

# **Understanding Schizophrenia: Hearing Voices, Intrusive Thoughts & Spiritual Interference.**

*(Auditory Voice Hallucination AVH)*

**By Andy Porter – Psychic Surgeon**



# **ANDY PORTER**

PSYCHIC SURGEON

*If you're hearing voices, battling intrusive thoughts, or feeling like your mind isn't fully your own, you're not alone, and you're not "crazy".*

For the hundreds of clients I've worked with over the years, those experiences weren't just "in their heads".

They were the result of **spiritual and negative energetic interference**: negative entities, negative attachments, and distortions in the etheric field that were feeding off fear, trauma, or weakened boundaries.

Alongside the late **Dr Terence Palmer PhD**, a leading researcher in spirit possession and auditory hallucinations, I've worked on **thousands of remote spirit release cases** with clients around the world, including people diagnosed with schizophrenia, psychosis, hearing voices or "treatment-resistant" mental health conditions.

This document shares how I understand auditory voice hallucinations (AVH) the name given to this condition by Western psychiatry, otherwise known as schizophrenia and hearing voices from a spiritual perspective, and how remote clearing work may help.



*Dr Terence Palmer PhD & Andy Porter Psychic Surgeon teaching an SRT workshop, UK 2018*

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## Are the Voices Really Yours?

Mainstream psychiatry usually labels voices as:

- Auditory Voice Hallucinations (AVH)
- Symptoms of psychosis or schizophrenia
- Brain or chemical imbalance

In many cases, that viewpoint is valid and important.



**But in my experience, there's another layer:**

**Not all thoughts and voices belong to you.**

Some are projected into your mind by external negative entities.

**These can include:**

- **Earthbound spirits** (deceased people who haven't fully moved on)
- **Dark Force Entities (DFEs)** that feed on fear, chaos, and trauma
- **Interdimensional / ET-type intelligences** using implants or tech-like devices
- **Negative thought-forms** built from long-term self-hatred or fear
- **Fragmented sub-personalities** formed during trauma

*These **negative entities** and constructs can send thoughts, urges, images and "voices" into your mind, so they feel like they're yours, when they're **not**.*

*They can also "read" your mind and thoughts, knowing which buttons to push and can easily "trigger" you, creating negative emotional states of anger, rage and hatred.*

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## Signs the Voices May Be Spiritual, Not Just Psychological...

While every case is unique, clients who benefit from psychic surgery and spirit release work often describe things like:

- **“The thoughts don’t feel like me.”**
- Sudden, **hostile or degrading inner voices** that appear out of nowhere
- Urges to harm yourself or others that clash with your true character
- Feeling **watched**, monitored or “messed with” by something unseen
- Looping, **obsessive negative thoughts** that won’t shift, no matter what you try.
- Voices seem to get worse at night, especially around witching hour 3am.
- A sense of being **invaded**, **“taken over”**, or not fully in control
- Increased symptoms after:
  - Trauma / PTSD
  - Recreational drug use (self-medication)
  - Occult dabbling or unsafe spiritual practices

***Many also report exhaustion, anxiety, depression, night disturbances, or feeling “not alone” in their own mind and body.***

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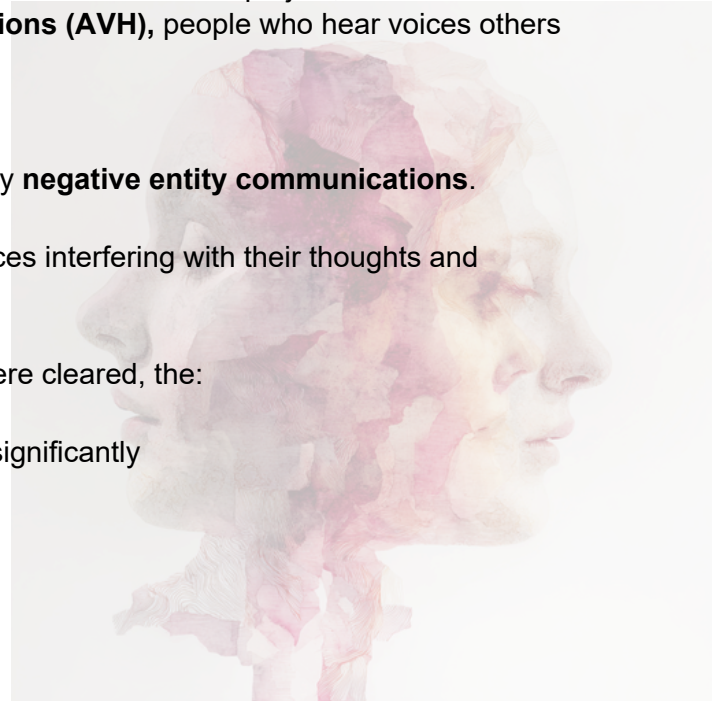
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## How I Understand Schizophrenia & AVH (Auditory Voice Hallucinations)

Whilst working with Dr Palmer PhD for over 11 years as a research project, much of our research focused on **Auditory Voice Hallucinations (AVH)**, people who hear voices others cannot.

### We repeatedly found:

- Some “psychotic” experiences were actually **negative entity communications**.
- Many clients had **etheric implants** or devices interfering with their thoughts and perception.
- When the negative entities and implants were cleared, the:
  - Voices stopped or were reduced significantly
  - Mental clarity improved
  - Emotional stability returned



### From this spiritual perspective, schizophrenia-like symptoms can be linked to:

- Multiple negative entity or spiritual “attachments” fighting for control
- Dark force entity interference

*That doesn't negate the importance of medical treatment, it simply recognises there may be more going on than a **chemical imbalance in the brain alone**, as western medicine currently believes.*

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# How a Remote Spirit Release Session Works

All of my clearing work is done **remotely**, there's no in-person contact, and you don't need to be present for the actual clearing.

## The Team

A typical session involves:

1. **Myself (Andy, Psychic Surgeon & Medium)**
2. **My spirit guide “Chen”** who does the actual clearing work!



## The Process

A session generally follows these stages:

### 1. Energetic connection

- Chen connects to the client's Higher Self and etheric field (to obtain spiritual permission).

### 2. Chen will fully scan the client's etheric field

- Etheric layers, chakras, cords, portals, implants and vulnerabilities are assessed.

### 3. Identification of interference

- Earthbound spirits
- Dark force negative entities
- ET / interdimensional presences
- Implants, devices, and negative energetic parasites
- Curses or negative contracts
- Fragmented sub-personalities and trauma splits

### 4. Clearing & removal

- Entities are removed or escorted to where they need to go.
- Implants and devices are dismantled.

- Cords, hooks and intrusive contracts are rescinded.

#### 5. Repair & reinforcement

- Tears and weaknesses in the field are repaired.
- Chakras are rebalanced.
- Grounding and spiritual protection are strengthened.

#### 6. Report & integration

- You receive a written summary of what was found and cleared.

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## What Clients Often Notice After a Clearing

Every person is different, and we never promise specific outcomes.

However, many clients have reported:

- Voices going quiet, softening, or disappearing
- Feeling more “back in themselves” and in control
- Reduction in intrusive thoughts and urges
- Less fear, dread and paranoia
- Clearer thinking and improved focus
- Better sleep and fewer nightmares
- Easing of compulsive behaviours or addictions

*Sometimes the changes are immediate, sometimes they unfold over a few days or up to a week as the etheric field adjusts.*

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## Important: This Is **Not** a Replacement for **Medical Care**

We work spiritually and energetically. **We do not:**

- Diagnose medical or psychiatric conditions
- Prescribe medication
- Advise you to stop medication or treatment



If the client is under the care of a doctor, psychiatrist, or mental health team, it is **essential** that they:

- Continue working with them
- Take prescribed medication
- Seek urgent help if they are in crisis

Spirit release can **complement** medical and psychological support, but it does **not** replace it.

If the client is in immediate danger or experiencing a mental health emergency, please advise them to contact the **local emergency services** or **crisis support** line **before** anything else.

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## Is This Work Right For You?

This approach may resonate if:

- You have tried “everything” and still feel something is off.
- You have a sense of a spiritual or energetic root behind their experiences.
- You are open to the idea that not all voices and thoughts are theirs/yours.
- You feel drawn to spiritual clearing work as the next step.

If this is you, we invite you to explore this further.

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# Self-Help Techniques for Grounding, Protection & Mental Clarity

These techniques support emotional stability, energetic strength, and mental clarity. They can help reduce interference, prepare for a clearing, or support integration afterwards.

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## 1. Grounding Techniques

Grounding stabilises your energy and reduces vulnerability to intrusive influences.

- **Barefoot grounding** on grass, soil, or sand
- **Deep belly breathing** (inhale 4 sec, exhale 6 sec)
- **Cold water reset** (face or hands under cold water)



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## 2. Protection Techniques

- **White or Golden Light visualisation** around your body
- **Sea-salt baths or salt showers** to clear stagnant energy
- **Incense, bells, high pitch sound** (open windows, fresh air)
- **Energetic boundary command:**  
*"Anything that is not mine must leave now."*
- **Shielded sleep** (visualise your room sealed in light)



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## 3. Mental & Emotional Support Techniques

- **Journaling intrusive thoughts** to reduce emotional charge
- **Reality-check practice:**  
*"Does this thought align with who I truly am?"*
- **Stop / reduce recreational drugs & alcohol**



- **Avoid excessive screen time before bed**
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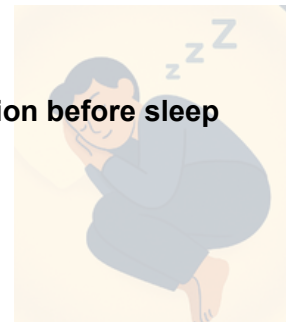
## 4. Strengthening the Energy Field

- **Energy sweep** (hand 10–15 cm from body, head to feet)
- **Breath + intention clearing**
- **Regular nature exposure** (trees, rivers, sunlight, fresh air)



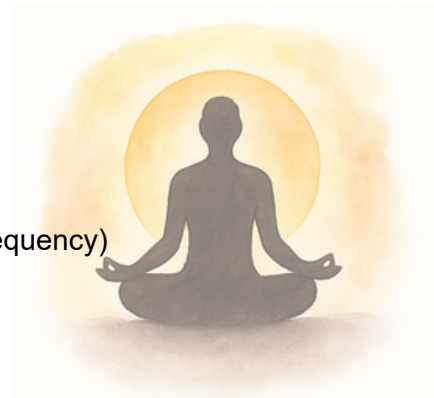
## 5. Sleep Support Techniques

- **Visualise yourself inside a white light bubble of protection before sleep**
- **Bedtime protection affirmation:**  
*“Only energies of the highest light may enter this space.”*
- **Tech-free sleeping area** (remove phone near the bed)



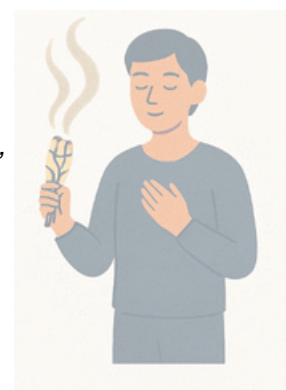
## 6. Emotional Reset Techniques

- **Physical movement** (walk, stretch, dance)
- **Humming or gregorian chanting** (raises internal frequency)
- **Hands-on-heart breathing** for emotional soothing



## 7. Spiritual Hygiene Practices

- **Daily sovereignty intention:**  
*“I am sovereign. I am protected. I stand in my own energy.”*
- **Avoid fear spirals** (fear feeds intrusive energies)



- **Keep your environment tidy** (clutter holds stagnant energy)
  - **Stay hydrated & nourished**
  - **Choose uplifting company** over draining negative people
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## 8. Lifestyle Guidance That Makes a Major Difference

### ! **Avoid Horror Films**

Horror movies, especially those involving possession, demons, violence, or occult themes **lower your vibration**, and can invite or attract negative entities.

They amplify:

- Fear
- Shock
- Adrenaline
- Unstable emotional states



These states weaken the auric field and **increase susceptibility** to external interference.

### ! **Avoid Violent or Killing Video Games**

Games based on killing, murder, war, or dark imagery create:

- Fragmented focus
- Adrenaline spikes
- Emotional detachment
- Desensitisation to violence



This internal state can **open energetic vulnerabilities**, making it easier for negative or opportunistic entities to attach, observe, or influence.

If you are already struggling with intrusive thoughts or voices, these media forms act like **magnets**, strengthening the connection rather than weakening it.

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## 9. Techniques for Moments of Increased Intrusive Thoughts or Voices

- **Name it:**  
*"This is not mine."*
- **Pattern break** through movement
- **Firm verbal command:**  
*"Leave now."*
- **Focus on a single neutral object** and describe it out loud
- **Slow exhale through the mouth** to release tension



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## 10. Aftercare for Anyone Awaiting or After a Clearing Session

- Increase grounding
  - Reduce drugs / stimulants
  - Avoid fear-based content, pornography, violent video games, films
  - Maintain simple routines
  - Focus on rest & hydration
  - Avoid occult media, horror content, or dark media
  - Be gentle, patient, and kind with yourself
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# Ready to Explore a Psychic Surgery & Spirit Release Therapy Clearing?

**Book a Psychic Surgery & Remote Spirit Release Clearing**

**You don't have to keep battling the voices alone!**

There *may* be a deeper spiritual reason behind what you're experiencing, and there *is* support available to address it.

## Our Contact Details

 **Appointments:** <https://andy-porter.co.uk/book-your-appointment/>

 **Website:** <https://andy-porter.co.uk>

 **Email:** [contact@andy-porter.co.uk](mailto:contact@andy-porter.co.uk)

 **Linktree - (All Of Our Links):** [linktr.ee/andyporpsychic](https://linktr.ee/andyporpsychic)

✨ *All communication and appointments are via email. No Zoom / Phone required.*

💬 *"If you don't try, you will never know!"*

**Andy & Jayne Porter** *Psychic Surgeon | Teacher | Author*

*Psychic Surgery • Spirit Release Therapy • Spiritual Protection Specialist*

Working with Spirit Guide "Chen"

Co-founder – [SpiritReleaseAcademy\\_\(SRA\)](#)