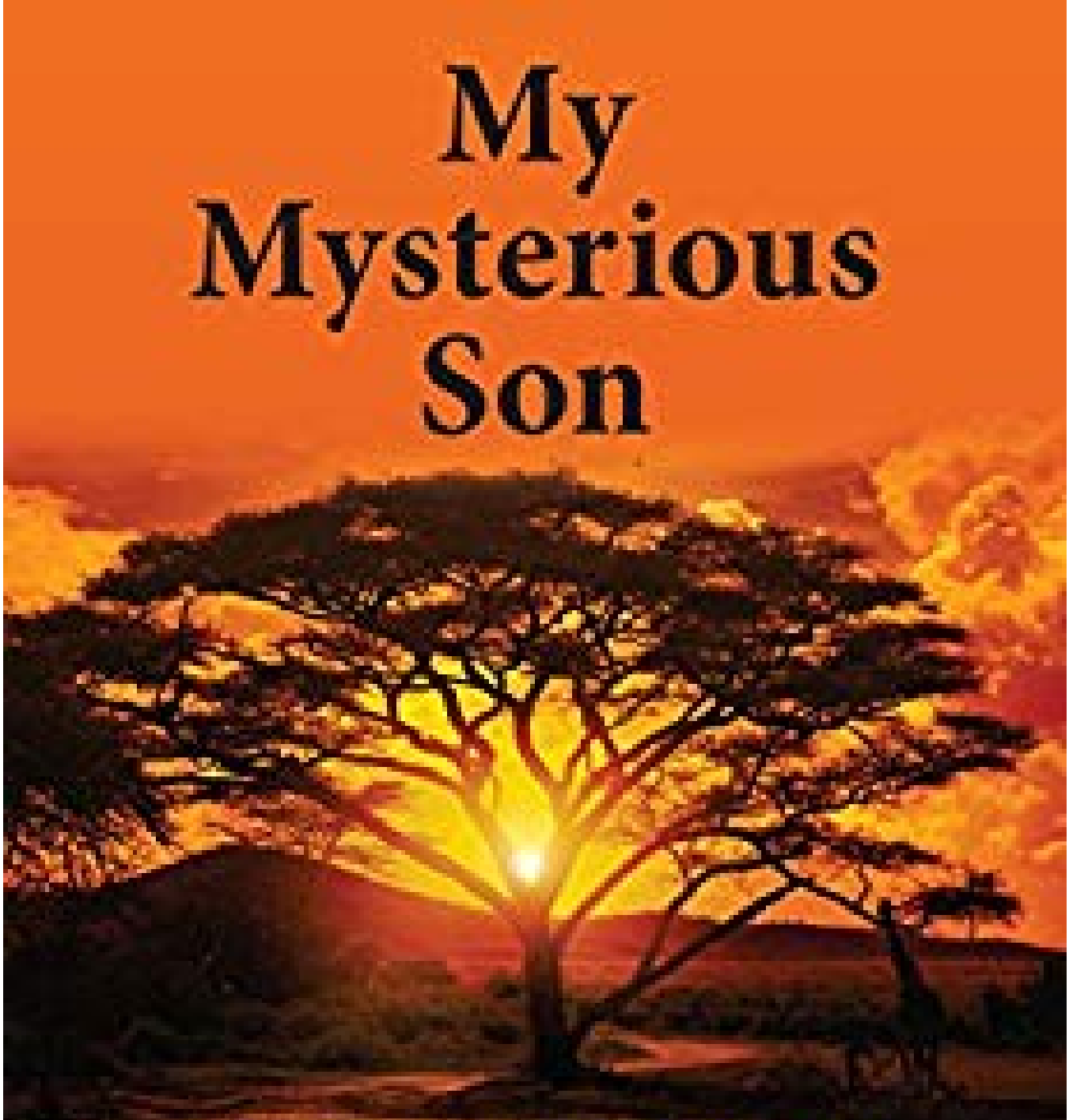


My Mysterious Son



A Life-Changing Passage
Between Schizophrenia and
Shamanism

Dick Russell

Dick Russell

My Mysterious Son: A Life-Changing Passage between Schizophrenia
and Shamanism



[continue reading](#)

s the query that haunted Dick Russell in nov 2011, when his child, Franklin, was thirty-two. After spending the ensuing years attempting to build some semblance of a normal father-son relationship, Dick was invited along with his son, out of the blue, to witness the annual wildlife migration on Africa' life? That'What does a father carry out when hope is gone that his only son can ever lead anything close to a " Theirs becomes an ancestral quest, the trip finally taking them to the sacred lands of New Mexico and an indigenous healer. For a long time he spent amount of time in and out of varied hospitals, and even experienced intervals of adamantly denying that Dick was in fact his father.A mixed-race kid, Franklin was handsome, intelligent, and sensitive until his mental illness suddenly took control.normal" Seizing this potential possibility to repair the harm that both acquired struggled with, after going through two perilous nights jointly in Tanzania, eventually the two-week trip changed both of their lives.s Serengeti Basic.Desperately seeking an alternative to the medical model's medicine regimen, the writer introduces Franklin to a West African shaman in Jamaica. Dick discovers Franklin's psychic capabilities behind the seemingly delusional thought patterns, and also his artistic talents. At the age of seventeen, Franklin had been diagnosed with schizophrenia. For individuals who understand the discomfort of mental illness as well the relationship between a mother or father and a child, My Mysterious Boy shares the intimate and beautiful story of a dad who will do everything in his capacity to repair his romantic relationship with a young man damaged by mental illness.



[continue reading](#)

It's not fully known why about 1% of people across all times and places have observed schizophrenia-like symptoms. The author/father completely "gets" how to understand and use the life passage that the Western globe calls "schizophrenia. The National Alliance on Mental Disease, which began as an understandable a reaction to the mother or father blaming of earlier years, is also in charge of hiding this recovery tool. Goddess Shift: Women Leading for a Change A New Perspective on Schizophrenia In this memoir, highly acclaimed author and journalist Dick Russell relates his and his son's harrowing journeys as they contend with the issues of living with the son's mental illness, diagnosed as "probable schizophrenia" by way of a western psychiatrist. Franklin's diabetes, weight gain, insufficient motivation, and extreme fatigue all appear to be caused or worsened by the medications intended to calm his flights into paranoia. Also, this book so reminded me of Jay Neugenboren's many books about his brother. Informative in understanding schizophrenia or more importantly understanding the misconceptions about schizophrenia and also how different societies incorporate schizophrenia into their culture. Unfortunately, this type of high-quality humanistic care, despite appearing to become the most natural, intuitive, and simple way to help re-integrate people who have severe mental illness, is normally incredibly expensive, not covered by insurance, rather than feasible as a long-term solution for most middle-class families. With Franklin shifting between group homes, flats, and occasionally also homeless shelters in Boston, Russell seeks other ways of helping his son look for a place in the globe. All of that I came across very interesting. Along the way, numerous spiritual guides explain that Franklin's thinking, which is filled with vivid archetypal symbols and frequently seems to listen in nearly psychically to those around him, is standard of the ways that shamans from many ethnic traditions experience the world. I imagine it was tough, as a fact-driven journalist, to embrace the original healing of shamanism and, more so to share those experiences publicly, but he renders it beautifully. More people would recover sooner if these details were shared. Acquired the author not met James Hillman, it may have taken him a number of years to stumble onto a very basic treatment modality -- specifically, people in extreme says react well when others treat them kindly and respectfully and try to build relationships, not "correct" their delusions, that are not really therefore delusional in the event that you pay interest to this content of what's being stated and enter into the spirit of engagement. The book is interspersed with excerpts from Franklin's journals, which vividly and poetically explore Franklin's emotions of otherness, both in terms of his racial identity and his different perceptions, and also frequently profound and eloquent universal statements about life, appreciate, loneliness, and the search for meaning. While Franklin's way of communicating can audio bizarre on the top, his flight of ideas is similar to dreams take apparently random elements and combine them into a meaningful message that the conscious mind cannot fully procedure. It's about shifting energy and outcomes in line with the viewpoint of the observer. A robust journey This memoir is an honest, complete, and moving account of a father's journey to seek help and answers for his son Franklin, who was simply identified as having schizophrenia in his late teens. If you believe, as the writer does (and I do) that there are genuine paranormal experiences at the job in schizophrenia, after that feed the beast! At the higher-working level they become shamans, and in even more extreme disorganized states they're protected and sheltered, but not expected or pressured to change their fundamental natures. There is no doubt that folks like Franklin suffer from loneliness and frustration because they feel so different. They often times have very real complications in making a full time income, forming romantic relationships, and accomplishing the most common

developmental jobs of adulthood. Nevertheless, Russell's book illustrates how much we can study from meeting this "otherness" alone terms, and how familiar it might seem on closer evaluation. The very cause I determined counseling wasn't prepared for me. I am also extremely glad that Russell did not sugar coat the ending or anything written here as his son is still on meds. More importantly, it turns into a father's journey to learn his son as he truly is, rather than imposing his own expectations, fears, disappointments, and targets." As a mom of a gifted young man of 30 who offers been given the schizophrenia label, I, just like the author, came to adopt a far more shamanic knowledge of his purpose in existence and went to great lengths to get modern day shamans, or manuals, if you will, who may help my son. To understand schizophrenia and find the right kinds of help, a good place to begin is by suspending disbelief. You'll need plenty of that if you move the shaman route. Shamans could work wonders, especially in tandem with parents who've the right attitude. I admire the writer for being ready to stretch out his belief system, a thing that many parents aren't prepared to do. The received wisdom of the past several decades tells us that schizophrenia can be an unsolvable problem and the issue is within the brain, not with the weight of ancestry or to find a spiritual route. "Schizophrenia" is mysterious and mutli-faceted. Study from it. Humor, too. The road is long, why not enjoy it?. "I mean . . . Becoming with a person like Frank, there can't be a dull second." So true, if you enter the spirit of it, as the author did. The quantum physics view is intrinsically the shamanic view. Although it may not be easy for another person to truly crack the "code" of schizophrenic speech, Franklin's mind does not come across as broken so very much as tuned directly into a different regularity. In this instance, the mother or father, Dick Russell, is the observer who chooses to change his viewpoint about what is regular after having many discussions with the observed psychologist, James Hillman. My stance upon struggling through the 1st two hours was that I was given all of these tiny small details, like living someone else's existence and I felt a bit trapped. This means radically overturning the current medical approach that insists that the delusions are meaningless and not to activate with them. However I soldiered on. Haven't we parents all carried out that? It doesn't work and is demeaning throughout. Each trip generates both breakthroughs and setbacks. Easier to blame the mind than blame the family by insinuating that how they interact with their relative could be improved upon. Why is this simple idea of acceptance and engagement not taught to family members, who are on the front lines of support? Magic can happen anywhere, even in suburbia, it seems. who do not wish to dilute the value of their time and expertise insurance firms families do the task they are paid to accomplish. You can find no easy answers upon this quest, and no miraculous "cures" for Franklin. My son's doctors were adamant that the delusions were to be ignored. Russell primarily hopes that medications will be able restore his son to "normal" functioning, but after greater than a decade of hospitalizations and relapses, he realizes that the medical model falls short in both its explanations and its remedies. Criticism makes the delusions worse. My boy spent eighteen months per day system, was hospitalized for 90 days on three separate occasions, yet I had to find out these details by doing my very own research. Obtaining a solid footing upon the recovery path might not just be limited by accepting and participating in the new regular, especially when it involves a medical diagnosis of "schizophrenia." Being nonjudgmental in thought, phrase, and deed may only take you up to now. Generally in most indigenous societies, however, their distinctions are accommodated and respected. Your kid is already dance in the realm of the spirits why not go the length by bringing in guides who speak their language? Warning: Many shamanic practices involve engaging with the spirit of the ancestors.. There is a wonderful scene in the

book when the author's ex-wife (Frank's mom) invokes the spirit of her ancestors, not really in a clearing in the middle of the African jungle nor in a considerably flung corner of Siberia but in an ordinary suburban house in Maryland. My experience tells me that there surely is a mental illness industry composed of doctors, psychologists, sociable workers, etc. I really like this amazing book and specifically enjoyed the inclusion of therefore many of Franklin's journal entries. Browse it. Enjoy it. By description, treating it should be done with imagination.

Rossa Forbes is a contributing author to Antipsychotic drugs can mask symptoms, but often come at a higher cost to overall health. He obviously has great respect for Malidoma Some, the West African shaman, who gives father and son a fresh perspective on Franklin's "disease," suggesting that a lot of what he encounters can be related to his having a primary link with the spirit world. That comes through in his comprehensive analysis of the condition and its treatments, along with his investigative approach to the particular case of his child. I found this book incredibly moving and very informative. I was particularly impressed along with his treatment of the spiritual and shaman-related material. Russell's knowledge of his son is also shaped by the archetypal psychology of James Hillman, whose biography he's writing. The personal nature of the materials is somewhat of a departure for the author, who is first and foremost an excellent journalist. Many thanks Dick Russell. But does our Western lifestyle's inability to value the mysteriously ineffable show the experiences are a form of madness? I recommend this publication to those employed in the the mental health fields, anyone interested in shamanism, and most especially those in the throws of dealing with physical or mental illness that western medication has didn't heal. Had to skip ahead I actually wrote an audible review that I actually am not allowed to edit. Accepting a new normal that validates spiritual and extra-sensory experience is the crucial component to gradually pressing your relative toward interesting normalcy, and really should be the cornerstone of treatment.

In one incident, the author pointed out that Franklin's delusional talk grew worse following the family pediatrician was impatient with his ramblings and tried to improve his faulty thinking. Even though in those 2 hours, Shamanism hadn't even really come up. THEREFORE I felt frustrated and enjoy it was a bait-and-switch.. Congratulations to Dick Russell for listening to his good sense and loving his son enough to maintain him from being converted into a medication zombie. Both father and son consult the famed African shaman Malidoma, who reminds the daddy of the upside of schizophrenia. it was just detail after detail with no obvious thread tying it collectively. Like looking at a stranger's baby pics and hearing stories all night. (Again, personal opinion.) --Now, the change I wanted to make is certainly that I did indeed try skipping ahead (one last shot before abandoning the publication). To chapter 21. And while the narrative still appears a little bit loose/meandering and packed with info that appears unnecessary. Also that the way that I didn't feel involved or involved with the 'characters'.. It finally starts to delve into the topic accessible - Shamanism. This area of the reserve has been quite listenable and I price it a good 4. Likely, previously in the book would be good as well, I simply don't know what chapter really starts engaging the topics of Shamanism and Curing. A Lucky Son This was an excellent book that shed more light on "mental illness" when compared to a carload of textbooks by the so-called experts.. Very inspiring. The very reason I made the decision counseling wasn't .. Are you willing to suspend your disbelief and brave enough to go there yourself? Very inspiring. Franklin's wealthy, nonlinear imagery reveals exciting soul-level insight into the symbols, fears, wishes, and mysteries that suffuse every culture and language, and that make us fundamentally human. There was no spirituality, just medications. Inclusion of a selection of Franklin's journal entries,

poetry, and artwork lends the story a high degree of intimacy and clarity. Important and beautiful reserve for families with schizophrenics! This book moved me for the cast of characters assembled around Mr. Russell's boy, Franklin, were fairly amazing unto themselves and with Franklin and Dick, as we come to know them. As a "recovering psychologist" I was really relocated by the immense courage this journey into schizophrenia into shamanism required. Yet the prose is indeed readable that certain does experience the anguish but also the better angels and the shamans. Should be on every parent's and therapist's bookshelf This is a great book - schizophrenia's long awaited answer to The Horse Boy (autism). I possibly could feel the deep love he feels for his child, but also the heart wrenching battle within himself in how to connect to this boy who lives in a global which may be so disconnected to our own every day reality. Although Franklin seems to function the very best on a moderate dose of clozapine, Russell can be involved about the long-term effects of this medication, and seeks alternative treatments. I hope they read each other! Five juicy stars! Above all else, this is a moving story about unconditional love. Not surprisingly, the intensely personal character of the main story range made me feel like I was reading Russell's personal journal. Franklin does well in a residential respite community called Earth House. Father and child take several excursions together--one to Africa, the origin of a few of Franklin's maternal ancestors, and another to visit a shaman, Malidoma Patrice Some, who was initiated in to the Dagara shamanistic tradition of West Africa. I have read some of Dick Russell's other books previously and the amount of detail he gives can be very engrossing, while also occasionally overwhelming for a slow reader such as myself. But what I love mainly about Dick Russell's books may be the story he weaves like a river through a mountain of of in any other case difficult to absorb info. Some how this underlying tale provides life to a topic that could usually have been very clinical to absorb in virtually any other form. Several times in this tale I found myself weeping. I believe that simple truth is why this book will be so hopeful to many other parents willing to take dangers. I loved this tale. It gave me wish that we as humans will get out of our own way and become larger than we think we are. A different take on schizophrenia This book gives one hope that schizophrenia is today's diagnosis for people who travel in different dimensions in your brain and can possibly lend some truth to the rest of us who hardly understand or travel in those dimensions. An Amazing Journey PERFECTLY Written The book is indeed rich, sensitive, disturbing and yet satisfying to me. Reading about Franklin offers me reconsidering my own definition of crazy, suggesting to me that just how we treat one another often reveals a serious insufficient sensitivity for the wide spectrum of human experience. We keep a trail of tragic lives behind us the even more we lose touch with historic wisdom, and the more harm we do to some of our most beautiful and sensitive souls. If by defining somebody as crazy, we mean they're cracked, the cracks might well be openings to an awareness of things the majority of us can't find or hear. I go through this memoir with great enthusiasm for the topic, having worked with indigenous shamans myself, and was amazed at how often the imagery and encounters resonated with my own. Whatever "crazy" is certainly, it's relative to the culture's expectation of regular, primarily based on a way of measuring one's functionality within industry. My Mysterious Son could have a powerful effect on what's considered acceptable "schizophrenia" treatment in the a long time.



[continue reading](#)

[download free My Mysterious Son: A Life-Changing Passage between Schizophrenia and Shamanism djvu](#)

[download free My Mysterious Son: A Life-Changing Passage between Schizophrenia and Shamanism djvu](#)

[download free The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles pdf](#)

[download free I Wanted It: A step-by-step weight loss guide for the business traveler txt](#)

[download free Broliology pdf](#)