*

When walking to M.'s room, the mother asked her son: *"M., do you still feel dizzy?"* M.: *"No, just pain in my legs."* The mother inquired: *"Where?"* The honest answer: was: *"Everywhere."* This is what is being done to M. whose body was in a very good condition before entering the mental ward.

To the question: *"What are your wishes for the coming days and weeks? What is your wish number 1?"* the answer was: *"To go to sleep home."* So, the mom asked further: *"When you can do that, what is your next wish?"* The son: *"I do not have any other wishes."*

Because he should be since 3 weeks at his summer job, mom inquired: *"Don't you want to finally start your carpentry summer job?"* The answer: *"Yes, some time."* So, the mother tried to encourage him: *"God wants you to be happy and see your wishes fulfilled."* The mother encouraged her son to pray... Her one hour visiting time was over at that point.

This is just a simple insight into what kind of conversations the mother of M. had at the mental ward.

## Corruption of staff at the Psychiatric Department and of representatives of the Ministry

The word corruption is defined as *“dishonest or fraudulent behaviour especially by powerful people”* and as *“the process by which a word or expression is changed from its original state to one regarded as erroneous or debased.”*

A psychiatrist is a medical practitioner specializing in the diagnosis and treatment of mental illness. As an expert on the mind, he must first of all be able to distinguish between a healthy mind and one which is sick. According to the definition: *“Mind health is a balanced mental and emotional state which allows a person to be productive during their day, contributing meaningfully to the community they live in. When the balance is disrupted, it can be difficult to function positively.”* In the case of M., it is confirmed in manifold ways that he has been showing a healthy mind and leading a life where he has been helpful for others and doing very well in life.

How are some staff on the side of the mental health faring in this respect? Many examples of poor contact have already been mentioned. It is important to be aware that psychiatrists are the ones who decide whether a person's mind functions in the right way or not and are therefore in a position where they themselves must show a truly sound mind. Unfortunately, this is largely not the case in connection with how M. and his parents have been dealt with.

Corruption can also be found in the attitude of those who took the responsibility for M. from the parents, claiming that they did not take good care of their son. But what did they do to help him? They know that M. was in the mental hospital against his own desire and that of his parents but blindly believed those who decided that he must be there. When the lawyer of M.'s mother asked for the reports on her son written by the doctors, he was promised he would get them by the latest on Monday, May 30, 2022. That day passed and also the next despite repeated calls requesting the documents, and when he called on Wednesday, again he was told that M., who has the right of co-decision as he is 16 years old, does not want his mother to know about the doctors' evaluation of his state. This was a straight lie as they did not even ask M. such a question, what M. confirmed later that day.

How corrupt must the heart of a person be to lie straight to another person who is paid to find out the truth about a matter? And on that day, the lawyer also found out that the person from the ministry handling the case simply left for a one-week holiday without telling him, although he had been in continuous communication with her. Again, as the one claiming to work for M., this person caused through her action a further prolongation of the case, which meant of course, more suffering for M. and his parents.

A person can only be detained against his will if there are sufficient reasons. What are they in the case of M.? His parents tried to find out for months in vain what these concrete reasons are, but the hospital refused to hand out the reports which were made about M.

The main issue is the mental health of those making the decisions. For example, in clinical trials, akathisia was reported in 10% to 25% of adults taking Abilify. Akathisia is defined as an inability to remain still. It is a neuropsychiatric syndrome that is associated with psychomotor restlessness. The individual with akathisia will generally experience an intense sensation of unease or an inner restlessness that usually involves the lower extremities.

Imagine, psychiatrists who know that up to one quarter of those receiving aripiprazole experience restlessness where they feel like they need to constantly be moving, and they also might not be able to get comfortable, yet the doctors are forcing such a drug on M. How corrupt and heartless must such people be to be so cruel towards innocent children!

## The failure of the medical establishment and Ministry of Social Affairs to protect M.

1) The doctor at the local medical care centre **failed to recognize that M. did not have any mental issue**. For example, M. being rather stiff was due to his feeling cold and not because of some mental problem.

2) He did **not inform M.'s parents that his sister had brought their son to him as an emergency case**, as he perceived the situation. This is what he told M.'s mother and he sincerely apologized for not informing her.

3) He emphasized when his mother inquired that ***“Clearly, M. did NOT have any hallucinations, no hallucinations. He was merely slow to reply.”*** The reason for his slow response in that situation was that his sister did not tell him where she would bring him when she picked her brother up at the swimming pool, so M. felt quite surprised to find himself at the doctor to be checked concerning his mental health. Despite this reality, M. was immediately declared to have psychosis when he came to the Psychiatric Department!

4) At the University Hospital, M. received two sleeping pills at the same time which should not be used together. The question *“Can you take quetiapine and zopiclone at the same time?”* is answered by *“Using Quetiapine together with eszopiclone may increase side effects such as dizziness, drowsiness, confusion, and difficulty concentrating.”* **Without any need** — because M. was lying peacefully in bed at night — M. was put into a condition where he may feel dizzy and confused such that he is not clear anymore in his mind, and on that foundation he was diagnosed with having a psychosis!

5) In the report from the University Hospital, it says that ***“there is no reason to drug him now. It is better to observe him to recognize changes in behaviour without drugs, if possible.”*** Yes, that was easily possible because at no point was there any reason to give M. drugs against some mental problem and put him in this way into the risk of suffering severe adverse side effects, which has definitely become a reality both through the sleeping pills as well as through aripiprazole, e.g., **strong pain in his upper legs** besides his feeling continuously tired and exhausted even after light sportive activities even though his body was very fit when he entered the hospital.

6) The staff at the Psychiatric Department refused to answer even a single one of the 33 written questions which the parents presented to them. Doctor “I.” even stated that ***“We can’t waste our time to answer your question.”*** How can it be justified that it is a waste of time to respond to the questions of parents whose son was put under their care?!

7) The doctors responsible for M. at the psychiatric department **failed to recognize that M. is mentally completely healthy** such that zero reason exists for him to be treated with some drugs that only put him into danger of his health being harmed, which has already become a reality both internally and externally. M. went from his state having improved **to being classified with a strong psychosis in that institution! M.'s body was harmed through various adverse side effects of the drugs he received.**

8) The National Agency for Children and Families in charge of day-to-day administration of child protection services, along with the responsible people from the Ministry of Social Affairs, **failed to protect the health of M. and to prevent** his being forced to stay at the psychiatric department without any justifiable reason! Psychiatric hospitals are wards specializing in the treatment of **severe mental disorders**. At no time was any severe mental disorder confirmed in M. and, therefore, **zero justification exists to keep him there.**

## Comparison between giving drugs and using alternative treatment

The benefits of using drugs are zero because:

1) Psychiatrists prescribe drugs based on ignorance. **They do not know how the drug works and what it actually causes.** They only have assumptions but no confirmed knowledge. That means they are not using the scientific method of working based on insights which is confirmed through control experiments.

2) Aripiprazole causes so many side effects that it takes several pages to write them all down. This means it is a very harmful drug. **Nothing positive can be said about it** because the claim that it helps patients is not scientific at all because no control experiments were made to ensure no other causes are the reason why patients get better.

3) It is **impossible that chemicals have the ability to correctly balance hormone levels in the brain**, as it is claimed aripiprazole does. Such claims are nothing but wishful thinking that is not rooted in confirmed scientific research.

4) Children need **loving care from their parents, family relationships with siblings and relatives, friendship with peers, constructive communication**, etc. None of this can be provided through drugs, which means that they are utterly useless in order to achieve the objective of helping people to get out of mental problems.

Alternative healing methods:

1) There are **no negative side effects when you give patients what they need in order to clarify unresolved inner issues: Love and understanding**. Such support can never be harmful.

2) **All mental illnesses have their origin in the mind and spirit** of people in a situation where they find it hard to handle difficult circumstances. For this reason, such issues can only be resolved on the spiritual level where they arose and never through taking some physical substance.

3) In order to achieve healing, all relevant issues need to be addressed on a **profound level of understanding all the factors that have led to a person struggling** with certain problems. By removing the root cause of the given difficulties, complete restoration of a person's health can take place.

4) Yoga, breathing techniques, aroma therapy, healing through sound and music, massage, body movement therapies, Tai Chi, etc.; **the list is very long of what can be done in practical terms to help patients** regain self-confidence based on a healthy self-awareness and evaluation of their potential paired with practical exercises.

Conclusion: If you compare these two possibilities of approaching the task of healing mental problems then the result is clear: zero points for the use of drugs and 100 points for using all kinds of alternative methods, depending on the situation and preferences of the patient. **Because psychological problems originate in people's mind and heart, they must be resolved there on the spiritual level.** Swallowing some artificially produced chemical products can never achieve this task and are therefore totally useless and, as reality shows, harmful for countless people up to losing one's life prematurely.

**The only valid option is the use of loving care and not artificial drugs to heal people.** Nevertheless, the representatives of the National Agency for Children and Families and the Ministry of Social Affairs emphasize the use of useless drugs! How can this be justified? No justifiable reason exists, yet it is done! Why?



## Is M.'s body merely physical matter that must be improved by taking drugs?

The **bottom line of the given issue is none other than the worldview** underlying the treatment of M. He was diagnosed with having a problem in his body where his brain does not function properly such that he needs to take aripiprazole, a miraculous drug which is supposedly able to *“rebalance dopamine and serotonin to improve thinking, mood, and behavior,”* while at the same time causing all kinds of harmful side effects that lead, in the worst case, to the death of the patient. The doctors were asked to explain how a drug that improves something can at the same time cause harmful side effects, but no answer to this and all the other questions were given which the mother presented in written form.

It is understandable the doctors refuse to deal with the parents' written questions to them because no scientifically valid answers exist. This is the fact which was brought to the attention of representatives of the Ministry of Social Affairs and the National Agency for Children and Families, because it is definitely wrong to trust so-called experts who are not standing on the foundation of true science. **For none of their claims that artificially produced drugs improve the health situation of patients does scientifically valid evidence exist** because this **requires control experiments** to exclude that it was not any other component leading to the improvement of people's health condition. No matter how surprising this may be for those who have not been aware of this reality, this nevertheless remains a fact that must urgently be addressed.

We are dealing here with specialists in the field of psychiatry whose knowledge is **largely based on a belief system that is not confirmed by scientific evidence. This fundamental predicament must be taken into account without fail.** To do so is the direct responsibility of those who rely on the decisions may by the experts in the University Hospital, particularly in the Psychiatric Department. It requires the use of one's brain to recognize where the fundamental problem lies, namely, insisting that dead matter, the pill aripiprazole, is capable of regulating hormone levels. In this case, it is serotonin and dopamine, a neurotransmitter made in the brain that *“plays a role as a ‘reward centre’ and in many body functions, including memory, movement, motivation, mood, attention and more.”* How can the pill know in which way it is supposed to influence the mood of a person? The same is true with respect to the claim that aripiprazole is aware of how to regulate the serotonin levels, a chemical that carries messages between nerve cells in the brain and throughout your body. Serotonin plays a key role in such body functions as mood, sleep, etc.

Dopamine and serotonin are chemical messengers, conveying a certain message that contains information. **How is it possible that aripiprazole, a chemical substance, contains information to tell the brain how to balance the dopamine and serotonin levels?** This question was asked to the specialists in the psychiatric department but they refused to give an answer — because they have none! No logical explanation exists for the belief that aripiprazole is capable of balancing hormone levels. Such a thing is absolutely impossible because chemical substances cannot think and evaluate and make decisions for what is best for the body!

The experts have this firm belief because they think that M. does not have a spirit directing his body, determining what is going on in every respect including the hormones. Anybody who is prepared to seriously look at this issue will soon realize that there is some 'spooky action' here that is merely assumed with no scientific proof, which means of course that it remains in the realm of fairy tales that are repeated again and again until everybody believes the story: aripiprazole is such a wonderful drug with miraculous abilities.

The parents refused to let her son be considered merely some physical material where chemicals decide his mood and not his heart and spirit. No scientific evidence exists for such a worldview, whereas the opposite is well confirmed by reality throughout the ages.

## How can you resolve a problem for which you do not know the cause?

In a mental health center, you may find a counselling psychologist, relationship therapist, clinical social worker, psychiatric nurse practitioner, and a psychiatrist who is a medical doctor specializing in mental health including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems.

What about the practical qualification of those who examined M.? What did they find out? They do not know why he moved from his condition of being better at first and then getting attacked every day with his symptoms later, as Doctor "I" told the mother after her son stayed under their care for more than two weeks.

In other words, they are destroying M.'s mental health and the parents can do more or less nothing against it. They appealed to the National Agency for Children and Families but were told that they listen to what the experts at the Psychiatric Department tell them, and when the case was looked at by the Ministry of Social Affairs, the decision was that their son should stay at least for two months in that place.

What is the justification for this verdict? None exists in terms of justifiable reasons.

On May 26, 2022 one staff member told the mother that M. definitely has paranoia. People with paranoid personality disorder *"are always on guard, believing that others are constantly trying to demean, harm or threaten them. These generally unfounded beliefs, as well as their habits of blame and distrust, interfere with their ability to form close or even workable relationships."* Compare this with the other reports about M. such as he is someone who *"loves everyone and cares about everyone."* These are totally contradictory evaluations. Which one is correct? For the mother, it is obvious that the latter is the case. His being paranoid has zero to do with the reality of her son M.

We have a situation where those who have the task of resolving issues do not know the cause of the problem which they attribute to M., or should we say which they "interpret into" M. although they are not there. In other words, they artificially create a problem and then they do not know where it originated. **They are the experts in mental health, yet fail to recognize that they are the ones who created the problem!**

Yes, this reality stands at the core of the issue. M. was characterized by one of his teachers with whom he did a project as a **"very, very good boy and excellent student."** This is what he told the mother, while at the same time the expert psychiatrists declared that M. has a psychosis and must be treated with aripiprazole, which turned out not safe at all for him and his health drastically deteriorated in the mental ward.

The psychiatrist made such an evaluation without really knowing M., whereas his teacher who saw him basically every day at school and was doing projects with him is well aware of what kind of person M. actually is. Whom are we to believe? The theoretical experts who claim to be so clever, or those who have **real knowledge based on practical day-to-day experience?**

The staff may claim to know M. better, but whom they know is a son who was robbed of his freedom from one day to the next without the slightest reason for doing so, and who daily receives a drug that seriously harms his wellbeing, leaving him continuously tired even as early as lunch time, whereas he was always full of energy until he was 'drugged down' by the doctors!



## Why is logical thinking not welcome in the Psychiatric Department?

It is a very serious issue why the experts of the mental ward of the University Hospital **refused to engage in any intellectual discussion concerning their expertise**. If they are so knowledgeable, why are they hiding their insights? How can their refusal to answer even a single one of the written questions by the parents be justified?

No justification whatsoever exists for such behaviour. The questions are all logically organized and can be easily understood. The 7 pages with questions for which answers are requested from their side, as they are directly related to how they are treating M., contain actually close to 70 questions, and you find dozens more in the documents compiled for the public to be informed about this case. To none of these questions, which refer to scientific facts and data, was an answer given. Why?

The mother is accused as the one who is not cooperating, as the person who does not want her son to be treated with drugs for which no need exists. M. will look up to her and ask for advice after he will have been liberated from his prison at the psychiatric ward, just as he has done in the past. So, if the staff were really interested in his wellbeing, then they would speak with her to **explain in detail what is wrong with him and why such a treatment is necessary in their eyes**. None of this has happened, which means of course that they are neglecting their responsibility.

This point is especially grave, because at the meeting with the parents at the Psychiatric Department, they promised that the staff will do their “very very best” for M. Their behaviour has little to do with actually living up to this standard when they do not even make an effort to answer the science-based questions that are important to the parents. This arrogant attitude of feeling that the parents are not worthy of being seriously dealt with disqualifies the doctors being called experts, because such behaviour shows a poor standard of mental health in respect to acting in a polite and responsible way.

Add to this the fact that Doctor “I.” repeatedly shouted at the mother without any justifiable reason. As a trained expert on questions of the psyche, he should have been able to control his emotions when the mother interrupted him or made comments while he was talking because she was desperate to get answers and to not keep silent in the face of the lies she was being told.

Again: “*Why is logical thinking not welcome in the psychiatric ward?*” Is it not the responsibility of the experts there to answer questions that are addressed to them concerning their actions? Why are they not accountable for what they are doing with M.? What kind of attitude and mind-set does it reveal when they treat the mother in such a condescending way? How can she have confidence that they will treat her son better and not indoctrinate him with their unscientific ideology that internal problems can be resolved by swallowing pills?

Does it not shed a very bad light on the doctors of the Psychiatric Department of the University Hospital that they behave in such a way? The mother asked for written answers so that they do not need to discuss the issues in question with her, but for not even one of her inquiries concerning their course of action did she get a written response.

Who is the problem in this case? The one who is searching to find out more from the experts or the ones who have all the knowledge and are paid to use it, but then refuse to share it with those who plead for valid information? The correct answer to this question is obvious and hopefully the representatives of the ministry will fulfil their responsibility and take action by checking on the behaviour of those who are getting paid but do not live up to what they themselves have promised to do.

## Why is the hospital staff unable to distinguish between healthy and sick people?

You could previously read about the problematic situation of hospital staff being unable to distinguish between who is mentally healthy and who has some serious issue in this respect. Even after weeks under their care, the doctors and staff have not noticed that M. came to them in a completely healthy mental state.

In one of the official reports on the overall situation of M., it says that one person claims that the mother of M. is “*mentally very sick*.” The staff of the Psychiatric Department fully trusts that person and allows M. to leave the ward together with her, whereas the mother is not even allowed to go with her son into the garden around the building on a sunny day. So, the staff entrusts M. into the care of someone who calls the mother “*mentally very sick*.” Would it not be the responsibility of the doctors to check on the mother’s mental health or to put her under their care as she is supposedly very sick mentally? Nothing of this sort has happened, so we must ask seriously why does the staff trust someone who makes such a claim about the mental state of the mother and does not act upon it? **Is it not their responsibility to take care of those who are mentally very sick?**

Such behaviour is one more of the signs of the contradictory behaviour of the staff responsible for M. at the Psychiatric Department of the University Hospital. They trust someone, and at the same time ignore the grave claims made by this person. It is put into the official report and at the same time ignored! **Why are people with such a contradictory behaviour trusted as the experts on the mind?** This kind of attitude definitely disqualifies them to be workers in the field of mental health.

Another problematic point. It is claimed that “*Many of the symptoms of psychosis in adults aren’t symptoms of psychosis in young people. For example, small children often have imaginary friends with whom they talk. This just represents imaginative play, which is completely normal for children.*” This normal behaviour turns into being seen as a symptom of a psychosis depending on the age. Where is the point that something good suddenly turns into something bad? Why are grown-up people not allowed to think out loud? Why is it not considered normal to speak to a statue of Jesus when addressing him in prayer? Speaking to dead objects is seen as having a mental problem.

What it all comes down to is **certain people setting themselves up as so-called experts to determine what is good and what is bad, what is considered healthy behaviour and what is defined as a mental disorder** or serious illness of the mind. This reality is very bad for society because it allows a tiny minority to dominate the population of a whole country in questions of health. We have seen to what this can lead during the corona pandemic where one or two people decide what everybody has to do based on an assessment of who is healthy and who is a danger to public health.

When you ask Google, “*Is anxiety a mental illness?*” the first answer you get is that “*Anxiety disorders are the most common of mental disorders and affect nearly 30% of adults at some point in their lives.*” Should they all be put into a mental hospital like M. who was worried why he was put there and then declared to have a psychosis?

It is so very easy to declare people mentally sick and, if you have the right title and position, you can lock up healthy people in a psychiatric ward as was done to M. Nobody checks on those who destroy people’s life and future, as is being done with the exemplary son M. But the mother is dedicated to make sure that this very bad and irresponsible situation will be changed and will fight for it with whatever is in her power. **Is it not the responsibility as representatives of the Ministry of Social Affairs and of the National Agency for Children and Families to join in this struggle for the truth to come to daylight about what is going on behind hospital walls?**

## None of the descriptions for mental disorders and psychosis fits to M.

Psychotic disorders are **severe mental disorders that cause abnormal thinking and perceptions**. What are symptoms of psychotic behaviours? *“Disorganized or incoherent speech, confused thinking, strange, possibly dangerous behaviour, slowed or unusual movements, loss of interest in personal hygiene, loss of interest in activities, problems at school or work and with relationships, cold, detached manner with the inability to express emotion, excessive fears or worries, or extreme feelings of guilt, extreme mood changes of highs and lows, withdrawal from friends and activities.”*

All of this has nothing to do with the situation of M. Actually, the exact opposite is the case. He was one of the two best students of his class at school. The teacher told him on the day prior to his having been brought to the hospital that he does not need to come to school the next day because he had finished his project work ahead of his classmates. So, his mind was in perfect condition at that time, which is confirmed in so many other ways including the fact that M. refereed a football match 3 days before that. **Not the slightest trace of a mental disorder could be found in him.**

The very serious problem here is that anybody can be evaluated as having a psychotic disorder due to disorganized or incoherent speech and confused thinking, which basically anybody can have in a certain situation. Who is to decide? Those who know a person in and out or the so-called experts who have learned some theories? Who decides how much one is allowed to be confused in an extreme situation like in the case of M. after having been brought to the hospital for a mental check-up without any prior warning and then having received strong drugs?

The question, *“What triggers psychosis?”* is answered in the following way: *“Psychosis is a symptom, not an illness. It can be triggered by a mental illness, a physical injury or illness, substance abuse, or extreme stress or trauma.”* None of this applies to M. as he was in very good spirits before he was put into the hospital.

According to the National Institute for Mental Health, there are warning signs that may appear before psychosis develops. These can include *“a sudden drop in school work or job performance, trouble thinking clearly, difficulty concentrating, feeling paranoid or suspicious of others, withdrawing from friends and loved ones, an influx of strange, new feelings, or no feeling at all, a disinterest in personal grooming, difficulty separating reality from non-reality, trouble communicating. If someone is experiencing an episode of psychosis, the main symptoms include: hallucinations, delusions, disorganized behavior (behavior that does not seem to make sense, or that is impulsive), negative symptoms (seemingly having no emotion, lack of interest in activities previously enjoyed, an ungroomed appearance, etc.).”*

Again, nothing of this sort could be attributed to M. prior to his having been brought to the University Hospital. To the contrary, he was full of life and ideas, filled with hopes and expectations after having fallen in love a bit, as he says, and looking very much forward for the practical job engagement which would have started a few days after his hospitalization for which not a single justifiable reason exists.

It is claimed that M. has delusions. *“A delusion is a false belief or impression that is firmly held even though it’s contradicted by reality and what is commonly considered true. There are delusions of paranoia, grandiose delusions, and somatic delusions.”* When the mother asked for proof, she only received vague answers or lies, and it is shocking for her that even a doctor would present made-up stories about the behaviour of M.

**The reality remains that no confirmed scientific basis exists for evaluating M. as a person with a mental disorder that must be treated with drugs.**

## Excellent report by the lawyer assigned as spokeswoman for M.

On May 18, 2022 the lawyer assigned to M. by the National Agency for Children and Families met for the first time with M. and was very happy that the meeting surpassed her expectations. She reported to the representatives from the ministry on May 26, 2022 that M. is a bright, hard-working boy who is able to control his own matters well.

She told those who had assembled that M. welcomed her very well. She met on that day a “*very happy boy with broad smile*” who readily shared about his situation and feely talked about his thoughts and feelings. She described him as a “*very conscientious and capable boy*” who likes his school very much, is a very good student, and has close friends. In the report in front of the committee, she also mentioned that M. is going for football training 5 times a week and has great ambitions. Because he was never sick, he did not miss any practice except for one time when the bakery where he works on weekends asked him for extra help. So, he went there to help out instead of going for football practice.

The lawyer for M. described him as a very tough boy who has now got another job which he found himself with a carpenter master, where he should have started to work already but unfortunately he finds himself in the mental hospital. She explicitly described M. as a “*very efficient, ambitious and conscientious young man.*” Does such a description have anything to do with the one you find in the official places concerning people who have a “*strong psychosis*” as the doctors claim? The answer is once again: zero, nothing at all. How can all the committee members be so blind as to decide after that meeting that M. has to stay at the Psychiatric Department for at least six more weeks because he is so sick and urgently needs treatment as the doctors insist? **Nothing is wrong with M. There are only good and even wonderful testimonies about his behaviour.** Yet, at the same time, everybody at the Psychiatric Department is sure that he is a mental case who is seriously sick and absolutely must be treated with drugs. When the mother asked one of the staff members who has been with M. all this time in the psychiatric ward to tell her about incidences of psychiatric episodes, he could not mention even a single one he had witnessed. He could only share two stories which he has heard from others telling him. The only thing of concern which M. told him was that he is thinking out loud at night in bed when he could not fall asleep after he found himself suddenly in the hospital with the effects of the drugs that were given to him. But that happened only at the main hospital at the very beginning.

The staff told the mother that it is better to stop it all now before the situation gets out of control. “Because when he cannot control his ideas in the worst case he will lose control of reality. There is the gap between what you think and what the doctors think, because they consider this to be a psychotic episode.” When M.’s mother inquired what the problem here is, she was told that if this does not stop it will be harmful for the brain. So why does M. have to take drugs? To get his thoughts under control! What a miraculous drug, it can bring thoughts in order, and support people in their thinking process so that they will have clear thoughts, wow!

The only thing here is that all of these miraculous abilities are merely fairy tales being told and the staff, along with the patients, readily believe them. So, they have no problem with it, for them the world is in order because they have become firm believers in the religious sect that worships drugs as the saviour that is capable of helping in the thinking process if someone like M. has too many thoughts. Because thinking so much can be very harmful for the brain, this absolutely must be stopped by swallowing drugs!

That is the reality where we have ended up. It is like a nightmare for the mother as well as for her son, but for most other people, the world is in order as long as you do what the doctor says because he knows better than anybody else. Everybody must therefore do what the experts demand, and this is none other than the claim that drugs must be swallowed lest your brain gets damaged!

## None of the many symptoms of a psychosis apply to the life of M.

On the website of the National Alliance on Mental Illness you can read that *“Most people think of psychosis as a break with reality. In a way it is. Psychosis is characterized as disruptions to a person’s thoughts and perceptions that make it difficult for them to recognize what is real and what isn’t. These disruptions are often experienced as seeing, hearing and believing things that aren’t real or having strange, persistent thoughts, behaviours and emotions. While everyone’s experience is different, most people say psychosis is frightening and confusing.”* How does this apply to M.?

*“Most people think of psychosis as a break with reality.”* **M. never broke away from reality in any way!** He has always remained fully focused on his responsibilities which include, besides school and football training once a week, babysitting and on weekends work in the local bakery. **Nowhere did any complaints appear about M.’s behavior** in the time prior to his hospitalization.

*“Psychosis is characterized as disruptions to a person’s thoughts and perceptions that make it difficult for them to recognize what is real and what isn’t.”* M. was always in full control to recognize what is real and what not. The problem here is the ignorance of psychiatrists claiming that spiritual experiences, which hundreds of millions of Christians have, are not real! Either these millions of Christians have real experiences or they experience episodes of psychosis. **What is the answer of the experts at the Psychiatric Department** of the University Hospital?

Are spiritual experiences a sign of a psychosis or not? The answer to the question, *“What is the first stage of psychosis?”* is presented as: **“Psychosis doesn’t suddenly start. It usually follows this pattern: Warning signs before psychosis: It starts with gradual changes in the way you think about and understand the world. Almost always, a psychotic episode is preceded by gradual non-specific changes in the person’s thoughts, perceptions, behaviours, and functioning.”** **Such nonspecific changes** that could be associated with a psychosis definitely **did not take place in the days and weeks leading up to the hospitalization of M.**

*“These disruptions are often experienced as seeing, hearing and believing things that aren’t real.”* On which basis do the experts in psychiatry decide that such experiences of seeing visions and hearing the voice of God, angels, good spirits, etc. are not real? **What is the qualification of psychiatrics to determine which things are real and which are not?** Obviously, they have no qualification, as they are not even taking such experiences seriously.

*“Having strange, persistent thoughts, behaviours and emotions.”* What are the strange persistent thoughts, behaviours and emotions identified in the M.? This question was never clearly answered although the parents repeatedly asked.

*“While everyone’s experience is different, most people say psychosis is frightening and confusing.”* M. did not feel frightened or confused at all!

Besides the here-mentioned website, a medically reviewed article on Psychosis and Psychotic Episodes on WebMD and on many other medical expert pages, says that **“Psychosis is a symptom, not an illness.”** **Does M. have a mental illness?** Doctor “I.” stated that M. has a **strong psychosis — which is not an illness — and also that M. has a serious illness. Which one is correct?**

*“In the U.S., approximately 100,000 young people experience psychosis each year. As many as 3 in 100 people will have an episode at some point in their lives.”* Are they all put into a mental hospital for weeks due to their having such an episode? Obviously not. **What is so serious about the case of M. that he has to be kept there for such a long time?**



*“Early or first-episode psychosis (FEP) refers to when a person first shows signs of beginning to lose contact with reality.”* Such signs of losing contact with reality never ever took place in the life of M. None of the early warning signs apply to him. The doctor at the local medical center stated, when his mother inquired, that **“Clearly, M. did NOT have any hallucinations, no hallucinations. He was merely slow to reply.”** Where did such a phenomenon arise in the eyes of the doctors? During his stay in the hospital and nowhere else because before M. entered there, he had none!

Psychosis includes a range of symptoms but typically involves one of these two major experiences, hallucinations, and delusions which are *“strong beliefs that are not consistent with the person’s culture, are unlikely to be true and may seem irrational to others.”* **What are the concrete delusions** the staff at the mental ward observed in M.?

*“We are still learning about how and why psychosis develops, but several factors are likely involved: Genetics, Trauma, Substance use, Physical illness or injury.”* None of these apply to M. There remains only one point: his mental health condition as the possible cause. What are the concrete signs which appeared for the first time in the hospital so that M. had to be declared as having an unspecified **acute transient psychosis**?

*“Early treatment of psychosis, especially during the first episode, leads to the best outcomes. Research has shown significant success using a treatment approach called Coordinated Specialty Care (CSC). CSC uses a team of health professionals and specialists who work with a person to create a personal treatment plan based on life goals while involving family members as much as possible.”* When was such a **personal treatment plan** for M. created and which concrete elements does it include? In reality, it does not exist. Only drugs are given...

*“CSC has the following key components: Case management, family support and education, psychotherapy, supported education and employment, ...”* In which way have the parents, who presented 33 written questions concerning the situation into which their son was put, been supported? In which way did the staff respond to their serious inquiry? **Which concrete steps were taken to educate the parents** as the caretakers of M.? The answer to such questions does not look good at all.

*“A psychiatrist works in a specialized branch of medicine that focuses on diagnosing, treating and preventing behavioral, mental and emotional disorders. This line of work requires professionals to have strong emotional intelligence, as they must be empathetic, compassionate and committed to providing the best possible care.”* This is what you can read on websites of universities offering educational programs. Who is checking on the emotional intelligence exhibited by the doctors responsible for M.?

Psychiatrists’ abilities also require *“analytical reasoning and critical thinking skills, as a psychiatrist is responsible for planning an effective course of treatment for patients with varied challenges. If you’re thinking of becoming a psychiatrist, you’ll first need to earn an undergraduate psychiatrist degree.”* What about Doctor “I.” and his colleagues’ ability to critically evaluate their own actions? So far, they have unfortunately failed miserably in this respect when faced with the challenging inquiry M.’s mother offered to them in regards to their attitude and course of action.

*“Playing chess has a good effect on M. He is very good in it.”*

These are the words of staff member A. who has been with M. from the very beginning. He made this statement at the first meeting of the doctor and staff with the parents on May 9, 2022 after emphasizing that playing chess is helpful for M.

M. was brought to the Psychiatric Department around lunch time on May 8, 2022, and on the following day it was reported that M. plays chess very well. How is it possible that M. has at the same time an episode of psychosis whereby it was stated in that meeting that *“If you have Psychosis your thoughts are all over the place.”* The doctor himself reported at that time that *“M had a disturbance of thoughts, he spoke about this and stopped, and then about that. His answer is sometimes random and not quite fitting.”* How can you be disturbed in your thoughts and at the same time be a very good chess player? It is impossible.

When the mother asked after reading the 12 questions, *“I request an answer to each one of them “* and the doctor responded by saying, *“All-right.”* This term refers to something satisfactory and agreeable, which means in this case that it is all right that the mother requested answers to her inquiry. But what did the very same person say 3 days later in the second meeting? *“We don’t have actually the time to answer your questions. We are not obligated to answer your questions. We are responsible for a lot of other kids as well, we can’t waste our time to answer these questions, days and days and days and days again. I hear you but we can’t do that.”* This doctor has met the parents for the first time 3 days earlier in a meeting, which was very good, as those participating in it confirmed. And now suddenly he speaks about their questions mandating *“days and days and days and days again.”* Nobody was talking about that. Just to answer the questions presented on paper in a written form so that things are very clear. Not a single question was answered in this way, yet the doctor talks in this manner about answering them again and again, which nobody requested!

At the end of that meeting, it was declared: *“What we are going to do right now is we will start medication because psychosis is very harmful for M.”* This teenager just had a chess match with one of the staff who reported that M. is *“very good”* in playing chess and at the same time it was emphasized that he has a psychosis which is very harmful for the brain because he is thinking too much and unable to be clear in his thoughts. This does not make sense at all!

It was stated that *“We have to start to administer medication with a low dose because to have psychosis is no joke and a psychotic episode has all kinds of bad effects. **It is really harmful for the brain, it is really harmful for M.**”* Where are the signs of his brain being in danger? The opposite is the case, confirmed by staff member A. who was with him and had a very good chess game, **confirming the ability of M. to concentrate for a long time, to have very clear thoughts** as to how to best move the chess figures. He could plan the next steps ahead to be able to win over his opponent.

Merely from this simple fact **it is crystal clear that the whole story of M. having a psychotic disorder is completely made up without any basis in reality** because, after the side effects of the sleeping pills he had received in the main hospital had subsided and he had rested very well in the night before the meeting, as was mentioned, his brain worked excellently, confirmed by his very good performance at playing chess. What more proof does someone need to realize that M.’s mind was very clear until he had to take the drugs in the mental hospital?!



*"Most of all I want to know the answer if I can go home but they never answer."*

In a short moment of personal sharing between mother and son, mom asked M. concerning his situation in the mental hospital: *"Are you getting the answers you want?"* He answered: *"Not always. Most of all I want to know the answer if I can go home, but they never answer to this question."* Is this the way to treat someone under your care, whom you detain against his will although he is completely innocent? Why is M. put into this mental torture when he wants to get out of the prison, yet is never told how long he has to stay there?

When the mother of M. asked her son why his sister had brought him to the hospital he told her: *"She was afraid that I have some new virus, some new sickness. She did not know that I was a bit stiff just because of my feeling cold. She did not tell me where she would bring me when she picked me up at the swimming pool where I was waiting for her. I used the time of waiting to pick up some trash in that area. I had told her too much information on the previous day and she was worried."* M. was put into the mental hospital having no mental problem, but merely because his elder sister was worried too much, as she could not understand some of the things M. shared with her in the evening before she put him into the University Hospital where his bodily functions were checked and it was confirmed that everything is all right with him, with the conclusion that he has *"No need to take drugs...!"*

The story Doctor "I." came up with at the second meeting with the parents that *"M. is jumping in his thoughts. He told me that when he was in the main hospital he was seeing people who no one else saw, his radio was talking to him. He also told me when he played billiard he heard voices from the table."* When the mother asked her son if this is true, he made it clear that nothing of this sort happened. Of course, he was dizzy and nauseous due to the strong sleeping pills he had received in the main hospital which knocked him out, so to speak. Dr "I." noted that *"He told me he is more like himself now."* Yes, because the negative effects from the sleeping pills had subsided. This was at the beginning of his stay in the mental hospital where he was still fine before he had to take aripiprazole.

The hospital staff always emphasizes that it is so very important for M. to be in calm surroundings. Even when his mother called her son one evening because she could not visit him on that day, the staff interrupted the conversation and did not even allow her to speak with her son for 3 minutes because he had to stop the conversation to go watch TV, because talking to his mother is not good for him! And on the other side, they allow M. to freely spend hours with his sisters who are so very worried about his health that he was brought against his will into the hospital. Since the beginning of June, 2022 they could take him out even for the day whereas the mother was only allowed to be with her son in the mental hospital under the surveillance of the staff for merely one hour per day!

One of the staff claimed in the meeting on May 12, 2022 that M. is not coherent in his thoughts and could not properly put them into sentences, *"That's why he went into the hospital."* That this has zero to do with reality is confirmed by what you have just read in the second paragraph about his sister being over worried for no justifiable reason. The more details you look at, the more contradictions can be found in the way the case of M. ended up being handled in the Psychiatric Department.

In the evening before M. was put into the hospital, he shared with his mother, who was pleased with her son thinking about the world situation. She mentioned this to the doctor in the here-mentioned interview, adding: *"I think this is troubling him a lot — of course, when somebody has a sensitive heart. He wants to make a good world. He wants to be responsible to make a good world. I was very proud of him."* Doctor "I." showed no interest in this testimony by M.'s mother and just insisted on his viewpoint that her son must take pills.

## What caused the state of health of M. to deteriorate in the mental hospital?

In the report dated on May 18, 2022 M. Doctor “I.” states that M. was diagnosed with an unspecified **acute transient psychosis**. An ‘unspecified’ code means that the condition is unknown at the time of coding. An ‘unspecified’ diagnosis may be coded more specifically later if more information is obtained about the patient's condition. Acute refers to an experience to a severe or intense degree. This diagnosis is characterized by *“an acute onset (no greater than 2 weeks from first appearance of symptoms to full disorder) of hallucinations, delusions, and/or incomprehensible or incoherent speech.”* How long was this alleged short-term episode of psychosis in the case of M.? It is claimed that M. has a **short-lived temporary psychosis** and therefore he must stay in the hospital for weeks! How can this be justified?

Anybody can easily be diagnosed when expressing some *“Incoherent and disorganized thoughts”* if it does not make sense to the observer, who says that something is not coherent from another viewpoint, which in many situations definitely the case? **Who gives the psychiatrists the right to be the judge over what is incoherent and what not?** What are the concrete examples of M.’s speech being not well organized? None was given!

The question, *“What happens to the brain with psychosis?”* is answered in the following way: *“What we do know is that during an episode of psychosis, the brain is basically in a state of stress overload. Brain overload stems from a variety of factors, each of which arises from taking in new information. The mind has a limited capacity for attending to information.”* Did M. have a brain overload?

Please consider this very important statement: **“Scientists now know that the brain has an amazing ability to change and heal itself in response to mental experience. This phenomenon, known as neuroplasticity, is considered to be one of the most important developments in modern science for our understanding of the brain.”** In a situation where the **brain has such amazing abilities, why does M. have to absolutely take drugs and no alternative treatment is allowed?**

Signs and symptoms of stress overload include *“Memory problems, inability to concentrate, poor judgment, seeing only the negative, anxious or racing thoughts, constant worrying.”* Such symptoms definitely were not part of M.’s life before entering the hospital. **Which actions of the hospital staff have led to M. being diagnosed** with such a state of mind?

What happens when your brain is on overload? The brain becomes overloaded with information, obligations, and more data points than it can keep up with. You start to resemble someone with actual attention deficit disorder — distractibility, impulsivity, impatience, restlessness, irritability. Stress overload, defined as **excessive amounts and types of demands that require action**, is a human response that is experienced as a problem and contributes to the development of other problems. Now, what were the reasons for M. experiencing a brain or stress overload before entering the hospital? None existed. Such a problem did not exist.

These kinds of symptoms appeared **in the hospital** when **M. found himself suddenly torn out of his eventful life full of hopes for the future which was destroyed through his having been locked up at the psychiatric department.** From this viewpoint, it is very clear that the symptoms described by Doctor “I.” can only be the result of the drugs M. has to take and of the way he was and is treated, as mentioned in the report of his lawyer that he experienced a breakdown due to learning that he has to stay in this prison for two months. All of this suffering and stressful situation was brought on M. by the decisions and measures taken by those in the hospital and at the children protection service!

The expert at the Psychiatric Department, Doctor “I.” wrote in his report about M. that *“He expressed misconceptions and hallucinations in the main building of the children’s hospital.”* Before M. entered that place, he had no hallucinations as the doctor at the local medical centre emphasized to M.’s

mother. What caused such alleged hallucinations? The only possible reason: the two strong sleeping tablets M. received there in the first night without any real need for doing so whatsoever.

Let us have a closer look at what Doctor "I." told the mother of M. about her son on May 23, 2022. First, she mentioned that *"You know I do not get any information from the doctors about my son. I want to know your plan with M. because until now there was no report given."* Doctor "I." simply responded, "Yes." That was all. No efforts were made to inform M.'s mother. She emphasized that *"I am absolutely convinced that the drug given to M: is not suitable for him. I have already observed side effects on him which you should take seriously as a doctor."* The staff member A. affirmed at that point, *"The legs..."* and the mother agreed, "Yes." But the doctor ignored this fact like all other harmful side effects M. experienced after taking the drugs. Then the mother continued: *"And he does not to complain about anything because he wants to go home. His biggest desire is just to go home, it does not matter to continue with drugs or not."* The doctor responded: *"I talked to him this morning and he did not complain anything about the legs. He did not complain about any pain to me at all. What I was noticing with him the last few days he has been telling us about some symptoms which could be from some psychotic episodes we talked to you about..."* In reality, the doctor totally ignored the pain in the legs of M. which also the staff member A., present in the room, confirmed as the one who spends most time with M. Because M. was afraid to speak about his pain to Doctor "I.," he ignores it. Although A. confirmed it and the mother also asked other staff members to let the doctors know, the physical pain in M.'s body, his feeling continuously tired, nauseous, etc. **are not mentioned with even one word in any of the reports.**

Although the doctor stated that *"He needs some psychological examination as well. We've got a psychologist here who can talk to him as well and get further understanding of his problems,"* this statement was made on May 23, 2022. As of June 15, 2022 no such evaluation was made and none is planned, which shows the **total disinterest of the ones in responsible positions to gain a deeper understanding of the problems** attributed to M.!

When the mother emphasized that she is absolutely convinced that the drug is not helpful, the doctor responded: *"He does have psychotic problem though from my observation. We have to agree to disagree. No problem."* The mother mentioned that the dose was raised up for M. although no reason to do so existed. The response: *"As I told you, we agree that we disagree."* The mother never agreed to simply disagree but insisted that the issue of pros and cons is discussed, as promised in the first meeting, but this was never done. Such an attitude by the doctor is indeed destructive and frustrating, not only for the mother but most of all for her son who is suffering the most under these circumstances.

Doctor "I." went as far as to say that *"I think this interview is finished right now."* Although these 3 people had been together for just a few minutes. As an obedient subordinate, staff member A. expressed his agreement: *"I think so as well. I mean we will not reach any agreement."* **No serious discussion is possible!** It is out of question. Why? Because the whole work is not about doing science but about following a cult advocating the absolute belief in drugs as the one and only solution to any health issues.

## M. is the victim of the doctors and staff refusing to resolve the given issue

Because of the mother asking why they simply want to continue giving the drug at the aforementioned meeting, Doctor "I." said, *"We need to treat him. He needs treatment. It does not help him when he is every day, every day, in total stress about everyone. He loves everyone around him. He wants to care about everyone around him. He is in team league with everyone. He wants to comfort you he wants to comforts his parents, he wants to comfort his siblings. He wants to comfort everyone but it does not really help him when he gets currently attacked every day with his symptoms due to questions from his parents. That's why he needs help. We really want you to help us and we hope that you will help us with his treatment as well. Because every day I see him and you are not helpful."*

Staff member A. expressed his concern that *"I am little bit afraid that he is sensing all these arguments this tense atmosphere and fighting, I was just worried about that."* What is the issue here? According to the doctor, M. is getting attacked every day with his symptoms due to questions from his parents. Every day he is in total stress about everyone. This is what the doctor reported to his mother. What is the solution? The drug must be given because he has a psychosis and not removing the cause of M.'s suffering which lies in the refusal of the doctors to answer the questions which the parents asked from the very beginning. M. is the victim of the incredible arrogance and blindness of the doctors who see M. struggling but do not recognize where the solution lies, although it is so very easy to see for everyone except for the experts: to stop giving the drugs and to return freedom back to M.

Concerning the point of the parents disagreeing that M. has a psychosis, the doctors simply said: *"Then we tend to disagree there as well. But if you want a different doctor there, you can have a different doctor but the thing is, the results will all be the same, it does not really matter."* They are all in one boat: everybody was brainwashed at the university that if someone is not acting the way they see fit, he or she is diagnosed with psychosis or whatever other names they may come up with for people struggling with some mental issues. They are so very blind that they cannot even distinguish between healthy and sick people. By the meeting on the second day at the latest it should have been clear for everybody that M. does not fit into the walls of the Psychiatric Department as somebody who is able to play chess very well because one can do so only if you are very clear in your mind and not when you are suffering from some psychosis.

The mother appealed to the doctor: *"M. does not need this treatment, absolutely not, and I should not have bent to your push to allow the drug to be given to him. And then you even raised up the dose without any reason to do so."* The response: *"We have reasons to help him. You are not in a position to say that the drug does not work."* Only the experts know whether a drug works or not. Nobody else can make any valid statement about it! How much more does it take to realize that it is such 'specialists' who have the delusions which they are ascribing to their victims? They are the ones who have lost touch with reality by not even recognizing the here-mentioned most obvious point that anybody can recognize whether a pill works by getting better or not, whereby the health state of M. suffered greatly through having to take aripiprazole. Doctor "I." continued: *"That's where you are wrong right now. When they test the medication usually you have one drug versus another and all the supportive care we have as well."* There you are: they never check drug versus no drug, but are only comparing different drugs with one another! They are so blind as to not even recognize this huge mistake that a real evaluation must be drug versus no drug!

In conclusion, the doctor told the mother that he has read her questions and he quite disagrees with her, stating, *"So that's where it ends. This meeting is over."* This is the how differences of understanding are resolved — by not dealing with questions at the expense of the wellbeing of the patients, in this case M. The doctors are causing him to suffer and then give him a drug to help him!

## How was evidence-based practice applied in the handling of M.'s situation?

It is crucial to be aware of fundamental questions, like *“Why is Evidence-Based Practice Important?”* EBP is important because **it aims to provide the most effective care that is available, with the aim of improving patient outcomes**. Patients expect to receive the most effective care based on the best available evidence. The use of evidence-based practice (EBP) **ensures that clinical practice is based on sound evidence and patients benefit as a result**. Using EBP also results in more consistent clinical recommendations and practice across the health service.

Proof requires evidence, but not all evidence constitutes proof. Proof is a fact that demonstrates something to be real or true. Evidence is information that might lead one to believe something to be real or true. Proof is final and conclusive.

Evidence-based practice is a conscientious, problem-solving approach to clinical practice that incorporates the best evidence from well-designed studies, patient values and preferences, and a clinician's expertise in making decisions about a patient's care.

What are the 5 steps of evidence-based practice in the case of M.'s treatment in the hospital? (1) Ask the relevant question: why is he here? (2) Find information/evidence to answer questions. (3) Critically appraise the information/evidence. (4) Integrate appraised evidence with own clinical expertise and patient's preferences. (5) Evaluate the outcome.

(1) The question of why M. should stay at the Psychiatric Department was answered superficially without listening to all sides. A very one-sided, totally wrong decision was made due to the great negligence of the doctors who did not take seriously what is stated in the report from the main University Hospital: *“There is no reason to drug M. now. It is better to observe him.”*

(2) The search to find evidence for a psychosis was not done thoroughly at all. The parents' voice, who did not see any need for M. to be there just as well as M. himself, have not been taken seriously although they expressed their strong disagreement with what is being done to their son and provided dozens of pages of detailed explanations which fully support their case against the unjustifiable treatment of M.

(3) The critical evaluation of what the doctors heard from one party advocating M. having a mental problem was not done. The people in responsible positions listened more or less only to those who claimed that M. has some psychosis and not to those who came forward with well documented reasons why this is not the case. The many well-documented points of M.'s health being greatly harmed have not been taken seriously.

(4) The patients' preference and one of his parents were not taken into account at all, not even when they saw that M. broke down because it was too much for him to be detained in the psychiatric ward for two months or more without any justifiable reason.

(5) The evaluation of the outcome of M. being continuously tired, his having pain in his muscles, and his overall situation getting worse in the mental ward have not been taken into serious account. Stubbornly, the course of giving the higher dose of the drug was continued.

After graduating from the University of Tsukuba's Medical Department, Dr. Satoru Utsumi worked for the Eastern Medical Institute of the Tokyo Women's Medical University and the Tokyo Metropolitan Police Hospital. While practicing in the field of psychiatric medicine, he noted the deterioration of disease that accompanied psychiatric treatment. *“He wrote the bestseller ‘Daily Freewheeling within Psychiatric*



*Departments', which exposed the use of psychotropic drugs and the darker elements of psychiatric medicine" (16).*

He has been looking into iatrogenic diseases and harmful effects of conventional drugs for a few years and found that such a terrible world like the modern age did not exist before. Medical doctors and practitioners are responsible for this, but the citizen and the people are also responsible due to their indifference, entrusting questions of health into the hands of medical doctors instead of 100% taking responsibility themselves for their bodily wellbeing.

This is just one example of a person exposing corruption in the medical system, particularly in the field of psychiatry, whereby it turned out that also in the case of M. we see serious medical malpractice, including the oversight of common sense that tells any neutral observer that it is impossible that a person can have a strong psychosis while at the same time reports about his behaviour include: *"Oh, yes, I can see that he is always thinking about others. He has an excellent mind but what is more important he has an excellent heart. He is very considerate, always thinking about other people."*

This is the testimony of a staff member who has been with M. from the beginning. Doctor "I." told the mother that *"M. loves everyone, He wants to care about everyone around him. He is in league with everyone. He wants to comfort his parents, he wants to comfort everyone."* Again, **it is impossible that someone who shows such an excellent heart of caring for others has at the same time a strong mental illness or disorder!**

It was only after M. had been suffering for 4 weeks in the hospital where he was put without it being his fault that his mother finally managed to get permission for an independent psychiatrist to check on the mental health situation of M.

The mother of M., who knows her son better than all other people involved in the case, testified that M. was completely fine when he was transferred from the main hospital to the Psychiatric Department. There was no reason whatsoever to bring him there, yet her voice and that of M.'s father, who also strongly protested, were not taken seriously just as M.'s own protest of having no need for treatment in the mental hospital.

It is, of course, the responsibility of the doctors to prove that there is the absolute necessity for M. to stay at the Psychiatric Department and for his taking the drug they prescribed for him. And it is the task of the representatives of the National Agency for Children and Families to provide the evidence as to why M. has to be put into this, for him, very suffering and harmful situation.

Evidence-based practice must be rooted in true science, which is definitely not the case in the way the situation of M. is being handled, as the treatment is based on assumptions that the drug aripiprazole, for example, may help him. That something may be helpful is no valid argument in a situation where so many other ways of supporting M. exist which do not put him into the risk of being faced with one or the other harmful side effects, which are clearly already manifested in M.'s body.

The underlying overall issue is the problem that what is defined by doctors as disease is in reality the body's therapeutic efforts to deal with health issues. This statement may be quite surprising at first for most people, but the closer you look, the more confirmations for this fact you will find until, in the end, you will know absolutely for certain that this is true just as this is absolutely clear for me and so many others who have been studying the discoveries of true experts in questions of how the body works and what is necessary in order to stay healthy your whole life long.



## Is it normal to be not so concentrated after a tough day or is it a sign of a psychosis?

When the mother asked one of the female staff whether she personally saw any signs of a psychosis in M., she said: *"Some days are more difficult. If the day has been difficult for him, many things to do, long conversations, like that, we can see that it takes more time for him to think, his thoughts are slow and it takes more time to say the sentences afterwards."*

The mother responded: *"Isn't this just normal? Also, his father felt that everything was very normal with him. Also, the teachers the same — everywhere, he was perfect. Where is the reason to give him this kind of strong drug with so many side effects when he was completely normal."* The answer: *"It is never normal to get psychosis. It is never normal. It has a lot to do with when a lot of things happening in your life, it is normal that you get stress, anxiety."*

The mother made it clear that *"This drug, it creates psychosis."* The staff confirmed that, *"Yes, in some cases, yes."* The mother asked: *"Why give him something against something that he does not have?"* The response: *"That is something you have to ask the doctor."* When the mother let the staff know that she asked repeatedly already but did not get any answer, she was told that the working hours of the staff are over and so she left.

What can we learn from this conversation? That the staff and mother agree that it is normal to find it hard to concentrate after a tough day. Then the staff concludes that this is a sign of a psychosis and even states that, *"It is never normal to get psychosis. It has a lot to do with when a lot of things happening in your life, it is more normal that you get stress, anxiety."* Can you see the contradiction? It is normal to show such signs while at the same time they are the symptom of a psychosis. This means that everybody who is exhausted so that they cannot think well anymore, they are in a state of psychosis and absolutely need to be treated with drugs!

When the drug which M. has to take was praised in the first meeting with parents — *"It is very helpful, it is only to get him back"* — the mother asked, *"How long does he have to take it?"* Doctor "I." answered: *"It can take a month, it can take week."* In this same meeting, it was emphasized that *"This is a long one, there is not an easy fix."* So what is it? A long case or one which requires drugs to be taken merely for one week or one month? And then in the report that was published one week later, it says that M. has to take the drug for at least one year!

When the mother expressed her concerns, one staff member tried to calm her worries: *"There is low risk,"* whereas for this drug many pages of harmful side effects are listed including two black box warnings, which are the strongest warnings that exist for drugs! Knowing this, the mother made it clear that she does not want her son to get this drug. As his mom, she wants to protect him with everything she has.

So, the doctor clarified that *"I completely agree with you. We do not want to harm M. We will take one day at a time,"* meaning that they will check day by day how M. is doing and adjust his drugging accordingly. He added, *"Usually I recommend one year."* If the problem can be solved within a week, so that afterward no more drugs are necessary, why does he usually recommend 52 weeks?! That does not make sense at all.

One staff member stated that *"Psychotic episodes can harm forever. It is very bad for the brain."* The doctor affirmed that *"Medication is something we have to do."* So, the mother said, *"If you have no other way, I would allow maybe, maybe, 3 days to try."* The response was that *"We always evaluate, if the pros outweigh, we start medication. What we are dealing with is so harmful."* Who came up with this theory that having too many thoughts is very harmful for the brain? This is a serious, fundamental question. For those who see beyond the propaganda, it is clear that behind it stands those who are producing pills and define ever more sicknesses so that they can sell more of their products.

Concerning taking the drug for a longer period, the mother made it clear that *"I would never agree with that. I know more than 100% that the drug will not help my son."* Trusting that the medication will be re-considered on a daily basis, as the doctor promised, she agreed with a heavy heart, as she did not really want this drug to be given to M. to see how it works and then to re-evaluate his situation at the meeting which followed 3 days later, whereas in the official report it says that the parents agreed for the drug to be given for at least one week.

When talking about various ways of helping M., his mother let those who had gathered know that she believes in the natural way of handling illnesses and a holistic approach, and agreement was expressed that *"We join all of this. We use everything, absolutely, to see M. get better."* How very poorly doing absolutely everything looks in reality is already documented in the various documents about this case.

The doctor noted that *"Some people are very resistant to medication."* What does that mean? If you bring chemicals in connection with other materials, there are always clear reactions that are scientifically confirmed, as they are constantly the same. Now, why should some pills cause different reactions in people? Either they do what they are supposed to do in the body or not. What is the reason why drugs do not affect some people at all, meaning they are very resistant to it? This point represents a serious contradiction that must be thoroughly addressed.

The lawyer of M. stated that *"He wants to have contact with mother and father and meet them. He said their relationship is good, he feels well with them and cares for them."* One of the staff told his mother that *"He loves you very much. We know that."* And what does it say in the official report dated on May 18, 2022? That the parents' communication with M. is not helpful, as M. struggles in their presence due to the conflict that is in the air with the medical establishment: *"We had to interfere because M. becomes all tense because of the parents and does not feel good."* Again, clear contradictions, as it is impossible that M. loves his mom and dad very much, yet feels very tense in their presence so that he needs to be liberated from their harmful influence on him through the staff at the mental hospital!

At the beginning of the second meeting between the parents and the staff taking care of their son on the fourth day of his stay in their ward, Doctor "I." started by saying that *"The topic of this day is M. For the last few days he seems more coherent and it is on the paper that he is happy to be here."* The mother disagreed: *"I don't think so."* The son was at that time convinced that he would be allowed to leave the hospital on the following day and was devastated to find out that he has to stay for at least two months. There were merely two such meetings with the parents in all the many weeks M. stayed at the Psychiatric Department. This is how reality looks in terms of what was promised to the parents who were not allowed to read the reports of the doctors about their son, although it was emphasized that *"It is important that information is coming back and forth to know what is on our mind... That's really good to hear your viewpoint. That is very important... It was really good that we talk together. If you are worried, it is important that we speak together and speak our mind. I would suggest all good connections that he has that we enforce these connections."* In reality, the communication between the parents and their child was blocked, especially with his mother. Instead of sharing information, she was put under surveillance when seeing her son, which was restricted to one hour per day!

## There is only one truth and one set of facts behind the many contradictions

In true science, there is no way of logic like the following: A has the same qualities as B, just as well as A and B are different. Always, only one version can be correct. That is a simple logic and at the root of reasonable thinking and decisions.

How does this look like in the case of M.'s situation? In the official report from the Psychiatric Department dated May 18, 2022, it says that *"When he came here he had disturbing thoughts (delusions) and spoke without any kind of consistency (his thoughts were here and there). Immediately we were going to start a medical therapy..."* And what does staff member A. say? When M. came here, he invited him to play chess with him and he was very good in it. How do these two reports fit together? They contradict each other. Either this person A. is such a terrible chess player that he is impressed by another crazy young man's performance who cannot control his thoughts, or his testimony is true, that M. was indeed doing a very good job in playing chess upon his arrival at the mental hospital where he had nothing to do. Who is in the position to find out which version is correct? His parents and all his friends, who knew him up until that time, clearly testify that M.'s spirit was always clear.

That the statements of the respective doctors are not reliable can be seen in many examples, including what is reported next, that at the meeting the parents agreed to medical therapy for at least 3 to 7 days whereas, in reality, M.'s mother stated literally: *"If you have no other way, I would allow maybe, maybe, 3 days to try."*

In the here-mentioned report, it says in the summary that M. came to the Psychiatric Department with a strong psychosis and the longer he stays with these symptoms the worse it will be for him and, therefore, the drug therapy had to be started as soon as possible and the amount had to be raised to the appropriate dose. In reality, M. was intellectually very fit when he came to the mental hospital as confirmed by his being a very good chess player in the match with one of the staff, and then a couple of days later it was reported to the parents that M's situation had improved due to his having received drugs, whereby the dose had to be increased, which seems to make him clearer (sharper in his mind). This means the doctors have an amazing drug which made M. into an excellent player of that game which requires full concentration. Maybe if they further increase the dose, he will become a world champion in chess?

Further, it says in that report that after M. stayed for 10 days at the psychiatric ward that most symptoms of psychosis have significantly decreased, *"but unfortunately some of them are still in place like misconceptions."* Is there somebody on Earth who does not have any misconceptions about something? I don't think so. According to psychiatrists, all of them must be put into a mental hospital and be drugged with this miraculous pill which is capable of improving brain actions in incredible ways.

*"The prospect for improvement for M. looks good if he takes his medicine and there will be follow-ups. He seems to be a clever boy who has some insights, although they are a little limited due to his psychotic condition."* So, if he takes the pills daily, he will gain more insights and become more clever. Again, wow, what an amazing pill the pharmaceutical industry has developed to make humankind more intelligent!

The report continues: *"On the other hand, it has not been helpful how the parents have been behaving towards M. They have been trying to tell him repeatedly that he is healthy and does not need any medication, and that he does not have to be in the mental hospital, and that the staff there are not benefitting him."* The good influence on M. are the people around him who assure him that he is very sick and absolutely needs to take this wonderful drug for at least one year, and those who affirm and support his good health are the bad ones. That is the opinion of people who are stuck in the drug cult.

## Loving relationships are meaningless in front of the almighty drug

In the report, it is affirmed that *“in most of the cases with psychosis the time with the family are beneficial and visits are important: It is considered normal to go outside with them and that would be good for M.”* but, *“Unfortunately, the parents seem to be the only persons who are working against M.’s health progress including not wanting to give him the medication and not having him go through the treatment.”* No matter how much the parents may have done for their son until now, as soon as they reject giving him a drug with very harmful side effects they are the evil ones who are actively against their beloved son. The turning point is the drug: if they welcome it, they are considered to be on the side of goodness whereas rejecting the pills means that they are the bad ones, although for 34% of those who take them, all kinds of adverse side effects appear up to premature death. This is how the worldview not only of psychiatrists looks like but of all those who work in the medical field and implement the pushing of drugs on people — and, of course, also all those who support such a course of action which is, in most countries, tragically the majority of the people, as they all have been well brainwashed to belief in drugs as their saviour concerning issues of health.

How do you feel about the following statement? *“The mother has submitted two times a specific report full of wrong content and misunderstandings, requesting answers.”* This refers to the 12 and 21 questions that you read in this book. It is very normal for the experts that they have no obligation to answer questions from the parents of those entrusted to their care. Who came up with this regulation that the doctors cannot be held accountable for their actions by the parents of the child they are giving their miraculous medication? The psychiatrists responsible for M. never clarified what is so very wrong with these questions!

What does this attitude show from the standpoint of heart? No matter how much love the parents may have invested into raising their child, as soon as they do not agree with the opinion of the medical establishment, they have no more rights and their child may be taken away from them — in this case, the parents lost the right of custody over their son. In the drug cult, the highest position is taken by the almighty pill. Those who reject it will definitely suffer the consequences, just as mom and dad of M. are doing. They do not even have the right for their legitimate questions to be answered. As you could read, the mom’s understanding is lacking greatly, but the experts on the mind have no interest whatsoever in letting the parents know in which point they are erring. Please think of it: they are the specialists who know what is best for the mind, yet they are acting in such an arrogant and ignorant way that once again confirms their being totally unqualified to be in the position they are in.

The psychiatrists further observed that *“The main strength of M. is his relationship with his sisters as possible contributors to his progress if their relationship would be even stronger to support M. in his serious sickness.”* As quoted, the staff at the mental hospital knows that M. is loving his mom very much, but alas, this wonderful relationship is harmful for him because she does not believe in the drug as the “almighty God.” So, that strong heartfelt relationship is useless, but if the relationship to other siblings who are believers in pills is strengthened then this would be a good support for their brother who has *“a serious mental disorder,”* as claimed. Please keep in mind that this does not hinder him to be a very good chess player, but as he is in danger for his brain being damaged through too many thoughts, he definitely must take his pills for one year minimum: *“It is known that he needs a medical treatment for at least one year.”*

The experts in questions of the mind do not even realize that they are once again contradicting themselves by stating on the one hand that good relationships are very helpful in support of the mental wellbeing of a person, but this rule does not apply when the best relationship a person has — which, in this case, is definitely his mother — is not aligned with their dogma. Those who have the ability of logical reasoning can see this contradiction clearly, but unfortunately, this is not applicable in this case because the respective specialists on the human psyche are simply incapable of doing so. Why? Because their eyes



are blinded by their drug religion, their firm belief that taking the drug is the one and only solution to any health issue. In case somebody doubts, then he or she is automatically on the side of evil.

*"We have to consider to keep M. outside of the home, away from parents, as part of his progress towards health."* There we go again: relationships are important, but they become an obstacle if they are with a person who is outside of the cult. So, the child has to be separated from his mom who is in the way of the drug religion being put into practice. For these psychiatrists, for whom nothing else than physical matter exists, **it is no problem to hurt people's heart, to separate loving relationships**, because they are in the way of applying their medical dogma to which they are dedicated with religious zeal. Because M. has to take the drug for one year or more, the child has to be separated from the influence of his mom at least for that period, and in case longer treatment is decided, then for years. That is how the rules in the drug cult religion are. **Nothing is holy and worth protecting unless it is in line with what the medical establishment has set up as the holy cow to be worshipped under any circumstances**, the ever so incredibly powerful pills they are prescribing for their patients — or should I say, victims?

In the report, it is once again repeated that *"The longer M. stays with his symptoms the longer it will take for him to make progress towards improvement of his state. He needs someone who is a good support for him, someone who understands his sickness and thinks about his health."* In this respect, his mother would be the most ideal person, as she has studied a lot about psychological health and is by now an expert on the drug her son has to take whereas the person who is most with M. in the mental ward knows nothing about it, as he told her. But alas, she is not a member of the drug cult, so it is out of question for her to be the best choice to support M.'s health irrespective of the fact that she is the one who has kept her son healthy and strong until he was put into the hospital where his good condition began to drastically deteriorate under the influence of strong drugs.

A person's love, in this case the loving heart of a mother for her son, and an in-depth understanding regarding health and illnesses count for nothing if the person in question is not a member of the drug religion. Here is where it all ends. Either you convert to it or you have no more rights even over your own child, as has become the reality for the mother of M.

This report was made by a representative of the Psychiatric Department to those working in the children protection service requesting *"The hospital needs instructions who can care for during that time. Since the hospital does not trust the parents with such caretaking as of now. In this context the staff has seen that M.'s connection to his sisters is especially good. The hospital requests a meeting as soon as possible about the case in order to coordinate according to the treatment plan from the National Agency for Children & Families."* That meeting was made with representatives of the Ministry of Social Affairs who decided that M. has to stay in the mental hospital for two months with his situation to be re-evaluated before that period finishes.

*"The hospital thinks it is not good to release any kind of information at this time as this could work against the child's health improvement and his interests."* Why must all information about M. be hidden? Because it could get into the hands of his parents and they might use it to get him off the drugs the psychiatrists have prescribed for him. The truth must not come to daylight! Again, that is what the whole story is about: drugs. If they are welcomed then the world is in order, but if you don't agree with the dogma of the medical establishment then you may lose everything, even that which is most precious, the loving relationship between parent and child, as the children are swiftly taken from the parents if they do not agree with certain medical procedures no matter how unscientific they may be!

## The failure of the National Agency for Children & Families / Ministry of Social Affairs

1) To **recognize that M. is mentally a completely healthy** teenager.

2) To **clarify all aspects of contradictory behaviour** on the side of representatives of the National Agency for Children as pointed out in the document *The unacceptable contradictory behaviour on both sides*.

3) To present the clear reasons **why it had to remove custody** from the parents.

4) To provide the reasons **why M.'s mother is only allowed to spend one hour** a day with her son whereas other family members visiting time is freely extended and they can take him out even overnight despite the report by M.'s lawyer that *"M. wants to have contact with mother and father and meet them. He said their relationship is good, he feels well with them and cares for them."*

5) To **inform the lawyer about the person dealing with the case leaving for one week** and not telling him who instead takes over the case of M.

6) To check on the actual situation of M. as they are the ones making the final decision. **This was not done, but the doctors were blindly trusted.** The main person responsible for making decisions concerning M. never met him in person!

7) To provide the **justification why M. has to suffer in the way described by his lawyer:** *"He said he totally broke down when he heard that he might have to be in the psychiatric department for two whole months. He can't stand the thought."* He feels **like he is in prison**.

8) To offer clear reasons why M. has to be put into a situation where he has to stay at the mental ward although he by no means wants to stay longer and he finds it **very unfair** that he isn't allowed to go home and accept ambulant treatment instead.

9) To justify why they failed to protect M. by putting him into a situation about which his lawyer reported: *"He finds he should not suffer for his parents reluctance at cooperation by having to stay longer in the hospital. He himself cooperates fully with the doctors."* In reality, he is being **punished in having to remain longer** where it feels like prison although he is innocent.

10) About the testimony by M.'s lawyer it was reported: *"M. finds it terrible to have been phoneless for such a long time. Now there are two weeks without phone, which is very hard for a teen. He knows that he can't have a phonecard, but he would so much want to have his phone back, with internet. A very normal demand finds the signee. Then M. finds it very hard to be so isolated and wants to ring freely, e.g. to hear shortly from his friends."* How is it possible that such a situation became a reality?

11) To **release M. immediately from the hospital and to allow him to stop taking drugs**, and to give permission to stay with his parents who see, like M., zero reason for him to be detained.

12) To clarify with the doctor at the local medical centre who considered the situation of M. to be an emergency situation as no appointment was made to see the doctor. **What was the emergency** so that he had to be put into the mental hospital for many weeks?



The grave mistakes of the staff responsible for M. at the psychiatric department by failing in the following points:

- 1) To **recognize that M. is mentally a completely healthy teenager.**
- 2) To provide scientific evidence that the drugs given to M. are **absolutely necessary** and that there is **no alternative** to taking them.
- 3) To show that they are indeed experts who know how to deal with mental problems in terms of concrete results. The **condition of M. once there went from improving to having a strong psychosis**, according to Doctor "I."
- 4) To provide evidence that the **drug** used to treat M. is **capable of accomplishing** what is officially claimed: *"It rebalances dopamine and serotonin to improve thinking, mood, and behaviour."* The opposite took place in M., with his condition worsening at the mental ward.
- 5) To provide the proof that it was not the **consequence of the strong influence of Imovane** (7.5 mg) and **quetiapine** (12.5 mg) given to M. in the first night in the hospital that led to the symptoms that were wrongly interpreted as a psychosis.
- 6) To **listen to the report of the parents on the health state of M.** before his having been brought to the hospital, particularly the request for an independent evaluation.
- 7) To state the reason **why it was necessary to immediately begin medication with aripiprazole** in the Psychiatric Department although the report from the main hospital says *"There is no reason to drug him now. It is better to observe him."*
- 8) To provide the reason why it is correct for the staff responsible for M. at the Psychiatric Department to collectively claim that **they have no time to answer the questions** offered by the parents?
- 9) To **clarify all aspects of contradictory behaviour** on the side of representatives of the National Agency for Children as pointed out in the document *"The unacceptable contradictory behaviour on both sides. and in Contradictions in words and actions of some staff members."*
- 10) To provide the reason why it is better for M. that **the parents are not informed in detail of what the specialists have found out about their son.** They had to wait for this information in vain for months despite repeated requests.
- 11) To provide the **scientific proof that drugs like the one given to M. actually cause the positive effects claimed in the description**, particularly the point clarifying in which way the **control experiments** have been made to rule out any other reasons for an improved patient health condition?
- 12) To provide the **scientific evidence that mental problems can be resolved by swallowing pills.** To clarify how it is possible that some chemicals heal the psyche of a person so that they can be considered to be the correct way to go and not alternative healing methods as requested by the parents of M.?
- 13) To present a report of the course of processing done with M. at the psychiatric department, including **how they examined M.'s mental health condition** and what the concrete results are?

14) To justify why **one of the staff lied to the lawyer** who requested the hospital report, **claiming that they had asked M. and he did not agree** with handing the reports to them whereas, in reality, they never asked him at that time.

15) To **present a working plan with concrete steps** that must be taken to ensure M.'s recovery and why they are necessary.

16) To clarify **who and what is responsible for the damage to M.'s health** which manifested in various ways such as strong muscle pains in his upper legs, besides all other adverse side effects in his body as well as his mental suffering in finding himself in the Psychiatric Department without having shown any signs of a mental disorder before entering the hospital.

17) To explain the reason why M., about whom one of the staff taking care of him with the name A. literally stated that *"He has an excellent mind but what is more important he has an excellent heart"* **must spend so much time in a mental ward** to be treated with a drug?

18) To clarify how someone about whom staff member A. testified, *"Oh, yes, I can see that he is always thinking about others,"* **can have at the same time a psychosis?**

19) To provide a clear report why it was necessary for M. to be put into the mental hospital whereas the doctor at the medical centre advised him **to see a psychiatrist?**

20) To provide **an official apology by the doctors responsible for the misdiagnosis** of M. which he can show to all his teachers and friends to confirm that he was put in the Psychiatric Department of the University Hospital for totally unjustifiable reasons.

21) To provide the **scientific justification as to why M. has to be kept at their department** although *"M. said he **totally broke down** when he heard that he might have to be in the psychiatric department for two whole months. He can't stand the thought."* He is there as if in a prison.

22) To justify why, despite the report by M.'s lawyer that *"M. wants to have contact with mother and father and meet them. He said their relationship is good, he feels well with them and cares for them,"* the **doctors agreed with the decision** of the representatives of the National Agency for Children and Families **to shorten the visiting time, although they are the experts who know what is best for M.**

## Urgent request to take immediate action in the face of child abuse

Dear representatives,

As the children protection service, you are responsible and obliged to check on the work of the psychiatrists at the psychiatric department of the University Hospital because of the 8 points of child abuse in the case of M. There are various different types of child abuses which include physical, verbal, emotional, mental, spiritual, as well as on the intellectual, and especially on the level of heart and soul.

**Physical:** M. is being treated with drugs which have very harmful side effects from which his body is suffering particularly strong pain in his upper legs, which were excellently trained before entering the hospital, and persistent tiredness and feeling nauseous. At one point, he even answered his mother where he has pain: everywhere. He does not speak much about it because he is afraid that doing so will only prolong his time in the mental hospital.

**Verbal:** People can be deeply hurt not only by shouting at them but also through failing to tell them what they need to hear. By telling M., e.g., things which caused him to break down such as that he had to stay at the Psychiatric Department for two months without explaining him in detail exactly why this is supposedly necessary and what the benefits are for him, as he did not see any need for him to be there from the very beginning. Please see also what is expressed in the document *"Most of all I want to know the answer if I can go home but they never answer."*

**Emotional:** There is a huge pain in his heart for his life having been destroyed in respect to his hopes and ideals having been scattered in a situation where he finds himself suddenly for many weeks in a mental ward, cut off from his friends with whom he could not communicate at all during the first two weeks, as his mobile phone was taken from him.

**Mental:** His prospects for the future are greatly harmed, as he will be known as the one who had to stay for weeks in a mental hospital and must therefore have a serious mental disorder. This will remain like a stigma on him for the rest of his life besides all the mental torture he is going through as the one who was detained and put into a situation, which he experiences as prison although he is completely innocent.

**Financial:** He could not continue his work at the bakery, as babysitter, and not start his new job, which should have begun on May 16, 2022. And the possibilities of getting a good income in the future are greatly diminished because people with a background of having had to stay at a mental ward for many weeks are unlikely to get well-paid jobs in positions of higher responsibility.

**Spiritual:** He believes in God and grew up with prayer as part of his life. For Christians, spiritual experiences are a natural part of life. If he had spiritual experiences like seeing a vision of his future or hearing the voice of God or a guardian angel speak to him, and also sense the rejection which he and others, particularly his mother, is about to be faced with (premonition, intuitive or gut feeling) then this is a normal situation not only for dedicated Christians but also for adherents of other religious traditions which represent the vast majority of mankind. Yet M.'s fundamental beliefs are being attacked and denied by those who claim that having such spiritual encounters are a sign of a mental illness or disorder.

**Intellectual:** He has been an excellent student with basically only marks of 9 or 10, and a very good chess player as staff member A. testified in the first staff meeting on May 9, 2022, that *"Playing chess has a good effect on M. He is very good in it."* This testimony was made at the very beginning of his staying there, contradicting any claims of him having a psychosis whereas, meanwhile, his ability to memorize has been decreasing due to the side effects of the drug he has to take.

**Heart and soul** are the core of every human being. M. has been very deeply hurt and abused in this respect as you may understand when reading "*M. is the victim of the doctors and staff refusing to resolve the given issue.*" He has to suffer for problems in the behaviour of the staff at the Psychiatric Department for which he is not in the slightest way guilty.

In this situation of a very grave misuse of my child in the University Hospital, supported by the representatives of the Ministry of Social Affairs, I demand that my son M. is immediately released from the Psychiatric Department and taken off any drugs which have already harmed his body greatly. I am providing altogether more than 300 pages of documents describing the case and the issues involved and give you one week to study them and offer a formal response. As you have been dealing with this case already for weeks and have received more than 80 pages of my explanations of what has happened, it should be no problem for you to respond to every point addressed in these documents which highlight the case from various standpoints.

I would like you to consider especially the 33 points presented in "*The failure of the National Agency for Children & Families / Ministry of Social Affairs and The grave mistakes of the staff responsible for M. at the psychiatric department.*" As the ones who believe in the decisions made by the doctors at the mental hospital, I want you as representatives of the National Agency for Children to be aware that the fundamental issue is the **unscientific work of psychiatrists through their evaluating the effectiveness of drugs merely by comparing one pill with another** and not children getting medication versus allowing alternative natural healing methods **without any drugs**. To do so is the only valid scientific method to evaluate what is best for a child with psychosis as it is claimed that my son M. has.

Additionally, there are **many contradictions in the case of M.** For example:

1) In the report dated May, 18, 2022 it is stated that he came to the Psychiatric Department with a strong psychosis but, "*Immediately after taking the drug, approximately on the second day, **M. was much more clear and gave a lot of information** about how he felt before he came to the hospital.*" The question, "*How long does it take for aripiprazole (Abilify) to work?*" is officially answered in this way: "*You can expect aripiprazole (Abilify) to start working in **1 to 2 weeks**.*" How then is it possible that it worked well already after one or two days in a situation where it should show the desired effects only in one or two weeks? Either it works immediately or after some time. Only one can be true!

2) The staff member A. reported in the first meeting with the parents that **M. is a very good player of chess** whereas Doctor "I." claimed at that time that M. has a strong psychosis. It is impossible that both is true. Additionally, it was reported by this person to the mother a few days later that, "***M. has an excellent mind.***" How can one have a serious mental disorder and at the same time have an excellent mind and do very well in playing chess? Again, only one can be correct. As his mother, I know for sure that M. was very fine and in perfect mental health after staying in the main hospital for 4 days. The influence of the 2 strong sleeping pills he had received there on the first day had already subsided by that time.

3) In the report from the main hospital, it says that "***There is no reason to drug him now. It is better to observe him.***" **Why did the doctors at the Psychiatric Department not consider the direction given by the main hospital to merely observe M.** but wanted to begin drugging M. immediately? Only due to the protest of M.'s parents did they wait for one day and then started. **Why was the better solution not to give him drugs not chosen?**

4) Why was the dose increased to 10 mg. and then one week later even to 15 mg although he was already quite fine by that time, as it says in the report dated on May 18, 2022: "***After M. staying for 10 days at the psychiatric department most symptoms of psychosis have significantly decreased***"? It does not make sense at all to increase the dose when the health situation is already much better! M. went from

**needing no drug** to needing 5 mg, then 10 mg, and then 15 mg. **What is the reason why the dose had to be raised despite his getting much better? It does not make sense.**

5) Moreover, when you ask “*What is 15 mg of aripiprazole used for?*” you get the answer: “*It is used to treat schizophrenia and bipolar disorder, also known as manic-depression.*” Such symptoms were never diagnosed in M.! Yet, he gets the dose which should work against this illness? Why? M.’s situation has nothing to do with having some depression!

I have told you that my son is now always tired and the situation is getting worse. Last week, when I visited him on Monday at lunch time, the staff told me that he had played a little football with another patient and then he was so exhausted that he fell asleep outside on the grass/bench. On Tuesday, he was also already so tired at lunch time that he was sleeping for half an hour during my visiting time. He could not keep himself awake although he had slept well during the night! Before entering the hospital, my son has been active from morning until midnight including football training nearly every day for 1.5 hours and he was really fit in his body. Now he has always pain and his memory is getting worse and worse, so that he did not even remember whether his sister visited him on Monday or not when I asked him on the following day!

How much worse does the situation have to become until you act? If there is child abuse at home you are acting immediately, but because it is happening behind hospital walls you are doing nothing? I offered you already some 80 pages of reports two weeks ago in connection with this case, but nearly all points addressed in them remain ignored and unanswered.

Can you please let me know on which grounds the decision was made that the right of custody had to be taken away from me and my name taken out of the system so that I have no more right to get any information about the situation of my son? **Who made this decision and what is the justification?**

Why does M. have to take aripiprazole? The doctors claim it is because his brain might be damaged. Yet, a study by the University of Western Ontario, published on February 16, 2022 found that tissue in specific brain areas increases in patients with psychosis even before they receive treatment! This means that the brain reacts immediately even without some drugs being given to the patient. The conclusion is clear: **No justification exists that M. has to take aripiprazole because the brain deals naturally with challenges without the need of any drugs!** See details in the document: *The view of M.’s mother is confirmed by recent scientific findings.*

**The experts at the Psychiatric Department must work in line with the newest scientific discoveries.** It is obvious that they cannot justify their standpoint that M. absolutely has to take drugs based on scientific studies which show that the brain naturally compensates for extreme mental stress in a person with additional growth of brain tissue to have more capacity to handle such a situation well. Please consider that if you hit your finger with a hammer it will result in some swelling, which represents an abnormality, yet it is actually beneficial in support of swift healing. Equally, there is no real argument why such increases, which are flexible and reversible, are something to worry about.

**No logically justifiable reason exists why M. must take drugs** in a dose used to treat schizophrenia, especially in the face of his never having been diagnosed with schizophrenia and his alleged psychotic episodes contradict his actual state of being characterized by staff member A., who spends much time with him at the psychiatric ward, as someone with an excellent mind and always concerned about the wellbeing of others, is a very good chess player, etc.

Peter C. Gøtzsche, professor and director of Nordic Cochrane Centre in Copenhagen, Denmark, stated that “*We know that antipsychotics shrink the brain in a dose-dependent manner and antidepressants also seem to cause permanent brain damage.*” **Aripiprazole changes M.’s brain and it can damage it**

**permanently!** What is the justification for your supporting that M. has to absolutely take it when such a grave risk of his brain being harmed exists compared to the mere **theoretical possibility that this drug may** (or may not) help him?

The Cochrane Centre is a global independent network of researchers, professionals, patients, carers, and people interested in health. Why should this professor be less educated and knowledgeable as the doctors at the Psychiatric Department? Who decides which view is more correct? If M.'s brain gets damaged, you will be accused of collaboration in gravely harming my son's health by not stopping it.

The approximately 150 additional pages of material prepared in connection with M.'s hospitalization that I will provide for you show that there is something fundamentally very wrong in the way my son M. is treated at the Psychiatric Department, a course of action which is acknowledged by representatives of the Ministry of Social Affairs.

When it will be confirmed that child abuse has been taking place, then those in the respective positions will be held accountable in court for misusing their position, as **you are getting paid to protect children but in this case you are supporting child abuse** which will be a very serious accusation.

Trusting that you will fulfil your responsibility of protecting my child against the grave harm to his wellbeing that he is experiencing due to his being detained in the psychiatric ward for two months without any justifiable reason and act immediately,

I remain sincerely yours,

...

As usual, no reaction whatsoever was shown in response to this appeal by the mother of M. just like in her other appeals to the ones responsible for protecting children!



## The claimed effectivity of aripiprazole is deceit based on scientific fraud

Dear representatives,

This is a strong statement but nevertheless true. Brain specialists tell us that they do not know exactly where the mind is located as it is merely believed to be situated in the brain, but no proof for this concept exists. The mind is an abstract concept used to characterize thoughts, feelings, subjective states, and self-awareness that presumably arise from the brain. How can scientists create a drug like aripiprazole that causes people's mind to become more clear, as expressed in the report on the situation of M., when they are unable to trace the exact location of our mind? It is impossible!

This means, of course, that people are deceived to believe that aripiprazole helps them whereas, in reality, it only harms patients as is obvious in the very long list of adverse side effects including death! The claimed positive effect is not scientifically confirmed at all because, in control experiments, merely other drugs are used to compare effectiveness and not people who aren't receiving drugs. Moreover, it was not shown that aripiprazole is the main contributor to people's health situation getting better. Other factors like the patients' relationship with others may very well be the main cause of their mental health improvement.

Emotions come before thoughts. Thoughts are ways of dealing with emotions, ways of finding solutions that meet the needs that lie behind the feelings. Feelings come first in both a hierarchical and a chronological sense. That means mental issues like psychosis, which allegedly my son has, have to be resolved first of all on the emotional level. It is impossible for aripiprazole to accomplish this very difficult task and therefore it is clear fraud to claim that it is helpful for mental disorders and must be given to M.

Perceptions, or opinions are produced by thinking whereas feelings are emotions or reactions to physical or mental sensations whereby a mental process (such as seeing, hearing, or smelling) results from the immediate external stimulation of a sense organ, and this in turn affects how a person thinks in a certain situation. In light of this fact, it is out of question that aripiprazole is effective in improving the way a person perceives things, as it is impossible for a drug merely consisting of some chemical elements to do this delicate job.

Emotions arise first and then feelings come afterward as the emotion chemicals go to work in our bodies. Then moods develop from a combination of feelings. Emotions are connected with chemicals released in response to our interpretation of a specific trigger. The claim that information is stored in aripiprazole, which tells the brain what to do, is definitely a scientific fraud as this simply cannot be done. Otherwise, you could create for every brain activity some pill to make it happen!

According to mainstream science, emotions are created by our brain. It is the way our brain gives meaning to bodily sensations based on past experience. Different core networks all contribute at different levels to feelings such as happiness, surprise, sadness, and anger. Therefore, a mental disorder must have an emotional issue as cause. How can aripiprazole guide the brain to interpret experiences properly? It is indeed a great deception to insist that this drug is able to manipulate the brain in such a way that it results in an improvement of its performance.

As M.'s supposed psychosis must have its origin in his failing to control his emotions or wrongly interpreting them, it is important to take a look at the impact of his emotions and how he has been regulating them, how he has been identifying with what he is feeling to see in which way he accepts his emotions. This is where his problems must be addressed, but instead of doing so, he is pushed take a drug which harms his health greatly. As children protection service, it is your duty and responsibility to act immediately in this very grave case of child misuse and medical fraud.

Now that you know what is at stake, how do you feel? In case you start thinking a lot of thoughts about whether it is really true what is presented on some 300 pages of explanations and evidence of what has become a reality in connection with my son being put into the psychiatric ward of the University Hospital, then I will kindly ask Doctor "I." to visit you and to check on your brain. He will surely classify you as having a psychosis, as you have delusions about something that is not real for him and, in no time, you will be a colleague of my son in the mental hospital. Then I can visit you, too, when I see my son in that place.

In case you think it would be unacceptable for you to be put into a mental ward because you are thinking a lot, then you have already confirmed the verdict which you will receive in court: guilty. Why? Because you just agreed that it is wrong to put someone into a mental hospital merely because he or she is thinking a lot and the doctor feels it is too much and must be the symptom of a psychosis. Why will you be declared guilty? Because you support M. being detained at the Psychiatric Department, although you protest against it when it is done with you means, of course, that you are certain that it is wrong that M. is there and yet you support it! This is the proof that you have a split personality or schizophrenia, which is treated with a 3-fold dose of aripiprazole just as my son is receiving now. In case you will belong to the 34% who suffer, like my son, painful side effects then you can be certain that I will also fight for your liberation from that horrible place where medical fraud and deception is fully supported.

What I am sharing with you is not some opinion but hard facts based on crystal-clear scientific evidence. 300 pages of detailed explanations should be enough to make this reality clear for everybody who has preserved the ability to think logically and to use reason to find out where the truth stands and where deception is practiced. I am exposing this crime which is not happening only here in this country but all over the world. One day the truth will surely be known in every country. Iceland is the nation with by far the highest consumption of antidepressants worldwide and therefore a good place to start exposing corruption in the medical establishment that can spread from here around the Earth until the victims in its last corners are liberated.

Please remember that what I am letting you know is 100% backed by scientific standards whereas the claims by the doctors at the Psychiatric Department are not. Their work is based on opinions, on the possibility that the drugs may (or may not) work.

The truth remains the truth, no matter what people do. It can never be erased or destroyed. History has shown that no falsehood continues endlessly and this is also true for the lies which are upheld as medical dogmas, including that a drug like aripiprazole is able to beneficially regulate functions in the brain. It cannot heal psychosis and therefore it is useless. On top of this fact, it causes such a huge number of harmful side effects that you need many pages to write them down. This is documented in the medical literature, but the blind belief in the drug continues because nobody checks on the work of the doctors.

I know enough to challenge the experts at the Psychiatric Department and expose their deceptions, and therefore I am willing to go to court. But this is actually your task as the ones who are responsible to protect children. If you do not fulfil your responsibility in this respect, I have to also start a court case against you, but before I do so I will give all the evidence so that you will have no excuse that you did not know or that you could not know.

This is a public case which is taking place in a public hospital and therefore I am informing the public so that, in the end, the whole nation can know how this case develops. It is not a personal matter and therefore I have nothing against you personally or the doctors at the psychiatric department who are themselves the victims of their own ignorance due to not having studied confirmed facts at university but the propaganda of professors sponsored by the pharmaceutical industry which has been continuing for more than a century such that hardly anybody notices the huge deception underlying mainstream medicine.

I am fighting this case out of my love for this nation and all people in the world who are, one way or another, victims of medical malpractice. You decide where you stand in front of history: on the side of those who protect children and expose corruption or those who support it by keeping silent, making yourself in this way guilty of collaboration in the evil deeds which are done behind hospital walls by doctors who have a very poor understanding of what really causes people to get ill and how to best support patients to regain their full strength and energy. In case you question what I am writing here, I would like to mention that you will probably be familiar with the name of the French historian Voltaire. He said that *"Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing."* Unfortunately, this is more true today than ever. I am not saying this lightly. It is a proven fact which can be seen, e.g., in ever more people needing pills and the number of chronically ill people growing continuously, etc. This would not be possible if doctors understood what makes people ill and how to cure them completely.

The issue is not whether I am right or not; that I am is already fully confirmed by the facts and by the control experiments that are absolutely required in science to make sure no errors are made. The problem is merely that only few are prepared to have a closer look at reality and to check on the work of the medical establishment. I have done so for years and can therefore confidently speak about the given problem which is very huge and grave due to the enormous influence of the pharmaceutical industry on modern medicine.

I hope by now it is crystal-clear for you where I stand and what I am doing for the sake of this nation and the future of all Icelanders so that this country will be the one where nobody needs antidepressants or other drugs because everybody has learned to take care of their body so that no medication is needed and of their mind so that the mental hospitals will always be empty, what the workers there want more than anything, as confirmed to me. I know from first-hand experience that this is possible and therefore I am speaking out strongly, fighting with all I have for the victory of the truth over deception and ignorance, which is tragically widespread in the medical field. The issue is a thorough reformation of the medical system by truly understanding human nature and what causes people to get sick so that what was done to my completely healthy son, who ended up in a mental hospital merely because the specialists were unable to recognize that his mind is completely healthy, will never happen anymore to anybody.

Merely the fact that he turned out to be a very good chess player on the first/second day in the Psychiatric Department is enough proof that it is impossible that he came there with a strong mental disorder as it is claimed by the doctors. I suggest that you start to prepare your arguments which you will need in court when you will be asked why you supported M. staying in that place although numerous proofs existed that he was definitely not mentally sick before entering the hospital. All of this evidence is already well prepared and therefore I am encouraging you to act swiftly because, with every day you wait, your burden of guilt will weigh more heavily.

To conclude this letter of appeal to your heart and sense of responsibility, I want to thank you for everything you have done for the protection of children so far, and to ask you again to take seriously the 300 pages of evidential material which I will be sharing with you — for your own sake.

Sincerely, ...

## Who are the true experts on the mind according to scientific standards?

Dear representatives,

I recommend that you read these lines attentively because they include the wasting of public money by not doing what is the most reasonable step by making sure that M. is really sick by giving an independent specialist the opportunity to check on his health, which would require only a tiny percentage of the cost for detaining M. for months at the Psychiatric Department for which you may also be held accountable in court.

Most people are proud of achievements in the field of technology and gladly use their computer and other high-tech devices. If one of them does not work then they know there must be a hardware or software problem, and if a technician looks at it, he will find out what exactly is not functioning properly and therefore the way is open to repair it. How about human beings if they are in trouble? Where can they go? Basically, they have 3 options: to go to a psychologist or psychiatrist, to a spiritual leader, or resolve the issue themselves. Which one is the best option? Obviously, to be able to handle the situation by yourself. How does reality look like in this country? Most people choose the first option, and in this way, Iceland has become number one worldwide in the consumption of antidepressants. Is this something to be proud of? I definitely do not think so, especially as there are much better ways of dealing with inner struggles than to take pills, all of which have harmful side effects.

I wrote that "*I do not think so*" but, in reality, I am truly convinced that this is the case: this third option is also the most reasonable path to take by being mature enough to handle one's own problems arising in the mind. The educational system is poised to provide young people with the knowledge needed to be successful in life. But when the situation has deteriorated to the level that one out of six Icelanders needs some pill to be able to function well as a human being, then it is high time to ask serious questions. And this is what lies at the core of the situation M. was put into: as a young man completely healthy in mind and body with a heart filled with aspirations for the future, he ended up being detained for many weeks in a mental hospital and nobody except a very few people realized that this is totally wrong. The situation is even so deteriorated that as someone who knows absolutely for certain that my son has always been mentally healthy until he was brought against his will into the hospital, I am declared the problem that must be brought under control, hence the visiting hour restrictions and being forbidden to even go for a walk with my son around the building of the Psychological Department.

The first problem lies in the irresponsible behaviour of the experts at the mental ward. Despite repeated pleas to let my son's health be checked by an independent psychologist, they did not do so even 6 weeks after M. being detained against his will in that place. Merely the reluctance to support an independent specialist to have a close look at the mental health of my son already shows that a very fundamental problem exists, because if one would commit to rational behaviour then it is obvious that paying such a person to examine M.'s psyche is much cheaper than the cost to keep him for weeks in that institution. So much public money could be saved by merely thoroughly checking on M.'s inner health situation rather than just relying on what one or two psychologists say when there is more than enough evidence of an unreliable diagnosis because, e.g., it is impossible that M. is a very good chess player while at the same time having a strong psychosis. What was suggested in the report by the main hospital, to merely observe M. and not to give him drugs, was not followed by the doctors at the Psychiatric Department! Who will hold them responsible for such a course of action?

In other words, the way of rational behaviour was left to act irrationally and that path was chosen by the people in the respective responsible positions. That means I am fighting against the squandering of public money and against totally unreasonable decisions which harm many people, most of all the victim, in this case a diligent young man with a heart full of dreams and a body which is very fit and serving the

community until this situation was abruptly stopped by M.'s detainment at the mental ward of the University Hospital.

Now, what would have been the other options? The answer is simple. To have a thorough conversation with M.'s parents, especially his mother who knows M. best, which was not done until this very day of my addressing you who have contributed to the present tragedy having become a reality. For this reason, it is decisive that the one who made the respective decision from the side of the National Agency for Children & Families as well as the Ministry of Social Affairs are held accountable along with the ones who made the relevant decisions in the Psychiatric Department.

The next question: according to which standard will the judge make his decision? If he follows the evidence based on scientific standards then the verdict is already absolutely clear. But the open question is still, whether he will do that or decide based on some other criteria. For this reason, it is important to have a thorough look at the overall situation and the basic issues involved in this case, which is none other than the question I put as reference to this document: who is the true expert on the mind according to scientific standards?

There are three groups of people representing three different standpoints. First is the medical establishment, which is most powerful as it is officially supported by the state that provides funds to the extent of around 10% of the gross domestic product.

The second group should have the strongest voice according to the fact that more than two thirds of Icelanders are registered as members of some church or other organization that are based on spiritual teachings. Alas, this standpoint is hardly taken into consideration although, until the 1990s, more than 90% of Icelanders officially belonged to the Church of Iceland. Why is this truly relevant in this case? Because the first option for sincere Christians is to pray for a person who struggles with some mental illness and to give him special attention of loving care and not to send him to a psychiatrist.

From this standpoint, it is clear that the first option should also be for M. to be examined by an independent psychologist, and especially by an expert on the mind from the side of the church, which is dealing with the internal situation of people. The decisive question is obviously: why is this expertise on the human inner heart and soul less valuable than what those say who have learned theories created by various individuals who have been working in the field of psychiatry based on a materialist worldview? How do both sides fare in a scientific comparison? In the various documents I am providing for you, I am addressing this fundamental point which is truly at the core of the manifold questions to be dealt with in the case of M. being detained in the mental hospital of this country.

To make a long story short, the religious and spiritual leaders definitely have a much better track record helping people maintain their mental health than do psychiatrists. Therefore, it would be the most logical and reasonable decision to allow them to have a closer look at the mind of M. and present their evaluation of his inner situation that is expressed in his body. To do so is the correct scientific way, because there is clear evidence of Christianity providing a much better basis for helping people to remain in a good mental state. It is truly unreasonable to push their voice aside to only listen to so-called experts who are educated based on a materialistic worldview which denies the centrality of the invisible spirit or soul as the most important essence of a human being.

And finally, there is the third group of people to which the mother of M. belongs, those who build on the foundation of both, the insights gained by religious and spiritual traditions, and cutting-edge science that confirms that energy is the essence of all existence. This scientific knowledge of energy-based healing methods is unfortunately widely rejected or ignored by the medical establishment to the detriment of patients who do not get the best possible treatment but have to suffer from all kinds of adverse side effects of the drugs they have to take, which definitely also applies to my son.

This is a reasonable path, combining the content discovered by modern science with spiritual teachings that have been very helpful for people throughout the ages. Alas, it is not the one chosen by politicians who decided that only the methods of the medical doctors are acceptable and must be followed even to the extent that a refusal to do so results in parents losing custody over their children, as became a reality for me as the mother of M. because I do not agree with my son being drugged. This is also what it says in the official report from the main hospital: no need to give drugs to M.!

The real tragedy is that there are no independent checks and balances for the medical establishment, which is heavily influenced by the pharmaceutical industry, and which also applies also to politicians. This is the reality that I and all others who are in a similar position are faced with. Only what the mainstream medical dogmas say counts and nothing else. This truly unscientific way of handling issues is at the bottom of what is so very wrong. Why unscientific? Because the overwhelmingly greater evidence of successful healing stands on the side of those who affirm energy and the state of the human soul and spirit as the main factor determining a person's mental health.

The scientific discoveries of very successful medical doctors like the late Dr. Ryke Geerd Hamer and other true pioneers of thorough research in the field of the human mind, brain, and body provide all the knowledge necessary to understand the universal biological laws and what is needed to remain healthy throughout one's life. To focus on this precious content would save the nation up to 10% of its gross domestic product because, in the end, all citizens will know how to keep themselves healthy with no need of medical doctors to tell them what is wrong with their body. Once people are familiar with these recent discoveries, they will have no more need for drugs, which means of course that the whole medical industrial complex loses its foundation, patients as consumers of their products, and it will go out of business. Being aware of this possible scenario, Big Pharma lobbyists have been working for many decades to suppress natural healing methods and to discredit them.

Unfortunately, this country gave in to its pressure and financial incentives to pursue this unscientific way with the result that the mental health situation of the population is getting worse by the day, both with children as well as grown-ups that manifests in ever more people needing antidepressants or other drugs, all of which have many adverse side effects. Yes, tragically, this nation has chosen the irrational way of solving mental issues by swallowing pills, a method which will never work but only worsen the mental state as more drugs are consumed, prescribed by the so-called experts.

Starting in the 1530s, this country, originally Catholic, formally switched to Lutheranism with the Icelandic Reformation, with freedom of religion having been granted to the Icelanders some 150 years ago. Now, the time has come to grant medical freedom by allowing citizens to choose for themselves in which way they want to deal with the health issues of their own bodies. What is urgently needed, half a millennia after the religious reformation, is a fundamental change in the medical field from clinging to certain dogmas to allowing cutting-edge discoveries in the field of quantum physics and other areas to take precedence over the 'medieval' materialistic worldview underlying allopathic medicine.

It is truly high time to allow state of the art knowledge to be the basis for dealing with questions of health and what is defined as illnesses. The return to the natural way practiced for centuries, combined with the newest insights of science, is the right way to go to ensure the best possible outcome for all inhabitants of this wonderful country.

Sincerely, ...



## Contradictions in the mind of the people are at the root of M.'s situation

Dear representatives,

As you probably know, the Church of Iceland is supported by the government from a church tax paid by taxpayers over the age of sixteen. My son is now in this category of those who pay such a tax as well as health insurance. What does he receive in return? He is forced to obey the medical doctors' orders whereas Christian leaders have nothing to say in respect to his health condition. Why? Does this represent a fair way of handling questions of mental health in a country where a clear majority of the population is officially registered as members of one or the other religion?

You received some 80 pages of reports and considerations on the circumstances into which M. was detained against his own and his parents' will. It is claimed that this is necessary in the best interest of his wellbeing. But is this really what is being pursued? In the here-mentioned documents, you learn about M.'s life before his hospitalization, which includes being characterized by his teacher as a "very, very good boy and excellent student." His colleagues at the bakery where he worked on weekends signed a paper that there was never a problem with his mental health, just as all his friends can confirm. He last worked there on Saturday before he was brought to the University Hospital. With one word, M. has been known as an exemplary young man.

His sister was concerned about her brother and brought him to the local medical center where the doctor suggested he see a psychiatrist. He could just as well have given the advice to speak with his pastor who had educated him two years earlier to join in the confirmation to become a member of the Church of Iceland. How would this person have (ideally) handled the situation? She would have asked M. how he feels and definitely have received the answer: *"Very fine..."* Upon asking his sister, she would have answered: *"I am very concerned about my brother because yesterday we spoke for 3 hours and he told me things which I cannot understand, and am therefore troubled and fearful that he might have some mental illness."* The likely response by the pastor would be: *"Please calm down. Didn't you hear that your brother feels very good and there is nothing to worry about?"*

The more M. would tell the pastor about his actual daily schedule the more she would have been impressed what a disciplined life he has been leading — being up and active every day including weekends from morning to evening, mostly until midnight or beyond, never missing his football training as well as his school and weekend work, Wednesday babysitting, etc. Just 3 days before, he refereed a match between two girls' football teams where he did a good job.

M. would have left that meeting being highly praised by his pastor, who would have surely introduced him to a youth group as an example of how one can spend your days as a teenager filled with hopes and aspirations for the future, and his sister would have probably calmed down, feeling proud of her younger brother upon hearing the appreciative words of the pastor. But this is not what became a reality. Instead, he was put into the hospital and ended up in the mental ward where he was declared to have a serious mental disorder. The decisive question which must be answered is obvious: on what grounds? None existed. Stories were invented out of one or the other mouse elephants. This and nothing else happened in connection with M.'s hospitalization. But it does not end there. The way he was treated in the weeks that followed confirmed the total disqualification of those treating M., who have shown that they are unable to distinguish between a healthy and a mentally ill person.

Yes, this and nothing else is at the core of the situation which M. and all those connected with it are faced with. Would it not be fair to put both the psychiatrists who declared him to have a serious mental disorder and representatives of the Church of Iceland into a court hearing to let the judge decide which evaluation of M.'s mental health is more likely to correspond with reality? That would be the one and only

legitimate course of action in a primarily Christian country where the state financially supports the established churches.

Will this kind of court setting happen or will there be merely psychiatrists who will all proclaim with one voice: *"M. is very sick. He had to be detained in the mental ward for weeks..."*? I do not know what will become a reality, but I do know that I will publish a book about this case so that people all over the world can read about it and learn the needed lessons. Presently, the story that will be printed in the near future is ongoing and you have still the chance to decide where you stand. You are working in a public position and therefore your decisions will be known to the public, to whoever is interested in what has become a reality in this country in 2022.

Since the early 21st century, religious life in Iceland has become more diverse, with a decline of Christianity and an increasing number becoming irreligious and atheist, so that this country now belongs to the top 10 atheist populations worldwide. It does not make sense to have the majority of the citizens belong to a church while at the same time Iceland is among those nations with one of the highest percentage of atheists and irreligious people which refers to being neglectful of religion, lacking religious emotions, doctrines, or practices. This shows a contradictory nature which would correspond, e.g., with being a member of a chess club but not having much desire to play this game or buying a car and not using it. This contradiction in the mind of individuals and the inhabitants of this land as a whole is what needs to be scrutinized for obvious reasons, because people with a split or contradictory personality do not have a bright future ahead of them. For this very reason, I am dedicated to bringing this case to the attention of the public because, ultimately, it is a collective decision made by all Icelanders whether they uphold a lively Christian heritage having clear consequences for decisions made in daily life or merely something that exists in theory but not affecting the concrete attitude in the way issues are resolved.

Doing science means to deal with reality which,, in respect to the religiosity of Icelanders, has dropped 17% in only 7 years between 2005 (when 92% of the population still belonged to a Christian church) and 2012. As this trend continues, the most visible building Reykjavik's skyline will soon merely be a museum because religious activities will be something done in the past... Is this the kind of future we want for this beautiful land which means, at its endpoint, that most inhabitants professing to belong to a religion will be addicted to their antidepressants, wherein Icelanders are already today world's champion?

The underlying issue is, why have the people of this nation become so antagonistic toward a religious standpoint that is deeply rooted in the religious conviction and practices of the soul for many centuries? Why is this spiritual heritage rejected to the extent that people do not even have the choice to choose their preferred medical treatment?

Upon having a closer look, as in the various documents I am providing, it is obvious that at the core stands the reality of people clinging to medical dogmas, just as they have done in the past with traditional spiritual practices. The bottom line is none other than this kind of inner orientation, having been substituted for external methods like drugs to resolve inner issues, is already well confirmed as unsuccessful.

The ultimate question is whether the people of this country go farther down the road of materialism or return to being a land where spirituality is held in high esteem and health issues are resolved by listening to the body rather than running to a doctor who is not educated about true human nature and dignity as a spiritual being with a heart and soul.

Sincerely, ...

## According to experts on psychiatry it is clear that M. was not sick before hospitalisation

As you can read in German at this [\(17\)](#), the well-known psychiatrist and psychotherapist Dr. Raphael Bonelli stated in an interview published at *vision2000* in connection with the many definitions of mental health: *“A person is only actually ill, in the real sense, if there is the pressure of suffering.”*

Have there been any complaints on the side of M. that he is suffering from this or that issue regarding his mental or physical health before his hospitalisation? None whatsoever existed. Therefore, his sister did not tell him where she was bringing her brother when she picked him up at the swimming pool because, if she had, M. would have never sat down in her car because, for him, it was clear there was nothing wrong with him!

That is where the story started and is also here where it ends: M. was completely fine both in mind and body before he was brought against his will into the hospital. As a kind person, he did not rebel and escape by running away, which would have been no problem for him because, as a good football player, he was used to running very fast, but he took his sister seriously when she expressed so much concern about him that his body agreed to go with her but his mind did not, as he said to his mother.

How the story continued is already well known to those who have read the content which has been shared on social media and via email. In the near future, whoever is interested will be able to learn about what has become a reality in the life of M. in the form of a book, and a film presentation about his case is also planned. Why? Because the underlying issues which have led to his present situation are relevant for all people. It is all about corruption in the medical establishment, and not only exposing it but presenting the correct understanding concerning illnesses and how to live without any of them.

Raphael Bonelli, who is well aware that there is a big catalogue defining mental illnesses, used the following example: if somebody does not have desire for sexual activities it is not a problem per se although a diagnosis exists for this problem, which applies only if he is suffering due to this issue, e.g., when he is married and finds that this should be part of marriage.

The central conclusion by the expert psychiatrist Raphael Bonelli: *“Always the subjective perception stands at the center.”* Is that what the doctors at the mental ward did in the way they looked at M.’s situation? No, not at all. They did not really try to find out how M. feels and what is on his mind. If they did then it would have been clear from the very beginning that no issue whatsoever existed regarding M. experiencing some mental disorder!

Another example presented by Raphael Bonelli: *“A family came to me because the mother had died under tragic circumstances. I asked how they are. The response: they are shocked, they pray a lot. When asked what I could do for them the answer was: they do not know but they were told they need therapy, because without it the event would settle in their subconsciousness and that would lead to grave problems in the future. I asked: are you sad? – Yes. Do you have nightmares or other worrisome phenomena? – No. Then my advice was simply: Go home and continue to pray. No therapy is needed.”*

The very same applies to M. At no point in his life was there any need for psychiatric therapy, yet he was detained for weeks and put under forced medication without his having felt sick in any way before drugs were pushed on him in the hospital!

## WHO's and other definitions of mental health confirm: M. was ok before entering the hospital

When we have a closer look at mental health, we see that there are all kinds of definitions. According to the governmental website on health, it is clear that mental health includes *“our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”* Zero signs of M. having some troubles in his mental health appeared before his being put into the hospital. This is a crystal-clear fact which is confirmed in manifold ways.

How is mental health defined by the World Health Organization? The WHO conceptualizes mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” What is important to consider is the fact that people in good mental health may very well be often sad, unwell, angry or unhappy, etc. as part of a fully-lived life. In spite of this, mental health has been often conceptualized as a purely positive affect, marked by feelings of happiness and a sense of mastery over the environment. Therefore, it is important to have a wider view of the issue of health and illnesses, an attitude for which the mother of M. has been calling for many years already.

We can identify three components of mental health: *“Emotional well-being, psychological well-being and social well-being. Emotional well-being includes happiness, interest in life, and satisfaction; psychological well-being includes liking most parts of one's own personality, being good at managing the responsibilities of daily life, having good relationships with others, and being satisfied with one's own life; social well-being refers to positive functioning and involves having something to contribute to society (social contribution), feeling part of a community (social integration), believing that society is becoming a better place for all people (social actualization), and that the way society works makes sense to them (social coherence).”*

When we look at M.'s life from this perspective we see that he fulfilled all three aspects very well by leading a happy life filled with interests as well as satisfaction. He was doing very well in managing the responsibilities of daily life while upholding good relationships with others, and being basically satisfied with his own life although he had, of course, aspirations as a young man who wants to develop his potential. Also, his social well-being in respect to contributing to society was well developed whereby it was noted already that while waiting for his sister to pick him up, who had unexpectedly called him, M. used the waiting time to pick up trash in the area around the swimming pool in line with his public-minded attitude. He was feeling very much a part of his community, particularly his football friends, and was socially well integrated, a fact to which everybody testifies to whom he was keeping good relationships; this attitude has not changed during his detainment in the mental hospital, which is confirmed by the testimonies about M. always being concerned about other people's wellbeing.

There are also weaknesses in definitions of health that focus only on positive functioning. For this reason also, the concept exists that mental health can be seen as having three domains: *“self-realization, in that individuals are able to fully exploit their potential; sense of mastery over the environment; and sense of autonomy, i.e. ability to identify, confront, and solve problems.”* Also from this standpoint, M. is faring well as someone who has been focused on self-realization and self-mastery, particularly in the field of football, and he was already earning his own money at fourteen and began working in the bakery on weekends one year later.

The decisive question is obvious: What can one expect in a situation where M. came in the main hospital under the strong influence of women who were overprotective and too-much worried about his mental state, which is certainly not easy to withstand as a teenager along with being drugged with strong sleeping pills which makes you feel nauseous and dizzy, which became a reality in the main hospital. And

then in the mental ward, the story continued with his being told again and again that he has a serious psychosis and therefore must take the aripiprazole no matter what. Doing so is the only one way of ever getting out of that place, which he experiences as a prison where he was put without having done anything wrong.

The definition of mental health is clearly influenced by the culture that defines it and the attitude of doctors, whereby the doctor at the local medical centre could just as well have advised M.'s sister to go with her brother to see the pastor or someone who focuses on natural healing methods without the use of any drugs. What is definitely needed is to recognize the differences across countries in values, cultures and social background and accordingly varying concepts of mental health, whereby an inclusive definition is urgently needed which welcomes the underlying, most essential causal aspect of the spiritual health of a person manifested in their having a good conscience and a pure soul.

Mental health is not merely the absence of mental illness but includes much more, and the closer you look, the less wider one's horizon will become and many behaviours which may not be widely understood may very well make sense in the light of a greater perspective, which includes the spiritual wellbeing of a person.

Another definition: *"Mental health is a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society. Basic cognitive and social skills; ability to recognize, express and modulate one's own emotions, as well as empathize with others; flexibility and ability to cope with adverse life events and function in social roles; and harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium."* The expression "universal values" refers in this case to respect and care for oneself and other living beings, recognition of connectedness between people, respect for the environment, and respect for one's own and others' freedom.

How do those who decided that M. must be locked up for two months in a mental hospital fare regarding having good mental health? An objective evaluation shows a very bad result because to rob someone of his freedom for two months merely because he had some thoughts you do not share or understand and did not respond to you in the way of speed of speech and clarity which you define as standard shows an incredible arrogance and heartlessness that totally disqualifies the individuals in question to be called experts on the mind or to hold public positions responsible for protecting children.

M.'s mental health was in a dynamic state of internal equilibrium that enabled him to use his cognitive and social skills well. He has a properly developed ability to recognize, express, and modulate his own emotions as well as empathize with others whereby the latter is, in his case, exemplary as hospital staff commented. M. has definitely shown flexibility and the ability to cope with adverse life events and function in a harmonious relationship between his mind and body.

## Questions for the June 14, 2022 meeting with the hospital staff taking care of M.

My most important question is, **how did you recognize that M. has a severe mental disorder?** Please tell me 10 points which showed you that M. has a grave psychosis. It is very important for me to know which behaviour you yourself observed in M. that confirmed for you the conclusion that he has a strong psychosis.

And the equally crucial question for me is that Doctor "I." told me that he has a psychologist who can check on M. to find out more about his mental state. Why was this not done? Psychologists identify and diagnose mental, behavioural, and emotional disorders and they develop and carry out treatment plans. **Why was no evaluation of M.'s situation made by a psychologist?**

A third fundamental issue: The majority of Icelanders are members of a Christian church. In which way has religiosity a positive influence on the psyche of a person? What do you think about going to a pastor or religious caretaker for help in the case of a mental disorder? **How much does the evaluation of M.'s mental health count for you from the side of a person who has been taking care of his internal situation?** Please let me know to which extent you take into consideration the evaluation of a person who knows M. very well? And also, what can **religious insights** contribute to the work of psychiatrists and in which way is the **conscience, that** every person has, relevant for evaluating my son?

After having answered these three core questions, I would like you to let me know your insights concerning my further questions. Your written answers as experts in mental health are very important because I am starting an initiative here in Iceland to educate the public about mental health. **Icelanders have the world record in the use of antidepressants**, far ahead of any other nation. For this reason, it is crucial to educate all Icelanders on how mental disorders arise and in which way they can be avoided.

According to the Centers for Disease Control, mental illness refers to "*conditions that affect a person's thinking, feeling, mood, or behavior.*" These include depression. Already from the beginning, you affirmed that **you would like to see this place empty the whole year long** and that you do not want to keep patients here even one day longer than necessary. I want to support you in that effort and would like to **kindly ask for your cooperation by giving me a written answer to the following questions.** I understand that you may not have the time to answer all of them immediately, but please send me your answers to those you consider to be most important as soon as possible:

1) M. is now for one month plus one week under your care. **Which holistic approach**, as promised in the first meeting, **has been implemented during this time?** What are the elements of the treatment you gave to M.?

2) Why were the **various concrete treatment steps** and what they include not discussed at our second meeting with us as parents of M. who were at that time the ones responsible for M. in front of the law? That meeting lasted merely for 20 minutes.

3) What is the justification that M. has to be here and not continue his life as before because, in fact, **people with psychosis can live full, meaningful lives just like everyone else?** In which way is M. a danger to himself or to others so that he has to be kept in the Psychiatric Department for at least 2 months?

4) Dr "I.", you told us that you are so busy with other patients that you do not have time to answer my written questions. How many patients are you taking care of in one month? **How many questions is each parent allowed to ask concerning the treatment their child receives?**



5) You diagnosed M. with having a serious psychosis when he came to the psychiatric department. At the same time staff A. told us in our first meeting on the following day that M. is a very good chess player. **How is it possible to play chess very well and at the same time have a strong psychosis?**

6) You told us that psychosis is very bad for the brain. **Does the brain reconstruct the tissue of a person with this problem without taking a drug?** Is the damage reversible or not? If it is, why does M. have to take aripiprazole?

7) You classified M. with the ICD-10 code F 23.9 which refers to a psychogenic paranoid psychosis and is very close to F 24: *"A disorder in which a delusion develops in an individual in the context of close relationship with another person who already has that established delusion."* Is there such a person with whom M. is in a close relationship which has already an established delusion?

8) The question *"What triggers psychosis?"* is answered in the following way: ***"Psychosis is a symptom, not an illness. It can be triggered by a mental illness, a physical injury or illness, substance abuse, or extreme stress or trauma."*** How can M. have a psychotic disorder when none of these triggers apply in his case? **Is M. mentally ill or not?** Is psychosis a mental illness? Can it be healed? **Is aripiprazole healing the patient?** If not, is psychosis an incurable illness?

9) **Emotions come before thoughts.** Thoughts are ways of dealing with emotions, ways of finding solutions that meet the needs that lie behind the feelings. Emotions come first in both a hierarchical and a chronological sense, then feelings come afterwards as the emotion chemicals go to work in our bodies. Then moods develop from a combination of feelings. **What did you find out about the emotions, feelings, and mood of M., which are causal to his having some problems in his thinking process as you claim?**

10) Thoughts are ideas, perceptions, or opinions produced by thinking, or occurring suddenly in the mind whereas feelings are emotions or reactions to physical or mental sensations whereby a mental process (such as seeing, hearing, or smelling) results from the immediate external stimulation of a sense organ. **What do you know based on your university studies about the emotional cause for M.'s alleged mental disorder?**

11) Emotions are chemicals released in response to our interpretation of a specific trigger, something that affects your emotional state by causing extreme sense of being overwhelmed or distress. A trigger affects your ability to remain present in the moment. Emotional triggers, also called mental health triggers or psychological triggers, are things (e.g., memories, objects, people) that spark intense negative emotions. In which way did you see M. **impaired in his ability to be fully present in what he is doing and what kind of very negative emotions** did you observe in him?

12) According to the mainstream, emotions are created by our brain. It is the way our brain gives meaning to bodily sensations based on past experience. Different core networks all contribute at different levels to feelings such as happiness, surprise, sadness, and anger. This means a mental disorder must have an emotional issue as cause. **In which way did you research M.'s emotions to find out what caused the severe psychosis** that you attribute to him?

13) As M.'s supposed psychosis has its origin in his failing to control his emotions or wrongly interpreting them, it is important to take a look at the impact of his emotions and how he has been regulating them, and to check how he has been identifying with what he is feeling in order to see in which way he accepts his emotions. **What are his problems in expressing himself** which have led to his being diagnosed with having a strong psychosis?

14) Fear is among the most powerful of all emotions. And since **emotions are far more powerful than thoughts**, fear can overcome even the strongest parts of our intelligence. Is it possible that the fear of being sued, as you mentioned that you can be if you do not give medication to M., has led to your acting in the way you did? If not, **which emotion motivated you to declare M. to have a serious psychosis** in a situation where the report from the main hospital said that merely observing M. is enough and **no drugs are needed**?

15) There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. **When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.** The latter has been 100% my impression and experience with my son M. before he was brought against his will to the hospital. How is it possible that he had an intensive psychosis by the time he arrived in your department? That he is not mentally sick is fully confirmed by the testimonies of staff members of this department describing M. as a person who is very attentive towards others.

16) For fearful people, facts are secondary. You cannot defeat fear with only thoughts. They must be accompanied by another powerful emotion. **Which emotions did you invest into helping M. to cope with his grave issue** regarding fears, which he must have because, otherwise, he could not have a strong psychosis as you insist?

17) Thoughts are stories about what has happened in the past and might happen in the future or they are interpretations about a situation we are in. This means that M. merely **interpreted some of his experiences wrongly**. **How can taking aripiprazole solve this problem**, so that by swallowing the pill he becomes more clear in his mind as Doctor "I." claims?

18) Because the **vast majority of thinking goes on in our subconscious mind**, we can control only a tiny part of our conscious thoughts. How is it possible that aripiprazole influences the subconscious mind in such a way that M. can distinguish clearly between what is real and what not?

19) Human thoughts, feelings, and behaviours are rooted in the brain where a complex network of cells receives information from the internal and external environment, transforming this information into our experience of ourselves, the world around us, and our relationships with it. **Which information is stored in aripiprazole to give the correct directions to the brain so that it handles the information properly and is able to distinguish clearly** between what is reality and what is delusion?

20) The mind is an abstract concept used to characterize thoughts, feelings, subjective states, and self-awareness that presumably arise from the brain, whereby it is difficult to trace the exact location of our mind. **How can scientists create a drug like aripiprazole which causes people's mind to become clearer when they even don't know exactly where it is located**, as the mind is merely believed to be located in our brain but no proof for this claim exists?

21) The question, *"Can you fully recover from psychosis?"* is answered by *"Your experience of psychosis will usually develop gradually over a period of 2 weeks or less. You are likely to fully recover within a few months, weeks or days."* **In which way do you determine how long the recovery period will be for M.?** Which criteria did you use to find out which period applies in his case?

22) Similarly, to the question *"Can psychosis go away on its own?"* you get the answer: *"If the psychosis is a one-time event, such as with brief psychotic disorder, or substance-induced psychosis, it may go away on its own."* It is very likely that M.'s mind was not so clear as a result of having received two strong sleeping pills his first night at the main hospital after which he felt dizzy and nauseous. **How did you distinguish this reality from his having an underlying mental health disorder which must be treated?**

23) Researchers have found that some young people with early stage first episode psychosis can experience reduced symptoms and improve functioning **without antipsychotic medication when they are provided with psychological interventions and comprehensive case management**. What are the criteria according to which you decided that this does not apply to M. so that he absolutely must take aripiprazole? How did you find out that in the case of M. he has to take aripiprazole for one year and treatment without taking drugs is not possible?

24) The report from the main hospital said that M. does not need to be drugged but **only observed**. **On which foundation did you decide that he must receive aripiprazole 3 times as strong as the initial dose?** Can you please show me the report of the observations by the staff of the Psychological Department? I have been asking for it in vain for weeks now. What is your concrete and detailed justification why I, as M.'s mother, must not know what you have found out?

25) When you ask if psychosis can be stopped you get the answer that *"Sometimes symptoms go away quickly and **people are able to resume a normal life right away**. Remember: psychosis is treatable and many people will make an excellent recovery."* At no point was M.'s normal life impaired in any way. He was doing excellently at school, at sports, in his social life, at work, everywhere. How is it possible that you diagnosed him with having a strong psychosis in a situation where **none of its symptoms and characteristics apply to him?**

26) When you ask, *"Is there a cure for psychosis?"* you are told *"There is no cure for psychosis, but there are many treatment options."* Please state **10 treatment options**, which should be no problem for you as you are an expert on psychosis.

27) **Neuroplasticity**, the brain's potential to adapt to change, **"proved to be crucial to recovering from psychosis"**. *Much has been written about neuroplasticity and our brain's ability to lay down new neuronal networks as a result of disease or trauma.* Which proof do you have that M.'s brain would not recover **naturally** from any potential injury through a psychosis **without the use of a drug?**

28) The question *"What happens to the brain during psychosis?"* is answered in the following way: **"A psychosis is an understandable and preventable dysfunction of the brain, and its mechanisms are known. Primarily a disorder of reduced excitation in an attenuated brain and spinal cord, also called central nervous system."** **In which way could the alleged first episode of psychosis in M. have been prevented?** How was the disorder in his brain created? What did you find out about this point after observing M. for 5 weeks?

29) Psychosis is often described as a *"loss of reality"* because you experience or believe things that aren't real. It can change the way you think, act, feel, or sense things. **Which harmful changes have taken place in M.** that require him to take 15 mg of aripiprazole daily, an amount prescribed for patients with schizophrenia?

30) Peter C. Gøtzsche, professor and director of Nordic Cochrane Centre in Copenhagen, Denmark, states that **"We know that antipsychotics shrink the brain in a dose-dependent manner and antidepressants also seem to cause permanent brain damage."** Aripiprazole changes M.'s brain and it can damage it. **What is the justification** that he absolutely has to take it when such a grave risk of his brain being harmed exists compared to the mere possibility that this drug may (or may not) help him?

31) Cochrane is a global independent network of researchers, professionals, patients, carers, and people interested in health. Their voice has just as much value as yours. Why should this professor be less educated and knowledgeable than you, Doctor "I.", and your colleagues? **Who decides which view is more correct?** Please let me know based on which **standard of measurement** you decide which statements are correct?

32) The answer to the question “*How does the brain heal after psychosis?*” includes: “*Slowing down and resting is part of allowing the brain to heal.*” Why is it necessary to give antipsychotic drugs in a situation where the brain will anyway heal naturally? **Please let me know 10 alternative methods of healing the brain which do not involve drugs.**

33) Doctor “I.”, you told me that the effectiveness of using aripiprazole was checked by comparing it with other drugs. **How can you know for certain that other factors did not cause patients to get better than this substance?**

34) What is the justification that **only psychiatrists alone have the right to decide** what is best for the child and not the parents who know their son or daughter much better than they? Why are they not asked what they think are the best options for their child, in this case M., and attentively listened to and their standpoint taken into consideration? In the second meeting it was stated that “*You have custody, we have to listen to your voice, we are obligated by law to listen to the parents’ will.*” After you heard that we disagree with M. being treated with aripiprazole, you complained to the National Agency for Children & Families and the right of custody over M. was taken away from us. **How can you justify this step in concrete terms of M.’s actual situation at that time?**

35) On the website of the American Psychiatric Association it says that, “*While the precise mechanism of action of psychiatric medications is not fully understood, they may beneficially modulate chemical signalling and communication within the brain, which may reduce some symptoms of psychiatric disorders.*” The term “may” expresses nothing else than uncertainty. The doctors do not know. The drug may or may not beneficially modulate chemical signalling and communication within the brain. It is **merely a possibility and not confirmed by science**. How can it be justified that M. must take a drug which may or may not solve the problem attributed to him?

36) On the other hand, **two billion Christians plus five billion people of faith** belonging to one or another religion or following some spiritual teaching **know of the value of supporting the healing process through prayer, meditation, conveying energy**, etc. How do you justify that what the vast majority of mankind sees as a realistic possibility **counts less than the claim that antipsychotic drugs might help?**

37) Countless testimonies exist of people having been healed in this way even when allopathic medicine declared them to be incurable with no more therapy available for them. In this and many other ways such as having no harmful side effects, these **healing methods based on spiritual and energetic support are much more effective and superior to any treatment through drugs**. **Why is this method, which is a very effective tool of supporting those who are in difficulties with mental problems, not given priority** when the effectiveness of such an investment is even confirmed through brain scans that reveal the beneficial effects of such spiritual/mental activities?

38) In the case of aripiprazole, 49% reported a positive influence through this drug whereas 34% reported adverse side effects which in relation to the overall situation, practically leaves, on average, merely 15 out of 100 patients who experience some beneficial effect which may just as well be caused through other factors and not this drug! How can you demand that M. has to take **pills with such a poor track record compared to healing through natural ways** which have no harmful side effects at all and show a much higher number of people being helped than through this drug?

39) At the website of *National Health Service* inform it says that “*Psychosis isn’t a condition in itself. It is triggered by other conditions.*” What are the conditions which have caused M. to have a severe psychosis as you claim? It also states that “*If a person’s psychotic episodes are severe, they may need to*

*be admitted to a psychiatric hospital.” What are the severe symptoms that require M. staying at this ward for 2 months?*

40) Concerning treating psychosis, it is clarified that treatment includes *“Psychological therapies – the one-to-one talking therapy cognitive behavioural therapy has proved successful in helping people.”* **Why was no psychological therapy done with M.** during the past 5 weeks? **Why has this tool, which is confirmed to be effective,** not been used in support of M.’s situation?

41) The question of **how to stop psychosis** naturally is answered by presenting many points such as getting enough sleep, proper nourishment, physical activity, spending time outside, avoiding alcohol and drugs, etc. **With none of these aspects did M. have any problem.** So how is it possible that he has a strong psychosis?

42) A person with psychosis may experience social isolation or becoming withdrawn, problems with work, social or family life, a drop in grades or job performance, trouble thinking clearly or concentrating, suspiciousness or unease around others, lack of self-care or hygiene, spending more time alone than usual, etc. None of these apply to M. Therefore, I want to ask you **which problems** found in M.’s life that **absolutely require medication** with aripiprazole such that no alternative treatment is allowed?

43) To which extent are you aware of how much you have harmed the relationships between M. and me as his mother by ostracizing me as the one who wants something bad for him, as someone who has a bad influence on him and must therefore not be allowed to spend more than one hour with M. per day whereas other family members can even take him out for some time? Do you know how much you have harmed the family relationships through such an attitude? What will you do when you realize how very wrong you are in your evaluation of the situation which is based on numerous lies spread by various people?

44) Finally, I want to understand why you did not answer even a single one of the questions presented to you in the first and second meeting as requested, and please let me know the reason why, in case you decide to also not answer in written form to these 40 questions.

Thank you very much for taking these questions seriously, which I am asking in the name of all Icelanders who have the right to know how patients are treated at the Psychiatric Department of the University Hospital.

## The refusal to answer questions confirms the rejection of scientificity

When the mother of M. presented her questions at the second meeting with staff members, she asked, *"Please answer under every point according to your knowledge."* The response was, *"We are not going to do that. We have our opinion."* So, the mother wanted to know, *"Is it not my right to ask my questions?"* The response: *"Our opinion is that it is not needed. We are not going to do that but we have a third person who can do that."* Did that third person, whoever he or she may be, answer the 33 questions? So far, M.'s mother has been waiting in vain for months to receive even a single written answer.

The explanation given at that time was that *"Your opinion is based on other things than ours. We don't come to a conclusion and should finish this meeting."* No discussion is welcome because one side already has an opinion. It is not some scientifically confirmed knowledge but merely an opinion, but that is enough if you are the one who makes the decision. This is the mind-set of those in responsible positions who disqualify themselves fully in respect to working in line with scientific standards, especially in light of the fact that it was stated in that meeting that it would be a waste of time to answer the questions presented by M.'s mother.

One of the participants affirmed that *"I think we will not come to an agreement."* There are different opinions and the conclusion was already made on one side that it is impossible to come to a mutual agreement. So, no inquiry is welcome, which obviously confirms that those taking care of M. are not interested in working based on valid scientific insights but the motto is cling to the main dogma which is, in this case, that the use of drugs must never ever be questioned, confirming that the way of action is much closer to what is happening in a cult.

It was even said, *"I don't think that we can do anything other than that."* What was already planned before the meeting was put into practice afterward irrespective of the concerns expressed by the parents. Opinions have been formed and they are the guideline for any further actions whereby asking fundamental questions is strictly forbidden and, when somebody asks anyway, this request is simply pushed aside as became a reality once again at the third meeting with the staff taking care of her son, which took place on June 14, 2022.

While waiting in vain for answers, the mother of M. prepared a new set of questions to be presented on that occasion. The meeting was opened with the words: *"The purpose of this meeting is to clarify your questions which you have naturally. Of course, you are worried about your boy, you care for him. It would be good that we regularly sit down like this as the team and go over your questions."* So, the mother inquired, *"But why was it not done during the last five weeks?"* The response: *"We are always learning new ways and we want to try this out if that is something you would like. We can offer this."* That sounded promising to the ears of M.'s mother, only to once again be disappointed when she wanted to offer her questions that were neatly organized and printed on 3 sheets of paper.

This is how it went. Toward the end of the meeting, the person who opened it asked the mother, *"Do you have some other question?"* The answer: *"Yes. You know until now I give you two times written questions. Nobody answered them."* — *"What questions do you have?"* — *"Here you have all the questions I prepared and I would appreciate it very much if you altogether answer to me. You can make a copy for each one of you. I did not have enough ink in my printer to prepare several copies..."*

At that point, the surprising response by the one leading the gathering was, *"I think it is something for the lawyer. He needs to work it through."* The mother objected: *"No, no. It is for you. My lawyer knows, but these are questions for you."* The organizer said, *"Just to let you know: your lawyer sent a request about M.'s reports to the respective place. And he got an answer from us."* — *"Did he get the needed information?"* — *"He has been answered."* — *"But which answer did he receive?"* — *"The reply about our reason that we do not disclose reports about M. for now."* — *"For now? But why are you hiding the*



*documents about my son?” — “This is something you have to talk to the respective authorities. This is something we have nothing to say about.”*

So the mother noted that *“But you decided, not they. You decided that you will not give it to me.” — “Our rules about this topic are not in our decision.” — “But they did not create the answer that I should not get the documents. You created it. You know I’m asking about the documents for many weeks. And they first promised me, by Monday, you will receive them... and then nothing for weeks.” — “If I can explain: in the system, because M. is 16 years old, he has a certain right to these documents and for the other things. And what we are always thinking about is: What is in the best interest of the child. For now, your lawyer received an answer: he has no right to these documents.” — “But did you ask M.?”* No answer was given to this question because they had lied to the lawyer, saying they had asked M. and he disagreed whereas, in reality, they did not even ask him!

The person guiding the meeting said at that point: *“If you are not satisfied you can ask ... and he will process that and he will make a decision. He is above ... If you are thinking we are limiting you.”* The mother objected: *“But why do we need to go to that person/place? Why we can’t we solve it here?” — “But we do not agree.”* The mother noted: *“By the way, if you have excuse that you do not have permission from my son. He gave his permission already for me to see the reports.”* That is where the discussion was stopped. No readiness to deal with issues of the behaviour of the staff dealing with M.

As is obvious, although M.’s mother emphasized that the questions she prepared are for them and nobody else, the person present in the meeting firmly refused to have anything to do with them, to the extent that when the mother of M. wanted to hand these three pages to the group leader, she refused again to take them into her hands! When she insisted again that they should be given to the lawyer M.’s mother emphasized once again: *“No. They are for you. These are my questions, because we have maybe not enough time to go through now. So, in the peaceful time, I beg you, read my questions and please answer. At least some of them which you feel are important.”* The response: *“I’m not sure if I can do it.”* The mother made it clear: *“They are not only for you, they are for the doctors here and medical staff.” — “But we work as a team.” — “Yes they are for the team. It is for all of you. That is why I said I could not print more copies because I would like everybody to have a copy. But you can copy the sheets and give them to everyone to think about them.”*

The leader of the meeting insisted: *“But I advise you to take it back now.” — “No, I will not take them back because I prepared these questions for you.”* One staff member wanted to know: *“For who? For our group leader, for the doctor, or for whom?” — “For everybody who deals with M. Especially for the ones who are mostly responsible here for M.” — “OK, so you can give it to our department leader who is above us.” — “No, he does not deal with M.; somebody who is dealing in reality with M.” — “If it is something about getting some information from us, it belongs to department leader. Someone above us.” — “Can you please then give it to the department leader?”*

The group leader: *“I’m not sure how the process is, how it goes. But I would advise you to take it to the lawyer. But we will let the department leader have it and she would advise you about it. She will answer to you what can you do with this kind of staff.”*

The refusal to take responsibility for their own deeds and to reject answering questions addressed to them while referring M.’s mother to their superior is mind-boggling, especially in the light that they are the experts on the mind, on acting reasonably, which is not being done at all in this case! No readiness to feel responsible.

## Adolescent/midlife crises are natural parts of life and not a mental illness

In a previous document, you read about the concept of a “dynamic state of internal equilibrium” in line with the fact that different life epochs require changes in the achieved equilibrium: *“Adolescent crises, marriage, becoming a parent or retirement are good examples of life epochs requiring an active search for a new mental equilibrium. This concept also incorporates and acknowledges the reality that mentally healthy people may experience appropriate human emotions — including for example fear, anger, sadness and grief — whilst at the same time possessing sufficient resilience to timeously restore the dynamic state of internal equilibrium.”*

What does this mean for the situation of M.? He was in a position where he had to deal with many challenges in which he did very well, according to his mother. But there is also the fear of those who see in M. something they cannot fully understand, some potential danger against which immediate action must be taken, in this case by ordering the person in question to immediately start taking drugs. Again, such behaviour confirms the state of mental disorder in those who make and support such decisions, because it is very normal and no problem at all to go through challenging situations. The only relevant question is how people are doing in this respect in the long-run, and it is obvious that M. has been doing very well indeed.

What is important for psychiatrists and all those in question to learn are facts like that a very empathetic person like M., who is highly interested in mutual sharing, may compensate for a moderate degree of cognitive impairment yet still find a satisfactory equilibrium and pursue her/his life goals. The narrow-minded worldview of health experts stands at the root of tragedies, as they have become a reality in the life of M. through his being kept in a mental hospital as a completely healthy young man. For this reason, a thoroughgoing reformation of the health system is of utmost importance.

Basic cognitive and social skills are regarded as an important component of mental health in the light of their impact on all aspects of everyday life. Cognitive skills include the ability to pay attention, remember and organize information, solve problems, and make decisions. In all these points, M. has been doing fine just as in his social skills, the ability to use one's own repertoire of verbal/non-verbal abilities to communicate and interact with others. These abilities are interdependent and allow people to function in their environment, and mild degrees of impairment are compatible with mental health.

Now we have psychiatrists who set themselves and their own personal evaluation up as the standard according to which people are judged. As mentioned, the woman pastor who prepared M. for his confirmation would have had only words of praise for M. if his sister had brought him to her office. Also, all his friends did not see anything wrong with M., but the so-called experts on mental health were so greatly alarmed that they immediately prescribed a drug for him. The relevant question is here: was this done out of wisdom or ignorance? That the latter is the case, including a totally misplaced fear of M's brain getting hurt through too much thinking, is obvious for anybody who is prepared to have an objective look at this case.

Emotional regulation, i.e., the ability to recognize, express, and modulate one's own emotions, is also regarded as an important component of mental health. Once again, M. has been doing fine balancing his emotions to the extent it can be expected of a teenager at the age of 16 years. No reason whatsoever exists in the past or present to keep M. at the mental ward and to treat him with drugs like aripiprazole.

## A comparison between the doctors and M. regarding the ability to show empathy

Looking at the overall situation, the difference between M. and his doctors should be very obvious regarding how well their respective abilities to show empathy has developed. Let us start with the woman who spoke with M. in the main hospital and decided that he should be checked in the Psychiatric Department. M.'s mother tried repeatedly to get in contact with her, but all her efforts have been in vain, including the personal message she had delivered to her on paper. No response whatsoever, which does not reveal a high standard of empathy when you make such a decision in the life of a young person to be detained in a mental ward and then not even ready to meet the mother of this teenager or to report to her why she had taken this step.

Empathy, the ability to experience and understand what others feel without confusion between oneself and others, enables individuals to communicate and interact in effective ways and to predict actions, intentions, and feelings of others. On the other hand, *"The absence of empathy is not only a risk factor for violence and a feature of **antisocial personality disorder**, but also impairs social interactions at all levels."* Those who read with an open heart and mind the content made public in connection with M.'s situation will surely know where those responsible for his detainment and forced medication stand in this respect.

Flexibility and the ability to cope with adverse events are also deemed important to mental health maintenance. Flexibility refers to the ability to revise a course of action in the face of unpredicted difficulties or obstacles, change one's own ideas in the light of new evidence, and adapt to changes that different life epochs or contingent situations may require. Also in this point, a huge lack of flexibility can be observed in the respective 'experts' who have brought great distress to M. and others through their inability to deal with constructive criticism from the side of M.'s mother and their own stubbornness that blocked their revising their decision upon learning that no justification whatsoever exists to keep M. in the mental ward.

The basic ability to function in social roles and to participate in meaningful social interactions is an important aspect of mental health and particularly contributes to resilience against distress. That Doctor "I." is faring poorly in this task of controlling his emotions is confirmed by his repeatedly shouting loudly at M.'s mother, even threatening her by stating that the meeting with him is over after a few minutes while knowing how much she has been looking forward to the opportunity to speak with him.

It is clear that those in the responsible positions have been practicing and supporting *"social exclusion and stigmatization"* by allowing M.'s mother to see her son one hour per day at most merely because she did not agree with drugs being forced on her son with harmful side effects, which anyway only possibly might help. In this way, they once again confirmed their own compromised mental health, including their "blaming the victim" that M. is guilty, as he did not control his thoughts and was thinking too much, and that his mother is guilty of not wanting to join their drug cult.

The conclusion is that M. exhibits a much higher level of empathy than those who make rules for his life, which harm him greatly not only now but with long-lasting effects on his future. This fact is confirmed by the evaluation that "He has an excellent mind but what is more important he has an excellent heart. He is very considerate, always thinking about other people" having been made about M. and not about doctors and the staff taking care of him, who should be shining examples in this respect!

## The refusal/negligence of psychiatrists to deal with the fundamental theme: truth

The core issue of the problem attributed to M. is that he has lost touch with reality whereas this claim fits much better those who put such a diagnosis on him, as pointed out on the previous page. How will Doctor "I." respond when he reads this evaluation of his behaviour? Will he get angry and shout as he did repeatedly at me when M's mother interrupted his talk, as she did not want to hear untruths? One of the signs of a psychosis is *"to have stronger emotions than situations call for."* Also from this perspective, the mental disorder of Doctor "I." is confirmed because it is truly uncalled for him as an expert on the mind to shout at her and threaten to immediately stop the interview we had. Does he not know that shouting is not a convincing argument when confronted with a person who disagrees with your opinion?

The basic task of psychiatrists is to heal people from their mental problems by putting facts on the table or confronting them with the truth in their life which has led to their having some mental issues. Nevertheless, the relationship between psychotherapy and the truth remains an open question where many have the excuse that it is not about truth but merely subjective perception. One does not need to check whether it is true what clients are saying as it is all about how people personally perceive things.

Psychotherapists deal with what is true, to help people come down to the bottom of reality. For example, it is truly relevant to know whether I am really treated unfairly or am the one who acts in such a way. There is always the temptation to lie to yourself and to even unknowingly deceive yourself. Wherever this is happening, life is not successful and therefore it is truly essential to have a close look at the question of what kind of attitude towards the truth is upheld.

Healing only arises if you are prepared to face reality and to deal with facts as they are by acting accordingly. It is indeed essential to see yourself as you are, in line with actual reality as it is, and not as one may wish it to be. In this respect, it is decisive to realize, e.g., that if someone who criticizes you is right in what he says, then there is no reason to be upset about it. Statements can be objectively checked and once a person arrives at recognizing the actual situation, it will definitely be liberating in the end. To bring people to the point of welcoming the truth is always a healing experience for them.

Psychology is not teaching the truth but it can help people on their path to come closer to it. In reality, we see that religions insist that they are in the possession of higher truths, but psychiatrists also claim to know what is best for people, in this case that M. absolutely must take the dose of aripiprazole which they prescribed for him. What both sides need to be deeply aware of is the fact that the task of striving to come closer to timeless truths stands at the core of reasonable human behaviour. Everybody needs to discover in himself the spiritual dimension centred on the soul, a task in which psychiatrists are generally not doing well and that is confirmed in the way the situation of M. is handled.

What psychiatrists and psychotherapists ultimately want is nothing else than helping people to remove obstacles which are in the way of their being mentally well and enjoying good bodily health. But to be able to recognize the truth about what is hindering me to move forward is decisive if you really want it. Here is where the core problem lies because many people know what is true and what they should do, yet they are practicing another standard. The relevant question in this respect is: did the staff at the Psychiatric Department help M. recognize the inner contradictions which the doctors ascribed to him, because otherwise it would be impossible that he is diagnosed with having a serious psychosis? The answer is negative like in so many other points of their behaviour.

The experts on mental health who do their job well are aware of the fact that every person has a conscience, which acts rather similarly in all people. Nobody wants to be treated badly and lied to, yet people continuously do it. Psychologists should be clearly aware of this problem and help patients get out of this contradiction. Alas, the real problem is that the specialists themselves are also human beings and

bound to make mistakes, of which more than enough have been made in the way M. was treated. The decisive point is: are the specialists prepared to look critically at their own work?

In the previously mentioned interview with Raphael Bonelli, he points to the fact that good psychotherapists know where the border of their knowledge and abilities lies. How have the doctors at the mental ward of the University Hospital been faring in this regard? Did they welcome questions by M.'s mother, which offer a profound critique on how they are treating her son? No, they did not show any interest in them and refused to answer even a single one of them in written form as she requested.

Good psychiatrists will always ask whether something that is claimed is really true or not. Raphael Bonelli used the example that if no guilt is present then feelings of guilt are pathological. Equally, it is a sign of a mental disorder on their side when doctors see a serious psychosis in M. who is very healthy.

In that interview with Raphael Bonelli, it was clarified that *"someone is guilty if he acts against the truth. Then the conscience works."* In the given case, the hope of those who recognize what has actually been going on is that the perpetrators will still listen to their conscience and plead guilty in court and not continue to act with a split personality of knowing something deep inside yet in reality acting contrary to it. Human beings are born with a conscience that is aligned with the truth. Therefore, they do not want to be lied to, betrayed, etc. This is a very obvious fact. We all are inclined to be good but when it comes to reality people are greatly lacking. This contradiction is at the core of human misbehaviour which is rampant in all areas of life, of which M. has become, like so many others, a victim.

What is the solution? The answer is clear: to focus on understanding the truth and put it into practice rather than leading a compromised life. This core issue is not only answered on an individual level but we do it together as a society and, according to our behaviour, we will harvest goodness or suffering.

If we think of it, nobody wants to be someone who is a liar, deceiving others, etc., which leads us to the reality that also in the field of psychiatry, the truth is centrally relevant, including the 10 commandments which are the foundation for our Christian culture.

Truth, beauty, and goodness are deeply rooted in the heart of man and it is high time to have a close look at them and to make them our own in whatever we pursue. If this is done then situations like what has become a reality for M. can never ever come about. The starting point for arriving at the goal of goodness being manifested in all areas of life lies in gaining a deeper understanding of timeless truths. Such a dedication lies behind the sharing of the situation M. was put into along with the desire that his case becomes the starting point of a thoroughgoing reformation in the field of medicine from being influenced by the medical-industrial complex to being absolutely focused on the wellbeing of each individual.

This hope and desire burn in the heart of the authors of this book as we reach out to whoever is interested to have a second look at what is needed in order to lead a happy long life which always originates in the heart and it is there where lasting fulfilment is experienced.



## According to psychiatrists, everybody has a psychosis at one time or another

M. was diagnosed with a brief psychotic disorder which is, according to the classifications of mental disorders DSM-IV-TR and DSM-5, a *“psychotic condition involving the sudden onset of at least one psychotic symptom such as disorganized thought/speech, delusions, hallucinations, or grossly disorganized or catatonic behaviour lasting 1 day to 1 month, often accompanied by emotional turmoil. Remission of all symptoms is complete with patients returning to the previous level of functioning.”* According to this definition, disorganized thought/speech, which everybody has in certain situations, is a symptom of a psychosis! When many tasks to be accomplished are on your mind then you first need to organize them to decide what is most important to be done. In that stage, before becoming clear in your thoughts, they are still disorganized and, therefore, you are in a state of psychosis based on the here-quoted definition. Everybody knows that such an evaluation is nonsense except for psychiatrists.

Equally, everybody can come into a situation where they find it hard to speak in a well-organized way because too many emotions are in the heart wanting to be expressed. And in such a state they are in a state of psychosis and need to be treated with aripiprazole for at least one year, as has become a reality for M. He was torn out of his busy life full of plans where every further step was blocked by detaining him in a hospital and then a mental ward. Being ‘drugged down’ by strong sleeping pills made it even more difficult for him to think clearly, and voila, here we have the proof that he has a strong psychosis! This is how M. was treated as someone who has always been mentally completely healthy.

Anybody may be detained like M. has been for weeks in a mental ward merely by not living up to the standard which psychiatrists decide! Where is the borderline between deciding that one person has a psychosis and another does not? Such a clearly defined standard does not exist. Neither is the state of mental health satisfactorily defined nor at which point does a mental illness begin. According to the statements by the expert psychiatrist and psychotherapist Dr Dr Raphael Bonelli, whose YouTube videos are watched by millions, an illness can only be declared when there is the suffering of a person. Did M. have any serious mental sufferings? Of course not. Like other teenagers, he had things for which he tried to find the best possible solutions, but not the slightest trace of a mental disorder or some grave issues which were limiting him in his busy life. Nothing of this sort whatsoever. Yet, he is been many weeks in a mental hospital and forced to take drugs that seriously harm his wellbeing! None of the existing manuals used by professionals to diagnose psychosis contains a definition of the term “psychosis.” Please consider this fact. Psychiatrists declare that M. has a strong psychosis and must take aripiprazole whereas, in reality, they do not even have a clear definition of what a psychosis actually is! This term is used for all kinds of mental disorders in connection with delusions and hallucinations, etc.

If you ask Google for a definition of psychosis, the first answer you get is that *“Psychosis is **when people lose some contact with reality.**”* This totally vague statement applies to each and every person who makes some mistake, because merely by ignoring a traffic sign you are already losing some contact with the reality that you must behave in a certain way if you are driving a car. When you check with Wikipedia, you learn that *“Psychosis is an abnormal condition of the mind that results in difficulties determining what is real and what is not real.”* Normally, people are able to concentrate well but in the evening, when they are tired, they may show symptoms of a psychosis as one of the staff told the mother of M. regarding her son. Again, anybody may be diagnosed with having a psychosis in such a situation.

Remember, the explanation concerning psychosis speaks about a certain behaviour *“lasting 1 day to 1 month.”* That means for merely having trouble one day focusing with clearly organized thoughts, maybe after you drank too much the night before, you are already liable to be diagnosed with having a psychosis. This definition allows anybody to be defined as having a psychosis and being forced to take drugs with very harmful side effects like those caused by aripiprazole.



As you read, *“Remission of all symptoms is complete with patients returning to the previous level of functioning.”* A diminishing of M.’s functions only occurred after he had received strong sleeping pills at the same time in the main hospital. By the time he left that place, he was fully normal again with nothing lacking. Therefore, he could show upon arriving in the mental ward that he is a very good chess player. Despite this fact, he was put under drug medication which has greatly harmed his well-being.

In the official resources, you learn about symptoms of psychosis in the form of incoherent speech and behaviour. In this respect, Doctor “I.” needs to be diagnosed with a psychosis, as it is definitely incoherent and illogical to speak of someone having a strong psychosis while this person is at the same time a very good chess player, because these two facts exclude each other. And then to prescribe a drug for M. indeed shows incoherent behaviour because it is illogical to come to the conclusion that people who have a clear mind so that they can think sharply and do very well at playing chess must be given aripiprazole at 3-times the original dose. According to psychiatrists, everybody has a psychosis at one time or another, which includes of course also them, and therefore the serious question is: *“How can patients be protected from psychiatrists who have a certain episode of psychosis?”*

The exact code for M. is F23.9, referring to *“an acute and transient psychotic disorder, unspecified. You are temporarily perceiving reality incorrectly. Your perception has changed. Mental conditions exist as a result of which one interprets reality incorrectly.”*

Anybody can temporarily perceive reality incorrectly and, therefore, everyone is apt to be diagnosed with a psychotic disorder requiring this person to take drugs for months or years. That is where we have ended up in a corrupt medical system dominated by Big Pharma. The decisive question is, of course, whether we continue on this downward path toward increasing self-destruction through the ever-growing number of harmful side effects of drugs or return to a healthy way of life where no drug whatsoever is needed?

I am certainly dedicated to the latter and will continue to do my best to help others to get where we all should be as homo sapiens who take care of their health wisely, a behaviour from which we seem to depart day by day, a development which has become especially obvious through the irrational measures that were taken during the corona pandemic. It was well orchestrated, with the final dress rehearsal at the event 201 organized by John Hopkin’s University, the Bill and Melinda Gates Foundation, and the World Health Organization in October 2019.

The ultimate question is whether we allow issues of a person’s mental and bodily wellbeing to be decided by a tiny minority of so-called experts whose views are based on a materialistic view of the world, or listen to the signs our body shows us and respond to them wisely on the foundation of knowing the universal biological laws that are active in all of us in support of dealing with health issues in the best possible way without the need of a single drug? Collectively, we answer this question. You and I decide in what kind of world future generations will live.

## Medications have only a moderate effect on people with psychosis

In the Wikipedia article about psychosis, you learn that *“As with many psychiatric phenomena, psychosis has several different causes. These include mental illness, such as schizophrenia or schizoaffective disorder, bipolar disorder, and in rare cases, major depression. Other causes include: trauma, sleep deprivation, some medical conditions, certain medications, and drugs such as cannabis, hallucinogens, and stimulants.”* None of these causes apply in the case of M., which makes it impossible for him to have a strong psychosis, yet this is what it says in the official reports.

Further, it says that *“The diagnosis of a mental health condition requires excluding other potential causes. Testing may be done to check for central nervous system diseases, toxins, or other health problems as a cause.”* What is missing here is the possibility that the doctor himself who declares others to have a psychosis, has himself a certain mental disorder, as it is obvious in the case how Doctor “I.” has been dealing with M.

About the treatment, it is stated that it may include antipsychotic medication, psychotherapy, and social support, whereby *“medications appear to have a moderate effect.”* Why is there such an emphasis on drugs in a situation where they contribute merely in a limited way to an improvement of the patient’s situation? They may or may not be helpful.

On the other hand, when it comes to adverse side effects, anti-psychotic medication like aripiprazole can have very strong effects on those who take them. The list of potential adverse influences on the body is very long and ends with premature death. One third of the patients suffer from such harmful side effects, which makes aripiprazole a very powerful drug with respect to causing suffering and pain for those who take it! *“Outcomes depend on the underlying cause.”* In the case of M., there is no underlying issue and therefore no psychosis. Accordingly, his having to take drugs like aripiprazole can only have a negative effect on his health.

In the here-mentioned Wikipedia article, it says that up to 15% of the general population may experience auditory hallucinations. They all should be treated with some drugs? Surely not, as M. did not have any hallucinations as the first doctor who checked on him confirmed. It is explained that *“Content, like frequency, differs significantly, especially across cultures and demographics. People who experience auditory hallucinations can frequently identify the loudness, location of origin, and may settle on identities for voices. Western cultures are associated with auditory experiences concerning religious content, frequently related to sin.”* In a situation where psychosis is rooted in a physical organ (the brain), it does not make sense that the contents of hallucinations differ according to the culture people live in because they all have the same external brain structure. This observation clearly contradicts the materialistic worldview underlying allopathic medicine. From this standpoint, there should be various kinds of pills for people living in different cultural spheres!

A delusion is characterized in the following way: *“A delusion is a fixed, false idiosyncratic belief, which does not change even when presented with incontrovertible evidence to the contrary.”* This definitely does not apply to M. There is no issue whatsoever of him being fixated on some false belief to which he clings despite contrary evidence. None whatsoever. Yet, he is diagnosed with having delusions which are context- and culture-dependent: *“A belief which inhibits critical functioning and is widely considered delusional in one population may be common (and even adaptive) in another, or in the same population at a later time. Since normative views may contradict available evidence, a belief need not contravene cultural standards in order to be considered delusional... The DSM-5 characterizes certain delusions as ‘bizarre’ if they are clearly implausible, or are incompatible with the surrounding cultural context. The concept of bizarre delusions has many criticisms, the most prominent being judging its presence is not highly reliable even among trained individuals.”*

The description further says that *“A delusion may involve diverse thematic content. The most common type is a persecutory delusion, in which a person believes that an entity seeks to harm them. Others include delusions of reference (the belief that some element of one’s experience represents a deliberate and specific act by or message from some other entity).”* By making such a statement, the validity of the 10 commandments as being revealed by God is flatly denied. Moses, and billions of Christians and Jews who build their religious conviction on this content, all accordingly suffer from psychosis because they believe this content was received from an entity other than Moses! In this way, psychiatrists put themselves in a position to judge the validity of religious experiences, claiming that they cannot come from God because an influence on people other than from material sources represents a delusion! The observation that *“The subject matter of delusions seems to reflect the current culture in a particular time and location”* once again contradicts the medical dogma that drugs are helpful to deal with delusions because then there should be different pills for the time and place people live in.

*“Some psychologists, such as those who practice the Open Dialogue method, believe that the content of psychosis represents an underlying thought process that may, in part, be responsible for psychosis, though the accepted medical position is that psychosis is due to a brain disorder.”* That something is accepted by the majority does not mean at all that it is more correct than what others know to be true! Therefore it is, in the end, irrelevant how many people believe what but only which content corresponds with the truth and actual facts.

The Wikipedia article says that *“Disorganized speech or thought, also called formal thought disorder, is disorganization of thinking that is inferred from speech. Characteristics of disorganized speech include rapidly switching topics, called derailment or loose association; switching to topics that are unrelated, called tangential thinking; incomprehensible speech, called word salad or incoherence.”* The belief is that by swallowing a pill, thinking becomes more organized. This concept has nothing to do with scientific knowledge but belongs to the realm of fairy tales, yet it is upheld even to the extent that the parents of M. lost the custody rights over their son because of their disbelief in the drug cult, the dogma that pills are the solution to deal with problems in the mind!

It is stated that *“Psychosis is rare in adolescents. Young people who have psychosis may have trouble connecting with the world around them and may experience hallucinations and/or delusions. Adolescents with psychosis may also have cognitive deficits that may make it harder for the youth to socialize and work. Potential impairments include the speed of mental processing, ability to focus without getting distracted (limited attention span), and deficits in verbal memory. If an adolescent is experiencing psychosis, they most likely have comorbidity meaning they could have multiple mental illnesses. Because of this, it can be difficult to determine if it is psychosis or autism spectrum disorder, social or generalized anxiety disorder, or obsessive-compulsive disorder.”* Again none, not a single one of these aspects, fit the situation of M., yet he was declared to have a strong psychosis which under any circumstances must be treated with drugs!

## M. had zero signs of some disability to interact with the world around him

Psychosis is considered to be among the top 10 causes of social disability among adult men and women in developed countries. A disability is any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions). Did M. have any serious difficulties in relating to his surroundings, to the people with whom he was dealing in daily life? Besides the challenges that any person may face in daily life, there was nothing special which could be seen as M. finding it hard to relate to others to an extent that could be classified as a mental disorder. Yet he was classified to have a strong psychosis!

When M. came into difficulties in this respect, it was only after he had received two strong sleeping pills at the same time in the hospital which made him feel nauseous and dizzy, which is a natural effect if someone takes it for the first time in his with such an effective content. His being limited in relating to others through the influence of these pills, which he was given at 2 a.m., has nothing to do with his having some mental problem, except that it was projected onto him and his state of health was totally wrongly diagnosed.

What is behind such a situation? On one hand, the total inability of the psychiatrists to recognize what is the real reason for M. not acting as others due to the 'aftermath' of his having been given strong sleeping pills which 'knocked him out.' And on the other, the blindness of the medical experts who see the world only through the lenses of drugs and pills as the solution to all ills or maladies.

Social disability by way of social disconnection refers to the ongoing absence of family or social relationships with marginal participation in social activities. Again, such an issue has nothing whatsoever to do with the life of M., who has always been very social and was even praised by the staff at the mental hospital for his excellent heart and mind, his caring attitude, his putting others first, etc.

Psychiatrist David Healy has criticised pharmaceutical companies for promoting **simplified biological theories of mental illness that seem to imply the primacy of pharmaceutical treatments** while ignoring social and developmental factors that are known important influences in the etiology of psychosis. Such a criticism is fully justified and it is today more relevant than ever in a situation where ever more pills are prescribed against a steadily rising number of mental conditions defined in the problematic minds of experts who see the world with the eyes of the medical-industrial complex that sells drugs as the solution to health challenges. Here, where the core of evil in the medical establishment lies, this must urgently be eliminated lest ever more people become the victim of medical malpractice, harmed by 'poisonous' substances in pills and vaccines, etc.

M. was diagnosed with a temporary or transient psychosis which, to the extent that it actually existed, was directly caused by the medications given to him. In this respect, it is the doctors themselves who have caused symptoms to become visible which they classified as a mental disorder and they must absolutely be held accountable for their irresponsible actions.

They have the ever so powerful Big Pharma on their side but not the truth and, therefore, it is only a question of time before they will be accused in court for their actions that have cause countless victims like M. to suffer greatly and totally unnecessarily due to the ignorance and incompetence of the so-called specialists.

## M. has never had even the slightest psychotic episode

On the WebMD website, the question “*What Is psychosis?*” is answered as “*a condition that affects the way your brain processes information. It causes you to lose touch with reality. You might see, hear, or believe things that aren’t real. Psychosis is a symptom, not an illness. It can be triggered by a mental illness, a physical injury or illness, substance abuse, or extreme stress or trauma.*” In the case of M., **no reason whatsoever exists which might have caused him to have some psychotic disorder.** No complaints in this direction have been known in the past. There are no incidents at all in his life where he lost touch with reality! To the contrary, he is known as an excellent student and dedicated sportsman...

Concerning “*Symptoms of psychosis,*” it is stated that “*Psychosis doesn’t suddenly start. It usually follows this pattern: Warning signs before psychosis: It starts with gradual changes in the way you think about and understand the world. You or your family members may notice: A drop in grades or job performance, trouble thinking clearly or concentrating, suspiciousness or unease around others, lack of self-care or hygiene, spending more time alone than usual, stronger emotions than situations call for, no emotions at all.*” **None of these symptoms are visible in M.,** so he cannot have a psychosis because these should have been witnessed.

As signs of early psychosis, you learn that you may “*Hear, see, or taste things others don’t, hang on to unusual beliefs or thoughts, no matter what others say, pull away from family and friends, stop taking care of yourself, not be able to think clearly or pay attention.*” Again, **not a single one of these signs appeared** in M.’s life, yet he is declared to have a strong psychosis!

Regarding symptoms of a psychotic episode, the following is mentioned that usually you’ll notice all of the above plus hallucinations and delusions: “*Beliefs that aren’t in line with your culture and that don’t make sense to others, like: outside forces are in control of your feelings and actions. Small events or comments have huge meaning. You have special powers, are on a special mission...*” In reality, none of the above was ever found in M. and, concerning delusions, it is very important to ask: who decides what special powers or a special mission are? For example, he and his sports trainer thought he has the potential to excel in football. Of course, **this has nothing to do with having a psychosis.**

**What about his having renewed his determination a few days before he was brought to the hospital to be good in everything in life?** He wanted to overcome his shyness and be more courageous to speak out, as he told his mother. Does this qualify him to be diagnosed with having a psychotic episode as it is explained here?

Further, it is stated that “*Doctors don’t know exactly what causes psychosis, but some known risk factors include: genetics, drugs, Injuries, illnesses, and trauma.*” Again, none these factors apply to M.

On that website, it is noted that “***Drugs used to treat mental illness can lead to problems as well.***” He is diagnosed now with a strong psychosis, as Doctor “I” told his mother on May 23, 2022 after M. was treated by him with drugs for weeks. That is **a clear attack on his health** by professionals working in the Psychiatric Department of the University Hospital!

You find the warning: “*If you stop taking an antipsychotic medicine, you may get supersensitivity psychosis. Doctors think it happens because ongoing use of this type of drug changes how your brain responds to the chemical dopamine. **Some antipsychotic medications, like aripiprazole (Abilify), carry an increased risk of psychosis.***” M. is being treated with this very drug, which causes him to get psychosis against which it should work! **A completely healthy young man is forced to take a drug which causes him to have a mental disorder! How can this crime be stopped?**

Concerning dealing with a psychosis, it says that *“What your doctor recommends will depend on the cause of your psychosis.”* In the case of M., no cause was identified. Why? Because there were and are no psychotic episodes. **They only exist in the mind of those who make such claims!**

Moreover, it says that *“Your doctor will prescribe antipsychotic drugs to ease your symptoms.”* M. did not have any symptoms which needed to be eased, yet he was given Abilify from the very beginning!

The reader is informed that *“You might need to get treated in a hospital if you’re at risk of harming yourself or others, or if you can’t control your behaviour or do your daily activities.”* None of this fits M. He did not have the slightest traces of harming himself, he can control his behaviour well, and is an excellent student. Zero reason exists for keeping him in hospital!

Doctor “I.” told the mother of M that *“What I have been noticing on him last days that he was telling us about some symptoms that could be from psychotic episodes we told you about.”* **Only suspicion. It could be...** This is also expressed in the doctor’s further evaluation: *“Probably he has some OCD tendency as well so he needs further treatment.”* When was M. diagnosed with an Obsessive-Compulsive Disorder? No such diagnosis exists for M. Again, **only assumptions without any proof!**

Doctor “I.” noted that *“We’ve got a psychologist here who can talk to him as well and get further understanding of his problems.”* **Was such an expert evaluation made?** Will he come to the same conclusion as one of the staff taking care of M. who reported to his mother that *“Oh, yes, I can see that he is always thinking about others. He has an excellent mind but what is more important he has an excellent heart. He is very considerate, always thinking about other people.”*

The doctor noted: *“We needed to start medication as soon as possible because of his psychotic problems. He came here with psychosis... But he is better since we started the medication, his frame of thoughts are not flying as before, his delusions are not as much as before.”* What are the concrete delusions? Which psychotic problems were identified in M.? I have been searching in vain for concrete answers to such questions which correspond with reality, but are only made up in the minds of certain people working in the psychiatric ward.

People seek help for many reasons. *“The problems can be sudden, such as a panic attack, frightening hallucinations, thoughts of suicide, etc. or they may be more long-term, such as feelings of sadness, hopelessness, or anxiousness that never seem to lift or problems functioning, causing everyday life to feel distorted or out of control.”* This is the decryption you find when you go to the website of the American Psychiatric Association. As you already know, not a single one of these symptoms apply to M.! Not the slightest reason exists for putting M. into a mental ward, yet he is there, forced to take drugs which are only harmful and in no way beneficial for him! Who is responsible for this reality? I demand that he will be liberated immediately from this situation where he is without any fault of his own.



## Both the alleged problem and the claimed solution greatly lack evidence

The alleged problem: M.'s brain has been serving him well so that he was an excellent student at school but then a psychosis befell him. Nobody knows why his brain should fail him after having worked very well until the day of his hospitalization and his receiving strong drugs.

**Can there be an effect without a cause?** Science says, no. It is unreasonable to think that phenomena arise out of nowhere without any causation. **No valid reason for M. having a psychosis** existed before May 4, 2022. He was doing well in life in every respect such that none of the possible causes for a mental disorder applies to him.

The fundamental issue: does a well-functioning brain simply change without a reason and a drug can repair this problem? In both cases, the answer based on logic and reason is clear: no, this is impossible. Yet, the producers of pills insist that, yes, their drugs can balance brain functions whereas reality shows the contrary: **antipsychotics have a very large range of harmful effects** on people up to premature death.

The American Psychiatric Association admits that *"The precise mechanism of action of psychiatric medications is **not fully understood**, they **may** beneficially modulate chemical signalling and communication within the brain, which **may** reduce some symptoms of psychiatric disorders."* The timeless truth is that **if you do not fully understand the problem, you can never solve it**. For this reason, any claim of antipsychotics being able to resolve issues in the brain are actually baseless. The same is true for the claim that the brain gets damaged through a person having troubles clearly distinguishing between what is real and what is not, and is expressed in having a psychosis.

Two definitely false assumptions: (1) a person has a healthy brain and then some mental problems arise which hinder him to think clearly. Such a situation causes the brain to get damaged. This is definitely wrong. Only the opposite can be true, that if a brain is damaged through drugs or external reasons then it can become limited in its functions.

(2) Such an imagined or alleged damage can be prevented or resolved through drugs. It is absolutely impossible that **adding chemicals to the brain improves the quality of the thought processes**. That this is happening was never scientifically proven.

**These two completely false claims that lack any foundation in reality** is based on performing control experiments as the foundation for M.'s parents losing custody because they do not agree with such a totally flawed reasoning, with the consequence of M. having to stay for weeks in the Psychiatric Department of the University Hospital as well as his having to take aripiprazole for months.

In a situation where the alleged problem and the claimed solution greatly lacks evidence in accordance with scientific laws and principles and to demand that directions based on such erroneous claims must be obeyed and followed is 100% unacceptable.

These facts stand at the core of the situation into which M. was put. The evidence is presented on more than 300 pages. What is lacking is merely those in responsible positions acting immediately to stop the crimes harming innocent people based on claims that are not backed by true science and the required scientific standards.

## Where is the evidence of M. having been seriously ill at the time of his hospitalization?

Reports state that M. was mentally very sick when he was brought to the hospital on May 4, 2022, yet no evidence or proof for such a statement exists. The first doctor who checked on him at the local medical care centre already did not see any illness in M. but only suggested to his sister to see a psychiatrist. If M. was seriously sick, the doctor would have made sure he was brought to the hospital but such an idea was not on his mind, as he told M.'s mother.

When you look at the list with the various types of mental illnesses, none of them applies to M. before his hospitalization. *"Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias. Depression, bipolar disorder, and other mood disorders. Eating disorders. Personality disorders. Post-traumatic stress disorder, schizophrenia, etc."* The claim is that he had a grave psychotic disorder which refers to a severe mental disorder that causes abnormal thinking and perceptions. People with psychoses lose touch with reality, with two of the main symptoms being delusions and hallucinations.

In no way whatsoever can the assertion be upheld that M. had lost touch with reality before entering the hospital, as he was dealing with reality in a responsible manner in every respect. He was always responding directly to the reality he was faced with, including seeing trash on the floor near the swimming pool where he was waiting for his sister to meet him. He used the time to pick it up, as he likes to be in a clean environment and he knows that someone has to do it — why not me, as I now have some time...? He was acting with an attitude of taking responsibility for the actual situation, a quality which someone with a serious mental illness does not have.

In which way could *"abnormal thinking and perceptions"* be observed in M. before his having been brought to the hospital? As mentioned before, the decision regarding what is normal and abnormal is a personal one because what is absolutely normal for one person may seem abnormal to another who has no foundation to understand, e.g., spiritual experiences which include visions, seeing what others do not see, or intuitively perceiving things, commonly referred to as having one's sixth sense open. Such experiences are a natural part of some whereas others cannot relate to them. This is understandable, but it must not be the reason to declare another person mentally ill because they do not have the same experience, or exclude it as a possibility to begin with.

In this very point is where the core of the failure of psychiatrists' lie who do not realize that having spiritual experiences is a natural part of life for hundreds of millions of people who are mentally fine. To associate such precious experiences as sign of mental illness points to some mental disorder on the side of those who make such evaluations but not on the side of those who are diagnosed in this way.

In the presentation of the case of M., you could learn about very positive evaluations from the staff at the Psychiatric Department of his mental state including the statement that he is a role model from and that he is *"a very, very kind person."* How is it possible to be an example for others and that your behaviour is very much kind toward others in a situation where you have lost touch with reality? Both claims exclude each other and therefore only one can be true. If M. is mentally very ill then it is impossible that he is always caring for others based on having an excellent mind, as one of the staff taking care of him put it. By now it is well confirmed on which side the real problem lies.

## Low-dosage pharmacotherapy must be maintained for 1 or 2 years after recovery

According to Oxford medicine online, which provides detailed explanations for the diagnosis M. received, *“Low-dosage pharmacotherapy must be maintained for 1 or 2 years after recovery. During this long-term follow-up, periodic assessment and effective clinical care with social and psychological therapy are essential.”* **Who came up with the idea that a patient must be given drugs for one or two years? Does a valid scientific justification exist for such a claim? Definitely not**, because already the criteria to define F 23.9 are rather vague and not based on scientifically confirmed evaluation!

F23.9 acute and transient psychotic disorder unspecified is a brief psychotic disorder defined in DSM-IV as an episode of acute and transient psychotic disorders (delusions and hallucinations with disorganized speech and behaviour) that lasts at least a day but less than a month with eventually a full return to previous level of functioning. At the here-mentioned highly esteemed source, it says that full recovery occurs in most cases within 3 months and often in a few days or weeks. The experts do not know why such a huge difference in the duration exists, as they are ignoring the most important component, the situation of a person's innermost core where any disorder arises and manifests on the external level of the bodily functions. Their blindness regarding the spiritual realm keeps them stuck in a materialistic worldview where they consider a psychopharmacotherapy as the best solution to deal with psychological problems, a method which is bound to fail to begin with because it is impossible that taking pills will resolve issues, which arise in a person's soul.

Further, it says in this detailed article that *“These brief psychotic episodes are culture-bound syndromes, often with immediate precipitating stress or life events. There is disorganized behaviour, delusions, thought disorders, confusion, and mood disorders,...”* This means that people's brain is different according to their culture! Such is the claim of psychiatrists who insist that psychosis is caused by some dysfunction in the brain, which can even be made visible through brain scans, as the doctor at the local medical centre assured to M.'s mother. Aripiprazole, which M. has to take, should therefore exist in one version for the Christian culture, another for the Muslim cultural realm, etc. That this is not the case represents just one more in the many contradictions in the minds of psychiatrists who uphold drugs as the golden calf to be worshipped, as the one and only reliable help for patients, as it is practiced in the case of M.

It is stated that *“Frequent monitoring to assess drug response and adverse effects is essential.”* How has this been practiced during M.'s detention in the psychological ward? Doctor “I.” denied having witnessed adverse side effects in M. although staff member A. testified to it. Dealing with reality seems to be the great weak point of the experts who oppose the desire of M.'s mother to check on their work and reports, as would any mother who feels deeply responsible for the situation of her children.

Moreover, it is emphasized that *“Acute psychotic syndromes require early hospitalization”* and *“These syndromes are to be considered as psychiatric emergencies.”* What are the signs in the case of M. that required his being brought to the hospital as an emergency case? Not a single reasonable justification was ever presented from the side of the hospital staff to this and many other relevant questions. The closer one looks, the more obvious it becomes how many claims are simply made up or created for convenience's sake because drugs must be given and, therefore, symptoms must be present and, if they are lacking, then one has to invent them as Doctor “I.” and others have been doing regarding M.

## The refusal to deal with the relevant issues by the staff of the mental hospital

From previous documents it is more than obvious that the staff has been refusing to deal with the given issues. No readiness was shown to answer the written questions offered by M.'s mother, but only the attitude, which was once again confirmed on June 14, 2022, that *"What I want to say that nothing will change at least for the time being. But we have this plan and it is our observation that he is getting better. He is getting more active. We are trying to help him to go more slow."* Wow, they are dedicated to not letting patients get fine quickly.

The mother noted it was *"Because you start to allow him. If you would allow him from beginning, he would be active already. Everything is according to you and you are praising yourself: 'It is because of us, because of the drug he is getting better.' But reality..."* Alas, nobody is interested in hearing the truth, so the topic was changed: *"Are there some other questions you have for us?"* M.'s mother mentioned that she has a friend who is a nurse with some experience with Aripiprazole, and she said it can be stopped any time. The staff: *"That is not quite right. Not in his case. It is so important for him for his symptoms."* — *"Which Doctor 'I.' created."* — *"Ok, we will keep moving by continuing this medication for now and probably much longer because it is so important for him and his well-being to take the medication. **To stabilize his brain, so that the psychoses do not come back because they are so dangerous. They are very dangerous.** Because when you have it - he does not remember that time, he wasn't like himself when he came..."*

The narrative of the terribly sick boy is upheld. This very same teenager was praised on the day following his arrival in the first staff meeting with parents as a very good chess player! How does this fit together with not even being aware of what you are doing while at the same time playing chess very well? Such contradictions do not bother the staff because they see the world only through the lens of drug cult members. Reality must be interpreted from this standpoint.

When the mother mentioned the doctors immediately classified her son as having a psychosis, the person guiding the meeting said, *"I don't think it is useful that we go over this again. We know how you feel and I hear that you do not agree. But it is of no use. What we see now is that we have this plan. We cannot change the direction now. Only one thing we have now: that we agree that we do not agree."* M.'s mother objected: *"I do not agree on that either."* — *"Instead of going over that again and again each time. We are here right now this time, and 4 weeks later he is getting better. That is great. So we now just move forward. Our focus is to make him better and go to his normal life."* This *"going over this"* has always meant only one thing, that you have your opinion, we hear what you say but are not interested in it and will not answer your questions, and anyway what we think will be put into practice. No other option is allowed.

One staff member said at the end of that meeting to the mother of M. that *"It is not that you would be a bad person. You are a wonderful person and a wonderful mother also and make the time with him good. But just do not talk with him about the medication because that is stressful."* The staff does not have a problem with her talking about the drug because they anyway ignore what she is saying and do what they want. For them, it is meaningless whatever objections M.'s mother brings forward. For them, it is a waste of time to answer her questions, which was already made clear in the second meeting on May 12, 2022.

It is all about pretending to care, to have already answered questions or dealt with issues while closing your

## The irresponsible attack on the physical and mental health of M.

M. was completely healthy in mind and body when he was brought to the hospital for his health to be checked. The first 3 days were used for examining his bodily functions and the result was that there is nothing wrong with them. The report said, *"There is no reason to drug him now. It is better to observe him."* Despite this evaluation in the main hospital, M. was sent to the Psychiatric Department where he was treated with drugs. Two weeks later in the meeting on May 23, 2022, Doctor "I." told his mother that her son *"gets currently attacked every day with his symptoms psychosis."* So, M. got worse in the mental hospital!

Doctor "I." added, *"Probably he has some OCD tendency as well so he needs further treatment."* No report of M. having an Obsessive-Compulsive Disorder (OCD) exists, yet it was decided that he needs further treatment for what doctors suspect whereas he definitely does not have OCD! The result is, of course, that M.'s health gets further damaged through harmful drugs merely due to suppositions! Psychiatrists can come up with all kinds of unfounded claims and prescribe drugs which only ruin people's life. The number of people being harmed through antipsychotic drugs is continuously rising on the worldwide level.

When you check the side effects of the drug M. receives daily, you learn it is possible *"to have sleepiness or insomnia while you're taking Abilify. With insomnia, you're unable to fall asleep or stay asleep. **This condition may cause sleepiness during the hours that you're awake.** If you or your child has insomnia or sleepiness after taking Abilify, talk with your doctor."* This is definitely the case with M. who is always tired, easily falling asleep at lunch time, but then he may not fall asleep on time in the evening and he is given a sleeping pill! The doctor prescribed melatonin whereby *"The use of melatonin with antidepressant drugs may potentially increase your risk of some side effects, including sedation."* So, there is additional risk of negative side effects that researchers concluded *"reduced the time it took people to fall asleep by an average of 4 minutes. Total sleep time per night was increased by about 13 minutes."* For that tiny result another drug must be given to M.! The logic: M. cannot sleep properly because of taking aripiprazole and therefore must receive melatonin because *"some research suggests that melatonin supplements might be helpful in treating sleep disorders."* Again, a medicine is given that merely **might help** and not a scientifically confirmed support based on having done control experiments.

The most common melatonin side effects include *"Headache, dizziness, nausea, drowsiness,"* and also, *"short-lasting feelings of depression, mild tremor, mild anxiety, abdominal cramps, irritability, reduced alertness, confusion or disorientation, and abnormally low blood pressure (hypotension)."* M.'s health is being damaged further and further besides the pains he already has in various parts of his body, particularly in his upper legs, which were very well trained before entering the hospital.

Add to this all the mental stress put on him, including 'separating' him from his mother, with whom he is not even allowed to have a private conversation without surveillance by the staff. Actually, it was in the evening before M. was put into the hospital that he told his mother to ask him every day a difficult question. And then, four weeks later, he requested that she does not ask him any questions! What caused this incredible change in his mind? Those who prescribe the drugs widely do not care about the negative effects they have on the patients, creating ever more innocent victims of their evil work, as it is indeed evil to harm others in the name of helping them.



## Irrational and anti-scientific concepts of psychiatrists are confirmed by their actions

In order to work as a qualified psychiatrist, it is necessary to complete four years of undergraduate education, four years of medical school training, and five years of psychiatric residency training. If you want a career in a psychiatry subspecialty, you must complete a program that takes an additional two or three years. An impressive 15 years of study to be a specialist, but how does the actual result look like in the case of those responsible for M.?

One would expect upon graduation that psychiatrists are real experts in questions on the mind. Let us start with the most basic content which every physician needs to know, namely, how the human body functions. What can psychiatrists say about how a sound mind works? To define the tasks of the various organs is not too difficult, but what about the proper functioning of the mind? Which criteria exist in this respect? According to which standards is mental health defined, and where is the borderline at which malfunction begins that must be treated with medication?

To make a long story short, such questions are answered by each psychiatrist according to their personal evaluation. In the case of M., the concrete situation looks like this: so far, all his mother could find out are the following 4 points reported by Doctor "I." that *"M. is jumping in his thoughts. He told me that when he was in the main hospital, he was seeing people who no one else saw, his radio was talking to him. He also told me when he played billiard, he heard voices from the table."*

(1) To be able to be a very good chess player you have to jump ahead in your thoughts to figure out which movements of figures your opponent might or could make while planning your own strategy. So, to jump in your thoughts from one option to another can be something very positive and productive and in the end bring you victory in whatever difficult task you are managing. No reason whatsoever to be declared to have a mental disorder, especially when the result of your jumping ahead in your thoughts shows very good performance.

(2) In the main hospital he received two strong sleeping pills at the same time whereby it is clear that drugs can cause people to have hallucinations. M. seeing people others did not could be the result of being given these drugs. He had no hallucinations before coming to the hospital as the doctor at the local medical centre confirmed, which means that he did not have any signs of a psychosis before entering the hospital in this respect.

(3) Concerning *"his radio was talking to him,"* it is clear that he did not have a radio with him at the hospital and also not at home. So, which radio was speaking to him? M. says that this claim is definitely not true, just as he alone seeing certain people.

(4) The same applies to hearing voices from the table. M. is certain such a thing never happened. This is also true for the story that the treadmill was talking to him. It is nothing else than a made-up story or a complete misunderstanding by the staff who made such a report without even witnessing it. His elder brother, who was with M. at that time, confirmed that such a thing never happened.

Statements by Doctor "I." express mere assumptions like, *"What I have been noticing on him last days that he was telling us about some symptoms that could be from psychotic episodes... We think it might be anxiety or something underneath. Probably he has some OCD tendency as well."* An obsessive-compulsive disorder was never diagnosed or officially mentioned. **Whatever the doctor thinks, his opinion is the foundation for insisting that M. has to take aripiprazole.**

The bottom line: no scientifically valid statements. To the contrary, only darkness in respect to bringing the truth to daylight comes from the doctor. Why darkness? Because he uses lies, untruths, and mere assumptions as the basis for his diagnosis, which has of course nothing to do with scientifically valid



work. No evidence of an episode of psychosis in M.'s life before hospitalization, only the effects of drugs M. had to take that might be classified as signs of a 'psychosis' whereby, even for this term, no clear detailed definition exists regarding under which conditions such a classification can be made.

It is irrational and antiscientific to claim that M. has a psychosis that will damage his brain and, therefore, he must take aripiprazole for one year. No justifiable basis is available for such claims. How can jumping from one thought to another damage the brain? This is total nonsense, yet it is what is officially proclaimed and believed by everybody because the experts say so. But are they really experts on the mind? That is definitely not true in respect to the behaviour of those responsible for M.'s situation.

Doctor "I." insists that M. expressed misconceptions in the main building of the children's hospital, ignoring that it was the result of two strong sleeping pills having been given to him. What about the doctor's own misconceptions, e.g., that M. has a mental disorder for which he must take drugs for one year or longer? Why is Doctor "I." not happy about being himself diagnosed with a psychosis when he shows symptoms of a psychotic episode by his having lost touch with reality — with which his statements about M. have little in common? The doctor has no problems declaring others to be mentally sick, but does not welcome the very same standard being applied to him. Why? Such a reaction once again confirms a split personality and double standard.

The closer one looks, the more examples can be found of how very far psychiatrists are from reality by insisting that people have to take drugs for their brain to be protected from **having too many thoughts that are very harmful for this organ. Irrational claims** are used as justification for detaining people like M. for many weeks although complete mental health is confirmed in many ways in his case. So many years of study and practice to come up with, in the end, such a very, very poor result of actual performance in recognizing where the problem lies — in this case, in the doctors themselves and definitely not in M. who is characterized by his lawyer as *"a very happy boy with broad smile," "a very efficient, ambitious and conscientious young man."* He definitely does not fit as a patient into a psychiatric department of a hospital and kept there for many weeks.

*"A child and adolescent psychiatrist diagnoses and treats emotional, behavioral and mental health disorders for youth. These professionals understand how to communicate with children and adolescents and make them feel at ease."* That is the theory. Why is Doctor "I." not able to make M.'s mother feel peaceful by answering her questions? The truth is that he does not have valid answers. How many of these questions will the experts be able to answer if they tried?

The conclusion is undeniable: the concepts as well as the behaviour of the psychiatrists responsible for M. are irrational as well as anti-scientific because they have nothing to do with doing a good job in line with the standards and principles of science, but are merely based on opinions and nothing more; only opinions and not confirmed knowledge.

## What about the active listening skills of the psychiatrists at the University Hospital?

The person who evaluated the mental state of M. at the main hospital ignored the written request by his mother to hear from her about what she found to be wrong in her son. No readiness to meet with the parents after this person sent their son to the Psychiatric Department where the doctors and staff agree that it is a waste of time to answer the questions of M.'s mom and dad.

Concerning active listening skills, the theory says: *"A psychiatrist must be able to listen without interrupting. They must be good at identifying emotions and understanding when to ask questions. Psychiatrists need to show their active listening and stay engaged during sessions with patients. Ensuring they feel heard and understood is key to providing the best treatment. Interpersonal communication involves the face-to-face exchange of information, ideas, thoughts, feelings and emotions between two or more people. This includes both verbal and nonverbal communication."* As it turned out, the psychiatrists responsible for M. got it all wrong when it comes to nonverbal communication because they consider not answering with even one word to written questions is the way to go.

The description includes: *"Interpersonal skills describe the traits and attributes you use to interact and communicate with other people. These skills are essential in any environment that requires you to communicate and work well with others."* When M.'s mother asked her son who spoke with him about his internal situation, how he feels about his present and future, his answer was, *"Only my lawyer."* Yes, that was his answer after staying for weeks in a place where he is taken care of by experts on the mind! The doctors are not interested in speaking with their patient about his inner reality and the staff there is also doing a very bad job in this respect. Instead of deep sharing, only superficial talks occur because the brain of M. must not be too active lest it gets very much damaged. That is the kind of concepts which is prevailing in the minds of those working at the mental ward!

*"Interpersonal skills allow you to communicate clearly and effectively and develop stronger relationships with others. They are often called people skills and tend to be influenced by your natural ability to interact with people and how you have learned to deal with various social situations."* As mentioned before, Doctor "I." is not doing great in this respect at all when it comes to relating to M.'s mother, repeatedly shouting at her because she did not wait until he had finished saying what he wanted to express. Such behaviours is called lack of self-control because shouting at a person who is desperate to get answers does not solve the problem, only providing the answers a person is looking for does.

Examples of interpersonal skills include: (1) **Listening attentively:** Doctor "I." likes to say, "Yes" or "Hmm," but such expressions are meaningless because they are not followed by deeds, like doing to what is agreed in theory.

(2) **Working in a team environment:** The readiness to work together with the parents in taking care of their son is absent. Rather than doing so, the responsible staff at the mental ward initiated removing the right of custody from M.'s parents so that they do not have to deal with them but are free to do whatever they want with M. in a situation where the children's protection service makes their decisions according to what they, the doctors, say needs to be done.

(3) **Being responsible:** To take responsibility includes the readiness to be held accountable for your actions. This is what the specialists taking care of M. are not ready to do. When questioned by his mother about their course of action in the treatment of her son, no concrete answers were given to the most relevant questions. They refused to give her access to the reports that were made about her child.

(4) **Being dependable:** Could the mother of M. trust the doctors and staff that they will do their "very, very best" as promised in the first meeting? No, the opposite turned out to be the case. No holistic

treatment as promised, although it was stated that only in this way can their efforts be successful. The people in question did not show that they are reliable.

(5) **Exhibiting leadership qualities:** How does reality look in this respect? Absolute obedience to what the doctors say. Their words must never be questioned but only quoted. To question his behaviours only makes Doctor "I." angry and easily leads to his losing control of his temper and shouting at the person who insists on getting answers after having waited in vain for them for weeks. Unfortunately, understanding what true leadership means is not well developed in the example of Doctor "I." because he does not know it includes lifting others up instead of putting up your own opinion as the absolute center and standard to be followed.

(6) **Motivating others:** In which way have the doctors motivated M.? They did the opposite, making him feel discouraged by not answering his most important question: When can I leave this place? Instead of encouraging him, they tried hard to slow him down although no need whatsoever for such a course of action existed from the very beginning because he came as a completely healthy young man into their care.

(7) **Being adaptable:** How do the doctors and staff at the mental ward of the University Hospital fare in this respect? Not great, surely. They proved to be unable to adapt their behavior to the unexpected situation of being challenged with many questions by the parent of one of their patients concerning their behavior. Instead of welcoming their work being checked in hopes of improving it, as should be the basic rule of those claiming to act in line with scientific standards, an attitude of rejection was shown.

(8) **Exercising tolerance:** No readiness to talk about the dogmas that are firmly established in the Psychiatric Department centered on the number one rule that everybody must get some medication lest the doctor be sued for malpractice. In this case, it is the opposite. Those in responsible positions will be sued for pushing drugs on a completely healthy young man who has no need whatsoever for them.

(9) **Practicing empathy:** This is where everything starts when people feel they want to help others who have some health problems. So, they decide to study medicine or work as staff in a hospital. But how does reality look like in the end? This is what is described in detail in the case of how M. has been treated in the Psychiatric Department of the hospital and how the staff dealt with his mother asking many questions.

(10) Listening is a skill that is closely associated with **effective communication**. While it's important to share your own thoughts and ideas, it's equally important to listen to others, which can help them feel understood and valued. What about the doctors' and staff's ability to welcome criticism with an open mind to improve their work? As it seems, it is absent in the case of those taking care of M. There is still the chance to improve their performance based on reading the 300 pages compiled in connection with their attitude and behavior and responding to the many questions that are raised by M.'s mother. They refer not only to them in particular, but to the overall situation of the medical establishment where the root cause of the problem lies and where the issues must ultimately be fully resolved.

## Presumption of innocence applies to M. regarding the claim of his having psychosis

According to article 70 of the Icelandic constitution, *“Everyone charged with criminal conduct shall be presumed innocent until proven guilty. The onus is on the prosecutor to prove the guilt of the accused. In order to convict the accused, the Court must be convinced of the guilt of the accused beyond reasonable doubt.”*

The ‘accusation’ in the case of M. is that he has a psychosis which must be treated with aripiprazole (or another drug). The onus is on the psychiatrists to prove the ‘guilt’ (diagnosis). In order to convict M. as the one who must take aripiprazole, the court must be convinced of the ‘guilt’ in the form of M. having a valid and confirmed diagnosis and that this state requires the medication with an antipsychotic drug beyond reasonable doubt.

The explanations in this book, which are directly related to the case of M., confirm that no evidence exists for the claim that M. has a serious psychosis that requires he take aripiprazole because **neither the diagnosis nor the effectiveness** of the drug are **proven**.

The doctor at the local medical care center evaluated M. on May 4, 2022 as having *“no hallucinations”* and the report from the University Hospital on that day stated that *“clear delusions do not appear.”* Hallucinations and delusions are the main characteristics of a psychosis. The conclusion is stated that *“No reason to drug him, it is better to observe his mental status and changes in behaviour without giving drugs.”*

The report on May 5, 2022 speaks of a ***“suspicion of a psychotic disorder.”*** On the following day, it says in the report that M. *“sometimes says abnormal things.”* Everybody is doing this sometimes. The report on May 9, 2022 says that M. was admitted on May 4, 2022 *“because of suspicion of psychiatric disorder.”* There was only the assumption that he might have a psychosis, but this was never confirmed.

The alleged signs are that M. *“Does not speak coherently and seems to have limited short-term memory.”* The cause of M. not being completely clear in his mind in the main hospital lies clearly in his having received two strong sleeping pills in the first night, which affected his health gravely so that he felt nauseous the following day and further until the increased effects of Imovane 7.5 mg and quetiapine 12.5 mg taken together fully subsided.

At *drug.com*, an **important warning** is stated: *“Using quetiapine together with eszopiclone (Imovane) may **increase side effects such as dizziness, drowsiness, confusion, and difficulty concentrating.**”* In this way, it is confirmed that the reason why M. found it hard to concentrate in the main hospital does not lie in his having a psychosis but in the effects of his taking sleeping pills for the first time in his life.

The case is crystal clear: a strong psychosis which needs treatment is alleged merely on a suspicion that was never confirmed by hard facts, which convincingly show that M. has a mental disorder. The opposite is the case. The testimonies made about M. clearly point in the opposite direction, starting with staff member A. commenting in the official meeting on the second day of M.’s stay at the psychiatric ward that M. is very good at playing chess. This would be impossible if it were true that M. is suffering from a mental disorder. Without a confirmed diagnosis, no claim can be made for M. having to take drugs like aripiprazole. Therefore, we request that this be stopped immediately and restitution made for all the manifold damage and harm caused to M. as outlined in the letter to the children protection office.

## The legally correct way of handling the case of M.'s detainment at the psychiatric ward

At the only occasion when the mother of M. could have an interview with the main person treating her son, Doctor "I." said, *"M. came here with a psychosis. The longer he stays in it the more problems he has occurring in his brain which can cause permanent damage to his cognitive functions and memories. As he stays longer in these psychotic episodes the damage is done to the brain. That's why it is essential not to stop the medication. We are obliged to help him. We are obliged to treat him because I could be sued if I don't do it. That's a problem."*

The doctor identified a problem. What is it? That somebody can make a court case against him if he does not fulfil his responsibility to treat M., because having a psychosis can permanently damage the brain. Is that true? No, the brain does not get harmed by a person having wrong thoughts that are not in line with reality. Otherwise, all people would have a damaged brain and that is certainly not the case.

In reality the brain balances tissue growth/loss without the need of any treatment as Dr Lena Palaniyappan, a psychiatry professor and scientist at Robarts Research Institute, has shown. You can read about the details *"The view of M.'s mother is confirmed by recent scientific findings."* This means, a completely wrong assumption, namely, that drugs must be given to M. to protect his brain, is the basis for the decisions and actions of the staff at the psychiatric department of the University Hospital.

In a situation where no irreversible damage is caused to the brain through a psychosis, no basis whatsoever exists for putting Doctor "I." in front of a judge to decide whether his behavior is right or wrong. But a case against him exists in a situation where M.'s health and wellbeing are damaged through his having to take aripiprazole. This is what has become a reality.

M.'s mother has no interest in going to court merely because of her own son's suffering. She is shedding light on his situation because of all the countless other victims of medical malpractice where the patients are given drugs that harm their body. Her efforts are aimed at exposing the overall issue of chemical products pressed into pills being presented as the solution to health issues although reality shows that they are mainly causing harm, with no beneficial effects being scientifically proven.

The course of action by doctors in general who prescribe drugs in a situation where the body has no need for them stands at the core of the situation M. was put into. From this standpoint, it is clear the court case is about deciding which way of dealing with patients is correct: to support the healing process of the body without any interference through artificially produced products or to oblige patients to take drugs?

Who can be the judge and prosecutor in such a case? A prosecutor is a lawyer who works for a state or government organization and is responsible for starting legal proceedings and then proving in court that the suspect committed the crime he's accused of. Dictionary.com it says in this regard that, *"So on that TV crime drama, the prosecutor is the one trying to put the bad guy in jail, and the defence attorney is the one trying to prove that the guy really isn't a bad guy."* The mother of M. and her lawyer representing the people of the nation and ultimately of the world stand in the position of prosecutor. The side of the defence attorney is formed by the army of lawyers around the world paid by Big Pharma. For this reason, the lawyer of M.'s mother said that this is a very huge case similar to David fighting against Goliath as recorded in the Old Testament. Armed with only a sling, he picked a stone from a riverbed and slung it at Goliath's head. David's aim was true; the stone struck the giant and killed him, prompting the Philistines to flee.

Why are David and Goliath fighting to begin with? Because the Philistines have proposed to send their toughest warrior against the Israelites' toughest warrior to settle a dispute in single combat. This is also the objective behind M.'s mother coming forward to bring the case of her son's detainment in a mental ward and 'forced' treatment with harmful drugs to the public because ultimately it is the people of the world, the citizens of every nation, who have to decide what kind of system they want to follow. As most people do

not know about the evil influence of the pharmaceutical industry on the medical establishment, they do not see a problem and think the ever worsening overall health situation has nothing to do with wrong concepts on the side of medical doctors.

What is shown through the documents presented by M.'s mother, along with the two books by Nikolaus Beutl referring to the precious work of true scientists in the past and present, is the fact that the body is capable of dealing with any health issue without the need of artificially produced drugs. Exposing this core truth is like the stone which hits the brain of Big Pharma, destroying totally wrong concepts and leading to its complete demise because, once the truth is known, no person with a sound mind will choose to take some pills, which are not necessary at all and only cause harmful effects on the body.

Yes, this is what stands at the core of the case of M. which is to be decided by the public as the judge, because it is not a personal matter but more than anything one that is relevant to all humankind in respect to how to proceed into the future. In May, 2022 the WHO wanted to get the nations of the world to sign a new treaty which would give additional power to the World Health Organization to decide which measures should be taken in the case of a health crisis of public (international) concern. At the same time, M.'s mother has been presenting the case of her son to the authorities responsible in her nation regarding questions of Social Affairs.

Due to the opposition of mainly African countries, the proposal by the WHO has not been successful. But they will surely try again just as the case of M. is ongoing because the final decision will not be made by one person but by every country on the side of the general public as well as the side of the representatives of the state (judiciary) system. The issue is none other than whether a country pursues the path of science as represented by those who pursue true scientific work or it continues to follow the agenda of the medical-industrial complex that is heavily dominated by the agenda of Big Pharma.

From this viewpoint, it is the largest court case ever made in human history because, considering all the underlying issues, the amount of money ultimately involved is around 8 trillion U.S. dollars, 10% of the GDP of the entire world. Once this international court case is won on the side of scientific facts, they will save up to 10% of GDP which, on average, is spent for issues related to the health of the population.

In the light of the gravity of this case, it is decisive to have a close look at all the issues connected with the case of M., as they apply not only to him personally but ultimately to all people in the world as everyone might come into a similar situation and be faced with forced treatment based on totally wrong and unscientific concepts that are at the base of most procedures done by doctors around the world, who are influenced by the interests of the medical-industrial complex.



## The underlying issues of M.'s case to be decided by the public – collectively

In the document addressing a legally correct view, the comparison was made with the situation the Israelites were faced in the confrontation with the Philistines, an ancient people listed in the records of those who descended from Noah's son Ham after the time of the flood (Genesis 10:14). Abraham and Isaac interacted with the Philistines in Canaan (Genesis 21:33–34). But it was during the time of Exodus that the Lord promised that the land of Israel would include the territory of the Philistines (Exodus 23:31). This promise meant that some kind of confrontation would have to take place for Israel to displace the Philistines.

The conflict was over more than land; it involved divergent worldviews. Unlike the Israelites, the Philistines served human-made deities and were known as a violent, warlike people. The ultimate confrontation was accordingly between the materialist worldview, which is the foundation of today's medical establishment, and the view of the world where everyone is acknowledged as a spiritual being with a body that is capable of protecting and healing itself without the need of artificial products.

The bottom line is none other than the conflict between those who know of the spiritual realm to be a substantial reality and those who deny the true dignity of humans as eternal beings with an invisible heart and soul as their very core and center. Here is where everything starts and where all the confrontations will end once everybody deals with the fact of their having indeed an invisible mind guiding their body and not a brain that is producing thoughts. Merely the fact that psychiatrists claim that, for whatever unknown reason, the brain suddenly gets attacked by the thoughts it produces is insane. Yes, to think that something which is working harmoniously day by day, year by year, decade by decade suddenly begins to act in a self-destructive manner is close to madness because it lacks any basis in logic and reasonable thinking.

One may feel that this is too hard a judgment on psychiatrists, but they are the ones declaring that others have a mental sickness and must be locked up in a mental ward and forced to take medication. They claim more authority than even a judge who can only make a verdict based on reliable witnesses, whereas psychiatrists are the ones who create the accusation, in this case that M. has a mental illness, and also set themselves up as the judge, ruling that he must be detained and drugged in their psychiatric departments.

This outrageous situation where one group of people sets themselves up as the ones who create the rules and also as the judge to decide what people have to do as well as, in the end, all mankind, too, once the goals of the WHO are fulfilled to control the response to health issues on the worldwide level. Those wearing white coats as representatives of the medical-industrial complex are today's priests presiding over the life and death of people, a fact that is obvious for those who have a closer look at what is actually happening, e.g., with respect to cancer treatment where patients are forced or pushed to take chemicals that are highly poisonous for the body and lead to premature death in the years that follow in more than 90%, not because of some extra growth of tissue which would anyway disappear by itself once the underlying issue is resolved, but due to the effects of the harmful products prescribed by the medical doctors. A survey shows that around 80% of them would not take chemo or prescribe it for their children if they had cancer.

The truth is bound to come to light in every respect. Now, the time has definitely come to fully expose what is wrong with the medical establishment and allopathic medicine.

## When the cold and stony-hearted make the decisions, the worst case is reached

The story of M. ending up in a mental hospital as a completely healthy teenager is a sad testimony to the very miserable standard regarding those in responsible positions actually practicing what they claim to do, starting with the experts on the mind refusing to answer any of the relevant questions concerning their decisions. For M.'s mother, it was like trying to get answers from stones and not living beings, which is certainly true when it comes to seeing things from the standpoint of heart as the core of every person.

That means, even after many weeks, that none of the core issues were answered and M.'s suffering was simply prolonged and prolonged in the name of helping him. All in all it is a story of corruption on questions related to the mind at the highest level of the top specialists in the country, the psychiatrists working at the University Hospital and the representatives of the Family Committee of the Ministry of Social Affairs, and those representing the children protection service. When M.'s mother delivered the document containing an urgent call for action in the case of child abuse to the National Agency for Children & Families, she received a stamp on the paper that the report was received and then guess what? Nothing happened. No steps were taken to deal with the issue!

The same applies to the official meeting to deal with the case of M., where three lawyers represented the different sides. The mother of M. offered at that time some 80 pages of explanations regarding her son's unjustifiable detainment in the Psychiatric Department. The result of her appeal: M. has to stay longer because he is very sick with psychosis although this claim has zero to do with his actual mental state.

Three weeks later, M.'s mother delivered to the office of the medical director of health 150 more pages of detailed content which is relevant concerning what has become a reality for her son. Again, a stamp was given that it was received and that's it. No reaction. No consequences. Nothing, as if the people in the respective positions are deaf and blind. It is their responsibility to take care of issues, they are paid for it, but when it comes to doing their job they get away with doing nothing yet get their nice salary. This is how corruption looks like on the various levels so that nothing productive can be achieved. None of the truly important questions are dealt with. They are swept under the carpet and the routine continues what is always done without any readiness to be held accountable for one's actions, that is, inactions and irresponsibility. The only way remaining is to go to court, but what prospects are there for justice when the whole system is already corrupt.

Unfortunately, the homeland of M. is not an exception in this respect. People with a dishonest heart and mind can be found everywhere in connection with powerful positions. For this reason, it is important to ask all the fundamental questions as to what kind of system we are supporting: one where human dignity is upheld or the opposite with people pretending to care, pretending to listen, pretending to want only the very best, etc.?

Corrupted hearts are of course not only found in those at the top but also their subordinates; in the case of the Psychiatric Department, one staff member went so far that when M.'s mother called to speak with her son, she was told he was just leaving, and when she mentioned to the person that she is outside the building and will give him a lift, the staff member suddenly said that M. changed his mind and is not leaving — only to prevent him meeting his mother who was about to go to the same place as her son intended to go. Because she was supposedly a bad influence on him, her son must be kept away from her. Better he uses public transport than going with his mom in the car to his destination...

## Letter to the those responsible for M., two months after his hospitalization

To all responsible for the situation of M., hello ...,

I sent you already many detailed explanations about the medical malpractice on my son M. by workers in the Psychiatric Department of the University Hospital, yet so far you have ignored them. You did not respond to the very serious questions raised in them!

The overall health of my son after taking the dangerous drug aripiprazole (abilify) against his will and without his parents' approval is greatly deteriorating. Here [\(18\)](#) is a more recent FDA warning from January 2022 against the drug which is given to M.:

I am truly in shock and disappointment about your behavior. How can you not react immediately to my letters about the serious health problems of my son as a result of having to take aripiprazole? How can you still sleep with a good conscience when you know that innocent children like my son are suffering due to you doing nothing, failing miserably to do what you are supposed to do, namely, to protect children?!

Last time when I could see M. a couple of days ago, I was really internally crying because he was looking so very different from his usual bright and very positive and hopeful expression. He has become rather lethargic, his smile is much more rare to see on his face, his openness to people and trust to them is shut down, he has pain in his legs even to the extent that he could not continue to play the recent football game until the end, but had to give up during the match due to his legs failing him, although he was used to running all day after the ball without any problem just 2 months ago before he was put into the mental ward and his excellent health was destroyed in a couple of weeks in so many ways through the drugs he had to take.

Where can I turn for help? I am not finding it in you but only a cold shoulder although I have appealed to you in dozens of pages as the institution created for the protection of children. Please consider that this case is made public and will be known to many people who will hold you responsible for what you have failed to do. It will be published in a book and then you can explain your excuses to the readers as to why you have allowed this tragedy to become a reality. Your actions will become known to anybody who is interested. If you have done well so far, you can be proud of your actions. In case you have some bad conscience, I advise you to act swiftly and do for what you are paid to do —protect children. This is my final request to please answer and to please act quickly. I demand an immediate stop of the drug my son is receiving. He was meanwhile brainwashed to take the drug responsibly by his own will because he sees this as the only way to remain in freedom and not having to go back to being detained in the mental hospital.

My heart is bleeding! Please help! I have appealed to you now for 8 weeks in vain and delivered 250 pages of explanations in connection with M. having been put into a psychiatric ward as a completely healthy teenager. Where is your heart? Do you really think that you will get away with such an apathetic attitude of ignoring all the pleas? Not I, but others will be the judge in this case over your behavior and all those responsible for harming the mental and physical health of my son so gravely.

## The utterly irresponsible behavior of the authorities

The meaning of the word irresponsible is “*not to respond*,” and is very sadly fulfilled when it comes to those in responsible positions refusing to be held accountable for their decisions.

1) On May 4, 2022 M. was brought against his will to the medical center and then University Hospital as a completely healthy teenager. Four days later he was transferred to the Psychiatric Department via ambulance although there was no need for it whatsoever. It was announced that medication would begin immediately, whereby the start was only delayed for one day due to the parents' protest. When they still opposed their son being treated with aripiprazole due to the severe harmful side effects, then on the fourth day after M. having been put into the mental ward the right of custody was taken from the parents.

2) The parents' continued rejection of their healthy son having to stay at the mental ward and to take drugs has led to a meeting of the representatives of various standpoints including the Ministry of Family and Social Affairs on May 24, 2022. As a result, it was decided that M. must stay up to 2 months in the mental hospital instead of dealing with the actual situation of his having been put there as a young man in very good health.

3) On June 9, 2022 the mother of M. sent an urgent request in the case of child abuse to the children protection service to which she received, like her many other appeals, not the slightest response. Imagine, even months after the case of M. was put into the hands of the children protection office, the main responsible person had still not even once met or talked to M. about whose life she made grave decisions such as removing custody from his parents, limiting the hours family members are allowed to see their brother/son, etc.!

4) The lawyer of M.'s mother sent a complaint about her not being allowed to get the medical reports about her son to the Directorate of Health on June 13, 2022, which remained without result in the months that followed although M. had given a written permission for his parents to see the reports about him.

5) On June 14, 2022 the mother of M. offered her written questions at a meeting with representatives of the Psychiatric Department of the University Hospital, which none of the participants wanted to receive, as pointed out under the theme “The refusal to answer questions confirms the rejection of scientificity.”

6) On June 16, 2022 M.'s mother presented a document with an urgent call for action in the case of child abuse to the National Agency for Children & Families (children protection service) due to the grave harm done to her son, which resulted in zero consequences. And on June 21, 2022 she delivered a request to take action against medical malpractice and violation of scientific standards in the case of the treatment of her son to the Directorate of Health. Again, no reaction whatsoever was shown.

7) On July 12, 2022 M.'s mother was invited to the mental hospital for the staff to answer her questions which she had presented one month earlier. She was told that they cannot respond to her in written form because it can be misused! How is it possible to misuse the correct answers to written questions? Why is the truth - their honest answers - not allowed to be put on paper? In that meeting to 3 of the more than 40 questions a superficial answer was given.

8) In the here-mentioned meeting it was promised that another such gathering would take place one month later for further clarifications as in the meantime staff/doctors would be on holiday. M.'s mother waited for such a call to come to the psychiatric ward in vain for weeks and then for months but no

invitation to meet from the side of the hospital staff. Promises count unfortunately nothing for the so-called experts on the mind.

9) The request by the mother of M. to see the reports which were made about the state of health of her son went to the Directorate of Health to make a decision in this case. The mother waited in vain for such a final decision for months – no response whatsoever despite repeated personal outreach to the respective office!

10) When M. requested in the middle of September 2022 that the dose of aripiprazole to be reduced, he had to sign a paper that he does not obey the orders of the doctors and wants only half of the dose, implying that he is responsible for the consequences. That the doctors do not take any responsibility for negative side effects of the medication which includes suicide by the patient was confirmed directly to the mother of M. when she asked the doctor responsible for her son about this point.

### Open end of M.'s situation

How the story of M. will further develop in connection with his having been put under the control of authorities as a completely healthy teenager during 2 months at the Psychiatric Department of the University Hospital, and his having to pick up medication twice a week and continue to take it for a year or more is an ongoing nightmare where the final outcome still remains to be seen...



## Chapter 3

### To which extent is science practiced?

Dear reader,

You may have heard the expression that *“the science is settled”* or *“trust the experts.”* Should we really trust others when it comes to our own body, which we know better than anybody else? It is surely worth the effort to have a closer look at this question. Unfortunately, reality does not look good at all in this respect.

Scientific research has come to be more and more influenced by those providing the money, which in most cases is the industry that definitely pursues a certain agenda just as it is the case with politics playing a certain role in how the healthcare system develops. This reality could be witnessed particularly during the so-called corona crisis which was actually planned, a fact which is obvious for anybody who is prepared to look at the actual facts and scientific data.

Alas, this is what most people are not ready to do because they have a preconceived opinion or some bias based on fear or other negative emotions. But such a mindset does not make reality disappear. If you want to learn more in connection with the Covid plandemic, you are wholeheartedly invited to read the two books mentioned under the theme *“The quest for absolute Truth.”*

Yes, the core issue is whether we are dedicated to search for the unchanging truth based on objective facts or we remain stuck in our personal opinion, whatever it may be. In this respect, it is good to remember that *“truth does not mind being questioned. A lie does not like being challenged.”* It is obvious that this book will stir a lot of controversy because it is addressing essential problems in front of which most people prefer to close their eyes, namely, that the health system is corrupt in most places and rooted in totally wrong concepts.

It may not be easy to hear this, but there is no alternative to facing facts if you want to work on lasting solutions. What conventional medicine is primarily doing is none other than trying to reduce symptoms rather than dealing with their root cause, which lies in the hearts and minds of people in every case. To gain this awareness is essential in order to advance on the path of lasting health improvement.

The fundamental question is, of course, whether we are satisfied with short-term relief of disease we feel, or dedicated to search for the origin that can always be traced back to some unresolved issue in the soul of a person that expresses in the body. Once we are determined to remove the root cause of illnesses, we will see complete healing in every case.

This may require some extra effort on the side of patients to be truly honest, but to do so is surely worthwhile because it is true for every human being that the body knows best. We should listen to it rather than blindly believe in this or that medical dogma, which is upheld in the interest of the pharmaceutical industry.

The way toward a wonderful future lies in returning to true science in every respect after exposing any kind of pseudoscience which, unfortunately, is more widely present today than ever before in human history, as anybody can find out when looking at the details.

## An intelligence test concerning the medical establishment

Here are 12 themes addressed in the intelligence test for the medical establishment, which are relevant for every human being:

- 1) What are illnesses and what causes a person to get sick?
- 2) What leads to the growth of a tumor and how can cancer be healed?
- 3) Why are people getting ill with thousands of diseases, but not animals and plants?
- 4) Why do all people need vaccines, but not all animals, birds, and fish?
- 5) What do medical doctors know about the invisible inner heart of a person?
- 6) In which way is the human body defined by conventional medicine?
- 7) Through which scientific experiments has contagion been proven?
- 8) What is the difference between humans and monkeys regarding their health?
- 9) In which way is Love included in providing healthcare services?
- 10) What do the medical experts know about how the brain functions?
- 11) How successful is modern medicine in completely restoring people's health?
- 12) How does the effectiveness of the medical establishment's investment look like?

Please reflect on these questions and answer them for yourself before you learn more about the correct answers in upcoming reflections on these points.

## The correct understanding of the human body versus the medical view

The task at hand is to really think as clearly as you can to objectively grasp the truth about the medical establishment which, in reality, is very far away from what most people think is the case. In this presentation, I am comparing the view of the medical establishment on one side and the scientifically confirmed true understanding of the human body on the other.

Here, I am letting you know how the mother whose son was misdiagnosed as having a mental illness presented her understanding in front of the authorities:

1) Let us start with the **cause of sicknesses**. What do doctors know about it? A long list of sicknesses exists with the International Statistical Classification of Diseases and Related Health Problems known as ICD-10, which provides nearly 70,000 codes whereby most are ailments of unspecified cause. An illness without a known cause is called idiopathic. This term is used to describe a disease with no identifiable cause. An idiopathic disease is a “disease of itself,” that is, one of uncertain origin, apparently arising spontaneously.

A huge number of illnesses, multisystem diseases, and syndromes of unknown etiology exists with the cause, set of causes, or manner of causation of these conditions being still in the dark. That is the level of knowledge the experts have concerning tens of thousands of illnesses which they have identified. In only a tiny percentage of these cases is the cause known. That is the sobering reality with respect to doctors being aware of the concrete origin of diseases.

On the other side are those who are familiar with the scientific discoveries by Dr. Ryke Geerd Hamer, who found the cause of all ‘illnesses’ by identifying their root on the mental and emotional level along with the areas of the brain and respective organs to which the various health problems of a person are directly related. In this way, in 100% of the cases the origin of symptoms in the body can be clearly recognized. If you compare this precise full knowledge of the ultimate cause of each health issue with the poor knowledge conventional medicine has, you can discern what causes people to get sick and can realize that the difference is indeed enormous. Doctors even think that many of the diseases which they define arise ‘of itself,’ or spontaneously, due to their having no idea why they appear!

The first round of evaluating the level of confirmed knowledge goes therefore clearly to the side of those who stand on the foundation of having studied the precious discoveries centered on the **5 biological laws** that are active in each and every human being. Based on knowing them, the root cause of each and every illness can be distinctly identified. As someone who is familiar with such content, I can confidently say that I can provide more insights concerning the cause of sicknesses than allopathic medicine is able to do. Without having studied this valuable foundation of scientific knowledge, those representing mainstream medicine are not in a position to evaluate the precious insights I have gained in my life so far, all based on the true scientific method.

2) As the second question of this intelligence test, I want to ask what medical doctors know about **cancer**. Hundreds of billions of dollars have been invested into cancer research and treatment during the past decades, yet the number of cancer patients is steadily growing and the cause of this second most common health problem of our time is still unknown. Despite these enormous amounts of money having been dedicated to researching this health problem, of which most people are quite afraid to be diagnosed with, it still cannot be cured. This reality represents a very poor outcome compared to the huge investment in this area of cancer research.

On the other side are those who can clearly identify the cause of each and every form of cancer with the help of the detailed scientific analysis provided by Dr. Ryke Geerd Hamer, who was able to heal nearly all of his cancer patients, except those whose illness was already in the final stage. Again, I can confidently

say that I have deeper insights than medical experts into the **process** of what causes cancer or tumors to grow, and how this growth can be reversed so that they naturally shrink and disappear without the need of a single operation, radiation, chemotherapy, or other drugs.

3) As third challenge, I would like to compare the **ability to think logically** on the side of the medical establishment to those who have understood the principles of nature. If you take the time to watch animals, birds, insects, and all kinds of living beings, including plants, you will notice that they all go through their respective cycle of life without the need of any kind of medicine to keep growing and multiplying.

The decisive question is obvious. In a situation where all living beings prosper without the need of any medication, why do we as human beings need all kinds of artificially created drugs to keep us alive? No logical reason exists which could justify such a situation other than that **all of the creatures of the world**, along with all plants, **are amazing** yet, alas, human beings are the very worst species that have appeared on this earth, as we are not even capable to being **healthy and fine from birth to death** like all other living beings are — if their life cycle is not harmed, poisoned, or influenced in other ways negatively through people.

What is the answer of the health specialists as to **why human beings need so many pills**? Research shows that a whopping 39 percent of seniors take five or more prescriptions each day. Can doctors give any reasonable answer as to why this is necessary when, in all the animal world, not a single one of the thousands of species needs even one pill in their lifetime to reach old age, whatever this may be for the respective category? No, they definitely do not have a logical answer to this question.

On the other hand, I and all others who have understood the amazing potential of the human body know absolutely for certain that not a single drug is necessary to be able to live until old age which is, of course, confirmed by the countless people who lived in the past until the end of their days **without the need of any medication**. In other words, once again my side gains all the points because we can answer the given question correctly, logically, and reasonably, namely that human beings, just as all animals, do not need a single drug to be able to reach an advanced age up to 100 years or whatever one may see as the limit.

4) As the fourth question for the intelligence test, I would like to introduce the now ever-present topic of **vaccination**. What does the medical establishment know about it? What kind of vaccines are necessary and for which sicknesses? You may hand me a long list with names, but all of this information has zero value, along with each and every vaccine to which it is referring, in the light that not a single one of them is necessary if you know how to keep the body healthy just as all animals are doing.

In other words, I and all those who stand on the same foundation do not need even one single vaccine our whole life long. That means, of course, that we are once again the winners as the ones having a healthy, unvaccinated presence, just as it is clearly proven that **children who do not get any vaccine are much more healthy** than those who received all kinds of inoculations.

5) As the fifth theme, I chose the huge topic of the **human heart**. We all know that the number one cause of death is to be found in heart diseases. Why? What can the medical experts say about this topic? That their knowledge in this respect is indeed incredibly poor is clearly proven in that heart disease is the topic in which they fail in the most miserable manner so that it has become the number one killer of human beings worldwide.

On the other side stand those who know that each and every heart disease can easily be avoided to begin with if you take care of your heart by listening to what it tells you, because the heart knows best. It is **the center of every human being and if it is taken care of, a long life on earth is guaranteed with no health issue to be expected**, just as it is with all animals who keep healthy throughout their respective life

cycle because they are properly fulfilling their purpose. The key to avoiding heart diseases lies, therefore, in knowing how to live well, which attitude is important to have, etc.

If we compare the knowledge provided by the medical establishment in this vast field and what I have come to know in my life, it is obvious that once again I am on the winning side along with all those who do their best to be familiar with the required answers to questions related to the human heart as the core of our being.

6) Let us look as the sixth point of this intelligence challenge for which I chose the theme of **human dignity**. Where is it rooted according to modern medicine? In dead matter. Allopathic medicine only deals with the material side of the human body and not with the spirit. What does this mean? The value of men and women living on Earth is merely that of a mass of human flesh and organs because there is nothing spiritual in human beings. If you reflect on this matter, you will realize on what kind of miserable worldview modern medicine is built, that it is purely rooted in the dead material world of elements and chemicals that make up the human body. That's all. No soul, nothing but physical things. Nothing invisible is relevant for the medical establishment.

On the other side stand those, like me, who are deeply aware of the wonderful inner potential of each and every human being as a son or daughter of God into whom He has breathed His Spirit, as every sincere Christian knows. Once again, the conclusion is obvious: those who cling to the materialistically orientated conventional medicine know nothing of true human dignity and accordingly get 0 points on this central theme whereas all spiritually oriented people get 100 points because we know of the amazing eternal spirit and its endless potential.

7) As the seventh point, I would like to refer to another seemingly ever-present theme: **infection**. What do representatives of the medical establishment say about it? A lot, but upon having a closer look, it is obvious that they know nothing about it. Yes, this is the objective situation. Never, ever have doctors succeeded in proving the passing of a disease from one individual to another as a result of some contact between them. That is the objective reality. Until today, not a single experiment of conveying disease from one person to the next has been successful. A famous example at the time of the Spanish flu is recorded in the Gallups Island Files, a project by the Johns Hopkins University, Rockefeller Institute for Medical Research, and the University of Michigan and University of Missouri.

The sobering conclusion is clear: medical experts and all those who trust them believe in contagion, a process which was never shown to actually take place. In other words, they merely have a belief in something which they cannot prove, whereas those like me and countless others who have studied this field in depth know absolutely for certain that it is impossible to get infected with some illness through other people or animals. In this way, for the 7<sup>th</sup> point of this intelligence test, 100 points goes to the side of those who know that contagion is merely a myth. Those who wish to know more about this reality may want to read the book *Contagion Myth* by Tom Cowan.

8) As point number 8, I chose our nearest 'relative' in the animal world, the apes or monkeys, gorillas, or whatever type you may be thinking of. **These primates have 98% of their genes in common with humans**. Now, I would like to ask the medical experts, why do all of them live happily in the forest or wherever they prefer to be **their whole life long without a single medical intervention**? Yes, not a single one ever, in the past and on to the future. Why do we human beings need to invest around 10% of our GDP into the healthcare system whereas our close relatives, who have a tiny percentage of 2% different genes, need none of this whatsoever?

Where are the clever health specialists who can explain why this is the case? They do not exist because no logical answer is possible to justify why human beings need such a huge investment to keep healthy whereas monkeys need none of it. Who is here the clever one, may I ask?

The answer is obvious: those who have no need of the medical establishment with all its countless drugs, of which every year around 40 new ones are admitted into the system as a never-ending source of income for Big Pharma. Once again, 100 points are going to my side and zero to the so-called medical experts.

9) What do people need more than anything else? This is the question I chose as 9<sup>th</sup> point of the intelligence challenge. I suppose you know the answer: **Love**. Now, what do the medical experts have to say about this strongest force in the universe, for which people even sacrifice their life? The utterly sad answer is, hardly anything. What do medical students learn about Love? Nothing. Merely this core fact alone disqualifies the whole medical establishment as totally incompetent in respect to providing the correct solution for people who are in trouble with symptoms on the inner level of their spirit or the outer of their body due to the lack of experiencing the love they are longing for.

This time, I would like to put 0 points on the side of conventional medicine and 1000 points on the side of those who focus on Love as the core of their existence because the difference is so huge between those who dive into the wonders of love and those who have learned more or less nothing about it in all of their professional career. But as we have to stick to the agreed standard, the result is once again 100 points on my side and none on the side of those who insist they are the experts who know best how to help people with mental problems, whereas they have learned nothing about love as the core element of healing.

10) As next question of the intelligence test, we have arrived at the **brain**. Do you know that, worldwide, some 50,000 neuroscientists are researching the brain? Every year among the approximately 2.5 million new scientific papers, 100,000 research papers are published dealing with this miraculous organ! Yet, so little confirmed knowledge exists about the human brain even though tens of thousands of highly educated people have written hundreds of thousands of scientific papers. What does this mean?

The answer is surprisingly simple. They are doing their research while missing out on the most important point, which is clearly the internal aspect. It is like thousands of experts trying to find out how a high-tech TV functions without considering that it works through invisible frequencies that are transformed into visible pictures. If you leave out the sender as the origin of what can be seen with the eyes, you will never be able to find the secret to how this device functions.

The same is true for the human brain. Without including the human spirit as the invisible source of what is happening in the brain, we will never come to fully understand its secrets. Because the medical experts exclude the reality of the invisible eternal spirit to begin with, they are automatically disqualifying themselves from having valid, profound knowledge about how the human brain functions.

Once again, 0 points goes to their side whereas those like me who know absolutely for certain about the centrality of the human spirit and soul receive 100 points for this question because knowing this essential fact opens up the doors to answer those issues which cannot be figured out by brain specialists.

11) As point number eleven, I chose the most important field for medical experts who are supposed to be the ones who know the best: **healing**. How does reality look in this respect? Once you start to search for answers, you will come to the sobering realization that of the thousands of diseases affecting humans, only about 500 have any U.S. Food and Drug Administration-approved treatment. Depending on how many diseases or health problem you define (up to 70,000 are possible), the officially acknowledged treatment possibilities are limited, with a long list of incurable sicknesses. If you open your eyes and see that more and more people are sick for longer and longer periods with chronic illnesses that are ever increasing, you will know for certain that, in reality, the medical establishment is doing very poorly in respect to bringing



about a steady improvement of people's health and in completely healing the human body so that no traces of illnesses are left.

On the other side stand those like me who have studied the true cause of illnesses and know for certain where they originate and how the healing process in the body takes place **in accordance with the 5 biological laws and special programs being activated in response to emotional challenges**, etc. This foundation allows me and everybody who is prepared to listen attentively to what the body reveals about internal issues to preserve good health until old age without the need of even a single medical intervention, because any health challenge can easily be resolved with the help of herbs and natural methods in support of the 'healing' process, or better said, restoring the original healthy condition.

12) As final point, I chose the question concerning the **effectiveness** of the medical establishment compared to those like me who do not need artificially produced medicine. Remove it completely from modern medicine and what will be left? Hardly anything. This means enormous amounts of money is invested into the medical field with such a poor outcome compared to how much money is used. People like me know how to remain effectively healthy without any need for allopathic medicine, which brings once again 100 points to my side with respect to the efficacy of money and other investments for the sake of preserving health until the time of moving on to the eternal spiritual world.

What I have expressed here may feel a bit too much to digest, but I can assure you, the deeper you move into the addressed 12 topics, the clearer the overall picture will become for you. In each and every one of the addressed themes, those who remain healthy without the need of any service from the medical establishment are the glorious winners.

I would even go so far as to declare that this intelligence test is the ultimate Olympic competition because of the dimensions involved in it. People like to participate in quizzes to **check how well they are faring in intellectual knowledge**, and big prizes are given, maybe under the motto that the winner takes all. This certainly applies in this case of comparing the actual knowledge the medical experts can come up with the foundation that enables me to answer all the relevant questions to which the medical establishment has no logical or reasonable answers.

I certainly understand that it may be hard for you to digest such a reality and you may need time to do so, but I can assure you that there is no way around facing the truth and the scientifically confirmed facts to which I am referring. Your still being ignorant of the scientific knowledge I have made my own does not make it any less true, because the absolute truth of our existence can never be changed. We are spiritual beings existing for around 100 years in a body but not just a physical body as the materialistic view of the medical establishment wants us to believe.

Once you have come to the realization that we received an ever so amazing body that knows how to deal with whatever challenges come along, you will know for certain that it is impossible that viruses making people sick exist because illnesses can only arise from within and not through some 'dead dust particle.' In this respect, I suggest that you read the following two books to get a good overview in which points the established medical view is wrong and how the correct understanding of the human body looks like: *"Living with a truly Happy Heart and inner Freedom in good Health"* and *"Our Task to find the Solution to Health Issues"*. You can freely download the content at this website: <https://www.trulyhealthy.live/>

What it all comes down to is the core question of whether we merely exist and work hard to save money, which we will use at the end of our life to extend our lifespan for a few more months to die poor without anything just as we came into this world, or we use our time wisely to live in such a way that we will never need to visit a doctor because we have learned to keep ourselves healthy in any situation by watching out for the signs the body gives us to let us know where problems arise and what needs to be done to solve them.

I have been living successfully with such a conviction for decades, having been easily able to heal myself without even a single pill for whatever health issue that may have arisen and which then disappeared naturally. For this reason, I am convinced that this is possible for all other people as well, and I know the logical explanation why this is so. I do not have the slightest doubt that a life without any medication is the normal lifestyle that everybody can make their own once they are prepared to address the 12 points I have chosen which represent many others and all confirm that those who live without the medical establishment are 100% better off than those who allow themselves to be a victim of the medical-industrial complex.

I say this in all humbleness and gratitude for the tiny percentage where modern medicine is helpful in emergency situations but, in all others, it has totally failed to be successful. The opposite is the case and, therefore, we can confidently say goodbye to it, as it is truly not needed once you have learned to take care of your own health and inner wellbeing. This is definitely possible for each and every soul living on this earth.

## What are the consequences of the results of the intelligence test?

May I ask you how many points you got when answering the 12 fundamental questions for medical professionals which every human being should be able to answer correctly? Let us look at the 12 points:

1) What is the **cause of sicknesses**? Based on knowing the five biological laws and special programs, **it is possible to answer in 100% of the cases what caused a person to get ill**. The medical establishment is unaware of these precise laws or ignores them and is therefore unable to recognise the root of most sicknesses.

2) What is known about **cancer**? Those who stand on the foundation mentioned in the first point are able to identify for each and every kind of cancer the origin and are well aware that **it will naturally disappear once the internal issue which has led to the growth of tissue, etc. is resolved**. Medical professionals are failing miserably in answering the relevant questions concerning cancer.

3) How well are you able **to think logically**? **All the creatures of the world have zero need for a medical intervention** and live healthy their whole life long. Is this the natural way of life? I know absolutely for certain that the answer is "Yes," whereas the medical establishment insists that all kinds of artificially created chemicals are needed in order to deal with health issues. I am standing on the side of those who **think reasonably with the conclusion that, like all other living beings, man is supposed to be healthy from birth to the time of leaving the physical body behind**.

4) Is **vaccination necessary**? Based on the correct answer presented in point 3, it is obvious that **not a single one of them is needed** in order to lead a life in good health. The medical specialists are so ignorant as to think we need them although they are completely useless and ultimately only harmful, and in no case beneficial, for the body, which does not need any of the ingredients of the various vaccines.

5) What do you know about the inner **heart**? I am deeply aware of the **centrality of internal and external aspects of this most important organ**, whereas the medical experts study merely the physical components and, therefore, have no idea of the real task of the heart and thus are **unable to provide the foundation to erase the root of the most frequent cause of death worldwide**.

6) Wherein lies the **dignity of human beings**? I know that it is in our having been made in the image of God as Christianity teaches and, therefore, each one is **uniquely precious with eternal and unchanging divine value**, whereas the medical establishment considers the body to be merely flesh without any meaning beyond its physical existence.

7) Does **infection** exist as reality? I definitely know that it does not. It was never proven that people make each other sick or that diseases are transferred from creatures to human beings, yet so-called medical professionals believe in contagion **without having any scientific proof for this invalid theory**.

8) In respect to a **comparison of monkeys and human beings**, I know that according to the concept of genes, we are very similar and should therefore be healthy our whole life long without the need of any medication, whereas medical specialists think that while apes need no pills, man does, which is a **totally unreasonable and illogical concept**.

9) What do medical doctors know about **Love**? This topic is the one I have studied the most in my life, but this theme does not even appear in the university curriculum of medical professionals such that they are **ignorant concerning this most important content**, which moves and motivates people to the extent that they do not want to live without love.

10) Regarding the real meaning of the task of the **brain**, I am well aware that **more information is passed on from the heart to the brain than the other way**, a fact which is proven through the scientific work of the Heartmath Institute, whereas the specialists in the medical field are groping in the dark as they are unaware of the most important point to know in this respect, namely, that the **invisible spirit of a person is the control center** for the brain through the impulses arising from the heart as the central core of every human being.

11) What is known about **healing**? I am aware that **every symptom appearing in the body is the result of natural processes**, so illnesses are actually part of the cleaning and restoration processes. For this reason, any so-called sickness or disease will naturally disappear again if we do not interfere through some totally unnecessary medication with artificial products. Conventional medicine has no idea of this ever so simple core truth and confirmed fact, **disqualifying it completely as a valuable contribution to human health**. To the contrary, it is the number one cause of people dying prematurely through harmful 'side effects' of the artificially created products they are using.

12) **How effective** are medical professionals working? I am aware that, except for emergency medicine, none of the ideas and products the medical establishment offers is needed or useful for the human body that is, like all animals, capable of remaining healthy throughout one's life if it is treated well and not poisoned in one or another subtle or obvious way. In reality, countless trillions of dollars are wasted based on a **completely incompetent understanding of the human body**, which can easily remain healthy and fine from conception to the time of moving on to the world thereafter.

Where do you stand in this comparison between the medical establishment and my conviction, which is based on true science and confirmed in countless examples of people remaining healthy their whole life long? Do you belong to those who support the wasting of around 10% of the gross domestic product for a health system which is, in the end, **more harmful than helpful for human beings** as outlined through the here-mentioned 12 points?

You know now on which foundation I stand, and why I am convinced why none of the vast majority of health services are needed as soon as people have learned to recognize what their body shows them. **To listen to the voice of the heart and to correctly interpret the symptoms** appearing in the body is essential to be able to avoid ever becoming ill. To research and spread this awareness and knowledge is my main concern, and it should be even more that of the medical establishment which receives such huge amounts of public money to help people be healthy. For this reason, I ask you **to honestly face the facts** presented in the two books already mentioned, which deal with core issues in connection with leading a happy life without any illness and which understanding is necessary to achieve this goal deep inside every human being. I am deeply grateful for everyone who is **ready to deal with scientifically confirmed objective facts** rather than having a blind belief in people who are incompetent when it comes to providing the foundation for a long life in good health.

## 12 aspects which confirm the failure of the medical system

Did you participate in the intelligence test for medical professionals and those supporting them? How was it for you? Every human being should be able to answer these fundamental questions correctly. Even if you are not an official specialist in questions of health, should you not be the one who knows your own body best? I suppose you agree to a certain extent, but please consider: would it not be normal that you and I always perceive what our body is lacking because it tells us when to drink by feeling thirsty? It lets us know if more food is needed by making us feel hungry and also tells us if we eat too much at one time, we may feel like vomiting to get rid of what is too much.

Then there is the craving for certain food. During pregnancy a woman may long to eat fruits and vegetables which she usually would not like because the body knows very well which elements it is lacking. The deeper you reflect about this point, the more examples you will find that the body tells you everything you need to know, even what is not visible to the eye, like someone staring at you from behind. Countless people have had this experience of registering in such a situation with their sixth sense what is going on. The human body is so very finely tuned to know exactly what is best, maintaining a certain temperature, if needed, raising it up from 37, 38, or 39 degrees Celsius to support healing processes which should never be interfered with by drugs that lower the temperature, except in extreme situations.

The decisive question is obvious: should we allow the precious body we received from God as the dwelling place for our spirit to perform its miraculous functions or intervene with all kinds of artificially created products? The medical establishment says we must do the latter and asks for around 10% of the gross domestic product to be used for dealing with illnesses. What is the result? It is not glorious at all regarding the task of contributing to improving the overall situation. An ever-increasing number of people are taking prescription drugs on a daily basis. No cure was found for what is defined as cancer, and doctors are more or less helpless in the face of the number one killer worldwide: heart disease.

In such a tragic overall situation of hundreds of billions of dollars having been invested into medical research and treating people, we really must have a closer look at what is actually happening. The medical establishment is more or less controlled by Big Pharma, which earns enormous amounts of money because people simply trust doctors prescribing a steadily rising number of drugs to ever more patients. This process has been going on for years and decades with no end in sight.

Where do you stand in this respect? Are you one of the firm believers in allopathic medicine and a reliable customer who gladly takes his pills, or have you awakened to the reality of what is actually going on? For the latter purpose, I shared with you the here-mentioned quiz to check on your intellectual fitness to recognize what a reasonable way of dealing with health issues would be. The official version is clear: ask your doctor. Do not trust anybody except him...

You could read the 12 points that show how very poorly the medical establishment fares when you check on how well it is doing to help people to deal with health issues, starting with their poor lack of knowledge concerning the origin of illness and the miserable results in actually permanently healing people so that the problems disappear for good without ever returning again.

This is especially obvious in the field of psychology. What is your conclusion? Are you still a firm believer in what doctors say, who are educated at universities that are greatly sponsored by the pharmaceutical industry since more than a century? If you truly open your eyes to see, you will certainly be aware of the enormous fraud which has been going on for generations to make people believe that pharmaceutical products are the answer to all problems and, in case they are not working, then just double or triple the dose and you will surely encounter some strong reactions...

It is high time to come to the correct conclusions, which in respect to the field of medicine, is that it is based on totally wrong concepts leading to the reality that:

- 1) Allopathic medicine does not know the **cause of most illnesses**.
- 2) Modern medicine has shown itself **unable to understand many natural processes**, like the meaning of tissue growth as it is manifested in what they call cancer.
- 3) The supporters of conventional medicine have many irrational beliefs, like thinking that although animals and plants are always healthy (unless some harmful influences from the civilization) that man needs all kinds of medicine to be able to lead a long life.
- 4) They **believe in viruses making people sick** although no scientific proof exists for such a claim, just as well as for the usefulness of vaccines.
- 5) They have such a poor understanding of the real purpose and function of the heart that they are consequently unable to deal with **heart disease** properly.
- 6) The view of the medical establishment on the value and **dignity of human beings** is limited to the material world, leading to the sad result that the all-decisive internal aspects are completely overlooked or ignored.
- 7) They have so **little trust and confidence in themselves** that they are afraid of other people making them sick, although such a process was never proven to even exist.
- 8) They acknowledge the close relationship between monkeys and humans, yet think we need pills and drugs whereas **our closest relative in the animal world needs none**.
- 9) They are **unaware of the central importance of love** as the most important core aspect to uphold as the foundation for a long, healthy life.
- 10) Their **concepts are upside down** in thinking that the brain is the foundation for consciousness and that the spiritual realm does not exist.
- 11) They **put their trust in some dead material**, chemicals prescribed by the doctor, and not into themselves and the amazing abilities of the human body.
- 12) They **waste their money for useless and, in the end, only harmful drugs** instead of investing into a deeper understanding of the human body.

Please allow these facts to sink into your heart to realize how very far off we generally are in respect to having a true understanding of how to lead a healthy long life.



## Conventional medicine versus the true understanding of the body

In the light of what is actually going on, we have to face the fact that most people do not realize how gravely they allow themselves to be deceived to their own detriment. They trust the establishment although:

1) The medical establishment has a very limited understanding of the **cause of sicknesses** and is therefore in no position to contribute to removing illnesses at their root.

2) **Cancer research** has been going on for decades, yet no effective method to deal with it has been found such that it is still in second place with respect to the cause of people dying prematurely.

3) The medical experts do not even realize that it is totally **illogical** to claim that human beings must use around 10% of their income to deal with health issues whereas all other creatures on Earth have not the slightest such need.

4) The experts in the field of medicine do not know that no **vaccine is necessary**. Vaccination is merely a business based on frightening people, which should be clear for everybody after what we have seen during the past two years. We definitely can remain fine without them our whole life long.

5) Heart specialists have been unable to **understand heart diseases** in such a way as to be able to help people to deal with them properly so that such issues are still the number one cause of premature death.

6) The view of the medical establishment on the value and **dignity of human beings** is limited to the material world so that the all-decisive internal aspects are completely overlooked or ignored.

7) The belief in **contagious diseases** is stubbornly upheld although no scientific evidence whatsoever exists for such a claim! It is done in service of Big Pharma, which is the great beneficiary from such the totally mistaken concept of needing vaccines.

8) Even truly simple, objective facts cannot be explained by the medical specialists, like the fact that **97% to 98% of the genes of humans and apes are the same**, yet human beings need enormous amounts of medication whereas monkeys need none.

9) Education in the area that influences people the most, **the presence or absence of love**, is completely absent in the curriculum of doctors, confirming that in the end they are poorly qualified to really help people.

10) The **understanding of how the brain works** is still very limited although tens of thousands of specialists have been studying it.

11) **Healing methods** are focused on the use of artificially produced drugs with generally a poor track record of resolving issues, whereas it remains, of course, an open question if they or other factors are the cause for patients feeling better.

12) The **effectivity** of the work of medical professionals is indeed questionable as such huge amounts of money are invested into it with so little outcome.

Compare this overall truly poor result of the medical establishment with the precious foundation of those who know the cause of illness and how to deal with it without studying even a single book created by those who look only at the material side of the body:

1) They know that, just like all other creatures, human beings have **no need for some artificially created medicine whatsoever** if they listen to the body's needs and respond to it appropriately.

2) They know that **cancer** is not some sickness, but part of the biological system to deal with extreme situations. Such extra growth of tissue takes place in response to inner conflict in people and as soon as problems are overcome or resolved, any form of cancer will naturally disappear again.

3) They know that, **just like all other animals and plants, human beings have all that is needed to be healthy** from birth to leaving the physical body, which means that it can cope with health issues without extra support.

4) They know that all **vaccines are totally unnecessary** and, in the end, only harmful.

5) They know that if you **take care of your inner Heart**, then you will never have any problem in this central organ.

6) They know that value and **dignity of human beings** is rooted in our being sons and daughters of God, created in His image.

7) They know that there is no such thing as **contagion** manifested in people making each other sick. Only you can cause your body to show symptoms, which are classified as illness by conventional medicine.

8) They know that monkeys and humans not only have most 'genes' in common, but that we should also, like apes and all other animals, be **healthy throughout our life**.

9) They know about the **centrality of Love** and make sure that it is truly at the core of everything they do, enjoying the wonderful fruits of such an attitude.

10) They know that the **brain works** on the foundation of the input by the spirit of a person and, to the extent the right attitude is upheld, clarity will prevail in every respect.

11) They know how to heal **every ailment** in the awareness that any discomfort in the body, so-called disease, is in each case **an expression of the 5 biological laws in action** in support of restoring the complete health of a person.

12) They know that, except for emergency care, all other departments of every hospital can close down once people realize that **the body does all the healing work** and only needs to be supported by making sure to remove the root cause of the symptoms which are always to be found in the heart and mind of a person.

Having become aware of the two standpoints, please reflect deeply on this decisive issue of the enormous difference between conventional medicine and a true understanding of the human body and what the correct conclusions from such a reality are.

## Who are the true experts concerning bodily wellbeing?

An expert is a person who is very knowledgeable about or skillful in a particular area. As an example, Google offers as its top search result “*an expert in healthcare.*” Why? Because it is making money in connection with the medical field and is therefore promoting it. What are lobbyists of the pharmaceutical industry doing? The answer is easy, they visit doctors and try to convince them that their drug is the best while providing generous gifts. It is no secret that Big Pharma and the conventional medicine are closely connected or related.

But what hardly anybody knows is that their products are much more harmful than any claimed benefit, whereby the latter is in most cases also not true. This may seem to be a harsh evaluation, but it is fully correct and confirmed by true science. How? The answer is simple: if you cannot prove something and confirm it through control experiments, it cannot be considered a scientific fact. This definitely applies to all medical products and artificially created drugs because it cannot be proven that it was they and not something else which helped a person get well. There are numerous other possibilities than the influence of some medication why someone recovers from a health issue.

And here is where we really need to stop and think and reflect to see clearly what is going on: ever more diseases have been defined to be able to sell more pills, whereas none of them are needed because the body can easily heal itself if only we do not disturb this natural process by taking some chemicals that are declared to be medicine. Yes, what conventional medicine is doing in most cases is intervening in an unbeneficial and even harmful way in the natural processes going on in the body. That this is really true can be easily understood when knowing the 5 biological laws, which show that any health issue has an inner root and is passing through a clear process through which the original situation of bodily wellbeing is restored.

The all-decisive question is a very fundamental one: is healing possible without a pill? The right answer is yes, surely and definitely. Those who listen and respond to the signs the body is giving are in a position to know for certain that it is so very amazing that it can deal with any kind of challenges without the need of a single pill throughout one's whole life. Countless billions of people have proven that this is the case throughout the ages until one century ago, when the medical-industrial complex began to rise.

The true medical experts are therefore those who know what I outlined in these paragraphs, namely, that the human body is so very capable that it has no need for modern medicine except in emergency cases where extra support is needed. Those who want to learn more about this essential truth are invited to study the respective materials that include the two books by Nikolaus Beutl: *Living With a Truly Happy Heart and Inner Freedom in Good Health* and *Our Task to Find the Solution to Health Issues*. On some 650 pages, many core questions in connection with resolving health problems are addressed to provide core insights which are needed to remain fine one's whole life long.

The true experts in the medical field are those who have deeply understood the great potential of the human body to heal itself and who help others to also act in such a way that allows us to enjoy lifelong health without even one vaccination or any other artificial product based on the foundation of a profound understanding of how the human body works.

## You do not see the world as it is but as you are

It is important to be aware of the fact that **a person's belief system describes how he is and how he sees the world**, whereby your perception may not correspond to reality. It all starts with **assumptions that, over time, become a dogma** on the personal level. But there are also dogmas that people believe collectively as a fact, which became visible like never before during the corona pandemic.

Equally, it is decisive to be conscious of the reality that *"you are what you think."* The **way people think leads to how they see things and how they perceive experiences**. In the field of medicine, positive and negative expectations or predictions in connection with taking pills are called the **placebo- or nocebo-effect, which confirms the power of the spirit over the body**. A placebo that causes an adverse effect is called a nocebo, deriving from the Latin word 'nocere,' meaning 'to harm.' Nocebo refers to drugs without any active substances that cause adverse effects created by a person's spirit, the way he thinks and feels, his attitude, etc. Through confirming experiences that people make in connection with their belief system, they develop a strong dogma irrespective of whether it is true or not. It becomes firmly **rooted in the subconscious and makes people interpret the world based on their respective beliefs**. For this reason, it is ever so decisive to **check on what kind of dogmas** you and I are upholding since our childhood when we were strongly influenced by our parents' way of thinking, and change them if necessary. This is definitely necessary in the field of **psychiatry where the belief prevails that matter** in the form of drugs **can improve the mental state of a person, although such a claim was scientifically never proven**.

Concerning a collective belief system, we could witness what mass hallucination can do even when it is based on the completely unproven and indeed wrong concept of viruses making people sick, and their being conveyed from one person to another in the form of the man-made corona crisis. This collective psychosis has been so powerful as to destroy even essential aspects of human relationships like closeness, connectedness, trust, confidence, readiness to help, freedom, and love. That indeed a mass psychosis became manifested is confirmed by the sheer number of people who willingly joined in misperceiving reality without becoming aware of it. A person with a neurosis, however, knows that he has a problem.

To have a **consensus in belief does not refer to a scientific fact, yet it has the power to create a mass psychosis**. Just as any belief can turn into fanaticism, we see that the belief in infection and contagion was able to paralyze people's reason with the loss of logical thinking to the extent that they were ready to do things that harmed their wellbeing in the name of protecting health, acting in totally contradictory ways. What we witnessed was fear dissolving the laws of logic and reason. Sadly, only a relatively small number of people managed not to be influenced and to retain a clear mind. In case you do not belong to them, it is never too late to stop and think, and to become aware of what is going on inside and around us based on the belief system people uphold. To have a thorough look at what you consider to be true is indeed crucial to make sure that you are not deceiving yourself through imagined realities, but to make sure that you build your conviction only on scientific knowledge confirmed by control experiments.

As it is very true that we see the world not as it is but as we are, let us take enough time to think twice and to **question the concepts we uphold**. At the core of our being is our inner heart, and therefore we act wisely when we determine to look at our surroundings with the eyes or spectacle of love and accordingly make our decisions in line with the principles of creation, which point us to truth, beauty, and goodness that we all are destined to manifest.

## True versus false specialists in mental health

Through the various documents and explanations provided in this publication, it is obvious that M. is the victim of medical malpractice, of being harmed by problematic drugs, besides having lost his freedom without any fault of his own with lasting negative consequences for his whole life.

There is no way to disprove the materials offered in these pages because it is based on true science. One can only deny or ignore confirmed truth and facts, but everybody is affected by them anyway earlier or later, e.g., when faced with the diagnosis of cancer and the chemo does not work and one then has to prepare to leave the Earth. At that point, a person will hopefully know from first-hand experience that he did not choose the right solution to blindly trust the doctors.

The fundamental question underlying all issues: are psychopharmaceutical products useful in dealing with mental issues? The correct answer is clear, no, they are not, because it is impossible to resolve internal issues through taking drugs. This topic was addressed already, as well as the harmful side effects through which M. is presently suffering.

It remains only to become deeply aware of the core point which decides who is right and who is wrong in the given case, namely, the authority of those who claim to be the experts. The medical establishment is based on a materialistic worldview that says the brain is the foundation for the mind to exist. If something is wrong with the mind then some physical changes must be made in the brain. Because this view is totally wrong, the psychologists and psychiatrists are rather unsuccessful in helping people to resolve mental issues. They are specialists because they have learned theories and passed the exams, but this does not at all mean that they have the correct knowledge to enable them to guide people into complete sanity and wholesomeness. They are the officially recognized authorities in their field, but from a strictly scientific viewpoint, their foundation is built on sand because their work is not based on true science which absolutely requires control experiments.

The correct conclusion is that psychopharmaceuticals are not only useless but harmful, confirmed in millions of cases, and doctors who prescribe them have a very limited understanding of the human psyche because they exclude the soul or spirit as the causal factor of all physical expressions like illness. If people's mental health improves, it is never because of the chemical products (pills) they eat but only through internal issues being resolved.

The bottom line is whether people evaluate themselves as purely material beings and resolve health problems centered on a materialistic worldview that denies the existence of an eternal spirit as the determining factor in people's mind and body.

The solution: a worldview based on the Christian understanding that God provided human beings with an invisible mind as the core element determining the bodily wellbeing of a person. With the majority of the inhabitants of M.'s homeland belonging to a Christian church, it should be normal to take seriously what is written in the Bible, namely, that the result was very good after the creation of Adam and Eve. Human beings do not need artificially produced chemicals to improve the body. The history of modern medicine has shown that mental illnesses are not being healed through drugs and therefore no justification exists for the claim that to take them is the way to restore the full health of a person.

## The errors and misconceptions in the field of medicine

Through the various documents presented by M.'s mother, you can learn about her conviction and where she sees the fundamentally wrong concepts in the field of medicine that have led to her son and countless other people into being seriously harmed. As a mother who loves not only her own 6 children but also the children of the world, and as someone who is absolutely convinced that God created us in His image as His sons and daughters, she considers all people her brothers and sisters about whom she cares wholeheartedly. This is also the reason why you find one or the other strong expression in her reflections on what has happened during the past months. The motivation for her speaking out clearly lies in her love for the people in question.

M. is only one out of millions who are the victims of medical malpractice rooted in a completely false understanding that human beings consist merely of matter. This view of people is definitely not right and must urgently be corrected by taking to heart that we all are indeed, first and foremost, all beings with a spirit whom God breathed into us, as it says in the Bible. For people in a Christian nation, this fact should be a well-established part of their thinking and the foundation for their worldview but, alas, reality is very far from this attitude, which is very beneficial for everybody as it corresponds with true human nature.

The task at hand is a fundamental paradigm shift from seeing the body as pure matter and in this way excluding the reality of the spirit or soul, which all people without exception have. To deal with this realm is not only the task of religion but also the task of psychology, which is the study of the mind, soul, or spirit. What is most important to realize is that, ultimately, it is the inner heart of a person where all decisions are made, and therefore psychology must be first and most of all focused on the study of the heart, which is the real center of every human being, not the brain. That this is also true on the external level is confirmed through the work of Heartmath [\(19\)](#), dedicated to unlock the power of the heart based on true scientific studies centered on this amazing organ.

The future and destiny of a country is decided by the kind of worldview which is upheld, just as in the past. Judeo-Christian culture is built on the understanding that God is Love and, therefore, Love must be the center of all our activities. This is the one and only correct view of life because loving relationships is what we all need more than anything. Cruel experiments have already shown that babies simply die if they only receive food and not emotional care. It is a scientifically confirmed fact that love is as essential for life as oxygen for the body. This decisive reality must become the core of how we look at ourselves and one another in order to secure a wonderful future for us all.

Through the reports in connection with the hospitalization of M., you learned what the mother saw and observed during his stay at the University Hospital, particularly in the Psychiatric Department. She is prepared to repeat all of the statements made in these written presentations in court as a witness because they are based on what was actually said in meetings with staff members or written in reports. There may be errors due to the difficulty of the language barrier, but these are easily corrected. The mother will be grateful to anybody who points out what she misread or misunderstood when reading the official documents.

She is investing out of her love for God and humankind because it will mean a great liberation from living in fear of disease to knowing for certain that the human body is capable of naturally dealing with any challenge without the need of artificially created chemical products. Herein lies the core of the matter, to move from being afraid to get sick to knowing for certain that all illness has its origin in the heart and mind of a person and must be resolved there. If this is done properly then there will be no more need for going to hospitals except in emergency cases when urgent help is needed after an accident.

What this means in terms of money is that huge amounts of finances will be set free to be used for other purposes. The health expenditure is steadily rising and in many countries is around 10% of the gross



domestic product. Imagine this huge amount of money used for so many beneficial purposes in service of the wellbeing of all citizens as soon as we all have come to recognize that we do not need any of pills to improve our health condition because they are not healing us; only the body can heal itself.

This is a truly fundamental realization which every human being must make, namely, that my body is so amazing that it knows what to do in every situation and always responds correctly with measures that need be taken to support the overall wellbeing of a person. In this respect, the whole medical field needs to be re-established on new premises, namely, that it is the condition of the heart and mind of a person that determines the bodily state as one of perfect health or of struggling with all kinds of issues and problems. Each individual decides how one feels day by day and for this we do not need any pills.

Even Iceland, as the number one consumer of drugs against depression, can become the first country where not a single one is needed because everybody is fine based on having enough love in the heart to share with others, which always brings happiness. In such a situation there will be no room for depression because the heart is already filled with hope, and dreams are being fulfilled because they are centred on what the soul wants, which is ultimately only to be deeply loved and to be able to express profound love for others.

This absolute conviction stands behind every word expressed under various themes in this book. The essence behind all the various reflections on what has become a reality in connection with M. is very simple and clear: any kind of health issue must be first and foremost addressed from an internal standpoint, which is especially true for the field of psychology where not a single pill will be needed once the correct view of man as a being with soul is implemented. When the heart and soul is fine, the body will naturally manifest this inner harmony through functioning well all throughout life.

This is the ultimate goal to which the mother of M. is dedicated, fighting to get him out of the mental hospital where he definitely does not belong. But the battle continues for the liberation of all people from the mistaken concept that pills can solve inner problems that manifest as symptoms in the body. This is what she is concerned about most of all, and therefore she pleads with anybody in a crucial position to make decisions not only concerning M., but the whole system, to reflect deeply on how, as a nation, we deal with health issues and what kind of healing methods are implemented.

The mother of M. feels deep gratitude for everybody who is ready to invest for the urgently needed changes in the medical field to secure the bodily wellbeing of all people in the long-run. This is what matters most to her and she hopes that more and more people will join this task of bringing about the needed paradigm shift toward medicine that focuses on the mind as the root of problems.

## The unscientific work of psychiatrists at the University Hospital

What are the conditions for scientific work? The scientific method must be **neutral, objective, rational** and, as a result, should be able to prove or disprove the hypothesis. The research plan has to include the procedure to obtain data and evaluate the variables. It should ensure that analyzable data is obtained. How does this look in the case of the psychiatrists responsible for M.? Are they neutral and objective? His mother presented her view to them in detail based on scientific research but her insights have not been taken seriously at all. The doctors did not respond with even one sentence in written form to the 33 questions presented by the parents of M. who requested a written answer.

What does this mean? Nothing else than their having a huge prejudice against critical analysis of their work. They are not prepared to deal with the criticism presented by M.'s parents. This attitude reveals that their decisions do not correspond with the required scientific standards but are only based on opinions. Therefore, their efforts are not done with a neutral and objective mind to ensure the best possible outcome.

Also, with respect to being rational, they are not living up to this quality, as explained in detail in the documents dealing with the intelligence test for the medical establishment. In them, it is clearly shown in 12 points that unreasonable and illogical concepts are upheld that are not rooted in scientific work, which absolutely requires control experiments.

Concerning the question, *"How does an idea become a scientific theory?"* it is explained that, *"Scientists begin with a hypothesis, which is sort of a guess of what might happen. When the scientists investigate the hypothesis, they follow a line of reasoning and eventually formulate a theory. Once a theory has been tested thoroughly and is accepted, it becomes a scientific law."* At the mental ward, it is a law that patients must be medicated and the psychiatrists can be sued if they don't, as Doctor "I." told M.'s mother.

But what is the foundation for this law? No science is behind it, merely a belief or opinion, nothing more! This is expressed in the statement on the website of the American Psychiatric Association that, *"While the precise mechanism of action of psychiatric medications is not fully understood, they may beneficially modulate chemical signalling and communication within the brain."* No confirmed knowledge, but only an assumption and theoretical possibility, which are not confirmed. The so-called control experiments are invalid because they compare only one drug with another. To do so is, of course, not a real control experiment because it must be done by comparing patients receiving a drug with others who don't and to check how the recovering process differs.

When looking at the conditions which must be satisfied for a scientific theory to be valid, we see that a theory needs to be (a) substantiated, (b) explanatory, (c) predictive, and (d) testable. How does this look like with psychiatric medications like the one M. receives?

- (a) Their **effectiveness is not substantiated** since it may only help.
- (b) An explanation exists, but it is **merely an idea** that drugs positively change the mind.
- (c) **No reliable predictions** can be made because it is only assumed that the pill works.
- (d) The effectivity of the drugs is **not tested in valid control experiments**.

It is obvious that the work of the doctors at the Psychiatric Department of the University Hospital where M. was put does not rest on the foundation of science but on the opinions of people and nothing more! That is the objective reality which absolutely must be dealt with. Once those in the responsible positions do so, M. will be automatically liberated because his detainment and forced drug use are definitely not rooted in living up to the requirements of scientific standards.

## It is science that proves the doctors at the psychiatric ward wrong

What does it mean to work scientifically, and what are the rules? In 1998, due to systematic and widespread forgeries in the field of cancer and infection research, manifold regulations were defined concerning scientific work which are now **binding for all state institutes and scientists** in most nations. They are part of every work contract for those active in the field of science and related areas.

The scientific rules and standards are basically the same in every country and in all scientific disciplines whereby good practice includes the following points, which represent only a small part of what is required:

(1) The research must be done in the spirit of *Lege artis*, referring to **the newest level of knowledge**, using the current literature and appropriate methods in line with the **latest insights**. I agree 100% with this understanding and criticize the doctors in the Psychiatric Department of the University Hospital as not open to the insights I am presenting based on thorough scientific research.

(2) The task of a scientist includes the **control of the results** as well as **questioning them**, whereby the **evaluation by others who question the hypothesis and the results must be presented**. This is what I have been doing by addressing the staff with detailed points that show their knowledge is not confirmed at all.

(3) **Control experiments, along with the complete presentation of how the experiment was done, are a central part of verifying the methods** which are being used, and are required in order to exclude disturbing factors. This was not properly done in the case of checking whether it is really aripiprazole and not other factors that caused patients to get better. For this reason, the claims made about this drug are **scientifically invalid**.

(4) **Securing quality is an important sign of scientific honesty**. When results are published, the method, procedure, and results must be exactly described whereby the **presentation of results and the interpretation must be clearly separated**. In this respect, it is clear that claims are made concerning the effectiveness of aripiprazole that **cannot be scientifically justified**, such as insisting that this or other drugs are the best solution to help people with mental disorders and must therefore be used for the patients.

(5) It is also **essential to appropriately cite findings that discredit your own hypothesis** as well as **the ideas and results of other scientists and authors**. Here is where the experts at the psychiatric ward are gravely failing by rejecting the scientific findings that I wanted to present to them. Their rejection shows that they are not interested in serious scientific research to get the best possible results.

(6) **Scientific misconduct results from violating these or other criteria** along with presenting false data or **suppressing relevant evidence, sources, and texts showing unfavorable results**. Co-responsibility for scientific fraud results from joint knowledge of falsifications done by others, participating in them, or co-authoring publications that contain forgeries, where such actions must be dealt with legally. This includes the state representatives who support the **unscientific decisions** made by the psychiatric ward.

These are definitely **very serious points** that must be addressed in detail because the staff at the Psychiatric Department has the duty and responsibility to act in line with them.

## The doctors and staff at the psychiatric ward are deceiving themselves

In the aforementioned document describing the rules for scientific work, you can read that ***“Research as activity is the quest for new knowledge which is gained through a combination of systematic research and inspiration which is **always in danger of errors being made and self-deception.**”***

This is a crucial point that every scientist needs take seriously. We know from history that people all too easily fall into the trap of deceiving themselves. For this reason, the task of checking your own work is truly essential. Unfortunately, the doctors responsible for M. belong to the category of having made grave errors, being the ‘victim’ of their own ignorance, and deceiving themselves with respect to human nature such that they came to totally wrong conclusions, namely, that mental problems can be resolved by taking some pills.

Actually, they will probably have read their study material at university and know what is stated, e.g., on the website of the American Psychiatric Association where you learn that, “While the precise mechanism of action of psychiatric medications is **not fully understood**, they **may** beneficially modulate chemical signalling and communication within the brain, which **may** reduce some symptoms of psychiatric disorders.” **No confirmed knowledge but only an assumption and a theoretical possibility.** That is the bottom line of their work, their belief that the drugs they prescribe may or may not be helpful!

Such a foundation for their work is of course **not scientific at all**. Therefore, no base exists for the claim that M. or others must take the drugs prescribed for them when, in reality, there is **merely a possibility that it might be beneficial**. Additionally, when we have a look at the very long list of harmful side effects, NO justification whatsoever exists for prescribing them because there are numerous alternative methods which do not require the use of drugs.

Another very important point to be taken to heart is that ***“Honesty towards yourself and others is a fundamental precondition to gain new knowledge — as a temporarily secured **starting base for new questions.**”*** That kind of basic attitude is indeed crucial if we are to gain true knowledge which, in turn, is the foundation for knowing the truth that will set us free. Do the doctors at the Psychiatric Department of the University Hospital welcome new questions that challenge their findings? No, they don’t. In this way, they are disqualifying themselves as walking the path of true science.

In the light of this fact, their voice is meaningless in the scientific field because they are outside of it. They are **not adhering to the principles that absolutely must be applied when doing work that is rooted in the standard which every scientist must live up to**. Accordingly, they are not in a position to tell others what to do because such directions and orders must be given in line with the principles of science, **not merely based on some belief or assumption that a drug may or may not work**.

One more excerpt, which is especially important to be taken seriously, is that ***“A scientist learns through his work **to doubt everything he does and presents, especially such content which is close to his heart.**”*** Psychiatrists must be ready to question their dogmas.

Another point refers to **dishonesty**, which in the end is **not only questioning scientific research, but destroying it**. Being dishonest differs from making errors while being well-meaning and credulous. Which one applies in the given case?

## Psychiatrists prescribe drugs based on ignorance: they simply do not know!

On the website of the American Psychiatric Association you learn that, *“While the precise mechanism of action of psychiatric medications is not fully understood, they **may** beneficially modulate chemical signalling and communication within the brain, which **may** reduce some symptoms of psychiatric disorders. Patients on long-term medication treatment will **need** to meet with their psychiatrist periodically to monitor the effectiveness of the medication and any potential side effects.”* The term **“may”** expresses **nothing else than uncertainty**. The doctors do not know. The drug may or may not beneficially modulate chemical signaling and communication within the brain. It is not clear whether it will reduce some symptoms of psychiatric disorders; it may or may not. That is the sobering realization when considering the effectiveness of drugs. The precise mechanism of action of psychiatric medications is not fully understood. **If you do not understand how it works, then you are ignorant in this respect**. Full stop. This and nothing else is the reality concerning the foundation psychiatrists stand on when prescribing drugs. **They do not know whether they really work** or how they work in case they do, but they prescribe them anyway and do not allow alternative treatments, as has become a reality in the case of M.

The mother considers it to be irresponsible behavior by the National Agency for Children and Families and the Ministry of Social Affairs to trust people who do not know whether their drugs work or not, yet still insist that these so-called experts must be listened to. In order to understand how serious this issue is, please consider the comparison of putting your car into a repair shop where the specialist there tells you, *“I do not know how your car works and what effect what I am going to do will have on your car. I do not know whether this will be helpful or not, but you have to let your car be repaired at my workshop anyway, because I am assigned by the state to work here.”* Would you say, *“Yes, of course,”* or would you protest against such a totally unacceptable situation?

This comparison portrays the actual reality of the authorities working for the ministry trusting the so-called experts at the Psychiatric Department. None of those representatives of the state would agree with getting their car repaired by the described mechanic, yet they are pushing the mother of M. to accept her son be put into the hands of people who do not even know how the drugs they give to M. affect the body! Such behavior clearly points to a split personality or double standard when you are not prepared to do something yourself (give your car to such a garage for repair), yet demand that others must act in that way, ‘forcing’ the parents to accept that their son has drugs pushed down his throat with uncertain side effects that are, in his case, definitely very harmful! Knowing this, it can easily be understood why the experts at the Psychiatric Department refused to answer any of the parents’ written questions: because they have no answers! Yet, it is shocking that the authorities trust such ignorant and incompetent people who prescribe drugs, of which effects on the person’s brain they are uncertain, and support their actions wholeheartedly, blindly trusting them!

As you could read, patients on long-term medication treatment will need to meet with their psychiatrist periodically to **monitor the effectiveness of the medication and any potential side effects**. Why? The answer is again the same: **the specialists do not know what kind of side effects the drug may cause!** The list of possible adverse effects of aripiprazole fills many pages, and there is only a 49% chance that it may, or might, have some positive effect. That there is a positive effect was never ever proven because, if the patient’s health condition improves, the causes can be manifold. All of them would have to be checked through control experiments to rule out that it was not one of these factors that caused the patient to feel better but the specific drug. This kind of work was never done, as it is indeed impossible to prove that this drug is responsible for an improvement.

## Confirmed knowledge of absolute truth versus relative concepts and theories

Both religion and science claim to present the correct knowledge about human beings while at the same time all kinds of contradictions persist between these two ways of searching for truth and deeper insights. In each and every point, only one truth exists. For example, the task of the various organs in the body is clearly defined and unchangeable. Therefore, we can rightly say that the purpose of the eyes is to see, of the ears to hear, etc. It is high time to **end relative knowledge in the field of medicine and enter the realm of building our life only on confirmed truth about the human body** with all its amazing functions. Instead of primarily learning about the ever-increasing number of drugs in preparation to becoming a medical doctor, the emphasis must clearly lie in studying not only the physical body but primarily the human mind and soul.

Psychiatrists should be experts in this field, but as it can be seen in the example of M., grave fundamental errors led to totally wrong decisions with long-lasting negative consequences, as has become a reality for an exemplary son who was known as *“a very, very good boy and excellent student,”* as one of his teachers described him. Now, he suddenly has a **history of having spent many weeks in a mental hospital**. Everybody thinks that he must have some serious mental problem and will look at him with a certain distrust and maybe even treat him as a person who is not reliable, although he has been doing his very best all these years until he became the victim of medical malpractice.

The mother has given birth to four boys and two girls, which means that not only he but also her other children may at some point become the victim of medical errors with their health being seriously harmed, as have countless people in the past. For this reason, she requests that the responsible authorities initiate an investigation of the respective institutions to make sure that no more children and adults become victims due to medical doctors not having received the proper education, which absolutely must include the study of the biological laws to know the correct answers concerning the ultimate origin of illnesses and how they can be healed in a natural way without the need of any drug that all have adverse side effects.

Yes, it is high time to do a **fundamental check-up of the medical establishment** because it is strongly entangled with the pharmaceutical industry, which does not have the complete health of people as their primary interest. That this is true is obvious, yet the consequences of this reality have not been drawn even after many decades of such an unacceptable situation. How closely Big Pharma is connected with the medical establishment as well as politics is fully confirmed by the developments we have seen during the corona crisis. Instead of continuing on the path of taking unreasonable actions out of fear that something might happen, we must uncompromisingly turn to practice true science in the field of medicine, which means nothing less than bringing an end to all fake claims and definitely wrong medical dogmas. This objective, sober evaluation of the medical establishment is an absolute must if we are serious about removing widespread corruption in this area.

We must not be satisfied with ‘maybe effects,’ but move on to the realm of profoundly understanding reality so that we can clearly know what will definitely happen, particularly in the body, based on having studied the precious insights provided by Dr. Ryke Geerd Hamer and all other pioneers in the field of medical research, whose work is rooted in a profound understanding of human nature centered on the spirit. German speakers can learn more here [\(20\)](#) from Lanka’s scientific insights. Here [\(21\)](#) you can watch a remarkable video dedicated to the valuable work of Dr. Stefan Lanka.



## Fundamental scientific principles are violated by the representatives

It is a clear standard in science that research findings are not allowed to be called scientific if control experiments are not made. This is the case with the effectiveness of aripiprazole, which M. has to take. As you learned from the description, this drug may or may not cause the desired effect. That means **no scientifically valid statement can be made concerning this drug, as it may or may not work.**

Compare this with the leader of the Evangelical Lutheran Church of Iceland telling the Ministry of Social Affairs that, in case of psychosis, prayer by family members and those of the congregation may help to solve the problem. Both statements are on an equal level of uncertainty and represent an assumption of efficacy. Basically, there is no reason why one should be preferred and the other rejected in a situation where both options refer to uncertainty.

Upon having a closer look, one can see the reality that **Christians confirm that prayer for M. is the best option** in the face of illnesses. What is the justification that the state representative rejects this way of supporting M. and welcomes the suggestion by the psychiatrists? From the standpoint of scientific validity of the respective claims, it is clear that on one side are up to 2 billion Christians who say that prayer is the solution that must be preferred, and on the other, those who claim that drugs are the way to go. When we compare these two possibilities then it becomes obvious that the doctors at the Psychiatric Department have such a tiny foundation of suggested evidence, whereas those who support the Christian way of handling health issues through prayer have all the arguments on their side.

In the explanations offered under themes like, *“It is science that proves the doctors at the Psychiatric Department wrong”*, *“The doctors and staff at the psychiatric ward are deceiving themselves”*, *“Psychiatrists prescribe drugs based on ignorance: they simply do not know!”* and *“Confirmed knowledge of absolute truth versus relative concepts and theories,”* it is clear that the newest insights available must be used to come as close as possible to the truth and it is always essential to question one’s own findings. Merely the fact that the psychiatrists and staff refused to respond to even one of the science-based written questions confirms that they are not interested in real scientific work to reach the best possible results, an attitude that definitely **disqualifies them as not living up to the scientific standard and principles**. One cannot emphasize enough the importance of clearly separating the research results from an interpretation of what it means so that it is clear what the facts are and where interpreting them starts.

With every scientific discovery, the methods used and the steps taken to get the result must be clearly documented. How does this look in the case of the drug that is pushed on M.? In this respect, Christians stand on a 100-, 1000-, maybe even a million-times stronger foundation of a scientifically valid basis because up to 2 billion Christians confirm the effectiveness of prayer for the sick. Add to this the billions of people of faith who adhere to other religious teachings, and you come to the point where **the overwhelming majority of humankind believes in prayer and meditation as the most effective tool for supporting those in difficulties with mental problems, where the effectiveness of such an investment is confirmed through brain scans** that reveal the beneficial effects of such spiritual activities.

Compare this with the extremely weak foundation that psychiatrists stand on when they report that 49% of the patients had some positive experience when they checked a few hundred people. Whatever the exact number, it totally pales in comparison with the millions of Christians who can testify based on personal experiences to the wonderful positive effects of prayer and the laying of hands on sick people for which **cutting edge technology provides clear scientific evidence** through brain scans, etc., which cannot be denied — only ignored — which is unfortunately what the majority of psychiatrists are doing, showing once again that they are not really interested in precious insights based on the newest technology, which is one of the **preconditions of practicing true science**.

Accordingly, it is 100% clear who has the better scientific foundation and to whom the respective authorities should listen in the given case of determining which is the best method to support M. In the light of what was explained so far, it is obvious that those working for the National Agency for Children and Families are definitely **wrong to merely listen to the experts at the Psychiatric Department, because there are other experts who have a much, much better track record of success in healing** than the one presented for aripiprazole, in which merely some 15% of the people taking it benefited from doing so (see explanations in connection with my 33 written questions) — if it was really the drug that helped them, this is not proven at all since no real control experiments were made, which is impossible in this case because countless factors may have led to patients feeling better.

What is confirmed in this and so many other cases is of a totally unjustifiable prejudice against healing methods rooted in the Christian culture or the practices common in other religions and spiritual teachings in dealing with people who have health issues. Actually, **no justifiable reason exists to give drugs priority over healing through prayer and other spiritual activities**. Add to this the fact that one third of those taking aripiprazole report adverse side effects whereas prayer has none, then it cannot be denied that the scientifically confirmed way is the one of using prayer and not drugs. The very serious decisive question here is: why did this country, which adopted **Christianity as its state religion more than a millennium ago, leave this precious foundation and turn to upholding the ever so poorly effective method of using drugs** instead of prayer and meditation to improve the mental state of people?

To welcome the ideas of others, and to be eager to make the research results public, are essential steps in science whereas the attitude of the staff at the Psychiatric Department of rejecting the mother of M.'s constructive inquiry based on serious research shows that they have no interest in real scientific work. Not the slightest readiness was expressed to cooperate or consider the insights that are firmly rooted in science, as you can learn from the documents provided in connection with the given issues.

The fundamental attitude of **questioning one's result for validity to ensure that no errors are made** represents another characteristic of a true scientist — and of course also of all those connected with or listening to the experts, in this case the staff responsible for M. What justification exists for the representatives of the Ministry preferring to listen to the doctors and not considering those who are registered with a Christian Church where a majority of them consider prayer an effective tool for helping people with health troubles? **None whatsoever!**

The prevailing prejudice against the Christian way of healing must urgently be overcome to finally embrace it again after decades of a materialistic view that has led to so many Icelanders being depressed and taking drugs, which only may help but have numerous adverse side effects. The confirmed, 100% better way of dealing with health issues is the profound study of the human body and all the biological laws that are active in all people, a realm which was pioneered by true experts.

## The failure of the authorities to act in accordance with the scientific standard

Based on what was exposed so far, it is more than confirmed that the representatives of the National Agency for Children and Families and the Ministry of Social Affairs have failed to provide the best possible option for M. by rejecting his mother's emphasis on internal support and alternative healing methods other than using drugs. Not only that, they have contributed to medical malpractice by approving it and are therefore also guilty in this respect. They are co-responsible for the serious damage that is caused to the health of M., which is manifested in various ways, particularly in muscle pain and continuous tiredness and frequently feeling nauseous and dizzy, finding it more and more difficult to think clearly.

Doing science refers to being sincerely dedicated to the best possible outcome. If those working for the Ministry of Social Affairs live up to this standard, then no excuse whatsoever exists for not welcoming the practical results of Christians in healing people, for which hundreds of millions of examples are available. Should the representatives not act according to their very best abilities and available information, which is in this case are the testimonies of **confirmed healing through prayer even of those whom the doctors have given up on as non-curable**? It is obvious that this is the standard which must be followed, but this was not done and, therefore, the respective people are clearly guilty.

What right does the National Agency for Children and Families have to insist that they have to listen to the staff at the Psychiatric Department in a situation where, on the other hand, Christians have a much better track record of supporting people in the healing process? None at all. Sincere Christians invest to the best of their abilities in line with their conscience to get the best possible outcome and benefit for others through their spiritual practices, which includes of course prayer for sick people. In this way, they are offering valuable resource material for scientists to study how such an investment is very effective in supporting the healing process.

**Not the slightest reason exists why the state representatives should put the products advocated by the pharmaceutical industry above the ones provided by thousands of years of Christianity and other religions, which include prayer as one of the very effective tools** to help those who have health issues. Herein lies the core of the problem that must absolutely, for certain, be addressed, not only in the case of M. but all other people who are prescribed drugs which may or may not work!

Sincere and honest scientists have the attitude of **welcoming criticism** and not taking it personally, but always looking at the bigger picture as to what is best for the overall situation, which in this case is the healing of people with mental health problems. Is such a standard put into practice in the way the case of M. is handled? The very sad answer is no. This means it is high time for a thorough reevaluation of the medical field, particularly the use of artificially produced chemicals that are provided as pills, whereby all of them having adverse side effects.

Should we not urgently return to the natural way of dealing with health issues without the influence of Big Pharma? We definitely must do this and set our priorities right to move from being the country with one of the highest rate of consumption of pills, with the world record in taking antidepressants, to the other side by becoming the first nation in the world to **fully support the body's ability to self-heal by not interfering through drugs**.

The **failure of the authorities to act in accordance with the scientific standard** must be corrected and fully indemnified now.

## It is all about theories and interpretations and not about science confirmed by reality

*“Psychosis is a term used to describe when people are having strong beliefs that are not shared by people within your community.”* This is happening all the time. Everywhere, you find people who have strong convictions that are not shared in their surroundings. What is so special about it? Actually nothing, because people are different, upholding all kinds of beliefs. The problem starts when psychologists and psychiatrists set themselves up as thought police to decide which beliefs are acceptable and which beliefs are punishable by being locked up and having to take a harmful drug, as in the case of M.

*“Psychosis can be a one-off experience or be linked to other long-term mental health conditions. Some people can make a complete recovery.”* At the same time, you can read in the expert literature that *“There is no cure for psychosis.”* So, which statement is true? It is all about opinions the experts have and not about dealing seriously with reality. That applies definitely in the way M. has been treated until now, along with his mother who has been pleading with the responsible people to have a second look at reality, that the health of her once completely healthy son — until the day he stepped through the entrance to the hospital — is deteriorating day by day due to his well-trained body being harmed by strong drugs.

*“There is no single cause of psychosis. Psychosis is a term used to describe when a person interprets or perceives reality in a different way to those around them. If you experience psychosis, you may process the world around you differently to other people. You might see or hear things that others do not. Or believe things other people do not. Some people describe psychosis as a ‘break from reality.’ ”*

Many people are taking a break from reality by going on a retreat. M. was forced to stay in the mental ward, only allowed to leave for a few hours together with a person trusted by the staff, and his mother does not belong to this category. Why? The answer lies in her opposing her son being “drugged down” as she witnessed his bodily and mental strength diminishing. Needless to say, M. did not need a break from reality at all. He was in high spirits until he was brought against his will into the hospital where he was kept behind locked doors for weeks without his parents receiving any detailed report on what is supposedly wrong with him. Again, where is the borderline between what is acceptable and what not in terms of having a different belief than those surrounding you?

There are different terms used to describe psychosis, such as *“psychotic symptoms,” “psychotic episode,”* or *“psychotic experience.”* If you are experiencing psychosis for the first time, this can sometimes be called *“first-episode of psychosis.”* Traditionally, psychosis has been seen as a symptom of mental illness. *“But this isn’t necessarily the case. Psychosis is not always because of a mental illness. There are many theories about what causes people to experience psychosis.”* Yes, many theories exist, and based on such theories, people like M. are locked up in a mental hospital and forced to take drugs.

On a website with content prepared by the experts, it says that, *“The way you experience psychosis may be different to the way someone else experiences psychosis. You may have a different reason as to why you experience psychosis. This page will use the word ‘experiences’ to describe what you may go through if you have psychosis. In mental healthcare, your experiences may be referred to as ‘symptoms of psychosis.’ ”* All kinds of names and descriptions are used, created in the brains of the specialists on the mind. What about making a thorough check-up on their beliefs?

Isn't it high time to make an independent evaluation of the work of psychiatrists in light of what has become a reality in the way the situation of M. is handled?

## 30% to 40% of patients do not receive care according to scientific evidence

In the Health Care Management Review of 2011, you learn that 20% to 25% of care has been medically unnecessary and potentially harmful, and that 30% to 40% of patients do not receive care according to scientific evidence. This fact is pointed out here [\(25\)](#) in an introduction to Evidence Based Practice.

Please let this fact sink into your mind and heart. Up to one quarter of the treatment patients receive is not even necessary. They are being operated on, irradiated, or swallowing all kinds of drugs which they do not need at all. Any company where 20% to 25% of its work is unnecessary would soon go out of business, yet the medical establishment, which shows such a poor track record, is prospering, paid by public money where, in many developed countries, people must have health insurance and have no way to escape from paying such a corrupt system.

Besides such a large amount of sick people getting potentially harmful treatment, as mentioned in the official report by Health Care Management, 30% to 40% of patients do not receive care according to scientific evidence. This is an extremely serious point because the population who contributes a large portion of their income to the health care system trusts that doctors will work in accordance with medical science and not outside of it, yet that is happening for every third patient!

Moreover, we have a reality where the vast majority of medical interventions are not necessary at all and actually represent actions that disrupt the natural healing process in the human body. This is a truly serious, essential point to be considered, as pointed out in other documents in connection with the case of M. and in the books by Nikolaus Beutl regarding medicine in general, particularly in connection with the so-called corona crisis.

A sincere scientist and researcher, but also a medical doctor must first of all ask, "Why do we do things this way?" and search for answers, appraise which answers are valuable, and recognize how the findings can best be integrated into the practice. Such a thoroughgoing dedication to scientifically confirming the most effective treatment for patients is largely absent in the medical field. What was learned at university without hardly any questions of validity and real effectiveness being asked is what is done. Otherwise, the here-mentioned truly tragic realities could not exist.

Merely from the side of the waste of money to do things that are not necessary a quarter of the time, or providing a treatment or giving a medication which may be even harmful, it is clear that a fundamental reform of the medical system is absolutely necessary. Particularly, the fact that 30% to 40% of patients do not receive care according to scientific evidence must be looked at in detail, and once this is being done, the percentage will continue to rise and rise and reach well over 90%. Yes, this is already clear now for everybody who is prepared to consider the scientific discoveries by true medical experts like Dr. Ryke Geerd Hamer, who developed the scientific basis for what has been known by people throughout the ages, namely, that the human body is capable of handling all kinds of health issues without need of drugs if it is supported in this task by people resolving their internal issues. And here is where the core of the problem, just as well as the solution, lies: in the heart and mind of people.

What we have today is the unacceptable situation where psychiatrists, who are themselves corrupt and do not have a healthy mind, make decisions for others like M. and destroy their life in one way or another. This evil must absolutely be brought to an end now, and for this his mother is fighting along with others who recognize what is actually going on within the medical establishment. But that is surely not enough. Every citizen must stand up for true medicine rather than allowing this field to be ruled by Big Pharma.



## The view of M.'s mother is confirmed by recent scientific findings

It is claimed that first-episode psychosis (FEP) can result in a loss of up to 1% of total brain volume and up to 3% of cortical grey matter. In this respect, new insight into the brain's attempts at psychosis recovery was gained through a study by the University of Western Ontario, published on February 16, 2022 that found tissue in specific brain areas increases in patients with psychosis even before they receive treatment. This **fact confirms what the mother of M. has been emphasizing** all along in line with the discoveries by Dr. Ryke Geerd Hamer, namely, that the body automatically responds to what is going on in a person's heart and mind, in this case by strengthening certain brain areas responsible for dealing with the mental issues a person is faced with.

But what the experts do not realize due to their having been indoctrinated by a materialistic worldview is that no drugs are necessary, because the brain itself is doing the job of what needs to be accomplished in connection with a person getting into some troubles in his mind. They are so fixed on the dogma that everybody needs a pill that they do not realize what is truly obvious: for their artificially created drugs, no positive effect is proven but it is only assumed that there is one.

At the respective link you learn that ***“A new study from Western's Schulich School of Medicine & Dentistry and collaborators from West China Hospital in Chengdu, is challenging long-held notions about brain deterioration in patients with psychotic disorders, and may help improve treatment protocols.”*** So, we have it now officially that the conventional view is challenged by specialists of a university that works in cooperation with other institutions. But when the mother of M. is offering her insights, then she is rejected, ostracized, forbidden to spend time alone with her son, and not allowed to even go out with him into the garden around the mental ward because she is so dangerous to the health of her son that he must be protected from her influence and, accordingly, the visiting hours are limited to one hour and not a minute more! Such is the narrow-mindedness of the people in responsible positions, showing that they are not qualified to do the work they are supposed to do as they fail to properly deal with reality.

*“The study, led by Dr. Lena Palaniyappan, psychiatry professor and scientist at Robarts Research Institute, showed brain tissue actually increases in certain areas in patients with psychosis — even before they receive treatment.”* This statement, rooted in scientific research, the doctors at the Psychiatric Department should know about, as it is their responsibility to do their work in line with the newest insights in how to best help the patients. So, if they know this, why are they then refusing to even talk about the foundation the mother of M. stands on as someone who basically knew about such reactions in the brain even before the scientists found out through the here-mentioned research — because she knows the basic principle of how the body reacts in situations of extreme challenges.

The scientific article says that studying this phenomenon further may help researchers improve treatment protocols and eventually have impacts on how we view and treat other youth-onset mental disorders. Yes, to study further is the task of the hour, of the day, of the year, and always. Only with such an attitude will it be possible to get where we all should be based on the knowledge that the human body is capable of handling each and every one of the challenging situations a person may encounter without even a single drug, if only the biological processes are correctly understood and supported.

Palaniyappan asked the key question: *“What does the brain do to recover from a psychosis?”* He knows that *“The brain is not passive, but a plastic organ — it tries to combat, to some extent, the trauma and stress inflicted by psychiatric conditions.”* Why, then, should we not allow the brain to do its job by interfering through drugs, which have a seemingly endless list of harmful side effects. Not the slightest reason for doing so exists. Is it the disbelief that the body can do the job which leads doctors to eagerly prescribe pills, or is it financial gain? Why do they insist that M. absolutely must swallow pills and, because parents oppose such an attitude, their right of custody was taken away from them?



In this case, it clearly turned out that **the mother stands on the side of science by advocating the support of her son without any drugs**. She is 100% right from the standpoint of true science, which is based on confirmation through real control experiments. That the medical establishment does not yet recognize this fact does not change the reality that the mother has the correct view whereas the **experts at the Psychiatric Department are greatly mistaken with their pill-centred worldview**.

For 11 years, Palaniyappan's team examined 340 patients who had not yet received any antipsychotic medications at a partner hospital in West China — and made a remarkable discovery. *"While the team's results did confirm a reduction in brain tissue in patients with psychosis compared to healthy people — even before receiving any treatment - they also observed increases in brain tissue in several parts of the brain, with correlations to better patient outcomes."* In this way, the valuable scientific understanding which the mother of M. has made her own is fully confirmed as **both the increase as well as the decrease of brain tissue are the natural way of the brain's response according to what is needed**. The brain knows very well what it is doing, just as well as all other organs which may show an extra increase or decrease of tissue according to the respective needs.

The statements by Palaniyappan that *"The higher the increase, the better some of the outcomes are,"* and *"The symptoms are less severe, duration of illness is shorter, and those with more increases in brain tissue perform better in cognitive tasks,"* are all in line with what the mother of M. knew long before this study was published. Such is the objective reality. The question is only how long it will take until the specialists at the psychiatric department humble themselves to deal with facts rather than closing their eyes in front of them.

As result of the study, two major findings are presented. *"First, before medical intervention, the brain may already be attempting to reduce the impact of psychosis."* It says "may" whereas, from the standpoint of the five universal biological laws, it is clear that the brain will always react and do what is needed. As a second result, it says that *"This rebuilding process may not be enough to fully stave off the disorder."* Why would one come to this conclusion? Because of distrust toward the body's ability to take care of its needs properly based on the prejudice that one or the other drug must definitely be necessary.

The conclusion by Palaniyappan: *"What this finding suggests is that psychosis is not a condition like dementia, where brain changes are degenerative, without any evidence of a reversal. There are reversals already happening in the brain, to a small extent, by the time a person knocks at a doctor's door with psychosis. If we can understand why and how this occurs, we may be able to improve it."* Again, we see the incredible arrogance of the experts who think that the body is not able to do its job properly so that they must interfere and do something. No, the truth is that the patient does not even need to knock on the psychiatrist's door when he is supported by his surroundings to deal with his problems. No pill will ever be necessary! This is a well-confirmed fact by the countless people who became completely well again after their personal health crisis.

The conclusion is clear: **"The discovery opens the door to looking at psychosis treatments in a different way."** How long will it take until psychiatrists are prepared to make this step forward to consider that not pills with their countless harmful side effects are the solution to mental health issues but to deal with their origin, which always lies in the soul of a person?

One of the images accompanying the article on these new discoveries conveys the idea that **when some brain regions have a structural deficit leading to functional difficulties, other regions can show structural changes to compensate for the deficits**. This is a normal process which is taking place all the time in the human body, which is ever so amazing and capable of self-healing in every respect.

The final insight by Palaniyappan presented at the here-introduced link is that *“Most of the research to find new therapeutics and interventions in psychosis depend on the framework that the brain changes are signs of a damage. If we **shift our focus from brain damage and understand the mechanisms behind the brain’s attempts to recover and compensate**, maybe we can achieve better outcomes.”* Yes, herein definitely lies the key. It is totally wrong to focus on signs of damage. What must be understood is how the brain is precisely working to compensate weak areas through special changes that are timely as long as such special support is needed. Once the problems in the psyche of a person are fully resolved, the original state will also be restored in the structure and tissue of the brain. The truth is so simple and clear, if only we use our reason without any prejudice such as thinking that difficulties in the mind can only be dealt with by swallowing pills!

Another important clue **regarding the future of psychosis treatment** is that about one in six patients will only ever have one psychotic episode in their lifetime. So, the great danger that doctors assume does not exist at all for every sixth patient, and once the general attitude toward mental illnesses changes, we will soon see the number of people having a psychosis decreasing rapidly until nobody will ever have one, because there is no reason to get into mental disorder when everybody has learned how to take care of their mental wellbeing. This is where our absolute focus must lie and not in looking for which pill might be used for which problem!

What is stated here is confirmed by the statement of Palaniyappan, that the *“Most severe psychiatric disorders, about 75 percent, start in teens or pre-teens and then become a life-spanning illness. **Almost all of the treatments we have are only symptom control measures; they are not curative. We do not know how to reverse the underlying processes.**”* Of course, they do not know because they are looking at the world with eyes blinded by pills. The answer is so very simple, yet the experts are incapable of recognizing it.

The final prospect: *“**Understanding compensatory processes will open the door to new ways of addressing many mental health problems.**”* Should we not, therefore, really focus on understanding the actual biological processes on deeper levels, a task which Dr. Ryke Geerd Hamer has already done such precious pioneering work for every type of cancer, etc., and the respective causes and correct way of restoring the original healthy state to the fullest extent? Obviously, this is what the medical establishment should be focusing on, and once they do, their unnecessary and unscientific work without valid control experiments in the majority of cases will come to an end.

## Evidence-based science versus the theories of psychiatrists on the mind

According to the materialistic worldview upheld by most scientists, ideas, abstract concepts, beliefs, and feelings arise directly from the concrete functioning of the brain. On the other hand, we see billions of sincere people of faith adhering to various religious and spiritual traditions who all testify to the existence of the soul or spirit as the core essence of human beings, affirming the primacy of the inner heart as the origin and guiding force of the here-mentioned invisible content which is expressed in the body. Moreover, some philosophers have argued that the brain alone cannot fully account for the actions of the mind.

While conscious mindstates can, to a certain extent, now be mapped on the brain, it is still impossible to tell what a person is thinking based on brain imaging. In other words, thorough knowledge of the thought process is still non-existent and, accordingly, the claims that it is possible to manipulate people's way of thinking lacks any basis in reality. It remains wishful thinking, but this does not stop arrogant scientists making exaggerated assertions and declarations of what they are supposedly able to do in this respect.

The mind is the primary domain of psychology. From rectifying problematic thought patterns to uncovering the workings of memory, mental illness, and emotions, psychology is heavily involved in the analysis of the mind. For generations, philosophers were the primary scholars studying the mind, but much of the philosophy of mind has now become the domain of psychology. Cognitive psychologists and neuropsychologists in particular are interested in how brain states affect mind-states, but they can never come to the correct conclusions because they start their research on a totally flawed basis: the hypothesis that the mind is produced in the brain. Such a claim was never scientifically proven and, therefore, all their effort will never allow them to solve the numerous unresolved riddles or open questions in connection with how the mind works because they have it all upside down due to being ignorant of the fact that all products of the mind have their true origin in the inner heart and soul of a person.

Many mental health professionals acknowledge that there are layers of consciousness to the mind, and are interested in accessing its deeper workings. All their research on the unconscious mind and the ways in which it influences the conscious ego, along with their studying how emotions are created and processed, can only be fruitful if neurologists include the causal invisible energetic realm as the decisive factor behind the processes seen in the body via the brain.

For this reason, it is also clear that claims of chemical products like aripiprazole being able to beneficially manipulate the workings of the brain are nothing more than wishful thinking at best, in reality the criminal deception of innocent patients who believe that this or that pill is helpful to solve their mental problems. In these few paragraphs, the core issue is outlined. As soon as you grasp that this is undeniably true, you will also understand that it is impossible that any of the positive effects on the human body through the manifold use of pills cannot be true, because it is impossible to improve something which you cannot really understand, which in this case is how the human mind actually works. Without being true experts on the mind, psychiatrists are a priori bound to fail in helping people to completely resolve their mental disorders. And even much less are the various drugs they are prescribing doing any good to the patients, but merely harm them in manifold ways.

To put it in perspective, they merely know theories which they learned by heart or sufficiently well to pass their exams, but in the end the effectiveness of their work is greatly lacking when it comes to really helping people to get fully back on track. Why this is the case is ever so obvious: the most important central core of every human being, the inner heart and soul is denied and ignored, which naturally leads to incompetence.

## The contradictory concepts of doctors, particularly psychologists & psychiatrists

The experts in medicine use brain scans. A form of MRI known as functional MRI has emerged as the most prominent neuroimaging technology. It tracks changes in blood flow and oxygen levels to indicate neural activity. Researchers became able to characterize brain function at the level of neural processes. Other measures of brain activity include electroencephalography (EEG), which records the brain's electrical waves to detect abnormal activity, such as in seizures and sleep disorders, and positron emission tomography (PET) scans, which uses radioactive tags to show which brain areas become active when someone performs a task.

The American Psychological Association (APA) is the leading scientific and professional organization representing psychology in the United States, with more than 133,000 researchers, educators, clinicians, consultants, and students as its members. On its website you can read an article about new technologies shedding light on the brain's form and function: *"Now doctors can study detailed three-dimensional images of the brain to spot problems, to understand what happens during tasks, thoughts, and emotions, and to assess the effectiveness of various treatments. The newest tools show how different regions of the brain connect and communicate. They can even show with split-second timing the sequence of events during a specific process, such as reading or remembering."*

Psychologists and psychiatrists employ these tools across the range of the discipline based on capturing the psychological and neural processes involved in emotion, pain, self-regulation, self-perception, and perception of others. At the same time, primitive methods are implemented based on medieval concepts like the unreasonable belief that putting something into your stomach makes your brain work better, e.g., by swallowing pills. It shows such a contradictory nature to first check the brain with the help of cutting-edge technology measuring invisible electromagnetic fields and then to resort to pure matter, some chemicals pressed into pills as the solution to problems. Such behavior may be comparable with those who in the past used a hammer to hit a television to hopefully make it function again.

Doctors, particularly psychologists and psychiatrists, know that the processes in the brain take place through the flow of electrons, yet when it comes to finding solutions to what they see on brain scans, they pretend not to know of the fact that it is all about energy and that issues must therefore be resolved on that level. Nothing else can or will work than using harmonious energy to heal where energetical processes are in disorder. It is so very simple that even pupils can understand this essential fact. Alas, it does not come to the mind of the highly educated doctors and specialists who have studied for many years to deal with what is already there, the flow of energy, and to make sure that it is happening in the right way by dealing with issues on the energetical level.

It is truly heart-breaking to see that very clever people dedicated to help patients are at the same time so very stubborn and narrow-minded to think that taking some pills, which contain chemicals, is the solution to problems in the brain functioning. Yes, it is ever so sad that they are unable to recognize what is ever so obvious, that the enormously complicated function in the brain can never be improved through consuming a mixture of artificially created products. Accordingly, positive results of anti-psychotic drugs are merely hypothetical, but **what is proven by hard facts**, including patients dying prematurely, are the **countless negative effects these drugs** have on the human body.

The truth is ever so obvious, yet most people are blind to see what is crystal-clear.

## The refusal of mental health experts to use the newest scientific knowledge to help patients

In an original peer-reviewed article on the *“Novel Method of Electromagnetic Field Measurements of the Human Brain”* published in February, 2022 you can read that, *“Advancements in neuroimaging have changed the field of medicine. Computed tomography (CT) and magnetic resonance imaging (MRI) typically produce a static image of the brain, while continuous electroencephalogram (EEG) data is limited to the cortical surface. The brain’s chemical reactions produce an electric circuit that generates a magnetic field. We seek to test the ability of a non-contact sensor to measure the human brain’s electromagnetic field (EMF).”*

Scientific experiments confirm that it is possible to continuously measure the living human brain’s dynamic electromagnetic fields throughout the entire brain in a non-contact, non-invasive, continuous manner through the scalp and skull in the standard environment. The signals are unique to the individual human and can be differentiated from background activity. This is what could be discovered with the help of state-of-the-art technology, yet doctors, particularly psychiatrists, continue to advocate drugs, in the case of M. antipsychotic pills, as the solution to (mental) health issues.

One only needs to take a sober look at what is happening to recognize the totally unreasonable behavior of those who know about the newest discoveries confirming that all processes in the brain create electromagnetic fields, but then use chemicals to hopefully influence the brain instead of dealing with issues on the energetical level. The effectiveness of such methods is fully confirmed through experiments that show the positive results on patients who are treated energetically without any negative side effect.

On the other side stands the ever so common use of antipsychotics that are actually harming the brain and causing, in many cases, even very grave damage to patients’ health rather than being helpful. All of them would be immediately eliminated if the doctors stopped prescribing drugs and used instead the scientifically well documented method of healing through supportive energy, a method which does not have any unwanted consequences because harmonious energy is naturally supportive of the functions in the human body, a fact which has been known throughout history.

The experts have found that the nervous system is an electrical circuit formed by chemical reactions with resultant electrical signals flowing to and from neurons. *“Any flowing electrical current generates an electromagnetic field (EMF). The source of the electrical currents is chemically communicating dendrites of the horizontally oriented pyramidal cells, which cause excitatory postsynaptic potentials, thereby generating a neural current flowing perpendicular to the cortical surface.”* They see what is happening based on processes becoming visible with the help of excellent technology, yet they fail to use their own brain sufficiently well to come to the correct conclusion, namely, when there are issues in the flow of energy, they must be dealt with on that very level and not by giving drugs to the patients.

Based on superconducting magnetoencephalography, it is possible to measure in real-time EMF emitted by the human brain at room temperature with a small, portable, user-friendly device. The intrinsic magnetic field of the human brain can be measured passively, continuously, and directly. The conclusion is clear: when it is possible to measure and understand the intrinsic activity of the human brain under normal physiologic conditions, it should also be no problem to record and subsequently alter pathologic magnetic fields in the diseased human brain.

Yes, this is what the specialists on the brain have found out, yet doctors are failing miserably to put this confirmed knowledge into practice by focusing on supporting patients on the energetical level. Why is this not being done? The answer is obvious: the medical-industrial complex would then lose the foundation of its existence, patients who daily consume their products. None of them would be necessary anymore as soon as a fundamental reformation takes place in the medical establishment to switch from drug-centred medication to true medicine, which uses positive energies to support patients in the healing processes. To

do so means no more business for Big Pharma and, therefore, their powerful lobbyists prevent such an urgently needed paradigmatic transformation by all means.

This situation stands at the core of what has become a reality for M. and countless others put into a situation of having to take drugs that are harmful for them although so much more cheap and very effective other healing methods are possible. They are not being used merely due to selfish financial reasons. Herein lies the enormous tragedy that is supported on the national level in nearly all countries of the world because the pharma lobbyists have done a thorough job during the past century to indoctrinate nearly all people with their evil ideology of propagating a pill as the solution for every ill. In the light of this fact, it is clear that the case of M. is directly connected with the overall reality of the medical establishment that is fully dominated by Big Pharma on every level, starting with the education of medical doctors at the respective universities, which are greatly sponsored by those who push their one-sided materialistic drug-taking method.

To aid clinical treatments, psychologists are using functional imaging to get at the neural mechanisms involved in such difficult problems as post-traumatic stress disorder, phobias, and panic disorder. Scans similarly help researchers follow brain activity to assess whether various treatments change the underlying brain dysfunction. What is so very wrong is that doctors acknowledge that changes are taking place, which can be measured, but they do not use this knowledge to treat patients through providing supportive energy. They close their eyes in front of what is most obvious and blindly continue pushing drugs that harm ever more people worldwide not only in the form of antipsychotics, but also all the other drugs with very negative effects on the precious human body.

In the early days of brain scanning, researchers often focused on locating regions for different emotions in the brain. Over time, it became evident that emotions don't map neatly onto specific brain regions, but rather stem from a complicated network of interconnected brain regions. The next step of urgently needed realization lies in all people awakening to the truth that, in a situation where processes in the brain take place on the energetical level, then they must be addressed there through providing positive energy to support the harmonization of processes, a task that artificially created pills can never accomplish.

The bottom line is none other than whether we are prepared to deal with reality or continue to live in a world of make believe and fairy tales where we have faith that swallowing chemicals will resolve imbalances in the ever so delicate processes continuously going on inside of every person.

Collectively, we decide whether we act reasonably and make the best use of all the precious insights and discoveries on the level of energy, including the results of quantum research, or we remain stuck in dead matter based on denying the spiritual substance that can even be measured scientifically with state-of-the-art scales, as Dr. Klaus Volkamer has shown. The needed scientific information is all there, but alas, the readiness to use it in patients' best interest is unfortunately greatly lacking when it comes to providing alternatives to drugs.



## The great deception regarding psychosis which everybody must recognize

It is decisive to use your intellect and logical thinking well in order to gain complete clarity. M.'s being diagnosed with an unspecified acute psychotic disorder (F 23.9) was addressed from many different viewpoints in various documents which outlined the contradictions in connection with his case.

On the website of the national health service you learn that there has been a great deal of research into *"how psychosis affects the brain and how changes in the brain can trigger symptoms of psychosis,"* whereby *"Researchers **believe** dopamine plays an important role in psychosis."* Dopamine is a neurotransmitter, a chemical the brain uses to transmit information from one brain cell to another. *"It's associated with how we feel whether something is significant, important, or interesting. Disruption to these important brain functions **may** explain the symptoms of psychosis."* In other words, scientists do not know, they only have a belief. To believe this or that does not represent a scientific foundation to come to valid conclusions.

The concept: if given medicines are known to reduce the effects of dopamine in the brain then the symptoms of psychosis will also be reduced. Therefore, patients must take drugs like aripiprazole so that they have less of a feeling that something is significant, important, or interesting! The result can be seen in M. and countless others for whom valuable things which were very important in the past are not interesting anymore. That is the kind of help psychiatrists are offering to their patients who become more and more dull.

In reality, the experts on mental health have got it all upside down. They think that the brain produces thoughts and emotions whereas the opposite is the case. Emotions, thoughts, and feelings are developed in the inner heart and soul of a person and expressed in the body via the brain. The specialists think that if they disturb this process by adding chemicals to the body, which reduce the effect of dopamine, then the problem is solved. In reality, this turns people into zombies and their health is gravely harmed as the many adverse side effects of antipsychotics show.

If you have a closer look, you can realize that a far-reaching error lies in the fallacy of the belief that unrealistic thinking, having thoughts that do not correspond to reality, makes the brain sick. This idea has zero to do with reality because it is nonsense that good thoughts aligned with reality are beneficial for the brain whereas ways of thinking that are not true according to what the experts and others define as reality harm the brain.

Yes, this is what the whole issue comes down to: **psychiatrists and all those who believe their ideas are deceiving themselves.** They believe things that are totally unreal and confirm in this way that they themselves have a mental disorder, which they then diagnose in others. This and nothing else is the ultimate bottom line at the core of M.'s case.

To make it clear, it is completely wrong with no trace of truth to proclaim that a certain way of thinking harms the brain, and therefore people who think in terms unacceptable to psychiatrists must accordingly take drugs and, if necessary, be detained and forced to take drugs as was done to M. Even the right of custody was taken from his parents because they rejected such a course of action.

The great deception regarding psychosis that everybody must recognize lies in the fact that it is not people's natural thoughts, of which they have 6000 daily, causing them to get sick but only the drugs they are prescribed or which they choose themselves.

## The core lie of brain damage which must be treated by taking antipsychotic drug

It is indeed a lie when patients, and in this case the parents of M., are told that their son's brain will be damaged if he does not take aripiprazole because, in reality, this is only something which is assumed whereas the harm done to the body through the use of antipsychotic drugs is fully confirmed.

Doctor "I." told the mother of M that *"He came here with a psychosis. The longer he stays in it the more problems he has occurring in his brain which can cause permanent damage to his cognitive functions and memories. As he stays longer in these psychotic episodes the damage is done to the brain. That's why it is essential not to stop the medication."* All throughout history people have come into situations where they found it hard to think clearly and to express their thoughts coherently. According to today's psychiatrists, every one of them had in this way a psychotic episode that should have been treated with medication like the one given to M. Such chemical products did not exist for thousands of years, yet people have been able to cope with mental challenges and continue to live more or less happily without even a single one of the pills that are consumed today.

Merely this simple fact shows that to claim M. must absolutely take aripiprazole is not rooted in a reasonable view but in the narrow-minded, illogical standpoint of promoting drugs as the best solution despite much better and confirmed healing methods that do not require a single artificial drug.

M.'s mother was told by one of the staff that, *"They are still having the opinion that it is needed to prevent damage."* It is about opinions and not scientifically proven facts, which includes the warning, *"The longer M. has these episodes the more damage will be caused."* and the statement: *"It is known that he needs a medical treatment for at least one year."*

Yes, the assumptions of psychiatrists are known, but that does not make them true or correct. Again and again the drug is promoted: *"Ok, we will keep moving by continuing this medication for now and probably much longer because it is so important for him and his well-being to take the medication. **To stabilize his brain, so that the psychoses do not come back because they are so dangerous. They are very dangerous...** Many people had concerns and questions about medications. But this medication he is taking right now is so important for him. It is to protect his brain."*

No danger whatsoever exists for the brain to be damaged through a person having many thoughts or by not being realistic enough — whatever this may mean according to the definition by psychiatrists — yet, the drug is advocated as an absolute necessity for the brain to be protected by harm. What is happening is none other than first one lie is created, that too much thinking causes brain damage, and then the solution is offered, that the drug — whatever name it may have according to the producers — must be taken. All of this belongs to the realm of fairy tales and deception, including medical fraud and malpractice.

On the other hand stands true research such as that done by Dr. Lena Palaniyappan, psychiatry professor and scientist at Robarts Research Institute, about which you read in the document titled, *"The view of M.'s mother is confirmed by recent scientific findings."* A key statement: *"If we shift our focus from brain damage and **understand the mechanisms behind the brain's attempts to recover and compensate**, maybe we can achieve better outcomes."* Not only maybe but surely the result will be so much better if the root cause of mental issues are addressed, which lies in the soul of a person along with the correct understanding that the brain is capable of adjusting to the respective needs in a given situation and does not require any interference on the side of the so-called experts.

## Who can claim to have the truth on their side — what are the criteria?

What does the situation of M. show? That objective facts do not count, only **who is saying something matters**. When the psychiatrists in the mental ward of the University Hospital make a statement then it is the truth for the representatives of the National Agency for Children & Families and for those representing the Ministry of Social Affairs. Their decisions are made in accordance with whatever the doctors say.

Nothing else counts, neither for those who are above the University Hospital staff in the hierarchy nor for those working there, particularly the staff at the Psychiatric Department. The relevant questions offered to them from the side of M.'s mother do not have any meaning for them even to the extent that everybody at the mental ward agrees that it would be a waste of time to answer them. Accordingly, the mother of M. has been waiting in vain for many weeks to receive a response to the written questions she had compiled for the representatives responsible for the situation into which they put her son.

Such a reality begs for a very fundamental consideration: **Who decides what is true?** Most people think that psychiatrists know what is true in the field of mental health. No need to think twice, just ask the specialists and you will know the right answers. This attitude opens the way for so-called specialists to do whatever nonsense they want, like declaring a completely healthy young man to have a mental disorder, and that is alright for everybody. Those who question such a narrative are the evil ones who are to be shunned, restricted in their access to M., etc.

In such a situation it is decisive to realize that it is very wrong to have the motto that was declared again and again by the staff at the mental ward, to let us agree to disagree. It sounds nice but such a concept is in the end counterproductive and against any scientific work, which always questions results to make sure that they are really correct. This attitude means nothing less than, *"I am not interested in the truth. I just want to have my peace and not speak about this issue."*

There is not your truth and my truth but only the one Truth which is valid for everyone. Speaking of your and my truth actually undermines shared common facts. Truth can't be relative; if it is relative then it is not truth. To declare that both your and my opinion are true even if they contradict one another is nothing else than saying nonsense. Unfortunately, those working at the Psychiatric Department who emphasize "agree to disagree" have not understood this simple fact. They are blind to it not making sense to simply agree to disagree because only one side can be correct. What you are saying with such an attitude, which sounds so good to the ear, is in fact that you are not interested in the truth, only in your opinion and that is enough for you!

If you stop and think then you will realize that such a totally wrong attitude means nothing else than to contradict yourself because if I agree to disagree then I am agreeing to being myself wrong! Yes, that is what it all comes down to. I agree that either you or I are seeing things incorrectly, which includes of course that I fail to recognize the facts. When you agree that you may not be right and are happy about it then you really show a sign of a mental disorder. This is what it comes down to when you insist on such an attitude.

The staff at the Psychiatric Department encouraged M.'s mother to agree to disagree. If there are two opposite opinions, only one can be true. If you agree to disagree then you also agree to be wrong and go home and sleep well. M.'s mother definitely cannot do that because she does not have a split personality. She wants to know the full truth and therefore she has been asking many questions.

What everybody needs to be aware of is the core fact that truth isn't an opinion or preference. It isn't subjective or relative because reality is inescapable. The central challenge is none other than to face the truth, something wherein most people have great difficulties because otherwise we would live in a world where honesty prevails. In today's society, the 'true for you but not for me' relativism is dominant, hindering

people to come closer to recognizing what is correct because a serious quest for truth is hardly being pursued.

The acceptance of obvious contradictions comes down to a denial of reality and common sense. It represents an attitude of thinking that the truth has to adjust itself to me rather than I adjust my life to the truth. A story or statement is only true if it lines up with reality. In this respect, it is clear that all the claims by the staff at the mental ward of M. being mentally sick and therefore he must take aripiprazole for one year has zero to do with reality.

The underlying issue is very clear: **how much do we care about the truth?** Harvard University, the oldest institution of higher learning in the United States and among the most prestigious in the world, has the pursuit of truth as their motto. To become familiar with the truth should stand at the core of any education. This path needs to be cultivated all along to gain ever deeper insights.

Iceland is primarily a Christian country. Two billion Christians worldwide know about Jesus who said, as recorded in the New Testament to Pontius Pilatus, that *"I come into the world, that I should bear witness unto the truth. Every one that is of the truth hears my voice."* In response, Pilate asks, *"What is truth?"* (John 18:37-38). Therefore, the Truth should be relevant for Icelanders, particularly when it comes to the judiciary system. According to which criteria will the judge decide regarding the correct handling of the case of M.? His health and wellbeing are gravely harmed by the decision of medical doctors to keep him at the mental ward for weeks and to drug him with aripiprazole when he was completely healthy upon entering the University Hospital. This is the truth which corresponds with objective reality whereas, on the other side, stand lies, half-truths, untruths, wrong concepts, erroneous ideas, prejudice, and a refusal to deal with the facts as presented by M.'s mother.

Christians believe that Jesus is the embodiment of truth, for He says, *"I am the truth."* He bore witness to the truth. This was the core purpose of His mission. Accordingly, for the more than two thirds of Icelanders who belong to an established church, it should be of great importance to act in line with the truth. The mother of M. has been dedicated to this task since her youthful days. She is fighting for the truth to come to daylight, not centered on herself and her son who became the victim of falsehood being practiced, but her concern to contribute to the victory of Truth over all kinds of lies and deception which are very sadly prevalent in our world.

Either we embrace reality or pretend it does not exist. Either we welcome the truth and deal with it or we ignore the facts — in both cases, every individual will feel the consequences. And collectively we decide whether we uphold the truth or are satisfied to pretend, to be dishonest, etc.

At the core, it is all about what kind of character a person embodies. The decisive question is whether we listen to the inner heart and conscience or act according to another standard which is not aligned with timeless Truth.

## The final decision is between upholding science or believing in some dogma

In the overall context outlined in these reflections, the situation of M. comes down to one simple question: do we as a nation choose to follow the direction given by the medical-industrial complex or are we dedicated to resolving issues where they arise, which is in the heart and soul of people?

Practically, it is a question of choosing between clinging to the religion that is the medical establishment, or adhering to the scientific principle of always checking whether assumptions, hypotheses, and theories are correct or not. In these 300 pages in connection with a completely healthy young man having been locked up in a mental hospital, it is clearly shown that the real issue is none other than a question of faith, whether one believes what the doctor says based on unproven theories that were never confirmed by reality, or one pursues the path of searching for deeper understanding while further investigating the scientific laws and principles underlying all creation, particularly the bodily functions.

The real problem is that those in responsible positions are unaware that *“Science must always be about knowledge and not about pursuing an agenda, no matter how noble it may be.”* Scientism, based on trust in ‘authorities’ and accepted consensus rather than objective facts and logical proof, has become a religion, a cult, which must be overcome. We have to counter this development with the awareness that, “If you can't question it, don't call it science.”

There are only two options: either you live up to scientific standards or you cling to one or the other dogma established in the field of science based on some scientists agreeing with each other and declaring something as confirmed knowledge, even though it is not at all. This fact can, of course, only be noticed if one is prepared to have a close look at reality.

Iceland has the highest consumption of antidepressants. Adverse side effects include: *“feeling agitated, shaky or anxious, feeling and being sick, indigestion and stomach aches, diarrhoea or constipation; loss of appetite, dizziness, not sleeping well (insomnia), or feeling very sleepy, headaches.”* People put up with these very unpleasant experiences in hopes of getting rid of being depressed, and for that purpose they take pills to which the body reacts with the here-mentioned symptoms **because it knows that the content is harmful**. The opposite of being depressed is, of course, to be happy and hopeful for the future, excited to do many things, a feeling which was strongly present in M. before he was ‘drugged down,’ so that now he is always tired while having to endure all kinds of pain in his body... He is taking these difficulties upon himself because to be free is very important, just as being joyful is what depressed people are longing for. What you will hopefully realize as the reader of these lines is that there are **values which are higher than just bodily comfort, namely, spiritual or internal ones for which people are even prepared to give their life**, because there is not much meaning to lead a life while feeling in prison — which is one of the reasons why many who take antidepressants commit suicide.

Is it really so difficult to recognize that taking pills can never ever resolve internal issues? This fact stands at the very core center of the battle which must be fought in reality against the medical establishment dominated by Big Pharma to be liberated to practice true medicine where none of the artificially created drugs are necessary.

You and I decide whether we allow ourselves to be a slave of the deception firmly established in conventional medicine based on a materialistic worldview, or we walk the path of true science where we check everything, including spiritual experiences, to gain confirmed knowledge both about the visible **natural world** as well as the **invisible spiritual realm**.

## Conclusions from what has become a reality in the medical establishment

From the facts addressed in this book in connection with the case of M. and the 650 pages of the two books by Nikolaus Beutl, it is clear that a profound re-evaluation of the dogmas in the field of medicine is absolutely necessary, just as well as a thoroughgoing investigation of the actual efficiency of today's medical practice, including the influence of the pharmaceutical industry, alias the medical-industrial complex, on the way health issues are dealt with.

In these publications, along with all the links that are presented, the **enormous corruption in the medical establishment is exposed**. Even more can be shown to be completely wrong in the way patients are treated in modern medicine, which is strongly dominated by certain dogmas for which no scientific foundation whatsoever exists, such as the claim of disease-causing viruses and the theory of contagion, for which truly logical alternative explanations are available that make much more sense and are very precise, such as provided, e.g., by Ulrike Stoll in her books.

The bottom line is that today's medicine is largely NOT rooted in science but merely in a belief system that has long been proven to be completely invalid with logical and reasonable alternative explanations being available yet generally totally ignored because taking them seriously would mean the collapse of the truly faulty medical establishment. What it all comes down to is none other than **conventional medicine ignoring confirmed facts about its effectiveness**, including the reality pointed out under the themes like *"Modern allopathic medicine has not prolonged people's life"* and *"Actual data shows the failure of conventional medicine."* In this way, **today's medicine has left the path of science and works merely on the belief system that drugs are the solution to every problem**, whereas on the other side stands the centuries-long conviction that prayer and loving support for the patient is the number one most effective way of helping people with mental problems or other health issues. Through the work of Dr. Ryke Geerd Hamer and other pioneers of the correct understanding of how the body actually works, it is possible to answer all relevant questions concerning health precisely, particularly in respect to their origin and how the natural healing processes function to restore complete health.

The ultimate decision to be made is none other than **continuing or abandoning the nonscientific path of today's medical establishment**, which clings to **dogmas based on a belief system that is definitely wrong** as proven by true science with the help of cutting-edge technology as well as conventional wisdom. Yes, collectively we determine whether we move forward based on **scientific evidence confirmed by control experiments** or cling to the materialist worldview underlying modern medicine, which is actually doing a very poor job in helping people to recover completely from any illness. The continuously rising number of chronically ill people who take ever more pills are one of the proofs of the complete failure of the allopathic approach.

As it turns out, today's medicine is much more like a religion based on medical dogmas on which some doctors agree and then proclaim it as the consensus of the medical establishment. Such a procedure is indeed nothing more than religious, where one firmly believes in this or that theory while showing poor results when it comes to really helping people to regain their full health so that they do not need any pills. Will we continue on this miserable path or turn to acting in line only with true medical science confirmed by control experiments? The way how we answer this essential core question determines whether or not we have **a bright future with people who are healthy their whole life long**.



## A sober evaluation of what modern medicine actually knows about the body

Most people put their trust in doctors and they are recognized as the authorities to listen to, like the psychiatrists at the mental ward where M. was kept against his will. But the explanations offered in previous documents show that their actual confirmed knowledge is indeed tiny because, otherwise, the track record of allopathic medicine would not be so bad as it is.

Scientists could not even find out how the placebo effect works, where a fake treatment improves the patient's health, simply because they believe it will, even though this is a phenomenon that is ever so common,. Many experiments have been carried out to understand the power of the mind which is able to improve a person's health without the use of any substances. They do not know why some patients are more susceptible to the placebo effect than others. **No viable explanation for the placebo effect has ever been found.**

Compare this with the claims that this and that drug helps people to resolve mental issues. **The experts cannot even explain how such simple phenomena like the placebo-nocebo effect works, yet insist that they are able to create drugs that are able to balance processes in the brain like the control of hormone levels.** If you have a sober look at such claims, it is obvious that they are **a hoax, a fake claim**, merely an unconfirmed assumption which is meaningless, as no scientific proof exists. Why then are the authorities insisting that M. must take medication based on such a bad foundation? The core reason is simply that they are **fervent believers in the dogma that psychiatrists know best** even if their actual ability to heal people from mental illness is definitely absent.

What about the question, *"How are memories stored and retrieved?"* Not even this essential question can be answered by brain neurologists. They only know that when a new fact is learned, physical changes in the brain occur across a network of synapses and neurons. However, neurologists do not fully understand what these changes are and how they hold knowledge. Compare this with the psychiatrists' claim that they have drugs that are able to help people overcome their depression and improve their mood, etc.

Such claims are nothing else than wishful thinking without any basis in science! So, the urgent question is none other than, **what is the justification for the claim that M. has to take drugs** when not even the experts know how it works and only "MAY" have some positive effect with nothing being scientifically proven? The answer to this question is clear: no reason for M. or others having to take drugs exists and, therefore, it is illegal and even criminal to push people to take drugs that harm their health, which is definitely the case with M. It is the responsibility of the Ministry of Social Affairs to sue the Psychiatrist Department for medical fraud for claims that are not scientific and seriously harm the health of M.

Also, the National Agency for Children and Families must be held accountable for following the directions of so-called experts at the Psychiatric Department of the University Hospital, which are not based on science but merely on unconfirmed beliefs. They must justify why they do not allow natural healing methods, which have an immensely better track record than the one psychiatrists can show with their drugs that are harming millions of people. How can their following such people who do not even understand how it is possible to retrieve information in just a tiny fraction of a second, enabling us to recollect events from decades in the past, be justified? Although the subject has been heavily researched, it still remains unresolved like so many others, yet the claim is made that the brain can be positively influenced by eating some pills, a claim which is simply a fairy tale.

## The incredible arrogance of the medical establishment is rooted in their ignorance

There are certain aspects of human behavior in response to a given challenge. For example, if you make a stupid mistake in public, you probably feel embarrassed. If you do not know something that you should know, you may get a red face. On the other side are reactions which people train, like pretending to be someone who they are not. And there is the option to be arrogant and not to admit your lack of knowledge.

Psychiatrists are supposed to be the experts on the mind, yet they do not even realize how they are deceiving themselves to believe in drugs as the solution to mental health issues even though such a claim has no basis in real science but represents merely a belief and nothing else, just as religious devotees have their dogmatic beliefs. Moreover, incredible arrogance is shown in the psychiatric department of the University Hospital, expressed, e.g., in what one of the doctors responsible for M. told his parents at their second meeting, that, *"We can't waste our time to answer your questions."* If they had all the answers, it would not take them long to respond to one question after another and the issue would be clarified once and for all. Why is it a waste of time to answer legitimate questions by parents who are concerned about how their son is treated by so-called experts? Merely the fact the doctor responsible for M. and his staff have such an attitude convicts them of having a compromised heart because no justification exists for several people spending "countless" hours to watch M. in the mental ward, but they have no time to respond to legitimate inquiry by his parents who are responsible for their son in front of the law as his caretakers. Any person with a healthy mind would gladly share the knowledge with those who ask for it, but such an attitude is far from the staff at the Psychiatric Department.

A healthy human **eye** has three types of cone cells, each of which can register about **100 different colour shades**, therefore most researchers ballpark the number of colors we **can distinguish** at around **one million**. Besides the amazing abilities of the eyes, the **nose** can remember **50,000 different scents**. **Each organ of the human body is truly amazing, with countless questions still unanswered concerning how it functions** although tens of thousands of specialists have been researching how these extremely fine-tuned systems work. Please keep this reality in mind when you look at the claim that pills consisting of chemicals are able to improve these ever so complicated systems and highly specialized organs. To insist on such an attitude reveals a deeply-seated ignorance because it is truly 'stupid' to think that a mixture of some chemicals is able to perform delicate tasks like balancing hormones, as is claimed for the drug which M. must take. On average, a person will yawn around 250,000 times in their lifetime. Despite this, **scientists still can't solve the reason behind this common reflex**. Atoms, which form everything we see around us, account for 5% of the universe, but the experts can't explain what the other 95% of the cosmos is made of. In light of such a huge absence of knowledge, for which so many examples can be found, it shows a truly incompetent attitude to claim to be able to create pills with ingredients that breaks down in the digestive tract, and then the elements move to the brain and manipulate it to function better, as is claimed for the drug given to M.

The closer you look, the better you recognize how little doctors actually know about the refined systems of the body. They may know the physical components, but the inner mechanism is, in most cases, not really understood. Nevertheless, incredible claims are made by medical doctors and most people blindly believe them, although what they insist on widely lacks any valid scientific basis. That is definitely the case for the pills prescribed by psychiatrists whereby, in each case, it can be shown that no valid control experiments were made and, accordingly, no scientificity can be claimed.

## What is the qualification of psychiatrists and how is it practiced in the case of M.?

On the website of the Yale school of medicine, you find the following explanation concerning the study of psychiatry: *"We continue to maintain a long tradition of strong clinical and research programs in the biological, psychological, and social determinants of mental health. Each of these models is represented in the core didactic curriculum to enable you to have the knowledge necessary to provide your patients with the best treatment available. We believe that in order to become a great psychiatrist, it is important that you master a core set of skills. These skills include forming an empathic connection with your patient through empathic listening and sensitive interviewing. You must also be able to interpret the meaning of what your patient is saying in order to develop a formulation and treatment plan that integrates biological, psychological and socio-cultural perspectives on the patient's presentation. You must also master the skill of being able to use the scientific literature in order to ensure your treatments are evidenced based and effective. Lastly, you must be able to effectively interact with the system of care, be able to advocate for your patients, and be able to lead a care team. These skills, augmented by knowledge from our innovative didactics program, provide the basis for all your interactions with patients."* If you compare what a psychiatrist should be able to do and how reality looks like in the case of M., it is obvious that there is a huge gap between what is claimed and what is actually happening. Did M. receive the best treatment available? How does the empathic listening and sensitive interviewing look like that were done with him? M. says that only his lawyer spoke deeply with him. The mother has been asking in vain for weeks for reports from the doctors on the treatment of her son. Instead of receiving them, she was told lies about the mental situation of M. as pointed out in various documents in connection with his case.

What about the following task? *"You must also be able to interpret the meaning of what your patient is saying in order to develop a formulation and treatment plan that integrates biological, psychological and socio-cultural perspectives."* Which components does the plan made for M. contain and where is it? The mother could not find any concrete signs of such a task being fulfilled other than the daily giving of drugs.

In theory, the importance of loving relationships was emphasized in the very first meeting of the staff with the parents, but in reality a very different standard was put into practice. It does not make sense to acknowledge loving care as a central component of a healthy life and medical treatment and not make this essential point the focus of our attention in dealing with people. One of the staff noted about M. that, *"He is a lovely guy."* What about treating him and his family members accordingly with love? How reality looks like in this respect is already well documented.

The bottom line is always the same: Are the best solutions for patients pursued by medicine or those which benefit Big Pharma? How can the psychiatrists at the mental hospital claim that they are doing their *"very very best"* for M. when they are not even prepared to implement alternative methods other than the use of drugs which anyway only may or may not help? The repeated pleas of M.'s mother to use alternative methods were simply ignored.

Only by applying fundamental scientific rules can we come to the correct conclusion. The decisive question is whether we act accordingly or simply trust the so-called experts because they have a certain position in the medical establishment which is greatly influenced by the pharmaceutical industry. Who will check on the psychiatrists at the University Hospital whether they live up to the standard one would expect from an expert on the mind of people?

## Have psychiatrists understood that people's life is the expression of their thoughts?

Quantum physicists discovered that our thoughts are electromagnetic impulses and our emotions are electromagnetic waves. Everything around us consists of energy, of subatomic fields. If we manage to focus our thoughts on what we desire, then we are able to influence the way matter is acting. This is what quantum physics is teaching based on confirmed scientific experiments.

The essential point that people's belief system determines how they see the world, which is in the case of the psychiatrists based on a materialistic worldview underlying their concepts of who human beings are and what they consist of: pure matter. The exclusion of energy as the core essence is the fatal mistake not only of psychiatrists but all other specialists working in the medical establishment with deadly consequences for millions of patients who do not receive the kind of care they would need in order to get well again.

How much longer will the experts on the mind deny the ever so simple fact that mental disorder originates in the spirit of a person and must be resolved there? No chemical drug is helpful in this process but only harmful. This is the objective conclusion which is confirmed by the official documents which declare that the drug MAY help with this or that internal challenge whereas at the same time the adverse side effects are acknowledged up to the worst case of death as a consequence of the treatment which is already for one third of the patients' reality! Yes, this is the bottom line in respect to using drugs versus dealing with the root cause of mental issues which lies definitely in the psyche which is invisible. Just as it is stupid to think that if you eat apples instead of pears you will become more clever, it does not make sense to claim that swallowing pills makes your brain function better. If you think of it, you will realize what a very primitive cult the "drug sect" represents to believe that you can resolve internal matters by taking this or that pill into your mouth. Yet, this is what the majority of people believe. Psychiatrists adhere to a belief system which is purely materialistic and are therefore in no position whatsoever to claim that their insights are based on the newest scientific discoveries.

The obvious question is therefore: How much longer do we want to remain in the prison of ignorance concerning what really causes mental problems and how to best deal with them? When will we move out from a primitive material-centred worldview to truly honour the fact that every human being has a spirit which exists beyond time and space, a fact which every Christian knows as well as the adherents of other religious or spiritual teachings, the vast majority of humankind?

The contradiction between knowing that man consists of an invisible mind or spirit and a visible body and then to focus only on matter lies at the core of the overall problem. How many people are prepared to face this fact determines the future of this and any other nation. And hereby psychiatrists have a special responsibility as the experts on the mind, yet in reality they are not fulfilling it at all, definitely not in the case of how they are dealing with M. and the way they are trying to support his mental health. Instead of doing so they are continuing to destroy it through their drugs which have grave side effects also for his body.

In the light of the overall situation it is clear that psychiatrists are the victims of their own ignorance and imprisoned by their arrogance which does not allow them to look beyond their own plates, meaning what they have learned at university. Who will be the first to move out of this prison of confining oneself merely to the material world when dealing with issues which have their origin in the invisible soul of a person? When will we stop to look up to the so-called specialists who are not really the experts they claim to be and draw the right consequences by focusing on dealing with people's spirit, their mind and heart, rather than focusing on symptoms appearing in the body?

## Thorough evaluation is absolutely required for effective and secure treatment

Evaluating the work you are doing is a process that is especially important for people like psychiatrists, who make decisions that strongly influence other people's lives and may cause, in the worst case, their death. Prescribing aripiprazole means for 34% of the patients that they will suffer one or the other adverse side effect. Would it not be proper that, for those who make such far-reaching decisions, special checks and balances are established? Of course, yet how does reality look like? They are being checked by one of them and that is surely not the solution, as a colleague looks at the world through the same spectacles.

Merely the fact that the staff at the Psychiatric Department refused to welcome even a single of the 33 questions offered by M.'s parents show how irresponsible they have become to not allow any critical questions. Who will hold them accountable for their rejecting any serious inquiry from the side of the parents of the person entrusted to their care?

Psychiatrists are responsible for emotions, cognitions, conceivabilities, and perceptions. This is their speciality, and they should be able to provide a lot of correct information in this respect. How does reality look like in the given case? The answer is very sad, with such knowledge not being applied in the way M. is treated in the mental ward.

One famous Austrian psychiatrist who graduated with a doctorate in two fields, Dr. Raphael Bonelli, stated recently that to make mere speculations about a drug is dangerous and that scientific evaluation is decisive in providing effective and secure treatment. Further, he emphasized that medication can only be successful if it is rooted in evidence-based science. Through the explanations offered so far, it should be clear to everybody that these basic standards are poorly fulfilled, not only in the manner of handling the situation of M., but in medicine in general. What is therefore urgently needed is a thorough re-evaluation of the medical establishment, its foundation, and way of treating patients, particularly in the light of the strong influence of the pharmaceutical industry on medicine. But who is in the position to do such a thorough fundamental evaluation that is not part of the system, yet has enough knowledge to point out exactly what is wrong and why?

If one reflects on the overall situation then it is particularly clear that alternative healing methods need to be considered as alternatives to allopathic medicine, which has a rather miserable track record of actually helping people resolve their health issues. This applies particularly to psychiatry, which is so unsuccessful because the real root causes of people struggling with mental issues are poorly understood.

What is so unfortunate in this respect is the fact that most people think that there is not really a way to do better than the doctors' methods of handling illnesses because they are already the experts who know best. This is not true in most cases due to the great lack of fundamental understanding of the human body, e.g., how the universal biological laws work to resolve any health issue without the need of a single pill. The wrong people are blindly trusted to one's own detriment. That is definitely the case for those who entrust their bodily wellbeing to the medical establishment.

This tragic situation will only change if we as a society become more serious about treating our body as something precious and very capable of knowing what is best. One only needs to be attentive to unusual symptoms and recognize their meaning in line with the scientific knowledge provided by the pioneers of the correct view of the human body based on knowing that whatever is defined as some malignant process or illness is actually initiated by the body for the purpose of supporting its overall wellbeing. Only those who know such essential facts are in a position to objectively evaluate the establishment with the goal to help people to remain healthy their whole life long rather than being consumers of pills.



## Obsessive thinking is at the root of wrong decisions made by doctors

The topic of being obsessed with some ideas is a very important problem that must be seriously addressed and checked, particularly in the behavior of psychiatrists. But this applies to all people working in connection with the medical establishment, including the scientists such as virologists, who are the victims of their own obsessive thoughts or concepts that there must be some virus that makes people sick.

Upon having a closer look, it is surely shocking for many people that not a single one of the many virus genomes was defined based on direct examination of some isolated virus materials but only on the consensus of the opinions of virologists whereby, e.g., in the case of SARS-CoV-2, the computer worked nonstop for 48 hours to compile together 29.903 nucleoids like a puzzle with many unclear variables such that the result can never be defined as being scientific! Yet, this artificial construct has been used as the basis for lockdowns, forced vaccination, etc. The sources of mistakes and uncertainties are numerous, starting with the reality that no real isolate is used for defining so-called viruses. The depletion is up to 97% or less in the case of SARS-CoV-2, and the sequencing can be faulty due to template switching where continuously new sequences are created that are not yet registered in data banks, which means that the experts do not know to which microbes these particles belong. Deciding the contigs and the alignment are also based on human evaluations because no clear source material existed to begin with. The final genome construction is also just a process of puzzling pieces together based on various assumptions but not on strictly defined components. No control experiments are made, which confirms that a real scientific basis is absent.

What is happening is nothing else than one fiction resting on another other imagined element where none of the components used to construct a virus genome stems from 100% purified sources. It all comes down to wishful thinking and making some construction with questionable elements and methods which are not in line with strict scientific standards, like fulfilling Koch's postulates. Another essential task which is not done by virologists is to compare the contigs they defined as part of a virus with the human genome because what is declared to be a virus may very well be a natural part of the genome already present in people. In the case of SARS-CoV-2, such a scientific comparison was made in December 2021 by the team of Dr. Stefan Lanka and *Corona Fakten* with the result that the originally defined sequence from China concurs with 98.85% to the human RNA.

Virologists know of this fact, but it is simply ignored! The similarity of what was found by the doctor in China with the genome of a bat is just 89.1%, yet it was declared that this must be a new SARS virus whereas, in reality, what was found corresponds nearly 99% to human RNA sequences. Already, this crystal clear fact shows how very far virologists are from working based on scientific facts. From the SARS-CoV-2 sequence data published by Professor Zhang in China, the genomes of HIV and hepatitis delta could also be pieced together to more than 90%. Instead of doing this, he chose the bat genome which has merely 89.1% in common. From this fact it is obvious that everything is done randomly and not based on serious scientific research with experts stuck in their own little world, refusing to make control experiments to check whether their thinking corresponds with reality.

Unfortunately, a similar situation exists in other fields of medicine, particularly in the way psychiatrists are working when they prescribe chemicals pressed into pills as solution to problems that arise in the invisible mind. No reasonable justification exists for this way of dealing with mental problems because it is completely illogical that somebody who has a problem in his psyche can resolve it by eating (swallowing) something (pills). This primitive, unreasonable concept has nothing to do with serious scientific conduct.

The huge problem lies in psychiatrists being so very much obsessed with the idea that patients must be treated with drugs that they lose sight of reality, even to the extent of how the case of M. was treated, that they do not notice that he came into their ward as someone with a very sound mind, confirmed in his



being a very good chess player, which is only possible if a person is able to focus and concentrate fully. In religious terms, such people are called fundamentalists who are obsessed with religious dogma. Doctors have their own set of dogmas that were created over time by specialists who agreed on one opinion and then spread it as medical consensus whereas, in reality, it is just what a few experts think! This sobering fact needs to find its way into the minds of the vast majority of mankind which is stuck in the belief that drugs are the best solution for health issues.

The obsessive idea that everybody who crosses the doorpost of their psychiatric ward as a patient must have some mental problem has led to the tragic situation M. is in. This kind of preoccupation of the mind makes the staff blind to the mental health of M., who has become the victim of ignorance and a fixation of doctors who cling to dogmas that they learned at university. Of course, an obsession can just as well be a powerful positive mental state, as it refers by definition to something that excessively preoccupies the mind. From this standpoint, it would be good that mental health professionals obsessed with the desire to help people improve their mental health without the use of a single drug.

It is always important to look at both sides of a story, and that is what the mother of M is certainly dedicated to do. She has done her homework to look at the pros and cons, a task that was emphasized in the first meeting of parents and staff, whereas unfortunately such a readiness cannot be found in the mind of those working in the psychiatric ward.

What is so detrimental in the obsession of doctors with various medical dogmas is that such an attitude results in countless cases of death or injury, defined as iatrogenic. The cause is unintentional, resulting from the words or therapy of a doctor even if that physician treats the patient exactly as they were taught to in medical school. This kind of death has risen to be in third place for the most frequent causes of premature death.

The here-outlined facts should make it clear to everybody that a fundamental issue of a lack of scientificity exists in the medical establishment along with many other contradictions, of which more can be found the closer you look at reality. In the case for M., for example, in the first meeting with the staff responsible for M., they emphasized to his parents that their main focus is to see the children get better, that is their main focus for 100%, promising: "We do our very best." But this applies only to upholding their core dogma, the centrality of drugs as the one and only way to go. Everything else must be sacrificed for this purpose, even severing the relationship between parents and children if that serves the goal of the drug cult.

In that first meeting, the conviction was expressed by the staff that "It is important that information is coming back and forth to know what is on our mind." When the mother of M. expressed her gratitude, "I am glad that you are open for me to share," Doctor "I." confirmed, "Of course." But that was also already the end of it. In the next meeting, there was no more interest in the concerns of M.'s mother. The statement, "It was really important for us to hear your side of the story" made in the first meeting was soon afterward forgotten when it became clear that the mother of M. will not convert to the drug religion, because in the end nothing else matters than adhering to it.

On the other side stands the work of true scientists like Dr. Stefan Lanka, about whose work you can learn more at this link [\(23\)](#)

## The facts everybody has to face if they want to stand on the side of science

The underlying problem of how it could come so far that M., as a completely healthy young man, came into a situation where he is detained in a mental hospital and forced to take drugs that gravely harm his body lies in the fact that not science but opinions, beliefs, and medical dogmas are governing the work of those active at the Psychiatric Department of the University Hospital. This fact is obvious in many ways, starting with the reality that the mother of M. and her lawyer presented 80 pages of evidence in the given case at the committee meeting of representatives from the National Agency for Children & Families and the Ministry of Social Affairs with the request that they consider the points presented in them. In the ruling, no response to these serious considerations is given. The decision was swiftly made, ordering for M. to stay at the mental hospital for two months.

Arguments based on science are meaningless for the representatives who simply believe what the doctors at the Psychiatric Department say, no matter how unscientific it may be. The fact that their work is not based on scientific standards is addressed in the previous document. The authorities must not make decisions centered on opinions but have to act in line with the results of true science, which in this case are that no proof at all exists for the drugs which M. receives to be the best solution for his situation.

What can be done when the authorities and the specialists are not acting according to the requirements of real scientific work but are satisfied with putting opinions into practice? This is the decisive issue in the given situation where the mother has no right to make any decision over the way her son is treated because her right of custody was taken away because she does not agree with the opinion of the doctors who are working based on opinions and not scientific facts, which are in this case the reality that the effectivity of aripiprazole was never actually scientifically proven.

M.'s situation is one case among countless others where people become the victim of unscientific work, as has widely been done by the medical establishment. Modern technology is used in hospitals, giving the impression that the work there is happening in line with the most up-to-date scientific knowledge, yet in reality what is being put into practice is nothing more than opinions of doctors being implemented in the medical procedures.

Other opinions that are not in line with the dogmas of conventional medicine are pushed aside. Only the consensus opinion of the establishment counts and nothing else, and the huge tragedy lies in the fact that the main medical dogmas are not scientific at all, as clearly shown in the 12 points of the intelligence test for those working in the medical field. If one were to summarize them into one point, it is simply the fact that nowhere in the natural world are artificially produced chemical drugs necessary for animals and plants to function well throughout the lifespan of their existence.

The logical consequence of this fact is, of course, that this applies also to human beings, and it definitely does. If people would take good care of their health by listening to what their inner mind and body tells them then they would not need any service from the medical establishment because they will be able to keep their body in good shape from their childhood days up until the time of moving on to the eternal spiritual world.

The core fact everybody has to face in this respect is none other than the reality that the medical establishment is not built on the foundation of true science but medical dogmas which represent nothing more than opinions of doctors. If you want to stand on the side of science, you have to go deeper and study the root cause of so-called illnesses so that you will never come into a position where you depend on what doctors say but will always know what your body is showing you and which changes are necessary to maintain good health.

## The classification system of mental disorders fails to distinguish between functional and organic

The DSM-5 is the classification system of psychological disorders preferred by most U.S. mental health professionals, and it is published by the American Psychiatric Association (APA). It consists of broad categories of disorders and specific disorders that fall within each category. The DSM-IV-TR **avoids the functional/organic distinction** and instead lists traditional psychotic illnesses, psychosis due to general medical conditions, and substance-induced psychosis. Why is this relevant? Because of the reason behind such an omission, which has a clear purpose.

If you distinguish between functional and organic dysfunction then it does not make sense at all to prescribe drugs for some functional issue in the brain because it is obvious that pills cannot resolve such a problem. For this very reason, no distinction is made so that for every mental disorder, a pill can be prescribed. Herein lies one of the huge failures of those who consider themselves to be the experts.

Wikipedia tells us that, *“From a diagnostic standpoint, functional disorders were considered disorders of the functioning of the mind in the absence of physical disorders (that is, primary psychological or psychiatric disorders). Subtle physical abnormalities have been found in illnesses traditionally considered functional, such as schizophrenia.”* The claim is that such subtle abnormalities can be corrected by swallowing pills, which means that these substances have the ability to do the delicate job of balancing miniscule adjustments. For every reasonably and logically thinking person, it is obvious that it is impossible that some chemical elements put into the stomach to have the miraculous ability to perfectly adjust functions in the brain so that subtle changes can be corrected.

This very claim stands at the core of the deception by the medical-industrial complex, which is out to sell an ever-increasing number of drugs through the fairy tale that their pills are capable of perfectly regulating mental processes. What is so very tragic is that the vast majority of humankind has bought into this great lie and deception and does not recognize the scientific fraud that has been going on for decades. All of this has become possible due to the propaganda machine of Big Pharma doing a fantastic job with the help of the mainstream media, Walt Disney productions, and whatever you can think of that is under the influence of those who have a clear agenda they are pursuing for their own benefit at the cost of other people's lives, which meanwhile runs in the hundreds of millions, who have become victims of medical misdiagnoses and mistreatments.

This fact will become obvious for anybody who is prepared to have a sober look at what is actually happening not only in psychiatry but also in many other areas of the medical establishment, particularly in cancer treatment where patients do not die due to some malignant growth in their body but due to poisoning through chemo, burning through radiation, failed surgery, etc. To be able to recognize this fact, it is necessary to know the universal biological laws that are active in every human being and clearly show that extra growth of tissue happens in support of the overall health of a person and that as soon as issues are resolved, such extra growth of tissue, falsely defined as some harmful tumor or cancer, will naturally disappear again.

These are the facts everybody needs to look into if he wants to live a life free of illnesses without the need of the medical establishment, to take good care of health issues by learning how to deal with challenges without the need of any artificially created drugs.

## The scientific study of psychotherapy based on the spirituality of human beings

The soul or spirit of people has not been considered a legitimate subject for scientific inquiry based on the prejudice that empirical evidence cannot be obtained to validate the spiritual dimension of human beings. Modern psychology has maintained this trajectory until recently, when new discoveries in quantum physics pointed to the existence of new states of energy and consciousness previously unknown. This fact, combined with the recent research into the benefits of meditation and yoga as a therapeutic aid, have opened the door for acceptance of spiritual psychotherapy studies that are actually able to provide the answers which psychologists and psychiatrists have been unable to discover throughout the centuries.

The issue is not the scientificity of studies on humans as spiritual beings but the readiness of the medical experts to implement the knowledge gained based on the newest scientific insights, because this would require a fundamental change in their way of approaching patients and the manner they are treating them. In spiritual psychotherapy, the conditions for mental disturbances are not just attributed to a disorientation of the mind-body-emotion characteristic but also the separation from an individual's true self, which is an important element in understanding how individuals should think about the cause of their mental issues.

As human beings, we inherently have a soul as the core of our being irrespective of the extent we are aware of this fact. To become deeply conscious of the spiritual dimension of our existences requires personal efforts to search for answers to fundamental questions to gain profound self-knowledge over time based on many experiences. Psychiatrists claim to be experts on the mind, yet when you have a closer look it is obvious that they are unable to answer questions concerning the existence of the human soul — which most of them deny. This delusion, that no spirit or soul exists as the center of every individual, stands at the core of the medical experts' inability to help people appropriately so that the success rate of psychotherapies remains rather low. If they were really specialists, they should be able to help nearly all patients regain their full mental health and wellbeing.

To include the spiritual wisdom gained by those who have studied the human soul throughout the ages should be a normal first step in the heart and mind of psychologists and psychotherapists whereas, in reality, a certain disdain and rejection of this precious foundation is widely present in psychiatry and, of course, "exceptions confirm this general reality."

Spiritual psychotherapy recognizes that perceptions may create a false identity, which is called the false self. The difference is how the various spiritual traditions explain the cause of the false self and illuminate an effective treatment. The important point to consider in this respect is the fact that spiritually oriented therapies are truly down to earth methods that deal much more closely with reality than what psychiatrists or psychologists are doing.

What is most important to be aware of, whether you are a scientist or not, is the fact that humans are sentient beings that transcend time and space. Once psychiatrists are prepared to look at reality from this standpoint, situations such as the one M. is in are impossible to arise because one would more than anything be concerned about the inner reality of a person, which was and is very fine in M. as someone who has learned to be there for others and gladly puts others first, an attitude from which he benefits himself the most.

## To combine science and spirituality leads to the liberation of the true self

Everybody is in need of liberation, which can only be gained if harmonious relationships are cultivated because it is through them that each individual can develop his or her potential the most and find the deepest joy and fulfilment. This fact is a fundamental truth of life. The deeper someone has internalized this fact and made it his own, the more beautiful the outcome will be manifested in a happy life where internal and bodily wellbeing are a given all throughout because one lives according to the principles of creation, which include in respect to human beings that we all have an eternal spirit that is dwelling in a body which will function well as long as harmony is maintained on the spiritual level.

The concept of transcendence was advocated in psychology for the first time in the writings of Maslow, but the issue is not to lose self-consciousness or self-awareness, but to strengthen it in the right way based on a profound experience of your dignity as a child of God as Christianity and Judaism are teaching. In essence, true transcendence refers to endeavours to escape the limits of a materialistic worldview and to embrace a spiritual orientation based on the conviction that life is eternal and intrinsically connected with values to the extent that when people cannot experience what they treasure, most would rather give up their life than to continue without what is sacred for them.

Unfortunately, most psychologists and psychotherapies do not care about such a fundamental reality because otherwise they would be much more open to understanding the central aspects of life, which include of course love, peace, freedom, etc. as core elements of life and they would accordingly be wholeheartedly open to the input the mother has been offering in the case of her son being detained in a mental ward, although he never had a mental disorder throughout his life.

The task of combining traditional science and spirituality must finally be truly taken to heart because it is the way to the liberation of the true self which in turn is the basis for people being able to feel profound joy and to establish lasting relationships that are the undeniable basis for lasting happiness. The urgently needed shift is from being centered on yourself to experience the great joy of living for the sake of others, for which M. is surely a certain example as expressed in comments about his behavior like his having an excellent heart and mind as someone who is always there for others and putting their needs before his own. M. is still a teenager and not ideal, but what is certain is that he should have never been brought to the mental ward in a hospital as a patient in a situation where his mind was working very well, confirmed in his doing great at playing chess, for example, which requires a mind that is able to fully focus.

Awakening, mindfulness, enlightenment, and cosmic consciousness are all terms that describe the modern-day approach to going beyond limited experiences centered on the material world. What people are longing for deep inside is fulfilment in their heart, that their hunger and thirst for true Love in their soul is stilled through heart-to-heart connections between people, an art in which M. was doing relatively well, whereas generally most people are struggling a lot to establish profound heartfelt unity with others.

This core realm is the one in which psychiatrists and psychologists should put their absolute focus and not on what kind of name to give to what they observe and which kind of drug to prescribe. This ground-breaking paradigm shift must take place before Big Pharma takes over all aspects of the medical establishment lest more and more people become addicted to their drugs and suffer the harmful side effects without any real benefit.

## The unscientific work at the Psychiatric Department in the case of M.

Something is **unscientific if it is not handled in accordance with scientific principles** and methodology. Principles are ideas based on scientific rules and laws that are generally accepted by scientists. They are fundamental truths that are the foundation for other studies.

The scientific method *“consists in systematic observation, measurement, and experiment, and the formulation, testing, and modification of hypotheses.”* How does this look in the case of M.? The hypothesis was created at the main hospital: M. may have a mental problem. Therefore, he should be observed in the Psychiatric Department without giving him drugs, if possible, as it says in the official report. To make it clear: at no point whatsoever did a reason existed for M. to take pills.

What about systematic observation and measurement? For many weeks, M.'s mother had been asking including her lawyer to see the reports made about M.'s behavior, where M. had explicitly agreed that his parents read what was recorded about him. Nevertheless, the doctors refused to hand out these documents. An experiment is being made, the doctors experimented on M., and came to the conclusion that 3 times the basic content of a pill is the right dose to treat M. When asked on which foundation they came to this evaluation, no answer was given. **A work is only scientific if it can be evaluated according to scientific standards.** How is the process of modification of hypotheses being done? It is totally absent. The classification of M. as a case of F 23.9 is written in stone. Questioning this diagnosis is strictly forbidden. In the light of the oft-quoted statement that, ***“Criticism is the backbone of the scientific method,”*** it is clear that no scientific work is being done in the way M. is being treated in the mental ward!

The 12 plus 21 written questions offered by the parents at the first and second meeting with the staff dealing with their son remain unanswered because, as stated, it is a waste of time to answer them. When M.'s mother presented 3 sheets of paper with their questions, everybody refused to even look at them at the third meeting on June 14, 2022. Nobody felt responsible to answer them and M.'s mother was told to present them to her lawyer although they were addressed to them! Finally, they agreed to pass them on to the head of the Psychiatric Department although they are relevant for each one of the staff.

The 5 steps of scientific methodology: Question — Hypothesis — Experiment — Data — Analyse — Report. In which way are they practiced in the case of M.?

(1) The given question: *“What is wrong with M.”*? The correct answer would have been nothing. No need to stay in the mental ward and no need for drugs.

(2) The prediction was made that taking aripiprazole will solve the alleged psychosis.

(3) Data was gathered on his mental state, which had improved according to the staff, after a few days. M. was mentally already fine when he arrived at the Psychiatric Department, but his mental and physical state deteriorated the longer he stayed in that place. This fact is denied by the doctors who made the prediction that M. will be better after taking aripiprazole, and the staff who brainwashed M. to believe that he is very sick and must therefore take drugs.

(4) The objections and criticism by M.'s mother to such a course of action is totally ignored, which means that an objective analysis of the information available was not done.

(5) The doctors and staff arrived at the wrong conclusions due to their unscientific way of working and they refused to let the mother of M. know their observations.

**If something is observable, and one chooses not to observe it, that action of wilful ignorance is unscientific.** In which way have those in responsible positions worked unscientifically in connection with M. having been detained at the Psychiatric Department of the University Hospital?

By ignoring the fact that **it is impossible** for someone who plays chess very well and is always concerned about others and always caring about their situation while at the same time having a strong



psychosis. The harmful effects of aripiprazole on M.'s physical and mental health have been ignored by both the representatives of the National Agency for Children & Families / Ministry of Social Affairs as well as the staff at the mental ward.

The more than 300 pages of detailed explanations in connection with the situation into which M. was put as a completely healthy young man reveal the enormous amount of unscientific behavior on the side of those who made decisions for M. and those who executed them. What was done is, in many ways, illogical and contradictory. It does not make sense and is even absurd from the standpoint of science. Conclusions were drawn which are irrational, unverifiable, nonsensical, implausible, cockeyed, invalid, worthless, unfounded, speculative, unsubstantiated, fallacious, inconclusive, and truly baseless, as they are not in line with scientific standards. The details why this is really the case can be found in the topics and themes that are dealt with in this book, providing many examples of what went wrong, and which attitude and behavior are not in accordance with acting scientifically.

In these documents, many fundamental issues are addressed whereby hundreds of questions are asked that require clear answers. Of course, some are already obvious through the detailed content which is presented, but the core points are waiting to be answered by those in the respective responsible positions. For this reason, a request to take action against medical malpractice and the violation of scientific standards was sent to them.

In reality, an unscientific approach is practiced by not conforming to the principles and methods of science, and by rejecting the inquiries of M.'s mother into the validity of the diagnosis and treatment of her son. That this is definitely the case is shown in this publication to let those who are interested know what has actually been going on in connection with M.'s detainment in the Psychiatric Department of the University Hospital.

This case highlights the importance of asking truly essential questions, including the basic assumptions of natural science, particularly in the field of medicine, because the actual reality in respect to a thorough healing of illnesses is very poor. In the end, more harm is created than help provided, as it is definitely a reality in the life of M.

At the core stands nothing less than the tragic reality that science has become a religion with dogmas firmly established that are defended with quasi-religious zeal as confirmed in the way the staff of the Psychiatric Department has been responding to the appeals by M.'s mother.

Ex cathedra, meaning "from the chair," declarations in science are indeed a disaster whereby certain beliefs are like an issue of faith, manifested, e.g., in the absolute dogma of the necessity of drugs, in this case of aripiprazole for M., which he must take for an indefinite period of time no matter what. This is just one example of the many unscientific ways of dealing with the situation of M. Each one of them must be scrutinized and resolved and those in the respective position be held accountable for their actions in very concrete terms.

## Confirmed fraud and deception in the field of medicine

With the high esteem and respect medical doctors generally enjoy in society, it is hard to imagine for most people that corruption, which can easily be seen in other areas of life, is also widespread in the medical establishment. Yet, it is a reality we all must finally deal with in a thoroughgoing way as the situation is so bad that even completely healthy people like M. can be declared to have a serious mental illness and put into forced detainment and on medication.

Once you are prepared to have a look at which claims are scientifically confirmed and which represent medical fraud and deception, the sobering result is the following:

(1) Some 350 billion dollars are spent yearly to deal with heart diseases, yet the number one reason for premature death is heart failure. Should such a situation not cause us to think twice whether we have the correct understanding of what the heart is all about?

(2) The ever-growing number of cancer deaths are not caused by a growth of tissue but the poisonous chemicals patients are given along with harm caused through radiation and surgery. That means trillions of dollars have been wasted for cancer research and treatment with no real result, with the global oncology spending rising from 60 billion dollars in 2011 to 200 billion one decade later!

If you consider these enormous amounts of money involved then you will hopefully understand why the fact that every cancer naturally disappears once the underlying cause is resolved has not reached the general public. Pharma lobbyists have been working hard to prevent the truth from coming to daylight, which applies also to vaccines where the vast majority of people think that they are helpful whereas in reality the effectiveness was not proven even for a single one of the many vaccines given to children and adults.

(3) Upon having a closer look at vaccination, we see that 100 billion dollars have been spent on Covid vaccines alone in 2021. Trillions of dollars are used worldwide for vaccines although not even for a single one of them has its effectiveness proven. To the contrary, unvaccinated children are much healthier than those who receive many kinds of vaccines over the years. Moreover, millions of people died or have been seriously harmed through vaccines.

The sobering conclusion: Many trillions of dollars are spent on medical procedures that have no positive effect but are only harmful for the body. Is this fact too much to be digested? However tough it may be for the individual to take the red pill, nobody gets around going earlier or later through a process by which the perspective is dramatically transformed based on coming to know the full truth about the medical establishment.

The amount of money spent on medication rose from 900 billion in 2010 to 1.4 trillion in 2021, which means an increase of 500 billion in merely one decade. Will we continue to throw money out the window for useless drugs which are, in reality, only harmful drugs of which M. has become a victim as a completely healthy young man.

In case one or the other may feel, "But this or that drug has helped me," then please show valid control experiments that it was the drug and not something else which caused you to recover. In most cases, they definitely do not exist, which means of course nothing less than medical fraud due to unscientific work and claims that are not based in science.

## Are the 6 principles of scientific work practiced by psychiatrists?

It is decisive to consider 6 fundamental principles of scientific work: (1) rule out rival hypotheses (2) correlation isn't causation (3) falsifiability (4) replicability (5) extraordinary claims need extraordinary evidence (6) Occam's Razor.

One: before and after research, definitely before reaching a final conclusion, you have to make sure that all other explanations have been considered and vetted. This attitude has been totally absent with respect to the way the situation of M. has been handled at the psychiatric ward. From the very first hour of his arrival, his mother has appealed to the doctor and staff that her son was brought there without any justifiable reason. But her pleas and appeals have been ignored for many weeks. In other words, the psychiatrists have no interest in the research conducted by M.'s mother but only insisted on their own opinion. Yes, nothing more than an opinion.

Two: the principle that correlation is not causation forces researchers to understand the relationship of the data they are using. The psychiatrists received three kinds of reports: The official from the main hospital: (1) only observe M., no drugs are needed; (2) from his sisters and relatives: M. needs medication; (3) from his mother: no drugs are needed because M. is completely healthy. From these 3 options, merely the second was considered.

Three: if a hypothesis cannot be proven false, it is not science. All research hypotheses must be able to be incorrect. In this case: giving drugs to M. is the wrong decision. This possibility was ruled out to begin with although no justifiable reason for such a course of action exists.

Four: replicability — can the results be found in another case study? From a strictly scientific standpoint, this principle cannot be fulfilled because there are countless reasons why patients' health improves which have nothing to do with the drugs. They are postulated as the one and only correct solution in the case of M. In an ideal world, replicability is best done with many researchers testing the same research question with representative users.

Five: is the evidence as strong as what is being claimed? The more outrageous a claim, the more concrete the data must be. The claim is that aripiprazole can do the miraculous job of adjusting hormone levels and balancing them. No evidence or proof for this and other extraordinary claims attributed to this drug exists.

Six: Occam's Razor is the idea that, in trying to understand something, getting unnecessary information out of the way is the fastest way to the truth or to the best explanation. More often than not, a basic understanding arises from data, rather than hidden relationships. Regarding medicine, it is clear that when you remove all the books written about illnesses and only look at the patient who feels sick, without any concepts created by individuals in the course of time, then you will come to the sober conclusion that, throughout history, people recovered from feeling sick without the use of any artificially created drug, just as all animals have no need for them.

In other words, from a truly scientific standpoint, it is clear that the body has the ability to heal itself without pills, a fact which is particularly true regarding mental health issues where the obvious solution lies in addressing their root cause, which lies always in people's inner heart and soul. This is where one has to take a close look to see what is troubling a person and, once the problems are removed, the originally healthy state will be restored.

## True science acts according to the principle of continuous questioning

Unfortunately, only a few people are aware that a priori assumptions are nothing else than dogma packaged into science. An a priori assumption is **an assumption that is presumed to be true without any assessment of the facts or without further proof**. A priori is a Latin term that refers to a theoretical deduction made on a subject without a precise and detailed observation of the objective elements at hand.

This negligence becomes fatal when practiced in medicine. Various medical dogmas advocate a one-sided materialistic worldview, which is presented as being alternative-less, no alternative healing method is welcome. Merely by this fact alone, the huge prejudice and unscientific approach of allopathic medicine is fully confirmed. In the case of psychiatry, it is the pills which supposedly do the miracle by changing functions in the brain in such a way as to benefit the patients whereas, in reality, taking them is totally unfit for such a task.

If you look at the overall picture it is obvious that such a narrow-minded view propagated by the medical establishment leads to nothing but self-destruction. This is the kind of program that is run at medical institutions without most participants being aware of how much harm is being caused through medication using artificially made chemical products. It is the first task of science to question the fundamentals, to ask questions and to do 'criss-cross' thinking by looking at things from many different viewpoints. To do so is adamantly rejected and refused by the staff of the mental ward of the University Hospital, as became obvious once again when M.'s mother approached them at the official meeting on June 14, 2022.

To continuously question your assumptions in order to avoid wrong conclusions should be the daily bread of every individual working in the name of science, which applies of course to those employed at the Psychiatric Department. Instead of welcoming questions from M.'s mother concerning their decisions, it is claimed that doing so is a waste of time! Again, merely by this fact alone it is fully confirmed that they are not interested in true science but only in pushing their opinion, insisting that it is enough to agree to disagree without any need for resolving the given issues!

The reason why the case of M. is addressed so thoroughly lies in its relevance not only to one individual detained in a mental ward, but basically to all patients in hospitals, because the widely unscientific approach of conventional medicine is rooted in doctors being caught in a mental prison of having themselves been indoctrinated with medical dogmas. The tragic outcome in the long run is none other than the health systems coming closer and closer to collapse due to a rather virtual approach by doctors, who are far from being down to earth regarding the fact that all living beings thrive without the need of even a single one of the countless pills they are prescribing day by day.

In science, it is clear that the nonexistence of something cannot be proven, but it is equally questionable if proper evidence and proof of the claimed existence is missing. This applies to disease-causing alleged viruses just as well as to the many other claims made by the experts, for which hard facts in line with the scientific principles are absent, a reality that definitely applies to the way M. has been treated in a situation where no concrete proof of his having some mental disorder exists, nor are the benefits of aripiprazole confirmed by valid control experiments. Only by having a closer look can these facts be recognized which is, of course, no excuse for having failed until now to do so because continuous questioning remains a core principle of practicing science.

## To merely agree to disagree has nothing to do with scientific work

When the mother of M. asked for answers from Doctor “I.,” who has been taking care for M. for about 5 weeks until he was moved to another place/responsibility, he said, concerning her questions and explanations, *“Some of this is correct, some is not.”* That’s all what the expert had to say in response to very concrete written questions. Instead of dealing with them, he emphasized, *“The longer M. has these episodes the more damage will be caused.”* In reality, it is the pills that cause such damage and not the brain harming itself. Merely this concept shows how very far the so-called experts are from understanding the human body with all its ever so delicate functions and processes, which are all taking place in support of the wellbeing of a person with none of them going against it!

When the mother of M. objected to aripiprazole being given to her son, a drug which is used to treat schizophrenia, the doctor told her: *“Psychosis symptoms are like those of schizophrenia. We call it psychosis episode. If he would continue in this state without medication for a month or two, then it is called bipolar disorder. We don’t have a crystal ball to see what it will do. That is why it is so important to get it into control now. This is a drug that works on the dopamine system.”* Instead of explaining further he emphasized: *“We are not going to continue on this. We have different opinions here. We have to find a solution which is best for M. We are not going to progress in this way. That’s what it is we have to overcome and find a solution. We are trying to prove our point. We have to make a decision. Our view is that he needs to be in the hospital and we need to treat this psychosis. That is our medical opinion.”* It is all about opinions and not about doing a thorough scientific job evaluating the situation of a person and finding the best possible solution.

On May 12, 2022 they were asked, *“Can you see that he is still not quite coherent in his thoughts?”* Both parents were certain that they did not notice such a thing in their son and strongly opposed such a claim. If you are wondering or pondering about something, then your thoughts may not yet be quite clear because you are trying to figure something out. This is a very normal process. But not if a psychiatrist like Doctor “I.” sees you doing this. Then, you are immediately classified as having a strong psychosis which absolutely must be treated for at least 52 weeks with aripiprazole, as this doctor usually prescribes!

In the case of M., it is not only that. He also found himself being confined to the mental wards, detained there with strict rules to be observed when it comes to family members visiting him, which at one point was restricted to one hour per person per day. There was nothing serious, as the parents were told in the first meeting with the staff, but from that point onward their son was treated with aripiprazole with grave adverse consequences for his wellbeing. The questions that were raised in such a situation, especially by his mother, remain unanswered.

What scientific justification exists for someone who has nothing serious, just some not completely coherent thoughts, to be locked up for six weeks and only then allow him to stay overnight at home but come back every day for 5 hours to be checked on his mental health? None whatsoever, yet this is what has become a reality for M. In all three main meetings of staff with M.’s caretakers, it was emphasized to agree to disagree, an attitude which has nothing to do with scientific work but is merely a more polite way of saying: *“Anyway, what we want will be done. You have nothing to say here.”* What is so very wrong about this mindset is that it is directly opposed to pursuing the path of science. It is all about opinions and dogmas that are written in stone and must never be questioned.

That is how reality looks like and has led to M.’s deep suffering whereby he is only one among so many other victims of medical malpractice, which is becoming ever more rampant with the medical establishment being heavily influenced by Big Pharma.

## What is the solution in a conflict of the scientific standpoint versus opinion?

If you ask the staff at the mental ward where M. has been kept for many weeks, the situation is clear: *"We have experience. We are making small steps right now. He is saying that he wants to go back to work in the bakery but we think it is still a bit too soon. We recommend only small steps before he will be discharged."* They have their opinion based on their worldview that whoever enters their place must be treated with drugs for at least one year and the way back into society must be undertaken very slowly. Upon receiving such an explanation, the mother of M. inquired when will there be changes. The answer: *"We don't know." — "How you will know according to what?" — "We will take it just one week at the time and after that we will know the time... Our plan now is like this, as far as we can make a plans."*

At that point, the person leading the meeting on June 14, 2022 noted: *"I just met your boy last week and I have to say you have such a well-made boy, a wonderful sweet boy. I just have to say that."* The mother responded: *"I know that and he does not belong here — from the first minute he came here. It is mistake and it is crime. He could be in full swing without being here. This boy was looking forward to his summer job with a carpenter person and continue in bakery and football. He was in a high stage of his development. He wanted so much to work on himself to be even better than he is and this brought him here I just cannot agree on all this and especially not on that drug which can only harm him."* The staff: *"This is something we can't talk to you about. We know and see that you are not OK with it. We are not going to change anything about it. This is how it is. We will not change the drug or how the treatment will go."*

Why does the staff at the Psychiatric Department insist that they cannot talk with M.'s mother how to best proceed in this situation? Because they are not prepared to justify their behavior. It is like a dogma written in stone how patients must be treated and it is not up for discussion. Such an attitude once again confirms that they are not interested in scientific work but only in pushing their drug cult agenda. Only their opinion counts, nothing else.

The person guiding that meeting emphasized concerning M.'s situation: *"We disagree on this and we think we will not find a common ground and solution where we will both agree on. It is how it is right now. Because his team assessed that his needs are as they are now. But little by little..."* They put limitations on M. because they do not trust him to be healthy and fine. They distrust what his mother says, although it is obvious that she knows her son a hundred times better than they, who are looking at him from a standpoint of prejudice that M. is sick and incapable of making his own decisions and, therefore, we have to make them for him. Also, his mother is unable to support him properly. Therefore, her right of custody over her son had to be taken away from her.

This tragic reality is clearly rooted in narrow-mindedness based on ignorance, which is sold as a scientific standpoint. The authorities are listening to what the prejudiced staff thinks, whereas the observations of M.'s mother are of no importance in their eyes, e.g., when she says: *"You know there is a research about anti-psychotic drugs, they can damage the brain. My boy had an excellent brain, he can play chess very well, he can work at two jobs almost in one day,... He had a perfect brain! Why he needs a drug which has so much potential to damage his brain? And I already see it on him. He was so bright and suddenly after few weeks on this drug aripiprazole he is getting a bit like zombie, like nothing matters to him anymore. Before he had aspirations, he wanted to be best in football and move to the A level group, but now he does not care. This kind of change. Do you think it is a positive change?" — "No, it is not positive. We have to see that he had symptoms before he had the drug. We will not reach an agreement on this meeting today. I hear you disagree and we never give kids medication when we don't think there is no need."*

*"It is good you are talking about it to us because it is much better you talk to us instead of M. because it is very difficult for him to take this conversation with you. It makes it more difficult for him. It is better to do what is best for him by you also."* The opinion of the staff is the absolute truth which everybody



must follow, irrespective of how unreasonable or illogical it may be. Obedience to the authorities is what is needed and everything will be well. That is their worldview, which is not rooted in science but in a firm belief in the drug cult. Yes, this is the bottom line: blind obedience. At that point in the conversation, the mother of M. asked, *"When will you stop the drug?"* The answer: *"That we don't know. Not for many months."* — *"Until he gets many side effects?"* — *"No. Until he can go to football practice."*

The person guiding the meeting emphasized that M.'s mother should not speak about the drug he is receiving with her son, so she asked: *"You can educate my child, but his own mother who knows him from the birth until now cannot tell him the words which I have in my heart? What is that?"* — *"It is difficult for him to hear from you that drugs are bad when he hears from us that he needs to take this drug. I think it is better you talk with us and not with him."* How does speaking about the drug with the staff look like? We have different opinions and therefore we will not discuss this matter! Yes, this is what M.'s mother heard again and again in the mental ward!

One staff member noted: *"I know he wants to spend more time with you. He loves his mom and likes to be with you, but when you start talking about psychoses and medications..."* These are the forbidden topics to speak of with the patient about because only the experts are allowed to address such themes. If he hears another understanding from his mom then, *"This makes the time with you more difficult for him. It makes this dilemma in his head. Something we have been trying to eliminate from his life because it is very important for him when he is getting better to have as little stress as possible in his life. This is as important as the medication."* First a problem is created: you are very sick and must take this drug. Then M. has to be protected from anybody who has another opinion. This kind of concept fits well into a cult but should not be part of the life of those committed to scientifically confirmed work, an attitude from which those at the Psychiatric Department are far away. The advice of the staff: *"Just try to be his mother, nothing else. Don't give him stress. Be there for him."* — *"I'm his mother and I'm here for him but you don't allow me."* — *"Instead of talking about the medicine it would be better for him to skip it and not tell him that what we are saying is not right."* The truth must not be known to M. and therefore his mother must be forbidden to share it with her son. She should just try to be his mother!

The staff: *"We see that there was more tension in his body. He was more stressed after the visit from you. That is why we had to limit your visits."* The mother: *"Usually after my visit he was very peaceful. Many times he fell asleep after my massage. This is my observation."* — *"He respects you as his mother and we see that you also have a good time with him. We can see that. But we see that when you were talking about the medicine and psychoses than he got tense and we see that dilemma... but we are not changing the medicine or the treatment. We are not changing anything."*

No chance for a reasonable discussion, no readiness to consider another viewpoint in the drug cult where only one dogma counts: The pill is the solution for everything.

## The confirmed disqualification of psychiatrists to heal mental disorders

A mentally healthy person is able to distinguish clearly between reality and imagination, between logical and rational versus irrational and unreasonable thoughts and behavior. In such a state a person does not pretend but deals with whatever situation he may encounter according to the given facts. To act in such a way is a basic prerequisite in daily life, and one should be able to function in this way without any artificial help like the use of drugs.

Based on this standard, let us look at psychiatrists. They claim to be the experts in mental health but are unable to help people remain healthy, nor can they heal mental illnesses. Merely this fact already disqualifies them to be in the position they claim for themselves as so-called experts on the mind. 21% of U.S. adults experienced mental disorders in 2020 (53 million people). This represents 1 in 5 adults, nearly 6% of them suffered from a serious mental illness. Such numbers show to which extent the population is mentally ill, confirming the shortcomings of psychiatry to provide the needed prevention and proper therapy. In this respect, it is important to consider that a mechanic who cannot repair cars properly is not an expert, just like an electrician who cannot satisfactorily solve problems with electricity is not a specialist. Whatever profession you choose, if a person does not do a good job, he or she is not an expert in his field. The very same applies to psychiatrists. They are generally doing very poor-quality work when it comes to really supporting people to maintain or reach full mental health. The reason for this situation is obvious: they are not doing great at showing a high standard of mental well-functioning paired with a rather poor understanding of what causes people to get into trouble on a mental level.

One may object that they are so well-educated, and this may be true in respect to acquired theoretical knowledge but, when it comes to concrete results, they are definitely not doing great at all. Mental health conditions are increasing worldwide. There has been a 13% rise in mental health conditions and substance use disorders between 2007 and 2017, and this trend continues to get worse everywhere. Why? Because psychiatrists are unable to provide the correct answers for people to know how to properly take care of their mental fitness and how to properly deal with challenges so that they can avoid becoming mentally sick in one way or another.

In society, they are highly respected and are well paid while doing a miserable job protecting the people from mental disorders and guiding them to overcome them. Their failure becomes all the more obvious when considering the overall health situation plus how many people get harmed through the manifold side effects of drugs these so-called experts are prescribing. Across the eight English-speaking countries, there was a decline in mental wellbeing of 8% from 2019 to 2020. The percentage of people who were 'distressed or struggling' increased from 26% to 30% in 2021. A recent, large global report shows an alarming decline in mental health worldwide, with the poorest outcomes reported in young adults. Please consider, one third of the population is having difficulties in keeping mentally fit, able to handle challenges well!

This ever so tragic overall situation should awaken everybody to the realization that there is something fundamentally wrong with the health system, particularly psychiatry, because if they had the correct answers then this could be witnessed in national mental wellbeing which, to the contrary, is greatly lacking with ever increasing problems. How much worse does the situation have to become until people are prepared to draw the consequences by doing a thoroughgoing check-up on the mental health system?

## Psychiatrists ignore the core of human beings: their soul or inner heart

What can you do if a person closes his/her eyes in front of reality? In such a situation it seems impossible to accomplish anything because the person in question is not prepared to deal with facts, no matter how well-confirmed they may be. This is the overall situation the mother of M. has been facing in her efforts to reach out to those who keep M. detained in a mental hospital where her access to her son is limited and supervised.

Psychology is the study of the mind or soul. Alas, psychiatrists ignore the reality of the invisible core of a human being as the central causal factor for whatever troubles a person may encounter. Based on such an ignorant behavior, they are trying to help people, an endeavour which can never be successful as they are leaving out the most important component, the inner heart of a person where all relevant decisions are made. Because they ignore the spiritual substantial realm, psychiatrists come to the wrong conclusions, starting with the concept that mental problems must have their origin in the brain. For them, the soul as the ultimate root of such issues is out of question. Accordingly, their approach to possible solutions is totally flawed. Psychiatrists think that by patients swallowing pills, which cause some changes in the brain, they will become fine again.

This ever so primitive view of human beings lies at the core of the drug cult. Various aspects of the behavior of drug cult members were already presented in connection with M.'s detainment in the Psychiatric Department of the University Hospital. The core issue lies in the staff suffering from a psychosis and not the patient M. Yes, this stands at the center of the situation M. is in. That fact is confirmed by the around 400 pages of documents and explanations that are published in connection with this case.

To put a long story into a few words, the staff believes in taking drugs as the absolutely necessary condition to handle M.'s situation whereas his mother presents the evidence that such a concept is totally wrong. From this standpoint, it is a clash of worldviews, the confrontation between a materialistic view versus a spiritually-oriented view of seeing and dealing with things. The staff at the mental ward clings to their dogma, which says that pills are the solution to any ills. On the other side stands the conviction that mental problems have their origin in the heart and soul of a person, in unresolved issues at the core of one's being.

Those who truly care about spiritual wellbeing are the ones who hold the key to guiding humankind in the right direction and out of the downward spiral of ever more rampant mental illness. They have the foundation to lead people toward complete inner harmony based on thoroughly resolving whatever may be troubling for an individual who strives to uphold a good mental state. Traditionally, such vertically oriented people have been the healthy ones in a nation irrespective of the concrete spiritual tradition they may have been cultivating. Countless people have naturally looked up to them because they intuitively felt that, in them, a life-style is practiced that enables their spirit to be bright and eyes shining with an inner light originating in the soul.

Sadly, those who should be the shining examples in society, the religious and spiritual leaders, are generally in very bad shape, a fact that became obvious in their widely supporting the unreasonable measures against the Corona pandemic. So we see a twofold failure, both on the side of traditional religion as well as conventional science, which turned out to be more and more cult-like, clinging to some damages like the primacy of drugs as the best solution although it is, in reality, the worst option when it comes to dealing with health issues.

## Scientists uphold belief just like religious people — what is the difference?

One of the many ways of describing psychotic disorders can be found in the following lines: *“Those suffering from psychotic disorders may be unable to know what’s real and what’s not. This group of mental disorders changes an individual’s sense of reality. Scientists believe that certain viruses, problems with how specific brain circuits work, extreme stress or trauma and some forms of drug abuse may play a role in the development of psychotic disorders.”* Scientists believe that... and people of faith also believe that... Is there a difference? Only in what they believe, but in essence both are believers in dogmas where religious and scientific concepts are written in stone. They must never be questioned, such as the effectiveness of drugs. They stand at the center of worship for the faithful in the medical field whereas other kinds of dogmas prevail in the various kinds of sciences that do not deal with the human body.

To become aware of the here-shortly outlined fact is ever so crucial in order to move forward in coming closer to uncovering the truth with respect to confirmed knowledge versus unfounded claims that are, unfortunately, widespread in the religious realm as well as the world of science, which is ever more dependent on the money of the sponsors who greatly influence the outcome of research. In this way, corruption is commonplace in both areas, as they are run by immature and often self-centered people, manifested in ever growing problems due to unresolved issues rooted in the irresponsible attitude of the ones who should make sure that things are going well. In this book, the focus lies on corruption centered on the field of psychiatry, but it is widespread in most other areas of the applied sciences.

In a situation where no readiness can be found to deal with reality concerning the true functions in the human body, only dogmatism remains, the attitude of clinging to the holy grail of the drug sect, the miraculous pill that saves people from getting their brain damaged, as emphasized again and again in the case of M. This miraculous aripiprazole is his savior and anybody who doubts this has to face the consequences which, for M.’s parents, is losing custody over their son. Everything, even the parent-child relationship, is offered to the drug god or goddess, whatever you may call the object of worship in the drug cult. Such a mindset has, of course, zero to do with working scientifically, yet it is upheld and honored by the authorities, fully supported, and paid for with taxpayer money which means nothing else than the drug sect having become the state sponsored national religion the majority of the population participates in with its regular consumption of pills.

Just as an enormous number of books interpreting the Bible, the Tora, the Koran, and other Holy Scriptures exist, a huge number of books have been published dealing with all kinds of topics in the world of science, including psychiatry. What is important to be aware of is the simple fact that they all present personal standpoints and conclusions based on research and an inner quest for deeper insights. They may be helpful to understand one or the other aspect better, but in the end, they all convey theories and evaluations, etc. that are, in the end, elevated to a spiritual or scientific consensus and teaching spread to others. In other words, it is about ideas and opinions for which evidence is presented, whereby it is decisive to have a close look at which teachings are truly helpful for the development of the human mind and spirit toward more wholeness.

Based on the awareness of the here-outlined points, a new view of science and religion must be developed that focuses on confirmed facts rather than continuing on the path of believing this or that without satisfactory proof that what is claimed is really true.

## The ignorance of doctors regarding the fact that every phenomenon has a clear cause

M. was diagnosed with F23.9, a brief psychotic disorder defined as an episode of acute and transient psychotic disorders like delusions and hallucinations with disorganized speech and behavior: A delusion is a false, fixed belief that is not amenable to change in light of conflicting evidence. *“As a pathology, it is distinct from a belief based on false or incomplete information, confabulation, dogma, illusion, hallucination, or some other misleading effects of perception, as individuals with those beliefs are able to change or readjust their beliefs upon reviewing the evidence.”* However: *“The distinction between a delusion and a strongly held idea is sometimes difficult to make and depends in part on the degree of conviction with which the belief is held despite clear or reasonable contradictory evidence regarding its veracity.”*

Who decides what belongs to the realm of delusion and what is acceptable as a conviction that an individual is upholding? There is no standard measurement like in so many other areas of psychiatry. A doctor's personal view becomes the truth and is presented as fact, although upon having a closer look, psychiatrists are not qualified to evaluate situations when they have excluded the realm of spiritual experiences, which are a concrete reality for billions of people, as every human being has an invisible spirit or soul as substantial core.

M. was classified as someone with a psychotic disorder based on ignorance by doctors who have a very poor knowledge about reality. By excluding the spiritual realm as a concrete existence, they are in no position whatsoever to evaluate the mental or physical health of a person because they are in the prison of ignorance based on prejudice, the idea that the brain creates the mind. They do not know that the opposite is true, that the invisible mind is expressed in the body.

The question *“What are thoughts made of?”* is answered in the following way: *“Thoughts are generated in the brain, which is composed of 100 billion nerve cells that transmit impulses through synapses. In other words, thoughts are electrochemical reactions.”* It is wrong that the brain creates thoughts. Their source lies in the human soul, the inner heart of a person, which represents his core. For a reaction to happen there must first of all be an impulse, some input, which definitely originates in a person's spirit.

Unfortunately, this very fundamental truth is not recognized by medical doctors, particularly psychiatrists, which disqualifies them as experts on the mind because they cut out or ignore the most important content regarding human beings, their invisible center, where all visible actions of a person originate.

In the official literature you find explanations like: *“Delusions have been found to occur in the context of many pathological states and are of particular diagnostic importance in psychotic disorders including schizophrenia, paraphrenia, manic episodes of bipolar disorder, and psychotic depression.”* None of these aspects apply to M. Attributing F23.9 to him is based on ignorance that prevents psychiatrists from recognizing spiritual experiences as something very normal, which every person has in one way or another whether they are consciously aware of this fact or not.

The same applies of course also to hallucinations, to seeing objects or experiencing feelings *“that are not real but are usually the result of mental disorder or the effect of a drug.”* Merely this definition, which you find in Merriam-Webster, shows the prevailing ignorance. It is a clear contradiction when you claim that somebody has feelings which are not real. How can someone have an unreal experience? Either he feels something or not. If he does, then it is a substantial experience that has, in every case, a concrete cause.

Yes, here is where every expert in the medical field must stop and think to reflect on reality. The concrete cause of the vast majority of illnesses is unknown because doctors in their ignorance exclude the

spiritual dimension of the human soul from their considerations as the origin of all physical phenomena. Due to their considering only the physical realm, they are limiting their insights to a very primitive level in light of the fact that every person has an invisible soul or inner heart as the center and essence of their being.

High tech instruments are used by medical doctors to make their evaluations, but they are unable to recognize what is really wrong with a person because they close their eyes in front of what is most obvious, namely, the fact that every person does indeed have an eternal spirit where everything visible to the eyes in the human body originates. It is the state-of-the-art instruments that confirm the existence of the invisible substantial realm, which is confirmed using scales that show differences in weight of merely a tenth of a millionth of gram. Dr. Klaus Volkamer, who holds more than 40 practically applied patents, has been pioneering this field of proving the existence of invisible substances with the help of state-of-the-art scales using the best available technology.

It is not an issue that the scientific proof for this realm does not exist. It is definitely there, freely available for anybody to check for themselves, but the problem lies in the arrogant attitude of doctors who claim to know best whereas their actual knowledge is very much limited based on a narrow-minded worldview that excludes the invisible realm as substantial reality, even though its existence is proven in manifold ways.

Why should spiritual experiences, such as people having visions, some intuitive foresight, a premonition, etc. be any less real than seeing something with your physical eyes. Only those who have a prejudice can make such claims that these valuable experiences are not real. Here is where the tragedy begins and where it has to end: in the narrow-mindedness of doctors who refuse to acknowledge what is obvious to billions of people, namely, that human beings do have an invisible spirit which exists beyond time and space.

What it comes down to is nothing less than medical doctors acting in an unscientific way by ignoring reality, such as the weight of invisible substances having already been proven as a fact with the help of modern science, and phenomena such as people knowing clearly beforehand what will happen due to their having their spiritual senses being open to perceive what the physical eyes do not see and the ears cannot hear. This realm of the 5 spiritual senses corresponding to the 5 physical senses is an area that still needs to be explored further, whereby enough scientific proof exists already that spiritual experiences are very real and a natural part of life.

Ignoring or evaluating them as delusion and hallucination does not make them less real, but shows the total incompetence of medical doctors to be in the position they are in, claiming to be experts on health, which particularly applies to the psychiatrists who diagnosed M. with a mental disorder or illness when nothing of the sort can be attributed to him as someone who has upheld his mental health throughout his life until it was limited through harmful drugs in the hospital.

This fact stands at the core of what has become a reality in M.'s life and can be known by those who are ready to look deeper and think twice before making any judgement.



## The anti-scientific obsession of rejecting the soul as the core of a human being

That the theme of this short reflection applies to medical doctors, particularly psychiatrists, the experts on the mind, may be surprising for some but this does not change the validity of the statement that those working in the medical field and rejecting the human spirit and soul as the core center of a person are definitely not qualified to provide proper care, because everyone is indeed endowed with an undeniable dignity originating in higher values than the mere physical existence.

Doing scientific work requires dealing with reality, and here is where medical doctors are doing very poorly when they reject the existence of an invisible inner heart as the core decisive factor governing the life of a person. In the case of M., it was acknowledged that he *“loves everyone and cares about everyone.”* From where does such an attitude arise? It is obvious that it originates in a loving heart. How is this quality created? Psychiatrists say it is the product of connections made in the brain, that this organ creates qualities like love, trust, understanding, care, heartfelt dedication, etc.

If one thinks of this situation, the contradiction becomes obvious: The experts on the mind cannot explain why such wonderful qualities are present in one individual and not in another. You may say that the brain was trained to react in a particular way through years of upbringing where certain social behaviors are learned, but what about fundamental changes like conversion, where people move from being selfish to caring for others more than themselves in a very short time, which is referred to in religious terms as a personal conversion. Suddenly, all the routine actions of thinking of yourself first have disappeared and one lives wholeheartedly for others, e.g., the person with whom you are in love. One important decision, not to be anymore egoistic, causes years-long practices of thinking about what I want to be stopped in favor of an attitude that puts the beloved's wishes and desires first.

Even the best neurologists cannot explain such essential changes based on a materialistic worldview because, according to the concept survival of the fittest and the prevalence of personal gain, it cannot be explained that selfless, unconditional love is actually the strongest force in a human being that leads them to give up even their life for the sake of upholding the ideal of True Love and true freedom, values for which no valid explanations are possible in a matter-centred view of the world.

By rejecting the soul and the invisible spiritual realm, scientists are limiting themselves to the point of not recognizing what is obvious to others, in this case the vast majority of humankind who is aware that they are not merely material beings and therefore pursue a certain spiritual path of sorts, whatever it may be in concrete terms in line with the saying that every person has his own religion or view of seeing the world. In this way, the so-called health experts who claim to know best stand on a very weak foundation of thinking that what they observe in the body must have a physical cause, failing to recognize that all measurable phenomena have their origin in a person's internal situation — in what is going on in his heart and mind. Troubles in the soul are the root cause of any symptoms, which doctors diagnose as an illness, whereas in reality everything that is happening in the body is there for a beneficial purpose.

The term “malignant” used by doctors refers to something that is very harmful. The “gn” part of both this word and the opposite “benign” comes from the Latin word for born. The word root mal means “evil” or “bad” while bene means “kind.” In one of the dictionaries, the first usage example *“malignant ghosts”* is mentioned from the novel *Watership Down*.

Another example: *“By freezing cells at various points, they believed they could see the actual moment when a normal cell growing in culture became malignant, a phenomenon they called spontaneous transformation.”* Here, the ignorance of doctors and researchers becomes once again obvious when they speak of spontaneous transformations while having no idea what may be the cause. Such primitive methods like freezing cells to gain more information is used instead of having a closer look at living beings,

in the heart and soul of people, rather than stopping at the brain and erroneously thinking that this organ is to be blamed for any kind of mental problems.

Looking back in history it is obvious that religious leaders have been misusing their power on the national level, e.g., by the authorities of the Catholic Church scaring people that their soul will end up in the fires of hell. Today, we see the very same evil practice on the side of those who are at the top in the field of medicine. They frighten patients that they will probably die soon, causing them to suffer even more merely due to doctors' utter ignorance with respect to their failing to be conscious of the ever so basic fact that human beings do indeed have a spirit and soul, an inner heart beyond their physical existence, a fact that is confirmed by the vast majority of humankind being religious or doing some spiritual activities related to their innermost self.

For centuries people knew that even one word can harm a person deeply or bring profound joy. Yet, in today's conventional medicine, this fact is largely ignored. To the contrary, fear-mongering is used in support of Big Pharma making higher profits by more people asking for their products because they are afraid of illnesses. Based on having studied the universal biological laws, it is clear that not a single disease is something to worry about, but instead of spreading such insights based on true science, what is being done is nothing less than unscientific views being used to gain ever more control over people.

In the case of M., this is expressed in his being told again and again that he is very sick and in danger of his brain being gravely harmed whereas such claims have nothing to do with reality. From this standpoint, it is 100% clear that those making such claims have some psychosis, a serious delusion where they are unable to recognize what is real — M. being completely healthy — and what is not — that his brain is in danger of getting seriously damaged and therefore he has to take aripiprazole.

The core question to be asked in the face of such a reality is a very fundamental one: on which foundation does allopathic medicine stand? What do medical doctors know about the influence of the soul and spirit over the human body? Particularly, psychiatrists should be experts in this respect whereas reality looks very different; rather, the opposite is the case, as evident in the example of the how M. has been treated as a completely healthy person in the hands of those running a psychiatric ward.

The fundamental issue lies in the treatment methods presented by doctors as unavoidable and without possible alternatives, e.g., in M. having to take aripiprazole or cancer patients having to go through chemo whereas, in reality, wonderful alternatives exists for any of the artificially produced chemical products enforced by the medical establishment. The ultimate question is whether the anti-scientific obsession with rejecting the soul as the core of a human being is allowed to continue or we collectively return to a confirmed way of dealing with health issues based on centuries of experience with natural healing methods.

## True science versus a state-financed medical establishment dominated by Big Pharma

As mentioned in the document titled, *“The decisive question: Will you continue to support a medical drug cult?”* the former German minister of health, Horst Seehofer, admitted in an interview that the pressure from the pharma lobby is so strong that political decisions are made according to their desire and not what the politicians want to see realized. That is the actual reality not only in Germany but in so many other nations around the world, a fact which became more obvious than ever in how the corona pandemic was implemented, where most countries acted in lockstep with one another. Nikolaus Beutl addresses this and other centrally important topics in his books that confirm the core issues in connection with the situation of M.

When you compare statements about him such as, *“M. is a very, very kind person,”* or *“He has an excellent mind but what is more important he has an excellent heart. He is very considerate, always thinking about other people,”* and *“He is a role model in many ways”* with the claim that *“M. has a strong psychosis,”* then it is clear that only one kind of evaluation can be correct because it is impossible to always be there for others while at the same time having lost contact with reality, as the doctors insist is the case with M.

What does this show? The answer is obvious. When I declare M. to have a mental disorder then I can prescribe drugs for him. If, on the other hand, I acknowledge that M. is indeed a very wonderful person who loves everyone, as stated in the hospital, then I must have a second look at myself, whether I am also a role model for others in being there for their needs, e.g., in the case of Doctor “I.” to respond to the questions for which M.’s mother begged written answers. In this respect, the shortened conversation with her on May 23, 2022 can be mentioned where Doctor “I.” abruptly finished the interview because she started to speak when he had not yet finished his sentence! He went to the office and sat down, seemingly “spaced out,” inactive, as the mother of M. observed through the glass wall from the corridor. Instead of acting in such an impulsive way, which does not show too much self-control, he could have acted like her son and used the time productively by listening attentively to the parent of one of his patients and to answer relevant questions.

Ultimately, it is a question of morality that is at the bottom of all the contradictory behaviors on the side of the staff in the way they handled the case of M., who was brought to them as a completely healthy young man with a bright intellect, confirmed in his excellent marks at school and his being a very good chess player in the mental ward, etc. Also, his exemplary empathy and care for others requires a mind that is working very well, always focused on the present, on what is going on in his surroundings, an ability in which M. excelled even when detained against his will in the hospital, whereas such empathic feelings for others are greatly lacking in the behavior of Doctor “I.” as if it was all about him: “I” and “I” and “I”...

The theme addressed in this short reflection on reality comes down to the question of whether we support true science without any hidden agenda in support of the wellbeing of all people, or a state-financed medical establishment that is directly connected with the agenda of a few individuals, in this case represented by the interest of Big Pharma to sell as many of their products as possible. Here, the aspect of morality plays a central role because the correct decision from the standpoint of acting morally is clearly to stand firmly on the side of the population, who deserves the best possible treatment as the ones who finance the medical system.

## Are the best solutions pursued or those which benefit the pharmaceutical industry?

*“To be superseded scientifically... is not only our destiny but our purpose. We cannot work without hoping that others progress further than we.”* This statement by Max Weber is crucial for scientists to be aware of. It is decisive to continue questioning your knowledge and to be open to learn more from others who may have deeper insights in one or another area. We must consider the **consequences of not applying fundamental scientific rules** because, in neglecting them, we never come to the correct conclusion. This is what has become a reality in respect to the situation of M., which could have been completely avoided altogether if the fundamental rules of science would have been implemented.

In the official definition of science, we read: *“Disciplines that **use existing scientific knowledge for practical purposes, such as engineering and medicine**, are described as applied sciences.”* Is true science the foundation for modern medicine? The answer is, in most cases, a clear no, because it is centered on drugs for which no valid control experiments were made to ensure their effectiveness in helping patients. Clearly, the interests of the pharmaceutical industry are dominating conventional medicine.

*“**New knowledge in science is advanced by research from scientists who are motivated by curiosity about the world and a desire to solve problems.** Contemporary scientific research is highly collaborative... The practical impact of their work has led to the emergence of science policies that seek to influence the scientific enterprise by prioritizing the development of commercial products, armaments, health care, public infrastructure, and environmental protection.”* This is what you can read in Wikipedia. Should we all not be scientists who are motivated by curiosity about the world and a desire to solve problems? Should we not use the available contemporary scientific research and show an attitude of being highly collaborative to work together in teams in research institutions that are still to be established centered on the core of human nature, the precious heart of every soul alive on Earth? The practical impact of our work has to lead to the emergence of science policies that seek to influence the scientific world and ultimately all humankind by **prioritizing the development of content, which serves the public in all the issues that need to be resolved and ensures the wellbeing of all people without any exception.**

We see great accomplishments in the field of technology but much less in the field of biology, with today hundreds of millions of people being sick and even living in poverty even though enough food is available for everybody. Upon having a closer look, it is obvious that the field of science, which is more important than any other, is the most neglected one in the area of dealing with the core and essence of human beings. For this reason, it is imperative for all who feel responsible to invest in exploring human nature and resolving issues there, where they start, in the hearts of people who are widely unhappy and in great trouble, especially in the present development of more and more oppression with less and less individual liberty.

More than in any other area, it is in dealing with the core of a person, the heart where all relevant decisions are made, that profound scientific knowledge needs to be gained. Everybody has to learn how to apply what is known about the bodily functions in upholding complete health so that we can establish a healthy society. The time has come to reach this goal of knowing the full truth about the true nature of human beings. In the established universities, all kinds of scientific fields can be studied, but where we see still an enormous lack of knowledge is in the area of teaching about what is needed for everyone to live healthy and happily their whole life long, from birth to their time of leaving this Earth.

## Do we allow the central field of medicine to be controlled by economic interests?

The theme of this document is directly connected with the previous theme dealing with the fundamental issue of whether we collectively uphold the principles and standards of true science or agree to a situation where the medical establishment is heavily influenced by the agenda of the medical-industrial complex.

When we look at the overall situation worldwide, we can see that around 10% of the gross domestic product is used for health services and a quarter of that amount for military purposes. Four times as much money is invested for the health of individuals than for the whole nation to be safe. With so much money being allotted to the health system, it is important to have a second look at whether what is being done is really effective. The answer to this question is not at all promising. The overall health situation of populations around the world is getting worse, requiring more and more money for ever less real benefits in terms of contributing to a life without illness, which is surely possible.

What really needs to be checked is the extent to which pseudo-research is being financed by the state, which is not based on the principles of true science but serves the interest of certain individuals and organizations. This is important because the power of belief is so strong that people even act in irrational ways, especially when they are frightened. The huge danger lies in science legitimizing political measures that would otherwise be unacceptable, as we witnessed on the national level during the corona plandemic. But this applies also on the individual level, where the example of M. stands for medical and social malpractice on several levels in which representatives of governmental organizations lacking proper qualification decided how long M. has to stay in the mental hospital.

On the other side stands an open-minded approach to life without any financial or other egoistic interests where one looks at the overall situation from the perspective of history and the present in connection with nature, which shows us that life without drugs is its normal standard; yes, even its law, because none of its living creatures depend on artificially created products to maintain their existence. A holistic view enables us to recognize what is really important, which refers always to invisible aspects like the desire for happiness and values like freedom and independence, which is especially relevant in the medical field where it is rather easy to implement forced medical treatment, as became a reality for M.

A sober evaluation of his mental situation upon arriving at the psychiatric ward would have confirmed his being fully fit with the aftereffects of the strong sleeping pills, which he had received in the main hospital, having subsided by that time. Yet, this was not done. He was only looked at with the prejudice that he must have some serious mental issue, otherwise he would not have been brought there by an ambulance. That this was totally unnecessary, like all the other aspects done based on fear, is only obvious upon having a closer look.

As mentioned before, around 10% of GDP can be saved and used for other purposes as soon as the medical establishment is thoroughly checked for effectiveness as well as scientificity of what is actually being done. Only then will it become clear for everybody how very low the actual standard is in this respect, whereas much better services are indeed possible at a minimal cost once the correct understanding of the human body is the basis for all activities in connection with securing the mental and bodily wellbeing of citizens. It is truly of utmost importance to liberate the field of medicine from the influence of the pharmaceutical industry which began more than a century ago.

## Please consider, psychosis — an illness of the soul — is treated by swallowing pills

The underlying issue of the situation into which M. was put is none other than whether it is correct to consider drugs like aripiprazole as the correct medical treatment. In the case of M., he was not mentally ill when entering the Psychiatric Department and did not need any medication to begin with. Beyond this fact, the essential question that must be addressed lies in psychosis being ultimately the cause of a psychosomatic disorder, which is a psychological condition involving the occurrence of physical symptoms, in the case of M., the expected damage to his brain if episodes of psychosis continue.

Again, it is not a person thinking too much that harms the brain. Damages arise from taking drugs like aripiprazole. Here is where the truth lies. But what can you do in a situation where the experts are stuck in totally wrong concepts? You have to awaken them to deal with reality. If the whole population were awake then this would be no problem, because they would be asked 'at every corner' why they are acting in a certain way that is illogical and irrational upon a second look.

In the case of cancer, one little step in this direction was made in October 1977 when the most influential journal in Germany, *Der Spiegel*, published an article on the root causes behind that second most frequent illness, with the front page asking, "*Krebs — Krankheit der Seele?*" (Cancer — illness of the soul?) The author of this article reported on scientists who suspect that the true cause behind cancer are supplanted inner conflicts.

The Merriam-Webster dictionary defines psychosomatic as: "*of, relating to, involving, or concerned with bodily symptoms caused by mental or emotional disturbance. Some physical diseases are thought to be particularly prone to be made worse by mental factors such as stress and anxiety.*" In M.'s case, it is the fear of expected serious damage to the brain in people who experience repeated psychotic episodes that has led to his having to take aripiprazole. But what if the origin of any mental disorder in the soul of the patient is taken into account? Then it is clear that pills can never be the solution, because it is impossible that they can resolve internal issues a person may be struggling with.

In the here-mentioned feature article, the main question is whether cancer is the result of suffering in the soul of a person along with pain experienced due to social conflicts, whereby even the question is asked whether the laborious search to find the cause of cancer in chemicals or viruses are a completely wrong path that is taken. The correct answer is certainly, "Yes, indeed." Unfortunately, this reality was not taken into account. Instead, the totally erroneous course of looking for the cause of cancer in all the wrong places continued in the decades that followed.

Correct hints are given in that article such as the reference to a possible text in a death certificate that the person died as the victim of his own soul, meaning as a result of unresolved issues like loneliness and emotional isolation along with conflicts that have entered the subconscious. Some of the physicians and medical doctors are certain that, sooner or later, such inner troubles arising in unresolved conflicts will kill a person. Rightly so, because the body always expresses what is going on in the mind and soul of a person.

To be deeply aware of this fact is the key to lasting mental and physical health, which all people want. Very sadly, only a few are prepared to do what is needed for this purpose, which is none other than focusing on the cultivation of inner peace and harmony, which is the reliable foundation for enjoying a long life in good health.



## When will we stop using wrong methods due to completely erroneous concepts?

The previous document dealing with the completely wrong concept that psychosis is an illness of the soul that has to be treated by taking pills, and this short reflection, are closely connected. In the aforementioned article in *Der Spiegel*, professor Claus BahneBahnsen is quoted as one of the experts who studies the direct connection between the social and psychological conditions a person experiences and the development of cancer. He and those working with him see the root cause of cancer in the lack of loving experiences starting from a person's childhood. That is certainly true but, unfortunately, he and most others do not realize that cancer itself is nothing to be afraid of because extra growth of tissue is a special situation in support of a person's wellbeing. The real danger is not the cancer itself but the poisons that cancer patients receive as treatment through chemo, etc.

The readers of that article learn about representatives of the German Cancer center in Heidelberg speaking of a *"very, very sad overall situation with no perspective of healing cancer"* — and today, nearly half a century later, nothing has changed in this respect. To the contrary, the number of people dying with the 'cancer' diagnosis is still continuing to rise despite the enormous sums of money and 'expertise' which have been invested in cancer research. How much longer will it take until the realization dawns on those in responsible positions as well as the general public that we are definitely on the wrong path? It is definitely high time for a profound reorientation of medicine based on a new paradigm which is available but, until now, widely ignored or rejected because of bias and prejudice that is unfortunately prevalent in ever more areas of science.

As an example of the many unresolved issues, the question is asked: why does one person who smokes get lung cancer and another strong smoker not? Merely this simple 'riddle' should awaken everybody to realize that there must be other than material factors at the core of why people develop symptoms that are interpreted as cancer or tumors.

Very good examples of physical suffering from emotional wounds are presented, including the fact that experiments with animals have shown that rats that received a lot of extra care when babies were able to deal with health challenges far, far better than those that did not receive such special care, the percentage being 96% to 4%, respectively. Again, merely this example is more than enough evidence that loving care is the core decisive factor regarding health, yet this insight is not widespread nor applied to relationships amongst human beings.

The conclusion is clear: The correct answers are all there, freely available and confirmed by science, yet who is looking for them and applying their insights in their own life? The answer to such a question is very sad and with it the result that ever more people suffer from physical discomfort and chronic maladies merely because they do not resolve internal issues at their core, in their innermost heart and soul. Had M. been in the lucky position to be treated by a psychiatrist like professor Claus BahneBahnsen, who looks deeper at a person's soul and their actual inner state, then the outcome would surely have been very different. I am dedicated to making his case public because of all the many fundamental issues involved that are outlined in this book in connection with his situation. In this way, I wish to contribute the explanations to a re-evaluation of existing treatments so that we will finally stop using wrong methods due to completely erroneous concepts and focus on the root cause of health issues to resolve them once and for all based on knowing the truth about the human body.

## It is decisive to have complete clarity without any unanswered relevant question

As anybody can see in the expert literature on psychosis, all the claims concerning mental disorders are based on experts believing in this or that hypothesis while lacking scientific proof. Merely from this viewpoint, it is clear that no measure whatsoever must be forced on people that is rooted in beliefs that so-called specialists come up with. The problem lies in people widely accepting what the experts proclaim as truth regardless whether a scientific basis exists.

Three main symptoms are associated with a psychotic episode: *“hallucinations, delusions and confused and disturbed thoughts.”* Hardly any human being exists who did not say, at least once, *“Now I am confused,”* because he or she cannot see what the other person means when he says something. Yet, merely this situation is reason enough for a psychiatrist to declare this individual to have a mental disorder that must be treated with drugs! The same applies when someone is disturbed in this thinking so that he finds it hard to express clearly organized thoughts, maybe due to being faced with emotional upheaval.

From this standpoint it is clear that everybody will come earlier or later into a situation where they can be diagnosed with a psychotic episode and then be detained in a mental hospital and forced to take drugs for many months, as became a reality for M. as a teenager with exemplary mental and bodily health. Yes, anybody can be declared to be mentally ill merely because someone comes to this conclusion, irrespective of corresponding to reality.

In the judiciary system, the principle of being innocent until proven guilty is valid. But this does not apply to people declared to be afflicted with a mental illness. They can be detained for many weeks in a psychiatric ward, as became a reality for M. even though he was completely innocent, meaning in this case healthy, until he was drugged up in the hospital. Whereas in court proof is required before the verdict of punishment is pronounced, this is not necessary for psychiatrists. They do not have to justify their decisions, and when you try to obtain it then you are totally ignored, a situation M.'s mother is faced with. She was even refused access to the reports the experts made about her son.

Looking at the overall picture, it is clear that M. is merely one example of many who became victims of scientific fraud committed by psychiatrists who push harmful drugs on people without any justifiable reason. They act in an unscientific way by creating some illness in their mind, e.g., psychosis, and then force patients like M. to take drugs for it without the patient's or their close relatives having any chance to hold them accountable for their actions, since for most people it is too costly to go to court against medical doctors only to lose the court case because the expert witness comes from the side of forensic psychiatry, defending the unscientific viewpoint of the culprits, their colleges whom they naturally defend rather than tell the truth that the whole field of psychiatry stands on the foundation of invalid assumptions rooted in a materialistic worldview.

Concerning hallucinations, you learn on the expert website that they are to be found *“where someone sees, hears, smells, tastes or feels things that do not exist outside their mind: (1) sight — seeing colours, shapes or people (2) sounds — hearing voices or other sounds (3) touch — feeling touched when there is nobody there (4) smell — an odour that other people cannot smell (5) taste — a taste when there is nothing in the mouth.”*

Why should the brain cells suddenly not function properly and deceive you by giving sensory impressions that do not have any visible cause? If your computer or mobile phone gives you a message that does not make sense then you know it needs to be repaired because the software or hardware has some defects that can be clearly identified by a technician. What about the experts on the brain and the mind? They have no valid answers but merely a belief and nothing more than a belief. Needless to say, a belief is not science and from this standpoint it is absolutely clear that no valid justifications exist whatsoever to give psychiatrists precedence over experts in matters of spiritual experiences, people of faith

such as dedicated Christians who know from their own experiences that it is indeed possible to have the here-mentioned experiences that are also documented in the Bible, including encounters with angels and even eating together with them.

The decisive question is, of course: why, in a Christian country like Iceland where more than two thirds of the population belong to an established church, are the unconfirmed theories of psychiatrists put above the well-founded basis Christianity and even executed by force, as became a reality for M. and so many others?

Regarding delusions, the official explanations says that it is *“where a person has an unshakeable belief in something untrue.”* Who decides what is true and what not? Psychiatrists have the last word and this is so very wrong!

Further, it is stated that *“People with psychosis sometimes have disturbed, confused, and disrupted patterns of thought. Signs of this include: rapid and constant speech; disturbed speech e.g., they may switch from one topic to another mid-sentence; a sudden loss in their train of thought, resulting in an abrupt pause in conversation or activity.”*

In this context, it is good to consider that with six thousand thoughts daily, it is ever so easy for you and I to sometimes have disturbed thoughts, to be confused in certain moments and our thought patterns disrupted. If we are in emotional distress, we may be speaking rapidly and even constantly because so much is on our mind that we would like to share with others. In such a situation, we may switch from one topic to another mid-sentence because another point came to our mind that we definitely want to express before we forget. A sudden loss in one's train of thought is also commonplace, even if this results in an abrupt pause in conversation or activity when we remember something that is very important. In other words, because this is happening every day around the world, all people are unofficially declared to have a psychosis, and it is only a question of time until everybody is prescribed some antipsychotic pill that must be taken for months and years. This is how reality looks, to which we must awaken before it is too late.

*“Antipsychotic medicines work by blocking the effect of dopamine.”* How can blocking natural processes in the brain be beneficial? It does not make sense at all. Further, it is claimed that, *“Antipsychotics can usually reduce feelings of anxiety within a few hours of use, but they may take several days or weeks to reduce psychotic symptoms, such as hallucinations or delusional thoughts.”* Please consider the claim that these pills improve people's thoughts and perceptions, eliminating those that are not real in the eyes of psychiatrists and substituting wrong thoughts with the correct ones approved by the experts as healthy. Such claims merely confirm their suffering from one of the symptoms of psychosis in the form of grandiose delusions, as they believe they have power to improve the function of other people's brains! Moreover, such surreal claims show that psychiatrists have lost contact with reality. Upon doing thorough research into the claims of psychiatrists, it becomes clear they are merely based on beliefs and are therefore outside the realm of confirmed science.

## The truth about psychiatry based on the experience of experts on the mind

It is understandable that for many it may be hard to digest the incredible situations exposed in connection with M.'s detainment at the mental ward, yet there is no way around facing reality lest you are diagnosed by one of the specialists on the mind with psychosis due to having lost contact with what is really happening.

In the December 1996 issue of *Psychiatric Times*, you find a commentary against biologic psychiatry where David Kaiser, MD, writes: *"As a practicing psychiatrist, I have watched with growing dismay and outrage the rise and triumph of the hegemony known as biologic psychiatry. Within the general field of modern psychiatry, biologism now completely dominates the discourse on the causes and treatment of mental illness, and in my view this has been a catastrophe with far-reaching effects on individual patients and the cultural psyche at large."*

*It has occurred to me with forcible irony that psychiatry has quite literally lost its mind, and along with it the minds of the patients they are presumably supposed to care for. Even a cursory glance at any major psychiatric journal is enough to convince me that the field has gone far down the road into a kind of delusion, whose main tenets consist of a particularly pernicious biologic determinism and a pseudo-scientific understanding of human nature and mental illness."*

These are strong words yet correspond with reality, certainly with the one M.'s mother has been faced with in trying to liberate her son from the mental ward and get him off the drugs that are pushed on him. Biologism refers to the use of biological explanations in the analysis of social situations. Blaming biological conditions for mental issues is definitely the wrong way to go, as it is very one-sided, focusing on physical changes rather than where the actual problem lies, namely, in the soul of a person. The situation of the inner heart must be dealt with and not the body based on the totally unfounded assumption that taking some antipsychotics will improve the mental state.

Upon having a closer look at how M. was treated, one cannot help but come to the same conclusion as what is expressed by this psychiatrist who knows what he is talking about. The real issue is not evidence that what this expert is saying is true, but the readiness of most of his colleagues to honestly face facts regarding their own field and to draw the consequences that are long overdue, as this statement was made a quarter of a century ago. Meanwhile, the overall situation has only worsened and not at all improved regarding the very serious problem that is addressed in this article.

Dr. David Kaiser continues: *"The purpose of this piece is not to attempt a full critique or history of this occurrence, but to merely present some of the glaring problems of this movement, as I believe significant harm is being done to patients under the guise of modern psychiatric treatment. I am a psychiatrist trained in the late 1980s and early 1990s, and I use both psychotherapy and medications in my approach to patients. I state these facts to make it clear that this is not an antipsychiatry tract, and I am speaking from within the field of psychiatry, although I find it increasingly impossible to identify with this profession, for reasons which will become clear below."* David Kaiser is surely not the only psychiatrist who sees where the problem lies, but hardly anybody is speaking out clearly like him. The logical consequence of recognizing how bad the overall situation is and exposing what is wrong lies in having to leave the establishment, a step which only few are ready to make after having invested up to 15 years in education to be able to work as a specialist in psychiatry.

Dr. Kaiser points to the core of the problem when he says that, *"Biologic psychiatrists as a whole are unapologetic in their view that they have found the road to the truth, namely that mental illnesses for the most part are genetic in origin and should be treated with biologic manipulations, i.e., psychoactive medications, electroconvulsive treatment (which has made an astounding comeback), and in some cases psychosurgery. Although they admit a role for environmental and social factors, these are usually relegated*

to a secondary status. *Their unquestioning confidence in their biologic paradigms of mental illness is truly staggering.*" This is all the more true in the light of the very bad track record when it comes to helping patients to return to their original state of mental health and wellbeing.

Electroconvulsive treatment refers to a brief seizure being induced via electrical stimulation to the brain through electrodes placed on the scalp, also called electroshock therapy. What a primitive way of seeing the world when thinking that by shocking the brain, its state can be improved! It is truly unbelievable that after up to one and a half decades of intensive study on the human mind and body, with all its ever so complicated and delicate processes, psychiatrists would come to the conclusion that using a hammer to hit the head — what this kind of treatment basically comes down to — the performance of the brain can be improved!

Dr. David Kaiser speaks of a modern version of the ideology of biologic/genetic determinism as a powerful force that demands a response, adding, *"When I use the word ideology here, I mean it in its most pernicious form, i.e., as a discourse and practice of power whose true motivations and sources are hidden to the public and even to the practitioners themselves, and which causes real harm to the patients at the receiving end."*

Yes, this fact stands at the root of what has become a reality in the field of psychiatry. The experts themselves are 'victims' of their own ignorance based on the indoctrination they have received at their respective university where they were told again and again that drugs are the solution to mental health issues.

How do you feel about what Dr. David Kaiser says next? *"Biologic psychiatry as it exists today is a **dogma that urgently needs to be unmasked**. One of the surest signs that dogmatists are at work here is that they rarely question or attempt to problematize their basic assumptions. In fact, they seem blissfully unaware that there is a problem here. They act in seeming unawareness that they are caught up in larger historical and cultural forces that underwrite their entire 'scientific' edifice."*

This evaluation was made two and a half decades ago, yet what was done during these many years to bring the here-outlined catastrophic reality to daylight, to the attention of the people, so that they can have a clear picture regarding what is actually happening behind hospital walls and in psychiatric practice? M.'s mother was also not aware of the extent of corruption before she was personally confronted with it. But seeing reality motivated her to bring the issues to the public attention in hopes that the long overdue changes in the minds of psychiatrists are finally manifested.

Again, the most incredible part of it all is the fact that such behavior is shown by those who claim to be the experts on the mind, whereas in reality they are acting in such a narrow-minded way as to be blind to what is actually happening.

Dr. Kaiser makes it clear where the core problem lies: *"Pharmaceutical corporations now contribute heavily to psychiatric research and are increasingly present and a part of psychiatric academic conferences. There has been little resistance in the field to this, with the exception of occasional token protest, despite its obvious corrosive and corrupting effects."* This tragic reality must absolutely be changed now by leaving false dogmas behind and setting the priorities right based on a thoroughgoing medical reformation.

This is what is needed more than anything else with respect to the future of medicine, particularly psychiatry, because only when the experts work based the actual biological laws and processes will they be able to effectively help their patients.



Dr. David Kaiser speaks in his December 1996 *Psychiatric Times* commentary about the medicalization of all public discourse on how to live our lives and a growing cultural denial of psychic pain as inherent in living as human beings, where mental pain refers to an intolerable pain caused by intense psychological suffering rather than physical dysfunction. Where does such suffering originate? Of course, in the heart and soul of a person and not in the brain. Therefore, trying to create changes in the brain is the very wrong way to begin with. Yet, this is what the majority of psychiatrists are focused on, along with their staff being fully indoctrinated in this respect, a reality which M.'s mother encountered at each step of her way in trying to liberate her son from the detainment in a mental hospital with drugs being forced on him.

As an expert on mental health, David Kaiser is aware of the ever-growing power of the pharmaceutical and managed care industries. He writes: *"These self-proclaimed visionaries, oblivious to all of this, boast of real scientific progress over what they consider to be the dogma of psychoanalysis, which had up until recently reigned as psychiatry's premier paradigm."* He makes it clear that, *"the grandiose claims of biologic psychiatry are wildly overstated, unproved and essentially self-serving."* Whom are they serving? Of course, the medical-pharmaceutical complex and those who look for easy solutions, such as giving a pill to patients rather than dealing with their actual problems.

Based on his experiences of treating patients, David Kaiser recognizes that medications have profound limitations in the awareness that if the only tool he had for treatment was a prescription pad, he would be a poor psychiatrist. His description is definitely valid: *"The center of treatment will always need to be listening to and speaking with the patients coming to me. This means listening seriously to what they say about their lives and history as a whole, not merely listening for which symptoms might respond to medications. Although it seems astounding that I would have to state this, biologic psychiatrists as a whole really only listen to that portion of the patient's discourse that corresponds to their biologic paradigms of mental illness. It is the nature of dogma that its practitioners hear only what they want to hear."* This evaluation is fully confirmed in the experiences M.'s mother made in reaching out to those treating her son. No readiness whatsoever was shown with respect to dealing with questions that do not fit into the mindset of those who make the decisions the gravely influence the life of M.

Regarding the limitations of biologic psychiatry, Dr. Kaiser says: *"First of all, medications lessen symptoms, they do not treat mental illness per se. This distinction is crucial. Symptoms by definition are the surface presentation of a deeper process. This is self-evident. However, there has been a vast and largely unacknowledged effort on the part of modern (i.e., biologic) psychiatry to equate symptoms with mental illness."* Again, the doctor is pointing to the core of the problem, that the deeper issues are not addressed with the consequence that no real help is offered — only pills are prescribed.

One central reality is mentioned when David Kaiser says that he has repeatedly seen that after patients feel better, he is still sitting across from a suffering patient who wants to talk about his unhappiness. Nothing is resolved when drugs are taken, the troubles are still all there in the soul, confirming that prescribing pills is the very wrong way to go. Therefore, he writes, *"This process of equating symptoms with illnesses has been repeated with every diagnostic category, culminating in perhaps one of the greatest sophistries psychiatry has pulled off in its illustrious history of sophistries, namely the creation of the Diagnostic and Statistical Manual, the bible of modern psychiatry."* Yes, this brings up the core of the matter. Just as Christians have the Bible as their central source of insights, where they search for the relevant verses in the many Holy Scriptures, psychiatrists look up the respective numbers to be attributed to the patients in their bible, which is, in the case of M., F 23.9.



## Famous professors of psychiatry versus renowned professors of theology

Mainstream media likes to present so-called experts who repeat their narrative whereas true specialists are not even invited or if so, only to be made fun of. This situation represents one of the symptoms of a sick society where the truth does not count anything but only what certain people declare the content which must be believed by everybody. In such a situation, objective facts are simply ignored or ridiculed by those who work in line with those at the very top who hold the real strings of power. Today, the medical industrial complex is one of the powerful entities of a country due to around 10% of the national gross product being allotted to healthcare. All other natural healing methods are pushed aside and discredited as they do not bring financial gain to Big Pharma. The population is indoctrinated to believe that the medical establishment has the solution to all health issues whereas the opposite is the case.

What is very important to be aware of in this respect is the fact that just as every religion has a set of beliefs, the field of medicine is also ruled by dogmas that must never be questioned, no matter how erroneous and illogical they may be. Those who raise relevant questions are mercilessly persecuted, revealing a religious zeal whereby its pseudo-religiosity manifests, e.g., in the drug cult that believes a pill can be created for any ill as the reliable solution, an attitude which has nothing in common with reality.

Upon a closer inspection, it turns out that the professor of psychiatry, as a medical doctor, and the professor of theology with a Masters of Divinity and other qualifications, are doing basically the same thing: spreading teachings that are nothing more than beliefs. The only difference lies in governmental authorities acknowledging the former content as state doctrine that everybody must believe lest he faces very grave consequences such as losing custody over children, which the parents of M. have come to know as their reality. Although the dominant religion in the country of birth of M. is referred to as the Church of Iceland, the relevant decisions are made according to what the drug cult dictates, represented in this case by psychiatrists. Their word is the measurement according to which the state authorities act.

As a Christian nation, Iceland has become prosperous and today this island is among the top 10 atheistic countries and even holds the world record in the consumption of antidepressants, which means of course that Icelanders are the most depressed people with around 15% seeking help in the form of officially recognized drugs against depression while others choose alcohol or other artificial means that are not beneficial for the body. In other words, the people chose a very unhealthy way of dealing with issues, which manifested in the extremely high rate of vaccination in the country until the authorities were sensible enough to give up on that useless measure and declare herd immunity the only way to properly deal with Covid. Just as you can have a closer look at the various religious teachings that do not become any truer the larger the number of believers, the same applies to scientific dogmas, particularly those upheld by medical doctors that includes the concept of herd immunity which, like all other beliefs in connection with people, is based on contagion supposedly making others sick but is merely a myth. Totally wrong concepts lead people further and further astray into the hands of Big Pharma and other entities that use people's ignorance to exploit them just as it may be practiced by religious teachers.

The conclusion: There is no unreal versus real between professors of theology and those of psychiatry and other disciplines in a situation where both merely teach a belief system.

## Most psychiatrists are deceiving themselves, confirming their own mental disorder

In his article published in the December 1996 edition of *Psychiatric Times*, Dr. David Kaiser notes that in the *Diagnostic and Statistical Manual*, all known “mental disorders” are listed, defined individually by their respective symptom lists. *“Thus mental illnesses are equated with symptoms. The surface is all there is. The perverse beauty of this scheme is that if you take away a patient's symptoms, the disorder is gone. For those who do serious work with patients, this manual is useless, because for me it is simply irrelevant what name you give to a particular set of symptoms.”*

That is certainly true, just as what he points out in these lines: *“It is an absolute myth created by modern psychiatry that these ‘disorders’ actually exist as discrete entities that have a cause and treatment. This is essentially a pseudo-scientific enterprise that grew out of modern psychiatry's desire to emulate modern medical science, despite the very real possibility that psychic pain, because of its existential nature, may always elude the capture of modern medical discourse and practice.”*

His observation of reality is that, *“Despite its obvious limitations, the DSM-IV has become the basis for psychiatric training and research. Its proponents claim it is a purely phenomenological document stripped of judgments and prejudices about the causes of mental illness. What in fact it has done is the defining and shaping of a vast industry of research designed to validate the existing diagnostic categories and to find ways to lessen symptoms, which basically has meant biologic research. Virtually all of the major psychiatric journals are now about this, and as such I find them useless to help me deal with real patients. Patients are suffering from far more than symptoms. Symptoms are the signs and clues to direct us to the real issues. If you take away the symptoms too quickly with medications or suggestion, you lose the opportunity to help a patient in a more profound way.”* To support those who are suffering to eliminate their inner pain due to the root cause having been dissolved is the core task which should be done by psychiatrists, yet reality has little or nothing to do with it, as it can be clearly seen how the case of M. has been handled.

Dr. Kaiser notes that modern psychiatrists, because they have forgotten or dismissed the real power of transference, vastly underestimate the extent to which symptom reduction is caused by mere suggestion. Relief from symptoms is not seen as merely being one part of the treatment: *“Modern psychiatry would have us believe that this is all treatment should be. Meaning, desire, loss and death are no longer the province of the psychiatrist. In this process patients are reduced to something less than fully human, as they become an abstract collection of symptoms without meaning to be ‘managed’ by technicians called psychiatrists.”* Yes, this is what the overall reality comes down to as confirmed in countless cases, including the situation M. was put into where managing him rather than his real caretaking is being applied.

Dr. David Kaiser brings it to the point when he writes that, *“Modern psychiatry now foists on patients the view that their deepest and most private ills are now medical problems to be managed by physician-psychiatrists who will take away their symptoms and return them to ‘normal functioning.’ This is more than a bit malignant.”* In the name of medical progress and enlightened scientific thought, atrocities are committed and, when you try to fight against them, you not only have a hard stand, you seemingly have no way to do something about it because the medical establishment is firmly backed by the authorities of the state, in the case of M. and others, the Ministry of Social Services and, of course, the Ministry of Health. Evil is being done in the name of serving the people and well paid by them! That is the irony of the situation, yet it is the bitter reality all over the world where patients become not only victims in the field of psychiatry, but also in all other areas of modern medicine that are based on totally wrong concepts such as viruses causing disease and cancer being an illness instead of recognizing the underlying universal biological laws.

## A false ideology is the underpinning of modern medicine, particularly psychiatry

Dr. David Kaiser says that one of the dominant discourses that runs through the DSM-IV and modern psychiatry in general is the equating of mental health with 'normal' functioning and adaptation. *"There is a barely concealed strain of a specific form of Utopianism here which blithely announces that our psychic ills are primarily biologic and can be removed from our lives without difficulty, leaving us better adapted and more productive."*

Utopianism refers to the belief in or pursuit of a state in which everything is perfect, typically regarded as unrealistic or idealistic. In this point, once again a clear parallel can be found between the drug cult of allopathic medicine and what fundamentalist Christians believe, namely, that merely by believing in Jesus as your personal savior your sins will be washed in the blood of Christ. Similarly, the believers in the drug cult are certain that the pill is their savior, brought to them by the priests of their 'religious sect', the psychiatrists who tell them what needs to be done and which pill must be taken. Color and content are the decisive factors instead of looking deeper into the longing of the soul and to face what is going on there, the hurts and pains that urgently need healing.

It is definitely not enough to believe in something or someone, in the psychiatrist who has the best Gospel in his hands, the updated fourth edition of the *Diagnostic and Statistical Manual*, or in the pastor who carries the Bible with him wherever he goes. In both cases, firm believers will end up sooner or later frustrated if they are not prepared to look deeper at the root of their problems and resolve them where they originate in the soul, which is longing to be loved in the right way whereas any fake kind of love is harming the heart.

David Kaiser explains that, *"What is left completely out, of course, are any notions that our psychic ills are a reflection of cultural pathology. In fact, this new biologic psychiatry can only exist to the extent it can deny not only the truths of psychoanalysis, but also the truths of any serious cultural criticism. It is then no surprise that this psychiatry thrives in this country presently, where such denials are rampant and deeply embedded."* These lines were written in America 26 years ago. In the meantime, they apply to most countries of the world where people believe in allopathic medicine and readily do whatever the experts say, even the most contradictory things like quarantining themselves while completely healthy or accepting the lie that although they are in good health, they can convey illness to others.

Logical thinking is put aside in favor of firm beliefs, be it religious or medical dogma, irrespective of how irrational it may be. Herein lies the core of the problem, that due to a general neglect in cultivating a strong spiritual life people can be easily frightened with all kinds of doom prophecies both in respect to their soul as well as their body. They are willing to do whatever they are told, sooner or later resulting in their own peril.

Dr. Kaiser says that, *"I am constantly amazed by how many patients who come to see me believe or want to believe that their difficulties are biologic and can be relieved by a pill. This is despite the fact that modern psychiatry has yet to convincingly prove the genetic/biologic cause of any single mental illness. However, this does not stop psychiatry from making essentially unproven claims that depression, bipolar illness, anxiety disorders, alcoholism and a host of other disorders are in fact primarily biologic and probably genetic in origin, and that it is only a matter of time until all this is proven. This kind of faith in science and progress is staggering, not to mention naive and perhaps delusional."* Yes, these are sober facts about reality. Psychiatrists have themselves become delusional even to the extent that they cannot distinguish between a healthy person and someone who is suffering from a mental illness. From this standpoint it is understandable how it could come as far as it has with how M. was treated due to those declaring him to be a sick while themselves having a psychosis with one of the symptoms being manifested in their failing to recognize reality.

## Both fundamentalist religious believers and psychiatrists are stuck in their dogmas

Dr. David Kaiser says that, as with any dogma, there is no perspective within biologic psychiatry that can effectively question its own motives, basic beliefs, and potential blind spots, and concludes that, *“as in any dogma, there is no way for the field to curb its own excesses, or to see how it might be acting out certain specific cultural fantasies and wishes. The rise and fall of biologic determinism in a culture likely has complicated and interesting causes, which are beyond the scope of this paper. A few comments will have to suffice.”* But this only applies to his commentary. What should have definitely followed is a thoroughgoing study to recognize the very limited benefits of a narrow-minded viewpoint centred on biology versus the great advantages of a holistic approach that acknowledges the prevalence of the spirit over the body, of the mind over matter, of the soul over any unpleasant bodily expressions that naturally disappear as their root cause is removed.

As an expert in mental health, Dr. Kaiser brings it to the point when he writes that, *“This is a culture increasingly obsessed with medical science and medical health as a sign of virtue. It is not surprising that our psychic ills would be pulled into this dominant medical discourse, essentially creating a medical case out of natural forms of psychic pain. It seems to me that modern psychiatry, in step with a culture which created it, assumes any suffering to be unequivocally bad, an impediment to the ‘good life’ of progress, productivity and progress. It is now almost heresy in psychiatry to say that perhaps suffering can teach us something, deepen our experience, or point us to different possibilities.”*

The correct answers always require to a deeper look, an attitude that is largely lacking in our fleeting life with a vanishingly short present leading to a future that quickly disappears. Unless a fundamental change is made in this respect, we are collectively losing as a society what makes life precious, which most of all are relationships that connect us in heart and allow love to freely flow.

Next he says that, *“There is much more to life than feeling better or living without pain, and only a superficial and pathologic culture would need to deny this. Yet conclusions such as ‘depression is a chemical imbalance’ are created out of nothing more than semantics and the wishful thinking of scientist/psychiatrists and a public who will believe anything now that has the stamp of approval of medical science.”* Yes, this is very true and here lies the core point that needs to be addressed: what is scientifically confirmed knowledge?

According to the principles and standards of true science, claims must always be checked through control experiments, which are not made in the field of psychiatry but instead only compare one drug with another, which is irrelevant in a situation where the effectiveness of drugs to resolve mental disorders was never shown to begin with.

David Kaiser is also pointing to core issues when he says that, *“It seems to me that modern psychiatry is acting out a cultural fantasy having to do with the wish for an omniscient authority who, armed with modern science, will magically take away the suffering and pain inherent in existing as human beings, and that rather than refusing this projection (which psychoanalysts were better able to do), modern psychiatry has embraced the role wholeheartedly, revelling in its new-found power and cultural legitimacy.”* In the end, it is all about power and influence over people with legitimate means and motivations, which are carefully hidden yet obvious to the attentive observer. Easy solutions are sought under the guise of wanting to help, fully supported by the medical-industrial complex which in the end has financial interests as the ultimate motivation rather than a selfless desire to help in the best possible way.

Dr. David Kaiser writes that, *“The fact that drug companies embrace and fund this new psychiatry is cause enough for alarm. Equally telling is a similar embrace by the managed care industry, which obviously likes its quick-fix approach and simplistic approach to complicated clinical problems.”* This mentality is not only present in the medical field but also in religious circles amongst people of faith who take it easy and

prefer solutions where they, e.g., only need believe in Jesus as the one who saves them from sin — who takes responsibility for their problems and solves them instead of them doing it themselves.

About his own experiences, Dr. Kaiser shares that, *“When I talk to a managed care representative about the care of one of my patients, they invariably want to know what medications I am using and little else, and there is often an implication that I am not medicating aggressively enough. There is now a growing cottage industry within psychiatry in advocating ways to work with managed care, despite the obvious fact that managed care has little interest in quality care and realistic treatment approaches to real patients. This financial pressure by managed care contributes added pressure for psychiatry to go down a biologic road and to avoid more realistic treatment approaches.”* This interdependence between various fields is ever more prevalent in modern societies and acts out in a negative way not only in this but also in many other areas. For this reason, a fundamental paradigm shift has to take place based on a serious public discussion about what kind of medical system we want: one that is governed by public money spent in the interest of Big Pharma or one that absolutely puts the patient and his human needs into the center.

Dr. Kaiser points to the tragic end result that, *“What this means in real terms is that psychotherapy is left out. There has thus been a triple partnership created between this new psychiatry, drug companies and managed care, each part supporting and reinforcing the other in the pursuit of profits and legitimacy. What this means to the patients caught in this squeeze is that they are increasingly overmedicated, denied access to psychotherapy and diagnosed with fictitious disorders, leaving them probably worse off in the long run.”*

Yes, this and nothing else is the core reality we are faced with on a worldwide level. This ‘evil’ trinity is fully supported by the state, as can be seen in the case of M.’s mother appealing to the children protection service and to the ministry of social affairs, all to no avail because they all are in it together, as the long-term result of pharma lobbyists having been active not only in influencing medical doctors but also governmental organizations.

In the face of the overall reality, Dr. Kaiser writes that, *“It is quite depressing to listen to the discourse of modern psychiatry. In fact, it has become embarrassing to me. One gets the strong impression that patients have become abstractions, black boxes of biologic symptoms, disconnected from the narratives of their current and past lives. This pseudo-scientific discourse is shot through with insecurity and pretension, creating the illusion of objectivity, an inevitable march of progress beyond the hopeless subjectivity of psychoanalysis. Psychotherapy is dismissed and relegated to nonmedical therapists,”* whereas the opposite should be the case. Taking care of people’s souls should be the absolute center of any efforts to help people regain full mental health. Unless this is happening, no hope whatsoever exists to gain long-term positive results in this field.

It is true that, in general, biologic psychiatry has not delivered on its grandiose and utopian claims, *“as today’s collection of medications are woefully inadequate to address the complicated clinical issues that come before me every day.”* The same applies to the fact that, *“There will be no substitute for the difficult work of engaging with patients at the level of their lived experience, of helping patients piece together meaning and understanding in the place of their pain, fragmentation and confusion.”*

This is the kind of effort that is urgently needed in each and every case — ultimately, in support of every soul on Earth so that extreme conditions never arise as they presently manifest in patients that are locked away in mental wards or pacified through strong drugs while leaving them to suffer the consequences in the form of damage to their bodily wellbeing due to the grave side effects of the pills.



## Any psychiatrist can easily become an agent of social control and coercion

In his excellent commentary, published in the December, 1996 *Psychiatric Times*, Dr. David Kaiser says that patients these days are not suffering from “*biologic illnesses*.” What he generally sees is patients suffering from current or past violence, traumatic loss, loss of power or control over their lives, and the effects of cultural fragmentation, isolation, and impoverishment that are specific to this culture at this time. Many more aspects can be added to these examples of core factors negatively influencing people, where in the end it always comes down to the very same bottom line: how much do we care for one another? This question is not only answered on an individual level but also as a society, and the outcome determines not only our own destiny but especially that of our children and future generations as to whether we leave them a loving world or one fully dominated by the self-centred agenda of a tiny minority at the top who have no pangs of conscience when misusing others, even to the extent of knowingly causing them to suffer and prematurely die.

Yes, it is a bitter realization to see how far we have come already in this respect, how very corrupt the medical establishment has become, a fact that became clearly visible for millions in the course of the unfolding of the corona plandemic. Dr. David Kaiser warns that, “*One should resist any attempt to generalize or classify, as science forces us to do. Once you go down the route of generalization, you have ceased listening to the patient and the richness of their lived experience.*” To be able to show empathy is one of the core qualities of the psychiatrist, yet what has generally become a reality today is the opposite, not only in the hearts of the experts but also the staff working with them and in those who back this corrupt situation from the side of the state authorities, a reality which M.’s mother faced to its fullest extent when trying to reach out to all those parties. Everywhere, she met rejection and stone walls, even opposition, and a refusal to deal with the grave issues she has been addressing.

David Kaiser provides his sobering insights based on his own experiences in working as a psychiatrist: “*Unfortunately what I also see these days are the casualties of this new biologic psychiatry, as patients often come to me with many years of past treatment. Patients having been diagnosed with ‘chemical imbalances’ despite the fact that no test exists to support such a claim, and that there is no real conception of what a correct chemical balance would look like. Patients with years of medication trials which have done nothing except reify in them an identity as a chronic patient with a bad brain. This identification as a biologically-impaired patient is one of the most destructive effects of biologic psychiatry.*” Who has the heart to feel with the patients experiencing this reality? And more importantly, who is prepared to stand up to fight against what is wrong, to expose it and to make sure all the harmful practices are eliminated in favour of truly taking care of people’s inner situation as the key for their bodily maladies to disappear?

Another important aspect is addressed when Dr. Kaiser writes: “*Modern psychiatrists seem unaware of what psychoanalysts know well, namely how powerful are the words that a patient hears from an authority figure like a psychiatrist. The opportunity here for suggestion, coercion and manipulation are quite real. Patients are often looking to psychiatrists for answers and definitions as they struggle with questions such as who am I or what is happening to me.*” Such questions have traditionally been addressed by the priests and pastors of Christian churches and religious leaders of other traditions as well as spiritual leaders who do not necessarily refer to a Creator.

Dr. David Kaiser brings it once again to the point when he says that, “*Biologic psychiatry promises easy answers to a public hungry for them. To give a patient nothing but a diagnosis and a pill demonstrates arrogance, laziness and bad faith on the part of the psychiatrist. Any psychiatrist needs to be continually aware of the very real possibility that they are or can easily become agents of social control and coercion. The way to resist this is to refuse to take on the role assigned through cultural fantasy, namely the role of omniscient dispenser of magical potions. As a whole modern biologic psychiatry has enacted this role with particular vigour and enthusiasm.*” How it looks when medical experts indirectly support social control could



be witnessed around the world during the Covid crisis, two and a half decades after the here-quoted words were written. Because the warnings by this and other true experts on questions of mental health that have not been taken seriously, we have ended up where we are today. The World Health Organization has ever more power to directly determine which measures politicians should implement in their nations. Traditionally, we have seen the religious zeal and fervor of missionaries who reached out to convert others to their view of the world, and the very same is happening today in the form of psychiatrists and other medical doctors spreading their gospel of salvation through drugs, pushing people to join their drug cult where pills are upheld as the central object of adoration along with the promise to resolve any issue in the near future.

After pointing out that, *“At the level of individual patients this means a growing number of over-diagnosed, over-medicated and disarticulated people less able to define and control their own identities and lives. At the level of our culture this has meant an impoverishment of the discourse around such questions as what is wrong with us, as ‘scientific’ answers replace more potentially fruitful and truthful psychological and cultural questioning,”* Dr. David Kaiser comes to the conclusion that, *“If psychiatry is to regain any semblance of legitimacy and integrity, it must strip itself of false and hubristic scientific claims and humbly submit itself to the urgent task of listening to individual patients with patience and intelligence. Only then can we have any real sense of what to say back to them.”*

Looking towards the future, he emphasizes that, *“The sole philosophic basis for this new psychiatry is the championing of empiricism above all other measures of truth. Something is valid only if it can be demonstrated through experimental method, otherwise it is disregarded or relegated to ‘subjective’ experience, which is presumed to be inferior. Now, of course, this dominance of empiricism is not limited to psychiatry, and one can easily trace the invasion of the experimental method of the ‘hard’ sciences into the ‘soft’ or social sciences.”* What needs to be said in this respect is that, in the end, it is not about soft or hard science but about dealing with actual facts that are concrete and undeniable when one is prepared to look deeper and consider all the aspects involved.

In the context of the larger cultural level, Dr. Kaiser speaks of the public's infatuation with studies, statistics, and so on, adding that, *“This hegemony of empiricism over other ways of thinking and knowing represents an unprecedented modern achievement which has thoroughly infiltrated the cultural psyche, to the point now where the average person believes easily the claims of the biologic psychiatrist.”* Yes, this reality is the core stumbling block to bring about urgently needed change. Already a quarter of a century ago the cultural psyche was heavily influenced (indoctrinated) by totally wrong concepts that are today all the more firmly cemented into the minds of people so that they can hardly perceive their thinking is wrong, e.g., that pills are the solution to the challenges faced on the mental level.

Concerning the overall situation, David Kaiser deplores, *“that modern psychiatrists, like all ‘scientists’ these days, have no time for the basic philosophic questions that have engaged the most brilliant minds of the past. Who needs questions about virtue when there is important data to collect? These biologic psychiatrists never think to ask themselves whether their own precious methods are perhaps standing on very shaky ground, say their own disavowed prejudices about what constitutes the good life.”* Again, we arrive at the core point of people's readiness to question their own views and to look for better ones. The absence of an open mind that should be part of any scientific work confirms how far conventional medicine, particularly psychiatry, has deviated from representing true science. It rather belongs to the field of religious belief where medical dogmas set up by the experts in various fields that are eagerly studied by university students very similar to the students of theology learning the dogmas of their respective religious denomination while failing to show a mindset of questioning what one is being told.

## A frightening choking off of the possibility for dissent and a silencing of very basic questions

Dr. David Kaiser points out that biologic psychiatrists often use the standards of empiricism to answer their critics, in effect saying that their claims are scientifically 'proven' and thus unassailable, whereas such an assertion is clearly a tautological argument. Then he notes that, *"I would further add that in my view many of the claims of biologic psychiatry do not even hold up to their own standards of empirical science, for example their claims about the biologic and genetic basis of many mental illnesses. In my view, the methods of experimental science are inappropriate and misplaced when it comes to understanding the complexity of the human psyche, as they can only objectify the mind and remove subjectivity from the heart of human experience, thus creating an abstract entity in place of a human mind. It is no wonder that psychiatry declared the 1980s the decade of the brain instead of the decade of the mind. In their pursuit of the human brain they have quite literally lost their minds."* These words may appear to be too strong, but one has to call a spade a spade and refer to things as they are and not as one may wish them to be. Yes, it is a very wrong approach to claim that the solution to mental issues can be found in the brain. Such a concept is rooted in the materialist worldview of assuming the human soul is the product of neural activities in the brain, a very primitive and totally wrong idea which is nowadays proven through cutting edge scientific technology the proves the opposite.

Dr. Kaiser suggests that, *"One way to unmask the dogma that is biologic psychiatry is to ask the question what kind of human being is being posited as desirable, 'normal,' or not disordered. Judging by the DSM-IV, it would be a person not depressed or anxious, without perversions or sexual 'dysfunction,' in touch with 'reality,' not alienated from society, adapted to their work, not prone to excessive feeling states and generally productive in their life pursuits. This is, of course, the bourgeois ideal of modern culture. We will all fit in, produce and consume and be happy about it. Anyone who dissents by choice or nature slips into the realm of the disordered or pathologic, is then located as such by medical science and is then subject to social management and control."*

Yes, this kind of thinking is the ideological underpinning of today's psychiatry. There are those who aim for a standardized human being that is now advocated and pursued on the foundation of and in connection with information technology. Nevertheless, however great the promises that experts make, it will never work to improve the brain with the help of computer chips because it is so much more powerful than the best computers in the world. It can store and retrieve memories at any time along with emotions that can never be produced or reproduced by high-tech instruments.

In his commentary published in *Psychiatric Times* in December, 1996 Dr. David Kaiser submits that, *"Modern psychiatry, under the guise of medical and 'scientific' authority and legitimacy, has surpassed all past attempts by psychiatry to identify and control dissent and individual difference. It has done this by infiltrating the cultural psyche, a psyche already vulnerable to any kind of medical discourse, to the point where it is a generally accepted cultural notion now that, say, depression is an illness caused by a chemical imbalance."* The consequence of such thinking is well-expressed in what Dr. Kaiser writes next: *"Now when a person becomes depressed, for example, they are less able to read it or interpret it as a sign that there may be a problem in their life that needs to be looked at or addressed. They are less able to question their life choices, or question for example the institutions that surround them. They are less able to fashion their own personal or cultural critique which could potentially lead them to more fruitful directions. Instead they identify themselves as ill and submit to the correction of a psychiatrist, who promises to take away the depression so they can get back to their lives as they are. In short, the very meanings of unhappiness are being redefined as illness. In my view this is a daunting cultural catastrophe. I do not mean to suggest that psychiatry is solely to blame for this, given how wide a cultural shift this is. However, I do think that psychiatry has not only not resisted its role here, but actually has fulfilled it with considerable hubris."*

These are words truly worth reflecting on. Only if we recognize the core of the problem as outlined in these lines can we make progress in the right direction of leaving behind totally wrong concepts and

ways of seeing things. That such erroneous thinking did not suddenly appear out of nowhere is obvious, because everything is interconnected, especially social developments in societies always require not only a few who advocate changes in a certain direction but also the majority that is responding and following whatever is proclaimed as the new version of salvation for people out of whatever misery they may find themselves in. Instead of supporting the strengthening of mature and independent citizens, the opposite is promoted, such that Dr. David Kaiser says, *"I am increasingly astonished about how unable the average patient is now to articulate reasons for their unhappiness, and how readily they will accept a 'medical' diagnosis and solution if given one by a narrow-minded psychiatrist."*

*This is a cultural pathologic dependence on medical authority. Granted, there are patients who do fight this kind of definition and continue to search for better explanations for themselves which are less infantilizing, but in my experience this is not common. There is a frightening choking off of the possibility for dissent and creative questioning here, a silencing of very basic questions such as 'what is this pain?' or 'what is my purpose?' Modern psychiatry has unconscionably participated in this pathology for its own gain and power. It is a moral, not scientific issue at stake here, and in my view this is why many astute Americans rightfully distrust this new psychiatry and its Utopian claims about happiness through medical progress."* Although a quarter of a century ago there many people who distrusted such a way of thinking about mental problems, today, one generation later, the situation is far worse even to the extent that the vast majority did not protest against the totally unreasonable corona measures during the past two years.

Toward the end of his article, Dr. Kaiser asks: *"So what kind of psychiatry am I advocating here? First of all, I think it is unclear whether the field can extricate itself from its current infatuation with technology and its own power to use it. When one reads psychiatric journals now, one senses a dangerous giddiness about the field's 'discoveries' and 'progress,' which in my view are wildly and irresponsibly overstated. All the momentum, which is mainly economically driven, is pushing psychiatry toward further biologism,"* in other words, into a further inability to be of any help to people who suffer from mental issues.

He continues: *"Having said this, what I am advocating is a psychiatry which devotes itself humbly to the task of listening to patients in a way that other medical practitioners cannot. This means paying close attention to a patient's current and past narrative without attempting to control, manipulate or define it. From this position a psychiatrist can then assist the patient in raising relevant questions about their lives and pain."* Yes, this is an important task, but it should never come so far as people having to visit a psychiatrist for help. Young people should learn at school how to deal with challenging situations and gain the ability to have a strong and stable spirit based on getting lessons in philosophy to ask deeper questions about morals and ethics in the various cultures as a foundation to build their own firm moral standards to which they will adhere their whole life long.

As a practicing psychiatrist, Dr. Kaiser emphasizes that diagnosis should play a secondary role given that little is known about what the diagnoses made by the experts actually mean. This evaluation is, e.g., confirmed by the fact that not even a clear definition exists for psychosis, yet people like M. are detained based on it and directly or indirectly forced to take medication. Therefore, it is very true what Dr. Kaiser says, that, *"A more humane psychiatry, if it is even possible in today's cultural climate, must recognize the powerful potential of the uses and abuses of power if it is not to become a tool of social control and normalization."*

## Psychiatric diagnoses are unscientific; doctors disagree widely when making diagnoses

The here-mentioned facts can be learned by reading the book, *Withdrawal from Psychiatric Drugs: A User's Guide*, by Peter C. Gøtzsche. Science shows that medications for depression and psychosis and admissions to psychiatric wards are more often harmful than beneficial. Doctors have made hundreds of millions of patients dependent on psychiatric drugs without knowing how to help them taper off the drugs safely, which can be very difficult. This book explains in detail how harmful psychiatric drugs are, and gives detailed advice about how to come off them.

Moreover, you learn why you should not see a psychiatrist if you have a mental health issue, that psychiatric drugs are addictive, that the biggest lie in psychiatry is the one about a chemical imbalance being the cause of psychiatric disorders, that psychiatric drugs can lead to permanent brain damage, why psychotherapy and other psychosocial interventions should be preferred over drugs, why you should generally not believe what doctors tell you about psychiatric disorders and their treatment, etc. These are not theories but facts that are confirmed in manifold ways, including the reality that the whole animal world remains sane and healthy without the need for any drugs. There is no miraculous cure for human troubles in the form of pills. Issues need to be resolved where they originate, at their root which lies nowhere else than in people's inner heart and soul.

Dick Bijl, former GP, epidemiologist, and current president of the International Society of Drug Bulletins says that, "*Peter Gøtzsche is very clear about the role of GPs in medicalizing grief, misfortune, opposition, and bad luck.*" And so every person should have clarity that inner struggles can never be successfully dealt with by taking drugs but only be honestly facing and sincerely dealing with your internal reality and to restore balance and harmony as the foundation for complete wholesomeness..

The Institute for Scientific Freedom works to preserve honesty and integrity in science and to help develop better healthcare where more people benefit, fewer will be harmed, and more will live longer in good health. The Institute has three visions: "*All science should strive to be free from financial conflicts of interest. All science should be published as soon as possible, and made freely accessible. All scientific data, including study protocols, should be freely accessible, allowing others to do their own analyses.*" You can learn more about here [\(24\)](#).

Because doing science refers to asking questions and gathering, as well as organizing, confirmed knowledge it is decisive to realize that everyone is meant to be a scientist who finds out facts and applies them to one's own life. Once you know that psychiatric diagnoses are unscientific, with doctors widely disagreeing when making diagnoses, you can be certain it is the wrong decision to entrust your life to the hands of those who are working unscientifically in support of the interests of the medical-industrial complex. This applies not only to the field of psychiatry but all other areas of the medical establishment, and the resultant, totally unscientific decisions by politicians based on what they are told by so-called medical experts who have long left the realm of scientificity. This could be witnessed on the worldwide level through the irrational measures being taken in response to the planned corona crisis which in turned filled up psychiatric institutions in many countries to the point of having no capacity to help those in need of mental support.

From whatever perspective you may look at the overall situation, the only way forward lies in returning to adhering to the principles of science in every respect. As soon as this is done, the medical dogmas will disappear and a true health system can be established.

## Medical dogmas are the core of the unofficial state religion in almost every country

In order to solve a problem, one has to first understand what is wrong and how things should be handled in the right way. From previous explanations, it is clear that the majority of people have chosen to entrust their bodily wellbeing into the hands of medical doctors and the rest is more or less forced to do so in most countries due to existing laws. That is true even for completely healthy people like M., as soon as an officially recognized expert declares a person to have some illness then this person is treated accordingly, irrespective of whether the diagnosis is correct or not. Millions have been forced to accept treatment like chemotherapy against their will, in most cases with deadly consequences.

Such a situation means nothing less than a 'state religion' being forced on people based on medical dogmas, just as in the past and at some places in the present the life of citizens depends on whether they agree with the official narrative or not. People may be executed because of converting to another religion. In secular countries, this is happening on a more subtle level but the end result is the same: death. Whether you lose your life because you do not agree with the established religious doctrine or due to medical malpractice, you end up in either case prematurely in the grave.

This is how reality looks. The only difference is that in countries where people are punished due to religious transgressions, the cause of their death is clear whereas most victims of erroneous decisions by medical doctors think that they have to die because of an illness or disease that, in reality, their body is unable to cope with from the poison they receive in a hospital in the form of drugs or harmful vaccine nanoparticles, etc.

This reality is so shocking for most people that they find it hard to even consider it and prefer blindly clinging to what this or that so-called medical expert tells them. They do not ask the relevant core questions like: from where do specialists like psychiatrists take their authority? It is not based on their doing qualified work but on the medical establishment recognizing them as the highest authority in defining mental illnesses. Whatever they say becomes law so to speak. Herein lies the grave deficit regarding the field of medicine that leads to countless millions prematurely losing their life.

The term 'psychiatry' was first used in 1808 by Reil, a professor of medicine in Germany, to describe the evolving discipline, although its practitioners were known as alienists (those who treated mental alienation) until the twentieth century. *"Alienation refers to a withdrawing or separation of a person or a person's affections from an object or position of former attachment: estrangement alienation ... from the values of one's society and family."* This is what has actually been happening on a national level with people moving from believing in God and upholding Christian values or those of other religions to trusting materialistically oriented people who ignore or deny the spiritual realm. In this way, people were alienated from their own roots and put their fate in the hands of so-called experts who are definitely not qualified at all to help with health issues properly, as they have received the wrong kind of education.

Health includes spiritual, social, and bodily wellbeing. Most people neglect taking care of their health properly, and when in trouble, rely on the wrong people or are forced to do what they would not voluntarily agree with. It is a collective failure that must be resolved by establishing wholesomeness on the individual level along with securing a true health system with medical freedom to end the evils of the state-supported medical establishment.

## The erroneous practices of psychiatry originate in wrong concepts of the brain

One does not need to be a neurologist, a specialist on the brain, to recognize that there is something very wrong with prevailing concepts about this important organ. Psychiatrists think they know it all, that they have some medication for whatever they consider a disorder of the brain, such that their activities may come down to the following reality: when a psychiatrist asks his patient, *"How do you feel?"* and the answer is *"Good,"* then his response will most likely be, *"Continue medication."* If the answer is *"Not so good,"* then the psychiatrist will say, *"We must increase the dose."* And in case the answer is, *"I feel bad,"* then the response may be, *"We have to change the medication."*

Despite being a psychiatrist himself who has been teaching students as a professor at the State University of New York Upstate Medical University, Thomas Szasz was a lifelong critic of the institution of psychiatry as someone who questioned its medical legitimacy. His basic contention is that mental illness is a myth. By asserting this, Szasz is not denying the existence of the conditions that psychiatrists call mental illness, or the suffering and distress experienced by people with these conditions, but the awareness that by definition a disease of the mind is impossible. Disease requires a physical lesion; the mind is nonphysical. Ergo, the mind cannot be diseased. This is a logical deduction and therefore what is referred to as mental illnesses are not diseases but simply problems in living, unwanted behaviors that can be resolved in various ways without ever needing a single drug. In this respect, Thomas Szasz has consequently never prescribed even a single pill. His example shows that a very different attitude toward mental problems is possible, and if his exemplary attitude would have been followed then today's miserable reality regarding mental health could have never come about, including the detainment and forced medication of M.

The fundamental question is, of course: why is mankind not following the reasonable way shown by Thomas Szasz and many others in the field of medicine? The answer is obvious, it is because of the strong influence of the pharmaceutical industry. The issue is therefore not so much one of understanding things correctly but more than anything one of being truly moral and not supporting an unrighteous agenda, as certainly is present in the medical-industrial complex.

Thomas Szasz rightly argues that the concept of mental illness is a myth that undermines the principle of personal responsibility. This is a very important point because being responsible for one's action is a core factor in life that is undermined by modern psychiatry clinging to the completely wrong concept that mental disorder is rooted in some malfunction of the brain and that a mental patient is a victim afflicted with a malfunctioning brain. It remains a fact that an underlying pathology for psychiatric disorders has not been demonstrated and it never will, because the brain is manifesting what is already a reality in the soul of a person. Psychiatrists erroneously speak of some neurological defect, whereas the brain simply expresses what is already established on the invisible level of the mind or inner heart of a person.

In the face of an absence of a proof that mental disorders are the result of a brain illness or lesion, the concept of a mental illness was changed to mean, for the most part, a disease in terms of suffering and functional impairment, which may or may not be associated with a structural lesion. However much the various definitions may be changed, it remains an unchanging truth and fact that brain illnesses do not exist, but only troubled minds that need help resolving issues. And once their hearts are healed, no trace of a mental disorder will remain.



## A sober look at fake and unsubstantiated claims in the field of psychiatry

At the end of the aforementioned article, Dr. David Kaiser writes: *“This requires real moral awareness on the part of a psychiatrist who wishes to act intelligently. What I am advocating for in outline form as stated previously are the minimal **requirements necessary for the field of psychiatry to reverse its current degradation**. What is essential at this time is for psychiatrists and other clinicians to **speak out against the ideology known as biologic psychiatry**.”* Unfortunately, this did not really happen and the train continued in the wrong direction farther and farther away from dealing with the inner situation of people.

The claims made by psychiatrists lack in most cases any scientific proof, as in the case of mental illness being caused by genetic deficiencies in DNA for which the cure is always drugs. The chemical psychiatry industry and mental health officials are certain that **mental illness can be traced down to the DNA level although this is merely a theory, nothing more than a guess**. When one has a closer look, it is obvious that their reasoning is based on some social studies, which show that mental illness runs in families. The problem with this is that many things unrelated to DNA run in families, too, like tastes in food, religion, the way you celebrate, etc. Genetic studies that are supposed to ‘prove’ a genetic cause for mental illness are done by a verbal sociology survey, not an electron microscope in a scientific laboratory. Facts are ignored like, e.g., anxiety and depression are **learned responses to how to deal with life's everyday ups and downs**.

In 1621 AD, Robert Burton wrote a book called *The Anatomy of Melancholy* that described mental illness being caused by the mind, which in turn affects the brain, heart, and other organs. He notes that it is **not the physical body that transmits the disease** but the manner, personality, and temperament of the mind. Burton shows that the etiology of mental illness is upbringing and people's experiences. And it is exactly there where the solution lies: in helping them to substitute bad with good experiences. That no reason whatsoever exists to be stuck in the past is evident in manifold ways, including the cells of our body being exchanged in regular circles of around 7 years so that after these periods we have renewed tissues and organs. Just as the body is renewing itself, we are supposed to do the same on the internal level by allowing our spirit to move toward ever new heights and depths of experience rather than getting more and more old and stuck in all kinds of limiting concepts, which are unfortunately well established in the brain of those who are supposed to be experts on the mind.

In *Pseudoscience in Biological Psychiatry* by Colin A. Ross, M.D., & Alvin Pam, Ph.D., published in 1995, you learn that *“Scientifically, the only conclusion that can be reached from studying the pattern of occurrence of a disorder in a pedigree [in a family] is an inversion of biological psychiatry's logical error: if there is no familial pattern, one can rule out an inherited cause. If there is a pattern of family transmission, on the other hand, there may be a purely inherited cause, a purely environmental cause, or a mixture of the two.”* This was written a quarter of a century ago and the conclusion is still valid today, just as it always was and will be, namely, that mental illness is not inherited and not transferred from one generation to another.

Further, you can read that *“This doctrine [alcoholism is a disease] has been adopted throughout the chemical dependency field including Alcoholics Anonymous (AA) despite the fact that it has no scientific foundation and is logically incorrect ... The idea that alcoholism is genetic is the leading example of the effective marketing of pseudoscience by biological psychiatry ... There cannot be a gene for alcoholism, and alcoholism cannot be a biomedical illness, for logical reasons.”* Yes, one only needs use logical thinking and reasoning to come to the correct conclusions, but this is not being done because another agenda is pursued by trying to find evidence for one's theory although none exists. The genetic hypothesis is already effectively ruled out.

Moreover it is true that, *“The belief that schizophrenia is a specific organic disease or a group of organic brain diseases has never been confirmed. We have been on the verge of confirming it since the*

*dawn of modern psychiatry, and we are still on the verge.*" Claims are made and repeated again and again until everybody thinks the proof was already provided although it is still absent. It is all about manipulating people in a certain direction so that they believe certain lies, such as mental illnesses being hereditary, as justification that pills which have the effect of changing the brain are the answer regarding how to best treat them.

The neuroscientist Mario Beauregard, Ph.D., wrote in his book *The Spiritual Brain*, that the fact the claim of 'bad genetics' being the cause of mental illness represents nothing more than an unproven theory. *"But recently, materialistic explanations of religion and spirituality have gotten out of hand. Influenced by this materialistic prejudice, popular media jump at stories about the violence gene, the fat gene, the monogamy gene, the infidelity gene, and now, even a God gene! The argument goes like this: evolutionary psychologists attempt to explain human spirituality and belief in God by insisting that cave dwellers in the remote past who believed in a supernatural reality were more likely to pass on their genes than cave dwellers who didn't. Progress in genetics and neuroscience has encouraged some to look, quite seriously, for such a God gene, or else a God spot, module, factor, or switch in the human brain."* This was written in 2007. It is still valid today and always will be because inherited mental illness simply do not exist. There is no escaping the non-materialism of the human mind because it is a timeless truth that the invisible mind determines what is happening in the brain and not the other way around.

In the *Textbook of Psychopharmacology* by Schatzberg and Nemeroff, you are told to "Consider that, up until the present, psychiatric genomics has been limited to studies of chromosomal linkage wherein a putative gene for a disorder could be roughly localized to a given region of a chromosome. The burgeoning understanding of the human genome taking place will lead to a complete identification of the 'correct' sequence, as well as to an understanding of genetic variation among humans. In many humans, a single base or single nucleotide is modified, and it is a combination of knowing the entire genetic code and determining aberrations in individuals with disease that will allow the pinpointing of specific genes associated with psychiatric disorders." This was written in 2002 and one year later, The Human Genome Project was officially completed, covering about 92% of the total human genome sequence. Not long afterward, scientists of the famous Max Planck Institute in Germany had to admit that the concept of a genome is dissolving as reported in the renowned German newspaper *Die Zeit* in June 12, 2008 and, accordingly, it is impossible to be able to 'pinpoint' DNA that causes mental illness. Nevertheless, the unsubstantiated theory continues being advocated as a justification to prescribe antipsychotic drugs.

Evolutionary biologist Jerry A. Coyne wrote in *The Fairy Tales of Evolutionary Psychology* that evolutionary psychology suffers from the scientific equivalent of megalomania, adding that, *"Most of its adherents are convinced that virtually every human action or feeling, including depression, homosexuality, religion, and consciousness, was put directly into our brains by natural selection. In this view, evolution becomes the key — the only key — that can unlock our humanity."* In reality, such endeavors will never ever be successful because they are done at the wrong place based on totally flawed theories.

There is no scientific proof you can see in a microscope that mental illness is caused by bad DNA. This is a myth. Unless psychiatrists and other scientists are ready to search for answers at those places where they can be found, in this case in the depth of the human soul, they will never come to the correct conclusions. The serious question is to which extent they are actually interested in them and not satisfied to have some pseudo proofs which allow them to continue on their completely mistaken path of handling mental illness by prescribing drugs instead of dealing with its actual root cause in people's innermost heart.

## Further voices from the side of mental health experts exposing what is wrong

The psychiatrist Dr. Ron Leifer writes that, *"There's no biological imbalance. When people come to me and they say, 'I have a biochemical imbalance,' I say, 'Show me your lab tests.' There are no lab tests. So what's the biochemical imbalance?"* Yes, without repeatable evidence confirmed by control experiments, scientificity cannot be claimed. This is certainly true for the erroneous concept that the cause of mental illness is to be found in the brain.

Dr. Fred Baughman Jr. points out that, *"All psychiatrists have in common that when they are caught on camera or on microphone, they cower and admit that there are no such things as chemical imbalances/diseases, or examinations or tests for them. What they do in practice, lying in every instance, abrogating [revoking] the informed consent right of every patient and poisoning them in the name of 'treatment' is nothing short of criminal."* It is truly important to see the extent of the crime that has been going on for many decades, with countless people harmed and even losing their life due to the totally wrong concepts made up by psychiatrists without providing the necessary scientific basis.

Dr. Joseph Glenmullen, Harvard Medical School psychiatrist, makes it clear that while there has been no shortage of alleged biochemical explanations for psychiatric conditions, not one has been proven. *"Quite the contrary. In every instance where such an imbalance was thought to have been found, it was later proven false."* This applies not only to biological causes of illnesses, but to so many other wrong concepts that are upheld by psychiatrists whose worldview is based on materialism that searches for causes in the material world, whereas they can only be found when looking deeper into the spiritual realm that is not visible to the eye, yet is the key to finding the correct answers.

Dr. Elliott Valenstein, Ph.D., author of *Blaming the Brain*, says it all in one sentence: *"The theories are held on to not only because there is nothing else to take their place, but also because they are useful in promoting drug treatment."* Dr. Thomas Szasz, Professor Emeritus of Psychiatry at New York University Medical School, put it this way: *"There is no blood or other biological test to ascertain the presence or absence of a mental illness, as there is for most bodily diseases. If such a test were developed ... then the condition would cease to be a mental illness and would be classified, instead, as a symptom of a bodily disease."*

Psychiatrist Dr. Sydney Walker III writes that, *"I believe, until the public and psychiatry itself see that DSM labels are not only useless as medical 'diagnoses' but also have the potential to do great harm — particularly when they are used as means to deny individual freedoms, or as weapons by psychiatrists acting as hired guns for the legal system."* This is surely confirmed by what has become a reality in the life of M.

Psychologist Bruce Levine, Ph.D., writes in his book *Commonsense Rebellion* that, *"No biochemical, neurological, or genetic markers have been found for Attention Deficit Disorder, Oppositional Defiant Disorder, Depression, Schizophrenia, anxiety, compulsive alcohol and drug abuse, overeating, gambling or any other so-called mental illness, disease, or disorder."* Why then should chemicals pressed into pills be the solution?

The Canadian psychologist Tana Dineen, Ph.D., says that, *"Unlike medical diagnoses that convey a probable cause, appropriate treatment and likely prognosis, the disorders listed in DSM-IV are terms arrived at through peer consensus."* That people agreeing with each other does not create a truth is obvious, yet this simple fact is widely ignored in the medical field. The conclusion is clear: psychiatric disorders are not medical diseases. There are no lab tests, brain scans, X-rays, or chemical imbalance tests that can verify that mental disorders have a physical condition. Therefore, the solution can never lie in taking some drugs.

## Psychiatric disorders voted into existence and consensus are used as pseudo proof

To be able to come to the correct conclusions, it is always important to have a sober look at reality to recognize what is actually happening, such as with the *Diagnostic and Statistical Manual* being psychiatry's billing "Bible," created for this very purpose of having a standardized method for all people working in this field to give a diagnosis which is recognized by the authorities and insurance companies who pay the bills.

What has been happening is expressed in these words: *"Psychiatry's diagnostic criteria are literally voted into existence and inserted into the American Psychiatric Association's Diagnostic and Statistical Manual for Mental Disorders (DSM). What is voted in is a system of classification of symptoms that is drastically different from, and foreign to, anything in medicine. None of the diagnoses are supported by objective evidence of physical disease, illness or science."* Nevertheless, the DSM is firmly established as the standard according to which people are 'measured' to see into which category they fit although, in reality, each person's situation is individually different and no exact same condition exists when it comes to issues of mental disorder.

Allen Frances, the former DSM-IV task force chairman, made it clear that, *"There are no objective tests in psychiatry, no X-ray, laboratory, or exam finding that says definitively that someone does or does not have a mental disorder."* Despite this fact, people like M. are declared to have a mental illness and detained in a psychiatric hospital with drugs being pushed on them which are only harmful, with no real positive benefit whatsoever. In theory, it is expressed in the report that, *"There is no reason to drug him now. It is better to observe him,"* which counts for nothing to those who think they know better even though they have no scientifically confirmed proof whatsoever.

Loren Mosher, M.D., Clinical Professor of Psychiatry, says that the *"DSM-IV is the fabrication upon which psychiatry seeks acceptance by medicine in general. Insiders know it is more a political than scientific document ... DSM-IV has become a bible and a money making bestseller — its major failings notwithstanding."* The facts are all there, clearly described by many kinds of voices, but they are ignored and it is business as usual. This is the reality not only the mother of M. and her son, but for all other victims of medical malpractice.

The psychiatrist Dr. Colin Ross brings it to the point when he says that, *"The way things get into the DSM is not based on blood test or brain scan or physical findings. It's based on descriptions of behavior. And that's what the whole psychiatry system is."*

As a Harvard trained Pennsylvania psychiatrist Dr. Stefan Kruszewski wrote in 2004, *"We can manufacture enough diagnostic labels of normal variability of mood and thought that we can continually supply medication to you... But when it comes to manufacturing disease, nobody does it like psychiatry."* Presently, the fifth edition of the *Diagnostic and Statistical Manual for Mental Disorders* is being used. Sooner or later, there will be the sixth and seventh editions with ever more artificially created diseases being added based on definitions created in the minds of psychiatrists. To continue in this direction is surely not the solution, it is only in facing reality, namely, that mental disorders always have their root cause in the soul of a person and must be addressed there and nowhere else.

Dr. Thomas Dorman, internist and member of the Royal College of Physicians of the UK, makes it clear that, *"In short, the whole business of creating psychiatric categories of 'disease,' formalizing them with consensus, and subsequently ascribing diagnostic codes to them, which in turn leads to their use for insurance billing, is nothing but an extended racket furnishing psychiatry a pseudo-scientific aura. The perpetrators are, of course, feeding at the public trough."* When will we face reality as it is and draw the correct conclusions?

## Psychiatry admits that it has No cures and is therefore in no position to have authority

In 1963, the US National Institute of Mental Health implemented community mental health programmes. By 1994, the program had spent tens of billions of dollars and was clearly a failure, with the end result that associated clinics became little more than legalised drug pushers for the homeless. The overall situation has not improved with respect to mental health programs not being successful, as is obvious in the number of people, young and old, being diagnosed with mental illness rising around the world by the hour and minute to ever more inglorious heights.

In 1995, Dr. Rex Cowdry, psychiatrist and director of the National Institute of Mental Health, stated that, *"We do not know the causes [of any mental illness]. We don't have the methods of 'curing' these illnesses yet."* In the meantime, more than a quarter of a century has passed and nothing has changed in this respect. Psychiatrists do not have any medicine to cure mental disorder. They only prescribe drugs that may or may not help, as is clear for the one M. has to take just as for all others.

Norman Satorius, president of the World Psychiatric Association, wrote in 1994 that, *"The time when psychiatrists considered that they could cure the mentally ill is gone. In the future the mentally ill have to learn to live with their illness."* That future is here today and it remains unchanged, because psychiatrists are generally not really helping people, but on the contrary, harming them by prescribing drugs with grave adverse side effects.

California psychiatrist Dr. Joseph Johnson made a statement during a court deposition which is very true, where he noted concerning the issue *"What's a cure?"* that, *"It is a term that we don't use in the medical [psychiatric] profession."* No cure is available because the root cause is not addressed nor resolved. It is as simple as that, and this also means that conventional psychiatry based on a materialistic worldview is in no position to contribute to the healing of patients who suffer from some mental disorder.

Dr. Sander Berger, associate clinical professor of psychiatry at Michigan State University, wrote in *Psychiatric Times* in 1998 that, "Psychiatrists were surveyed about their 'fantasies' about their practice. Their Number 1 fantasy was: 1: '...I will be able to 'cure' the patient.' The Number 2 fantasy was: 'The patient wants to know what his or her problem is.'" In reality, people are longing for liberation from problems that are burdening their heart. For this reason, any valid psychiatric intervention must be absolutely focused on helping people deal with their inner conflicts and, for that purpose, no drug whatsoever is necessary.

To get a realistic view of what is actually happening behind the hospital walls of psychiatric wards, please watch the videos published by the *Citizens Commission on Human Rights* (CCHR), a nonprofit mental health watchdog responsible for helping enact more than 180 laws protecting individuals from abusive or coercive practices. CCHR has long fought to restore basic inalienable human rights to the field of mental health, including, but not limited to, fully informed consent regarding the medical legitimacy of psychiatric diagnoses, the risks of psychiatric treatments, the right to all available medical alternatives, and the right to refuse any treatment considered harmful. See [\(25\)](#).

CCHR is dedicated to providing information which the multibillion-dollar psycho/pharmaceutical industry does not want people to see or know. The real questions therefore include,: do people have a right to have all the information about (A) the known risks of the drugs and/or treatment from an unbiased, nonconflicted medical review, (B) the medical validity of the diagnosis for which drugs are being prescribed, (C) all nondrug options (essentially informed consent), and (D) the right to refuse any treatment they consider harmful based on fully informed consent rather than merely having the information coming from those with a vested interest in keeping the public in the dark.



## Knowing the facts about psychiatry to never become a victim of this pseudoscience

If you are faced with challenges, the key is always to find out what is really true. This is especially important with respect to mental health because of widespread abuse in this area. What most people are unaware of is the fact that psychiatrists insisting on mental illness being a brain disease is not rooted in science. It is psychiatry's false claims where all of the totally wrong interpretations of mental disorders start and where they must be brought to an end by leaving the realm of unscientific beliefs to true scientificity in line with clearly defined scientific standards.

Because psychiatrists do not know how their drugs work, they cannot predict which adverse side effects a patient may experience. But what is very clear is the reality that most drugs deactivate brain functions and put the person into an idle state where he can do nothing productive, mostly makes them sleepy, inactive, and lethargic to the extent that patients do not care anymore about living and commit suicide. Psychotropic drugs are increasingly being exposed as chemical toxins with the power to kill directly or indirectly. Psychiatrists claim their drugs save lives, but according to their own studies, long-term use has been proven to create a lifetime of physical and mental damage, a fact ignored by psychiatrists. And here is where the core problem lies, with ignoring well-known facts that do not fit into one's worldview or, if dealing with them, would lead to one having to change — in the case of psychiatrists — the way of working with patients.

Common and well-documented side effects of psychiatric drugs include mania, psychosis, hallucinations, depersonalization, suicidal ideation, heart attack, stroke, and sudden death. Merely that fact alone should be motivation enough to do a thorough in-depth re-evaluation of the fundamentals of psychiatry, yet this is not being done for obvious reasons that are rooted in the selfishness of those making the decisions in the respective positions.

It is very true what Dr. Joseph Glenmullen, Harvard Medical School psychiatrist points out: *"No claim for a gene for a psychiatric condition has stood the test of time, in spite of popular misinformation."* And the conclusion drawn by Dr. Fred Baughman Jr., child neurologist and Fellow of the American Academy of Neurology, that, *"In forty years, 'biological' psychiatry has yet to validate a single psychiatric condition/diagnosis as an abnormality/disease, or as anything 'neurological,' 'biological,' 'chemically-imbalanced' or 'genetic.'"* Despite such facts, business continues as usual based on completely wrong assumptions because of the huge benefits for those who use psychiatry for their egoistic purposes, both on the side of the pharmaceutical industry as well as on the side of psychiatrists themselves.

Knowing the truth allows us to never become a victim of pseudoscience, which is not only present in psychiatry but also in most other fields of conventional medicine where unconfirmed claims are the foundation of firmly established practices like vaccination and cancer treatment through chemo, cutting, and radiation which are all harmful and not needed at all. The task at hand for all people is to protect themselves with the truth by knowing exactly what is so very wrong in the medical field, particularly with the work of psychiatrists who hide the truth about their profession backed by the lobbyists of Big Pharma.

Considering the extent of the given tragedy, which includes tens of millions of schoolchildren worldwide having now been diagnosed with mental disorders and prescribed cocaine-like stimulants and powerful antidepressants as treatment, it is high time to firmly stand up against any kind of medical malpractice in a situation where psychiatric drug use and abuse have been surging worldwide, with more than 100 million prescriptions for antidepressants having been written in 2002 alone, a number which is today much higher.

The conclusion is clear: Less funding for harmful psychiatric practices will, in fact, improve the state of mental health.



## The chemical imbalance model for mental illness was never scientifically proven

Harvard Medical School's Joseph Glenmullen made explained that, *"In medicine, strict criteria exist for calling a condition a disease. In addition to a predictable cluster of symptoms, the cause of the symptoms or some understanding of their physiology [function] must be established. This knowledge elevates the diagnosis to the status of recognized disease. For example, 'fever' is not a disease, it is merely a symptom. In the absence of known cause or physiology (function), a cluster of symptoms that one sees repeatedly in many different patients is called a syndrome, not a disease."*

It is clear that, in psychiatry, *"we do not yet have proof either of the cause of the physiology for any psychiatric diagnosis ... The diagnoses are called disorders because none of them have established diseases."* Reputable physicians agree that for a disease to be accurately diagnosed and treated, there must be a tangible, objective, physical abnormality that can be determined through tests. It is the consensus of many medical professionals that, contrary to psychiatry's assertion, no scientific evidence exists that would prove that *"mental disorders are brain-based diseases"* or that a chemical imbalance in the brain is responsible.

In a situation where the chemical imbalance model for mental illness was never scientifically proven, M. has been detained and forced to take drugs, which means of course that no justifiable reason exists in the realm of science for such a measure. The claims by psychiatrists are based on what is written in the World Health Organization's *International Classification of Diseases* (ICD) that incorporates psychiatric disorders as diseases, or in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) in which a disorder becomes qualified by a consensus process that involves a mere show of 'expert' hands with the key question being, *"Do you think this is a disorder or not, yes or no?"* Such a procedure is not science but a gathering of opinions and nothing more!

The professors Herb Kutchins and Stuart A. Kirk, authors of *Making Us Crazy*, warn that, *"The public at large may gain false comfort from a diagnostic psychiatric manual that encourages belief in the illusion that the harshness, brutality, and pain in their lives and in their communities can be explained by a psychiatric label and eradicated by a pill."* This means that psychiatry is based on a belief just like religions are built on dogmas, but with the difference that the latter have been helpful for billions of people in the course of millennia whereas the gravely erroneous concepts of psychiatrists are the cause of the death of millions of innocent people treated by them.

The public is brainwashed by countless illustrations in popular magazines with the latest theory of what is wrong with the brain without providing any scientific facts but only unconfirmed theories. As Dr. Elliot Valenstein explained, *"There are no tests available for assessing the chemical status of a living person's brain."* It is crucially important that people learn such facts to gain a realistic picture as to where psychiatry actually stands as one more cult built on various dogmas that must never be questioned.

Antipsychotic drugs can only chemically mask problems and symptoms, they cannot and never will solve problems. Once the drug has worn off, the original problem remains. As a solution or cure to life's problems, they do not work. Safe and workable alternatives do exist, yet psychiatrists refuse to recognize these natural solutions. For this reason, it is crucial that the public gets to know the truth about psychiatry, particularly the fact that the chemical imbalance model for mental illness has never been scientifically proven.

## The failure to embody the fundamental qualifications of a psychiatrist

What qualities do you need to be a psychiatrist? The top qualities of a competent psychiatrist include empathy and knowledge of what true mental health includes and to be able to clearly distinguish between which behavior is healthy and which is problematic. Psychiatrists must be flexible and conscientious, and be a lifelong learner.

The closer you look into the way the situation of M. has been handled by the experts at the Psychiatric Department, the more it becomes obvious what kind of blunder they are actually doing. The 300 some pages compiled in connection with this theme clearly confirm that neither empathy was practiced nor the necessary knowledge or expertise exhibited, showing already that, in the most fundamental qualities, the respective staff at the mental ward are lacking greatly.

The task of a psychiatrist is to diagnose, treat, and prevent mental, emotional, and behavioral disorders in patients. The incompetence of the doctors at the Psychiatric Department starts in their wrongly diagnosing M. with a mental disorder and then having him take drugs that caused him much pain, all while ignoring his reality and continuing their 'mad' endeavor. One may think that this is a too strong an indictment, but it is indeed madness to claim to be the expert and then do such a poor job. Any company would swiftly get rid of workers who use up to 25% of their time to do useless and potentially harmful things. Yet, for medical professionals acting in such a way where real checks and balances exist, up to 40% of their work is too unscientific to continue.

Psychiatrist should have the skills and abilities to provide psychological treatment, prescribe medications, and perform specialized procedures in order to treat people with mental illness. Beyond their educational background, there are other key qualities that are crucial to fulfilling the role of psychiatrist, as they need to provide high quality care to patients where empathy is the first of the top five qualities of a competent psychiatrist.

*"According to a recent study, psychiatrists helping those with mental illness must use empathetic skills throughout practice, including situations in which individuals are unwilling to seek help, unable to form trusting relationships or struggle to communicate with others logically and emotionally due to mental health disorders. To show empathy, actively listen to and respect the patient's concerns and feelings, and show concern in return. In addition to medication, being empathetic towards patients can increase the effectiveness of mental illness treatments."* This is the official information you can read regarding the qualities a psychiatrist should embody. Alas, reality is very different as documented in the way the situation of M. and his family members was handled at the Psychiatric Department of the University Hospital.

It is obvious that a good psychiatrist should have a firm understanding of medications, their safety considerations, effects on patients, and so on, as noted by *Psychology Today*. Even more than that, he should be an expert in human nature so that he can distinguish between a sound and a sick mind, a most fundamental task in which the staff of the mental hospital where M. was brought has failed greatly, confirming that they are incapable of doing even the essential task of knowing who is mentally healthy and who has a mental health issue.

What about being flexible? In the official literature you can read that, *"To create a supportive environment that tends to your patient's needs, you must be flexible. According to Psychology Today, a good psychiatrist is open to trying another approach or treatment if the first one doesn't work. For instance, you may need to increase the number of sessions based on the severity of a patient's illness."* How would this look like in the case of M.? His mother has been pleading with doctors, staff, and representatives of the children's protection service for weeks to no avail. Everywhere, she met stone walls and people refusing to deal with what is most obvious, namely, that her son has nothing in common with someone who needs to be put into a mental hospital.

As fourth of the five fundamental qualities a psychiatrist should manifest, a conscientious attitude is emphasized. *"It's also important to be attentive to your patient's unique needs and concerns. That means showing respect for their time, being punctual and accessible, and encouraging open communication. This also ensures your patients feel safe being vulnerable in the practice environment so that they discuss all aspects of their illness, and receive treatment accordingly."* Again, such a conscientious way of dealing with M. and his family members is totally absent. Instead of mutual understanding, division is supported.

In respect to the final point of being a lifelong learner, the attitude of the psychiatrists and staff in question is greatly lacking as confirmed by the statement that, *"We can't waste our time answering your questions."* Things can hardly get worse in the way M. and his parents have been dealt with.

*"A good psychiatrist understands the importance of continuous learning. This helps him stay up-to-date with cutting-edge treatments and medical standards. Top psychiatrists are also not opposed to asking questions or seeking consultation from their peers when difficulties arise. This allows you to keep your patient's best interests in mind in order to provide top-quality care."* This is what the expert literature says, but how does reality look? An arrogant attitude and disrespect is shown toward others, in this case looking down on M.'s mother although it may turn out in the end that she is a much better specialist in questions of mental health than the so-called medical experts.

One thing is already for certain, she kept her son M. in very good mental health during the first 16 years of his life until the attack of psychiatrists who pushed him to take drugs that are harming his mental and bodily health.

Psychiatrists play an important role in promoting mental health, especially during a time when 1 in 5 U.S. adults have a mental health condition. Please let this fact sink into your mind: every fifth American is considered to have a mental health issue. You work together with 10 colleagues and you have already 2 people with some mental health condition around you! Merely this fact should awaken the last person that either people are so bad, unable to have a sound mind or there is something very wrong with psychiatry that's providing incompetent help and making totally wrong diagnoses. That this is the case should be clear to everyone who has a closer look at the case of M.

What is urgently needed is to have body and soul united in a new, modern medicine that recognizes the psycho-emotional causes of mental health issues, particularly the fact that any kind of disease originates in the heart and soul of a person and must be resolved there and nowhere else. Some chemicals pressed into pills have no place whatsoever in fulfilling this task.

How very bad the overall mental situation has become can be seen, for example, in the fact that 7% of the children in Great Britain make a suicide attempt before the age of 17 years. How is such a tragic reality possible? The answer is not difficult to find, because life without meaning is not worth living and questions dealing with the core fundamental issues are not dealt with at school and in most cases not at home, either.

Psychiatrists evaluate patients, discuss their medical histories and symptoms, etc. Has this been done with M, including with his parents? The very sad answer is already well documented. Thus, not only does case confirm the utter failure of psychiatrists to embody the fundamental qualifications of their profession, but also other forms of medical malpractice.

## Do you really stand on the side of true science or of scientific fraud?

It is important to ask yourself this question because by keeping silent in front of deception and the misuse of power, you are enabling it; the consequences are shortly addressed under the theme *“Do you belong to the true intellectual elite of this world?”* The vast majority of mankind contributes to upholding outrageous medical fraud just as well as other totally wrong narratives in not speaking out against it. Obviously, merely 0.000000001 percent of the world population is fully aware of what is actually going on.

Again, the obvious question is whether you are one of them or not. If you are, then you will be busy day and night to liberate people from their ignorance so that they can live in true freedom based on knowing the answers to all relevant questions. Only one universal truth exists and applies to each and every human being. The clearer we know it, the deeper will be our inner freedom and joy due to living in line with the principles of creation.

Everybody has his or her opinion, but what is needed is the full truth in every respect so that things are crystal clear with all fundamental questions being answered in line with scientific standards, which are ever more violated. We see a growing bias against informed, educated people with unbiased public discussions becoming ever more rare. This tragic trend must absolutely reverse if we want to secure a bright future.

Now is the time when the relevant decisions are made that will affect many generations to come. Suppressing known facts is a criminal offence. This method is continuously used in the medical field, yet the responsible people are not held accountable for their actions because the whole system has become so very corrupt that we live in a world where evil can freely prosper because good people are doing nothing — not what they are supposed to do, which is standing up and speaking out against widespread corruption.

Alexander Solzhenitsyn rightly said that, “One word of truth outweighs the whole world.” This is so very true and it applies also to the content shared in this book. It is in line with universal principles and rooted in well-confirmed facts. For this reason, the issue is not how many people agree but that the next generation is even closer to the full truth.

The task at hand is expressed in Alexander Solzhenitsyn telling us that, *“The simple step of a courageous individual is not to partake in the lie.”* This is indeed what each and every soul is called to do, to stop participating in the countless lies that are out there and propagated day by day via the mainstream media in the hands of a few super rich elites who pursue their agenda toward ever more control and lesser freedom and civil liberties.

The theme of this book is about the inevitable end of the drug industry and the beginning of a new era without illness. It is not only the medical-industrial complex that must disappear, but also all other forms of well-established fraud in other areas of science, politics, etc. The case of M. is merely one out of millions and ultimately billions of people who are the victim of medical malpractice supported by state authorities. Corruption is firmly established on every level, a fact that has especially become obvious for many people in the way the so-called Covid crisis was handled. The one and only way out of this tragic situation lies in turning to the truth and making it your own.

The facts presented in this book are supported by true science, whereas the claims of the medical establishment are widely based on scientific fraud and deception. No matter how few are aware of this fact today, in the future everyone will know it for certain.

## Is scientific research the foundation or the dogmas of science?

The case of M. being detained for weeks in a psychiatric ward while a completely healthy young man, and his being pushed to take drugs that are harming his health, can only be properly understood when considering the overall picture of conventional medicine, which is far removed from the practice of true science where control experiments are always used to make sure one is not erring in any way.

Unfortunately, the opposite is the daily practice, a stubborn clinging to scientific dogmas of which a few have been already addressed in the documents presented in connection with what has become a reality for M. and his mother, who has been fighting for the truth to come to daylight. For this reason, it is decisive to examine the underlying issues that enabled the tragedy to unfold.

In this respect, it is very helpful to watch the excellent presentation on *"False Gods, 'Experts' and the Death of Science with Dr. Sam Bailey,"* which is uploaded at the link [\(26\)](#) because it provides valuable insights into how reality looks today with respect to practicing true science.

Toward the end of this video, it calls on listeners to *"Join us on a journey of enlightenment and true healing."* This is also the objective of presenting all this material in connection with the totally unjust and unreasonable treatment of M. who, like countless others, is the victim of medical malpractice that is rooted in the refusal to work scientifically. What this would mean is shortly addressed at the beginning of this video, that, *"Science is: a) The observation, description experimental investigation, and theoretical explanation of phenomena. B) A systematic method or body of knowledge in a given area."*

The problem is that dogmas, not science are at the root of conventional medicine, particularly psychiatry, that has led to today's tragic situation of ever more people's health being destroyed by their taking antipsychotic pills prescribed by the so-called experts whose materialist view of the world turns out to be truly primitive in the light of human dignity as eternal spiritual beings, and not the result of coincidental mutations. The difficulty in facing this fact is the internal root behind the enormous problems we are faced with today, along with all other self-centred character traits of those in responsible positions who make the relevant decisions.

All in all, it is about human behavior at its best and seemingly at its worst. It is about the confrontation between informed decision making and stubborn ignorance, the struggle of bringing the full truth to light versus being stuck in a very narrow-minded worldview.

Either we allow ourselves to be blinded by clinging to a purely materialistic worldview or we recognize the vastness of reality, particularly the amazing potential of human beings who, unlike animals, have the ability to set goals and plan for the future as well as to decide to which extent we concentrate on certain tasks and focus our attention. It is up to each individual to which extent rational thinking is used in problem solving. Every person shows how well he or she has learned to control impulses and to do well in other aspects of courteous behavior. Confidence, persistence, creativity, willpower, and empathy are key factors deciding whether we pursue the way of true science or are satisfied with clinging to science fiction.



## The lack of a scientific foundation for medical claims

In the book ***The illusion of science-based medicine: Exposing the crisis of credibility in clinical research***, corruption in the field of medicine by the pharmaceutical industry, which is taking place at every level, is exposed, from exploiting the vulnerable destitute for drug testing through **manipulation of research data**, to disease mongering and promoting **drugs that do more harm than good**.

This is definitely the case with the drug M. has to take, whereby merely 49% reported some positive effect — which anyway is not proven in even a single case because to do so for all other factors it must be shown that not they but aripiprazole caused the patient's health to improve. To do so is impossible, and therefore no scientific evidence for the effectiveness of this drug exists.

It is decisive to become clearly aware of the fact that it shows an irresponsible behavior to use a drug that does not help the majority of people while, at the same time, affecting a third (in this case 34%) of those who take it with adverse side effects ranging up to premature death. In the light of such facts, it is totally unacceptable to use this drug through which M.'s health has already been seriously harmed.

The authors of this book, Professor Jon Jureidini and Dr Leemon McHenry, made critical contributions to exposing the scientific misconduct in two infamous trials of antidepressants. Ghostwritten publications of these trials were highly influential in prescriptions of Paxil and Celexa in paediatric and adolescent depression, yet both trials seriously misrepresented the efficacy and safety data. Such false data was then used to justify the need for drugs like aripiprazole, which anyway does not heal patients!

**Conventional medicine desperately needs to reevaluate its relationship with the pharmaceutical industry.** Without a basis for independent evaluation of the results of randomized, placebo-controlled clinical trials, there can be no confidence in evidence-based medicine. **Science demands rigorous, critical examination and especially thorough testing of hypotheses to function properly**, but this is exactly what is lacking in academic medicine. Now is the time to make up for this grave lack of control experiments and thorough independent research that is the indispensable precondition for reliable research results.

Fraud permeates all types of institutions today and the world of science, the last bastion of respect and trust, is no exception. We can no longer shrug off fraud, particularly in medical science, because through this criminal situation, countless innocent people are directly harmed merely for trusting their doctors and specialists. What must be addressed is the self-government of the sciences, including peer review and the refereeing of papers. The collective task at hand is to expose the **failures of academic, governmental, and legal responses to medical misconduct**, as has once again become a reality in the case of M. The 300 some pages of materials presented in connection with this case provide sufficient proof for medical malpractice.

The **integrity of the sciences absolutely must be restored** to stop ongoing corruption and criminal behavior. It is the responsibility of every government to make sure that any misuse of position in the field of academia and institutions like the University Hospital is exposed and the culprits brought to justice. M. is merely one example of countless others where medical malpractice can be proven. Therefore, it is **a must for the respective governmental institutions to become active to make sure that the scientific standards are upheld** because, without doing so, the doors are open wide for ever more corruption to take place such that Iceland is said to be one of those countries where the **pharmaceutical industry has an especially strong influence in the field of medicine**.



## Do you belong to the true intellectual elite of this world?

An intellectual elitist is defined as someone who has background knowledge about a subject and whose claims are supported by facts. Are you one of them? You definitely are if you are aware of the following basic facts which are known to merely a few people:

1) Scientists have identified more than 5,000 mammal species on Earth, with man being one of them. On one side, you have all these different mammal species who do not take any artificially created drug and, on the other side, are human beings who think that they need pills in order to be or to become healthy. Who is the lowest developed species in this respect? The answer is obvious. If you know that not a single drug is required to live a long life in good health, then you belong to the intellectual elite because only a few percent of the world's population are aware of this fact.

2) The same is true with respect to man-made climate change and many other alleged threats to humankind. They do not exist, but are made-up stories like so many other narratives that have been created in order to exploit people through fear-mongering.

3) The meaning of a hoax is to trick one into believing or accepting as genuine something that is false. If you have read the 800 pages of the book by Dawn Lester and David Parker, *What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong*, you learned a lot about deception in the medical field. If you are familiar with this content, you surely belong to those who know more than 99% of the world's population about the scientific fraud committed by Big Pharma.

4) You are definitely part of the intellectual elite if you are conscious of the fact that the body activates helpful biological programs (discovered by Ryke Geerd Hamer) whenever confronted with challenges to a person's health. These very beneficial, extraordinary activities are misinterpreted by doctors as illness or disease.

5) You belong to the intellectual elite if you realize the consequences of what is shortly addressed in these four points, that cancer is not an illness. It will naturally disappear as soon as the underlying inner root cause is removed. This means that the 10 million annual so-called cancer deaths are not caused by some malignant growth of tissue, etc. but through poisonous treatments like chemo.

6) This also applies to you if you know for certain that not a single vaccine is good, but that all of them harm the body. Zero justification exists for any of them because the theory of contagion is merely a myth like so many other theories and dogmas in the field of medicine.

7) As someone who has internalized these six points, you live with the conviction that your body is meant to be healthy until the time you die just as with all animals and plants that need no doctor to function during the whole period of their existence. In case you have reached this point, you are one of a couple of thousand people who knows what everybody should be aware of.

8) But that is not yet enough. You only belong to the true, top intellectual elite of the world if you are clever enough to draw the obvious consequences from knowing what is outlined in these paragraphs and spread the truth to whomever you can reach. In this way, you are contributing to trillions of dollars being saved that are wasted on unqualified healthcare which will not be needed once people have learned preserve lifelong health.

## Chapter 4

### Toward thoroughgoing solutions

Dear reader,

In order to find the correct solutions, we first need to know exactly what is wrong. Valid answers are already available for most issues, yet only a few people are prepared to face them. The corona crisis has surely opened many eyes to recognize what is really going on when pandemics are created artificially in order to sell vaccines. But the situation is much worse. Not only viruses are created in silico, with the help true for many other drugs for which appropriate diseases were defined. The fundamental shift from natural healing to the use of pharmaceuticals was already pushed more than a century ago and perfected at ever new levels so that today the vast majority of people believe in medication through drugs although hardly any effectiveness was ever proven in this respect.

I am aware that for most people this is unbelievable, yet it is very true. In case you disagree, then you are invited to provide the scientific proof that you are right. It simply does not exist in the field of allopathic medicine where most claims are long disproven, yet upheld as consensus and medical dogma. The question is, therefore, whether we return to allowing scientific standards to be the basis for medical support or we continue with conventional medicine which is very wrong in so many areas because it is built on a materialistic worldview, whereas people are spiritual beings with a soul as the core where the relevant decisions are made that determine whether a person feels sick or he or she is completely fine.

Thoroughgoing solutions can only be found if you do not exclude any area, in the case of modern medicine, the spiritual realm that is denied to begin with and, therefore, this approach can never really be successful. No matter how highly propaganda speaks about the achievements of medicine, in reality they are very poor, causing in the end more harm than benefit. Without, in most cases, the totally unnecessary intervention of allopathic medicine, people would be much more healthy, as in this way the natural healing mechanisms would not be disturbed. That nearly all doctors say something else than what is expressed in these lines does not make their view more true. They all learned the same false concepts at university and, therefore, they have the same opinion. But that does not at all mean that their standpoint is correct. You can learn details concerning this fact in the respective sources about which I share in my books.

It is surely not pleasant to realize that you have been lied to all along, yet there is no way around facing this fact in many areas, particularly what we are told about the human body and illness. As soon as you recognize that you have been deceived and are clear in your mind how the universal biological laws are at work in support of every person's wellbeing, you will realize that your body will always serve you well without need of drugs.

The way forward to implement thoroughgoing solutions lies, therefore, in leaving no stone unturned to check which claims by the establishment is correct and which medical dogma is merely some unproven theory such as the concept of an immune system. As there are no disease-causing viruses and bacteria, the body has no need to protect itself from pathogens. As soon as one error and misconception after another is removed, only the pure truth will remain. It is there to be embodied and to enjoy the wonderful fruits of doing so.

## The battle against medical fraud and deadly medicine

The reality of the **grave deception in the field of medicine** cannot be denied as it is fully documented in many books, including *Virus Mania: How the Medical Industry Continually Invents Epidemics*, *Making Billion-Dollar Profits at our Expense*, *Deadly Deception — Proof that Sex and HIV Absolutely do Not cause AIDS*, *Good-Bye Germ Theory: Ending a century of medical fraud. What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong*, *The Great AIDS Hoax*, *Rethinking Aids*, *Aids: The HIV Myth*, *The AIDS War: Propaganda, Profiteering, and Genocide from the Medical Industrial Complex*, *The Silent Revolution in Cancer and AIDS Medicine*, and *The illusion of science-based medicine*.

German speakers can learn in depth about the extent of corruption in publications and books such as *Die Medizin Mafia* (The medical mafia), *Falsche Pandemien — Argumente gegen die Angst* (False pandemics — arguments against fear), *Die weiße Mafia* (The white mafia: dealing with the reality of medical doctors along with the pharmaceutical industry risking the health of people), *Der betrogene Patient* (The betrayed patient), *Tödliche Medizin und organisierte Kriminalität* (Deadly medicine and organized crime). In 2008, the German main TV station aired an award-winning documentary about the Pharma Cartel betraying patients, which you can view at [\(27\)](#).

In 1976, Ivan Illich published a book describing the medical nemesis where he speaks, e.g., about useless medical treatment and the illusion of physician effectiveness. The opening statement says: **“The medical establishment has become a major threat to health.”** Ivan Illich states that the damage done by medicine to individuals and populations is very significant, adding, **“These facts are obvious, well documented and well suppressed.”** Yes, it is true that the medical establishment is hiding unpleasant facts about corruption in their midst, but the time has surely come when even the best kept secrets must be exposed. The decisive question is whether you and I contribute to this end or believe blindly whatever we are told without checking if it is really true. Doing the latter has in the end deadly or fatal consequences for all of us because today’s medicine is strongly dominated by the medical industrial complex which does not have the health of people as their main goal but **financial interests to gain life-long customers for their products**.

Overwhelming proof of deception exists in medical science, yet the powerful pharmaceutical industry is hindering the exposure of the clear evidence, as it benefits from this situation that has clear roots in the history of medicine. The decisive question is whether this grave issue is dealt with on all levels or it is ignored. To do the latter is a totally irresponsible attitude that must absolutely be addressed as countless innocent people are in danger of being harmed by medical malpractice besides all those who are suffering from harmful ‘side effects’ of drugs. The side effects of a drug are the effects that the drug has on you in addition to its function. In medicine, a side effect is an effect that is secondary to the one intended.

The decisive question is here: why are adverse side effects, up to death in the worst case, accepted while using drugs that do not heal the patient, as is the case with the ones used in psychiatric departments? Why are alternative methods not preferred that are safe and generally without negative side effects? In the face of all the medical fraud and crimes committed behind hospital walls, it is the responsibility of each individual and especially of the state, including the Ministry of Social Affairs, to join the fight against corruption in the medical field. M. is one of the victims of irresponsible behavior and therefore it is the direct responsibility of the National Agency for Children and Families to expose what has become a reality in his case.

## A person's health condition is determined by his inner situation

Because of its great importance, it must be emphasized that **it is in the spirit or inner mind of a person where all decisions are made because human beings do not consist merely of material substance** as the vast majority of people well know, as Christians or whatever spiritual understanding they may have.

There are principles in this universe that will never change such as cause and effect. Our spirit is in the subject or causal position toward our body and, accordingly, we express on an external level how we feel inside. This direct correlation between what is going on in a person and how emotion and ways of thinking manifest in our health condition as confirmed in manifold ways as with scientific experiments that show **the healing process is swiftly taking place much more when a person is in good spirits as compared to those who are rather depressed.**

**The health condition of a person is definitely primarily determined by the spiritual state of the individual**, not by external factors. One medical doctor testified in this respect, for example, that during the decades of treating countless patients he has never come across someone who became sick while being happily in love. Especially in Iceland, the country with by far the highest rate of anti-depressant consumption worldwide, it would be crucially important to have a close look at this reality. The number of those who take such pills has already doubled during the past two decades and reached some 15% of the population!

It is undeniably clear that the decisive factor is always the inner heart and soul of a person expressed in the state that is manifested in the body. **There are no cheap solutions by taking pills because they can never solve the problem**, but only each individual by dealing honestly with the inner struggles one may be faced with.

Those who have studied in depth the underlying cause of the manifold types of illnesses know well that they always correlate with emotional issues that are directly connected with the respective organs related to them. Strong negative emotional experiences and inner conflicts can be found in every patient where the symptoms represent a reaction in the body in response to the kind of thoughts and emotions a person upholds or maintains.

There are so many completely wrong concepts with respect to what makes a person sick that are all based on a materialistic worldview which denies or neglects the fact that the inner situation of a person is the key to the bodily condition. It is truly worth the time to watch this conversation with Dr. Andrew Kaufman addressing the issue of the pathology of Scientific Materialism and the Need to (re)THINK Health: [\(28\)](#)

The mother is not fighting this battle just for her son M. but for all people who are suffering due to the completely wrong concept that something material is capable of regulating processes in the brain, as claimed for the drugs given to M. In this respect, she invites everybody to consider this question: what is your personal contribution toward **liberating the world from the darkness of ignorance regarding the true cause of health issues?**

The more people invest into finding the correct answers and letting others know about them, the quicker we arrive at our common goal of knowing exactly what really makes us ill and therefore also in the position of complete healing which every patient desires.

## Who defines the borderline between what is healthy and what is an illness?

When we reflect on the question, *“What is mind health?”* we realize that there are a number of factors that can affect a person’s mental health, such as a traumatic experience or a physical cause. When a person’s mind health is negatively affected, the way they think and feel is also influenced, in turn impacting how they function on a day-to-day basis. On the other hand, when our mind health is good, we are able to flourish and engage in activities that are meaningful for us.

From this viewpoint, we can realize the importance of gaining mastery over our mind by *“Being aware of thoughts and emotions, and how they affect us, recognizing and having healthy ways to cope with stressors when they arise, having strong relationships with people who are important in our lives, regularly doing things that are meaningful and reflective of our values...”* Such factors have been well established in M.’s life, confirming his mental health.

On the other side stands a situation where one’s state of mind is overwhelmingly negative, dominated by *“negative feelings on a daily basis, a lack of positive emotions, damaging ways of coping with life stresses such as drinking a lot of alcohol or using substances, struggling to complete routine activities, having trouble participating in and enjoying relationships with friends and family, ...”* None of these issues have been present in the life of M., confirming once again his mental health before entering the psychiatric ward.

His co-workers at the bakery who collected signatures to support him being released from the mental hospital testify to his mental health, and there are so many others who would gladly affirm that they experienced M. only as a completely mentally healthy young man. Unfortunately, those who are now ruling over his life are not interested in such facts but only in their opinion, and yes, it is nothing more than an opinion although it was elevated as the standard according to which people are to be classified. Herein lies the great failure of those working in the psychiatric department and representatives of the ministry of social affairs, who presided over the destiny of M.

Mind health issues are associated with “sleeping for long periods of time or an inability to sleep, loss of appetite, loss of enthusiasm for activities that were previously enjoyed, feelings of hopelessness, suicidal thoughts, struggling to perform daily tasks, substance abuse, etc.” M.’s life has nothing to do with such issues, nevertheless he was declared to have a mental disorder that must absolutely be treated by taking drugs.

Professionals who specialize in mind health are supposed to assist people in returning to better health and happiness. Assessments must be conducted in order to help clarify the goals as well as to place the patient with the professional who would be of most assistance. Was this done in the case of M.? It was simply assumed that the psychiatrists know best but, alas, as it turned out their personal standard of mental health is rather miserable, as it can be seen in their behavior about which you find many pages of reports in connection to how they have been handling the situation of M.

The issue is a very fundamental one of putting power into the hands of people who are not qualified at all to be in the position they are in from the standpoint of true mental health, about which they know rather little, since the inner realm is limited to the material world while excluding the spiritual realm. That spiritual experiences are rejected to begin with confirms the total incompetence of psychiatrist to make any valid evaluations. Add to this the fact that they are pushing drugs sponsored by the medical industrial complex, and it should be obvious to the last person that we are dealing here with a very fundamental problem that must be urgently resolved through a paradigm shift in the basic understanding of human health and how it can be supported in the best possible way.

## Clinging to cultural health beliefs versus being free from limiting concepts

What is the overall issue regarding the situation of M. all about? The answer is simple: do we need pills to preserve or regain our health? His mother and all those who listen to the signs of the body are convinced that this is definitely not the case, and they prove their knowledge by maintaining good health without needing a doctor. In life it is always important to see the whole picture which is, in this case, the reality that for thousands of years mankind has prospered and multiplied without the need of special chemicals to maintain their wellbeing, whereas now people become more and more victims of their own ignorance regarding health issues due to their clinging to what they have been told again and again: trust your physician and take the pills he prescribes because doing so is the solution to any malady.

The belief that health and healing require the help of experts and remedies is deeply engrained in most people so that they readily cling to what doctors say and gladly take whatever medication is prescribed for them. On the other hand, it is common knowledge that people do best when they accept personal responsibility for their wellbeing. If they also have the support of those who believe in them with a caring heart, their swift recovery is almost guaranteed because, more than anything, it is loving relationships that are the most effective sources of healing.

One of the many erroneous concepts lies in thinking, *"My illness is incurable."* To the contrary, no such thing as an incurable sickness exists unless you are already close to dying. Whatever the problem may be, the body definitely knows best what to do about it. The design is so great that it is not only more wise than any doctor but also has a built-in reservoir of remedies and natural biological processes to regain the full original state after facing some health challenges. More than enough examples exist of patients having regained their complete wellbeing even after physicians have given up on them, as they saw no way to be helpful for them.

Whereas religion and spirituality have certainly a lot of influence on beliefs about health and healing, no such thing as illness being a punishment or ill fate exists. It is each person's responsibility not to simply cling to this or that concept, which sounds good, but to your own thorough research to find out what is really true. In the case of those taking care of M. at the psychiatric department, their decision seems to be written in stone: only drugs can help people to get better. No other understanding can be correct and therefore it is a waste of time to begin with to even look at another understanding than my own.

Instead of limiting yourself to a narrow-minded viewpoint, everybody is called to think twice and especially to use health crises as a valuable opportunity to become more clear in one's heart and mind, a process that will naturally contribute to inner transformation as the precondition for lasting healing to take place. Times of feeling ill are at the same time always chances for personal improvement so that in the end difficulties result in spiritual growth, in coming closer to maturity and wholesomeness.

Most people define themselves by their limiting beliefs, stuck in their own little world instead of remembering that traditional healing systems have always been holistic. Once we return to the awareness that the whole person needs to be addressed, most of all the inner situation where liberation has to take place before bodily wellbeing can be enjoyed, situations like the one M. was put into will definitely never appear again, because then we will have made the correct view of the human body our own.



## The pattern behind using fear in order to get people to behave in a certain way

General developments in the world and the personal situation of M. are directly connected with each other when it comes to basic patterns behind what has become a reality. A long tradition is visible in history of frightening people with all kinds of negative prognoses of which countless examples exist not only in the religious realm but also in the field of science based on fraudulent claims that are not rooted in evidence but merely in all kinds of assumptions without any reliable proof. This is definitely true when it comes to the claim that M.'s brain will be damaged if he does not take aripiprazole.

The underlying pattern is always the same: scientists discover some alleged danger and then measures are taken to counter whatever is imagined may happen. In most cases, citizens cannot check whether it is really true what scientists are saying but, if serious efforts are made, it is still possible to find fraud on various levels as was done by the mother of M. who has shown the unscientific work of those responsible for M.'s situation.

Throughout the ages it could be seen again and again that those who do not agree with the mainstream opinion are ostracized. This became the reality for M.'s mother as someone who questions the narrative of those who do not act in line with scientific principles. Scientificity is emphasized based on a so-called consensus of scientists, but upon having a closer look, it is obvious that in most cases this does not represent the majority of experts but only certain interest groups. Moreover, it is clear that science has nothing to do with majority opinion but only with content that is confirmed to be true on the foundation of having followed the scientific standards, which absolutely require control experiments. They are not only missing regarding the claims made by virologists but also with respect to the effectivity of antipsychotics prescribed by psychiatrists, because there are countless factors that may contribute to a person getting better which have nothing to do with their taking pills.

One of the repeated patterns lies of those who invent danger is that they also provide or proclaim the solution. In the given case, it is the specialists who insist that unrealistic thoughts can damage the brain that also know what is the best remedy: medication with antipsychotics, in this case aripiprazole for M. which absolutely must be taken, as supposedly no alternative healing method exists. It has been unthinkable that a completely healthy young man would be kept for many weeks in a mental hospital, yet this has become a reality for M.

In the past, people were victims of the sale of indulgences whereas today they willingly pay for antipsychotics in hopes for their mental situation to improve. In reality, spending money in in both cases is not the solution but only taking full responsibility for what is not going well. In the case of M., we have a situation where he was already very fine before drugs were pushed on him, so there was no need for any medication at all, yet he has no choice in taking them. How easy it is to manipulate people by using fear became more obvious than ever during the past two years of the corona plandemic, where the vast majority in this country welcomed the experimental therapy as those who are already world champions in taking antidepressants.

It is truly decisive to recognize the pattern of fear mongering behind whatever is sold in the mainstream media as the next danger to humanity, while ignoring the real problem that lies in the heart of corrupt people who do not mind sacrificing others for their own benefit. In this area, my wholehearted concern is that more and more people recognize what is happening behind the scenes and take responsibility for their health in every respect.

## The battle for the correct understanding is ongoing and still needs to be won

Whenever you encounter an unchanging truth, it is clear, yes, even crystal-clear, because facts are facts and reality remains reality no matter how one may look at it. On the other side stands the large and even seemingly endless array of hypotheses and theories, all kinds of views that represent maybe a half-truth or a quarter-truth, or they have little to do with actual facts. The latter is unfortunately true in the case of psychiatry's interpretation of the human mind.

The further one goes astray the longer the way back to truth. Psychiatrists have truly a long way to go until they one day get straight the correct understanding of the mind. Presently, things are moving, but the final decision is not yet made whether we will end up in a better or worse overall situation.

I would like to quote here from an article in the Guardian, "*Medicine's big new battleground: does mental illness really exist?*" that was published one decade ago. It points to long-term developments that are relevant also today: "*The latest edition of DSM, the influential American dictionary of psychiatry, says that shyness in children, depression after bereavement, even internet addiction can be classified as mental disorders. It has provoked a professional backlash, with some questioning the alleged role of vested interests in diagnosis.*" Such an inquiry definitely must be made and the correct consequences be drawn because it is totally unacceptable that the field of medicine is influenced by the pharmaceutical industry, which does not have healthy people in mind but wants customers with all kinds of mental disorders.

The essential question must be asked: what is an orderly mind? Where is the borderline between order and disorder? Who is drawing this line? The answer is obvious: psychiatrists. It is definitely unacceptable that certain individuals take the right to define what is considered in line with an orderly mind and what is outside of it.

*"Britain's Division of Clinical Psychology is calling for the abandonment of psychiatric diagnosis, even as the American Psychiatric Association's DSM-5 seeks to codify more illnesses... The fifth edition of the Diagnostic and Statistical Manual, psychiatry's dictionary of disorders, has triggered a bitter row that stretches across the Atlantic and has fuelled a profound debate about how modern society should treat mental disturbance. Critics claim that the American Psychiatric Association's increasingly voluminous manual will see millions of people unnecessarily categorized as having psychiatric disorders..."*

*Thomas R Insel, director of the National Institute of Mental Health, the American government's leading agency on mental illness research and prevention, recently attacked the manual's 'validity'. And now, in a significant new attack, the very nature of disorders identified by psychiatry has been thrown into question. In an unprecedented move for a professional body, the Division of Clinical Psychology (DCP), which represents more than 10,000 practitioners and is part of the distinguished British Psychological Society, will tomorrow publish a statement calling for the abandonment of psychiatric diagnosis and the development of alternatives which do not use the language of 'illness' or 'disorder'. The statement claims: 'Psychiatric diagnosis is often presented as an objective statement of fact, but is, in essence, a clinical judgment based on observation and interpretation of behaviour and self-report, and thus subject to variation and bias.'*

Yes, here is where the core problem lies. It is all about personal opinions and interpretations by so-called experts, yet their word is taken as the law and executed even if it means detaining a completely healthy young man like M. in a mental ward and forcing him to take drugs, although he does not have any health issue at all!

## Diagnosis, often described as the holy grail of psychiatry, is truly flawed

The time for a completely different way of thinking about mental health problems has definitely arrived, away from the idea that they are illnesses to the clear realization that they need to be resolved just like any other internal problem by investing loving care and attention and a compassionate heart that is ready to listen and offer unconditional support.

Without diagnosis, psychiatry's foundations crumble. The conclusions to which psychiatrists come are bound to be very flawed as they are rooted in a materialist worldview and therefore totally unfitting to begin with to evaluate the internal situation of spiritual beings, what each and every person is, whether one is aware of it or not.

Most psychiatrists concede that diagnosis of psychiatric disorders is not perfect. Harold S. Koplewicz, a leading child and adolescent psychiatrist, explained in an article for the Huffington Post that, *"Those lists of behaviors in the DSM, and other rating scales we use, are tools to help us look at behavior as objectively as possible, to find the patterns and connections that can lead to better understanding and treatment."* But what do psychiatrists actually understand about mental health? This is the very first question to ask and here is where they are already failing miserably due to their inability to clearly define who the ideal or perfect order in a person's mind looks like. In a situation where you do not know precisely how things should correctly be, you are in no position to guide people to gain full mental health.

How very badly psychiatrists are faring in doing their job is expressed by Paul Farmer, chief executive of the mental health charity Mind, stating that, "For example it takes, on average, 10 years before a person with bipolar disorder gets a correct diagnosis, which comes with a number of mental and physical health implications, such as side-effects from the wrong medication." It is unbelievable but true that a so-called expert on the mind needs on average one decade of observation until being able to recognize which problem a person actually has!

The Division of Clinical Psychology has transformed the debate about diagnosis by claiming that it is not only unscientific but unhelpful and unnecessary. Dr. Lucy Johnstone, a consultant clinical psychologist, even stated that, regarding mental disorders, *"There is no evidence that these experiences are best understood as illnesses with biological causes. On the contrary, there is now overwhelming evidence that people break down as a result of a complex mix of social and psychological circumstances, bereavement and loss, poverty and discrimination, trauma and abuse."* Yes, all kinds of reasons may exist why people feel it is too much for them to bear but, at the same time, once the needed emotional and practical support is provided, each and every mental issue will disappear completely.

The decisive question is therefore whether we continue to trust in psychiatry which turns out to be incapable of healing mental disorder or we do what actually needs to be done by providing not only a helping hand but especially a loving heart for those in need, particularly on the internal level of matters of the soul which are today more than ever widely neglected. Herein lies the very reason why so many people suffer from some mental issues, and accordingly the only valid solution lies in putting our focus on making sure people's internal struggles are addressed and fully resolved. Here is where the work of psychiatrists would be urgently needed, but in reality they are busy defining illness and prescribing drugs, thinking about patients as a genetically determined psychopaths with aberrant brain chemicals and biological flaws and deficiencies which they are unable to heal.

## Prescription deaths are the third leading cause after heart-disease and cancer

200,000 Americans die every year prematurely, half of them because of drug side effects and the other half because of errors by doctors, besides those who leave the Earth due to problems in connection with the heart and what is defined as cancer. Doctors often make mistakes because drugs come with many warnings and precautions and no doctor in the world knows them all in a situation where various pills interact with each other.

How this can look was experienced by M. after he was given two sleeping pills in the first night in the hospital which should not be given together, as it says in the respective warnings. On the following day, he was so completely 'knocked out' that he was very dizzy and nauseous, could not think clearly, and in this situation was declared to have a psychosis and off he went into the mental ward after the physical check-up!

What most people do not know, besides doctors' prescriptions being the third leading cause of deaths, is the fact that the drug industry fulfills criteria of organized crime in US law. First they corrupt professors and chiefs of medical departments, and then also get physicians, ministers of health, and other key politicians on their side with the help of money. Those who wish to know the details can read books such as, *Deadly Medicines and Organized Crime: How Big Pharma Has Corrupted Healthcare* by Peter C. Gøtzsche documenting the activities of major pharmaceutical companies that include corruption, fraud, bribery, and omission of data to market their products. While all drugs have side effects, not all have benefits. The influx of money by pharma undercuts regulation, education, and scientific integrity.

M. is only one of the countless millions of victims of the here-outlined reality rooted in a systemic failure that allows the industry to act like organized crime. The author himself worked in the pharmaceutical industry before becoming a physician. Gøtzsche argues that for-profit research companies that rely on pharmaceutical money are now running most clinical trials and, rather than true research, many of these studies are done for marketing. Medical journals have conflicts of interest as they are dependent on revenue from the industry. Doctors succumb to financial incentives that pharma provides. Due to this reality, it is of utmost importance to ask the relevant questions raised in this book and to provide the correct answers, which are surely available. The issue, as usual, is who is prepared to deal with them and to draw the urgently needed consequences.

The mother of M. surely does so by bringing the situation of her son to the public attention so that others can become aware of what is actually going on behind hospital walls not only in the country where M. was born, but around the world where Big Pharma is strongly influencing the medical establishment. A lot of money is spent to develop so-called me-too drugs that provide little if any therapeutic advance or may even be more harmful. Money buys 'experts' and 'opinion leaders' to convince doctors to use the more 'modern,' newer drugs. Companies increase profits by switching from similar cheaper drugs to expensive ones. So-called patient advocacy groups are often just handmaids for marketing.

This is how reality looks, rooted in the selfish character of the respective people who sell their soul for money by giving up on moral principles to gain financial benefits. Due to this reality, it is decisive to fundamentally reform not only the medical system but society as a whole because, collectively, we decide in which world we live, one in the grip of Big Pharma or one where freedom, responsibility, and accountability are upheld.

## Psychiatric drugs are based on the myth of a chemical imbalance in the brain

M. has to take pills that are seriously damaging his body. Why? Because psychiatrists claim that he has some imbalance of chemicals in his brain and aripiprazole will work to restore the original harmonious balance. This claim is fully accepted by the state authorities and therefore his parents lost custody over their son due to their disagreement with such a procedure. As with so many others, his case represents lies winning over truth, in this case, that chemical imbalance in the brain can be corrected by taking drugs. In reality, pharmaceutical products like the one M. has to take are only harmful and have no benefits whatsoever.

This is the objective truth confirmed in millions of examples, yet most people are unaware of it because the brainwashing of the public in the course of many decades has been so thorough that people cannot imagine that it is true that the drugs they are taking are mainly causing health problems, which could all be avoided if they abstained from doing so. How reality looks is expressed, e.g., in the fact that the number of pills consumed by Danish people amount to every person taking one and a half pill daily from the first to the last day of their life on earth.

Compare this to the animal world where hundreds of billions of animals live without any health problem from the moment of birth to their death. They do not need any pill, whereas on average a Danish citizen swallows 45,000 pills during his lifetime. Is this really necessary? Surely not, yet the situation gets worse and worse not only there but in all other countries as the medical industrial complex expands its power further and further while continuing to spread their lies, such as the high cost of medication is related to research and development whereas much of this money goes to unnecessary me-too drug development, lobbying, marketing, and profits.

During his work as an internist, Peter Christian Gøtzsche, who graduated with a Masters of Science in biology and chemistry, witnessed so many bedridden patients becoming many years younger after stopping drugs. Please consider this fact for a moment and reflect on what this means. People could live so much longer if they stopped taking drugs and returned to believing in their own body's ability to deal well with health issues. Why is it not happening? Because a lot of people make money on false premises. Doctors, drug regulators, and politicians on board with Big Pharma leave only a few people independent in healthcare. Those who are aware of how bad the overall reality actually is are faced with the situation that it is not popular to tell the truth. All of this has become possible due to moving away from science to totally wrong medical dogmas like the myth of a chemical imbalances in the brain being resolved by taking psychiatric drugs. This false assumption has led to the widespread use of SSRI antidepressants that are blocking the reabsorption of serotine.

No scientific evidence exists for psychiatrists' claim that brain scans prove their theory, which is obvious if you read the fine print in the studies that tell you: "... *suggests*" or "*it is hoped...*" Antipsychotic drugs can induce long-lasting biochemical and even structural changes which, in the past, were claimed to be the cause of the problems but may actually be an effect of the treatment. It remains a fact that neuroscientific developments do not reveal anything about the nature of mental disorders. As Dr. Thomas Szasz, Professor Emeritus of Psychiatry, made clear, psychiatry's claim that so-called mental illnesses are brain diseases is not true.



## The situation can hardly get worse, both in respect to pandemics and psychiatry

One may think that epidemics and the work of psychiatrists have nothing in common, yet there is a direct relationship from the standpoint that in some countries like Austria, psychiatric wards are now overfilled with patients due to the negative effects of lockdowns and other unreasonable measures. The basic problem is the same in both areas — a lack of a valid scientific foundation for the claims that are made. In this book, you learn primarily about what is wrong with the concepts that are upheld by psychiatrists centered on the case of M., who has been detained as a completely healthy teenager for weeks in a mental hospital.

In the aforementioned two books by Nikolaus Beutl, the main themes are related to the pandemic, which was implemented as a means to exploit the world population by making people believe that there is a dangerous virus out there and they must protect themselves from it by wearing masks, self-quarantining, and other methods, particularly by taking repeated shots of the Covid vaccine, a process that created hundreds of new billionaires and shifted trillions of dollars from the poor to the rich. Yes, we saw evil in full bloom during these months where the vast majority of mankind being deceived with only a tiny minority knowing the truth concerning what was actually happening.

So-called SARS-CoV-viruses have been known since the 1960s and they did not increase in 2020, a fact that is confirmed by the data collected by the German Robert Koch Institute, which shows that corona viruses comprise 10% and SARS-CoV-2 viruses 3% to 4%, proving that no epidemic of SARS-CoV-2 ever existed. Moreover, within less than 3 years worldwide, some 13 million different Covid genome sequences have been submitted! Please think about what that means. Also, when looking at how the Covid vaccination has been handled, it is obvious that its purpose is not to protect the health of people. Clinical tests with the Pfizer vaccine has shown merely 0.7% protection, yet it received official permission to be injected into hundreds of millions of people. Moreover, several red hand letters were issued due to deadly side effects, yet no product insert is necessary for Covid vaccines. The producer can put into his version whatever he wants because no information leaflet means no duty that certain contents must be in the vaccine! What is actually being done is to inject a substance which is so poisonous that if it got directly into a vein the person would die!

Considering such facts, it is obvious that such actions have zero in common with protecting people's wellbeing. What is being done comes down to putting some mRNA substance into the body, supposedly containing the plan of what needs to be done, namely, to produce something, whereby no time limit or amount is defined, which is the same as taking pills without any conditions as to how many and for how long they should be taken! That is the extent of how unreasonable the claims and procedures regarding the so-called corona crisis are, including a PCR test that is unable to distinguish between Corona and influenza, yet people are put under quarantine based on such a totally unreliable and invalid test. Meanwhile, it is clear that on average up to 1 out of 500 people died in Great Britain within one month after receiving the Covid vaccine besides the hundreds of millions who suffer harmful side effects worldwide, whereby the ones registered in Germany alone are 2.5 million who required medical care after being vaccinated.

Until 2020, evidence based medicine was practiced using control groups to see which method brings better results. This scientific tradition has been totally ignored since the start of the corona crisis. Moreover, in the field of medicine as a whole, particularly psychiatry, non-scientific ways of handling issues dominate the scene with tragic outcomes.



## There is something fundamentally wrong with the medical establishment

Students studying medicine learn first of all about the various organs and physical processes in the body, but what are they learning about the internal aspects of Heart and love, emotions, and thoughts having a direct influence on how well the various bodily systems are functioning? The very sad answer is more or less nothing.

How very bad the overall situation is can also be seen in the example of medical students receiving merely a few hours of lectures on the influence of food on a person's health whereas they are learning countless hours about all kinds of medical products that are all artificially produced whereby in most cases it is not clear how they work and what kinds of changes they cause in the body. Merely this fact of a few hours spent on getting information about natural nourishment for the body while hundreds of hours are spent finding out about artificial products, with the number of approved drugs growing year by year, should awaken every last person to recognize that many aspects are very wrong with the medical establishment.

Add to this the fact that natural food has no harmful effects whatsoever whereas the list of adverse side effects of the thousands of different pills prescribed to people is getting longer and longer so that, in the end, one has to ask whether there exists any reasonable justification to take them when, in most cases, they only MAY have some positive effect on the body with nothing guaranteed, whereas healthy natural products always exert a positive influence on the body. Then you will realize that there is indeed something fundamentally not right with conventional medicine.

The answer to where is the origin of countless people's fatal medical experience is crystal clear: **The influence of the pharmaceutical industry on the healthcare system.** Collectively, we decide whether we trust our own body or we put healthcare in the hands of those sponsored by Big Pharma. M. put his trust in his own body and remained healthy as his lawyer mentioned in her report to the committee. Now, his health is gravely harmed through the drugs he is forced to take and his bodily integrity is compromised, harmed through drugs that cause him to have all kinds of pains which he did not have before.

**The right to take care of his health the way he sees fit was taken from him.** He has to suffer the consequences though he is completely innocent in this respect. For this reason, the parents demand **compensation for the harm that was done to him without any fault on his side, and that the authorities take the necessary measures that this will not become a reality for their other children and of course for any other potential victims.**

The period of **corrupted medicine must absolutely be brought to an end now.** The implications of the given problem are indeed far-reaching and must therefore be addressed with utmost seriousness to implement a fundamental reformation from a medicine centered on artificial products with harmful side effects to the **original, natural way of healing, which requires not a single pill.** This is the correct way forward into a future where health and bodily integrity prevails instead of fear of sicknesses.

The physical body is definitely able to cope with any health challenge and has no need whatsoever for any of the artificial products that have adverse side effects on the amazing human body. No justification exists for using them in order to resolve problems that originate in the mind, and it is there where they must be resolved.

## What do doctors know about the internal aspects influencing the body?

Traditionally, **both religion and science have been researching human nature**. It is decisive to have a closer look at both of them. Religious and spiritual teachings are based on certain people having received some revelation that led to the founding of a spiritual community of which thousands exist throughout the world. On the other hand, we see a large number of scientific disciplines in pursuit of understanding and correctly interpreting all things and phenomena in the natural world.

What is the justification for putting science above religion? The claim that knowledge exists as objective truth that can be checked and confirmed. And here is where the huge problem exists. In today's world, **no scientifically confirmed claims are presented as objective facts**, such as the effectiveness of artificially created drugs. On both sides, **scientific truth** as well as **fraud and deception** exist.

For example, it is confirmed that people whose life is embedded in a caring community and loving relationships have a much higher life expectancy than those who do not have such a precious foundation. Another example is that prayer and meditation have a positive effect on the brain and substantially support the overall wellbeing of a person, which can be seen when looking at the respective scans of the brain. In other words, in the invisible area of **people's heart and mind, spirit or soul, scientifically confirmed insights** exist.

On the negative side, we have deception in the sciences just as in the world of religions. For this reason, it is decisive that **every claim made by scientists is thoroughly checked for its validity, particularly in the field of medicine** where enormous fraud is definitely possible and a reality, as so much money is provided to the medical establishment.

For this reason, it is an absolute must to do a forensic check up on the field of medicine to expose facts like:

1) No psychological problems can be resolved through taking pills. This applies to the case of M. as for any person.

2) The symptom defined as cancer or tumor is part of the natural supportive systems in the body. Therefore, the only valid way of dealing with it consists of resolving the internal root cause that lies in the psyche and not through cutting, burning through radiation, or poisoning through chemical products.

3) The hypothesis that people make each other sick is merely a theory that was never proven, just as the claim that people get sick through coming in contact with a virus. Contagion is nothing more than an unproven theory. In the example of the measles virus, this fact was confirmed by the highest court in Germany in the Stefan Lanka case against false claims. (See statements by the expert appraiser of the court, professor Dr. Andreas Podbielski.)

4) The same is true for vaccination. The control experiments that suggest or claim scientificity are actually a **clear fraud because control groups receive merely another vaccine**. The comparison between children and adults who did **not receive any vaccine** and those who have is not made. Therefore, **no scientific foundation can be claimed for the effectiveness of vaccines**. It is **nothing more than a belief and not a scientific fact!**

## Modern allopathic medicine has not prolonged people's life

If you know only what you hear in the mainstream media and what is written in schoolbooks, you may be surprised about the theme of this reflection on reality. Yet, it points to facts that are confirmed in many ways, such as in the statistics of deaths since World War II. In the industrialized nations, every year around 1% of the population dies although, in the meantime, **300 times more money is invested into health care than some 70 years ago!**

Please consider the enormous amounts of money are invested into the health sector while the overall situation of 1 person among 100 dying every year did not change at all. One has to ask, therefore, **what is so good about allopathic medicine when there is, in the end, no change in the yearly death rates and also the numbers of people getting sick have not been reduced?**

What is the conclusion from such facts? **Medicine must not be correlated with health and a longer lifespan!** This may be hard for some people to digest, yet it corresponds with the reality of the official data on lifespan and health. The bottom line is that nothing more than modern medicine is harmful. When you have a closer look at the rise of the average lifespan of people, then it is obvious that the cause for this development **does not lie in conventional medicine**. In the past, people died for other reasons like lack of nourishment and poor living conditions that have improved and, therefore, more people enjoy a longer life here on Earth.

Please consider: modern medicine can surely help some people but the number of patients who die due to medical intervention is by far larger! Around **one third of people's deaths is caused through surgery, harmful side effects of pills**, etc. That allopathic medicine is also not reducing the time that people are sick is, e.g., confirmed through the statistics in Germany where the period of those being on sick leave has increased 50% during the past 15 years! Additionally, **many medical interventions are not really necessary**, especially many surgeries for which no scientifically confirmed need exists. Finally, there is the 40% of all medical costs used in the final year of a person's life! So much money is invested to prolong people's life with the end result that they die anyway at the point where the most is being done for them. Should we not ask serious questions in the face of such a reality concerning the **poor quality and low effectiveness of conventional medicine?**

The failure of allopathic medicine applies particularly to vaccination, which is officially praised as a great achievement whereas, in reality, no scientific evidence for its effectiveness was ever provided! Only few studies exist on the manifold vaccines given to children and they show that the more injections children receive, the greater the chance of their premature death! In the meantime, around 50 vaccines are given to children in America, and in Germany and Austria the number is around 40 different kinds of vaccines that every child should receive, whereby most of the sicknesses against which they are supposed to help are so rare or not any more existent that the **usefulness of these injections is very questionable**.

The concept that a concentrated amount of some chemically created agents are helpful for the body is already completely mistaken because the **effectiveness of active ingredients in plants is much greater**, as they exist in combination with other substances allowing them to be **better absorbed by the human body than artificially created drugs**.

**Statistics show that less than 10% of all the new medicine created by the medical-pharmaceutical complex have some positive effect on people** whereas 80% to 90% of these new products are either harmful or do not offer any positive contribution to a person's health situation! German speakers can learn the details in books like *Der Betrogene Patient* (***The Betrayed Patient***) by Dr. Gerd Reuther, or learn about it at [\(29\)](#).

In the face of the here-outlined facts, it is clear that the best advice with respect to conventional medicine is to **keep a distance from it and to first of all wait and to listen to your body** unless there is an emergency like a broken leg that needs immediate attention. The **self-healing potential of the human body is very great**, just as it is with animals, etc. To **allow our own inner biological repair mechanism** to do their job is always the task of the hour. It does not have any negative side effects. Actually, most of the health issues a person may encounter in the course of one's life are automatically resolved by our precious body and we should definitely not interfere through the use of artificially created chemical products with the natural work of biology.

It is important to be aware that although people generally think that they got well through medical treatment, **in 9 out of 10 cases it is definitely the body's own self-regulation that 'healed' the patient and restored the original healthy condition!** At the core of the problem lies a lack of self-confidence, an insufficient trust in your own amazing body that is capable of dealing with any kind of health issues.

We have reached such a miserably poor situation that people accept the wearing of masks that are only harmful for the body and have no positive use at all in protecting them from illness. To the contrary, masks are a contributing factor to people getting sick more easily, both physically and emotionally, whereby the latter has catastrophic long-term effects, especially for children. The senseless panic-mongering during the past 2 years of the corona crisis has greatly weakened people's health situation whereas the official number of patients with respiratory problems remained the same as in previous years. Everything was artificially created; yes, a plandemic was implemented. This is confirmed, e.g., through the fact that in 2020, merely 3.4% of all the patients in intensive care in Germany were treated for Covid-19, yet lockdowns were ordered.

**A third of the reasons that people go to the doctor is through their taking various kinds of medicine!** For this reason, it is clear that whatever your age may be, it is decisive to make the decision to take less and less medicine, pills, etc. and to allow the wonderful organs provided by our Creator to do their job instead of disturbing its natural processes through the intake of chemicals that are subtly but steadily poisoning us.

**If the root cause behind pain and other symptoms was considered, then most medicine would not be used** to begin with since the problem does not lie in what is observed externally but in the internal situation of those who get ill. Therefore, it is decisive to **listen attentively to your own body, which has such amazing abilities** manifested in the vibration of crystals in the pineal gland acting like a tuning fork and creating a Piezoelectric effect, and in so many other ways that need to be thoroughly studied.

What we need more than anything is inner coherence with our heart vibrating in unison with the universal principles of creation to secure our long-term health. This kind of approach must be considered among many other natural healing methods rather than focusing only on drugs that the medical-industrial complex is pushing on people with all kinds of harmful side effects, with M. being one more suffering from them.

## Actual data shows the failure of conventional medicine

The miserable results of modern medicine can be observed in the example of **cancer being still on the rise despite the huge amounts of money invested into research and treatment** during the past decades. Between 2012 and 2018, the number of cancer patients shows an increase of 4 million worldwide and the number of cancer deaths rose by 1.4 million. In 2020, it was stated that nearly every third European will be diagnosed with cancer during their life and, according to a prognosis by the WHO, the number of cancer patients will double by the year 2040. Although hundreds of billions of dollars have been dedicated to the war on cancer, the overall situation is getting worse and worse! The **chances for healing have not improved** for most cancer ailments during the past 50 years. In 1976, the number of cancer deaths in Germany was 152,000 whereas it rose to 238,345 in 2018. Why is there such a downward or negative development? The answer is obvious: allopathic medicine does not understand the true cause of what is defined as cancer and is therefore in no position to bring this problem to an end. On the other hand, through the precious insights provided through the universal biological laws discovered by Dr. Ryke Geerd Hamer, it is possible to clearly recognize the origin of every cancer, which is always on the emotional level of a person. Unfortunately, this central realm is generally neglected and therefore the results are so very poor.

In respect to the number of influenza vaccines, we see that since 1990 it has risen threefold yet the number of deaths per 100,000 through the flu and lung inflammation remained the same. **The number of hospitalizations due to influenza saw a rise of 40% despite all the efforts through vaccination campaigns!** The 376-page report of the Pfizer/BioNtech Corona vaccine trials reveals that 84% of the volunteers had adverse side effects right up to life threatening conditions, confirming that it is not at all safe and effective, yet it received the emergency admission as an experimental therapy. The report also shows that in the control group less than 2.5% had a serious Covid-19 'illness' whereas among the vaccinated the percentage was 12.5%! **Among the 18,000 participants in the study, less than 1% (154) were "protected through the vaccine."**

Andreas Schöfbeck, the leader of the German health insurance, pointed out in February 2022 that around two and half to three million people in Germany received medical treatment due to adverse side effects caused by the Covid vaccine. This shows that **the number is 1000% higher than what is reported in the official statistics!** Instead of stopping the vaccine campaign due to such a miserable track record, the person who revealed the facts was swiftly removed from his position! When professor Dr. Hockertz was asked why the Covid vaccines received such a swift permit for use, he answered that it was because of political pressure. It is fatal when science gives in to pressure from the side of politicians who provide the money for their work. The dependence of the medical field on Big Pharma funding research and the influence on politics through their powerful lobby has led to deadly consequences for millions of people.

Unless we **collectively stand up and stop this terrible reality**, which is firmly established going back decades, the overall health situation of mankind will only become worse by the day with ever more people's health being damaged by chemically produced pills that are truly harmful for the wonderful biology of the body. That this is the case is once again proven in the life of M., who is pushed to take aripiprazole that has gravely adverse side effects.

In the light of these facts, it is an absolute must to become active to check on the actual quality of the work of psychiatrists and personnel working in the many other fields of medicine to determine to what extent they are actually contributing to the wellbeing of people in the long run.

## Exposing the false Gods who bring death instead of help

Psychiatrists are in a position where they can play God by inventing completely unscientific diagnoses and then prescribe drugs that harm patients up to the level of causing their premature death. They can take people out of society and put them into a psychiatric hospital even if they are completely healthy, as has been the situation of M. before he was detained in the mental ward for children of the University Hospital.

By bringing the truth to daylight, the most influential psychiatrist in the country, the pope of German psychiatry, Dr. Möller, was brought to court and found guilty of crimes, having to pay more than 4 million dollars and to resign from all positions, as you can learn in the aforementioned film [\(30\)](#). As a consequence, the Federal Constitutional Court made a decision to outlaw all forced treatment as illegal. It was declared unconstitutional.

One by one, evil actions must be exposed, but at the same time and even more importantly is the task of introducing the right kind of help for people who need mental support so that by helping them remain mentally fit they will never come into a position of wanting to see a psychiatrist. This is our duty in front of those who have become victims of psychiatry and future generations who should be able to live in a world where not a single psychiatrist is needed because everybody has learned to take care of their needs with the support of their surroundings.

In essence the task at hand is the restoration of human dignity as sons and daughters of God in whose image we are created. We will become deeply aware of this fact once we turn away from any kinds of false gods, whereby those wearing a white coat are one of them for all too many people who blindly trust the so-called experts, even when it comes to their own body which each one of us should know best, as our mind is directing its actions day in and day out. It is a superficial mindset that has led to today's tragic reality and therefore the correct method to move forward in the right direction lies in asking the most fundamental questions and to find timeless answers that resonate with our heart and mind and our whole being. The more we invest into this essential task, the better the outcome we will see for ourselves and society as a whole since it can only function well if citizens behave in a mature and responsible way.

What is needed is a paradigm shift from thinking that health issues can be resolved by taking pills to cultivating a lively spirit emanating from a sound mind and a truly healthy heart filled with love. In such a situation, people will be eager to offer loving care for those who struggle with some issues. For this wonderful world to become a reality, the most important investment lies in becoming clear concerning how to live in line with the original heart endowed by our Creator.

Every person is destined to develop more than anything else the ability to love in a selfless way. To the extent we are successful in this challenge, our life will be filled with profound experiences. In this respect, it is clear that every individual decides in what kind of heaven or hell he or she dwells according to the kind of conditions that are laid by acting in a responsible or irresponsible manner.

It is truly worthwhile to focus on what is most important in life and the experience of lasting joy and satisfaction arising from a healthy heart burning with deep love for others.



## Are truth, beauty, and goodness pursued at the Psychiatric Department?

Basically, three transcendental values exist: truth, beauty, and goodness. Generally, people care about knowing the correct facts. One advantage is that the more they are eager to find out what is really true, the better they will be able to transcend their own little world they may be living in. They will have the strength to forgive more easily because they are seeing the bigger perspective. To deal with the truth is indeed very beneficial for everybody and even an intellectual joy to discover what does and does not correspond to reality.

At the core of moving out of psychological problems stands the ability to transcend yourself and pursue what all people welcome; namely, truth, beauty, and goodness. M. has definitely been walking such a path with high ideals in his mind and heart. That he was detained for many weeks in a mental hospital does not shed a good light on those who put him into such a situation.

There are clear criteria how happy people are different from those who are stuck in all kinds of internal problems. Those whose face is smiling and shining are the ones who maintain inner freedom, as surely is the case in the life of M., as so many people can testify. On the other hand, are people like Doctor "I." in whose face I hardly saw a smile or welcoming emotion. M's mother is criticizing him, but if he is serious about doing thorough scientific work, should he not be grateful for her input to have a second look at himself and the way he is treating others, including her son who was put under his care?

An essential characteristic about which it is important to reflect, since it represents a core factor of a stable personality, is dignity. It refers a person's understanding of his value. In this respect, it is truly decisive to be aware of your own true dignity. To be conscious of your potential and abilities is important because this helps us know what kind of person I want to be. Once we internalize this essential quality, we come to the point where nobody can influence us on fundamental levels, as we will be resilient against control by others. As soon as such a consciousness is gained, nothing can make you give it up again.

To have a stable character that is well-aligned with truth, beauty, and goodness is the central factor which makes all the difference in the quality of work performed by the individual, in this case particularly by the psychiatrists. The case of M. has shown that such a work is greatly lacking in the mental ward of the University Hospital.

The aforementioned psychiatrist, Dr. Raphael Bonelli, is one of the founders of the "*Institut für Ressourcen in Psychiatrie und Psychotherapie*" (Institute for Resources in Psychiatry and Psychotherapy), an interdisciplinary institute dedicated to support dialogue between philosophy, theology, and religious sciences. Would it not be good if, especially here in Iceland as the number 1 country worldwide with the highest percentage of the population taking antidepressants while being now among the 10 most irreligious nations, to remember its Christian heritage and to also establish such an institute in this land since faith has indeed a very positive effect in case of psychic disturbances?

Dr. Raphael Bonelli spoke about this fact at a congress at the Sigmund Freud University in Vienna, addressing the relationship between mental disorders, religion, and spirituality. This is a very important topic to look at to improve the performance of psychiatrists because it is obvious that M.'s tragic situation could never have come about if more awareness would be present of the very beneficial influence religious practices have on people's mental health.

Raphael Bonelli's conviction in this respect is based on his having studied well over 100 scientific articles which deal with the relationship between being religious and mental illness, with the result that more than 70% of the analyzed articles emphasize the positive impact religiousness has on people with mental issues. Through these practical studies, Sigmund Freud's theses that religiousness per se already represents a psychic problem is disproven.

A clear correlation exists between faith and science such that they can be considered like the wings of an airplane. If one is missing, the airplane is in trouble, a fact which especially those psychiatrists who do not acknowledge the value of a spiritually oriented life and the conclusions which follow from it should consider. Had such awareness been present in the minds of those who brought M. into the described circumstances, this could have never happened because then they would have been at least open to take the well-founded criticism of their behavior into account and think twice about what they were doing. But not the slightest trace of such an attitude could be found in the mindset of those responsible for gravely harming the wellbeing of the once completely healthy M.

Religious values lead to people reflecting on what is happening, an attitude that is once again greatly missing in the minds of those who respectively made the decisions having consequences on the rest of M.'s life, as he is now stigmatized with having had to spend many weeks in a mental hospital.

Scientists from 7 nations took place in that important conference although, unfortunately, not from this country where such an awareness is greatly lacking. But it is never too late to catch up where gaps in one's knowledge exists.

What is also greatly lacking is a sense of beauty in the heart of those responsible for the interior design of the mental ward in this country. Not a single picture in the rooms that are rather dark with windows that can hardly be opened such that the air is usually bad. In the gym, a horrible smell of chemicals is encountered... In manifold ways it is obvious that those who make the relevant decisions do not consider the heart of the poor souls who are forced to stay in that place.

What about goodness being practiced behind hospital walls? I never intended to write a book about the reality of mental wards but, in the given situation, I have no other choice because I am responsible for what I know — and this is not good news at all but a very sad and, for the whole nation, a tragic reality which also manifests in Iceland being the number one consumer of pills for depression even though there are so many better and truly effective ways of dealing with such challenges.

History has always shown where people actually stand, and this surely applies to the situation M. was put into. No matter what your viewpoint on this case may be at the moment, the full truth will definitely come to daylight and those responsible for gravely harming the present and future of M. will be held accountable for their actions.

For the time being, I will continue to fight for the truth to be known to as many people as possible because only if you know the actual facts can you make the correct decisions. I am certainly dedicated to pursuing the scientific path of always checking whether what I am told is really true and to base my decisions only on confirmed knowledge of truth and not on medical or religious dogmas.

It is my hope that more and more people join in this task of making sure that the truth wins over the countless lies, half-truths, and ways of deception present in this world.

## Doctor “I.” and so many others violate their pledge as physician/psychiatrist

When the mother of M. began to read her questions at the first meeting with the staff of the Psychiatric Department starting with the words: *“The first pledge of every medical doctor is not to do harm to the patient...”* Doctor “I.” immediately confirmed this point. So, he is well aware of the pledge he has made. But how does reality look? It is worth reflecting on the various promises in the light of reality: At the 2<sup>nd</sup> General Assembly of the World Medical Association in September, 1948 the Geneva Declaration was agreed upon which says: *“As a member of the medical profession: (1) I SOLEMNLY PLEDGE to dedicate my life to the service of humanity.”* Wow, what a wonderful promise. On my side it is also in the service of all people who will ever have something to do with the medical system, particularly psychiatry, that I am offering my testimony and conviction regarding what I know to be true.

(2) *“THE HEALTH AND WELL-BEING OF MY PATIENT will be my first consideration.”* If Doctor “I.” meant that the wellbeing of M. is his first priority in taking care of him, then how is it possible that he is not interested at all in what is on the heart and mind of the person who is closest to the heart of M., who loves him a million times more than Doctor “I.”? It does not make sense at all to claim to be concerned about a person, promising to do your very, very best, as was done in that meeting in the mental ward, and then say it is a waste of time to answer questions from the side of the one with whom the ‘patient’ is most closely connected.

(3) *“I WILL RESPECT the autonomy and dignity of my patient.”* How much respect has Doctor “I.” shown toward M.? The aforementioned point of ignoring the concerns of his mother is already a sign of disrespect and, of course, also the doctor’s attitude of not letting M. know what he wanted to know most of all from the very beginning — when would he be allowed to leave the psychiatric ward again, besides other fundamental points like M. not wanting to be drugged, for which at no point any need existed.

(4) *“I WILL MAINTAIN the utmost respect for human life.”* Does human life consist merely of flesh, organs, and other matter or is it intrinsically connected with a person’s soul, his innermost heart where all the final decisions are made? Tragically, Doctor “I.” ignores the spiritual self of M., declaring him to have a mental disorder or illness if he has spiritual experiences like millions of Christians do...

(5) *“I WILL NOT PERMIT considerations of age, disease or disability, creed, ethnic origin, gender, nationality, political affiliation, race, sexual orientation, social standing or any other factor to intervene between my duty and my patient.”* Yet, what does it say in the report about M.? That his mother is a member of a sect and that she has a friend who is also in that sect. First of all, this claim is not true and secondly, why are such statements included in a medical report?

(6) *“I WILL RESPECT the secrets that are confided in me, even after the patient has died.”* In this case, Doctor “I.” has the opposite problem. He and his colleagues have shown no readiness whatsoever to share the medical reports about M. with his mother although she has been asking for them again and again for many weeks and her son signed that he wants her to see them!

(7) *“I WILL PRACTISE my profession with conscience and dignity and in accordance with good medical practice.”* Also, in this respect, great doubts are called for, especially with respect to avoiding medical malpractice, which is fully confirmed in the case of M. What does the conscience of Doctor “I.” say when he sits alone in the office, close to dozing off, while M.’s mother is outside full of questions and he does not show the readiness to answer even a single one of them in written form as M.’s parents have requested from the very beginning?

(8) *“I WILL FOSTER the honour and noble traditions of the medical profession.”* In this point, many questions must urgently be asked. Yes, there is a certain tradition of sincere people working in the medical field having made great sacrifices for the sake of helping patients who need assistance when being sick

due to one or another 'illness' defined by some doctors. But the opposite is just as well a reality in the form of countless physicians having misused their position and even supporting certain people's premature death in order to get some of their fortune. The details can be read in the respective literature. What is important to be aware of is the fact that medical doctors are likely to look down on priests who misuse children, etc. whereas such crimes can just as well be found in great numbers particularly among psychiatrists as numerous court verdicts in this respect confirm.

(9) *"I WILL GIVE to my teachers, colleagues, and students the respect and gratitude that is their due."* How about honoring those in the parental position; in the given case, the mom and dad of M.? Already on the fourth day of M. staying in the mental ward, the doctors sent a letter to the children's protection service because his parents opposed their son being drugged and detained in the psychiatric ward with the consequence that they lost the right of custody over their child. The reason? They did not agree with their healthy son being medicated.

(10) *"I WILL SHARE my medical knowledge for the benefit of the patient and the advancement of healthcare."* What kind of knowledge do psychiatrists have to offer? This is one of the core points that must be addressed not only in connection with M. having to stay for many weeks in the mental hospital as a healthy young man, but also regarding all other patients who become the victim of medical malpractice due to ignorance, manifested in physicians knowing actually very little about how the body really works, especially that it is able to deal with any health issue without the need of any artificially created drug.

(11) *"I WILL ATTEND TO my own health, well-being, and abilities in order to provide care of the highest standard."* Unfortunately, the general reality is indeed very bad in the field of healthcare, a fact which once again became obvious during the so-called corona crisis where all kinds of totally unreasonable measures were fully supported by the medical establishment.

(12) *"I WILL NOT USE my medical knowledge to violate human rights and civil liberties, even under threat."* Tragically, the opposite has become a reality in the case of M. He was kept in a mental hospital against his will for many weeks as a healthy teenager and the right of custody was taken from his parents because they did not buy into the lies they were told. Instead of defending people's liberties and rights, Doctor "I." and others supported their being taken away from people!

(13) *"I MAKE THESE PROMISES solemnly, freely, and upon my honor."* What kind of honor is left in the heart of Doctor "I." and so many others who are guilty of grave medical malpractice? Irrespective of whether the judge pronounces such a verdict or not, the facts remain facts as they are. The content compiled in this book in connection with the case of M. provide more than enough evidence where the real problem lies — in the hearts and minds of physicians, particularly psychiatrists, who misuse their position in manifold ways.

The truth is always bound to come to light — and it is in the light of the truth about all those who are responsible for the situation into which M. was put that it has become crystal clear where each one of the centrally involved persons stand.

The motivation behind pointing out what Doctor "I." or others are doing wrong is not personal. It lies in the desire for all evil practices to be exposed as precondition for them to be recognized by the public and thoroughly removed, a task which must urgently be done with respect to conventional medicine, particularly, psychiatry.

## Will you remain in the realm of deception or move out from it into actual reality?

Imagine for a moment the world already knew by 2020 of the many erroneous concepts of modern allopathic medicine, and consider what was reported in the mainstream media with Covid-related topics being in the news day by day, such as measures taken against the fictive virus that causes people to get sick, lockdowns, quarantine, mask wearing, etc. None of this would have been broadcast and it turns out that hardly any other non-Covid related content would remain. Everybody has been talking about things which do not exist, starting with dangerous viruses, getting infected with mutations of alleged pathogens, and vaccines that supposedly protect against SARS-CoV-2. Enormous amounts of fake news was spread, a process which continues until this very day.

The tactic of magicians is applied by distracting people's attention to the wrong place while criminal acts are performed, moving hundreds of billions of dollars from the pockets of ordinary citizens into the pockets of a super-rich elite. The show must go on and it successfully does with people being prepared for new plandemics, whereas only a few know about what is actually happening, which includes preparations of the instigated corona crisis not only in the event 201 but also other tabletop exercises like "*International Response to Deliberate Biological Events*" [\(31\)](#). All of this is possible due to a totally wrong view of human beings based on materialist concepts where solutions are sought only in the material world, even to the extent of thinking that taking pills is helpful in resolving mental issues. Although the gene theory was shown to be invalid by 2006, it is still used as a basis for the wrong theory of infectious diseases. In the case of mRNA vaccines, the attention is drawn to spike proteins which are merely imagined and not real, as if they were the problem whereas it is the nano particles that are hardly mentioned which cause the most harm, including people's sudden death after receiving the Covid shot.

The deception is so huge that it is very true what was said already long ago: it is easier to deceive people than to convince them that they have been deceived because knowledge is usually connected with emotions and, if these are very strong, then the truth does not matter much anymore, especially in connection with negative emotions like fear. So we have a situation where the majority of people are stuck in all kinds of completely wrong concepts unable to have a critical look at themselves.

The key to leaving the realm of being a victim of ignorance lies in gaining enough self-confidence to believe fully in yourself, in your body's ability to respond well to all kinds of challenges without the need of any medical intervention, a fact that is clear for anybody who is aware of the universal biological laws as explained, e.g., this website [\(32\)](#) with many free lectures to gain the necessary knowledge. The issue is not to believe this or that explanation but to know for certain, based on your own experiences of being attentive to what your own body shows you.

Physicians study at medical universities theories rooted merely in a materialist worldview that are bound to be incorrect in the first place, as every person, as a spiritual being, has an inner heart and soul where all decisions are made, which then become visible not only in the behavior of people but also in how well their body functions. To move out of the realm of deception into dealing with actual reality means, therefore, to stop trusting those who are unable to give the correct advice and to find out for yourself how you can best support the beneficial biological processes that are activated to restore the full health of a person.

## Almost all the treatments are only symptom control measures and not curative

The psychiatry professor and scientist, Dr. Lena Palaniyappan, states that *“Most severe psychiatric disorders, about 75 percent, start in teens or pre-teens and then become a life-spanning illness. **Almost all of the treatments we have are only symptom control measures; they are not curative. We do not know how to reverse the underlying processes.**”* This is the truth regarding the actual ability of psychiatrists to help their patients. They do not have a cure to offer but only the management of symptoms and are doing a very bad job as countless failures to help people confirm.

Why do specialists not know how to reverse underlying processes which lead to mental disorders? The answer is obvious: because they look in the wrong place. They think that the brain creates problems whereas in reality it is in the inner heart of a person, in the soul, where issues arise that manifest some mental health issue. In the case of M., the specialists could not find out what caused his alleged psychosis and they do not know how to reverse the process that has supposedly caused him to have a mental disorder. For this reason, they are definitely not in a position to help him. Accordingly, they do not have the right to demand that he has to take the drug which they chose for him to take for one year or more because their claims are not based on scientific knowledge but on ignorance paired with some opinions, which they learned at school or created themselves.

Dr. Lena Palaniyappan makes it clear: *“**Understanding compensatory processes will open the door to new ways of addressing many mental health problems.**”* This hopeful statement was made a few months ago and is waiting since then to be implemented. But nothing much is happening because most psychiatrists are not really interested in gaining a deeper understanding of compensatory processes in the brain due to the fact that knowing them will lead to the conclusion that no drugs are necessary to treat mental disorders, as the brain has the ability to restore balance in its manifold functions.

That would mean that they have to stop their job because if they do not prescribe medication they will be sued, as Doctor “I.” told the mother of M. Many psychiatrists know about the Nordic Cochrane Centre in Copenhagen and what its director affirmed: *“We know that antipsychotics shrink the brain in a dose-dependent manner and antidepressants also seem to cause permanent brain damage.”* **Aripiprazole may change M.’s brain and it can damage it permanently!** If they did not know about such facts before, they were informed about them by the mother of M. But do they care?

The official literature makes it clear: *“Because Abilify affects how your brain works, suddenly stopping the drug may lead to withdrawal symptoms. This is especially the case if you have taken it over an extended time... Aripiprazole works by acting on various receptors in the brain... It works by changing the activity of certain natural substances in the brain.”* The experts do not know how mental disorders are created but prescribe medication to correct or at least improve the situation. To claim I can repair something about which I do not know its function shows nothing else than a mental disturbance, which is unfortunately widespread among the experts on the mind.

In the first meeting, Doctor “I.” emphasized that, *“We always look for the cause — yes — not to give just drugs. We never do that.”* They looked for a cause and did not find one, yet they insist that M. has to take aripiprazole. Such behavior has nothing to do with working scientifically, yet it is fully supported by the authorities and even parents’ custody over their child is removed if it stands in the way of implementing unscientific methods!



## The 2021 World Mental Health report shows one quarter more mental health patients

By 2020, the number of people suffering from mental health problems has risen to one billion and from there it increased 25% so that the number reached 1 billion and 250 million people worldwide, with close to one fifth being children and young people. So we have one out of 6 or 7 people who struggle with some psychological issue. The leader of WHO deplored that for years mental health has been neglected. But should we not look deeper to recognize **what causes people to get a mental health problem** to begin with? And why is not more invested into helping people to remain fine in every respect, not only on the bodily level? These are decisive questions which we answer collectively as a society.

Upon a closer look, it is clear that this area is neglected because it enables a good business for Big Pharma in connection with anti-psychotic drugs because, if the population was mentally fit, it would mean much less income for the producers of pills. There is no interest from the side of the government, which is heavily influenced by the medical-industrial complex, to do anything about this ever so tragic reality concerning mental health. Very sadly, from the side of psychiatrists and psychologists, the investment into true mental health is also rather poor, which could be witnessed once again in the example of how M. was treated in the mental hospital.

The WHO reports says that *“Mental health is critically important to everyone, everywhere. All over the world, mental health needs are high but responses are insufficient and inadequate.”* Therefore, WHO highlights the urgent need to transform mental health and mental health care. But in which way concretely? What should be done is not happening, namely, to really put the inner wellbeing of people at the center of attention. We live in a world dominated by materialism to the extent that most people take a pill when they do not feel fine even when it is about their inner struggles, failing to recognize that swallowing some chemicals in the beautiful form of a shining pill will never solve their problems.

It is emphasized that mental health is a lot more than the absence of illness: *“it is an intrinsic part of our individual and collective health and well-being.”* As this World Mental Health report shows, we need to transform our attitudes, actions, and approaches to promote and protect mental health and to provide and care for those in need. This is what is being requested, but what is done about this grave need to truly focus on the inner wellbeing of all people? Are those who invest, especially in this area, supported? In the case of M.'s mother, who has been appealing over and over to the hospital staff to look deeper and then deprived of the right of custody over her son because she did not agree with the superficial attitude of those in responsible positions, which went so far as to totally ignore her questions as if they are not relevant at all and calling it a waste of time to respond to the concerns of a deeply loving mother.

The correct call for action is made: *“We can and should do this by transforming the environments that influence our mental health and by developing community-based mental health services .... As part of these efforts, we must intensify our collaborative action to integrate mental health into primary health care. In so doing, we will reduce suffering, preserve people's dignity and advance the development of our communities and societies. Our vision is a world where mental health is valued, promoted and protected; where mental health conditions are prevented; where anyone can exercise their human rights...”* That is the theory, yet when it comes to the practice the overall situation is very bad, as confirmed, e.g., in how the situation of M., having been detained as a completely healthy young man in a mental ward, is handled.

## 1 billion people worldwide suffer from a mental disorder: What needs to be done?

The *Lancet Global Health* published an article in 2020 on mental health where you learn that, *"This year's campaign theme, developed by WHO, United for Global Mental Health, and the World Federation for Mental Health, recognises that investment in mental health has not matched rising global awareness of the scale of the problem in recent years. The campaign slogan 'Move for mental health: Let's invest' calls the world to action and, for the first time, will be accompanied by a global online advocacy event."*

*"Almost 1 billion people worldwide suffer from a mental disorder. Lost productivity as a result of two of the most common mental disorders, anxiety and depression, costs the global economy US\$ 1 trillion each year. In total, poor mental health was estimated to cost the world economy approximately \$2.5 trillion per year in poor health and reduced productivity in 2010, a cost projected to rise to \$6 trillion by 2030."*

How do you feel about such dimensions? So much money is spent in connection with people being mentally ill. Is this not enough reason to have a second look to check if financial resources are invested wisely? Considering the huge gravity of the problem, an in-depth investigation is surely worth the effort. Such a project is of utmost importance especially in the light of the fact that happy people are much more efficient in their endeavors and hardly sick compared to those struggling with all kinds of unresolved inner issues.

In the here-mentioned article it says that, *"The economic case for investment in mental health is strong: for every \$1 invested in scaled-up treatment for depression and anxiety, there is a \$4 return in better health and productivity. The Lancet Commission on global mental health and sustainable development, published in 2018, called for a partnership including academic institutions, UN agencies, development banks, the private sector, and civil society organisations to mobilise, disburse, and invest funds to transform mental health, stating that 'When it comes to mental health, all countries can be thought of as developing countries.' This is a statement that certainly rings true in 2020, with the clustering of multiple social determinants of mental health — fear and anxiety about COVID-19, emotional distress resulting from illness, bereavement, unemployment, income loss, and loneliness due to social isolation - all interacting, and generating or exacerbating mental health problems at a global scale."*

The definition of a developing country includes striving to become more advanced socially. What needs to be done in this respect is support the mental health of individuals as the foundation for a nation to prosper with well-functioning relationships among its citizens being one of the core factors. Here is where, more than anything, thoroughgoing investments must be made to ensure the best possible mental health of the population.

A UN policy brief published in May stated that, *"This historic underinvestment in mental health needs to be redressed without delay to reduce immense suffering among hundreds of millions of people and mitigate long-term social and economic costs to society."* The COVID-19 pandemic marks a turning point and, according to the Lancet article, moving mental health up the list of global health priorities is necessary, with the conclusion that, *"As countries struggle to rebuild their damaged economies, they must accept the reality of the financial toll of mental ill-health and invest wisely now."* The wisest step is always prevention so that one can prevent having to deal with the consequences of failed policies in the future that are at the root of today's miserable overall situation.

## The wrong approach of doing mental health screening of children

Psychiatrists are busy defining illnesses and diagnosing people with one or the other of them instead of focusing on helping the population remain mentally healthy and to never come into the situation of needing a doctor. Instead of concentrating on the latter, young students are confronted with questionnaires on their mental health which include embarrassing, personal, and potentially upsetting questions that psychiatrists have worded in such a way that no student could escape being labelled mentally ill at some point during their education. These questionnaires can result in psychological or psychiatric intervention in the lives of a child and his or her family — often against their will.

Parents should know that if psychiatrists or psychologists are using schools to test or assess their child, they have the right to say no and to refuse to have their child tested or drugged, although reality may be very different. The only groups to benefit from such screenings and coercive drug treatments are psychiatry and the pharmaceutical industry. Parents should unite to get psychiatric screening expelled from schools.

One of the most common screening questionnaires is The Strengths and Difficulties Questionnaire based on the criteria included in the *Diagnostic Statistical of Mental Disorders* or the *International Classification of Diseases*. Questions, filled out by a parent or carer who answers 'not true,' 'somewhat true,' or 'certainly true.' include for 3 to 4 year-olds: "*Considerate of other peoples feelings? — Restless or overactive cannot stay still for long? — Often has temper tantrums or hot tempers? — Constantly fidgeting or squirming? — Often unhappy, downhearted or tearful? — Easily distracted, concentration wanders? — Nervous and clingy in new situations, easily loses confidences? — Often argumentative with adults? — Can't think things over before acting? — Many fears, easily scared?*"

For 11 to 16 year-olds, filled out by the young person, questions include: "*I try to be nice to people, I care about them? — I get very angry and often lose my temper? — I worry a lot? — I have one good friend or more? — I am often unhappy, downhearted or tearful? — I'm easily distracted. I find it difficult to concentrate? — I am nervous in new situations. I easily lose confidence? — I am often accused of cheating or lying? — I have many fears, I am easily scared? For Separation Anxiety: Who are you particularly attached too? — Overall, in the past month, have you been particularly worried about being separated from your (attachment figures cited in first question)? — Have you often been worried either about something unpleasant happening to (attachment figure), or about losing them? — Have you worried about sleeping alone? — Were you like this by the age of 6?*"

Valid questions are asked, but the tragedy lies in the fact that the so-called experts on the mind do not help the youth to be considerate of other people's feelings or calm and peaceful inside so that extreme changes in moods can be avoided. They do not provide guidance for better concentration in doing their studies so that youngsters are not easily distracted. Most of all, they are failing to guide children toward becoming more happy and self-confident so that they will think things over before acting and not allow fear to hinder their development. The specialists on the mind do not teach young ones how to be nice to people and to care about them properly. They are not interested in providing guidance on how to avoid getting very angry and losing your temper. Nothing is being taught about how to gain good friends and, most of all, about how to be truly happy. But when somebody has too many fears, then they are there with their set of pills of all colors, to be prescribed for the innocent victims to take.

Yes, this is how the overall situation looks: instead of helping people be in good shape physically and mentally, doctors serve the interests of the medical industrial complex which does not care about people being completely fine but about getting ever more customers for their products.

## If the experts on the mind did their job well, no patients would have to be treated

Psychiatrists prepare many questions but do not help children and adults to develop loving relationships that are steadfast such that a separation anxiety or other unnecessary worries can never arise. The same applies for social and specific phobias. The relevant questions are asked: *“Overall, do you particularly fear or avoid social situations which involve a lot of people, or meeting new people, or doing things in front of other people?”* Yet, what is being done to help the youth to learn the right skills in dealing with people? More or less nothing. And herein is where the huge tragedy lies because all mental illnesses could be avoided to begin with if the specialists had prepared a manual for mental health instead of their *Diagnostic & Statistical Manual*.

Psychiatrists encourage children to check whether they have particularly been afraid of anyone of the following social situations: *a) meeting new people? b) meeting a lot of people, such as at a party? c) eating in front of others? d) speaking in class? e) reading out loud in front of others? f) writing in front of others?* But they do not provide the educational materials for them to learn how to welcome new people, how to have an embracing heart for newcomers, how not to be shy in front of others, how to gladly read out loud for others to learn something new, etc. The right questions are compiled: *“In the past month, have there been times when you have been very sad, miserable, unhappy or tearful? — In the past month, have there been times when you been grumpy or irritable in a way that was out of character for you? — In the past month, has there been a time when you lost interest in everything, or nearly everything, you normally enjoy doing?”* But no guidance is compiled by the experts on how to keep a joyful mind and how to handle painful situations.

Concerning troublesome behavior, students are asked: *“Over these last 12 months, a) have you often told lies in order to get things or favors from others, or to get out of having to do things you are supposed to do? b) have you often started fights? c) have you often bullied or threatened people? d) have you often stayed out after dark much later than you were supposed to? e) have you stolen from the house, or from other people’s houses, or from shops or school? f) have you run away from home more than once, or ever stayed away all night? g) have you often played truant (bunked off) from school?”*

Yet, what is being done to guide young people to recognize the importance of always being honest and to not deceive others for personal advantage? In which way are they educated to recognize the value of being responsible and to gladly be held accountable for their actions? How does education for peace provided by the specialists on issues of having a healthy mind look like? Which kind of materials are provided to help the youth to be aware of the importance of acting in line with the Golden Rule not to do to others what you do not want them to do to you? Again, the very sad answer is: more or less nothing, yet they set themselves up as the judge over good and evil and deciding who needs to be drugged, whereas they are doing a very miserable job, as has surely become a reality in the case of the psychiatrists at the University Hospital failing to recognize that M. is a completely healthy teenager, both in mind and body.

The Adolescent Well Being Scale was devised to pick up possible depression in older children and adolescents and involves asking 18 questions about their thoughts and feelings and asking children whether they feel like that some of the time, sometime or never. It’s used on children 7 to 16 years-old: *“I feel like crying? — I feel like leaving home? — I get stomach aches/cramps? — I think life isn’t worth living? — I have horrible dreams? — I feel very lonely? — I feel so sad I can’t hardly bear it? — I feel very bored?”* etc. It is truly outrageous that psychiatrists set themselves up as the judge over all people, starting with young ones, diagnosing and even detaining them in mental hospitals or taking them away from their parents based on their answering positively to these and other questions while doing absolutely nothing to help the precious youth find deep meaning in their life.

## Today 3 times as many mental illnesses are listed than 70 years ago

The website [\(33\)](#) provides a good overview concerning what is at stake if we allow the marketing of madness to continue. So far, you could learn about many aspects of the situation M. was put into in the overall context of how bad reality has become in conventional medicine, particularly psychiatry. Considering the amount of information provided in these pages, it is important to keep a clear mind to be aware of the core points, which include in the case of psychiatrists that in nearly all other areas which have become corrupted, money as the key factor.

The reality which we all need to face in this respect is none other than the fact that psychotropic drugging is big business, about which Dr. Tomas Szasz, professor of psychiatry emeritus, long ago came to the conclusion that, *"Psychiatry is probably the single most destructive force that has affected society within the last sixty years."* Additionally, the high-income partnership between psychiatry and drug companies has created an 80 billion dollar psychotropic drug profit center.

If we ask the question, *"How valid are psychiatrists' diagnoses — and how safe are their drugs?"* and then dig deep beneath the surface, we will find the truth behind marketing schemes and scientific deceit that conceal a dangerous and often deadly sales campaign. For this reason, we have to ask the relevant questions and make sure that the many crimes in connection with medical drugs are exposed and eliminated, no matter how difficult this task may seem to be.

At the root of today's tragic reality stands the selfish desire of egoistic people who do not mind sacrificing others for their own benefit, in this case using psychiatry as a means to raise their drug sales. For this purpose, they got most of them and the majority of the population to believe that the way to fix unwanted behavior is by altering brain chemistry with a pill. By naming more and more unwanted behaviors as so-called medical disorders requiring psychiatric medication, they have been able to raise the profits to ever higher levels. One has to ask the relevant questions: *"How did psychotropic drugs, with no target illness, no known curative powers and a long and extensive list of side effects, become the go-to treatment for every kind of psychological distress? And how did the psychiatrists espousing these drugs come to dominate the field of mental treatment?"* The answer is obvious: the work of Big Pharma lobbyists made such unfortunate developments possible on the foundation of influencing the medical field for many decades.

Antidepressant drugs were declared as lifestyle drugs for a choose-your-mood society, yet over the years more and more harmful side effects became visible, and Prozac alone accounts for an estimated 4 million adverse events within a decade. This terrible development continues with ever more miracle drugs being promoted which, in the end, only add to the hundreds of millions of victims of medical malpractice in the name of wanting to help people. So, one has to seriously ask: how much longer will people continue to believe false hopes and artificially created hype before they recognize the outright lies, deception, and medical fraud underneath the ever worsening situation?

Another relevant question one has to ask is, *"Without any scientific lab tests showing the presence or absence of mental problems, how does psychiatry's diagnostic system work and how did it become so prevalent?"* The key to answering this question is the bible of psychiatry, the *Diagnostic and Statistical Manual of Mental Disorders* published in 1952, listing at that time 112 mental disorders, whereas this number has risen more than 3-fold to 374 in the present 5<sup>th</sup> edition. For this reason, one has to seriously ask: did the population of the world really deteriorate so greatly that it is now mentally so much more sick than in the middle of the past century, suffering from 3 times more mental illnesses?



## What must be known about the Diagnostic and Statistical Manual of Mental Disorders

As emphasized by the Citizens Commission on Human Rights, one of the most important things to know about psychiatry is the complete lack of science supporting its system of diagnosis and its treatments. None of the 374 disorders described in the *Diagnostic and Statistical Manual of Mental Disorders* has ever been proven to exist by observable pathology or objective tests. Instead, a panel of psychiatrists arbitrarily define symptoms of each mental disorder and then literally vote on their suitability for inclusion in the standard 'Bible' of psychiatrists. This system is subjective and ambiguous with an ill-defined terminology or altogether undefined, as it is the case with the term psychosis which was put on M. in the version F 23.9.

On the website of the Citizens Commission on Human Rights, reality is described in this way: *"In spite of such serious and fundamental flaws, this system is widely accepted as the benchmark for both judging human behavior and determining treatments in courts, prisons and schools. In many countries, the DSM forms the basis of mental health services billings to insurance companies and bogus 'mental health screening.'*

*"By medicalizing everyday problems, psychiatry has fraudulently labeled millions as mentally ill, and either forced or convinced them to adopt prescription psychotropic drugs as a routine part of their lives. As a result, psychotropic drug consumption has escalated with 100 million people worldwide now taking these drugs, 20 million of whom are children."*

Such is the shocking reality which is worsening day by day. For this reason it is decisive to join forces to help everyone become aware of what is going on in the field of psychiatry with ever more people becoming the victim of false diagnoses and of antipsychotic drugs' harmful effects on the human body. M.'s mother is dedicated to offer her contribution in this respect by making the situation of her son public so that not only the people in his homeland but whoever is interested can find out how reality looks in connection with the work of psychiatrists supported by the state authorities.

The scientific myths and hype with which psychiatry has managed to surround its diagnostic system and treatments must definitely be exposed and the work of those supported who see it as their duty to ensure that government policy and regulations provide the strongest warnings about psychiatric treatments.

Tragically it is very true what is expressed in the following lines of the message from the president of the Citizens Commission on Human Rights, Jan Eastgate: *"Through psychiatrists' false diagnoses, stigmatizing labels, easy-seizure involuntary commitment laws, brutal, depersonalizing treatments all over the world, thousands needlessly fall into their coercive system every day. It is a system that exemplifies human rights abuse and denies individuals their inherent rights. Scores of parents are denied the right to choose the kind of education their child should be given, are coerced into administering mind-altering psychiatric drugs, or forced to subject their children to mandatory 'screening' for mental disorders for which no scientific evidence exists."*

On the other hand, it is clear that mental health can be supported through effective mental healing delivered in a calm atmosphere characterized by tolerance, safety, security and respect for people's rights. It is very true that, *"By restoring individuals to personal strength, ability, competence, confidence, stability, responsibility and spiritual well-being... Using highly trained, ethical practitioners who are committed primarily to the well-being of their patients and their patients' families, not financial gain."* This description bears no resemblance to mental treatment under psychiatry today. Psychiatry does not produce mental health, but rather mental ill health and millions of ruined lives. For this reason, it is decisive for all people to know the truth about psychiatry and to fight for evil practices to end, a task to which M.'s mother is certainly dedicated.



## Core points to be aware of in order to recognize the dangers of psychiatry

The importance of having a truly sober look at reality regarding psychiatry cannot be emphasized enough because reality is much worse than one would imagine. What has been happening during the past decades is not only an increase in the number of mental illnesses freely created by psychiatrists, but also an ever wider net is cast to encompass ever more people with the result that, e.g., half a million children and teenagers in 2007 took at least one prescription for an antipsychotic. Antipsychotic drugs, powerful chemicals designed originally for only the most seriously mentally troubled, are now a 25-billion-dollar industry. Antidepressant sales in the United States rose from 1 billion to 11 billion dollars merely between 1990 and 2003, and from there it continues to climb to never before seen heights.

What is happening is nothing less than selling sickness to worried people to create more drug customers by convincing essentially well people that they are sick, or slightly sick people that they are very ill. Yes, this practice stands at the core of the evil that is everyday reality in the case of most psychiatrists who eagerly prescribe drugs based on disease mongering as a highly successful strategy that turns common life situations into psychiatric disease states, getting people of every walk of life to worry about the latest mental illness and to demand a pill. All of this is only possible because people do not make much effort to cultivate their internal situation, which makes them more vulnerable to believe the so-called experts that they have the correct answer when they face some inner struggle.

The pernicious influence of psychiatry has wreaked havoc throughout society. Citizen groups and responsible government officials should work together to expose and abolish psychiatry's hidden manipulation of society. Ultimately, every citizen must become aware of this very serious problem because, *"Psychiatrists have ensured that more and more people are being deceived into thinking that the best answer to life's many routine problems and challenges lies with the 'latest and greatest' psychiatric drug."* As Jan Eastgate put it, it is clear that children or adults simply need educational solutions and a helping hand to learn how to deal with emotional challenges. If this is done well then mental disorders will never arise because issues are resolved and consequently disappear. They stop being a problem as soon as the needed lessons are learned. Taking a pill will never ever do the trick. To the contrary, people are deceived to believe that prescription drugs help, only to find out that in the long-run they only harm the body.

Mental healing treatments should be gauged by how they improve and strengthen individuals, responsibility, spiritual wellbeing, and thereby society. Yes, this is the right attitude which needs to become commonly aware among all people so that problems are seen as positive challenges that allow us to grow in our personality, ultimately in the way we relate to others. If we do well in this central task, we will never come into a situation of having to deal with a psychiatrist unless you are put into a mental ward against your will as became a reality for M.

Illegal drugs are recognized as a major threat to children and society, yet during the last 40 to 50 years there have been major worldwide changes in people relying on another type of drug, namely prescription psychiatric drugs, even to the extent that a big part of the population finds it hard to imagine a life without drugs. From the cradle to the grave, we are bombarded with information pushing us towards this artificial 'solution' so that, e.g., the worldwide sales of antidepressants were around 20 billion dollars in 2002 alone. As you can read in the book on The Tranquilizing of America, although mind-altering psychotropic drugs may appear "to 'take the edge off' anxiety, pain, and stress, they also take the edge off life itself ... these pills not only numb the pain but numb the whole mind." The drugs can only chemically mask problems and symptoms. Once the drug has worn off, the original problem remains. As a solution or cure to life's problems, they do not work and will never be able to solve problems. This is a core fact every human being needs to know absolutely for certain.

## The failure to feel responsible for one's actions enabled the great influence of psychiatry

Any developments in a good or bad direction begins in the heart and mind of people. On the negative side we see, e.g., British psychiatrist John Rawlings Rees, a cofounder of the World Federation for Mental Health (WFMH), who addressed a National Council of Mental Hygiene in 1940, stating that, *"Since the last world war we have done much to infiltrate the various social organizations throughout the country...we have made a useful attack upon a number of professions. The two easiest of them naturally are the teaching profession and the Church...."*

Why would experts on the mind "attack" educators and religious leaders? Because they are competitors in the battle for the soul of people. Good education includes a moral upbringing that is supported by religion and, on the other side, we see that psychiatrists seek to replace religion with their 'soulless science' based on their materialistic worldview.

Another cofounder of the WFMH, psychiatrist G. Brock Chisholm, reinforced this master plan in 1945 by targeting religious values and calling for psychiatrists to free *"the race...from its crippling burden of good and evil."* The goal of such people is to usurp age-old religious principles to set themselves up as the ones who decide what is right and wrong in the guise of wanting to help people resolve mental issues whereas, in reality, they are acting out their self-centered desires where they use and misuse people for their goals.

In his book, *The Death of Satan*, Andrew Delbanco refers to the disappearing "language of evil" and the process of "unnaming evil." Until the emergence of psychiatry as a dominating factor and other unfortunate developments, societies have operated with very clear ideas on "moral evil" because human being are created to be good and, therefore, it is important to know what is bad. Whereas in the past it was churches and religious schools where people learned how to be good and to avoid doing something wrong, today psychiatrists take that place, not out of concern over the decline of religion but to get their view established as the standard according to which all people should behave.

Instead of dealing with the reality of people making good and bad choices in line with the standard they practice according to their spiritual development, psychiatrists offer people an excuse for their misdeeds, claiming that it is not their fault but that they are afflicted with some mental illness that has its origin in a certain deficiency in the human body. Step by step, very different terms have been introduced to substitute for the ones used by priests and pastors where *"behavioral problem"* or *"personality disorder"* are two among many others used instead of naming what is actually happening with people making bad choices or being the victims of the actions of evil people.

Delbanco describes these as notions *"...in which the concept of responsibility has disappeared and the human being is reconceived as a component with a stipulated function. If it fails to perform properly, it is subject to repair or disposal; but there is no real sense of blame involved....We think in terms of adjusting the faulty part or, if it is too far gone, of putting it away."* To take responsibility for your action with the readiness to be held accountable for them is a core component of a good society where the freedom of the individual is secured. The more the healthy attitude of feeling responsible for what I am doing disappears, the more room is created for false ideologies to enter. From this standpoint, the collective failure to hold individual responsibility in high esteem stands at the core of why psychiatry, with totally wrong concepts, could come to dominate people's life to the extent it is happening today.

Many kinds of developments, including technological progress which allows people to lead more comfortable lives, have led to their being generally less concerned about cultivating (religious) traditions and a high standard in their spiritual life. In such a situation of negligence they have become more apt to be deceived, and psychiatrists did a good job in this respect by making people believe that they have the solution to their problems in the form of pills that are capable of changing their brain, etc.

With less and less guidelines for checking, judging, or directing their behavior, most people willingly believe what the so-called experts on the mind are saying. When the difference between true and false, right and wrong, and good and bad becomes more and more blurred or indistinct, people become all the more open to trust that others are clear on these subjects and readily trust that others have the correct solutions.

In a situation where words like ethics, morals, sin, and evil have almost disappeared from everyday usage, psychiatrists are there knowing what needs to be done. They have some miraculous pill for every malady and people generally trust them, in many cases to their own peril, because overall the contribution of conventional psychiatry is much more harmful than good for humankind since their solutions are rooted in a materialistic worldview whereas human beings are definitely, more than anything, spiritual beings who exist eternally and are therefore bound to resolve issues rather than suppressing symptoms by taking some drugs.

Delbanco addresses the core of the problem when he states that, *“The repertoire of evil has never been richer. Yet never have our responses been so weak....We cannot readily see the perpetrator....The malefactors are harder to spot....So the work of the devil is everywhere, but no one knows where to find him....Evil tends to recede into the background hum of modern life....We feel something that our culture no longer gives us the vocabulary to express.”* The way out of such a tragic situation is none other than doing a thorough cleaning up of our own mind to recognize where we stand. Only if we are honest to ourselves and to one another will we have the strength to pursue an uncompromising path which will get us where we should be as true human beings who uphold their dignity as sons and daughters of God, destined to live in a world of goodness. The first step to get there is, of course, being able to distinguish clearly between right and wrong.

The consequences of ever more people failing to adhere to clear moral standards have been devastating for societies around the world where all kinds of problems are dominating people's lives rather than their being true owners who know who they are and what they want in line with their original nature endowed to human beings at the time of creation. Because everyone wants to live in a society without evil and any kind of crime, the good world that people have been longing for throughout history will definitely be realized one day but, presently and since many decades, we are definitely moving in the wrong direction by not caring to have clearly defined ethical standards as guidelines on how to live in such a way that the common good is always secured.

In the course of recent centuries, various kinds of social experiments have been pursued which all ended in failure because the ideological underpinnings have been greatly flawed. This is particularly true for psychiatry rooted in materialism. Although the power of psychiatry seems to be firmly established for good, it is bound to disappear in the end completely because it is built on untruths and deception. Before this can happen, the evils of psychiatry must be fully exposed, a task to which M.'s mother wishes to contribute by letting those who are interested know how the reality behind psychiatric wards looks and what can happen to any healthy person.

*“Until recently, it was religion that provided Man with the moral and spiritual markers necessary for him to create and maintain civilizations of which he could be proud. Religion provides the inspiration needed for a life of higher meaning and purpose. In this crisis, it falls upon religious leaders to take the decisive steps.”* This evaluation is certainly true, and also that it is the people of faith who are called to stand on the forefront of fighting against evil practices in the field of psychiatry.

## How is the task of prevention fulfilled under the guidance of the experts on the mind?

When you inquire about the role of psychiatry you learn that “*psychiatry is the branch of medicine focused on the diagnosis, treatment and **prevention of mental, emotional and behavioral disorders** with the use of medication, neuromodulation, and psychotherapy.*” Therapeutic neuromodulation is “*the alteration of nerve activity through targeted delivery of a stimulus, such as electrical stimulation or chemical agents, to specific neurological sites in the body.*” Psychiatrists claim that in this way they can improve a person’s mental state whereas in reality none of their claims are scientifically proven.

When you ask about prevention of mental disorders through psychiatry you can find out that there are three categories of prevention whereby the primary prevention focuses on preventing disease before it develops, secondary prevention attempts to detect a disease early and intervene early, and tertiary prevention is directed at managing established disease in someone and avoiding further complications. Primary prevention is done by preventing exposure to hazards that cause disease or injury, **altering** unhealthy or unsafe **behaviors** that can lead to disease or injury, and **increasing resistance to disease** or injury should exposure occur.

So the relevant question is therefore: what are psychiatrists doing in order to help people change their behavior in such a way that they will always remain mentally healthy? This crucial point is addressed in the document, “If the experts on the mind did their job well, no patients would have to be treated.” It is important to be truly aware of the extent of the failure of psychiatry and society as a whole to invest in prevention of mental, emotional, and behavioral disorders because huge amounts of money are invested into dealing with mental illness whereas only a tiny percentage of these enormous sums is used for prevention, where the main emphasis should be. In this way, there would be no need for treatment to begin with.

At the website of the Mental Health Foundation you are rightly told that lots of factors influence our mental health, such as our personal history and social circumstances. Primary prevention focuses on stopping people from developing mental health problems and promoting good mental health for all. It is meant to benefit everyone in a community and includes campaigns such as Mental Health Awareness Week or teaching school children about emotion and mental ill-health. Yes, it is decisive to help the young ones just as well as adults to cope well with their emotions, but what is actually done for this purpose? If you compare it with the attention and financial resources that are allotted to psychiatric measures, the glaring difference is obvious to the great disadvantage of efforts aimed at preventing people from having to deal with any kind of mental disorder.

The question is asked: “*How can I take preventative measures to help myself?*” But what about the more important question of those who are paid to prevent mental illness, the psychiatrists, doing their job in guiding the population to remain mentally healthy their whole life long? This is surely possible for everybody if the experts on the mind properly do their primary job of supporting mental wellbeing so that nobody ever needs to enter a mental hospital. Instead of fulfilling this primary responsibility, specialists on mental health are using public money to feed the medical-pharmaceutical complex by prescribing their drugs which are all harmful to the human body while making all kinds of totally unscientific claims, and comes down to nothing less than medical fraud. To deal with this reality is the task of the hour because the overall situation gets increasingly worse, leaving less and less completely mentally healthy people on our wonderful Earth.

## To care of your mental health must be the priority over all other concerns

Why do we need mental health experts? First and foremost, to teach about how to do well in expressing our emotions and how to cultivate a rich and balanced mind so that we will never ever come into the position of being diagnosed with some mental illness and needing some special treatment. If psychiatrists put the main emphasis of their attention into this area then it would become obvious for them how ridiculous it is to claim that swallowing some pills is the solution in the face of how very delicate the whole complex of human emotion actually is.

In 2020, a study found that 63% of UK adults agree that when other people are kind it has a positive impact on their mental health, and the same proportion agree that being kind to others has a positive impact on their mental health. That means the majority of people well know the importance of positive emotion expressed in being kind to each other, but in reality this fundamental area is not at the center of concern for those who are paid to contribute to the overall health of the population, which definitely depends more than anything on each person's mind and the state of their inner heart and soul.

At the website of the Mental Health Foundation you can read that, *"Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected."* It is emphasized that kindness creates a sense of belonging, helps reduce stress, brings a fresh perspective, and deepens friendships. That is certainly true. But where is the investment from the side of the experts on mental health in this field? In which way are they examples in this fundamental task and dedicated to help others to become more loving and caring? The huge lack of investment in this area on the side of psychiatrists confirm their disqualification to contribute to true mental health, as they themselves are far from it. This may be painful to hear for those in question, yet it does not help at all to pretend that things are different from how they actually are, particularly regarding psychiatry, which could offer a valuable contribution to society if it were not so very corrupted due to the materialist view of the world in which their concepts are rooted.

At the here-mentioned website you learn about societal changes that will make the biggest difference to everyone's mental health, which includes helping parents to nurture their children, educating young people to understand and manage their emotions, and building connections in our communities. Yet, what are the experts on mental health contributing to such tasks in concrete terms? The very sad reality is that they are focused on prescribing drugs rather than making sure that nobody needs to come to them with some disorder.

In Britain, the stimulant prescription rate for children increased 9,200% between 1992 and 2000. Internationally, around 60 million people are taking antidepressants known to cause addiction as well as violent and homicidal behavior. They all are victims of deception based on their believing what they were told by psychiatrists only to find out later that they have been misled and put their hope in the wrong place, in pills. Not a single one of them would be necessary if people learned to take care of their inner needs properly, always making sure that their mind and spiritual situation is in good shape. That is certainly possible if the priorities are set right, which with respect to mental health is to cultivate inner harmony as the basis for all functions of the body to perform their tasks harmoniously such that no need for a medical doctor will ever arise.

## Everybody who is declared to have a mental problem must join the drug sect

In a previous reflection based on the excellent report by the lawyer assigned as spokeswoman for M., you learned about the decision of the committee to keep him longer over the coming weeks in the mental ward. The staff succeeded in brainwashing M. so that although at the beginning he was against taking drugs, he now says that, *“he thinks it is helping him,”* as his lawyer spokesperson reported. M. knows that he will not be allowed to leave the place from where he wanted to get out since the day he was put there if he has any doubts concerning taking drugs, which is the first commandment so to speak that must absolutely be obeyed.

One of the staff spoke about the miraculous abilities of the drug M. is receiving. It is capable of regulating his thoughts. He has too many and therefore he must be treated with this drug which will reduce them, so that he can sleep peacefully with nothing to worry about, because he is in the best possible care, in the hands of fervent drug believers who make sure that anybody who comes under their influence is converted to accept their belief system.

Within the walls of the Psychiatric Department, everybody lives in a world of make-believe where their amazing drugs do miraculous things and therefore everybody must be converted to a blind belief in them. That not a single question is allowed was confirmed by the reaction the mother got when an inquiry was offered. The response of the staff was more than clear: *“We will not waste our time answering your questions.”*

Why do they react in such a way? The answer is obvious: they already have their religion and have no interest to convert to another. They are already fully convinced that their dogmas are the best so that it would simply be a waste of time to listen and respond to someone who does not share their belief system that drugs are the one and only solution for whatever health issue one may be faced with. To doubt this core dogma is like a sacrilege that means doom and death, whereby the content of this book reveals what has actually happened in connection with M. having been brought into the loving care of the staff of the fervent drug believers sect. Alas, hardly any are interested in knowing the truth about this reality because it is about a very personal thing: one's religion — one's attitude toward the drug cult.

The problem here is that there should be a separation between the state and religion, but that is not any more the case in most nations on Earth as could be witnessed during the corona pandemic where seemingly the whole world acted in lockstep based on the firm belief that there is an invisible evildoer out there, attacking anybody who comes near them, the dreaded virus SARS-CoV-2. The marriage of the medical establishment with Big Pharma took place already one century ago, and now it is only a question of time before all people have to be absolutely obedient to the World Health Organization's directions should we allow things to go the way they are presently moving. As mentioned, for any kind of health issue whether it is mental or physical, taking pills is the way to go. They are always available in all kinds of shining colors, waiting in the morning, at lunchtime, or in the evening, to be put — maybe in a ceremonial way — into the mouth, similar to the practice of Christians receiving the Holy Communion, the intaking of the holy bread which symbolizes the savior.

The bottom line is none other than the question of whether we **follow the way of true science or we are satisfied to believe whatever we are told by those at the top**. The mother of M. is certainly dedicated to fight for the victory of the truth and bringing facts to light rather than joining one of the modern-day religions, be it the firm believers in viruses with the vaccine as their salvation or in all kinds of pills as the sacred panacea which can deal with any kind of health issue.



## Does the freedom to choose your belief system exist in your country?

Most people would answer such a question with a clear “Yes,” but upon having a closer look it is obvious that this is not at all the case when it comes to the freedom to decide yourself how you handle situations where you do not feel fine. As soon as you are diagnosed with some health problem, in the case of M. a psychosis, you are forced to do what the doctors tell you — to take your pills.

In such a situation it is fair to ask: *“From where do these doctors take the right to claim that they know it better than all other people?”* If you have a sober look at the overall situation, you will realize that in each case one or two people came up with some theory and then others agreed that this could be true and soon a new medical dogma was born that is upheld as sacred truth based on consensus although it is meaningless from the standpoint of science confirmed through control experiments, which are largely absent for the ever-growing number of drugs. In most cases, the control group just receives another pill, which means of course that such a comparison is not valid because it should be made with those who do not take any drugs but use other healing methods.

In the light of what is explained in connection with M. having been put into a mental hospital, it cannot be denied that there is no real difference between believing that drugs help and believing that prayer is the way to support people with health problems. It is important to reflect about this ever so fundamental point to see clearly that indeed psychiatry is like many other fields not rooted in true science. In the end, it is nothing else than a belief system similar to the ones offered by religious leaders. One side has a pill to save people from some illness whereas priests and pastors advocate Christ as the savior and best healer.

Nearly everybody agrees that there should be religious freedom, yet when it comes to another belief system, the drug cult, then suddenly there is no more freedom whatsoever. The drugs must be taken no matter how terrible the side effects may be, which is in the case of chemo in most cases is none other than a premature death in the end, not because of what is defined as harmful growth of tissue but because of poisonous drugs, the burning through radiation, or unsuccessful surgery.

Why do we not have medical freedom so that everybody can freely choose how to best take care of one's health and how to respond when some issues arise, some symptoms appear in the body? Because the treatment is so ineffective, patients are coerced to take it. That is the bottom line, along with alternative healing methods being strongly suppressed. Such is the reality the parents of M. are faced with and their son in the mental hospital: there is no way around him taking drugs for months and maybe years.

It cannot be repeated enough that the real issue behind the case of M. is none other than an unscientific belief system (that of psychiatrists) being pushed on people with the representatives of the ministry of social affairs fully supporting such a course of action. This represents nothing else than a ‘state religion’ being forced on people.

Yes, this is what it all comes down to, and blessed is he who recognizes this fact and does something against it, because tomorrow it may be you who is forced to go through chemo and end up afterward in the graveyard, which is the tragic reality for the vast majority of cancer patients who do not die due to the illness but the treatment. This may be a bitter pill of truth to swallow, but nevertheless is an undeniable reality. There is no way around facing core facts and drawing the consequences by ending this truly unacceptable situation.

## The decisive question: will you continue to support a medical drug cult?

By looking at the overall situation of the medical establishment from a scientific standpoint, it is clear that what is being practiced is none other than a state religion with respect to drugs being worshipped as the one and only solution for health issues, whereby we have a situation of a religious medical dogma being forced on people. Why religious? Because it is like the dogmas people of faith uphold based on some belief system which is not proven by science, in this case that pills are capable of improving the functions in the brain and other organs.

What is the special qualification of medical doctors to make their claims? They simply studied the content of some books just as theologians do with their sacred scriptures. In the end there is basically no difference because both sides offer merely thoughts and ideas, inspirations and revelations put on paper by human beings. Who decides that what medical doctors have to offer is so much better than what spiritual leaders have to say about health and healing, so that everybody must be forced to act in line with modern medicine? If you have a closer look, you will find out that actually it is people promoting the medical-industrial complex who have been pushing the allopathic medicine model for more than one century.

The former minister of health in Germany, Horst Seehofer, admitted in a TV interview that the pressure from the pharma lobby is so strong that political decisions are made according to their desire and not what the politicians actually want to see realized. Collectively, we decide whether we want to live in a world where Big Pharma makes the main decisions for how to take care of our health. This is truly the bottom line in the confrontation between those who cling to the medical dogmas and those who advocate freedom of choice: do we want to live in a free society or do we put the care of our body into the hands of people who are influenced by those who want us to be customers of their drugs our whole life long? Do we adhere to the drug cult which has the motto, *"The more pills the better for the patient"*? Do we allow others to push their belief system on us in such a personal realm as to how our body should be treated and what is best for our health? Such questions are at the core of the situation M. is in and his mother who is dedicated to make sure that the truth comes to daylight not only about how her son is being treated, but especially that similar situations are a reality around the world wherever societies bow down to the pressure from the medical-pharmaceutical complex.

It is understandable that, for most people, it will be quite sobering to face the overall situation as it is and not as one imagines reality is like because the vast majority thinks that they can blindly trust the doctors who know what is best for the patient. That this is not the case was already pointed out whereby it is also true that the closer you look the more outrageous realities you will find, particularly in the way cancer is dealt with.

What is expressed in these documents dealing with various themes in connection with the situation into which M. was put are not opinions but facts and addressed as they are in the light of scientific standards. A scientist is someone who systematically gathers and uses research and evidence, to make hypotheses and test them, to gain and share understanding and knowledge; in other words, a person who is studying or has expert knowledge. This is what is being done in connection with M. being forced to stay at the Psychiatric Department. From this viewpoint his mother is an expert who has confirmed knowledge concerning the core of existing problems connected with health. Why should her insights in line with the standards of science be any less valuable than those of the medical establishment? No justifiable reason exists for such a claim.

## The wrong concepts of the brain promoted by fake experts on the mind

Definitions of the brain include the following: *“It is a complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body,”* and *“It is an organ of soft nervous tissue contained in the skull of vertebrates, functioning as the coordinating center of sensation and intellectual and nervous activity,”* and *“It controls and coordinates actions and reactions, allows us to think and feel, and enables us to have memories and feelings — all the things that make us human.”*

Compare this to the definition of the mind: *“The human consciousness that originates in the brain and is manifested especially in thought, perception, emotion, will, memory, and imagination. The collective conscious and unconscious processes in a sentient organism that direct and influence mental and physical behavior.”*

The definitions of both the brain and the mind represent merely some concepts that people created while leaving many questions unanswered. They are not even reasonable when considering that the brain of some animals are more capable in some areas than the human brain, as pointed out in an article by the *BBC Science Focus Magazine* in 2017.

Why then are there no comparable mental illnesses in the animal world, whereas we see a situation of around 400,000 certified practicing psychiatrists who have more than 10,000 medications available for the nearly 1 billion people who live with a mental disorder? Around 1 in 7 people globally have one or more mental or substance use disorders with close to 3 million people dying due to substance abuse every year. Imagine how reality would look if one in 7 animals had a mental disorder and behaved strangely?

You only need to ask the relevant questions to see how very wrong the above quoted dictionary definitions are. If the brain creates consciousness, then all these animals who have a similar brain than we humans should have some form of consciousness and similar abilities, yet reality shows that the difference is so very enormous that it is impossible to uphold the theory of the consciousness-creating brain. Nevertheless, this is done by those who are incapable of or refuse to think more deeply. It is neither logical nor reasonable to insist that humans have such incredible creative abilities whereas others like our closest relative in the animal world, chimpanzees, have none of it whatsoever.

What it all comes down to is whether we act as homo sapiens who are wise and well use our brain to recognize that it is impossible that consciousness is created by some neurons interacting with each other. It does not make sense at all to claim that all people have basically the same brain structure and similar amount of brain cells, yet we are so very different. No logic whatsoever exists in such a claim but, unfortunately, the so-called experts on the mind are so very blind as to not recognize how very flawed their own contradictory worldview actually is. They are not interested in knowing the truth, but only in promoting their materialistic worldview on which the whole system of modern medicine is built and that has brought forth the evils that are manifested in malpractice by psychiatrists.

The mind is further defined as *“a principle of intelligence; the spirit of consciousness regarded as an aspect of reality. The faculty of thinking, reasoning, and applying knowledge.”* How about using the mind well and answering the truly relevant questions? The experts on the mind definitely have no answers rooted in science but only opinions based on unproven theories that in most cases have little to do with reality.

## The correct understanding of the brain versus the materialist view

At the core of the case of M. having been detained and drugged in the mental hospital stands the opinion that he must take aripiprazole because it will improve the situation of his brain. This is the claim for which no scientific proof exists based on the principles of science where control experiments are absolutely required.

A completely wrong view of the brain is presented in various definitions that speak of neurons controlling thought, memory, emotion, touch, motor skills, vision, etc. It truly represents such a primitive view to think that neurons are capable of being a control center. It does not make sense at all that many nerve cells connected with each other suddenly have such miraculous abilities like remembering things that happened many years ago in all details, even evoking the same emotions a person felt in a particular situation.

The unproven theory is that the brain makes all the decisions necessary to control every process that regulates our body. What kind of miraculous neurons exist in the head of a person to know what is best in every situation in which the body finds itself? The same is true for the claim that the brain is the coordinating center of sensation and intellectual activity. Such a concept is nothing else than a fairytale belief thinking that because nerve cells are connected with each other they suddenly have such amazing abilities as to perform complicated thought processes and even make conscious decisions to harm the body and even to stop its existence through suicide, etc.

One only needs to stop and reflect seriously to recognize how very far distant such ideas of brain cells creating consciousness are from logical reasoning, yet materialistically-oriented scientists stick to this kind of illogical and unreasonable belief out of prejudice against people having an invisible inner heart and soul as spiritual beings rather than being merely a lump of flesh. When you read in the definition that the brain “allows us to think and feel, and enables us to have memories and feelings,” it is obvious that such a dogma is similar to religious teachings only that, in this case, the object of faith is the miraculous brain.

As a medical definition of the mind, 3 aspects are presented: “1. *The element or complex of elements in an individual that feels, perceives, thinks, wills, and especially reasons* 2. *The conscious mental events and capabilities in an organism* 3. *The organized conscious and unconscious adaptive mental activity of an organism.*” Because allopathic medicine is built on a materialist view of the world, it sees the mind as a product of the brain and if something is wrong in the mental state of a person, then the problem must lie in some malfunction which has to be corrected through the patient taking some chemicals pressed into pills.

This is the kind of worldview upheld especially by psychiatrists who are stuck in a prejudice against the substantial spiritual realm and recognize merely what is visible to the physical eyes, imitating themselves to see merely “half of the world of existence” and disqualifying themselves to be in the position of being experts on matters of the mind.

In the aforementioned *BBC Science Focus Magazine* article [\(34\)](#), amazing qualities of various animals are presented that surpass in manifold ways the abilities of the human brain with the conclusion that “*our brains are not so special or superior after all.*” This superficial view corresponds with that of the materialistically-oriented medical establishment which is doing such a poor job in really healing patients because the most important inner reality of human beings is ignored: the eternal spirit or soul, the true guiding center in every person.

The mind is defined as “*the part of a person that feels, thinks, perceives, wills, and especially reasons, the organ or seat of consciousness; the faculty by which one is aware of surroundings and by which one experiences feelings, emotions, and desires, and is able to attend, remember, learn, reason, and*

*make decisions.*” It does not show great wisdom to think that swallowing some pills improves the functions of the brain but the opposite, and people with such a very poor understanding are considered to be the experts on the mind! No wonder that we see 1 out of 7 people worldwide having one or more mental or substance use disorders today when psychiatrists are doing such a poor job helping the population maintain their sanity just as all animals are doing.

Dr. Thomas Szasz, professor of psychiatry emeritus, states that, *“If we are to consider mental disease to be like physical disease, we ought to have biochemical or pathological evidence.”* And if an “illness” is to be *“scientifically meaningful, it must somehow be capable of being approached, measured or tested in a scientific fashion, as through a blood test or an electroencephalograph [recording of brain electrical activity]. If it cannot be so measured—as is the case [with]...‘mental illness’—then the phrase ‘illness’ is at best a metaphor and at worst a myth, and that therefore ‘treating’ these ‘illnesses’ is an equally...unscientific enterprise.”* It is such a primitive view for psychiatrists to blame illnesses and supposed ‘chemical imbalances’ in the brain although these have never been proven to exist. In the absence of confirmed scientific knowledge, their practice is limited to brutal treatments that have done nothing but permanently damage the brains of millions. This crime manifests in electroshocks, totally useless and very harmful psychosurgery, and deadening it with dangerous drugs, and must be brought to the attention of all people to know how reality looks before they themselves become a victim of medical malpractice. The bitter truth is that, in the end, such psychiatry only tears apart and destroys but never works because a problem originating in the heart and soul of a person can never be resolved by operating on the brain.

The correct understanding of the brain is based on recognizing that every human being has an eternal spirit as the causal inner core of every individual. Accordingly, people strive for a deeper understanding of their existence, expressed in the manifold spiritual teachings to which the vast majority of humankind has been adhering to for millennia, whereas ignorant materialists consider appreciation of morality, religion, and worship as a product of brain cells communicating with one another.

The bottom line is that profound knowledge based on true wisdom can answer a million times more questions than those who cling to matter while ignoring the invisible substantial realm at the root of all existence. The closer you look, the more obvious this fact becomes for anybody with an open heart and mind.

In the aforementioned article, amazing abilities of animals that surpass those of humans in many respects are presented, confirming how very specialized the various forms of life are, even surpassing modern technology, yet the author and all others who uphold a materialist worldview fail to recognize that an amazing Creator must exist as the root cause of all the wonders in nature, particularly in human beings if they act fully in line with the principles of creation. One of the direct results of doing so lies in our remaining healthy our whole life long just as animals and plants so long as their natural circle of life is not disturbed.

## Using artificially produced drugs versus allowing the body to heal naturally

One of the underlying issues regarding the situation into which M. was put is the fundamental question of how we approach health issues. Every medical student learns about the Osteopathic Principles: *“The body is capable of self-regulation, self-healing, and health maintenance. Structure and function are reciprocally interrelated. Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.”* The decisive issue is to which extent this understanding is implemented in modern medicine.

Doctors of Osteopathic Medicine use a whole-person approach which is centered on the patient. They are trained to listen and partner with their patients to help them get healthy and stay well. From their first days of medical school, Osteopathic Medicine practitioners are trained to look beyond your symptoms to understand how lifestyle and environmental factors impact your wellbeing. They practice medicine according to the latest science and technology, but also consider options to complement pharmaceuticals and surgery. To which extent has this wholesome way of seeing things been considered in the case of M.?

In the first meeting with parents, it was promised that a holistic approach would be practiced but, when it comes to reality, hardly anything remained of the promises made at the beginning of M.'s detainment at the mental hospital. Theoretically it is acknowledged that a person is a unit of body, mind, and spirit, but when it comes to helping patients then suddenly everything is forgotten and only the taking of drugs counts. Why?

The very first step to maintaining a person's overall wellbeing lies in understanding that my body is the true healer and not the medical system. As soon as the conditions are set up by having the proper attitude, it is no problem to become your own healer because the body always strives to realize the best possible solutions — if only we allow it to do so without interference through chemical products. Do the psychiatrists who take care of M. know that the body is capable of self-healing without the use of pills? This has been the reality for thousands of years and now suddenly the precious wisdom of traditional natural medicine is forgotten, erased by the indoctrination through those who advocate drugs as the one and only correct solution. Why was M. not allowed an alternative treatment without medication? Because of the bias and prejudice of psychiatrists who cling to the unreasonable doctrine that only artificially created pills are the best solution for mental health issues.

Being healthy means to be wholesome. Have the doctors at the Psychiatric Department been primarily concerned about the whole person named M., his life before having been brought to hospital against his will, and how he feels to be detained? They ignore how very stressful it is to be put into such a situation, while at the same time forbidding his mother to ask her son questions because doing so is supposedly too stressful for him. This is just one of the many contradictory behaviors of the staff at the mental ward.

In this book a wide variety of themes are addressed in connection with M.'s hospitalization and forced treatment with drugs because they all are interconnected, referring to very basic questions like the fundamental approach toward the body.

The ultimate question is none other than whether we allow it to perform all the natural processes that are taking place in support of a person's wellbeing or we interrupt biological functions and actually damage the body through drugs which have harmful side effects instead of only positive ones, as the appropriate natural products are providing.



## Who is the better healer: the ever so amazing human body or the doctor?

Toward the end of the first meeting of M.'s parents with the hospital staff taking care of him, the parents were assured that, *"It was really good that we talk together. If you are worried, it is important that we speak together and speak our mind. There is one goal, M.'s wellbeing. We have to be sensitive and observe. We all are walking on the same path. It is important to talk together, we will always let the parents know. We use everything to help your son, absolutely everything... **If we want to reach our goal to see him better we have to use a holistic approach.**"* These are the promises, but how did reality look in the coming days and weeks? No holistic approach, no permission for parents to know what the doctors found out about their son, no interest to walk on this path together, but only the attitude that there is one side who knows everything, the specialists, and the parents have to do what they say or they lose custody over their child, which soon afterward became a reality.

From where does this mindset come that I know better than anybody else? This is a fundamental question which goes back in history to the first human ancestors, and it has been present in the minds of immature people all throughout the ages. This fact did not change with the development of high-tech instruments because those using them are more or less self-centered people. As mentioned at the beginning of M.'s first set of questions, the doctors first pledge is to not harm the patient. What qualifies them to do a good job in this respect? The answer: the study at the university and recognition by the official institutions.

Yet, if you have a closer look, the overall situation looks like this: every year more than 7 million new academic papers are published, 10,000 on cognitive neuroscience. Cognitive neuroscience is the study of how the brain enables the mind. Brain science explores how individual neurons operate and communicate to form complex neuronal architectures that comprise the human brain. On one hand, we have tens of thousands of scientific research papers on how the brain functions, and on the other antipsychotic drugs like aripiprazole with the claim that it can balance hormone levels so that patients can think more clearly, connect better with reality, etc. Please visualize on one side the dozens of high piles with tens of thousands of studies and on the other the miraculous pill. How did those who created it know which information from these hundreds of thousands of pages to use to create this amazing medicine? And with every new year, another tower of 10,000 research papers on brain function. That drug was approved two decades ago: what about all the enormous amount of new knowledge gained since then?

The conclusion: the claims concerning the incredible effectiveness of aripiprazole which M. must absolutely take for one year or longer are nothing else than a huge fraud. This fact is confirmed by the long list of harmful side effects. All of them would be impossible if this drug had a beneficial effect on the patient. Unfortunately, the psychiatrists and the staff at the mental hospital do not even realize this obvious reality. They are blinded by hubris to think that they know it better, an attitude which is rooted in ignorance.

On the other side stands the understanding that the body has enormous self-healing abilities so that one can confidently feel: let it be — let it heal. No need to interfere in natural processes through taking some pills.

Why do we feel the need to interrupt the healing process? Why do we think we know better than the body? Why do we take pills to 'speed things up,' induce labor, etc.? Should we not calm down and allow the body to perform the needed functions and processes naturally? Yes, this is what everybody needs to learn who has given in to the fear-mongering by Big Pharma lobbyists. Melissa M. put it in this way: "Your body's timing is perfectly calibrated. Your intelligent body is your vehicle through this life. If you constantly rush and push and deny your need for rest and healing this will catch up with you at some point. Listen to your body now. If you require rest, rest. Calm the urge to keep asking, 'how long will it take?' Chill. Meditate. Visualize. Read. Knit. Look at the sky. Create. Write. Watch your favourite movies. Trust and know that it will take the exact amount of time that is necessary."

The decisive question is, do you trust the doctor or listen to what your body tells you through the various symptoms which may appear? Are you eager to be attentive to the signs in your own being or do you want somebody else to tell you what is wrong with you? Very sadly, the vast majority is pursuing the latter path — to their own detriment. This fact is well-documented in the book *Der betrogene Patient (The Betrayed Patient)* by Gerd Reuther who, as a medical doctor, has been looking for decades into the reality of the medical establishment to expose what is wrong.

How the situation looks in this respect at the mental ward where M. was put may be sensed when considering what was shared at the meeting on June 14, 2022 when his mother asked how long he will have to stay there. The answer: *"For now we don't have a date set when he will be discharged."* So the mother inquired, *"Why when he is completely fine?"* — *"We have to take it slow."* — *"To damage him more?"* — *"To help him more. We are absolutely sure we are doing the right things, doing our best. Absolutely. We have to help him. Because if we let him go too soon and then he is under the stress — the everyday stress than he could relapse and have the symptoms all over."* — *"But he did not have any of the symptoms which you put on him. Someone created a rumor which circulated from one person to another."* — *"But we saw the symptoms."* — *"I did not see them in my son."* — *"You remember his sister had to walk with him because he did not know where he is."* — *"Of course. He was drugged in the hospital with very strong dosage of sleeping drugs which is allowed only from 18 years... And when he came here he was quite normal already."*

This is how the conversation continued: *"We see you are very worried and you want the best for him."* — *"Absolutely. I'm his mother, I care about his life."* — *"And we can see that, but what we are trying to do is what is best for him."* — *"To give him a drug which destroys his brain (as it is the effect of all antipsychotic drugs)."* — *"But we believe that we are helping him."* — *"I have read and studied a lot about it."* — *"We see that we need to agree to disagree and we will always disagree about this. Many people had concerns and questions about medications. But this medication he is taking right now is so important for him. It is to protect his brain. I know you will never believe me. But we know we are right."*

How do they know? Because they were told, and they believe this so strongly that they are unable to recognize reality as it is, in this case that giving drugs to M. did not do him any good. The mother noted: *"You do not know my son. I'm his mother, I know him from beginning to end."* She pointed to the fact that he was brought to the hospital by someone who did not understand him, but the staff insisted: *"We will disagree on this and that is fine. I don't think we will find the base to agree on this subject."* Yes, it is obvious that there is no common foundation when one side insists on an opinion while refusing to deal with facts.

No solution is possible when one party clings to opinions and the other wishes that reality is dealt with. The blind belief in doctors has caused countless people to suffer unnecessarily and to leave the Earth prematurely. They could still be alive today had they allowed the body to perform its wonderful ability of self-healing to restore wholeness.

## Choosing the easy way of prescribing drugs leads to ever more harm

Psychiatrist and mental health journalist Daniel J. Carlat discusses the current state of the field of psychiatry and his book, *Unhinged: The Trouble with Psychiatry — A Doctor's Revelations About a Profession in Crisis*. Carlat argues that psychiatrists have settled for treating symptoms rather than causes and are over-prescribing medication when therapeutic counselling would be more appropriate.

In this lecture [\(35\)](#) given in 2010, he pointed out that only 30% of all psychiatry visits entailed psychotherapy and merely 11% of psychiatrists offer psychotherapy to their patients. Today, one decade later, the overall situation is surely worse with more than 90% of psychiatrists providing no psychotherapy which has also been the case with M. His health status was not even checked by a psychologist to determine if there is some issue to be concerned about. The easy way of simply prescribing drugs is chosen with terrible results for ever more people who do not receive any real help but are only drugged, suffering the harmful effects of the pills.

Choosing the path of taking drugs leads to much harm not only for innocent people like M. who become victims of wrong diagnoses, but also for all people who have some mental problems but do not receive the support they need. To be clear, in reality artificial products like chemicals pressed into pills only cause damage to the health and no benefits at all to whoever takes them. The difference in the outcome is only that some have such a robust health that the negative effects are hardly noticeable whereas others suffer greatly up to the point of prematurely losing their life.

In such a situation, not only a materialistic view of the human body is implemented but also an attitude of self-centredness, of not really caring about patients, whereas the only way for them to get better lies in having the strength to resolve whatever issue is troubling their soul. It is not only the psychiatrists who are acting in an immoral way from the standpoint that people need more than anything loving care and not some pills which harms their wellbeing, but also society as a whole is failing greatly by welcoming and financially supporting such a system where it is attempted to improve internal matters by swallowing chemicals, a method which can never work.

Already the Roman Kaiser and philosopher Marcus Aurelius emphasized that the happiness in people's life depends on their thoughts. This is certainly very true, yet today's experts on the mind do not understand this ever so basic fact. Psychiatrists should be 100% focused on helping people cultivate the right kind of thinking which enables them to feel fine and to have the strength to deal well with the various challenges of life. These so-called specialists claim to know what people need whereas in reality they are not even aware of the essential fact that people's thoughts are directly forming their behavior, creating the reality they find themselves in. If they are in a bad shape then only a correction in the way of seeing themselves and others can lead them out of whatever mental prison they may find themselves in. No other method will ever work, which means of course that taking pills is totally useless and only adds more burden to the body, which has to work hard to get rid of whatever poison is put into it.

The one and only correct solution to mental disorder lies therefore in restoring inner harmony and balance. This is the true path to resolving conflicts in the soul which block people from feeling the joy and satisfaction every human being is meant to experience. No other approach has ever worked in the past and will ever be effective in the future.

## A spiritually oriented view of human beings versus a purely materialistic view

All people have some inner experiences which they do not understand well. For example, intuition or gut feelings are confirmed by reality although no scientific explanation for them exists (yet). The obvious question is whether we value scientific research into this and other phenomena. If we do, we will find out very valuable insights which is truly beneficial for the quality of life and the overall wellbeing which is always decided by what is going on inside of people and not primarily by the external situation.

From this standpoint alone, it is obvious that we should focus on researching the internal situation of people with the help of modern technology, especially in light of projects like implanting chips into the brain. It is definitely the internal situation of a person, the feeling that is predominantly present in a human being and the primary decisive factor determining the bodily state, the health of a person. This timeless truth must not only be taken into consideration but acted on by always putting one's full attention on the internal state of every patient. How tragic the consequences can be when this is not being done can be seen in countless examples, including the situation of M. who was torn out of his well-organized life full of hope into a situation where he was confronted with all kinds of inner and external struggles due to finding himself suddenly in a prison situation, forced to take drugs with very bad consequences. Whereas he was full of energy in the body and of hopes in the heart before having been put into the mental ward, he is now always tired with pain in his muscles. For what? Not the slightest justification exists for harming the wellbeing of M.

What are the disadvantages of upholding a spiritually-oriented worldview by putting our primary attention on the spirit and heart of people? Not a single one exists because human beings are definitely spiritual beings created with a body and not merely some matter to be manipulated for better function. The closer you look, the clearer it will be obvious what **a primitive view it is to think that by taking a pill the internal situation of a person can be improved.** A better mental state is only possible through constructive efforts in the mind of an individual and never through putting something into the mouth.

Which disadvantages can we find when pursuing a materialistic view of the body as modern medicine is doing? The list is endlessly long because every human being who puts his trust in medical doctors, who see the body merely as the sum of chemicals and all kinds of matter without recognizing the primacy of the spirit over the body, is actually causing his wellbeing to be harmed earlier or later because **all artificially produced drugs have some harmful side effects.**

The logical and reasonable conclusion from such a reality is simple and clear: the focus of the whole medical establishment must lie in looking at the internal situation of the patients because it is there where each and every illness has its roots. Failing to do so has led to today's miserable situation where ever more people are diagnosed with some mental or physical problem. With the number of chronic diseases ever increasing, it is clear that less and less thorough healing is taking place. This means of course that **modern medicine is doing a very poor job helping people to be truly healthy.**

In the light of the here-outlined facts, it is obvious that denying the reality of the spiritual causal realm, conventional medicine is making a fatal mistake that has cost countless people's lives who did not receive the help they needed but were instead harmed through drugs, which became a reality for M.

## It is all about a self-destructive body versus bodily integrity based on inner harmony

To recognize the overall picture and underlying core issue is decisive to come to correct conclusions. In the case of M., the whole picture is clear: false concepts based on totally wrong ideas have led to him being confined in the mental ward and having to take drugs that harm his health instead of supporting it. Both the forced confinement and drugging have nothing to do with helping him, yet it has become a reality because the false practices which are not helping at all are so firmly established that it seems impossible to uproot them. To do so is the core challenge M.'s mother and all those who support her have taken up toward complete victory.

How long this will take depends, of course, on the world population as a whole, but the core breakthrough has already been achieved by exposing the false concepts as unscientific and by having presented the correct understanding, which is already fully available in every respect. It is only a question of time before every person starts to search for what is truly in line with the innermost desires all people carry in their heart; namely, to live a happy, long life here on Earth. To explore what is necessary to reach this goal is the key to enjoying what is longed for deep inside.

All the invalid hypotheses of a self-destructive body are already exposed as lacking any foundation in true science, which is definitely true for disease-causing viruses, which are merely based on an assumption instead of confirmed through control experiments. This applies also to the idea that people make each other sick and the assumption underlying autoimmune diseases, a condition in which an imagined immune system mistakes its own healthy tissues as foreign and attacks them. In the end, it is about the conflict between those who think the body is so very stupid as to harm itself versus those who know that based on cultivating inner harmony, the bodily wellbeing can be preserved until old age without the need for any kind of medical intervention. At the moment, the percentage may be 90% of believers in drugs versus 10% of those who prefer natural healing. Upon having a closer look, the actual percentage may be more close to 0.1% of people knowing for certain that none of the artificial products of modern medicine are necessary because even issues of pain can be resolved through natural methods without the need of a single pill. No matter how tiny the percentage of the people at the moment, as soon as the full truth is revealed, the death of the medical-industrial complex is already sealed because the truth always wins over lies, as human history has clearly shown.

With publishing the case of M. and addressing the issues connected with it, the core victory is already won similar to the pebble used by David hitting the forehead of Goliath. All the armor and huge javelin, symbolized today by the enormous financial power of Big Pharma, is meaningless in the light of the full truth having been revealed regarding all the wrong concepts on which their temporary power is built. This also includes the enormous power of the digital financial complex run by a tiny elite of incredibly rich and influential individuals. Their gigantic influence on the world, even deciding the direction governments have to move, is based on lies and deception that are all exposed by now, so it is definitely only a question of time that the evil establishment will disappear and goodness will reign in the hearts of all people, manifested in wonderful societies where love and peace are fully alive. You and I collectively decide how long it will take until such a wonderful world will be a substantial reality here on Earth in the way it was supposed to be realized from the very outset of human history.

## Choosing between hell and heaven, between being stuck in problems, and being wholesome

At this link [\(36\)](#) you can watch the most complete and devastating documentary of psychiatric abuse ever produced titled *"Psychiatry: An Industry of Death"*, which deals with its core points from the field's origin until today.

Yes, it is indeed devastating to become aware of how very bad the actual reality is with respect to misuse in connection with taking care of mental illness. Here [\(37\)](#) you find 20 videos dealing with reality, including the theme of harming the youth with the emphasis on screening and drugs actually ruining young minds. You can hear psychiatrist Rima Laibow, M.D., speak about antipsychotic drugs, saying, *"They induce violence, they induce self-violence, distortions of reality, they induce hallucinations, they induce a whole variety of psychiatric problems which are then typically treated with more psychiatric drugs."* Yet, we see the reality that the public is kept in the dark concerning the actual situation. For example, it is estimated that deaths linked to psychiatric drugs total more than a 9/11 disaster every month. Now, how many reports and comments exist about 9/11 and how many about deaths linked to psychiatric drugs, which comprise hundreds of times more cases? The answer is obvious and with it the enormous misery caused by so-called experts.

That should suffice to become aware of how hellish reality is compared to how it ideally could be if the right approach to health, particularly mental wellbeing, was chosen. On the other side of the ever so miserable situation in connection with psychiatry stands the ideal of a world where all people are healthy and fine without ever needing a single pill. One may think that this is unrealistic, yet it is where we should be as homo sapiens, who are wise and know how to keep fit our whole life long just as all other animals are doing if they are not disturbed in their natural life circle.

What is causing people to get mental problems? At the root stand always unresolved issues due to bad experiences and a lack of proper care along with personal negligence. The solution therefore lies in helping patients become clear about their mental situation and helping those struggling to remove any kind of disharmony in their inner heart, which is the necessary foundation to enjoy full bodily health and wellbeing.

The ultimate choice is between being stuck in all kinds of mental disorders for which drugs are taken, which anyway do not get people back on track but to the contrary cause very grave negative effects on the patients, and on the other side to be completely fine on inner and outer levels in the mind as well as the body, as every human being is destined to be in line with the principles of creation. In other words, we all are meant to be free of any health troubles based on having learned in our upbringing how to handle challenging situations. This is where we should be and what is definitely possible whereas reality is very far from this original state, even getting worse as the days and years go by.

Why is the latter how reality looks? Because we are generally not taking full personal responsibility to maintain very good spiritual as well as bodily wellbeing. For this reason, the correct way out of this overall misery with respect to the lack of mental health is to make sure that we know how the ideal state looks, as well as how we can get where everybody should have a completely healthy mind and body based on knowing how the various universal principles are at work in every one of us.



## Inventing mental disorders to gain profits through drugs stands at the root of evil practices

In the document, *“Psychiatric disorders voted into existence and consensus used as pseudo-proof,”* you learn about this unscientific practice whereby 374 mental disorders are listed in the American Psychiatric Association’s (APA) *Diagnostic and Statistical Manual of Mental Disorders* (DSM) or in the mental disorders section of the WHO’s *International Classification of Diseases* (ICD). These include: reading disorder, disruptive behavior disorder, disorder of written expression, mathematics disorder, caffeine intoxication disorder, and nicotine withdrawal disorder, noncompliance with treatment disorder, etc. From this viewpoint, M.’s mother must be classified with this very disorder of noncompliance with treatment as she does not agree with her son being drugged with aripiprazole, which is taking its toll on his health.

Why is there no disorder listed in that book like refusal to answer questions which would apply to all the staff of the Psychiatric Department of the University Hospital dealing with M., who unanimously agreed that answering his parents’ questions is a waste of time? The answer is obvious: psychiatrists do not like their flaws exposed and they are the ones who decide who is sick and who not.

Reality is well expressed in the following words: *“Depicted as diagnostic tools, the DSM and ICD are not only used to diagnose mental and emotional disturbances and prescribe “treatment,” but also to resolve child custody battles, discrimination cases based on alleged psychiatric disability, augment court testimony, modify education, and much more. In fact, whenever a psychiatric opinion is sought or offered, the DSM or the ICD are presented and, increasingly accepted, as the final word on sanity, insanity, and so-called mental illness.”* This also applies to the situation of M.’s parents who lost custody over their son because they did not agree with the opinion of psychiatrists dealing with their son. And yes, nothing more than an opinion is expressed by them as they are not standing on the foundation of scientifically confirmed facts.

The core of the problem lies in the disorders listed in DSM-IV and ICD-10 being terms arrived at through peer consensus, a ‘science-by-vote’ procedure whereby mental disorders are established without scientific basis. Here is one example of what is actually going on. In 1987, a *“self-defeating personality disorder”* was voted in as a provisional label. Used to describe *“self-sacrificing people, especially women, who supposedly choose careers or relationships that are likely to cause disappointment,”* the ‘disorder’ met with such protest from women it was subsequently voted out of DSM-IV.

According to the authors of *Making Us Crazy*, *“Far too often, the psychiatric bible has been making us crazy — when we are just human.”* The ‘bitter medicine’ is that DSM has *“attempted to medicalize too many human troubles”* whereas in reality none of them require any medication through drugs but the loving care of mature people who help those who are struggling to resolve their issues.

The authors Kutchins and Kirk further state that people *“may gain false comfort from a diagnostic psychiatric manual that encourages belief in the illusion that the harshness, brutality, and pain in their lives and in their communities can be explained by a psychiatric label and eradicated by a pill.”* Yes, herein lies the core deception which must urgently be addressed because it is absolutely unacceptable that deceivers are rewarded and get their fine salaries and public support whereas the victims are left alone, as it once again turned out with M., whose painful side effects from aripiprazole have been ignored and his mother’s appeals and pleas met with a cold shoulder.

## Why do the experts on the mind not provide education on mental health?

*“Psychiatrists evaluate, diagnose, and treat patients with mental, emotional, and behavioral disorders. They conduct thorough psychiatric evaluations, develop treatment plans, prescribe medication, and evaluate treatment results. The best psychiatrists are very perceptive, have strong listening skills, and are excellent critical thinkers.”* This is what you can learn about their job description. They are the specialists who know best what is needed for mental health. Why are they not educating the citizens of every nation starting with the young people on how to best behave to never end up having a mental disorder?

For example, what was done for M. to educate him about mental health? Nothing, except telling him that he needs to take things easy and every day swallow his aripiprazole pill. That's all. Should psychiatrists not be the ones who make sure that everybody knows what mental health is all about and how to preserve and if necessary restore it? In reality, nothing of this sort is being implemented in most countries. Why? Is not prevention as crucial as treatment? If the former is done well then hardly any therapies will be necessary.

What about being “excellent critical thinkers”? Are psychiatrists ready to have a critical look at their own work? In the case of those taking care of M., it turned out that such readiness is totally absent. Even worse, they see it as a waste of time to deal with critical questions as presented by his mother. The same applies to having strong listening skills. That the main Doctor “I.” is faring very poorly in this respect can be seen in various examples, including his swiftly finishing an interview with M.'s mother because he was upset that she interrupted him in the conversation.

How about being “very perceptive”, a quality that refers to having and showing sensitive insight. Have those who take care of M. shown that they are sensitive to his situation and provided great insight into his condition? If you check the records, it turns out that only a few paragraphs are written in the official reports about him. In response to the concerns expressed by his mother, no insight was offered by the so-called experts and also her efforts and those of her lawyer were not really dealt with in respect to providing the reports on her son's situation in the mental ward.

In a *Lancet Psychiatry* article on 12 mental disorders in 204 countries, you learn that mental disorders remain among the top ten leading causes of burden worldwide with no evidence of global reduction since 1990. Please imagine: no real improvement in 30 years! Is this not enough reason to ask twice why the mental health situation is so very poor? Don't we have thousands of experts who know everything about how to remain mentally healthy and what is needed in order to resolve mental disorder?

The honest answer is that psychiatrists are doing very poorly in actively contributing to people's mental health and are, in most cases, incapable of contributing to patients' mental health being restored. As you well know by now, the staff of the only mental hospital in one country has even been unable to recognize that M. is a completely healthy teenager, but instead insisted he is very sick and must be treated with strong medication.

In a comparison of mental healthcare in the different countries, Sweden scores with more than 7 at the top whereas Iceland gets merely 1.6 points, less than one quarter. Is this not enough reason to have a second look at how well the task of mental healthcare is fulfilled in this country?

## Love as the strongest source of healing versus the chemicals in pills

Sincere Christians know that the power of God's Love can bring about amazing positive changes in the hearts of people, particularly if they are dedicated to living up to a moral lifestyle. Countless people throughout history have experienced the transforming power of love, with numerous written accounts of the miraculous power of mothers whose child is in danger and an ever-increasing number of testimonies to the incredible abilities of those who walk the path of profound sacrificial and selfless love.

To love yourself and others is at the core of all religious and spiritual teachings whereby the vast majority of humankind professes to belong to one or the other group — officially. To which extent their respective faith is practiced may vary greatly, yet when it comes to it — in very difficult situations they all turn to their respective God, whoever that may be. Yes, nearly all people are calling on some higher being for help when they are in a life-or-death situation. Why? Because human beings do have a spirit after all, no matter how materialistically oriented they may be.

The core tragedy lies in people's inner contradiction of intuitively knowing what is right whereas their body is weak with respect to living up to the moral standard that would allow all people to live together in prosperity. Every year more food is produced than needed to feed the world population, yet it is not properly distributed. Humankind does not have some external unsolvable problem, but an internal one with self-centered individuals exploiting others and do not hesitate to cause suffering to many hundreds of millions for more financial profit, as has become a reality centered on the medical-industrial complex. Big Pharma is now so strong that it can influence even politics to achieve their ends of selling ever more of their products. Their lobbyists have succeeded in making the overwhelming majority of people believe that health problems are best resolved through taking one or the other drug, and if there are those who refuse to go this way, then they are directly or indirectly forced to do so or detained until they do, as became the reality for M., who finally gave in to the pressure from the staff to convert to the drug cult, to accept any pill if only it opens the door for him to get out of the place where he was detained against his will.

In one of the reports the doctor wrote: *"We know he needs medication for a long time, maybe one year, and after this we can think about changes."* M.'s health is being damaged through the drugs so that he needs medication for one year or longer. He was very fit before he came to the hospital doors and now he is becoming a drug addict — prescribed by psychiatrists. If you look at the details, you learn the doctor mentioned that improvements that have taken place since M.'s admission to the main hospital where he had allegedly some thought disorder and spoke out of context in some situation. After having received drugs for 2 days, M. was already much clearer and gave a lot of information. Yes, this is written on the computer and printed on paper with a handwritten signature. Therefore, it must definitely be true and the children protection service orients their decisions according to what the doctors say.

That is what nearly all people believe except the tiny minority who use their brain and heart to look twice and evaluate the overall situation objectively. Their conclusion is crystal-clear: not some pills are the solution to health issues but resolving the problems where they begin, which is none other than in the heart and soul of people. It is a timeless truth that happy people are never sick — because they have no time for that and are enjoying life too much not to take good care of their body to always be fit. This is the way of life which the mother of M. has been pursuing, and M. has been following in these steps until his young spirit was broken in the mental hospital with respect to doing what he would not do voluntarily, harming his body by taking some drugs with grave side effects.

Will you spend your life as a victor based on knowledge or a victim due to ignorance?

From whatever standpoint one may look at people's situation, at the core always stands one question: do we deal with health issues from the standpoint that we are spiritual beings who live in a body as the dwelling place for God's Spirit in line with the core teaching of Christianity, or do we merely consist

of a bunch of chemicals which dissolve after death. In the New Testament, we can read: *“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in you?”* (1 Corinthians 3:16)

Tragically, humankind has widely given in to the materialistic worldview underlying the medical system so that, in the end, it was possible what we all witnessed during the corona crisis with nearly the whole world moving in lockstep with the end result of moving hundreds of billions of dollars from the citizens of the world into the pockets of an ever so tiny minority who do not mind even countless millions of people losing their lives if only they themselves can benefit.

In reality, good people allow themselves to be ruled by such heartless and brutal tyrants who use the medical establishment for their agenda. All of this is possible because most people are not really aware of their own dignity as individuals with unique value. Only if people take themselves more seriously will they come closer to where they should be as homo sapiens, who is indeed wise enough to know that nothing is more precious than love. Any amount of material possessions is meaningless in front of this strongest force in the universe and even very rich people die a miserable death if they do not take care of their physical body.

What has happened in the life of M. will hopefully be a wake-up call for many who are prepared to learn the lessons from history, most of all that it is truly worthwhile to think twice what kind of path we are pursuing: one centered on loving care or one where we allow ourselves to be dominated by a criminal medical establishment whose victims number in the hundreds of millions around the world.

Doctor “I.” acknowledged that “lots of work” is behind preparing the questions which the mother read at their first meeting, but however hard she may work day and night, it is meaningless in front of the ‘bosses of the drug cult’ who have the sole right to interpret what a person with health issues needs, and even to rule over completely healthy people as M. was before he stepped through the doors of the University Hospital.

Hopefully by now the readers of these reflections on what has happened to M. are clear about what is at stake in the overall picture of humankind ending up in the hands of a medical mafia or being free to make their own decisions concerning health the way they see fit. No matter how many people may continue to close their eyes in front of scientifically confirmed facts and pretend to be deaf so that they will not be disturbed in their slumber of still pretending that the bitter reality of the medical establishment having become deeply corrupt does not exist, the mother of M. will definitely continue in this battle against the forces of evil in whatever form they are present in our midst. Her son has become a victim at this time but the last word is surely not spoken in this and countless other cases of medical malpractice.

She decided long, long ago to pursue the path of True Love, of truly caring for others. Whatever her human limitations may be, her life is consecrated to the victory of truth over lies, of beauty over ugly behavior, of goodness over any kind of evil deeds. It is definitely high time for the light of truth to shine and expose all the misuse of power and position which is prevailing in the medical establishment and many areas connected to it.

## Just as people may turn away from their ideals, the same is true for organizations

Because organizations are run by people, it is obvious that they may become at any point corrupt. This has unfortunately become a reality for the famous Cochrane Institute such that Peter Christian Gøtzsche, a former member of its governing board, founded the Institute for Scientific Freedom with the goal of preserving honesty and integrity in science. This task is definitely important, especially in the field of medicine, where we more and more see scientific misconduct such as ghostwriting and many other practices that lack a real foundation in science.

Gøtzsche, critical of the pharmaceutical industry and what he sees as its influence on medicine, expressed concern about “growing top-down authoritarian culture and an increasingly commercial business model” at Cochrane that *“threaten the scientific, moral and social objectives of the organization.”* He stated that *“Cochrane no longer lives up to its core values of collaboration, openness, transparency, accountability, democracy and keeping the drug industry at arm’s length.”* To counter such a reality, a strict orientation on the objectives and fundamental principles of Cochrane would have been necessary. They include uncompromised honesty in conducting systematic reviews of medical research in the interest of promoting unbiased evidence-based science and improving health care.

During his tenure with Cochrane, Gøtzsche fought to uphold its original values of transparency, scientific rigor, free scientific debate, and collaboration. However, in spite of its charter, when Gøtzsche attempted to correct the path of consensus science or point to industry-related bias, Cochrane sought to censor him. He was eventually expelled from the organization in 2018 after what he calls a Kafkaesque “show trial.” This is one example of countless others where those standing up to call for adhering to facts have been ostracized and even banned from exercising their profession as it has become a destiny for many medical doctors during the so-called corona crisis.

Gøtzsche’s expulsion created rifts in the medical and scientific communities. John Ioannidis, a famed professor and medical researcher at Stanford, wrote a letter to the Danish Minister of Health condemning Cochrane’s actions. *“Peter is undoubtedly a giant, one of the greatest scientists of our times ... I believe that basic respect for scientific discourse requires that you do not eliminate your opponents through administrative machinations,”* he wrote. Additionally, 3,500 scientists and health-care professionals signed a letter in protest of Gøtzsche’s treatment. But all those voices count nothing in the face of corruption having become firmly embedded in an organization, a development which has become a reality in countless cases all over the world.

John Ioannidis is one of the most quoted scientists worldwide as well as the scientific works of Peter C. Gøtzsche being cited about 150,000 times. Although the number of citations by other scientists is upheld as an important criteria, if the findings of famous scientists do not fit into the mainstream narrative, these experts count suddenly as nothing, as was also the case of John Ioannidis, whose warning was ignored when he spoke out from the beginning that the novel illness defined as Covid as nothing to be seriously concerned about and, as it turned out, was very right.

In the talk [\(38\)](#) *“Death of a Whistleblower and Cochrane’s Moral Collapse,”* Peter C. Gøtzsche shares the research that led to his fallout with Cochrane — research related to antidepressants and other pharmaceuticals, mammograms, and more — as well as his first-hand experiences.



## The belief that mind powers belong to the brain alone is a concept of the past

The Integrative Psychiatry Institute encourages those working in this field to challenge the traditional approach of psychiatric care and to shift to an integrative model focused on achieving the highest levels of wellbeing, emphasizing the pharmaceutical approach alone often fails to provide the results, even stating that, *“Psychiatry is in crisis. Our tools are risky and way too ineffective. Diagnostic reliability for depression remains poor. The chemical imbalance theory of depression has been left behind and practitioners and patients alike feel the emptiness of our current model. People are hungry for spirit and demanding hard science.”*

Yes, this is how reality looks, but who is taking responsibility for things to change in the right direction? Who is investing into providing the scientifically correct answers? The so-called experts on the mind are not doing it because they are stuck in their belief system that pills are the answer and therefore no further fundamental research is needed because the savior of the drug cult is already well established, fully backed by the medical-industrial complex. To break through the firm walls of people thinking that they know it all has always been a problem, but it has reached new levels today with ignorance being paired with fear so that most people seem paralyzed in their mind to the extent that they do not even recognize what is very obvious.

Despite this fact, there is at the same time the chance, with so much incompetence having been brought to light through the corona crisis, that people really wake up to see what is actually going on, how firmly that misuse is established in all kinds of areas, particularly the field of medicine. The key lies in recognizing that we are indeed spiritual beings where every important decision is made in our soul or innermost heart and not in our brain. A materialistic view has not brought any blessings to humankind but only misery in manifold ways, particularly those who have become the victim of medical dogmas so that they did what they were told, only to find themselves in a worse situation.

Because so many changes are happening on subtly more levels without most people being aware of them, particularly with respect to the fundamental mindset changing toward more and more self-centeredness, which is very unhealthy for the individual and society as a whole, we have ended up where we are today, where most people have a rather superficial and definitely wrong view that is not helpful to them.

We live in times of profound changes where many false theories are offered to tempt people to believe in them such as the Great Reset, advocated by the founder of the World Economic Forum, as the best solution whereas in reality it is the worst option. The same is true in the field of modern medicine, which is built on all kinds of totally wrong theories with the end result of people being more and more sick even though they are doing more than ever for their health — in the wrong way, by swallowing pills thinking it is the solution whereas it makes their situation only worse. This is especially true regarding antipsychotics, yet people hardly recognize this fact because they are already programmed to believe in matter more than spirit and the amazing capabilities of the human body if it is treated properly.

Unless we make heart-centred thinking our own and live according to what the body shows us, we will remain in a certain prison blinded by false theories that may have deadly consequences, especially in the field of medicine. Considering this overall situation, it is truly worth the investment to strive for clarity concerning the timeless truth regarding the human body.



## Ever more people are hooked on tranquilizers as well as antidepressants

In 2004 scientists in Britain discovered that one SSRI is consumed in such large quantities that traces of it are now in the country's drinking water. According to environmental spokesperson Norman Baker, MP, *"This looks like a case of hidden mass medication of the unsuspecting public..."* Selective serotonin reuptake inhibitors (SSRIs) are the most commonly prescribed antidepressants. You can read at the website of the National Health Service that, "It's thought that SSRIs work by increasing serotonin levels in the brain. Serotonin is a neurotransmitter (a messenger chemical that carries signals between nerve cells in the brain).

*"It's thought to have a good influence on mood, emotion and sleep. After carrying a message, serotonin is usually reabsorbed by the nerve cells (known as 'reuptake'). SSRIs work by blocking ('inhibiting') reuptake, meaning more serotonin is available to pass further messages between nearby nerve cells. It would be too simplistic to say that depression and related mental health conditions are caused by low serotonin levels, but a rise in serotonin levels can improve symptoms and make people more responsive to other types of treatment, such as cognitive behavioral therapy."*

What does *"it is thought"* mean? Nothing else than that some people think in a certain way. That's all. Some people agree in their thinking, they have the same thoughts, and suddenly this is science. Why do they think in the same way? Because they all were taught the same content at the university. Yet, their thoughts become like law to be executed under any circumstances, as in the case of forced medication, leading to the reality of a brutal pseudoscience and multibillion dollar fraud manifested in psychiatry. Governments, insurance companies, and private individuals pay billions of dollars each year to psychiatrists in pursuit of cures that psychiatrists admit do not exist. Psychiatry's 'therapies' have caused millions of deaths. This is the bitter reality in front of which most people close their eyes.

Psychiatry conspired with those in power in Communist Russia to strip the rights of political dissidents and define their 'search for justice' as a mental disorder to justify their imprisonment. Although the USSR has disappeared, the practice of using psychiatry to silence those who do not agree with the establishment continues in many places around the world. Psychiatric drugs are not designed to cure, but to suppress symptoms and physically damage the person taking them. Claims of safety and efficacy are made with each new 'miracle pill'; its dangers only later exposed. The conclusion: psychiatric drugs kill.

Psychiatry's use of physical and chemical restraints in mental institutions has become a very lucrative procedure. Admitting that death is often inevitable from such procedures, psychiatrists literally get away with murder. They charge huge sums of money to insurance companies, governments, and anyone else who will pay to treat made-up mental disorders where, e.g., millions of children are given psychiatric labels for normal childhood behavior and prescribed psychiatric drugs that drive them to commit suicide.

Psychiatry was born in Germany and has pushed its agenda of control, power, and domination onto an unsuspecting society for over sixty years, infesting the fields of law enforcement, education, medicine, politics, and many others. Psychiatrists act above the law, locking people up with no trial, stripping them of their human rights while enforcing unwanted treatments, as it is the reality for M. Because the multibillion dollar psychiatric-pharmaceutical industry is not based on true science, it must absolutely be stopped just as all other unscientific practices in the medical establishment.

## The ultimate decisions everybody has to make regarding health issues

If you are confronted with some problem, it is always a good idea to stop and think and to reflect on the situation. With respect to the circumstances M. is in, the decisive question is whether the situation is dealt with on the foundation of scientific discoveries or based on some opinion and belief in something, in this case that drugs may help. His mother **makes decisions in line with the newest scientific discoveries**, which include the insight that the essence of all existence is energy. Unfortunately, this essential truth has not yet found its way into the awareness of the medical establishment, which is still rooted in the mediaeval concept that some chemicals can create miraculous effects in the body. This is, of course, nothing else than a delusion. In my life, I decided not to be stuck in this ancient realm of clinging to some imagined concepts that are definitely wrong yet firmly established as medical dogma without having any valid and legitimate roots in science. In the sharing centered on 12 aspects presented as an intelligence test concerning theories and practice of the medical establishment, it was shown that I am standing firmly on the side of true science whereas conventional medicine is stuck in misconceptions that have zero to do with objective truth confirmed by control experiments. Among them, the most obvious are the following:

1) Any symptoms falsely defined as signs of illness are nothing else than the body responding to the internal situation of a person according to how the body is treated. If we allow its amazing functions to proceed undisturbed, any health issue will **naturally be resolved due to the amazing self-healing abilities** of the human body as soon as the root cause is removed, which has led to certain signs and changes to appear.

2) Based on this understanding, it is obvious that cancer or tumors are nothing to be afraid of but **part of the supportive system** of the body and therefore each one of them will naturally disappear in accordance with the causal conflict situation like trauma or shock having been dissolved or released so that inner harmony is fully regained.

3) The consequence of living with the proper mindset in line with the principles of nature will definitely lead to our **being healthy our whole life long, just as animals** and plants are if their lifecycle is not harmed in one way or another.

4) Once a person has become familiar with the **universal biological laws**, it enables anybody to know absolutely for certain that it is impossible for the human body that acts in line with what the mind or spirit expresses to get ill for any other reason than what is going on inside a person's heart and soul.

5) On the foundation of having internalized this scientifically confirmed knowledge, it is clear that, so-called viruses, defined **with the help of computer programs**, cannot make people sick, just as it is a fairy tale that vaccines provide protection against these allegedly disease-causing microscopic particles without any life in them.

6) The decision everybody has to make with respect to issues of health is none other than whether I am **a spiritual being controlling my body's condition**, or I consist merely of some dead elements which came together by chance and coincidence. As the latter, I may be a victim of some 'infection' at any time whereas the former understanding confirms that only I, as the owner of my body, decide how I feel and what my physical condition is like. This is the realization that all people will gain on the day they return to true science from being stuck in make-believe theories and medical dogmas that are definitely wrong.

7) As soon as you have reached the conclusion that you are indeed a spiritual being in a physical body, you will take full **responsibility for everything happening in your life**.

8) If you have reached this stage, you will know that nearly all the services of the medical establishment are not necessary at all because the **body itself knows better than any expert on how to best take care of what is appropriate** in the various situations. It lets us feel thirsty if not enough water is in our organs and which food would be appropriate according to the respective requirements to be in good shape. The result is that you will have no need for your health insurance. This means, e.g., in Germany you can keep 15% of your income, which citizens must pay for this purpose.

9) As soon as you are liberated from any worries about staying fit throughout the time spent on this earth, your mind will be freer than ever to focus on what is really important, which is none other than **building loving relationships** and making life ever more enjoyable rooted in a heart and spirit fully alive in every person who truly cares about others.

10) Just as in the intelligence test for medical experts, I am the winner because my understanding of the world and in particular the human body stands firmly **on the foundation of the scientific standard**, whereas the medical establishment is greatly dominated by the drug industry that propagates superstitions such as putting a pill into your mouth will improve your mood, your mind, your brain function, etc. Rather than joining this cult, I will continue to **defend critical thinking** which is, unfortunately, largely absent in certain medical areas.

11) People warned me, asking if I know what kind of powerful entity I am up against by speaking out about the deadly fallacies of modern medicine and the deception by Big Pharma representatives, which are ever more influential. They stand on the foundation of having indoctrinated people all over the world for many decades to trust pills as the one and only valid solution for any illness. I have no fear because I know that **scientific truth is on my side and I am 100% dedicated to logical reasoning** and only acting in line with the principles embedded in nature, which does not need even a single product of the medical industrial complex in order to live well and prosper.

12) That is the end of the story for me with respect to pointing out where I stand regarding the medical establishment. I will never convert to the drug cult because life is far too precious to spend in fear of getting sick. I know absolutely for certain that **the human body can handle any difficult situation** within its limits and is always acting in support of the overall wellbeing of the person, so that every soul can stay healthy from birth until leaving the Earth to dwell eternally in the spiritual realm.

I am offering my insights for anybody to check and come back with constructive criticism that is clearly based on the scientific standard and confirmed by control experiments. I wholeheartedly welcome any challenge in this respect because I can only learn from others, which I am doing every day. I know that problems originating in the mind can only be solved where they began. For this reason, I am dedicated day by day to **help people liberate themselves from the prison of their ignorance** concerning the human body and its basic functions.

As a years-long practitioner of yoga, I have a lot of insight into how to mobilize energies in the body and how to keep it in good shape so that I can never end up in a mental hospital other than by force, as has become a reality for M. One day, he will be released from there and from having to take drugs and he will recover as someone who has his life still ahead of him to be known as a young man who cares for others as he is doing even now as innocent prisoner detained in a mental ward.

## The horrible treatment methods of the past which persist in disguise

The term 'psychosis' stems from Modern Latin referring to *"a giving soul or life to, animating, quickening"* and from the Ancient Greek *psyche*, "soul" and the suffix *-osis*, in this case *"abnormal condition."* It is the experts on the mind who determine when the soul of a person is doing fine and when it is expressing itself in the form of a mental illness. In the past, this field was primarily determined by religious leaders, whereas now it is doctors with an atheistic worldview deciding which behavior is correct and which one must be 'punished' by the victims having to take drugs, as done in the case of M.

Wikipedia informs people that, "In its adjective form 'psychotic', references to psychosis can be found in both clinical and non-clinical discussions. However, in a non-clinical context, 'psychotic' is a nonspecific colloquialism used to mean 'insane'. The word was also used to distinguish a condition considered a disorder of the mind, as opposed to neurosis, which was considered a disorder of the nervous system. The psychoses thus became the modern equivalent of the old notion of madness, and hence there was much debate on whether there was only one (unitary) or many forms of the new disease." To make a long story short, in the case of M., his state is widely perceived as his having some serious mental disorder, some form of madness, and is therefore a person with whom one should not involve too much. That is the kind of stigma which was put on an innocent teenager.

In the past, symptoms of psychosis were thought to be caused by an excess of both blood and yellow bile. Thus, the proposed surgical intervention for psychotic or manic behavior was bloodletting. 18th-century physician, educator, and widely considered "founder of American psychiatry" Benjamin Rush also believed that active purging and bloodletting were efficacious corrections for disruptions in the circulatory system, a complication he believed was the primary cause of 'insanity.' "Although Rush's treatment modalities are now considered antiquated and brutish, his contributions to psychiatry, namely the biological underpinnings of psychiatric phenomenon including psychosis, have been invaluable to the field. In honor of such contributions, Benjamin Rush's image is in the official seal of the American Psychiatric Association." In reality, he got it all wrong: changes in brain tissue is not the cause but the result of mental disorder, a fact which is obvious for everybody who knows about the primacy of the spirit over the body.

This is how reality looks: a person who advocated brutal and inhuman methods of dealing with people who are struggling with some mental issues is held in high esteem by psychiatrists! That spirit of using cruel methods remains, only today drugs are used instead to make people suffer, which is, e.g., one third of those receiving aripiprazole, which is as useless as blood-letting and, in many cases, even more harmful! You learn that *"Early 20th-century treatments for severe and persisting psychosis were characterized by an emphasis on shocking the nervous system. Such therapies include insulin shock therapy, cardiazol shock therapy, and electroconvulsive therapy. Despite considerable risk, shock therapy was considered highly efficacious in the treatment of psychosis including schizophrenia. The acceptance of high-risk treatments led to more invasive medical interventions including psychosurgery."* — for which even a Nobel Prize was granted! I am quoting such tragic developments in hopes that more people become aware of what truly cruel and inhuman practices have been implemented until today in which only the methods are more refined but the overall picture is the same: totally incompetent methods are used, today more subtle, so that the vast majority of people does not recognize how very unscientific the ways of the medical establishment in dealing with mental issues actually are.

## Among doctors, psychiatrists have the highest suicide rate

By looking at today's world, it is clear that we have reached a worst-case scenario where healthy people have to go to quarantine, as became a reality especially at the outset of the corona crisis in most countries. But this is only one example of the contradictory reality centered on the medical establishment where doctors, as the ones with the highest suicide rate and shortest average lifespan, are the ones taking care of people's health. From the standpoint of the outcome of long-term results, physicians are the least qualified to help the population of a country to enjoy a long life, as they are not even able to secure it for themselves.

And even worse, those who claim to be the experts on the mind— psychiatrists — have the highest suicide rate. Please reflect on this incredible fact: Most people trust those who are the least capable of dealing with the problems of life as those who know best and should be trusted in matters of mental issues. Such a totally irrational situation has led to the reality of M. having been put into a mental hospital as a completely healthy person. When those who are physically and mentally very fine are controlled by those who are themselves unable to properly handle challenges, the worst possible scenario is reached. Things are truly upside down when the life of healthy people like M. is dominated by those who do very poorly in dealing with difficult circumstances, choosing suicide more often than any other group of people. It comes down to the blind leading those who can see. Psychiatrists, widely stuck in all kinds of problems, are considered to be the specialists on the mind whose word must be followed. Their decisions are fully supported by the governmental authorities and their testimony in court decides whether a person is considered healthy or insane, etc.

Obviously, such realities are an expression of a sick society, a state where we have definitely ended up on the worldwide level due to collectively not being more serious about holding people accountable for their actions and allowing unqualified people to rule in leadership positions in all areas of life due to the definitely wrong concept that position counts more than qualification. That is the standard which is being practiced and leading to ever more irresponsible behavior on the side of those in power.

We have truly reached a historic low point when it comes to leading a moral life. It is generally accepted that the family unit and the values connected to it are destroyed on purpose to establish ever more control over people's lives, starting from early age. Instead of fighting against the many decadent developments, most people are more or less paralyzed in front of what is happening and would rather close their eyes so as to not see what is actually taking place with the main decisions being made by those who are least qualified to do so.

Psychiatry is definitely a pseudoscience, and all of mainstream medicine is far away from adhering to scientific standards but is rather based on unproven medical dogmas. On top of that, it is largely influenced by Big Pharma which has more power over people's life than any other industry. In the US, physicians have the highest suicide rate of any profession, more than double that of the general population. Please let this fact sink into your mind along with the reality that among all the medical specialties, psychiatry is near the top in terms of suicide rates. Add to this that research found that up to half of physicians do not seek treatment despite feeling that they meet criteria for a mental disorder. They are not trusting their own experts and yet freely prescribe drugs for others. On so many levels, a contradictory behavior can be seen which is fully accepted in society, confirming how very miserable the overall situation has become.

Will we continue on this fatal path or return to true scientificity as advocated by health experts like Dr. Ryke Geerd Hamer and many other true experts in the realm of helping people understand the laws and processes in the human body correctly.

## The uprooting of psychiatry is our collective task and responsibility

If things go wrong, it is important to look at the root of developments. You can learn about it regarding psychiatry when you watch this [\(30\)](#) presentation. Psychiatric institutions have been the pioneers of the scientific justification of the holocaust. Psychiatrists were the first to commit mass murder under Hitler. Nazi psychiatrists created a network of 6 psychiatric hospitals which included death chambers, where 70,000 patients were killed with gas. By the end of the Second World War 300,000 mental ward patients were murdered by psychiatrists who were officially employed and paid for doing such evil criminal actions! They have been the experts on how to kill as many people as possible as economically as possible, and their methods were then applied in Poland. You find the details in the book *Psychiatrists — The Men Behind Hitler: The Architects of Horror*. They are the ones who enforced the genocide 80 years ago and they are still actively killing people such that merely in Germany every year around 2,500 patients die in psychiatric hospitals through the treatment they receive. At the root of the senseless acts of mass human extermination in the form of the atrocities of the Holocaust stands an evil mindset which is still alive today, involving almost every aspect of our day-to-day life in education, medicine, law, government, and even religion. For this reason, it is crucial to look at this matter in-depth and to eradicate the evils of psychiatry once and for all.

Over 2 million are involuntarily committed to psychiatric institutions and more than 8 million adverse reactions between 2010 and 2020 harm 350,000 children under the age of 5 years. By now some 700 million diagnoses have been written by psychiatrists along with prescribed drugs leading to a total income (revenue) by psychiatrists of up to 350 billion dollars every year. Needless to say, the pharmaceutical industry is happy about such a situation and makes sure that it continues and expands. What is being done is nothing else than earning money by declaring people to be mentally sick and pushing drugs on them with none of the victims being cured by the pills that have all kinds of harmful effects on the human body. No help is provided, but the situation of those suffering from mental issues is made worse! The bottom line is presented here [\(39\)](#).

Psychiatric abuse must be stopped on all levels and a true mental healthcare provided that focuses on supporting the complete resolution of problems by addressing the root, which lies always in people's heart, in their struggling with disappointments, frustration, anger, etc. due to bad experiences, misuse, and many other reasons that must be dealt with and not pills swallowed as a fake solution.

The uprooting of psychiatry is our collective task and responsibility as the ones who are aware of what went wrong in the past and what is still totally wrong today, the practices arising from the minds of so-called experts who are incapable of healing people, yet set themselves up as the ruler over people's destiny, ultimately their life and death. The power falsely given to psychiatrists must immediately be removed based on a renewed understanding of the root cause of mental problems and the correct way of dealing with them, which is always to help patients calm down inside and find inner liberation. On such a foundation, serious mental disorders will naturally disappear never to return as soon as people learn to build harmonious relationships.

To focus on this core task is our challenge as well as blessing because if we do well, we will harvest many beautiful fruits of true happiness and a long life.



## The Mental Health Declaration of Human Rights must be recognized

The Citizens Commission on Human Rights prepared and proclaimed the Mental Health Declaration of Human Rights which articulates the standards against which human rights violations by psychiatry must be investigated and exposed. You find the full content at this [\(40\)](#) link.

A. The right to full informed consent, including, *“1. The scientific/medical test confirming any alleged diagnoses of psychiatric disorder and the right to refute any psychiatric diagnoses of mental ‘illness’ that cannot be medically confirmed.”* For this right, the parents of M., particularly his mother, have been fighting from the very first moment that their son was brought to the mental hospital.

*“2. Full disclosure of all documented risks of any proposed drug or treatment.”* M.’s mother presented many pages of critique concerning the medication of her son along with many questions that were all ignored.

*“3. The right to be informed of all available medical treatments which do not include the administration of a psychiatric drug or treatment.”* Those responsible for M. in the hospital did not make any efforts to provide concrete information about alternative treatment options although they were asked.

*“4. The right to refuse any treatment the patient considers harmful.”* Both the parents and M. did not agree with the detainment in the mental ward and having to take aripiprazole, but their protest was to no avail.

*“B. No person shall be given psychiatric or psychological treatment against his or her will. C. No person, man, woman or child, may be denied his or her personal liberty by reason of mental illness, so-called, without a fair jury trial by laymen and with proper legal representation.”* M. was detained in the psychiatric department as a completely healthy teenager without any mental issues.

From among the rights of the patients, *“5. The right to choose the kind or type of therapy to be employed, and the right to discuss this with a general practitioner, healer or minister of one’s choice”* have been of special concern for M.’s parents.

*“6. The right to have all the side effects of any offered treatment made clear and understandable to the patient, in written form and in the patient’s native language.”* M. was not informed about any negative side effect. The parents presented in written form more than 80 questions in connection with the drugs given to their son and the treatment, but to none of them did they receive a written answer as requested.

*“7. The right to accept or refuse treatment ... and any drugs producing unwanted side effects”* was not granted to M., who has been suffering from adverse side effects.

*“8. The right to make official complaints, without reprisal, to an independent board which is composed of nonpsychiatric personnel, lawyers and lay people.”* The written complaints by M.’s mother and her request for an independent expert to check on her son remained have been practically ignored.

*“10. The right to discharge oneself at any time and to be discharged without restriction, having committed no offense”* was fully ignored despite the continuous efforts to appeal to the authorities due to M. being detained and medicated as a completely healthy young man.

*“12. The right to see and possess one’s hospital records and to take legal action with regard to any false information contained therein which may be damaging to one’s reputation.”* M.’s mother has been trying in vain to obtain the records regarding her son who gave his full agreement for his mother to review the reports made in the mental hospital.

*“13. The right to take criminal action, with the full assistance of law enforcement agents, against any psychiatrist, psychologist or hospital staff for any abuse, false imprisonment, assault from treatment, sexual abuse or rape, or any violation of mental health or other law. And the right to a mental health law that does not indemnify or modify the penalties for criminal, abusive or negligent treatment of patients committed by any psychiatrist, psychologist or hospital staff.”* M.’s mother has been preparing many documents addressing the issues connected to her son being detained in a psychiatric department.

*“14. The right to sue psychiatrists, their associations and colleges, the institution, or staff for unlawful detention, false reports or damaging treatment.”* Because the parents of M. do not have the money to go to court, the case is brought to the public’s attention through this book.

*“15. The right to work or to refuse to work, and the right to receive just compensation on a pay scale comparable to union or state/national wages for similar work, for any work performed while hospitalized.”* Through being detained, M. lost the opportunity to attend to his jobs as carpenter (student), at the bakery, and as babysitter with no compensation whatsoever, although he was put into the mental ward without any fault of his own.

*“19. The right to freely associate or not with any group or person in a psychiatric institution, hospital or facility.”* M.’s mother was restricted to one hour visiting time without any justifiable reason whereas other family members could visit him freely.

M.’s parents have been aware of the destructive impact psychiatry has on people and therefore opposed their son’s detainment from the very beginning, particularly because not reason whatsoever existed for doing so.

## The underlying overall issue of a total contradiction in society

In the files at the National Agency for Children & Families / Ministry of Social Affairs / University Hospital, the case is recorded under the name M., whereas in reality it is not about him but about the behavior of representatives of the here-mentioned institutions and the general attitude of the inhabitants of this nation.

In this book, information is provided in connection with what has happened to M. whereby fundamental questions are addressed such as, *“A sober evaluation of what modern medicine actually knows about the body”* and *“Actual data shows the failure of conventional medicine.”* The underlying issue is, do we deal with reality based on following the scientific standards rather than those centered on medical dogmas that are not rooted in true science?

What it all comes down to is the incredible arrogance of the medical establishment being rooted in their ignorance. Again and again, all the mother of M. heard at the psychiatric department was, *“We are of the opinion...”* It is all about the opinions of people and not about acting in line with the principles of science. This practice is firmly established without most people being aware of this fact.

As pointed out in *“The failure of the National Agency for Children & Families / Ministry of Social Affairs”* and *“The grave mistakes of the staff responsible for M. at the psychiatric department,”* this case is about what the authorities and decision makers are doing wrong. But even more than that, it is about society as a whole being very sick from the standpoint of many people taking antidepressants. Upon further reflection, you will see that such a reality is based in the inner contradictions that are ever so obvious when you have a sober look at the fundamental problem of a split personality, which is widely spread.

When you look at the skyline of the capital of the nation where M. was born, the main church building is dominating as the most central building, catching the view of the observer. Externally, the church is at the center and two thirds of the citizens are members of a Christian church, whereas in reality the opposite of Christian values is practiced when it comes to handling questions of how to take care of one's health. Herein lies the key factor of the underlying issue: the vast majority of the population can be diagnosed with a psychosis according to its definition from the standpoint of people having lost touch with reality, showing clear signs of delusions by thinking some chemicals pressed into pills are able to improve internal matters like people's mood and brain function, which are actually controlled by a person's invisible mind and spirit.

The core of the issue is that M., a completely healthy young man, is put into a mental hospital in a society that is full of contradictions exhibiting obvious symptoms of a psychosis. It may not be easy to face this reality, yet it is a fact which is confirmed in manifold ways, including the attitude of representatives of the National Agency for Children & Families / Ministry of Social Affairs who claim to be acting in the name of social justice and caring for people, whereas at the same time the roots of such efforts are ignored which lie clearly in Christian values built on the conviction that human beings have an eternal spirit or soul as the very center of their existence.

It does not make sense at all to act in the name of concern for people, in this case for children, while at the same time denying the basis that lies in the most important rule for Christians, namely to love your neighbor as you love yourself. This very principle is theoretically upheld while not really taking care of yourself properly because otherwise people would not be in need of pills against depression, which anyway do not solve their problems as it is simply impossible to resolve internal matters by swallowing pills. Yet, a substantial percentage of the population of this country is acting in this irrational way.

Nearly all people are also clinging to the concept that drugs are necessary to handle illness, whereas for millennia countless people have remained healthy throughout their lives without taking a single

pill wherever they had the necessary living conditions enabling them to have enough food and proper shelter.

In other words, the case of M. is not about him. He had none of the here-mentioned problems before he was put into a mental hospital but on the contrary was a very healthy young man full of energy and hopes for the future who does not need any pills. It is about a rather sick society full of contradictions, whereby more and more of them are discovered the closer you look at the details of what has become a reality.

The actual decisive issue in question is therefore a spiritually oriented worldview as taught by Christianity versus a materialistic worldview which is the foundation of conventional medicine. What we are faced with is a misuse of positions on the side of those making decisions over the life of M. without adhering to scientific principles. This represents a grave violation that is harming not only M. but also countless other people who are suffering due to medical misconceptions that are at the core of all the issues involved, including the fact that modern allopathic medicine has not really prolonged people's life with ever more people being diagnosed with some chronic illness.

To put it into simple words: the whole nation listens to incompetent experts who believe drugs are necessary to deal with medical issues, whereas history shows on the worldwide level that one can lead a long life in good health without the use of these artificially created products. The pills do not heal psychoses or other mental disorders, yet people such as M. are forced to take them! On what grounds? None other than a belief that they MAY help without providing the scientific proof that this is actually the case based on doing the absolutely required control experiments. M. is one example of those who has kept his body in excellent health without the need of any pills.

There is no health issue in M. that needs to be resolved, but surely in the hearts and minds of people who live full of contradictions. The ultimate question is therefore whether this society continues to live with the inner contradiction of claiming one thing, e.g., to be a Christian civilization, while acting contrary to such a worldview which clearly teaches that health issues are best resolved through prayer and loving care for the patients to support them to return to their full wellbeing.

In the end, only one question remains: do the people of this nation allow themselves to be dominated by the medical industrial complex by feeding Big Pharma, which is earning hundreds of billions of dollars as could be seen especially during the past two years of the so-called corona crisis, which created more than 500 new billionaires?

A materialistic worldview stands against a value-centered view of the world. This is at the very foundation of what has become a reality in the life of M. and countless others around the world who have become innocent victims of a corrupt medical system rooted in the totally wrong concept that human beings merely consist of matter and all health issues must be dealt with on that level — by putting pills into your mouth. Here is where everything starts and where it should end through a thorough reformation of the medical establishment.

## Both doctors and patients need to return to true mental health

It is a common practice of physicians to ask a colleague for advice when they suffer from some serious bodily malady. That medical doctors are not really experts in securing a long life is, e.g., confirmed through the fact that in America most medical doctors do not reach the age to become a pensioner because they die prematurely. In the face of this and similar realities, it is surely high time to have a closer look at how well the specialists in questions of health are doing in recognizing what is wrong in patients and how they can best be supported in the healing process.

As already pointed out, the problem starts with the materialistic worldview underlying allopathic medicine, where the central role of the soul in determining the health of a person is largely ignored. Another crucial point is the negligence of the fact that, first of all, we are beings of energy and therefore health issues must be resolved on this level. Adding to this fundamental failure, the influence of electromagnetic fields on the human body is widely ignored, although more than enough experts in this area have been warning of the dangers of WiFi and all other forms of electromagnetic smog that is constantly harming our body, where the negative effects are not always immediately visible.

What such a situation comes down to is denying or ignoring reality, pretending that it does not exist, and acting accordingly in an insane way which is defined as psychosis, of having lost touch with reality, or whatever name psychiatrists may give to such a behavior. The failure to deal with actual facts has led to fatal consequences for the patients who do not get the support of the medical establishment which they need. To the contrary, due to medical doctors' inability to recognize the true cause of what they define as illness and disease, the victims of their wrong diagnosis are suffering the more often than not fatal consequences of receiving harmful drugs, of being operated on unsuccessfully, and of being unnecessarily burnt by all kinds of radiation.

Although such facts may be known so far only to relatively few people, the truth is bound to come to light concerning what is actually taking place in conventional medicine, with ever more details concerning how illogical and irrational many medical experts are acting becoming known to the public. Exposing the grave errors of those working in the medical field is only the first step. Unless the population stops blindly trusting the so-called medical experts, no lasting positive developments are possible. For this reason, it is decisive that one by one people need come to know that it is very wrong to simply rely on what the specialists in the medical field say because they all received the wrong kind of education and are indeed victims of their own ignorance. The same can be said about most people so that we have an overall situation of the blind leading the blind.

Practically speaking, the arrogance of those who have invested many years of studying medicine blocks most physicians to look further than the medical dogmas with which they have been indoctrinated at their respective universities. Upon having a closer look, it is obvious that the problem is one of the mind and soul, an immature heart which is stuck in self-centeredness irrespective of how much one does for others on external levels. If medical doctors sincerely loved their patients, then they would surely approach them very differently. The many problems in healthcare will swiftly disappear once complete honesty and true sincerity returns to both the hearts of physicians as well as patients. The real mental illness lies in immature hearts and corrupted minds making grave mistakes due to ignorance paired with self-centeredness. Only when the core root factors of insane behavior are removed can true health be gained and all evil practices come to an end.

## What will change when the truth wins over the manifold lies?

Once people are prepared to deal with facts centred on the health system, enormous changes will take place in society. For example, as soon as people realize that no so-called virus was ever isolated and confirmed by control experiments, it will be clear for everybody that you cannot get ill because another person feels unwell or is declared to be sick. This means, of course, also that no reason whatsoever exists for the use of masks, as there is nothing to be protected against. The same applies to tests, because there is no virus which was directly identified in a liquid; rather, the claimed genome is artificially created in silico with the help of computer programs. Accordingly, no justification exists for measures like lockdowns and social distancing, no need for quarantine, and of course also no reason to be afraid of mutants or new viruses because the virus theory is very wrong to begin with.

As soon as people have become familiar with the biological laws active in every human being in support of their overall wellbeing, nobody will be afraid of cancer or of some heart disease because they will strive to maintain inner balance and in this way, bodily functions will be well performed without any disturbances. On the foundation of the precious knowledge as discovered by the pioneers of true health, it will be clear for everyone that not a single disease as defined by conventional medicine exists but only expressions of the body in response to the given needs, which include certain purification periods that are falsely diagnosed as influenza, etc.

Another natural consequence of people knowing the truth about the human body's ability to deal with any 'illness' will be that nobody is interested in pills, which means that the multitrillion dollar business of the medical-industrial complex will disappear completely. For that reason, Big Pharma has no interest in the truth coming to light, and those in power have been fighting for decades against any efforts to reveal their fraud.

What the overall situation comes down to is none other than the vast majority of mankind having allowed themselves to be deceived into believing in the manifold lies centered on the human body to their own detriment. Instead of pursuing a spiritual path of upholding moral values, people have become generally more and more superficial, clinging to external solutions rather than resolving human issues at their root, in the heart and soul. From this standpoint, it is clear that people have widely changed their religion without even being aware of it by putting their trust in so-called medical specialists to take care of them when in trouble than to make sure that such a situation never arises by listening well to the signs in the body and understanding symptoms correctly. Instead of true spirituality, we see an ever-increasing number of people believing in drugs as the solution, even to mental problems, although it should be clear for anybody that it is impossible to resolve internal struggles by taking pills.

Because we arrived in today's miserable situation due to ever more people blindly believing in those who work based on completely erroneous scientific dogmas that must never be questioned just as upheld by religion, it is decisive to return to true science. And from there we can look toward a wonderful future where we are finally dealing with reality as it is and not as we are indoctrinated to believe by those who pursue egoistic agendas. More than anything, the core issue is one of being true to yourself and aligning yourself with the principles of creation in every area of life. As soon as we do, we will naturally harvest the manifold fruits of enjoying a truly happy life without any health issues until the end of our days on Earth before moving on to live in the eternal spiritual world.



## The fundamental reformation of the medical system

Considering reality, it is clear that what is needed most of all is a fundamental change from trying to resolve health issues by focusing on the physical body to putting the inner wellbeing of a person into the center of attention.

This is the real challenge that must be dealt with, not only on an individual level but also as a nation. We have to reflect seriously whether we want to continue on the path of upholding a medical system which is heavily influenced by the pharmaceutical industry, or one which is focused on making sure people are fine in their mind and heart since happy people do not become sick. This fact can be confirmed in countless examples whenever joy is deeply rooted in people's heart and not some superficial pleasure.

The HeartMath Institute has done a very valuable work in scientific research and developing practical solutions for relieving stress and anxiety, improving health and wellness, and improving your performance. To activate the power and intelligence of your own heart and spirit is something which has to be done by every individual but this process starts with the awareness that what we all need most of all is love. To be conscious of this fact must be at the core of all efforts by those working in the field of health and social service, because lasting solutions can only be found if the internal situation of a person is considered first and most of all.

Once we have the correct basic attitude and correct view of human beings consisting of mind and body, with the heart and soul of a person as the center determining the bodily wellbeing, we can achieve what was not possible before when our attention focused on a medical system rooted in a materialist view of the world where chemical products are seen as the solution to resolve problems arising in biological processes. That this is a huge error can be seen in the ever-increasing number of people with chronic illness, which means of course that nothing else than health issues not being resolved through conventional medicine centered on treating symptoms instead of making sure that the root cause of problems is removed, which always lies in the human heart and soul.

As we make efforts to bring our physical, mental and emotional systems into coherent alignment, you begin to experience increased access to our heart's intuitive guidance. Listening to your inner knowledge and intuition must take priority over your focus on external measurements and counts of elements in the body. In this way it is possible to use the wisdom embedded in the body well to approach situations with more emotional balance, compassion, clarity and personal confidence as a foundation to thoroughly resolve issues, because then it will become the reality that one of the staff in Psychiatric Department emphasized, namely, that they want their department empty all year long.

It is very true that as you bring your physical, mental, and emotional systems into coherent alignment, you begin to experience increased access to your heart's intuitive guidance. Tuning into your heart's wisdom creates a profound shift within that helps you deal with all kinds of difficult situations with a loving heart, which represents always the correct solution.

Studies conducted with over 11,500 people have shown improvements in mental & emotional wellbeing in just 6-9 weeks using HeartMath training and technology, which resulted in a 56% drop in depression. If Iceland adds to this method additional efforts based on investing more love into patients, the percentage can certainly be raised to 100% so that this country will rise from the worst situation in terms of people being depressed to number one in the world with respect to having no need whatsoever for antidepressants.

It is truly high time to use modern technology in a combination of science-based techniques, coherence technology, learning programs, and other helpful materials and methods implemented by true

health professionals who have learned to support people in their healing process by helping them resolve inner issues, which are always at the root of whatever ailment they may be suffering from.

Accumulated stress is often the underlying cause of common challenges, such as anxiety, anger, depression, lack of sleep, illness, and more. Therefore, the challenge lies in moving from stress to inner harmony by activating coherence, which relieves anxiety while balancing your mental and emotional energy. As a result, people will be more active and creative, leading to more prosperity on the national level — all rooted in the correct understanding of human nature.

Based on such profound realizations of putting Heart and Love into the center of one's life, the natural result will be seen in people being resilient, energized, joyful, patient, mentally clear, intuitive, and other good qualities you may wish to make your own.

What it all comes down to is a mind-body approach in the field of medicine that harnesses people's ability to improve their health on their own without the need for a hospital because healing always needs take place first in the soul. Once we take care of it well, then no one will end up in a medical institution, because everybody will have learned to take good care of their own needs while being attentive to what the body shows in the form of various symptoms. Once we are able to interpret them correctly, everyone will be able to take proper care of their own health and wellbeing without the need of a health professional because, ultimately, it is always true that the body knows best what is needed to be fit and functioning well.

This is the wish of M.'s mother, not only for her son, who wants to be able to return to his life full of energy without being pushed to take medication, a life which he has lived during the past years, but also to make sure that all others are getting freed from wrong concepts that are hindering them to keep their mind and body functioning well based on having thoroughly resolved internal issues.

Instead of taking pills, what needs to be done is to regain inner balance when one is in trouble. This is where our focus must be to ensure the overall good of all people to secure a happy, long life for them based on their having learned to love themselves and others in the right way. Every individual can generate a highly efficient physiological state by lifting the vibration of your emotional composure along with making sure that your thoughts are clear and focused on the overall goal of everybody's wellbeing, an attitude which was praised in M. by one of the staff taking care of him.

Yes, as soon as we take care of each other well, we will all harvest the benefits of a life where we respect and appreciate each other deeply as a foundation for establishing a society where all people enjoy physical health with a *'mens sana in corpore sano,'* a healthy mind in a healthy body. The key to reaching this goal lies in taking good care of the heart and soul of all people in need, which is ultimately the core responsibility of every person working in the field of health and social welfare.

## True and false beliefs about health and healing

M. has always believed in himself and his abilities which enabled him to do well in life and to remain healthy all along. The opposite attitude is to be much too worried about questions of health, an attitude which led to his elder sister bringing him to the hospital to be checked, and there he heard again and again that he is very sick until he himself believed the stories that were made up, and gave in to the emotional pressure to accept having to take aripiprazole as the solution to his alleged problems.

What we need to ask in such a situation are very fundamental questions. In the document titled, *“Using artificially produced drugs versus allowing the body to heal naturally,”* the Osteopathic Principles are briefly introduced in which the core conviction lies in the fact that the body is capable of self-regulation, self-healing, and health maintenance. It is truly important to be aware of the body’s innate ability to heal and to allow the various organs to do their job properly by not interfering through taking artificially created drugs which have little or nothing in common with living organisms.

A timeless truth is expressed in the statement: *“All healing is self-healing.”* This is not just a saying but is very true and stands at the center of the given confrontation regarding the situation of M. The decisive question is whether the brain can handle the thoughts of a person well. That is certainly the case, and no reason exists to be worried that it may be damaged by wrong thoughts which are not realistic such that you end up having a so-called psychosis manifested in losing touch with reality. Please think of it. The theory is that too many thoughts harm the brain based on the totally wrong idea that it is apt to destroy itself, that it has a tendency to attack its own tissue. Such a concept is rooted in a miserable view of the human body as a potentially self-destructive entity, whereas in all other creatures a harmony of function is visible on all levels.

It remains a fact that when given what it needs, the body heals itself. And it is not pills that are needed, which is also true for the more than 300 species of monkeys with their ‘genes’ being up to 99% similar to those of humans. No confirmed scientific reason was ever presented that people would need pills to maintain their bodily wellbeing or to deal with challenges to their health. What is very much necessary lies in everybody allowing this fact to sink deeply into the mind and consciousness and to begin trusting themselves rather than Big Pharma and their products. It is the widespread belief in the medical-industrial complex that has enabled the situation M. finds himself in to become possible through the respective individuals dealing with his case having become so blind that they could not even recognize that he is a completely healthy young man. They see the world through the lens of pills being the solution to whatever health problem a person may be confronted with even to the extent that patients should be forced to take them if they do not welcome such a one-sided medical ideology or dogma.

We have beliefs about health and every aspect of our lives rooted in a subconscious program that operates below the level of awareness. These beliefs were mainly acquired during our formative childhood years and should serve us well throughout our lifetime, whereas in reality it is a fixed mindset that limits most people to manifest their full potential to live a long life in excellent health without ever needing a single pill. When we make the original way of life our own, we will be always attentive to recognize what the body is showing us and respond in a supportive way by resolving root causes for imbalance and disharmony.

## Complete freedom versus total control

Theoretically, we decide together in what kind of world we live, whereas in reality only a tiny number of leaders, politicians, experts, etc. make the decisions that affect the vast majority. Most people trust that those in positions of power and influence are acting in their interest and just accept whatever decisions are made, whereas the opposite is many times true. We have ended up in a world where we have the technology to provide for all people good living conditions whereas each day 25,000 people, including more than 10,000 children, die from hunger and related causes with close to 1 billion people worldwide undernourished while, at the same time, the world's farmers produce enough food to feed 10 billion people.

There is no lack of food, yet people live in poverty and starving to death in a situation where 99% of the world's wealth is in the hands of merely 1%. How could it come so far that there is such a huge gap between rich and poor? The sober answer is simple: collectively, we allowed it to happen. While everybody is busy with their own little problems, a tiny elite has pursued their agenda in the course of many decades to shift ever more money on their side through deception and exploitation. But to own everything is not their final goal. They also want to control everybody. We see how this looks in China, where the social credit system is already established, allowing the state — a few individuals — to decide which behavior is good and which has to be punished, taking ever more civil liberties away from people until none are left. This tendency is not only present in China but in ever more countries around the world.

The fundamental question is, of course, whether we agree with this development toward total control or treasure freedom as the most precious precondition to be able to fulfil the purpose of our existence, namely, to experience abundant joy and happiness, which is only possible if we are free to decide. The answer to this question depends on how I see myself, as an insignificant part of the whole that can be exchanged at any time, or as a unique being with infinite value? The way you and I answer this essential issue determines in which kind of world we like to live, one where others make all relevant decisions for us or one with the greatest possible freedom paired with responsibility, which every person gladly takes for his own actions along with the readiness to be held accountable so that whenever some problems arise, they can be swiftly resolved.

Because the globalists have perfected their strategy in the course of many decades, they have been rather successful in removing ever more civil liberties in which the corona pandemic was used as one huge step forward toward their goal of implementing a digital identity for every citizen and to permit only digital money, which allows not only the control of financial transactions but also to cut people off from financial resources by shutting down their account as punishment for improper behavior such as rebelling against tyrannical measures. Once such a totally centralized system is complete, there is no more way to get out of it. For this reason, the time to decide the kind of world we want to live in is now. Do we want others to regulate every aspect of our life or are we eager to use our unique potential and do what we feel called to accomplish? For the authors of this book, it is clear that only the latter is a valid option and, therefore, we appeal to the readers of these lines to take the steps that are necessary to oppose the worldwide development toward ever more control by refusing to give our power away to the people who are the least qualified to make the right decisions.

We definitely cannot wait to act in a situation where we may find ourselves at any time in a reality of lockdowns for any kind of made-up reason. Now is the time to stand up and speak out, to fight to firmly establish our personal liberty and to strengthen our integrity so that nothing can tempt us to make false compromises that lead to a loss of freedom of choice concerning how we want to spend our days on this wonderful Earth.

## Chapter 5

### A world without illness

Dear reader,

That most people think something is impossible is no valid argument. Most of the ground-breaking new developments are based on people thinking outside of the box. With respect to conventional medicine, most people are stuck in the concepts they have learned since childhood. They simply believed what they were told. Hardly anybody is prepared to question the medical dogmas of which indeed many exist. They are taken for granted although they are merely the product of some so-called experts agreeing on something, which is no surprise as they all have studied the same concepts at university.

The bottom line is that either we are supposed to be thriving like hundreds of billions of animals existing on Earth without need of artificially created drugs, or we are the worst creation of all, in need of a constant supply of pills and vaccines in order to cope with challenges to our health. That the vast majority of humankind believes the latter does not prove anything concerning what is true, only that the indoctrination by the lobbyists of the pharmaceutical industry in the course of more than one century has been so successful that only a few people are left who do not buy into their business model.

The relevant question is whether you, as reader of this book, belong to the former or latter group. After having made it through the 400-some pages to this point, it is hopefully crystal clear for you that as humans, we are supposed to lead a natural life without needing even a single pill, which is surely possible once you have learned how to take proper care of your wellbeing based on a profound understanding of how universal biological laws are active in each one of us. We only need to be aware of them and make sure to always resolve health issues at their root, in our inner heart and soul.

The issue therefore is not to believe this or that but to deal with reality without making any wrong excuses. What the history of mankind has shown is that human beings, as with animals, are indeed capable of living a long life without need of drugs. Either we face this fact and draw the right conclusions, or we remain in the prison of a certain indoctrination based on wrong concepts that make us dependant on the 20,000 prescription drugs and whatever else is offered by the medical-industrial complex.

The decision to deal with reality has to be made by each individual as it is directly connects with a person's worldview: are we victims of infectious diseases and 'out of the blue' cancer diagnoses, etc., or does every human being determine his or her health state? If you come to the conclusion that the latter is the case then it means, of course, that you have to take full responsibility for your health as you are the one who knows your body the best. Very sadly, such an attitude is greatly lacking in the mind of most people and, therefore, the advancement of Big Pharma has been so successful. Nevertheless, it will stop and be reversed with every human being who comes to the realization of the healthy way of life which we are meant to live without the need for any pharmaceutical products.

This book was written to support the reader in this basic evaluation so that hopefully everybody can make an informed decision without depending on so-called experts. It is up to you to make good use of this knowledge, which is confirmed by scientific studies. What is missing is merely the readiness to act according to well-confirmed actual data.

## The end of all spiritual and physical illnesses

In order to bring about an end of a miserable situation, we have to know first what is wrong. That conventional medicine is not doing great in this respect should be crystal clear for those who have attentively read the content of this book. But the tragedy is much larger than corruption in the medical establishment. It exists in every area of life, rooted in the poor spiritual or mental state of most people, particularly those in positions of influence over others and it nearly always becomes true what is expressed in the proverb, *“Power tends to corrupt, and absolute power corrupts absolutely.”*

When we look at the world situation, we see that certain individuals have perfected the art of exploiting others such that Oxfam reported in 2016 that the wealth of the richest 1% is equal to the other 99%. Through the well-orchestrated Covid crisis, which resulted in more than 500 new billionaires, the overall split between rich and poor has further deteriorated to seemingly unimaginable dimensions, the world population exploited by a tiny elite who have been pursuing their evil agenda with no sense of compassion whatsoever for the billions of people whom they are greatly harming. Drugs and vaccines are merely one of the manifold forms of deceiving people, shifting trillions of dollars from the poor to the rich.

This aspect represents only one part of the overall tragedy of very mentally sick megalomaniacs purposely causing the premature death of hundreds of millions while seemingly having no pangs of conscience for their ever so cruel deeds toward innocent people, which roots in their greed to get some more advantage for themselves. The ways in which this has been happening are manifold, including through the establishment of the digital financial complex using various business models, the hoax of man-made climate change being one of them. Because the mainstream media is in their hands, and they have enough money to buy scientists and infiltrate governments, they are able to push people into all kinds of irrational fears so that they are obedient to their oppressors.

There is no need to speak about the details, but what is important is to be aware of the extent of evil that firmly manifests in this world where a tiny minority can freely rule over the majority, because most people who are basically good allow this to happen. Evil can prosper if good people do nothing, where being silent in front of evil means already collaborating with it. That is the bottom line, which unfortunately only few are aware of. The unspeakably sad reality can only be changed and reversed toward the victory of goodness if there are those who are prepared to expose what is wrong and fight for the urgently needed victory of truth over lies, which begins in the heart of each individual when being truly honest to yourself.

If we want to see the end of the humankind's unnecessary suffering, we need to know exactly where its roots are and eliminate them there — in the hearts that have not learned to love but are stuck in their development on the level of a spoiled child. True healing can only come based on knowledge centered on the timeless truth concerning the original nature of human beings who are born for greatness, while at the same time being free to deteriorate in the opposite direction. Unfortunately, the majority has chosen to walk a superficial path of not being serious about cultivating goodness. For this reason, today's enormous problems could come about which could have been avoided had more people been dedicated to make the universal truth their own and act accordingly in line with the principles of creation.

The end of spiritual and physical illness begins with each person who becomes whole instead of remaining stuck in all kinds of inner and outer conflicts. All the answers needed for a bright future are already freely available. What is missing are those who search for them and make them their own by putting them into practice in embodying truth, beauty, and goodness in daily life, which will definitely lead to long-term prosperity on every level.



## The Christian understanding regarding health

Just as it is important to know that Judeo-Christian values are at the root of prosperity in traditionally Christian nations, it is decisive to be aware that implementing such values is the basis for enjoying bodily wellbeing. The New Testament speaks about the body as the temple for God's spirit to dwell. To the extent that we are aware of this identity, we will make sure to take good care of our bodily wellbeing in an effort to lead a truly dignified life.

Contrary to this understanding, allopathic medicine is built on a materialistic worldview that denies the existence of the human soul as the main determining factor of a person's health. The decisive question is therefore whether we are supposed to follow the path of modern medicine which largely ignores the soul of a person as the place where all health issues originate, or we should take this fact seriously and make sure to cultivate a rich spiritual life as foundation to enjoy a long happy life.

According to how this essential point is dealt with, every individual harvests the fruits of one's efforts. Those who invest in nurturing their heart and mind with many positive elements will naturally experience physical wellbeing as the internal situation is always directly expressed in the body. Good health is an important part of being self-reliant. From a Christian standpoint, it is clear that safeguarding our health will allow us to fulfil our divine potential and serve others more effectively. The fundamental principle of finding deepest joy and satisfaction by helping others to get along well in life can be experienced by anybody who decides to contribute to other people's happiness rather than being focused on one's own personal situation.

The practice of the Christian teaching of loving your neighbour as yourself is a very effective key element to find the fulfilment we are longing for deep inside. It can be felt in the warmth of loving relationships that are the foundation for True Love to flow freely, which in turn is the safe basis for the body to function well. More than anything else, a person's internal situation is the core determining factor as to what kind of external reality one may be faced with. If the soul is fine then the body will also be fit. This is a timeless principle that has always been true and will remain so in the future as anybody can experience who is dedicated to living in such a way as to strive for deep rather than superficial satisfaction.

Sincere Christians know that it is truly worth the effort to be true to yourself and others, because it will lead to long-term wellbeing. With such an attitude, problems that arise are swiftly dealt with in order to resolve them instead of allowing them to be repeated again and again. On the bodily level, the failure to thoroughly resolve issues manifests in chronic illness, which is continuously rising in line with a general focus on materialism rather than pursuing a high spiritual standard of always acting in line with the principles of Christianity and other religious teachings, which emphasize the importance of living for the sake of others in order to avoid getting stuck in egoism with all the negative consequences, among which poor health is one of the long-term results of people circling around themselves.

To put your own preferences and wishes first and above those of others is the widely prevalent lifestyle that has led to ever more problems, which we see in society today. On paper, the majority of people may be Christian or adhere to other religions; in practical terms it is self-centeredness that dominates the relationships among people with numerous negative developments, among which an ever-rising number of mental and physical illness is a central problem that grows worse day by day.

Collectively, we decide whether we adhere to timeless principles based on a God-centered view of the human body as the temple for God's spirit to dwell in, or we cling to matter, putting ourselves in this way into a prison of limiting our mind and heart, ultimately to our own detriment. To pursue the former is the path that will secure not only our long-term bodily wellbeing but, more importantly, happiness in the heart, which is the inner foundation for a world without illness.

## What remains when all the lies are removed?

We live in a world where a large part of what children learn at school and promoted by the mainstream is not true with hardly anybody noticing it. The Covid crisis has awakened many people that something is terribly wrong regarding the medical establishment. Upon investigation, it turned out that there was no pandemic but that everything was planned in advance and, therefore, lockdowns could be implemented in lockstep on the worldwide level along with the useless masks and totally unnecessary quarantine, etc.

In reality, no disease-causing virus was ever isolated, just as infectious diseases are merely a myth, as contagion was never shown to actually take place. People do get sick in the sense that they feel unwell because the body shows symptoms in the process of restoring the normal function after an extreme experience or as part of the purification process. That's all. Biological maintenance programs are erroneously interpreted as illnesses, as you can understand in every case on the foundation of being aware of the 5 biological laws discovered by Dr. Ryke Geerd Hamer and other scientific knowledge that was found by true scientists who work in line with the principles of science.

No viruses means no need for vaccines. Every vaccine that is given to children and adults is not only completely unnecessary but harmful to the body. Once people learn to maintain inner harmony, no heart illness will arise and also no cancer, along with no other disease as defined by doctors who are unfortunately ignorant of the true nature of the human body, because they exclude the spiritual dimension. In this way, the causes of premature death are removed, particularly those caused by medical malpractice, enabling people to reach old age and the time of passing on to the next world in good health with no need of any doctor along the way.

However unbelievable such statements may seem to the ears of those indoctrinated with the lies propagated by conventional medicine based on the errors in the field of biology despite better knowledge being available, they are correct and scientifically confirmed. The truth that is not fitting the agenda of the pharmaceutical industry is suppressed on purpose such that nearly all people believe in the untruths spread by the mainstream. As soon as all the deception is removed, no more doctors will be needed because everybody will have learned to take care of their wellbeing and, of course, no more need for the artificially created drugs used in modern medicine.

What is expressed in these few paragraphs may be shocking for those hearing it for the first time, nevertheless it is the truth that is already confirmed through the fact that countless people have remained healthy their whole life long. They are the proof that none of the chemical products offered by Big Pharma are necessary. As all people have basically the same body, this is possible for everybody, whereas for many a certain course of purification from the various poisons that have already been injected into them through vaccines and which affect them already through other drugs that cause harmful effects in a human being. What is important to realize for those still doubting is the fact that the seemingly powerful establishment is built on the opinion of individuals which all doctors study at their universities so that in the end they all have the same opinion but, in essence, it is merely the concept of individuals and nothing more.

From this viewpoint, it is obvious that it is not the number of people who believe in something counts, but only which understanding is correct. When all the lies and deception are removed, nothing will be left of the medical-industrial complex and the medical establishment because everybody will know the truth that the human body is like that of all other animals, created to cope successfully with any health challenge. What will remain in the end are healthy people because they take care of their heart and soul where disease originates. Those who act in the right way will be able to enjoy lifelong good health.

## The return to the original state of lifelong health

I know a farmer who had some 200 sheep a few decades ago. At the time of their giving birth to their offspring, not a single one of them died, but all young ones were thriving. Today, he is an old man and keeps only two dozen sheep. This year, one third of the newborn did not survive. What is the difference between now and in the good old days? His sheep are all vaccinated.

It is not easy to get rid of the indoctrination of a certain view of the world that has been ever present for more than a century, emphasizing that vaccines are (one of) the greatest achievements of medicine. Such a claim is nothing less than propaganda for the vaccine industry, which has nothing in common with the truth. Because the objective data is well hidden, hardly anybody knows about this huge deception. Only a relatively few know that not a single so-called virus was ever properly isolated although the technique to do so exists and is used to isolate other tiny substances like exosomes. Equally, it is widely unknown that not a single experiment of making people sick by infection has ever been successful.

When learning such facts for the first time, most people immediately reject them. They cannot imagine it is true because all their life they heard something else, even the opposite. That is the reality we are collectively faced with: lies have been repeated so many times that people cling to them so strongly that no scientific data and confirmed fact can convince them to question their view. They are stuck in their belief, whatever it may be. It has seemingly become a part of them and their identity.

To get out of this stage may at first be a tough and challenging process, nevertheless in the end it turns out to be one of liberation, of realizing that there is no need to be afraid of any pathogens because they do not exist to begin with. Any disease in the body has its origin in disharmony and conflict in the heart of a person. Additionally, there may be harmful influence from all kinds of chemicals that enter the body along with electromagnetic radiation or other adverse effects originating from the outside, but it is always the mind of a person which is the decisive factor whether he or she copes well with challenges or not.

To make a long story short, if we are in good spirits with a heart filled with love, we will naturally experience good health because our innate energy will be much stronger than most other influences from our surroundings. The internal situation of a person is always the number one determining factor of his health condition because everything that is going on inside finds expression in the bodily functions that are working well or affected through negative thoughts and emotions, which are upheld and harbored deep inside. It is an absolute truth confirmed in countless billions of examples of animals that the natural state is one of lifelong health, which applies of course to human beings also. No need whatsoever exists to poison our body through all kinds of chemicals pressed into pills that are supposedly helpful whereas in reality they all are only harmful in the long run. One may think that you are helping your body by taking some drug to reduce fever, but you are actually working against yourself by doing so because the temperature is increased on purpose to facilitate more swift natural healing.

Fundamentally, only one question remains: do you trust your body to know what it is doing, or do you try to interfere by taking artificial products like pills? Your belief that they will help may create some placebo effect, but in the end none of them are necessary and never have been. Every individual can either return to the original way of life by allowing the body to do its job and enjoy lifelong good health based on cultivating a harmonious inner state as a foundation for steady bodily wellbeing.

Hopefully, this book is helpful for you as reader to make the right decision and to uphold it until the end of your days on Earth by taking good care of your precious soul as a precondition for experiencing true happiness.

## From ignorance to knowing absolutely for certain

While reading through these pages, you have probably come across content which you have never heard before, and learned about things that are completely new to you. Therefore, you may wonder whether they are correct. As mentioned before, the issue is not to believe this or that theory, but to check what is really true and put into practice what is confirmed by your own life experience.

At the root of widespread fear regarding grave health issues lies ignorance. Accordingly, the first task is for everybody to deal with questions concerning bodily wellbeing based on listening attentively to your body, as it always knows best and provides us with the needed signs to see where the actual problem lies. To be able to recognize the correct answers in this respect it is essential to know the biological laws discovered by Dr. Ryke Geerd Hamer, as they enable us to find the origin of every bodily symptom. What is needed on the external level is to become familiar with the required knowledge as to how the manifold biological processes are active in support of our overall wellbeing, as well as the right attitude that enables us to draw the correct conclusions. From an internal perspective, it is clear that we have to move from a fear-based model of medicine to one of knowing absolutely for certain that there are no pathogens like viruses and bacteria out there attacking our body, and no malignant tumors and cancers befalling people. The health state of a person is definitely 100% determined by his attitude.

The way forward lies in the realization that just as love casts out fear, it is conversely also true that fear casts out love. And not only love, fear also casts out intelligence, goodness, and all thought of beauty and truth. This is what Aldous Huxley emphasized and what we vividly witnessed during the corona pandemic, with all kinds of counterproductive measures being implemented due to people being blinded by unreasonable fears. The main message of his book, *Brave New World*, refers to a supposed incompatibility of happiness and truth. The author argues that it is better to seek truth even if it involves suffering than to accept an easy life of pleasure and happiness. At the bottom line stands the fact that unless a person's life is grounded in timeless truth and values, no lasting satisfaction can be gained. A crucially important point for everybody to realize is that only if we align ourselves with the universal principles of nature can we gain true happiness for which no drug whatsoever is required.

Ralph Waldo Trine wrote that the time will come when the task of doctors will not be the treatment of the body but to heal the spirit, which in turn will heal the body. This is certainly true, because a real physician is a philosopher and teacher who is concerned about helping people remain healthy and not to prescribe drugs when patients are struggling with some health problem. Conventional doctors are generally trying, in most cases in vain, to effectively help people, especially when it comes to long-term results. A true doctor will offer his support by helping the patients realize fundamental principles and to align their behavior accordingly. The job of such an enlightened medical expert will be to teach people about the beneficial effects of sincere care for others on their own wellbeing and how noble deeds have a good influence on the body, just as the fact of love and a joyful heart being the best medicine for whatever malady a person may be struggling with.

This is the timeless truth everybody needs to make their own and, from this point onward, illness will naturally disappear. Such an experience and conviction on the personal level is the best proof that we definitely do not need artificially created drugs in order to feel good. On this foundation, we will know absolutely for certain that we are meant to be fine without any product of Big Pharma, just as none of the many species in the animal world need them for their wellbeing. Once you have made this truth your own, you will have moved from ignorance to knowing absolutely for certain that a life without any pills is the right way of life which all human beings are meant to pursue.

## Who decides what is right and wrong, good and evil?

The vast majority of humankind believes in some kind of God or spiritual teaching and even atheists have a set of moral values to which they claim to adhere. Nearly all people say that they are or want to be good and justify their behavior according to their respective understanding of what is right and what should not be done.

As a result, more than 80 countries favor a specific religion, either as official and government-endorsed or by affording preferential treatment for one over the other. In 10 countries, the state either tightly regulates religious institutions or is actively hostile to religion. These include China, Cuba, North Korea, Vietnam, and several former Soviet republics. According to Pew, these are *“places where government officials seek to control worship practices, public expressions of religion and political activity by religious groups.”* Although in such countries no official state religion exists, the ideology of the state is put into practice with religious fervor, with those opposing the doctrine being severely punished.

This situation can be understood when looking at the parallels between religion and atheistic ideology where, in both cases, certain dogmas are the foundation for the guidelines according to which everybody has to act. Just as religious leaders may wear special robes, the same can be seen with those representing the state like judges or the doctors in hospitals. The authorities advocating atheism persecute religions because they concurrently define what is right and wrong. In the end it all comes down to an attitude that *“I know the correct way and everybody has to follow what I say.”* Such a mindset is surely also manifested in hospitals where the word of the doctor is like the law, which can be witnessed in the mental ward where M. had to stay for weeks. Such a reality of one or two people deciding what everybody else has to do stands at the core of what psychiatrists are doing in setting up their personal opinion as the standard according to which the patients must be treated. This evil practice must absolutely be stopped, particularly in the face of psychiatry not providing healing for people but only even forced treatment with methods that are only harmful and not helpful at all in the long run, reducing some symptoms at the moment — while creating others which are worse in the end.

All throughout history, tyrannical rulers disappeared just as well as whatever stronghold was established in the name of atheism like the former Soviet Union. The same will become true for those powers that seem to be established today as unremovable, because with every new child a wonderful new life is born into the world and goodness will definitely win. We live in an orderly cosmos with so many amazing animals and plants, all kinds of creatures that all are doing well in accordance with the purpose for which they have been created. This will one day also become a reality for humankind.

The decisive question remains: who is prepared to work for the healing of the world? Unfortunately, both the existing religions and the medical establishment are doing a very poor job contributing to the spiritual and bodily health of people and, therefore, it is decisive that those come forward who have a profound understanding of human nature and know how true healing can be achieved centered on people's hearts, where all relevant decisions are made.

How long it will take until the originally intended ideal world is realized, where mankind is united in peaceful relationships, depends on you and me — on the quality of the efforts of those who understand that we were born to be good and should act accordingly in every respect without any false compromises.



## The wonderful results of the victory of truth over deception

The Truth is and remains the Truth no matter what people may say and do. You can only be deceived if you are in a certain realm of ignorance. Throughout history people have claimed to know the truth both on the side of religious leaders as well as scientists, making all kinds of claims, whereas upon having a closer look, it turned out in every case that they had only a certain part of the whole picture. As long as the complete Truth is not known, people can easily be deceived — and this has been happening all along from the individual to the worldwide level.

With the so-called corona crisis, a historic victory of lies over facts was won on the side of evil represented by those who wish to decimate and control the world population with whatever means they can make use of for this purpose. In this case, through the lie of people making each other sick through conveying viruses with the Covid vaccine as the savior. Very negative changes in society took place around the world based on this huge deception, which is only one example of how much damage can be created for billions of people who readily believe what they are told in their fear of some alleged dangerous pathogen.

Such a tragedy can never become a reality again once people know the truth that there are no contagious diseases and actually no illness, as defined by medical doctors, because any disease felt in the body is merely an expression of special biological processes to restore the original healthy state of a person. You can learn the details by studying the discoveries by Dr. Ryke Geerd Hamer and other true researchers and scientists who put the task of finding the truth above any personal agenda. Because their number is rather small, it is decisive to do your own personal research which will be a course of liberation from uncertainty to knowing absolutely for sure where the full truth is to be found, namely, in the conviction that the human body is capable like that of any other animal to function well from birth to death without the need of any artificially created drugs.

At the end of such a process, which may last a few days for some whereas others may need years to gain full clarity, stands the knowledge that not a single product of the pharmaceutical industry is necessary in order to enjoy a long life in good health. Knowing the facts also means no more fear of any kind of cancer — of no illness whatsoever — because you will know absolutely for certain that there is nothing to be afraid of in this respect except your own negligence in front of the task to resolve all issues which may be troubling the heart.

Once you have done your homework and pursue the quest for Truth until you have all the answers, you personally need to know without a trace of doubt that we are meant to be healthy our whole life through and that this is easily possible, then only one challenge remains: how to be truly happy so that not only people's common wish for a long life will be fulfilled in your case but also that of wishing you happiness.

There will always be new challenges in life, but once you have learned how to deal with them, you will move from victory to victory with ever new bonds of heart being established and strengthened that will bring new joy because they allow love to flow freely. Ultimately, one core decision must be made: do I want to remain a prisoner of ignorance who makes himself dependant on others or am I taking full responsibility for whatever happens to me and turn it into a good outcome?

This course may still be *“a long road to heaven, a winding steep and high,”* as it says in the song, *“but when you walk with the sun and the moon by your side as you travel the earth, they will be your guide...”* The sun and moon may stand for Love and Truth, which we need in order to be able to practice True Love, the timeless key to experiencing ever deeper joy and lasting fulfilment. It is truly in your and my hands to live in heaven on Earth by creating it, both in our mind as well as in our body which has such an enormous potential.



## The correct answers are already innate in every human being

If you take the time to observe nature, you can find countless examples of a harmonious interaction for the benefit of the overall good. Although the various creatures, plants, and minerals may be very different from one another, they are interconnected in an orderly universe with reliable laws so that we can experience every year again the four seasons and whatever phenomena may bring joy to our hearts.

However, when we look at human beings, we see a lot of confusion and conflict that are rooted in ignorance and immaturity. Therefore, they can all be resolved as soon as we have enough knowledge and have grown to the level of completion where we are wholesome in our being, both on the internal level of the soul as well as the body. The real problem lies in people acting in the wrong way although they know what they should do, because everybody is free to act in line with goodness or in irresponsible ways.

In such an overall situation of people not having enough insights, religious leaders may indoctrinate people to have certain beliefs while equally dogmatic people on the side of science are pushing a materialist worldview as the one providing the necessary answers. The exploiting of people's ignorance has been going on for millennia, starting from individuals who take advantage of situations where they know more than others. Evil has been in bloom throughout the centuries and again and again reached new negative records, like the one we witnessed in the insane measures taken in connection with the well-orchestrated Covid plandemic.

No matter how bad the present reality may be, there is always the way forward toward where we should be as civilized human beings who live in peace with one another. To come closer to this goal, the first step lies in leaving the realm of a superficial life to go deeper toward the goal of finding the correct answers instead of blindly trusting the so-called experts, whoever they may be. Instead of clinging to leaders or dogmas, it is decisive to go on a quest to find those answers which have been correct in the past and will always be in the future. By coming closer to the timeless Truth, we are surely advancing on the path of living in the way we were originally destined to embody.

The underlying question is none other than: *“Do we believe in goodness from the individual to the universal level?”* If we do, then we will naturally invest in self-improvement and helping others become better, for which most people are striving. The problem lies in knowing what is best for oneself and for the common good. So much misuse and disinformation are already well in place so that it is not easy to leave whatever prison one may be in, but there is no alternative to doing so if we want to feel unity in ourselves and harmonious relationships with others.

The Truth remains the truth irrespective of how many people recognize it and align their behavior according to this timeless standard. In practical terms, it means to treat your body properly so that it will serve you well until the day of leaving the Earth, and on the internal realm the central task is for everybody to find out what makes life truly worth living and to set the priorities accordingly.

It may be a tough struggle to sort things out and to become very clear in your mind, but it can definitely be done when listening to the heart and original desires in us, which are all bound for happiness and wellbeing if only we do not allow any obstacles to stand in the way. To go back to the origin of problems is centrally important, as any issue can definitely be resolved if we know how things should be in the light of the principles according to which we were created.

## Natural healing methods versus artificially created drugs

1) Modern medicine, particularly psychiatry, insists that taking pills is the best solution to health issues. This is a false, unsubstantiated claim.

The truth: The body has no need for artificially created drugs. This fact is confirmed in the countless millions of people who remained healthy into old age without using a single pill.

2) Psychiatrists: their drugs are very helpful in dealing with mental disorders.

The truth: all of them have harmful side effects and are incapable of healing illnesses.

3) Conventional medicine: the use of chemicals is the way to go which should be supported by the state.

Truth: the body is able to deal with any form of health challenge without the need of artificially created drugs.

4) Thousands of illnesses were defined by physicians and hundreds by psychiatrists, are of which all irrelevant and merely names without real meaning because universal biological laws are active in every person as the core support system governing the human body, assuring that it can recover from any difficulty.

5) Based on having become familiar with these laws and functions, it is clear that what is defined as illness represents a completely false interpretation of what is happening on the bodily level.

6) Allopathic medicine has been greatly failing to provide complete healing because it denies or ignores the reality of every person having an invisible, energetic body as subtle substance, which is scientifically confirmed through state-of-the-art scales that can measure weight differences of merely one tenths of a millionth of a gram.

7) Because every man and woman born on Earth is primarily a spiritual being, all relevant decisions are made in a person's inner heart or soul and must be corrected there.

8) Due to ignoring this core decisive realm, and medical doctors' ignorance concerning the five biological laws discovered by Ryke Geerd Hamer, conventional medicine is in no position to help patients return to their original, completely healthy state.

9) This applies particularly to psychiatry, as it is not based on scientific standards but on the opinion of psychiatrists who vote illnesses into existence and use anti-scientific methods in treating people.

10) The core decisive question of natural healing methods versus the use of artificially created drugs is clearly answered when looking at the facts: the former are very effective and have no harmful side effects whereas the latter causes all kinds of short and long-term problems.

11) The future of medicine lies, therefore, in natural ways of helping people regain their full strength by dealing with issues primarily on the energetic level rather than based on a materialistic worldview, which is at the root of allopathic medicine.

12) Applied to the situation of M.: it has been totally wrong to push him to take drugs, as no scientific foundation is available for the claims made by the psychiatrists. Accordingly, no valid justification exists for having him detained in a mental ward.

## Chapter 6

### What will you do?

Dear reader,

It is a basic fact that when you blame others, you give your power away whereas when you take responsibility, you take back your power and change your life. Accordingly, each person decides whether they are the owner of their life or put themselves into a position of victim. In this book, you could learn a lot about what is wrong, but also about how things can be and should be. This content was not only written to convey some information, but primarily to provide the insights that are needed to make the correct decisions.

The issue is a very fundamental one. Incredibly, many things are not the way they are supposed to be but, in most cases, nobody feels responsible. Those who are in the position to do something about what is wrong generally refuse to be held accountable, whereas others widely feel that they can do nothing, and that the issues are not their responsibility. In this way, miserable situations continue and they get worse, as can be witnessed on the worldwide level, especially when it comes to caring sincerely for one another. Externally, the world has become in a certain sense like one village through modern transportation and advanced communication technologies, but when it comes to really connecting in heart, social distancing is practiced instead of wholeheartedly being there for those in need.

Let us ask: who is moved to help and why? Do you belong to them? What is your motivation to do something? These are personal questions, but the answers given by the individual determines our collective situation. The overall situation is getting worse with ever more control being established over people's lives, resulting in lesser and lesser freedom for the individual, with most people simply accepting the status quo with the attitude that they can do nothing about it. And this is so very wrong. Every positive change in the world began with one person taking the initiative to do something about what is not right.

Here is where a person's worldview comes in as the main determining factor. If you see yourself as an insignificant part of the whole, you will not see a reason to become active to bring about the needed changes. On the other hand, if you have truly come to know your dignity as a son or daughter of God, the Creator of the universe and Loving Parent of humankind, then you will naturally perceive others as your brothers and sisters and you will be concerned about their situation as you would be about your own siblings.

This is actually the heart and mindset that should be present in each one of the around 2 billion Christians who recognize that "God is Love" as the central statement of the Bible, and that we are created in His image ultimately to embody love, including for our enemies, as Jesus emphasized in his Sermon on the Mount.

Yes, this is the core Truth about God and the world: we have the potential to develop the same parental loving Heart as the one in whose image we are made. That this is not being done does not mean that it is not possible, but only that not enough effort is being made based on a lack of consciousness, which is indeed possible to go beyond any kind of limitations from self-centeredness. Once a person has learned to truly love, he or she does not want to return to a more or less loveless state but is eager to dwell in the warmth of the embrace of unconditional love and to expand it further, because True Love always wants to share, to make sure that others are also fine... You decide how much of your heart and strength you will invest for a world filled with love to become a reality, which is definitely possible, and harvest the fruits of your investment.

## I take care of my health

The theme of this book is the end of the drug industry and the beginning of a new era without illness, which will be a reality tomorrow if, today, everybody decides to take care of their bodily needs. Yes, it is that simple because the human body can easily handle all kinds of health challenges if only we do not disturb the beneficial processes and allow the natural functions to take their course based on the confidence that the body knows best what needs to be done.

The most simple 'symptom' which appears every evening is that you feel tired because the body needs rest. If you respond and go to sleep, you will wake up with new strength the next morning. Similarly, if you feel pain in some part of the body then you know it is high time to pay attention and to find out what needs to be done. Here is where the separation lies between those who listen attentively to the signs their own body shows them and act accordingly, and those who run to the doctor to tell them what is wrong. To which group to you belong?

That is actually the bottom line question that every human being is faced with regarding their way of handling health issues. Either they take full responsibility and search for possible root causes of their feeling unwell, or they ask somebody else to do what is actually their own task. Although it is not reasonable to trust someone with whom you talk for a few minutes to know better than you what your body needs and offers, in most cases, some pills or other chemical product as solution, it is done by the majority of people. It is because they think that the doctor knows best although physicians only know what they were told by some professor who read books of what others think. The closer you look, the more theories and the less confirmed knowledge you find such that, in the end, it is actually unquestionable medical dogmas on which the whole medical establishment is built.

Who is behind it all? The pharmaceutical industry, which has been directly and indirectly sponsoring and influencing the education of the so-called medical experts for more than one century. Their interest is definitely not the complete health of the patients, but to sell their products which are dealing with symptoms but not the root cause behind people feeling disease. From this viewpoint, it is illogical to put your faith in the hands of those who act in the interest of Big Pharma, yet it is being done by billions around the world in their naïve belief that this is the best course of action, where tens of millions pay for their error in this respect every year with losing their life through chemotherapy or other measures that do not heal, but kill, in the end. Such a realization is surely a bitter red pill to swallow, but there is no substitute to dealing with reality as it is instead of remaining in a certain realm of make-belief by closing your eyes in hopes that everything is not so bad after all. Most people working in the healthcare system surely have good intentions, but they have received the wrong kind of education and are therefore not in a position to offer the appropriate help when it comes to dealing with the thousands of diseases defined by medical doctors.

The correct support of patients suffering with some ailment lies always in searching for and finding the root cause behind their feeling not well and eliminating it rather than trying to improve the situation by focusing on symptoms, a practice that is firmly established in conventional medicine, which disqualifies itself in this way to provide the proper long-term help and produce ever more patients with chronic illness. To recognize and deal with the root cause of illness is definitely the key to reliable help for those in need of support due to struggling with one or the other issue. The origin of physical suffering can always be traced back to internal struggles that lead to the body responding in certain ways, which are in most cases misunderstood by physicians who are not aware of the biological laws and special programs that are active in every human being to assist the complete restoration of a person's health. The task at hand is, therefore, to take full responsibility for your own situation by resolving inner conflicts that is the prerequisite to enjoy lifelong bodily wellbeing.

## Who has the correct answers?

In this publication, Dr. Ryke Geerd Hamer was mentioned several times as one of the pioneers of the correct understanding of the biological processes in the human body. He is also an inventor who has many patents and was determined to live from the money he received through them and provide free treatment for his patients as a medical doctor who was instrumental for the complete natural healing of so many cancer patients, whom conventional medicine could not help anymore.

What we as authors of this book would like you as its reader to be aware of is the fact that, in the end, it is you yourself who is in the position to know best when it comes to supporting your body in the healing process. You are encouraged to learn from those who provide the proper understanding but, because we all are uniquely different, it is crucial to find out what is most helpful in your case to recover completely from whatever health challenge you may be suffering at one point or another.

It is important to learn from others who are doing thorough scientific work like Dr. Stefan Lanka, who is publishing the quarterly journal *Wissenschaftplus* in the German language or Dr. Andrew Kaufman, who established the True Medicine University, and Dr. Tom Cowan among many others who do thorough research work and share their insights freely with whoever is interested in them. In this respect, it is important to know that it is each person's responsibility to find the correct solution and to know for certain what is right and which basic concepts are wrong. For this reason, one must not cling to one or the other individual, but to always uphold a critical attitude to question and find out for yourself rather than just believing what others are saying.

Unfortunately, the majority of people are lacking greatly in this fundamental task of doing the proper personal research and always checking with their own critical intellect as well as their intuition and whatever ways that are open for them to gain full clarity without any doubt in those points, which are essential to be able to lead a long life in good health based on inner harmony. To cultivate a steady internal standard of unity and integrity stands at the core of what needs to be done to be able to see your innermost wishes being fulfilled, which in the end are for everybody the same: to be happy your whole life long.

Herein also lies the dividing line among people. On one side are those who pursue the path of goodness, knowing that to do so is the only way to secure inner as well as bodily wellbeing. On the other are those who are uncertain what to do and anyway just trust others without finding out for themselves what is best for them. This book was written to support both sides to see things more clearly by addressing many fundamental issues and raising relevant questions that need to be answered in order to implement lasting solutions, rather than being satisfied with covering up symptoms which appear in the body.

As authors, our advice is therefore to look inside and listen to your inner voice, to become ever more sensitive to recognize and understand the language with which your body is speaking to you, letting you know where you have to put your attention and what needs to be changed in the respective situation you may find yourself in. To come closer to the full truth is an ongoing process that requires our continuous full attention because, all too easily, one may unknowingly make mistakes that turn into a hindrance on the path of advancing toward feeling ever more love and beauty and, ultimately, true happiness.

The key to lasting fulfilment is definitely in your own hands. You are the one who determines your destiny as to whether you are in good shape with a strong body and a smile on your face — or are struggling with some chronic illness and all kinds of issues. It is you who decides where you put your focus and how you set your priorities. Accordingly, you are deciding what kinds of fruits you are harvesting.

## Will you open your eyes and heart?

Dear reader,

To open the eyes to see reality is only the first step. The next lies in doing something about it — because the overall situation does not look good at all. Most people have given up on any kind of idealism, the practice of forming ideals or living under their influence, because they do not have hope that they can really contribute to bring about positive changes. Where do you stand in this respect? Are you still hopeful that it is possible to repair everything that is wrong and to resolve all issues so that, in the end, all people can live happily in peace?

Please think of it: a mother who truly loves her child will defend her son even when he goes astray and stand up for him in court. Why? Because she knows he was originally good and trusts that he will one day repent and return to the side of goodness. Jesus has been teaching this is the Heart of God, as recorded in the Sermon on the Mount: *“I tell you, love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.”* (Matthew 5:44-45) This is the spirit which should manifest in the heart of all Christians whereas reality is a very sad one, with few having the heart to truly care for those who have left the path of goodness. Nevertheless, it is in this heart of a parent who will never stop loving his/her child where the key to solving the problems of the world lies. This is the one and only path which will work in all cases because it represents the way of True Love, which will not cease to invest until the last soul has learned to love and care. The reason why we see so many problems in the world lies in people not having learned to love themselves and others properly, and therefore the manifold issues can only be resolved once and for all when everyone respects himself and others in the way we were originally destined to do.

When you reflect on the state of the world, you will surely understand that the ultimate task is not one of knowing the facts, but of having the heart to do something about what is not right, from the individual to the worldwide level. Each and every one decides how much they are prepared to invest beyond their personal situation. There are those who work eagerly day by day to gain ever more influence over others centered on themselves in pursuit of their egoistic agenda, whereas on the other side the number of those who invest with a selfless heart and motivation is rather small. It is not large enough to allow things to move in a good direction and therefore things continue to deteriorate.

Because there are so very few who truly stand on the side of goodness, the burden on the shoulders of each one is rather heavy. In case you do not yet belong to them, please consider joining those who are prepared to take personal responsibility for positive changes and invest everything in your power for the long overdue developments in the direction of goodness to unfold. With every person who joins those who have the heart to care, the overall situation becomes better and changes can be implemented more swiftly.

What we as authors of this publication are advocating are thoroughgoing solutions where nobody is left out, but every soul finds true satisfaction and lasting fulfilment based on inner struggles having been properly resolved, which is also the basis to enjoy wellbeing and prosperity on external levels. Many fundamental changes are needed that require more than anything expertise on the level of heart. Unfortunately, such qualification is rare in this world. Yet, this is where we must put our focus because, by doing so, we will definitely be working for long-term solutions that will result in a wonderful world where all people will be happy, with wounds having been completely healed. This is our vision behind presenting this content to help those who are interested to gain a full picture of how reality looks and what needs to be done to change it for hearts to be revived and goodness to prevail so that we all can live in a world without any illness.



## Are you prepared to take responsibility?

According to the Christian tradition, at the outset of human history stands the mistake made by Adam and Eve and their refusal to be held accountable for their actions. Adam blamed Eve and she blamed the archangel. With such an attitude, nothing could be resolved. Unfortunately, that kind of mindset has continued throughout history and is today just as fully alive, as can be seen in the way the situation of M. was handled by the authorities: nobody takes responsibility, no concrete answers are given, etc.

Here is one concrete example. When in a meeting with the staff taking care of her son at the psychiatric ward on July 12, 2022 the mother of M. asked the main doctor who said that she is responsible for the medication of M. if she accepts responsibility for one of the side effects of the drug, suicide by the patient, she answered, no, that is not her responsibility.

Mom and dad must put potentially dangerous drugs into a safe place where their children cannot have access because they might swallow them with fatal consequences. If the latter happens, the parents will be accused in court, because it is their responsibility to keep their sons and daughters safe.

But there are different rules for doctors: forced medication for patients is a common practice in many countries, yet they are not responsible for the outcome, e.g., the death of the patient, because they did what they were told to do, to prescribe drugs like chemo or antipsychotics where, in both cases, millions of people die prematurely as a consequence. Yet, everybody accepts such a reality as unavoidable. The doctors are surely not to be blamed for this situation. They did what they have to do.

Two different standards are applied: parents are directly responsible, but medical doctors are not when, due to their behavior, lives are lost. It is simply considered 'bad luck' for the patient. The physician or whatever medical expert may directly or indirectly cause the death of a patient did what they are supposed to do: use medication, surgery, radiation, etc. to hopefully help those who are struggling with one or the other issue.

What we see is a fundamental problem in individuals and in society as a whole: contradictory concepts and a double standard. This becomes obvious when reflecting on reality, but who is prepared to do so with the attitude of making sure that wrong attitudes are changed? The side of the medical establishment is protected by the pharmaceutical industry, which makes billions of dollars every year by selling prescription drugs. Big Pharma has no interest in the situation changing nor most doctors who would get into serious trouble, up to losing their job, if they asked the relevant questions and drew the appropriate conclusions from what is so very wrong, namely, that their work is largely based on medical dogmas and not rooted in true science.

To bring about the urgently needed changes is very difficult as they require a paradigm shift based on the readiness to expose what is wrong and to eliminate it thoroughly. Those who benefit from the status quo do everything in their power to uphold it and make sure to hide the truth from the public eye. Because the elite holding the reigns of actual power represents a tiny minority and are closely interconnected, only a collective effort on the side of those who defend scientific facts is able to break the spell that seems to be on humanity to repeat mistakes again and again.

To contribute to the victory of the Truth over the well-established, seemingly countless lies is the main objective of this publication, but it can only become an effective tool when you as the reader make the truth your own and act upon it by taking personal responsibility for things to change.

## It all depends on people's moral standards

Moral standards are concerned with or relating to human behavior, especially the distinction between good and bad behavior. Moral standards involve the rules people have about the kinds of actions they believe are morally right and wrong. While morals tend to be driven by personal beliefs and values, there are certainly some common morals that most people agree on, such as treating others as you want to be treated.

People agree on the golden rule as the principle of not treating others in ways that you would not like to be treated, yet they are doing it anyway because they do not really care about others. Here is where the core problem lies that needs to be resolved by each and every person: to be true to yourself and to do what you know to be right.

All kinds of nice promises are made because people like to appear in a good light in front of others, but when it comes to putting them into practice, we are quite a different story, as became the reality in the way the case of M. was dealt with as one example of countless others where irresponsible actions on the side of those who hold the reigns of power lead to the suffering of innocent victims.

Those who cause harm are not prepared to be held accountable for their decisions unless they are faced with a court case, but then the judge may just as well make a verdict against better knowledge due to being compromised, which seems to be a reality in the majority of cases where the judiciary follows the politics or other interests like that of the ever so powerful pharmaceutical industry.

The fundamental issue is therefore not one of knowledge, because people know what would be the right thing to do, but one of integrity. They know it would be better to address the real problem, but generally choose the easy way of taking drugs without seriously asking whether this is really the best solution. Countless examples may be presented where people act against better knowledge. They do it anyway even though they are aware that they may be harming others because they are too weak. Their ability to feel compassion for others is underdeveloped and they are stuck in their self-centeredness. Their thoughts and emotions are circling around themselves without their being conscious of how much suffering they are causing.

That is the general reality of most people. Basically, they want to be good, in line with where their inner moral compass points and what their conscience tells them, yet their actions speak another language. This ever so sad overall situation is the underlying root cause for the seemingly countless problems in the world. The way forward therefore lies in knowing the truth and acting according to it. In this book, core aspects concerning the medical establishment are addressed, but sharing the scientifically confirmed facts is only the first step for positive changes. Therefore, final chapter put the question: "What will you do?" How will you as the reader respond to it in the light of what is exposed in these pages?

Nearly all people have certain moral standards which they profess when you ask them. Nevertheless, when it comes to making personal sacrifices for the greater good of the overall situation, good intentions may be swiftly forgotten. The contradiction between words and deeds is a fundamental human problem that needs to be addressed by each individual and resolved in every heart and mind. In essence, it is about being true to yourself and ready to resolve one issue after another where they originate: in the soul of a person.

As authors of this publication, we wish you as the reader to be truly successful in doing what you know deep inside to be right and true so that you can harvest the precious fruit of cultivating a loving heart and a responsible attitude of being concerned about the future of all people rather than remaining internally stuck one way or another.

## Do you need or don't you need medication?

Medication is defined as a chemical compound used to treat or cure illness. Because the body has self-healing powers that are continuously at work to maintain and restore overall wellbeing in case it is affected in extreme situations, there is no need whatsoever for artificially produced drugs. No interference of any kind is necessary through so-called medical experts as the body knows what is best and initiates the respective processes.

This is the timeless truth concerning challenges to human health. Just as for all animals, not a single pill is required for the body to do its restorational job whenever extra biological programs are activated in extreme situations. Nothing happens by chance but takes place in line with the principles of creation, which are active not only in plants and animals but equally in humans. The view that we are victims of circumstances, including infectious diseases or malignant growths in the body, is a totally wrong way of looking at the world, a standpoint made up in the mind of some people and propagated throughout the ages. That most people have this belief does not make it true; it only shows that the brainwashing has been very successful.

The fundamental situation is clear: either I trust that we are created like all other creatures to function well throughout the time we spend on Earth, or I think that the body is a certain miscreation that is incapable of dealing successfully with health challenges and therefore needs a number of vaccinations and drugs in order to function well.

The basic decision is one to either trust the Creator of the universe or the doctor who knows something that somebody else has proclaimed as theory. Yes, this is the bottom line. Medical experts are those who have learned theories by heart with which one or the other individual came up with in the course of history. That's all. Nothing special about it, just as philosophers are the ones who have become familiar with various philosophical theories and theologians are those who have studied the ideas about God which their religion upholds. The main difference lies in medical doctors being recognized as the official authorities who know best and in most cases receive the full support of state authorities once they are appropriated as qualified according to the respective standards.

In other words, a certain view of the world, the one of allopathic medicine, is in most countries established as the truth to which all people must adhere, even to the extent that it is generally accepted that patients may be put under forced treatment. No medical freedom exists to the extent that parents will lose custody over their child if they do not agree with the opinion of the doctors, as became a reality for M.'s parents. That is the kind of overall situation that is so very wrong and must therefore be urgently changed. This book was written to raise awareness in this respect.

From the standpoint of logical reasoning, the answers are crystal clear. Just as all other living beings, humans also do not need drugs to lead a long life in good health. Nevertheless, it is not logic and reason or scientifically confirmed facts that count as the basis for relevant decisions, but people's fear the determining factor according to which they decide what to do. The question is therefore whether we continue to allow ourselves to be dominated by fears rooted in ignorance or we welcome knowing the full truth about the human body, namely, that it has no need whatsoever for any of the products sold by the pharmaceutical industry.

The issue whether medication is needed or not is therefore not an intellectual one because, on this level, things are definitely very clear. It is one of emotions: whom do I trust? Myself, my body's innate healing abilities, or the doctor who knows some theories? Will you follow the scientific truth of the human body, which confirms that it has no need for artificially created drugs, or the path of irrational fear asking for ever more pills?

## Where do you actually stand in your awareness?

In Wikipedia, the pharmaceutical industry is nicely described as the industry which “discovers, develops, produces, and markets drugs or pharmaceutical drugs for use as medications to be administered to patients,” whereas a Gallup Poll conducted in 2019 shows that Big Pharma has sunk to the bottom of the U.S. industry ranking. It is now the most poorly regarded industry in Americans' eyes, ranking last on a list of 25 industries that Gallup tests annually. Americans, who consume the most medications per capita worldwide, are more than twice as likely to rate the pharmaceutical industry negatively. The more the truth about Big Pharma, which definitely does not have the best interest of patients in their agenda, comes to daylight the worse the general evaluation will become. Although there may still be one quarter of the people who see the pharmaceutical industry in a positive light, their number will further dwindle the more the facts become known to the public about their actual agenda.

The important point is to know for certain that most medical dogmas are completely wrong to the extent that conventional medicine is more harmful than helpful. To pronounce this fact is like a sacrilege for those who firmly cling to theories of allopathic medicine, yet the truth is not determined by what the majority may think but only by the actual reality that shows life without prescription drugs is the one that results in the best health condition, because then none of the natural supportive processes in the body are disturbed by chemicals people put into their system through swallowing pills.

On one side stand those who run to the doctor whenever they feel unwell, and on the other are those who know that none of the services of the healthcare system are needed once people have learned to take good care of their body. Most people are somewhere in between these two attitudes. Even if you gain more than 90% of the correct scientific understanding, it will not be enough because you may still become the victim of a false diagnosis at anytime, e.g., with what is wrongly seen as malignant cancer, and end up dying prematurely. For this reason, it is decisive to know the truth absolutely for certain, namely, that the many medical dogmas are not rooted in science confirmed by control experiments.

It all comes down to the question whether you believe what this or that person says or you find out for yourself based on using 100% of your intellect and reasoning. To make a long story short, it is reasonable that, like the countless billions of animals on Earth, we humans do not need drugs. To think that you must have them is simply limiting your view, making yourself a prisoner of certain concepts and even harming your body because all of them are harmful for the body, as it definitely does not need them in order to function well. The truth is that you can remain healthy your whole life long without taking any pills whereas the superstition is that, without them, you are doomed in one way or another.

The underlying question is whether you trust your own abilities, that you are the one who knows yourself best and that your body will always work in your interest, or you cling to the unproven theories people made up who only consider the material aspect of human beings. The truth is that not a single vaccination is necessary to protect the body, as there are no disease-causing virus and bacteria. The terrain is the determining factor. If you take care of your internal situation then the body will always reliably serve you in your best interest, as it is designed in this way.

The challenge lies in coming to the realization that we are indeed meant to enjoy life throughout our years along with remaining in good bodily condition without depending on any of the products of the pharmaceutical industry. To get there requires, of course, the readiness to look deeper instead of being satisfied with superficial answers, blindly trusting that others know. Once you start looking for scientifically valid truth in the medical field, you will realize how little confirmed facts are available and hopefully go on your quest to find out what is really true and what is merely presented as consensus opinion by doctors.

## The correct solution is in your hands – in your heart

In the first chapter, you read under the topic “From knowledge to wisdom” that the core content of this book can be summarized into 4 words or 4 sentences. It can also be done in 4 short paragraphs:

- 1) We are created to enjoy a long life on Earth in good health, but it is our responsibility to set the right conditions for this goal to become our personal reality.
- 2) If problems arise, then we have to search for their root cause and eliminate it so that the original healthy state can be naturally restored without the need of any drugs.
- 3) To take good care of your internal situation is the key to dealing with any kind of health issue. If we succeed in this fundamental task, we will harvest a prosperous future.
- 4) Heaven on Earth is where we are supposed to be, and we can get there any time if we are serious about thoroughly resolving one issue after another. If we do, only truth, beauty, and goodness prevails in us.

The solution to problems from the personal to the worldwide level lies definitely in the human heart, in people's readiness to take responsibility for their words and deeds. That this is not happening led to M. being stuck in a mental hospital for weeks as a completely healthy teenager and to his having to take drugs even though there is nothing wrong with him. The truth and facts do not count for those in responsible positions because they are widely not really honest, deceiving themselves as well as others. Such a behavior is sick but supported by society as a whole. Therefore, the issues cannot be resolved unless fundamental changes take place in the mindset of people, a shift from blind belief in fake experts to being serious about what is actually correct.

This publication deals with reality and outlines the paradigm shift necessary to move from today's ever greater dependence on the medical-industrial complex in the opposite direction of needing not a single product of Big Pharma for our bodily wellbeing. Because there are very powerful forces behind the medical establishment, it is a tough battle to fight for the victory of Truth over all the manifold deceptions, but it must be fought and won if we want to have a bright future ahead of us. Just as for any positive change in society, the first step lies in people gaining a new attitude to see things from a different perspective — in this case, based on a renewed mind knowing that there is nothing to be afraid of out there in the form of some dangerous virus or infectious disease.

Where there is no danger, no special protection is required, which means in terms of people's health that not a single vaccine or other drug is necessary to secure a long life in good health. But what is required is the right attitude of trusting yourself, your own body's innate abilities. Your mindset alone determines what is going on in your bodily functions more than any other component. For this reason, the most important task to be accomplished as a foundation for enjoying lifelong good health lies in gaining peace of mind, harmony in your innermost heart and soul.

Here and nowhere else can the correct answers to questions of health be found. Only by leaving any kind of superficial approach behind in favor of dealing with the core issues will we be able to get where we should be: a world overflowing with love, truth, beauty, goodness, and wellbeing on both the spiritual and bodily level. This is what is surely possible to be gained as soon as we focus on root causes and make sure that the prerequisite is set for things to move in the proper direction. Together we can bring about the kind of world where all people long to be.



## How drug companies deceive us and what to do about it

In 2005, Dr. Marcia Angell published the book, *The Truth About the Drug Companies: How They Deceive Us and What to Do About It*. During her two decades at *The New England Journal of Medicine*, Marcia Angell had a front row seat on the appalling spectacle of the pharmaceutical industry. She watched drug companies stray from their original mission of discovering and manufacturing useful drugs and instead become vast marketing machines with unprecedented control over their own fortunes. She saw them gain nearly limitless influence over medical research, education, and how doctors do their jobs. Dr. Angell exposes the shocking truth of what the pharmaceutical industry has become and argues for essential, long-overdue change.

In 2006, Ray Moynihan, one of the world's top medical journalists, and Alan Cassels wrote the book, *Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients*, where they reveal how widening the boundaries of illness and lowering the threshold for treatments is creating millions of new patients and billions in new profits. This in turn is driving up personal drug bills and threatening to bankrupt national health systems all over the world. As more and more ordinary life is 'medicalized,' the industry moves ever closer to being able to sell to everyone. In 2014, Ben Goldacre wrote *Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients*, pointing to the fact that medicine is widely not based on evidence, and tests and trials are often profoundly flawed. In the description of this publication, it says: "We like to imagine that doctors are impartially educated, when in reality much of their education is funded by the pharmaceutical industry. We like to imagine that regulators have some code of ethics and let only effective drugs onto the market, when in reality they approve useless drugs, with data on side effects casually withheld from doctors and patients. All these problems have been shielded from public scrutiny because they are too complex to capture in a sound bite." Ben Goldacre shows that the true scale of this murderous disaster fully reveals itself only when the details are untangled. He believes we should all be able to understand precisely how data manipulation works and how research misconduct in the medical industry affects us on a global scale.

The United States annually spends approximately \$500 billion on prescription drugs, more per person than any other country in the world. As Dr. Angell powerfully demonstrates, claims that high drug prices are necessary to fund research and development are unfounded. The truth is that drug companies funnel the bulk of their resources into the marketing of products of dubious benefit. Meanwhile, as profits soar, the companies brazenly use their wealth and power to push their agenda through Congress, the FDA, and academic medical centers. The author shows that drug companies routinely rely on publicly funded institutions for their basic research. They rig clinical trials to make their products look better than they are, and use their legions of lawyers to stretch out government-granted exclusive marketing rights for years. They also flood the market with copycat drugs that cost a lot more than the drugs they mimic but are no more effective. Marcia Angell proposes a program of vital reforms, which includes restoring impartiality to clinical research and severing the ties between drug companies and medical education.

It was through influencing the education of medical students that the pharmaceutical industry rose to power, and it is through the correct education concerning the amazing abilities of the human body that Big Pharma will lose its importance, up to its complete disappearance when nobody is interested in their chemical products. The key to end the deception of Big Pharma lies indeed in the right view of human beings who, just like all other living beings, do not have to take pills to function well. This is the timeless truth that must be known by everybody in order to enjoy true medical freedom, which means no need of medication. One day all people will have learned to recognize the signs the body is showing and to respond to them correctly to secure lifelong good health.



## Where do you put your trust — in yourself or in others?

If you do not have necessary information then you need to rely on someone else. The core content addressed in this publication is not one which is uncertain but crystal-clear: there is no need whatsoever to use chemicals pressed into pills or some other form of artificially created drugs in order to preserve or restore good health because the body is already equipped with everything necessary for that purpose. Our task is to support the natural processes and not to interfere.

The basic issue is directly connected to the way we view ourselves and the world. This topic was already addressed, e.g., under the theme *“The challenge of recognizing and reclaiming our true dignity.”* Because it is ever so very fundamental and decisive, it is good to reflect once again on this basic point: How do I see myself? As a victim or as a victor? Does the human body contain all that is necessary to remain healthy until old age if it is well taken care of? The correct answer to this question is already scientifically well-confirmed, but it is widely not taken seriously. No logical reason exists why human beings should need all kinds of artificially created drugs. Nevertheless, although no justification rooted in true science can be provided, the unfounded claim of the need of pharmaceutical drugs is upheld.

What the general situation comes down to is none other than most people having left the realm of dealing with reality to cling to some concepts despite the absence of logical justification. As emotions are stronger than logical reasoning, nothing can prevent people from acting in such a way — except they themselves. The task to be accomplished lies, therefore, in moving out from the realm of make-believe into being ready to deal with facts as they are which, regarding the human body, is undeniably clear: no need for pills.

Once you have reached the point where you trust yourself, the next step is, of course, to know yourself well, which includes both your internal as well as external potential and resources, and includes in the case of the human body the urine, which can be used in support of strengthening a person's wellbeing.

For the authors of this book, it is a years-long practice to drink daily fresh urine in the morning with very beneficial results. It is a natural part of life that may be chosen in support of one's overall wellbeing just like drinking water at the outset of every new day before eating some food. Each person needs to find out what is best for them individually in order to be fit day by day, although there are of course common aspects which are beneficial for everybody, with drinking urine being one of them.

The idea that urine is a poisonous waste product is completely wrong. It has been scientifically proven that besides water, urine consists mainly of minerals, hormones, and enzymes. It is a healthy liquid that is filtered out of the bloodstream's raw materials that can be directly absorbed by the body upon renewed intake by way of drinking or massaging. The kidneys filter hundreds of litres of blood per day. The greatest part of the filtered urine is directly reabsorbed into the blood. The kidney is not intended to remove poisonous substances from the body — the liver, intestines, skin, and exhalation take care of this. Once you know these basic facts, no reason remains to have any negative attitude toward this precious liquid which is not waste but filled with vital life-giving elements. We can use it for our advantage just as so many other resources nature provides.

Are we trusting what is already provided by our Loving Creator who truly cares about each one of us, or do we put our faith in so-called experts whose knowledge is built on what they are told by some other people? The ultimate question is whether you trust your own senses, your intuition and gut feeling, your own logical reasoning, or you put your fate into another person's hands without any guarantee concerning that individual's actual foundation and motivation, etc. You can decide on which foundation to build your life.

## To love yourself is the starting point of true peace

In essence this book is about the end of the use of drugs because nobody needs them. No pharmaceutical drugs will be required in a situation where all people have learned to take good care of their wellbeing and remain healthy their whole life long. In the present reality, they are still prescribed because doctors and patients think that pills are the panacea, the miraculous cure-all.

The term panacea has its ultimate roots in the Greek word panakēs, meaning “all-healing.” It consists of pan-, meaning “all,” and akos, meaning “remedy.” The Latin designation Panacea or Panaces was, in past centuries, awarded to various plants, among them the herb today known as *Prunella vulgaris*, whose common name is self-heal. Herein lies the key: to support the self-healing properties of the human body.

Panacea comes from the Greek goddess of healing. Why would the people create a divine being in their myths who is capable of healing everything? Because we are supposed to be completely healthy. A woman figure was chosen because it is primarily the motherly love and comfort a patient is looking for. We are indeed destined to spend our days in good health. When we are in difficulties, we wish to resolve them swiftly. From this viewpoint, it is very understandable that throughout the centuries people have been looking for a panacea, a remedy for all ills and difficulties.

Nowadays, panacea is almost always used to criticize the very idea of a total solution, whereas it actually exists and can be implemented with every person who has learned to remain healthy both on the mental and physical level by making sure to deal with every issue with a loving heart. Yes, herein lies the actual panacea, to apply True Love in every situation. This is what needs to be put into practice and then everything will naturally move in the right direction because True Love includes all people and their situation so that nobody is left out.

If a person has learned to love themselves properly, he or she will also treat others in the right way. Such an attitude opens the path for all problems to be resolved, one after another, based on people being prepared to responsibly deal with any circumstances. It may take some time to get there, but it is definitely possible for every human being to develop such an inner quality which allows a person to express their heart in a beneficial way. Any disharmony and conflict can be erased as soon as we are ready to go deeper and address the root cause of problems, which always lies in a certain inability to love yourself and others.

As soon as this barrier is overcome, a profound peace will be present in the soul, and from there goodness arises in all its manifold expressions, always aligned with the timeless truth of life, which is none other than that all human beings are meant to live in prosperity centered on the heart, the ability to love. To master this art is the key not only for peace in the world but also to resolve whatever issue may need to be addressed. Mature hearts will not leave any stone unturned to find the best possible outcome for everybody, out of love.

At the very core of all problems in the world stands people's inability to love in a heavenly way. Therefore, it is this very point which needs our special attention. The end of all false methods like using pills to deal with issues will be manifested on the foundation of people knowing the truth about how to share their love in accordance with the wellbeing of all humankind in a selfless way, just as with our Creator in whose image we are created.

The path to true peace in the world therefore starts in reconciliation with the Ultimate Origin of all existence and with yourself. To overcome any inner contradiction is the main task to be accomplished on the path to have a loving heart and to share it with your surroundings as your contribution to the realization of a world where people gladly care for one another with the unstoppable desire to see everybody happy.

Dear reader,

The last chapter of this book is rather short because once things are clear, no reason exists to discuss things further. Facts are facts and they will remain so, no matter what people may think about them. This is definitely true in the case of conventional medicine, which has gone very far astray under the influence of the pharmaceutical industry.

The objective reality concerning the medical establishment is addressed in these pages, leaving only one relevant question: how do you deal with it? Once you know the scientific data, you cannot return to ignorance as the objective reality is already registered in your mind and will come up again and again no matter how hard you may try to ignore it.

From this perspective, it is clear that the issues addressed in this publication are for informational purposes, whereas every individual has to come to his/her own conclusion as to how to deal with them. All these pages have been written with the emphasis of shedding light on underlying attitudes that are upheld in modern medicine as well as by the general public based on ignorance. Because it is not pleasant to realize that one has been erring, the initial reaction by most people when confronted with their lack of scientific knowledge, particularly the experts who should know better, is rather negative, yet the truth remains the truth irrespective of how strong a person may rebel against it.

Upon having a closer look, it is obvious that such rejection is always based on emotional issues connected with self-worth, which hinders people to objectively evaluate what they could easily see and understand if their mind was open; in this case, that zero reason exists for us human beings to be dominated by the medical-industrial complex when we actually do not need any of their product if we live in line with nature as all animals and plants are doing.

What we would like to emphasize as the authors is that the content of this book is more than anything about you — your attitude toward the healthcare system. To attack the messenger will never eradicate the truth behind the message. If you think that the authors of this publication are erring in one or the other point, then please offer your constructive criticism and we will be very grateful to expand our knowledge. But ultimately it is all about knowing the truth rather than believing in this or that expert.

In other words, you are supposed to be the one who knows best when it comes to your body. For this reason it is essential to research the biological laws and universal principles that apply to every human being. The content offered in these pages is an invitation for you to take the initiative and come to your own fully informed conclusions rather than believing one or the other specialist, whose knowledge is rooted in a certain view that may be very wrong to begin with.

To leave erroneous concepts behind and enter a new realm that is free from incorrect ideas concerning the human body is therefore the core task to be achieved by every person if he is serious about living in accordance with what is already inherent in our whole being.

Ultimately, it is all about achieving oneness in every respect on the foundation of knowing the actual facts and acting according to them. Once any contradiction within us is eliminated, we will be free to relate with one another harmoniously and enjoy in this way not only the wonders of sharing heartfelt love rooted in mutual understanding but also a long life in very good health without the need of some chemicals pressed into pills as our savior when confronted with health issues.

## How will you use the precious knowledge?

If you have read this book attentively with an open heart along with intellectual open-mindedness, then you will have gained some very valuable insights, such as the knowledge that there are no diseases for people to be afraid of because whatever symptoms may appear in the body, they all are ultimately the result of the attitude which I harbor in my heart. Nobody else is to blame when I feel disease because there is always a way out of the situation you are in unless you happen to be in prison, and even there you can get out in good health with a hopeful heart if you preserve a positive attitude under the worst circumstances. Even if you are given a very precious large diamond, it is useless if you do not recognize its value and maybe just throw it away. To see clearly what is valuable and what is not is an important task in life. You and I decide how we spend our days according to the system of values to which we adhere. Fundamentally, we are either spiritually-oriented or fixed on material things like physical possessions. Sadly, the latter seems to be the case for most people, where everybody has some invisible values that are important for them, such as friendship or the desire to be loved by another person.

If relationships are properly developed and cultivated then the desire to dominate or control others never arises in the heart, but we will always strive for the best possible outcome in whatever we may undertake based on deep mutual respect for one another. Unfortunately, we live in a world where those who are not the most mature are in positions of authority, largely those who have set themselves up as leaders based on some self-centered desire and agenda. The result is today's world of widespread misery that could all be easily avoided if the right decisions were taken by those at the top.

The situation of M. came about because unqualified individual set themselves up as the experts on the mind, and the general population looks up to them instead of checking if they are really the specialists they claim to be. That this is definitely not the case with respect to those who have shown to be incapable of recognizing that M. is a completely healthy teenager, and kept him locked up in a mental hospital for two months is obvious. The situation is not only very miserable in psychiatry but concerns the medical establishment as a whole, which is like a business with economic profit as its main criteria instead of really caring for the long-term wellbeing of the patients.

From our side as the authors of this publication, we can only present the facts and share our conviction regarding what they mean for the individual and society as a whole, particularly for the future of humankind. Most countries are wasting around 10% of their gross national product on healthcare, a cost that could be reduced to a tiny percentage of that huge sum if the right approach to the human body was used. Also, on the personal level, nobody would have to be afraid of getting cancer or some serious heart problem if the available information was made good use of. We are definitely not lacking scientific data, but the readiness to take it seriously and to act upon it rather than on medical dogmas that are ever so firmly implanted not only in the minds of the experts but also of the common people who believe in the many lies propagated by lobbyists of Big Pharma, is low.

How you will use the knowledge presented in these pages is truly a decisive question. As authors of this book, we wish that our efforts to convey them bears fruit in readers making good use of it for their own life by moving out of any realm of ignorance into knowing absolutely for certain about the amazing self-healing potential of the human body and to help others become conscious of them so that, in the end, nobody remains in darkness with respect to being unaware that there is indeed nothing to be afraid of concerning the future besides our own negligence to become familiar with the universal biological laws that are active in every human being, such that we can recognize symptoms correctly and draw the right conclusions, contributing in this way to a great future for humankind.

## Is your heart moved to act or not?

It is one thing to know something and another to act accordingly. We live in a world where many people suffer from a stimulus satiation, with too many impressions trickling in on them, particularly through the never-ending stream of information in the form of messages, advertisements, etc. that call for attention. If you are not careful, you can easily get lost in the cyberworld, which may have little to do with a person's actual situation.

What is happening is that people are listening less and less to their own intuition and gut feeling but readily allow themselves to be immersed in all kinds of sensory impressions without enough time to digest these experiences. Such a lifestyle of hastening from one moment to the next, from one thought and feeling to another, is definitely not beneficial for our wellbeing. It leads to more and more people feeling empty inside as they generally do not have profound but rather superficial encounters, creating a certain dissatisfaction because, as human beings, we are meant to have deep relationships that fill our heart and soul.

Your having read through this book means that you received new information, some of which you will surely have heard for the first time. All this content is based on reality and anybody can confirm its validity. There is no issue that one could not know is really true or not, but only what one does with what is being conveyed and hopefully received. The expression, "I don't care" can be heard more and more often, particularly from the side of those who are taking antipsychotics, as such pills are creating this kind of feeling of indifference even when it comes to very important matters, to the extent that patients commit suicide. That is what reality looks like but, alas, most people close their eyes in front of it.

How about you as the reader of these lines? What does the content of this book mean for you? Does it concern you personally? If you take to heart what is shown in these pages, you will reflect about it and make it your own. It will bring liberation from ignorance and fear, no more need to be afraid of any illness or disease. Although you may feel sick at one point or another, you know this is merely an expression of what is going on inside of you in support of your bodily wellbeing, which requires periodically some purification, a certain maintenance which is automatically performed at an appropriate time according to actual needs and not necessarily according to your personal schedule. One example is the seasonal flu, which represents nothing else than such a period of purification in our body to be afterward stronger and more stable if we do not interfere with this natural process by taking antibiotics or other totally unnecessary and actually harmful drugs.

Along with respecting the various cycles in the body, it is decisive to consider the stages you go through in life from childhood to old age where there are many specific lessons to be learned along the way, particularly with respect to how to relate properly to others. If we do well in this fundamental area, our heart will be more and more filled with precious experiences and we will feel ever greater responsibility for the situation of the world, which can definitely be changed toward the realization of ultimate goodness if only we are wholeheartedly dedicated to this precious task.

As authors of this book, we share about reality with the desire to inspire others to move out of any realm of ignorance with respect to how to lead a happy long life without the need of a single drug, a goal which can be achieved by having the right attitude. It includes the heart of caring not only for your own wellbeing but for all people as members of one worldwide family. How much you invest for the latter is up to the individual, where it is good to consider that the larger the number of those who feel moved to take responsibility for a wonderful future is the more swiftly it will arrive, starting in our hearts.

For this reason, it is truly decisive to act now in line with what you have learned in your life until now and to show that you are truly wise to use your knowledge well.



## Your and my homework

Dear reader,

You and I came into this world with a unique body of which we have been taking care as we went through our days, however many these may have been. In this respect, it is surely not the number that primarily counts but the quality time we have experienced so far and will be able to enjoy in the future, ideally with a song in the heart and feet that are light due to our spirit flying high based on the love that is present in our whole being.

To which extent a person is able to dwell in such an elevated state depends of course on the way internal needs are taken care of properly by cultivating more than anything deeply caring relationships that allow love to flow freely — which surely all people wish to be a reality in their own life, as this is what we need the most: the embrace of love, the encounter with True Love based on having achieved unity in ourselves and with our surroundings, including the natural world.

This publication is meant to be a starting point for deeper considerations so that together we can come closer to knowing the full truth, particularly about the medical establishment, so that we will be aware of the correct way forward, which lies in leaving drug-centered allopathic medicine behind and focusing again on the original way of healing by allowing the body to freely do its job without any interference through chemical products. They are definitely not necessary to be able to enjoy a long life in good health. What is needed is to make sure that we are in good shape internally, and this will be expressed in the dwelling place for our spirit during the time we are blessed to spend on Earth.

The task at hand is a fundamental reformation of the healthcare system from one that is centered on so-called experts to everybody knowing very well what is best for them, as they have learned to wisely respond to whatever circumstance they are in. Once we have accomplished this kind of paradigm shift on a personal level, we will not have to go see some physician to tell us what is wrong with us, but will be well aware what is lacking as well as what changes we have to make inside to see our bodily functions return to their original state where no special biological processes are required in support of our wellbeing.

If we sincerely search for the root cause of our problems, we will come to realize that they stem from our separation from our Ultimate Origin, from God, the source of all life. Therefore, the final solution can only be obtained if we reconcile with our Creator by welcoming the principles of creation and aligning our behavior with them. He made everything in our interest as His beloved sons and daughters, but it is up to each individual to see this fact and to act accordingly. As authors, we have expressed our conviction in this respect in these pages for your consideration, with the desire that you may be able to make good use of it and to excel in your own personal development toward finding profound satisfaction in your soul, which will naturally be expressed in a well-functioning body.

Virtually our paths have met by your reading the content of this book, which is based on real life experiences while searching for deeper answers. By reading these pages, you have become familiar with what we the authors wish to convey, whereas you are wholeheartedly invited to share your insights, which you can do at [nbeutl12@gmail.com](mailto:nbeutl12@gmail.com).

May we all learn from one another a lot so that together we will be successful in building a world without any drugs, where all needs are naturally fulfilled based on our caring sincerely for one another. This is more than anything our desire as authors who are truly grateful that you took the time to become familiar with the serious issues addressed in this book, and hopefully offer your contribution to their being thoroughly resolved. May you see your innermost desires being fulfilled!



## Epilogue

Dear reader,

Now, that you have reached the end of this book, how do you feel? Are you glad that you took the time to become familiar with this content? Has it been helpful for you to become more clear about fundamental aspects regarding what is truly important to be able to remain healthy your whole life long so that you will be never in need of any artificially created drugs?

Whatever your answer to such questions may be, knowing the facts is merely the starting point of doing the right things. The challenge each and every person is confronted with is to lead his life in such a way that he can be happy about it, not only for the moment but to see his dreams and ideals fulfilled over the years. Either we are successful and reach ever new heights on internal levels of improving the quality of our experiences, or we go down, a process that happens ever so easily whenever we stop making efforts to keep fit and fine both in spirit and body.

On the previous page you read about your and my homework, because the point of writing this book is not just to convey some information but to encourage the reader to take your destiny fully into your own hands and not to blindly trust others, especially when they are not in a position to put your life into their hands. That applies definitely to those who are generally the ones trusted the most when it comes to taking care of people's bodily wellbeing, the personnel working in the healthcare system, particularly doctors who have studied for many years in order to qualify to do their job. But on which foundation does their qualification stand? A thoroughgoing check-up on the medical establishment has not been done in all these years on the level of the wider society so that physicians continue to reign supreme regarding standing in a position of being the most respected profession, as you learn, e.g., in the article, "10 most respected professions in the world," published in 2019. That overall situation changed in the course of the corona plandemic where it became obvious for many people how much corruption is present in conventional medicine and how many doctors are ready to compromise moral standards in favor of making big money by focusing on giving the Covid vaccination, which brought them up to 10 times more monthly income, whereas the harmful effects of this vaccine turned out to be much worse than any other vaccine.

It is important to draw the correct conclusions at the end of a book. Which ones you choose is, of course, up to you as the reader. From our side as authors, we can say that we did our best during the 3 months of writing this content in the summer of 2022 to convey crucial aspects that are relevant to bring about the urgently needed change in the medical system by turning away from a drug-centered allopathic medicine and returning to the original way of life of being fully attentive to the signs appearing in the body and to naturally respond to them by supporting according to its innate self-healing and restorational abilities that do not require any interference by physicians much less drugs.

To come to this realization is a personal path which every human being has to walk who is serious about leading a long life in good health with a happy heart and peace of mind. As authors, we wholeheartedly wish for every reader of these lines to see their innermost dreams fulfilled based on making the correct decisions regarding how to best take care of your inner and bodily wellbeing by taking full responsibility not only for your personal situation but also that of humankind as a whole because we are directly responsible for the kind of world future generations will experience.

Sincerely yours,

Nikolaus Beutl and Lenka Lipkova

## Links referred to in this book

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