

Animated Minds: Dimensions

Transcript

Initially the experiences were quite positive. I was living outside consensus reality with a very heightened sense of awareness, um, kind of delusions of grandeur which were quite pleasant, so I'd open up a newspaper and I'd think it would all refer to me.

If I was listening to the radio in the car, I'd assume that the DJ was talking directly at me and that every song was a message to myself, and at one stage I was experiencing reality as if the whole of London was under 100 metres of water which was pretty extreme. It was a pretty strange reality to be in.

A very distressing one was experiencing a nuclear fallout, I mean, for me nuclear bombs had gone off, I was feeling radiation, I was feeling radiation sickness and this kind of thing happened several times.

I mean the first voices I started hearing a lot of was my family, so my mother, sister, brother, father... but later on they were very persecutory and it wasn't pleasant, and it wasn't something that I wanted to continue.

I did find it amazing, the power of the human brain that it can really create, you know, ten, twenty voices perfectly.

I mean, the voices were very distressing; the impression is they were encouraging me to self harm or commit suicide. They were getting pretty nasty.

I remember writing in my journal, 'God, I could just never imagine the old, normal reality coming back'.

I suppose taking on some of the medical interpretation that this is psychosis, gave me some more options to get out of a very unpleasant situation.

On screen text: The experiences described in this film happened during episodes of what was later described as schizophrenia.