

Negative Voices version 0.05

Voice hearing is a phenomenon where individuals perceive speech whose source cannot be sensibly identified as originating from something within their environment. Voices can be perceived internally or externally. Internally, as one's own inner voice, as if someone can speak in our heads as we speak to ourselves, or externally, as if a voice is mysteriously emanating from a location within our environment, behind walls, or in the noises of machines, leaves, or running water.

These voices can be associated with several physical effects. These include movements of the throat, tongue, neck, eyes, ears, and lips. Much of these movements happen naturally in the process of Subvocalization. You might find such movements happening when the voices speak or even when they are silent. In some cases, the tongue or eyes may appear to be moved by an outside force. Your tongue might dart around in your mouth, your eyes might twitch or close involuntarily, or in extreme cases, one might find their extremities moving without your direct action.

These effects are not restricted to bodily movements. Tactile effects can occur, from felt pain to burning, stinging, vertigo, or pressure. A voice can speak of a feeling that may subsequently occur. If requested, a voice may even appear to touch a specified body part.

Voices may speak like any other person. They may construct sentences and joke, implore, craft stories or long narratives, accuse, feign interest, be sarcastic, argue, or speak lengthily on a particular topic.

The voices, in most cases, have access to the memory of the victim. However, this is *all* they possess. They possess no information or knowledge outside of what you already know. However, one must be aware that you are not always aware of what you know. The voices may bring out memories or facts that one has not thought about in years. They are aware of not just your memories, but your pattern of behaviors, your insecurities, fears, and anxieties. If pressed, the voices cannot produce even the simplest information if it lies outside your own memory. Reasoning from premises in a linear way is beyond the voices. They cannot add 17 and 39 together if the answer does not lie within your mind.

It is not just your memories, The contents of your mind are open to the voices as well. What you feel and are aware of is within their perception.

The most important thing to understand when dealing with these voices, and the hardest to internalize and understand, is their deception. Of all the things which one should know about the voices it is this, and no stability with the voices can be maintained until this is understood and put into our decisions. The voices lie in whatever they do. They are not liars inasmuch as they are lies. A human being may lie in one part and be honest in another, but the voices can only subvert. They possess no other way of interacting with their victim.

Voices are prone to adopt false identities when interacting with their victim. In this sense, almost all of their outward personalities, mannerisms, and appearances may be seen as a kind of disguise or costume. There is something underneath these false identities, but the truth of their personality is difficult to understand. They take on a multitude of guises: From ghosts, aliens, neighbors, police, the Freudian Ego, God, ancestor spirits, The Higher Self, and so on and so on. There is no limit to these outward disguises. Each of these disguises is not an accident but is tailored to the individual. A person who is an atheist might find themselves harassed by entities posing as the government, and this person

will conclude they are being attacked by Voice-2-skull technology. Another, who is religious, will be harassed by ancestor spirits, The Holy Spirit, or demons who claim they are from Hell.

What is projected toward you is determined not just by what you know but by *who you are*. The voices are keenly aware of your flaws and anxieties, and will lunge at what they perceive as weaknesses. Those with unstable tempers will find voices poking at their insecurities and mistakes. If you are disposed to pitying the weak, you will find voices posing as spirits needing help to move on. Many have spoken about voices viciously accusing them of being the cause of a loved one's death, or solemnly confirming every fear of being judged and disliked by family and friends.

Your thoughts are the focus of the voices, and the subtlest emotion or idea is acted upon. They are "plugged-in", so to speak, with what you are thinking and feeling to a supernatural level, and you must be aware that everything you think and feel is being taken as material for their game. Nothing that you feel or think escapes the voices. Do you feel slight paranoia because of an altercation at work? Your voices can pick up on this and stroke the anxiety.

It is impossible to distinguish one voice from another. Each voice may take up an accent or pitch at will, and these may swap or warp in any moment. It is common to name one's voices, and for certain personalities to enter and leave without one's control. What you may perceive as a collection of different personalities may be a single voice posing as a crowd. A common error is to seek comfort in a particular voice as refuge from the hostile ones. But which voice is which? You will find in time that to trust even one voice is a mistake, as this relationship will always be used against you.

There is no test to expose a voice's malevolence. It is only their pattern of behavior which exposes their true intentions. A voice may steadfastly recite the Lord's prayer, may joke with you or tell you to be kind to others. You may think you can trust them, but no real trust is possible.

Voices are also capable of pushing one's thoughts in a particular direction. You might find yourself returning to the same memories or ideas over and over. As you turn your mind to the times the voices lied in the past, you might find your thoughts pushed to the times they told the truth (or at least, when they did not flagrantly lie). An argument the voices use may return to the forefront of your mind over and over, even when you have dismissed it exhaustively.

Another common behavior is thought echoing, where the voices will reiterate your thoughts back to you as if translated into dialogue. (Not all thoughts are spoken aloud). If you think about how you need to visit the grocery store later, the voices might say "I really need to go to the store later" in a way you might speak, as if they are trying to get you to confuse their words for your thoughts.

Your imagination is also vulnerable to these invaders. You might find certain *imagery* brought to mind repetitively.

The voices are *notoriously repetitive*, and you might find yourself in a loop of the same ideas, memories, and language. Voices are known to repeat certain musical lyrics or phrases. Insults might repeat (e.g. "Kill yourself" or "die idiot die") for hours. You might hear looping music, as if it is being played by a tiny recorder in your mind.

What you are dealing with is not *static*. If ignored based on the knowledge presented within this document, or on the basis of past experience, you might be attacked with new arguments, threats, guilt-trips, or emotional appeals. A voice might claim that you need to kill yourself to free them from

punishment in the afterlife, if resisted, they might threaten you or your family.

The voices cannot harm your family. They do not exist within the physical world and cannot target or kill anyone. While they might take credit for disasters or accidents, it is all a lie. They lie voluminously and continually, so everything they say can be discarded.

You will commonly find voices falling into one of several categories

1. Spiteful and violent, telling you to kill yourself or harm others. Self-harm is a common theme. This includes insults, obscenities, and disgusting assaults on your person, sexuality, race, or background.
2. Paranoia and fear inducing. They will tell you all manner of people are after you, or that you will die in your sleep, or that you are in trouble with the IRS or other organizations.
3. Grandiose and sycophantic. You will be told you are chosen by God or highly talented ,brilliant, attractive, they will make you feel as though you are the center of the universe.
4. Judgmental and critical. Every flaw will be harped on incessantly. You are the worst person in the world, and the voices will invoke past guilt or mistakes and condemn them to an absurd degree. Your family and friends are not immune from this criticism ; They will pull your mind to focus on their features which most annoy you, or reinterpret past actions in the worst way possible.
5. Guilt tripping and emotionally manipulative. Your pity, desire for warmth or guidance will be used against you.

Even an outwardly friendly voice cannot help themselves but fall into a pattern of malignant behavior. Their common behaviors will always betray them. Voices are commonly anti-religious and prohibitively negative about Religion,God, and the Afterlife.

The worst thing you can do when interacting with the voices is to believe or entertain their lies. If you do so, even in minor things, you will find yourself drawn into their world. Your powers of reasoning and direction will be compromised, and like a riptide you will be moved steadily toward the voice's control. Strangely, You may find that what the voices say is inherently persuasive, regardless of its content. To some, there is a hypnotic quality to their words, but this is does not mean they cannot be resisted. If you find yourself overly focusing on what the voices are saying, it is helpful to talk to someone, not *about* the voices, but just to have a conversation. This will help to quiet the voices. It may be useful in these events to simply repeat mantras to yourself such as "The voices are all liars" or to shift your thoughts by whatever means to something else.

While what I am saying appears disheartening, the voices are *not* geniuses in the art of manipulation, not are they in possession of a mind that will strategize and develop anew forever. . If you identify their behavior and build strategies and habits to ignore or resist them, it is almost certain they will resort to simply repeating old behavior with little differences. They cannot help themselves but to try, again and again, the same tactics which have failed in the past. You will have learned almost all of their tricks, and while new things may emerge, they will almost always fall into old categories or ideas, so your problem will now be one of endurance.

What are the voices? Theories abound, and whatever you believe the voices will reflect back at you. It is important to remain grounded in your pursuit for truth. The purpose of this document is not to examine the metaphysical origin of these beings, but to give practical advice. Their exact nature is a matter of speculation.

Do positive/neutral voices exist?

Can a voice you hear in your head be a friend or something divine? Yes, I believe these types of voices exist. The following excerpt details such a voice.

Ruth, a homemaker in Florida, had this evidential experience with her mother, who died of a heart attack at age 64. An auditory ADC she had with her grandson is described in Chapter 3: One day, probably a week after my mother died, my father said, "You know, your mother has \$5,000 worth of savings bonds hidden some place in the bedroom." So I said, "We'll find them!" We started searching, and we must have worked two hours. We went through every drawer, every box, every closet. We even checked under the mattresses. We looked every place that you could look in the bedroom. I finally plopped down on one of the twin beds, and my father sat on the other. I said, "Dad, they're not here. They've got to be in another room." Just then - I mean that quick - I heard Mom chuckle. And she said, "Oh, you dummies! They're in the false bottom of the garment bag." It was in my head, but it was her voice, so distinct. I got up immediately and walked into the closet. I said, "Mom just told me they're in the false bottom of the garment bag." I reached down, and sure enough, there was a false bottom. And when I lifted it up, there were the bonds - \$5,000 worth! Dad looked at me when I took the bonds out and said, "Ruth, I'm telling you, your mother's here!"

— Hello From Heaven, Page 244

The book *Hello From Heaven* deals with this topic in depth. Several individuals describe voices which appear in their minds and provide comfort or helpful information. Note that helpful or positive voices *can* provide information the listener does not already know. Harmful or negative voices do not possess this ability. Positive voices do not linger long either. These experiences are transient, persisting for usually not more than a couple of minutes.

The communication provided by positive voices is often simple and direct, providing comfort to the individual in simple messages of hope. Often, the experiencer feels positive emotions as well, whereas negative voices can provide nothing positive at all.

Trevor died at 4:00 in the morning. As my wife and I were starting to leave the hospital and come home, the sun was coming up on the horizon. My sister was with us in the car and she said, "I have never seen such a beautiful sunrise in my life." Just as I looked up at the sun, I could hear Trevor's voice saying, "It's all right, Dad." It was his voice, just as clear as could be. It came to my ears, just as though he was sitting in the back seat. Instantly, I had this peaceful feeling I had never had before, which lasted probably ten or fifteen seconds. I then knew Trevor was with God, and this must be the peace he was feeling.

— Hello From Heaven, Page 32

It is also important to recognize that these positive voices often impart identity with their communication, whereas negative voices possess no identity of their own.

Negative voices might present all manner of excuses for why they act differently than these positive voices. Every argument cannot be presented and rebuffed in full, but regardless of what they say, examine your thoughts and feelings in parallel with their behavior.

Don't trust voices

Someone might read this essay and reply "Well, my voices are positive/neutral, and maybe they don't give me information about loved ones or transcendent feelings of peace, they certainly don't bother me"

Even so, I heavily recommend one dismiss the advice given to you persistent voices. Whatever these entities are, they cannot be trusted, and for your sanity they should be regarded as background noise to your life. Do not converse with them, and firmly dismiss their input.

Are you sure you're not dealing with just one entity?

I personally dealt with many, many voices over the course of my experience. What I perceived as multiple personalities all interacting with me at their will was, in actuality, one individual voice wearing many different masks. Once I realized this, the plurality collapsed immediately ; The crowd dissolved into a single hostile voice who no longer saw their present strategy as viable.

Pay attention to your voices and how they interact with one another. Does it appear their conversations are just for show? Do they exist simply for your awareness and nothing more? Does your examination cause them to reshuffle their personalities, or to vehemently disagree or for your thoughts to become jumbled or difficult? It may be useful to you to entertain this idea, or even to keep it as a possibility when thinking about their origins. To be surrounded by a group is much more intimidating than to be assaulted by an individual.

