

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

(Auditory Voice Hallucination AVH)

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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

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.

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

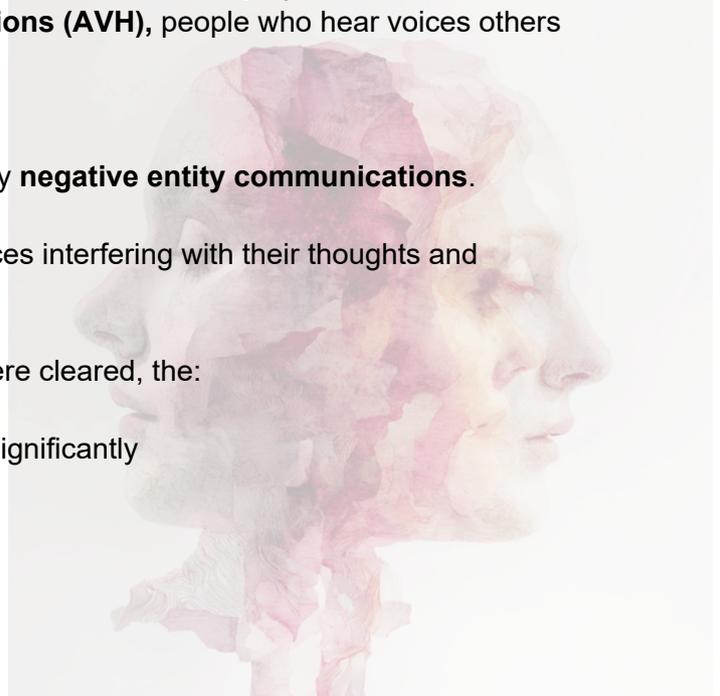
Many also report exhaustion, anxiety, depression, night disturbances, or feeling “not alone” in their own mind and body.

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.*

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.

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.

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.

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.

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.

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)



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)



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)



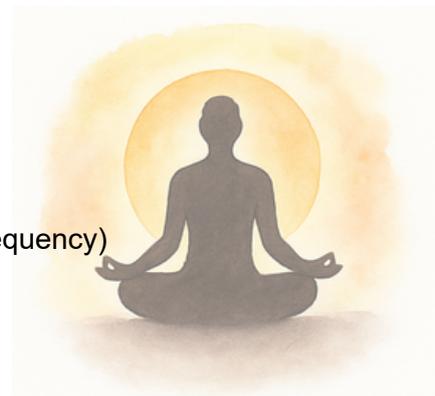
5. Sleep Support Techniques

- **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)



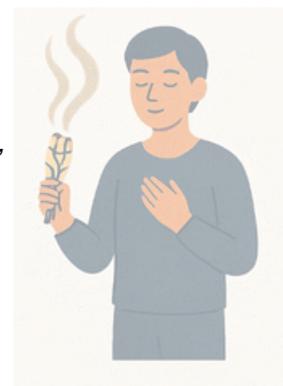
6. Emotional Reset Techniques

- **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

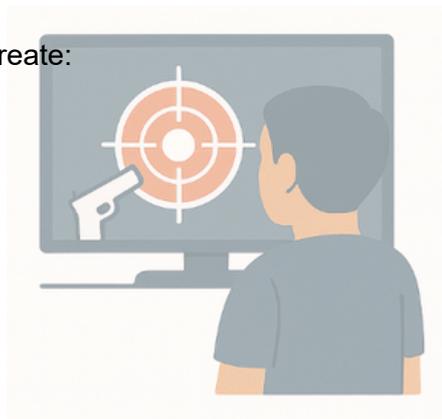


These states weaken the auric field and **increase susceptibility** to external interference.

! **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.

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



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

 **Linktree - (All Of Our Links):** linktr.ee/andypoterpsychic

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

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

Andy & Jayne Porter *PsychicSurgeon | Teacher | Author*
PsychicSurgery • Spirit Release Therapy • Spiritual Protection Specialist

Working with Spirit Guide "Chen"

Co-founder – [SpiritReleaseAcademy_\(SRA\)](#)