

Conference speech 2003 Thursday the 17th

My thoughts which I put down in the form of a poem, a poem called 'The Eagle', became quite an event, during my life with schizophrenia. Feelings came from that event, and became an event themselves. Fear, anxiety, depression and withdrawing are some of the things that I experienced.

I had for quite some time rebelled against my parents in my past years. When I stopped rebelling, my healing process began. This occurred when I went to a camp in the year 1996, when I claimed to have heard the voice of God. I believe the road to recovery is a spiritual journey of the soul. I also believe that the sickness is part of the journey of becoming the person that you are (your true self).

Due to the events such as I have had to go through with my writing and my thought patterns, the journey has become long and difficult. We seem to lose our sense of wellbeing when our thoughts become events and feelings become the essence of the event.



So now I will read for you my poem called 'The Eagle'.