

A Simple Technique to Eliminate Voices

Thomas Gagey MD and Grant McFetridge PhD

Institute for the Study of Peak States, www.PeakStates.com

Introduction

The Institute for the Study of Peak States (ISPS) started developing a psychobiology model of voice hearing in 1995, and developed a simple, effective treatment in 2012.

This presentation is about a **new and non-drug approach to eliminate "ribosomal voices"**. It uses a technique which was derived from trauma therapy (EMDR...). It works by eliminating unconscious traumatic associations.

Ribosomal voices are the main type of voices (80%) that can be present in different psychiatric disorders:

- Schizophrenia
- Severe Depressive Disorder
- PTSD
- Etc....



People often have several "ribosomal voices" (between 10 and 15).

Characteristics of a ribosomal voice:

- It is found in a **fixed location** (inside or outside of the body)
- It has a **fixed emotional tone**
- It is experienced as someone speaking
- The 'verbal' content can vary widely over time

These characteristics allow us to differentiate ribosomal voices from 5 other much less common voice-like experiences that we know of.

Treatment in brief

Body association techniques allow us to target the prenatal trauma associated with a ribosomal voice.

Have the client hold out one of their hands, with the palm upwards and the fingers slightly cupped. Have the client imagine that there is something like an invisible crumpled bag in their hand that radiates the emotion present in the voice.

Use tapping on the hand containing the imaginary crumpled bag.



The typical time to dissolve a body association is around a few minutes. The "crumpled bag" will rise out of their hand and dissolve. The voices disappear permanently, leaving a patch of "empty and silent space" where the voice once was.

The subcellular psychobiology model for "ribosomal voices"

Ribosomal voices are originally **set up during prenatal traumas** that trigger a survival crisis in the fetus.

During these traumas, a trauma-type we call a body association (as in Pavlov's dog) is also created. The mother's emotion in the trauma moment will be linked to the fetus's need to survive.

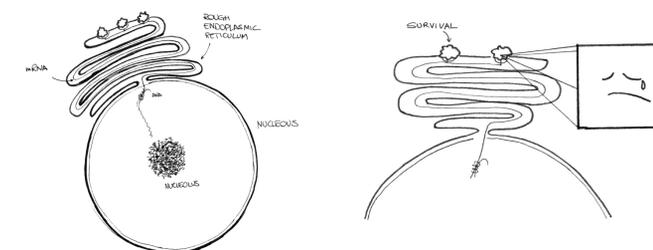


This emotional tone of the mother will be the emotion in the voice the client hears.

The volume of the voice is originally low (muted), and is experienced as just "thoughts" or "mind chatter". **The volume of the "voices" increases if severe survival trauma is experienced later in life.** This is the onset of "voices" problem.

To understand the psychobiology of voices, one has to look at subcellular structures. **Body associations form due to epigenetic damage.**

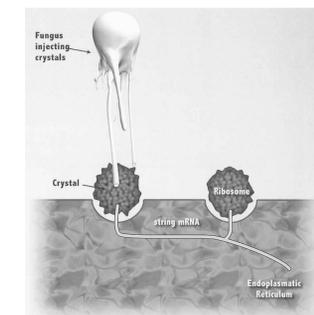
During gene expression, if the histone protein attached to that gene is damaged, an end of the gene's mRNA copy stays stuck to the histone. The other end of the mRNA string goes out through the endoplasmic reticulum (ER) and stays there, instead of going into the cytoplasm. The ribosome that is 'reading' this mRNA now settles into a pore in the ER surface, still trying to do its job of constructing a protein.



Traumatic psychological experiences are directly caused by this inhibited subcellular function. In the case of ribosomal voices, the feeling of the traumatic survival need gets 'embedded' inside the stuck ribosome. The traumatic feeling of the mother's emotion (in this example, sadness) is embedded into another ribosome which attaches to the mRNA string in the ER at another pore. Hence a *psychological* association between the two feelings is caused by a *biological* connection at the subcellular level.

A common subcellular fungal disease is the underlying cause of ribosomal voices. This fungus has the ability to modify an ER ribosome, creating the 'voice' that the client hears. Thus, each voice corresponds to a different ER ribosome. This is why ribosomal voices are fixed in space – their locations correspond to the fixed locations of the affected ribosome in the ER. This is also why each voice has a fixed emotional tone –each ribosome has the mother's traumatic emotion imbedded in it.

Finally, **our technique to eliminate voices works at this sub-cellular level**, by using a trick that dissolves the stuck ribosomes that hold a 'voice'.



Advantages - Drawbacks

Advantages:

- Fast and painless technique
- Drug-free approach
- Permanent result
- Easy to test in the office
- Successfully tested on a few hundred people

Drawbacks:

- Works on a one-by-one voice basis
- Can create loneliness when the voices are gone
- In some patients new voices can appear
- Can eliminate a client's dysfunctional sexual attraction to people who had the same emotional tone as the voice

Pay For Results

- Results = The voices disappear permanently leaving a patch of "empty and silent space" in the voice's previous location
- Targeted results are agreed upon up front (a signed agreement)
- There is a set fee for the successful results (not an hourly charge)

Collaborate With Us

If you are interested in doing a study on ribosomal voices and their treatment, please contact Dr. Gagey at: Thomas@Peakstates.com. Detailed information can be found in our textbook '*Silence the Voices: Discovering the Biology of Mind Chatter*', which also contains the full Body Association Technique.