In the Focus: Hearing Voices in Head (The Transparent Social Brain)

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Complimentary websites:

http://www.iianthropology.org/psychology_visible_invisible_human_world

http://www.iianthropology.org/psychology_hearing Voices_interviews.html
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Abstract

This research paper is based on four interviews and pilot stage of the scientific research on hallucinations. It attempted to re-direct the research on hearing voices in head toward broader context and searching more parameters of understanding of the phenomenon.

All four interviewed have experience of hearing voices in head or similar “supernatural” condition of the transparent brain. The interviewed have different explanations, as well as they stress on different peculiarities. The biggest dissimilarity is the way the voices are heard – inside the brain or from outside, as real voices or without unreal, as well as a specific condition with almost physical effect but without voices.

The paper also reports some results of the newest neurobiological research that attempts to explain hearing voices in head and points to eventual pitfalls of modeling hallucination when subjective factors are not avoided and when they are based only on limited aspects of the specific condition, without examining all parameters.

Key words: hearing voices in head, psychotic, schizophrenia, magnetic resonance imaging (MRI), transparent brain
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Why Again about Hearing Voices in Head?

It was in the class of Dr. Burgess (Argosy University, Salt Lake City, Utah) in July 2009 when we discussed the opportunity of future work as forensic psychologists. She explained us that PhD is required in most of the cases. Then we turned to possible PhD themes and I shared in the class that may like to write my second PhD dissertation on hearing voices in head (the first dissertation was in Prehistory). My understanding is that the recent development of the neurobiology and study of brain makes all of us responsible about our understanding of the people. Now we know that the brain even unconsciously connects with other brains and connectivity is an immanent, unconscious and conscious human ability and a main precondition for healthy life and brain. We depend not only on how we develop ourselves but whom we connect with. All our life is a reliant on the connected world in which we may experience happiness or sadness, success or non-success, satisfaction or non-satisfaction.

Since I lost my Mom a month ago, all my brain is occupied by the attachment theory and hearing voices in head. First, being far away from my Mom probably was a reason for her shorter life since she was attached to me and not being close to her challenged her life and directed it toward searching for friends and ways to overwhelm the huge distance between us. But she could not find the strength that could make her change the values, ideals and motivations. She passed away at 70 only. In this case the physical distance made the life of attached one with other people a sad experience.

But what about hearing voices in head and telepathically connected people? How do they relate to the attachment theory? Today there is a lot of evidence that make us believe, that hearing voices in head can be a result not only of hallucination but also of invisible connection of
people living even in big distance from each other. There are even humans who benefit from the opportunity to invade the brain of people and not only to trouble their lives but to be able even to manipulate less or more successfully their thoughts and behavior. It is a serious matter and requires a primary attention. We need constantly to update and integrate the newest neurobiology with psychology, anthropology and all sciences which subject is people.

The progress of study of hearing voices in head today is in direction to acknowledge that not only schizophrenia causes such psychological state and it can characterize non-psychotic people. It is explained that hearing voices in head could be a result of different kinds of traumas that most probably make the brain possible to hallucinate. But it may make also the brain transparent to be psychotronically attacked, respectively all behavior to be manipulated by others. We need to be careful since the violence of people has thousand and million years history and social memory and there are many preconditions that make possible the aggressiveness to explode in the most unique ways in our everydayness. How it is easy for any level of society and peoples’ everydayness, for instance, first one to cause a psychological trauma to somebody and then through directing the thoughts to invade his/her brain and begin to manipulate the given behavior. Then, the most essential today becomes to avoid situations and social environment that may cause stress and result in trauma because your brain can become transparent. Respectively, the other side of the coin is not to cause trauma and stress of people because it may have very bad consequences. In other words, the questions of ethics in our social space become vital for the normal social life. Some of the pathologies related to anxiety disorder (DMS-IV-TR 2000: 429-484) may results perhaps in hearing voices in head if the person is connected with people with similar problems or from one and the same microenvironemnt. This fact also makes us reconsider a variety of human practices related to the transparent social brain. For instance, the
TM-Sidhi program based on meditation promises an integration of the brain functioning by increased brain wave coherence, neurobiological efficiency, and learning abilities (TM-Sidhi Program online). But it is unclear whether increasing the transparency of the brain would not be at the expenses of exposing it easily to possible psychotronic damages.

On the whole, we do not know a lot about the nature of the voices in our heads. The theological approaches connect hearing voices in head to God and evil (see e.g. Gallardo online). They name them spirits. Then, this is the old idea about supernatural that goes back to Prehistory. The scientific approach most often explains hearing voices in head with schizophrenia. There are also other explanations but they do not have a broad background of argumentations.

My preliminary theory to approach the problem scientifically is that hearing voices in head could be either a result of hallucination, sounded imagination or a result of real voices and real human behavior. The so-called spirits that have similarity with people we known could be in fact the same real people, since the people exchange energy, interact with energy and can be connected even on thousand miles distance while the voices have all the characteristics of the electricity – they do not depend on the distance. Nevertheless, it is very difficult to prove the last part of the theory. It is connected with the problems of stress and of the psychotronic harass, for instance.

At the initial stage of gathering information I analyzed the state of the problem on Internet, since Dr Burgess mentioned there is much literature that needs to be researched. I also ordered the book of Scott Hass “Hearing voices: reflections of a psychology intern” (1990), but even arranged a phone interview with the author on Sept 1. But I could not find online his e-mail. Most surprisingly, I could not find the e-mails of two other psychiatrists from Salt Lake before
turning to worldwide search. It was for me shocking since one worked even at University. I don’t believe that “being very busy” model is the only explanation of similarity. The psychologists may know much more about the connectivity and the opportunity the people to connect with each other and they may prefer closed system of communication. For us, the anthropologists (I am still only a student of psychology), are typical the open system of communication. So, the topic of hearing voices in head has also a humanistic layer – how to make the world safer and more people to prefer open and not closed communication and less or no people to become victims of the open system of communication. This connects the topic with the psychotronic weapons that may become more and more popular if people, countries and organizations visibly and invisibly continue to ideologize the world and to build new and new invisible walls of hostilization of the human relationships.

This research paper is based on four interviews and pilot stage of the scientific research on hallucinations. It attempted to re-direct the research on hearing voices in head toward broader context and searching more parameters of understanding of the phenomenon.

**Interviews**

(Changes in the personal data for keeping anonymity of the interviewees)

*Interview 1 (Annex 1)*

Anthony (33) married 5 months, B.S. in Mechanical Engineering, M.S. in Aerospace Engineering. I have known Anthony since 2006.

The Interview 1 shows a typical case of sounded imagination that developed in the social brain of Ann Brill as a result of continues stress. Anthony clearly states that the voices that he heard were in his head.

*Interview 1*
John Jones, Male, in late 30s-early 40s, a gifted artist, single, distant constant connections with his family of origin that depends on his financial help. Reliable, friendly, well educated, partially disable with his hands. I have known John since 2007.

The interview 2 of John Jones is an example of one of the most popular cases of hearing voices thought as angles or in some cases of God. For our research of importance is the fact that John hears the voices in his two hemispheres of the brain. He believes rarely they come from outside but in both cases he acknowledges vibration character of these voices. Also, John believes that the voices are not even so essential since the influence and interaction is mostly in telepathic way. In his understanding, he especially after the coma was initiated in sort of sacred relationship with the angles. The last were spirits who connect the three spaces (of past, present and future) and guide him in his life. John also believes that the dreams are a result of these spirits who never sleep. When his human body sleeps his spirit leaves the body, stays in abt 1.5 m above him as a sphere (balloon) and before waking up it goes back in his body. In this moment the people may have dreams that have meaning but one should be educated in understanding of dreams. John had practiced for a long time sidhi and believes that he has an endowment. Some of the exercises help to develop supernatural strength. We decided to continue the conversation in future since for now most important was to locate the voices. And as John stated, they we in his head and rarely from outside, mostly unknown but in some cases could be compared with known voices, and essentially – they vibrated.

*Interview 3*

Mary Ann, 40, divorced and remarried. Several stress moments in her life.
She does not hear voices but in some case is able in telepathic way to “read” the thoughts of her husband. She believes that going in the mountains and art help a lot to overwhelm the stress and depression.

*Interview 4*

John, 50, single, mother and brother schizophrenics. Several stress and/or traumatic in his life. Hear clear voices of real people for 17 years. He can show the directions and. The voices are in combination with blocking or redirecting of his activities from distance. Positive attitude and personal successes are the only weapons against the distant intervention since they demobilize the attackers that can turn down his life. He explains the voices with real people who has been using psychotronic way to damage his life and career.

**Hearing Voices in Head and Science**

The contemporary development of the brain studies may help a lot in understanding the transparency of the brain. One of the directions is the asymmetry of the brain and speech voices. Papanicolaou et al. (2003) experimentally demonstrate further insights into the specialization of association auditory cortex in the left hemisphere for processing speech sounds.

One of the well-investigated fields is the hallucinations among the schizophrenics. In many cases they can even point to the direction where the voices come from (Hulb and Dierks, 2004: 6). The research on the brain-based hallucination show, that there are abt 10-15% percent of cases of auditory hallucinations, which occur in persons without neuropsychiatric disease (ibid.). But as Hulb and Dierks state, that research has been focusing mostly on schizophrenics only. It support “abnormalities of the left temporal lobe, including the auditory cortices, being associated with auditory hallucinations” that was provided from early neuropathological studies (ibid.). According to the same authors:
Recently, in vivo volumetric magnetic resonance imaging (MRI) studies have further supported these earlier findings, describing correlations between the volume of the left superior temporal gyrus and the severity of auditory hallucinations. The examination of the psychopathology of auditory hallucinations and in vivo structural MRI studies, however, do not allow direct observation of the rapidly fluctuating symptoms of this condition (Hulb & Dierks, 2004:6).

We present in Table 1 schematically the explanation model of the hallucinations based on analysis of seven schizophrenics. The conclusions of the authors is that 1. Auditory hallucinations are related to inner speech, 2. They are perceived as real, spoken speech via activation of the PAC (Hulb & Dierks, 2004:10).

<table>
<thead>
<tr>
<th>Steps</th>
<th>What happens?</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Memories come up</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Nearly simultaneously the motor speech (Broca’s) area is activated</td>
<td>According to the authors it relates to erroneous functional connection between subjective memories and language system. Broca’s area is relevant for the generation f inner speech (Hulb &amp; Dierks, 2004:7)</td>
</tr>
<tr>
<td>3</td>
<td>The activation of the amygdala that contributes to the emotional coloration of the auditory hallucinations</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Activation of PAC</td>
<td>It makes the mixture of memory, inner speech and emotional content heard</td>
</tr>
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Table 1. Model of hearing voices in head (after Hulb & Dierks, 2004:10).

However, when we evaluate this model we need to keep in mind that precondition for all analysis is high cognition of the participants while according to the same author hallucinations characterize an advanced stage of psychotic. Also, there is a request the patients to indicate when the hallucinations start and when they stop. In other words, the conclusion is based on model that has more simulation than analytical character without subjective factors. One more critical moment is that memory can activate visual image, but in the case of the hallucination there are real voices. Also, if really the memory is the starting step, logically we may accept that every
person would be able consciously to simulate voices in his/her mind. Also, this model does not explain why the schizophrenics even can show the directions of the voices and how they hear to them – as coming from outside or in their mind. If we accept the Hulb and Dierks’ model, most likely we need to think that the voices were inner, while other researches show they have directions.

**Preliminary Conclusion**

The contemporary neurobiology gives opportunity for deeper understanding of the human brain as transparent (2009) and of human abilities. Some of the supernatural or psychopathological aspects of the human behavior have explanations in science, but there are still many that need more profound understanding by including a broader context of research. The humans have been developing in a variable cultural context, each human’s brain is a results of million year of biological and social reproduction. In other words, humans are humans not because of their brain but because of their culture. So, the interviews included in this research appears clearly show that there are human states that still cannot be satisfactorily explained by science. We may believe that if all parameters of hearing voices in head are included in the research and broader context is in the focus of research, probably we may have more satisfying results.

**References**


IN THE FOCUS: HEARING VOICES IN HEAD


Annex 1

Interview 1

8-7-09, 8:29 PM [End]

Anthony (33) married 5 months, B.S. in Mechanical Engineering, M.S. in Aerospace Engineering. I have known Anthony since 2006 [Changes in the personal data for keeping anonymity of the interviewee]

L.N.: “Anthony, how do you feel about psychology?”

A.: “I took a Psychology class in High school in Bulgaria and disliked it, as it was highly theoretical and suggested no real-life applicability. Though I now know that my perception was based almost entirely on my teacher’s inadequate job in explaining both theoretical essence and the practical ramifications of psychology, this early unpleasant experience led to my lack of interest in the subject in later years.”

L.N.: “But do you think we need psychology today?”

A.: “Of course. Human interactions can be explained by knowledge of psychology, and one can handle relationships better if knowledgeable in the basic principles of psychology. For instance, symptoms of employee dissatisfaction can be observed faster through psychological analysis and dealt with greater efficacy.”

L.N.: “I know you had a very well paid and prestigious job in California, but you left after only 10 months and decided to rebuild your professional life from scratch. As far as I know, one of the reasons was the extraordinary stress you experienced at your workplace. Do you think that the same job could be managed better through psychology, in a way that would make you want to stay in the same company for life?”
A.: “Yes, because the stress was primarily emotional. It was related to the strained relationships between co-workers and not to the nature of the work.”

L.N.: “Do you think that if you had stayed in this company longer, the job could have caused psychological trauma in your brain?”

A.: “Without a doubt. I quit because I was already on the verge of a psychological breakdown.”

L.N.: “How will you describe the sensitivity of your brain at that moment? Did you feel that your brain was transparent and invisibly connected with the surrounding environment, as if you communicated with people from your job to the extent of hearing their voices?”

A.: “Because I worked roughly 80 hours a week, my work environment was my social environment, i.e., I had no time for personal life or social interactions outside the company. Perhaps that was the reason why even in bed, before falling asleep, my mind constantly replayed unpleasant conversations or created situations of imaginary conflicts between certain coworkers and me. *I could imagine my co-workers’ voices, but the sounds were in my head; they did not come from a distance.*”

L.N.: “What about the people you worked with? Did you have colleagues who were aggressive in their everyday activities and non-ethical in their relationships?”

A.: “Many were aggressive, including me. This seemed to be the only way to get the job done. As to non-ethical behavior, I witnessed it every day in the form of non-greeting, body language, blatant lying, backstabbing, even production sabotage. Such behavior was not typical of a certain group of hierarchy level but exuded from all levels, from the lowest positions to the division directors.”
L.N.: “Can you explain to us how you gradually changed your opinion towards your job – from the beginning of your employment to the end?”

A.: “I started as a middle manager and was very excited about the job and the company. Back then people seemed friendly and helpful, but as I became better acquainted with the daily activities of each team, I realized that the pleasant faces were just facades. Many people weren’t at all knowledgeable but were highly skilled in pretending they were conscientious workers with adequate knowledge and skills. I wasn’t going to allow this in my team, and I made it clear I did not condone such pretense in other teams. Though some co-workers admired me for that, others feared me, which led to more unethical behavior on their part as a means of preserving their jobs.”

L.N.: “In this context, did you feel a sort a coalition? That means that everybody reacted to comments in one and the same negative way.”

A.: “No. People responded differently. Some became ashamed and showed great improvement, others tried to avoid me. Certain individuals decided to use deceit in order not to be shamed or fired.”

L.N.: “My impression is that you made the right decision by leaving the job instead of staying there.”

A.: “Yes, because if I were to stay in the company, I had to learn to play a non-ethical game. I didn’t want to do that, even if it meant sacrificing a six-figure salary and a potential for a tremendous professional growth.”

L.N.: “How can you explain your turning to writing as a new professional venue?”

A.: “My love for writing was born out of my love for reading. My mother had taught me how to read before I started school, and my voracious appetite for books led me to my first
creative writing attempts at the age of nine. Although my academic focus from high school through graduate school had been on science and engineering, writing has always been an indelible part of my life. And now that I’ve discovered that it is the only thing that makes me happy, it is only natural to want to do it full-time.”

L.N.: ”What did I forget to ask you? “

A.: “You may wonder what role psychology will play in my books. Answer: There is no story without a conflict. If I want to master conflict as a creative writer, I need to learn about human psychology. After all, it turns out my high school class in Psychology has taught me wrong—psychology is not confined to the realm of theory. Understanding psychology can help us understand human interactions, individuals, us.”