

## Human development XVI: General etiology of mental diseases and the role of adult human metamorphosis in spontaneous recovery

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### Abstract

Mentally ill patients can enter the state of adult human metamorphosis, to re-do the juvenile metamorphosis into non-human forms that was necessary for their survival in childhood. The adult human metamorphosis looks at first glance like a normal psychotic crisis of a schizophrenic patient, but when you study it closer it becomes obvious that it is actually a healing crisis, an unusual state of accelerated healing process of the type "Antonovsky-salutogenesis". The healing crisis and the process of adult human metamorphosis seems to be the pathogenesis reversed: an inverted event of a juvenile metamorphosis, where the patient originally turned him- or herself into a non-human (often quite alien) form to survive a hostile and unfriendly environment. This often leads to severe developmental disturbances and thus to physical or mental health problems later in life. We have observed several cases of spontaneous remission of a number of different mental diseases induced by holistic existential therapy: schizophrenia, borderline, anxiety, and bulimia. We propose that the general etiology of mental diseases is juvenile metamorphosis intended for survival, not defect genes disturbing the patient's brain chemistry. This understanding empowers us to induce salutogenesis and spontaneous recovery in also the most ill, mental patients with clinical holistic medicine. The healing crisis could be wrongly diagnosed as a brief reactive psychosis, if the psychiatrist is without practical knowledge of the phenomenon of Antonovsky-salutogenesis; this could explain why intensive psychotherapy has been considered dangerous by some psychiatrists.

**Keywords:** Quality of Life, QOL, holistic biology, clinical holistic medicine, public health, human development, aetiology, salutogenesis, schizophrenia, healing crisis, adult human metamorphosis.

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## Introduction

As we have discussed in earlier papers in this series on human development, shape and function is closely related to the organism's consciousness. Intent seems to be able to change and modify shape and function. The modifying force of intent is active though life from its very beginning, and the individual seems to be able to read what is going on in its world though the exchange of information on many levels in the individual and collective informational systems.

This opens up for radical self-modifications early in life. We suggest that the individual is actually able to transform itself into a being more fit for survival and the family it is going to soon be a part of. These transformations can be caused by dramatic events in the family, or by the environment being so rough that a normal child could not survive in it. Many dysfunctional families could qualify for this description. The most dramatic change we know of is the metamorphosis; the radical and complete transformation of an individual through an interaction between the level of intent and consciousness to the level of form and function.

We suggest that early adaptation to severely dysfunctional parents, in the womb or in early childhood, will render the individual so changed that it can present itself almost non-human; both consciousness and functions will be severely disturbed, and the person can even sometimes look not only ugly, but "alien" in bodily appearance and energy.

### *Adult human metamorphosis is re-metamorphosis of childhood adaptations*

Some of the authors have examined and treated a number of severely mentally ill patients and we have observed that they often appear very unappealing physically and very alien mentally, as if they have turned themselves into some kind of "monsters" early in life. In surprisingly many cases they have adapted to extreme environments dominated by violent or sexual abuse, or severe neglect and fail. Spontaneously in the holistic existential therapy (1-6) they have entered the state of what we call adult human metamorphosis and they have spent weeks to

reconnect to the human collective consciousness, as if they have lived in a system of their own non-connection to the human universe but to some strange parallel reality. It is like they are coming back from a monstrous world into the world of human beings.

Often they have felt alien; felt that they were like aliens waling the earth. So we suggest that they have metamorphosed themselves into beings with non-human intent (3,4,6-10) in some cases even using biological information from alien life forms, in fantasy or for real, if biological information can ride even the energy of the galaxies. Changing intent and the patterns of thought and perception early in life away from the typical human patterns into something else, giving the individual severe problems with relating to other people and the human world at large, is from this perspective what causes mental diseases of the skizotypical types. Presumably this also goes for the affective disorders, as the root of affective aberration likewise seem to be cognitive disturbances. So we suggest that mental diseases are caused by the individual entering metamorphosis early in life to transform into a being with non-human consciousness better able to survive an inhuman and severely dysfunctional environment. This give some meaning to the extremely scary effects of aliens in movies: that they are here already, walking amongst us, disguised as humans. And we think they are.

All aspects of a human being except its fundamental purpose of life can be changed by human juvenile metamorphosis; the purpose of life cannot be changed, but repressed and forgotten. The person going through the process of metamorphosis seems to change functioning purpose of life and fundamental intent, and both mind and body seem to follow. Love, consciousness and sexuality is often severely affected, and the ability to love, understand and enjoy is often damaged. The gender is often annulated or even inverted energetically; the feelings are often completely withdrawn, and mental and intellectual capacity is changed into focusing on non-living issues, very much like the loss of a "I-thou" relationship described by Martin Buber (1878-1965) (11).

### *The healing of mental diseases through re-metamorphosis*

The metamorphosis of the human mind during the psychotic crises seems to be the most radical and drastic of the processes of healing. It happens spontaneously, when development has been radically arrested early in life, normally because of a trauma forcing the patient to let go of his or her purpose of life and substitute it with another purpose. The patients have seemingly had a psychotic episode in connection to this, often in early childhood. Often many aspects of psychosexual development has been arrested, and the people likely to go into human metamorphosis are in many ways like the butterfly's larvae, which grow and grow in size but not in any other way, until the day of metamorphosis, where the information linked to being an adult is finally accessed at once, giving a complete transformation of character, personality and consciousness.

Entering the metamorphosis is helped by intense holistic existential therapy combined with intense holding and combined with the patient's extreme intent to heal here and now and today! Healing existence must be more important than anything else, and the process of metamorphosis is taking the patient to a place of continuous healing for days. Recreation for a week or two after the introvert, psychotic crises seems mandatory, and the patient cannot work or look after kids or have other normal obligations in this period, and sometimes for an extended period of time.

Once the process of personal transformation have started it must run to its natural end. If the metamorphosis is disturbed, when the patient is in the most vulnerable state, severe harm can be done. It is very important that spouses and other family members are informed about the natural course of this kind of spontaneous healing, and they must be carefully informed about the urgent needs for tranquillity and loving care and support for days or weeks. The danger of poor living for months or years if the healing process is disrupted and the patient is sedated or drugged must be severely stressed.

An important ethical problem is if the physician or the relatives should judge what is in the best interest of the patient, when the patient enters the introvert, "psychotic" state similar to the butterfly's pupae. Often the spouse of family members not

completely trusting the nature's ways will react with fear and want the patient back in the old condition, while the patient him- or herself is doing everything possible to transform into a new and better version of self. Coming from fear and anger the family can cause severe damage to the patient, by interrupting the metamorphosis and arresting it at a transformational state where the patient's mind is not very functional. Another dangerous aspect of this is that the person needing the transformation is often victimised early in life, and therefore of a weak character allowing other people to exploit them, when they evolve into a more responsible and whole version of themselves they will often rebel against the dominance and "ownership", to become free and autonomous. It is important that the physician notice patterns of abuse in the relationship and helps the patient to understand the consequences of submitting to dominance and being owned by i.e. a spouse. If the behaviour of relatives is obviously threatening the patient's health, the physician should inform the social authorities and other relevant authorities for them to take the appropriate action.

Most interestingly human metamorphosis seems to be able to explain many religious experiences, like the 40 days in the desert where Jesus meets his creator, or Gautama Buddha's famous enlightenment, where he reaches Nirvana, the cosmic emptiness creating the world. A simple way of understanding human metamorphosis is as re-establishing the coherence with the world, getting direct access to the "web", "the nest of the world" (in prep. for publication), or the deep level of the universe we call "the matrix of energy and information" (in prep. for publication), feeding all organisms with qualities like intent and talent.

### **Case stories**

At many occasions during our 14 years of research in quality of life and holistic medicine at the Quality of Life Research Clinic in Copenhagen we have seen patients with the diagnoses of schizophrenia or borderline enter an extremely intense, accelerated process of healing we have called "adult human metamorphosis", because of its remarkable resemblance of a butterfly's larva entering the pupae and metamorphosing into the butterfly. The patients

even sometimes look like larvae, with plump poorly demarcated body contours, immature, clumsy movement patterns, and they are characterised by having poor reality testing, as if they lived in their own world, in a parallel universe. Sometimes they have been students of remarkable intelligence, studying medicine or psychology at the university, sometimes they have been very intelligent, but not able to study, sometimes they have chosen to study nursing or occupational therapy. The patients that have come to our research clinic for holistic medicine come to our private clinic by own choice to enter our research protocol on healing the mentally ill (12,13); they normally get a grant from the Quality of Life Research Center so they are able to participate; they typically pay 25% of the therapy themselves.

*Female university student of medicine, 24 years, borderline*

At the beginning of the treatment she was 30 kg overweight, a poor reality testing, no close friends; she was still a virgin with no interest in men, and a strange non-human uni-sex appearance. All body movements was impaired, she was slow, clumsy, and seemingly depressed, but with no emotional problems, except feeling like an alien. She was not able to look into other people's eyes. In holistic existential therapy she confronted that her 10-year-old big brother had raped her when she was five years old. The energy was that of war-rape: she was raped in the intent of repressing her. Strangely her parents wanted her eliminated and her brother was in alliance with the parents against her and he was not punished. She entered a psychotic crisis that lasted for 14 days during which she was hospitalised at the clinic. She experienced that she melted down and re-entered the human stream of consciousness – the collective human consciousness. She entered a visionary state of mind and for days she received thousands of pictures of human life from an inner source of wisdom and knowledge. When she re-appeared to the surface she was completely transformed into a wise young human remembering her true human nature. She changes her life completely, started dating boys, doing exercise, changing diet and losing weight. In art-therapy she

painted hundreds of paintings of the scenarios she has visualised during the metamorphosis.

*Female university student of psychology, 22 years, bulimia*

Severe problems with self-esteem, looks, sexuality – not able to enjoy sex or intercourse – self-confidence, presenting severely disturbed eating patterns of overeating and vomiting. She believed she must weigh 50.00 kg. If not, she found her body disgusting. Sometimes she dressed extremely feminine in skirt and appears as a beautiful young woman, this interchanging with a much more male appearance where she varies men's pants. She also suffers from anxiety, and her sexual borders are 2 meters from her body; if men get closer she often feels intimidated. In holistic existential therapy the therapist (SV) could not get close to her for many sessions. When trust was won she finally allowed the therapist to get close emotionally and she melted down in a psychotic crises, where all her problems of sexuality of low bodily self-esteem exploded. She entered a mental state of feeling totally unreal and stayed like this for days. She was hospitalised at our clinic for four days, before she can integrate the painful childhood events of failure and neglect that she has confronted; obviously she has then as a child metamorphosed into a person living in her own world not needing any contact to her parents, to avoid the pain of feeling not loved and not cared for. After the psychotic crises her condition slowly normalised and she was able to function again as a human being.

We have earlier described this kind of spontaneous healing of two schizophrenic patients (14), and we have often seen holistic sexological therapy and holistic gynaecology lead to accelerated existential healing (Antonovsky salutogenesis) (15-24).

## Discussion

In a number of cases in our clinical work we have observed a radical process of spontaneous healing that seems to be adult human metamorphosis, parallel to the metamorphosis of many insects and some

vertebrates. In its most radical version the person's mind is melting down and all behavioural and mental patterns are disintegrated for up to 10 days. The function of the human metamorphosis is to allow a person to catch up after many years of arrested psychosexual development. It happens spontaneously or provoked by holistic existential therapy, and is most likely to happen with people who have been violently or sexually abused in early childhood. The process is often initiated by a catharsis and a breakthrough into old trauma of extremely intense emotional pain; rape in early childhood seems to be the paradigm. Other traumas of sufficient intensity to cause the developmental arrest which is set free by the metamorphosis is: surgery, social isolation, violence, and other events giving the child a near-death or psychic death experience. During the metamorphosis the person will re-live the extreme neural arousal and temporary psychosis of the traumatic childhood event.

It is most important to stress that the metamorphosis is not a mental disease - but a state of spontaneous healing - and it should not be treated as such. In this spontaneous healing event the patient needs loving care and tranquillity, while being "in the pupae": introvert, mentally disintegrated, seemingly psychotic and not in present time, sinking into the sea of biological information of being human, to finally reappear the way nature originally meant this person to be.

We suggest that human metamorphosis is really a biological process, and we believe that there is a complete set of genes and chemical mediators (hormones, neurotransmitters, or neuropeptides) to handle the biological side of the human metamorphosis. We believe that human metamorphosis is the most efficient healing process known to this day, and that a successful metamorphosis can save the patient from many years of therapy and sufferings. Human metamorphosis cannot only change the mind. We believe that spontaneous healing of cancer and other diseases is also often caused by human metamorphosis.

## Conclusions

Interestingly, mentally ill patients can enter the state of adult human metamorphosis, to re-do the juvenile

metamorphosis into non-human forms that was beneficial for their childhood survival. The adult human metamorphosis looks at first glance like a normal psychotic crisis of a schizophrenic patient, but when you study it closer it becomes obvious that it is an unusual state of accelerated healing, a healing crisis. It is important to understand that the adult human metamorphosis is the inverted event of a juvenile metamorphosis where the patient turned him- or her self into some non-human alien form to survive; the self-transportation of human existence into a parallel dimension of existence often gives severe developmental problems and both physical and mental problems to the person later in life but was necessary for survival from an emotional point of view.

We have now carefully observed several cases of spontaneous remission of a number of different mental diseases: schizophrenia, borderline, anxiety, and bulimia. We understand the adult human metamorphosis as a confirmation of our hypothesis of aetiology of mental diseases: that they are in general caused by juvenile metamorphosis (12,13), not by defective genes and disturbed brain chemistry.

We believe that we in cracking this "secret code" have found a general way to understand and heal mental diseases, by taking them into adult human metamorphosis with clinical holistic medicine.

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