

¿ES REAL ESTE TRASTORNO O SE TRATA DE UN MITO?

EL ENIGMA DE LA PERSONALIDAD MÚLTIPLE

En la comunidad científica no hay consenso sobre la existencia del trastorno de personalidad múltiple. Mientras muchos aceptan que la personalidad humana saludable —el «yo»— es una estructura monolítica y «consistente», la investigación moderna sobre el cerebro apunta a que tener sentimientos propios de una personalidad dividida es algo inherente al ser humano. ¿Hasta qué punto la «multiplicidad» forma parte de la función mental? ¿Constituye una ayuda para elaborar estrategias a la hora de vivir en un mundo cada vez más complejo?

por ISABELA HERRANZ

A finales del siglo XVIII, el médico alemán Eberhardt Gmelin investigó el que, según la historia de la medicina, suele considerarse como el primer caso conocido de personalidad dual. La paciente era una joven de veinte años de clase media, que vivía en Stuttgart el año en que empezó la Revolución Francesa. Algo muy significativo, ya que durante dicho levantamiento muchos aristócratas franceses abandonaron Francia y huyeron a esa ciudad alemana. El informe de Gmelin ofrecía datos como el siguiente: «De repente (ella) 'cambió' su propia personalidad para adoptar la de una mujer francesa, imitando su estilo y hablando francés perfectamente, cuando solía hacerlo en alemán como lo haría una francesa. Estos estados 'afrancesados' se repetían. En su personalidad francesa, ella recordaba todo lo que había dicho y hecho durante dichos estados. Su personalidad alemana, por el contrario, no sabía nada de la francesa». Existe un informe de personalidad dual menos detallado pero mucho más antiguo: lo describió Paracelso en 1646 y se refería a una mujer con amnesia cuya cualidad disociativa hacía que se robara dinero a sí misma.

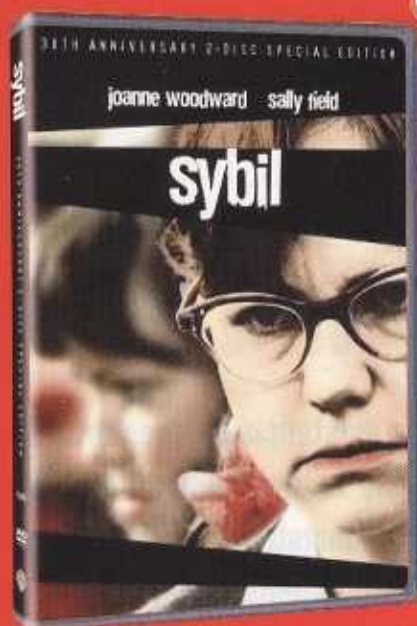
A finales del siglo XIX, Eugene Azam, un cirujano interesado en la hipnosis, publicó una serie de casos similares al descrito por Gmelin, entre ellos el de Felida X, una mujer que tenía tres personalidades distintas, cada una con su propia patología. Una de ellas, incluso, estaba embarazada, pero las otras personalidades lo ignoraban.

Casos como los citados y otros mencionados también a finales del siglo XIX y principios del XX por Pierre Janet y Benjamin Rush, cirujano jefe del Ejército Continental y considerado el padre de la psiquia-



|| Ya en 1646, el médico y alquimista Paracelso describió un caso de personalidad dual referido a una mujer con amnesia, cuya cualidad disociativa hacía que se robara dinero a sí misma.

AO, 5-08



UN EJEMPLO EXTRAORDINARIO

El caso clínico más conocido de personalidad múltiple en el siglo XX fue el de Shirley Ardell Mason. Esta mujer poseía supuestamente «dieciséis personalidades diferentes» y su historia fue narrada por Flora Rheta Schreiber y publicada en 1973 bajo el título *Sybil*. En 1976 se llevó a la pantalla y nuevamente en 2007 se estrenó otra película sobre su vida.

Al parecer, Sybil había sido víctima de abusos sexuales por parte de su madre psicótica, y su padre no había sabido protegerla. A consecuencia de ello, desarrolló una serie de personalidades alteradas que encarnaban emociones y sentimientos a los que la Sybil «real» no podía enfrentarse. No tenía conciencia de sus otras personalidades, pero éstas tenían control sobre su cuerpo: sufría «desmayos» y luego no recordaba lo sucedido. Tras dieciséis años de terapia (uno por cada personalidad!), la psiquiatra Cornelia Wilbur ayudó a Sybil a integrar todas sus personalidades y curarse. La terapia de Wilbur mediante hipnosis y otros tratamientos resultó eficaz y sirvió de ejemplo para otros muchos psiquiatras con casos médicos similares. Sin embargo, en 1998, Robert Rieber, del *John Jay College of Criminal Justice*, declaró que Sybil no padecía el citado trastorno, sino que su caso era el de una «histérica extremadamente sugestionable», a la que Wilbur había manipulado con fines comerciales. El doctor Herbert Spiegel trató a la paciente cuando Wilbur estaba de vacaciones y apoyó dicha tesis. El caso terminó sin resolverse porque los archivos de Wilbur están sellados y tanto ella como su paciente ya han fallecido.

tría americana, ayudaron a introducir el polémico término de «trastorno de personalidad múltiple». Durante dichos periodos, se recogieron tantos ejemplos similares que podrían llenar varios volúmenes y, sin embargo, la afección fue declarada «extinguida» en 1943 por Erwin Stengel. A pesar de ello, durante la década de 1985 a 1995 se diagnosticaron unos 40.000 casos, dos veces más que en el siglo anterior. Probablemente, la popularidad alcanzada en décadas anteriores por algunos casos famosos como el de Sybil (ver recuadro) llevara a muchos profesionales a estudiar la personalidad múltiple, pero otros se han negado a aceptar este trastorno que, en la actualidad, suele tratarse bajo la etiqueta de «trastorno de identidad disociada».

La polémica viene de antiguo y aún no se ha zanjado: unos profesionales afirman que el «cambio de personalidad» es una mera forma de «hacer teatro», animada por terapeutas ingenuos y por la cultura del victimismo tan en boga hoy en día. En cambio, los creyentes alegan que los «otros yoes» que emergen del individuo son una manifestación de sucesos traumáticos, escindidos y enterrados. ¿Pueden ser ciertas ambas tendencias? Dado que el cerebro es capaz tanto de crear recuerdos falsos como de recobrar los que parecían haberse perdido, acaso el supuesto trastorno sea sólo cuestión de grado.

EXPERIENCIAS FUERA DEL CUERPO

En marzo de 2008, Rita Carter, terapeuta y escritora científica especializada en el cerebro, publicó en Gran Bretaña una obra que este otoño aparecerá en España con el título *Multiplicidad: La nueva ciencia de la personalidad* (Editorial Kairós), donde la autora argumenta que «prácticamente todo el mundo posee una variedad de personalidades que trabajan al unísono la mayor parte del tiempo para dar la impresión de un yo unificado».

Las últimas investigaciones en neurología permiten afirmar a Carter que los seres humanos, en vez de tener una sola identidad, tenemos al menos tres o cuatro: «Es cierto que estamos acostumbrados a pensar en nosotros mismos como personas introvertidas o extrovertidas,



ambiciosas o conformistas, por ejemplo, pero raramente eso es así», explica la dos veces ganadora del premio de la Asociación de Periodistas Médicos de Gran Bretaña.

La anterior teoría podría explicar algunas de las contradicciones de la naturaleza humana. ¿Acaso no nos sentimos como si fuéramos diferentes en función de nuestro estado de ánimo, compañía o entorno? ¿No sufrimos innumerables lapsos de memoria, o compramos cosas que desde un principio habíamos rechazado? Todo el mundo responderá afirmativamente a lo anterior, aunque exista una notable variación en el número de «personalidades» que tengan y el grado de división entre ellas (ver recuadro). Con arreglo a esto, encontraremos a un lado del espectro algunas personas que son una y la misma en todas las situaciones; mientras que en el otro se situarán aquellas cuyas personalidades estén tan disociadas que ni siquiera comparten recuerdos comunes. «Mientras que la gente con supuesto trastorno de personalidad múltiple tiene huecos amnésicos durante los periodos en que incorporan otra personalidad, el resto sólo recuerda parches nebulosos. Y no olvidemos que existen ligeros estados de trance, el soñar despierto o rarezas como las experiencias fuera del cuerpo y los sueños lúcidos. Aunque no seamos conscientes de experiencias disociadas en esos momentos, el cerebro las registra y forma recuerdos que pueden aflorar después», argumenta Carter. Sucede asimismo que, a medida que la vida moderna se torna más compleja, nuestras personalidades se «distancian» entre sí. Un niño que es llevado a otro país, por ejemplo, donde aprenderá otros idiomas, comportamientos y hábitos distintos a los de su familia, tendrá que integrar al menos dos personalidades: sentirá y actuará de forma diferente según en qué caso. Para tranquilizar a aquellos que re-



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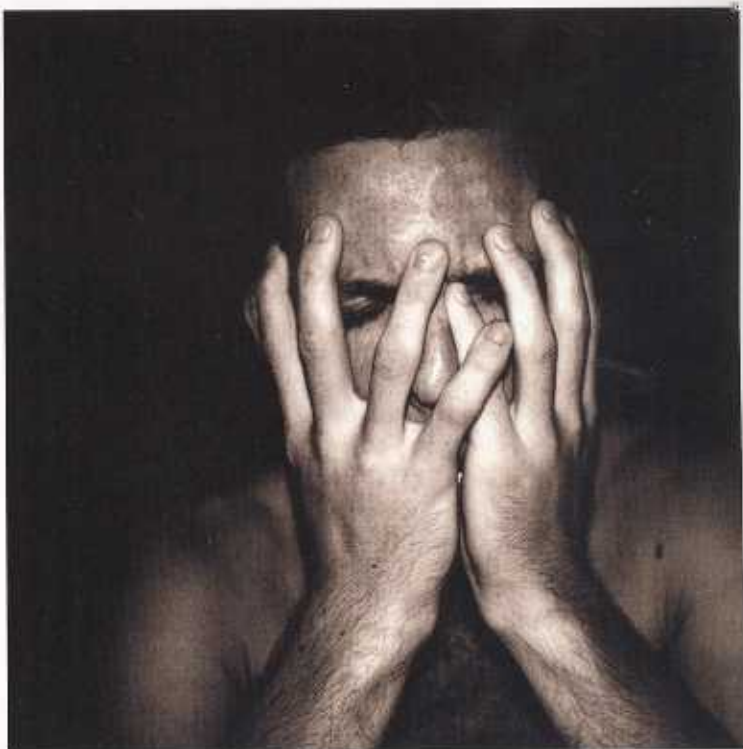
Es un hecho la existencia de personalidades tan disociadas que ni siquiera son capaces de compartir recuerdos comunes



■ La escritora científica Rita Carter defiende la hipótesis de que todo el mundo posee una variedad de personalidades que trabajan al unisono.



El Izda., mapas cerebrales que reflejan dos yoes de una mujer con personalidad múltiple. Las ondas azul claro se corresponderían con su lado maternal, en tanto que las oscuras denotarían cólera.



lacionan la disociación con la patología y encuentran alarmante el aumento de personas que sufren de desapego crónico, Carter subraya que «la disociación normal puede proteger a las personas del dolor y la depresión. Las personas que se describen como 'múltiples' sufren menos estrés y esto nos hace pensar que la multiplicidad normal podría ser útil para ayudar a la gente a funcionar en un mundo cada vez más complejo».

EL MITO DEL YO MONOLÍTICO

En 1991, los psiquiatras americanos Martin T. Orne y Nancy K. Bauer-Manley expusieron una tesis similar a la de Carter en un artículo publicado en *The self: Interdisciplinary approaches*, donde analizaban críticamente tanto el mito del yo monolítico como el desafortunado empleo del supuesto trastorno de la personalidad múltiple que defienden muchos psiquiatras actuales, y que resulta sumamente negativo para la curación de los pacientes con tendencias disociativas. Orne y Bauer-Manley no sólo han insistido en que la noción del «yo» estable y consistente es un mito, sino que nuestra riqueza como seres humanos se debe a la «multiplicidad» de los estilos, roles, sentimientos y conductas personales que manifestamos, lo cual puede ser de gran ayuda en un contexto terapéutico: «La noción metafórica de que una

...¿ Lo sabías... ?...



EL CASO REAL de Christine Costner se popularizó gracias a la película *Las tres caras de Eva* (1957), protagonizada por Joanne Woodward (izda.), ganadora del Oscar a la mejor actriz. Los fenómenos como éste eran poco conocidos por entonces y su rareza fascinó al público. Otro filme sobre el mismo tema, *Las dos caras de la verdad* (1996), se centra en la estrategia de un delincuente que pretende demostrar que padece disociación de la personalidad para no ser declarado culpable, ya que «él» no cometió el delito.

Reforzar en el paciente la idea de que 'está dividido' fomenta que no asuma la auto-responsabilidad ni obtenga la curación

■ Los psiquiatras Martin T. Orne (abajo) y Nancy K. Bauer-Manley defienden la «multiplicidad» frente a la noción del «yo» estable y monolítico, al que consideran un mito.



variedad de acciones y sentimientos inconsistentes y conflictivos de una persona son 'partes' de un yo que el paciente se siente incapaz de asumir, puede ser útil, con o sin hipnosis, ya que permitirá acercarlos a su conciencia y facilitar la auto-responsabilidad y la curación». Sin embargo, parece que con frecuencia son los propios psiquiatras los que aceptan la metáfora de la multiplicidad y, en vez de ayudar al paciente a tomar conciencia y aceptar esos sentimientos y conductas que les resultan intolerables, refuerzan la idea de que «está dividido». Orne y Bauer-Manley son muy críticos en este sentido: «Se anima al paciente a culpar de su trastorno a una 'persona' diferente, es decir, se suprime su auto-responsabilidad invitándole a que valide su culpa transfiriéndola a un 'yo' incontrolable. El mal 'era obra del demonio', como se decía en épocas pasadas».

CONTAGIO SOCIAL

Probablemente, el mal empleo del mito ha contribuido al reciente aumento en la incidencia del diagnóstico del trastorno que venimos discutiendo, pero existe además un problema añadido: hay escuelas de psiquiatras que postulan que los abusos sufridos en la infancia, sobre todo de carácter sexual, se encuentran en la raíz del trastorno y que al menos algunos de los «yoes» afloran para proteger la personalidad primaria del abuso. Tales escuelas olvidan que no es posible distinguir los recuerdos exactos de las fabulaciones obtenidas mediante hipnosis; es decir, determinar con certeza si los recuerdos que libera el paciente durante la regresión son reales o si se los está inventando. Volviendo al trastorno de personalidad múltiple, parece que se ha producido una especie de «contagio social», pero se trata de una «manía ilusoria». Orne y Bauer-Manley señalan que se debe fundamentalmente a un problema de la memoria, y que si se trata como tal el paciente se fortalecerá aprendiendo a recordar sucesos incluso siendo dolorosos para él. Por el contrario, si se le trata como si no pudiera controlar su destino porque una parte o partes de sí mismo le controlan, se confirmará su indefensión y se sentirá víctima del destino. En este sentido, la labor del terapeuta es esencial, ya que nadie como él contribuye a crear la realidad para el paciente: «Los modelos que el terapeuta elige y las formas en que emplea las metáforas generadas por dichos modelos determinarán en gran medida el éxito en el tratamiento», concluye Orne. ■ ■ ■



¿UN FENÓMENO DE POSESIÓN?

Desde la Antigüedad hasta bien avanzada la Edad Media, toda manifestación de disociación de la personalidad se atribuía a un fenómeno de posesión. Al propio san Agustín de Hipona le costaba admitir que tenía «otro yo» al describir su vieja personalidad gnóstica, de la cual nada parecía quedar cuando estaba despierto, pero que a todas luces existía, ya que la revivía de noche en sus sueños. «¡Oh, Dios mío! No soy yo mismo y, sin embargo, ¡hay tanta diferencia entre mi mismo y mi yo interno en el momento que paso de la vigilia al sueño o regreso del sueño al despertar!», declaraba pesaroso el santo en sus *Confesiones*.

A finales del siglo XIX, el psicólogo William James (arriba) discutía la multiplicidad de yoes que normalmente existen en el individuo sano, y analizaba las formas en que algunos de los mismos «enloquecían» hasta el punto de llegar a producir un trastorno de personalidad múltiple. Para clarificar las implicaciones teóricas del citado trastorno y comprender el yo, recomendaba que se llevara a cabo un trabajo empírico riguroso. En la actualidad, muchos psiquiatras insisten en que el aumento en el diagnóstico de casos de personalidad múltiple se debe, sobre todo, al interés de los medios de comunicación y la divulgación de los mismos en prensa, cine y televisión.

POSESSION

A True Account of Multiple Personality Disorder

by Robert D. Lingenfelter

A victim of severe abuse when young, this woman experienced over 60 personalities—including one with psychic abilities

Lori never felt too comfortable around machines of any kind, but standing by the copier in the neighborhood drug-store, she could feel her frustration rising.

There were only two copies left on the prepaid copy card, she hadn't brought any cash at all, and the pages coming out of the machine were printed sideways.

Reaching for the card at its place in the slotted receptacle, the 27-year-old could feel her frustration turn to anger. Dissociating, focusing, feeling her hand shake, she watched the LED read out start to change.

The numbers began changing so fast they became a blur. She realized

that something was happening and quickly stepped back.

The card, which originally had been purchased for ten copies and was used up, now showed 732. Terrified that someone had seen, or that she had done something wrong, Lori pulled the card from the machine and ran home.

Things like this happened a lot, like when she was vacuuming the house and thinking about things. It was a brand new vacuum cleaner—an expensive one. But as she thought about her memories and her anger, the handle snapped in two.

She'd know ahead of time when the phone would ring and who would be on it. She knew in advance when

A True Account of Multiple Personality Disorder

Robert Lingenfelter is 34 years old and has been involved in investigating and documenting unusual events for seven years. His interest in such things as multiple personality disorder and ritual abuse are the result of his life being directly touched by them.

With his wife and two children, he has traveled the country to attend related events, and he has had a chance to interact and compare the experiences of his family with those of others. Mr. Lingenfelter still challenges conventional psychological thinking, where his own observations conflict with current theory.



her husband had bad news of some kind. Things just happened.

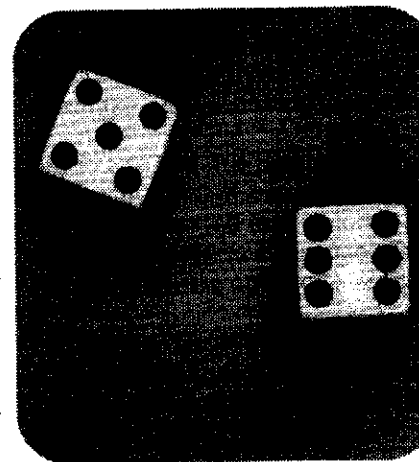
"Whammy" occurrences

To me, her husband, what at first had been amazing phenomena, became very acceptable. I encouraged her to learn about it, but she refused. I could never understand why. One thing was clear though—taking any of it too seriously would be a real mistake. There was just too much going on to dive into any kind of belief system. So we collectively labeled these unusual occurrences "Whammy."

Over the years, the little things, like rolling what she needed to win with the dice every time, or knowing which cards to call for in a game of Go Fish, would bring feelings of intrigue for me, and unease for Lori. She couldn't help it when these things happened. She didn't do them on purpose. They just happened.

Feelings of guilt hovered over every incident, a guilt planted very firmly as a result of a childhood involving ritualized physical and sexual abuse. It wasn't until we had been married for seven years that Lori's multiple personality disorder (MPD) was discovered.

Literally bred as a part of a cult





The copy card that Lori psychically charged

effort to fulfill a multi-generational prophecy, she was subject to torture and calculated abuse from the time she was born, dividing her personality before her first birthday. Her memories of phone numbers, locations, individuals and events were confirmed through extensive research.

She also had comprehensive understanding of a highly sophisticated belief system dating back to the 16th century. These were things that she had shown no previous interest in.

She had a severely anomalous medical history, including scarred retinas and damaged internal organs. All of this could later be

specifically attributed to abuses remembered through flashback and abreaction.

Flashback is a common manifestation of post-traumatic stress disorder that occurs when traumatic experiences are suppressed in the memory as a coping mechanism. The resurfacing of the memories can seem quite spontaneous and intrusive, in the form of visual images and emotions long hidden.

Abreaction can be best described as something of a 3-D flashback, as if reliving the experience with little or no awareness of the present environment.

Multiple escapes

In the case of MPD, when trauma is so severe that the mind can not survive it, dissociation allows the victim to step back, journeying into the depths of the subconscious, which creates a conscious void that is filled by the formation of a new or alter personality.

The newly created alter can be an exact copy of the victim at the time of the splitting, complete with all pain and emotion that caused it. Other alters are then created within the internal world of the MPD system.

Their jobs are to care for the traumatized victims and to watch the outside world for potential threats. In some cases, they even continue tormenting as extensions of the original abusers.

Metaphysical experiences

Another well-documented escape for trauma victims falls into the metaphysical. The most commonly reported cases of out-of-body experiences are described as spontaneous experiences resulting from sudden trauma, such as car accidents.

Many sexual abuse victims report leaving the body and hovering above the scene. When this spontaneous escape is repeated over and over, as with repeated or ritualistic abuse, the victim becomes experienced and naturally develops this phenomena into a survival tool, just as splitting. The common victim trait of extreme vigilance takes on a new meaning, as refined psychic abilities serve as early warning of impending danger or of deceit by people around him/her.

In Lori's case, she actually developed an alter personality who served as the embodiment of psychic ability for the entire person. Colors was her name, which reflected a non-corporeal self-image. Colors was constantly at work, watching, circling, and doing her job to protect Lori from danger when she could.

It took seven years until the alters felt that they could trust me—or felt that I was ready to learn of their existence. When they emerged, over a period of years, I took up the role as protector and supporter, Colors was free to explore her own dimensions. Time and time again, her exploits were signified by droplets of

water falling from thin air, by the TV changing channels, and by a familiar tingling sensation on the skin—even from great distances.

In fact, with constant experience of these phenomena, it became clear that the manifestations were not limited to Lori. Learning to feel a “whammy” enables one to differentiate between the tingles and burns of others as well. At first with the help of Colors, and then almost naturally, Lori and I began to learn to feel different people. Both of us would simultaneously remark, “so-and-so's thinking about us,” and frequently receive a call or a letter from that very person only shortly after.

It also became evident that not all “whammy” is good. Some people produce dirty-feeling burning sensations, or intrusive flushed feelings. Others evoke warmth and tingling energy.

After completely working through the trauma of all of her alter personalities and integrating them into herself as a whole individual, Lori began a support group for other MPDs. From this group casual discussion occasionally included similar phenomena—some alter personalities believing they possessed magical powers (consistent with ritual belief systems of their abusers).

After the initial integration of alters, there is a period of turbulence in which the characteristics of various former alters seem to be almost fluid, as if fitting together and settling in. It

April 1994/FATE 57

Phyllis Galde



spectroscopy. And the findings?

The French Skull was probably made in the small village of Idar-Oberstein in southern Germany, sometime in the second half of the 19th century according to C2RME. And the quartz from which it is made is of Alpine, not Central American origin. Further, “The grooves and perforations clearly show the use of jewelry drills and other modern tools,” says Yves Le Fur, the deputy head of collections at the Quai Branly. “It is inconceivable that such precision was the work of pre-Colombian artists.”—*The Independent*

Still Shining

In age when electronic devices such as DVD players, hair dryers, and blenders usually only last a few years (if you're lucky) before they have to be replaced, it's nice to see a story like this.

At 107 years old and counting, a light bulb at Fire Station No. 6 in Livermore, California, has been declared the world's longest continuously burning bulb by both Guinness World Records and Ripley's Believe It Or Not. It even has its own website, www.centennialbulb.org, and a webcam that allows around one million curious fans per year to check in on it.

Some suspect that the low-watt wonder's secret to longevity is the fact that it never gets turned off. It is also loyally

guarded by the station's firefighters; dusting it is against the rules, touching it a crime that carries severe consequences, according to the captain. It is protected by a dedicated surge protector, as well as by both a diesel generator and battery backup in case of a loss of power.

The Livermore bulb has burned for nearly a million hours and predates television, FM radio, airplanes, and the atomic bomb.—*Los Angeles Times*

Possession Case Documented

An American woman observed levitating and speaking in foreign languages unknown to her by a team of priests, lay as-

IMPORTANT REMINDER

Remember to check your expiration date on the address card enclosed in the plastic bag containing your FATE magazine. If it is three months away or sooner, it's time to renew!

JUNE - 08



manifestations described are often noticed by those with MPD and people close to them. Being a new and, to initiates, an unsettling area in itself, MPD is generally still quite misunderstood. Compounding the inherent mystery with manifestations of metaphysical or psychic phenomena can be an insurmountable

barrier for many to cross.

Power of the mind

It has almost become a cliché that under hypnosis a subject can actually raise a blister when the mere suggestion of a burn is given. Many speak of untold powers of the human mind, but have difficulty when faced with evidence of those powers. Another manifestation of MPD, though not limited to them, is an area which has been only grudgingly accepted by professionals—body memory.

Body memory is that first line of experience out of the psychological and physiological, and into the great mystery. It involves the memory process in its purest form—complete with physical symptoms of the trauma.

While it is present in many trau-

was during this time that the copy machine incident took place. The uncontrolled, random surfacing of the ability was no different from the random surfacing of personality traits of any of the other 60-plus personalities that once shared the body.

Unsettling experience

In a recent article he wrote, investigative journalist and UFO researcher Ralph Steiner comments on what he seems to feel are highly unsettling phenomena. The article, *Unmasking the Disinformers* focuses on an experience with someone who later turns out to be MPD. He describes physical sensations, computer problems, and even startling observations made by this person.

While the article implies the presence of highly sophisticated psychological warfare techniques, the

assistants, and psychiatrists, was likely “demon-possessed,” according to Dr. Richard E. Gallagher, psychiatrist and associate professor of clinical psychiatry at New York Medical College, who documented the woman’s story in a recent issue of the Catholic magazine *New Oxford Review*.

Reports Dr. Gallagher, “The exorcism began on a warm day in June. Despite the weather, the room where the rite was being conducted grew distinctly cold. Later, however, as the entity in ‘Julia’ began to spout vitriol and make strange noises, members of the team felt themselves profusely sweating due to a stifling emanation of heat. The participants all said they found the heat unbearable.”

Julia at first had gone into a quiet, trance-like state. After the prayers and invocations of the Roman Ritual had been going on for a while, however, multiple voices and sounds came out of her. One set consisted of loud growls and animal-like noises, which seemed to the group impossible for any human to mimic. At one point, the voices spoke in foreign languages, including recognizable Latin and Spanish. It was later verified that Julia only speaks English.

Dr. Gallagher points to other strange phenomena that the team observed. “Sometimes objects around her would fly off the shelves, the rare phenomenon of psychokinesis known to parapsychologists.

Julia was also in possession of knowledge of facts and occurrences beyond any possibility of their natural acquisition. She commonly reported information about the relatives, household composition, family deaths and illnesses, etc., of members of our team, without ever having observed or been informed about them. As an example, she knew the personality and precise manner of death of a relative of a team member that no one could conceivably have guessed. She once spoke about the strange behavior of some inexplicably frenzied animals beyond her direct observation. Though residing in another city, she commented, ‘So those cats really went berserk last night, didn’t they?’ the morning after two cats in a team member’s house uncharacteristically had violently attacked each other at about 2 a.m.”

Dr. Gallagher told news website *World Net Daily* that his purpose in writing about the case was to “document a contemporary and clear-cut case of demonic possession.” He commented that even those who doubt demonic possession exists would find this particular case “rather persuasive.”—*World Net Daily*

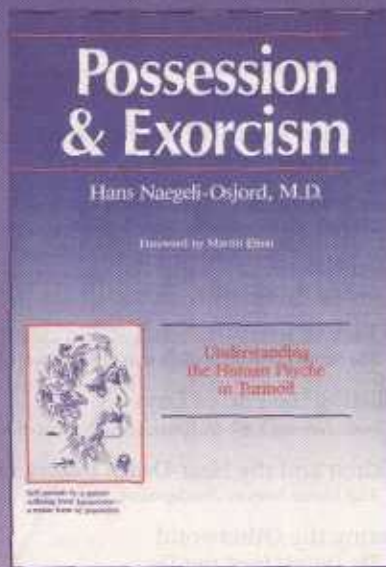
Albert Hofmann Dies

Swiss scientist Albert Hofmann, the man who discovered LSD and its mind-bending properties in 1938, has died. Hofmann was the first to synthesize, ingest and experience the psychedelic effects of lyser-

Proof of Demonic Possession!

This hard-to-find examination of the phenomena of possession and exorcism by an award-winning Swiss psychiatrist concludes that these experiences are quite real and are not just psychological abnormalities.

- The concept of possession is as old as recorded history.
- It is not possible to understand the phenomenon of possession within the framework of natural science.
- True insight into the essence of psychic phenomena can only be conveyed through direct experience.
- Modern psychiatry and psychology exclude the question of good and evil and therefore also the demonic.



"...this book reveals the courage of a man who unapologetically accepts the reality of possession—a largely unpopular view—and the perspicacity of a thinker... A major step in the attempt to grapple with a most baffling condition."—Adam Crabtree, psychotherapist and author of Multiple Man: Possession and Multiple Personality

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True Mystic Experiences

The Still, Small Voice

The Old Testament verse of I Kings 19:12 tells of how God speaks to us in "a still, small voice." I have particular reason to remember that verse because on June 2, 1997, that "still small voice" quietly saved my life.

It was a lovely morning. I went out shortly before nine o'clock to a nearby shopping center to pick up a few groceries and buy some stamps at the post office. As I drove up to the traffic light at the entrance of the center, I heard some noises to my right. A construction crew had begun work on the sidewalk, completely obscuring my view of the long curving hill that ran directly in front of me.

As I waited for the light to change, that "still small voice" (male, medium range, soft and gentle) spoke distinctly in my right ear.

"Now, Lina, when the light turns green, don't go, because a car is going to run the red light from the other side and hit you."

There was nobody else in the car with me. I looked to the right. It was completely hidden from my view by the construction crew and their truck.

The light turned green. I didn't go. A moment later a car sped in front of me from the right. The driver had run the red light from the other side. If I had gone ahead when my light turned green, I wouldn't be

writing this. I would have been killed instantly.

I am in that shopping center at least once a week, and usually more often. And I never go there without giving thanks for that still, small voice that saved my life.—
Lina Accurso, Port Chester, N.Y.

Possession of a Ukrainian Student

The event I describe here took place in western Ukraine in the early 1980s, in one of the state hospital clinics.

My father, Dr. Nikolai Yefimishyn, was chief of surgery at a county hospital for numerous years. Dr. Ian Sokolovich, a psychiatrist, was a very dear and close friend of his. Dr. Sokolovich was teaching a two-year course in clinical psychiatry at a state medical school. He had completed his doctoral studies under supervision of Dr. Stanislav Grof, one of the world's most renowned psychiatrists.

As a practicing psychiatric doctor, Sokolovich had participated in numerous therapeutic sessions with patients, during which attending doctors worked on the release of repressed material.

One warm, pleasant April evening, my parents were hosting an Easter dinner party at which Dr. Sokolovich was present. He shared with us a most interesting story.

To begin, Dr. Sokolovich admitted that

watching her piece one of her quilts and listening to one of her tales about country life, a mockingbird flew out of the holly tree by the house, and landing on a fence post, began singing his heart out. The song was enchanting!

"I guess that's one of your mockingbirds," I finally said, as the bird flew off in pursuit of an insect.

"Yes," Vera nodded. "They have a nest in the holly tree. They've been using that holly tree for several years now."

"How nice."

"See that platform feeder on that other fence post? Dwight nailed that up there years ago. That's where I put my treats for my mockingbirds. They especially love fruit."

"Besides being great mimics, mockingbirds do have their own beautiful song, don't they?" I asked.

"Oh yes, that they do. But they are very good mimics. One year, Dwight taught a mockingbird his favorite hymn, 'How Great Thou Art.'"

"You're making that up!" I said with a smile.

"No, it's true. Dwight was a wonderful whistler. One day, he whistled that beautiful hymn, as he worked around the yard. A little later, I was sitting on this porch, when I heard a beautiful rendition of 'How Great Thou Art' ringing from the boughs of my oak tree. He had learned it from Dwight's whistling." Tears welled in her eyes as she recalled that special moment. "Of course, one is not supposed to whis-

tle hymns. But Dwight's whistling was so beautiful that I don't believe the Lord would have taken offense to it."

A few years later, I sold that little farm and moved 20 miles away. However, I still visited Vera regularly. One day, five years later, she told me that she had been feeling pretty rough, and a checkup showed a spot on her liver.

"The doctor says they could operate, but more than likely, it wouldn't do me much good. I'm 87 years old, and I'm ready to join my Dwight," she finally said.

Two months later, Vera passed away, and she was laid to rest next to her husband in the little country cemetery near her farm.

Not long ago, I drove back to my old neighborhood to visit a friend who had

• *continued on page 123*

Share your Proof

Communication from beyond. Reincarnation. Ghosts. Have you witnessed or experienced a case of the survival of bodily death? Send your story to:

My Proof of Survival,

FATE Magazine, PO Box 460,
Lakeville MN 55044, or send it

via email to

SURVs@fatemag.com

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Personal accounts of paranormal events from our readers

he never believed in any psychic phenomena. But as he discovered some time later, his skepticism was based on pure ignorance of the subject.

The subject of this unusual story was a young man in his early 20s, a former student at a state university. Previously an "A" student, after several semesters he dropped his academic studies, became deeply upset and even depressed, and suffered from a number of psychiatric problems. The young man failed to respond to most conventional therapies. As a last resort, the patient was sent for LSD treatment—highly experimental and completely new at that time.

During his first therapeutic session with Dr. Sokolovich and his staff, a really startling event occurred.

According to the doctor, the young patient's facial features suddenly changed to those of an evil-looking female. Even his voice became very feminine. This "entity" spoke in the most angry, threatening tone.

First she implied that the young man's psychiatric difficulties were attributable to her malevolent influence. Later the entity began to reveal embarrassing private incidents from the personal lives of the therapeutic staff. She attacked Dr. Sokolovich most viciously, revealing damaging information concerning his family life, such as his recent divorce. These private details of the doctor's life were reported correctly by the entity.



Erna Gomez

What followed was even more astounding. The entity threatened to sabotage the team's research with LSD therapy by revealing some experimental treatments performed by the staff to the local television station and newspaper. She said she would report this information in the most damaging way possible. At that time LSD research was known in the West, but was still forbidden and unknown in the Ukraine.

All attempts to reason with the entity proved fruitless. Finally, out of complete desperation, one of the doctor's assistants mentioned that, during a trip to Romania, he had picked up an old book in which occult traditions were described.

"Such evil entities don't like light," he said. He closed his eyes and meditated, visualizing himself, the patient, and the entire group of doctors surrounded by white light.

Instantly the student calmed down, and

Lloyd Auerbach

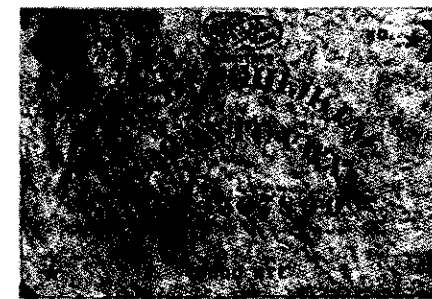


(from U.S. Patent number 1400791, December 20, 1921).

Unhealthy Obsessions

The real dangers of using the Ouija board have to do with (1) taking the communications literally and (2) becoming obsessed with using the device.

If the device allows the single user to tap into his or her unconscious, the user should take the information no more literally than one would a dream. Our subconscious often works in metaphor and may even mislead our conscious minds on purpose. Just as one gets a psychic "hit" on someone or something (as in remote viewing), one must always be aware that the information is often incomplete and sometimes metaphorical.



If you add other people to the game, it is next to impossible to figure out whose subconscious is putting out the communication. And there is always the possibility that someone using the board with you is purposely moving the planchette to

spiritual (or demonic) sources in any greater capacity than if one were to simply talk to ghosts and listen for an answer. They might allow the opening for someone using the board to be psychic, since it alleviates problems many people have in acknowledging their own psychic abilities. It might work similarly to automatic writing, but there is nothing inherently special about a Ouija board that would attract evil or negative forces.

If you are like me, you might find it amusing that so many people find the Ouija board so wrapped up in its "evil" reputation. After all, the vast majority of boards are sold at toy stores and they are manufactured by a game and toy producer. There are similar boards available, including one with angels, another in a circular form that purports to be more "psychic," and others with more positive images on them. These boards are sold in book stores, not toy stores, and for often much higher prices. I guess that the manufacturer makes more money by putting positive images on such boards.

No matter the design, such boards have been shown to tap into the subconscious. You might find it interesting that this is not a new notion. In fact, to quote one of the patents: "The ouija board, as is well known, is a device designed to permit human beings to give expression to subconscious thoughts induced by complete muscular and mental relaxation"

the strange "face" and feminine voice vanished. The young man began to respond to therapy.

Some weeks later the doctor's assistant brought in a new book about possession experiences. The book was studied with great interest and attention by the staff. They agreed that the case of the young student was one of deliberate, malevolent possession.

Before the young man left the clinic, completely recovered, something interesting came out. The patient revealed that before his possession took place, he had been participating in automatic writing sessions, during which he received a number of ridiculous messages from beyond. These strange messages ultimately drove him crazy—literally.

The student was eventually able to return to the university and became a highly successful clinical psychologist.—*Erna Gomez, Westminster, Colo.*

Shadow Things

My husband Joe and I lived in a small house on Moon Valley Lane in Knightdale, North Carolina, for 18 years until moving in 2001. We had several unusual experiences while living in the 40-year-old home, including seeing my late father's image move between two rooms in 1997. (He had passed over in 1971.)

Just before we moved, I was at home and not working for a period of about seven months. After my husband left for his 3:00-to-11:00 P.M. job, I would often sit in our



Linda K. Williams

living room listening to music, watching movies, or reading. One day while reading, I saw a movement out of the corner of my eye and looked to see what it was. There was nothing. These movements continued to amaze me, as over a period of several months I would see movements with no explanation as to what or who it was.

One day, I happened to see a very quick, somewhat larger shadow dashing from the kitchen toward my bedroom. It was so pronounced and impressive that I assumed it was Puddles, my black cocker spaniel. Upon seeing this thing flying across the hallway into my bedroom, I immediately got up, running to the bedroom hollering for Puddles so she would not overturn the wastebasket and make a mess. When I got to the bedroom, there was no Puddles. There was nothing out of the ordinary. I went to the kitchen to see where she was. She was curled up in her basket soundly sleeping.

I continued to see black things moving around corners, but had not discussed them with my husband. Finally, one day upon seeing another black shadow mov-

particular letters and numbers. (This is especially true when college students, teens, and kids are using them.)

As to the second danger, there are cases of individuals who have become so obsessed with the advice coming through the board that they cannot make decisions without it. In effect, their lives are paralyzed by the board. This is not related to the Ouija board itself—people become obsessed with all sorts of things (and people) offering advice and help with decisions. Anything can become a point of obsession, and people have been known to end up in mental institutions because of such obsessions.

Also, you can allow nagging fear to get the best of you. If you believe that Ouija boards are evil, that fear can grow with use of the board until it takes over. Again, this is related to the psychology of the user and his or her perception and beliefs relating to the board.

Religious Bigotry

Why does the Ouija have such a bad (supernatural) reputation?

There is no absolute answer for this, but I am going to go out on a limb. I believe the use of talking boards to try to contact the spirit world in the 19th century caused such devices to be grouped in with other forms of spirit contact. Many mainstream religions were—and are—opposed to any such contact. They are often opposed to any device they cannot understand (or place under their control) if that device can connect in any way to the spir-

itual side of the user's life (inner spirit and outer spirits). So, the "demonic" and "evil" labels were placed on the most popular of these devices—the Ouija board—to encourage people to stay away from them.

Such religiously based assessments can quickly become part of the popular culture's perspective. That is certainly what has happened with the Ouija boards. Remember, however, that the same kinds of labels are often bandied about with respect to any psychic experience or talent. People often fear what they cannot or will not understand, and that fear can be dangerous.

Why the association with "evil" in ghost encounters?

Because most people associate the Ouija board with contacting spirits, people experiencing apparitional, haunting, or poltergeist phenomena often try using the board to contact the "entity" that may be causing the phenomena. When they make use of the board, they often get "answers" that may or may not have something to do with an actual apparition. Or they may get messages that frighten them, and this may be coupled with an upswing of physical phenomena. The board itself, according to some reports, may fly away from the people using it.

This is no real surprise. The very fact that a large majority of people have it at least in the back of their minds that Ouija boards are associated with evil spirits can bring fear into the process of using them. It is very clear that fear is what is danger-

mother. The rapist quit suddenly and was never brought to justice. The infamous and brutal zodiac killer who terrorized San Francisco in the late 1960s and early 1970s and delighted in sending cryptic messages about his blood-thirsty exploits to law enforcement agencies and the media.

I have followed these cases over the years, and I believe the East Area rapist was either compulsively driven by lunar/Saturn cycles or was astrologically proficient. His messages seemed to include a great deal of zodiac symbolism.—*Peggy Papadakis, PO Box 5602, Pocatello, ID 83202-0006*

I have been possessed by my husband's evil spirit for 18 years. I went through a legal name change, but nothing has freed me of his constant presence. A psychic told me he may never leave. Though I will fight him until the day I die, sometimes it is almost impossible to function. I have a wealth of information and would like to start a support group. Please print more articles on spirit attachment. It is more prevalent than most people know. I would only like to hear from people who have had negative experiences. If you can't write, send a tape. I am a very strong messenger.—*Jeanie Laurence, PO Box 4313, Elwyn, PA 19063*

I am seeking information on the seer Sister Yvette of Clemary, France.—*Tom White, PO Box 235, Jenkintown, PA 19046*

I have recently become interested in Eckankar. I have considered becoming a member, but I would like to know more first.—*Sharon Hammond, 2359 Ocean Park Blvd., Apt. A, Santa Monica, CA 90405*

About a dozen times during the last ten years I have dreamed of being near the California beach when a 150-foot-high wave bears down on me. I don't know the reasons for the dream, and I normally haven't had premonitions or

psychic dreams. Has anyone had similar experiences or recurring dreams?—*Corbin L. Miller, PO Box 4241, Mountain View, CA 94040*

I am writing a book for which I am seeking experiences about haunted roads, highways, lover's lanes, phantom hitchhikers, ghost cars, or UFO sightings.—*S. E. Paschal, PO Box 265, North Stonington, CT 06359*

We are fed up with the orthodox Christian way of life and teachings. We want to live metaphysically or mystically, for every aspect of life must be colorful and dynamic. Please send metaphysical magazines like *FATE*, *Gnostica*, *Success Unlimited*, *Truth Journal*, almanacs, and astrological magazines—they are almost unavailable here. Any New Age materials like psychic meditation lessons, software, and so on could be exchanged with our postcards and stamps. Many thanks.—*Secretary, New Dawn of Life, G.P.O. Box 13976, Accra-Ghana, Africa*

Please send addresses for the remaining Shakers.—*Cheryl Goffinet, 1205 16th Ave., Lewiston, ID 83501-3741*

I am seeking a gifted local psychic to help me with a pressing health problem.—*Mike Griffin, PO Box 2107, Santa Rosa Beach, FL 32459*

I would like to correspond with psychic women 30-40 years old who are interested in ESP, psychometry, clairvoyance, astral travel, scrying, and the fairy realm.—*Wendy Elbersson, 1618 S. Rd., Apt. #6, Jacksonville, AR 72076*

I was working in a VA hospital lab and needed to talk to Jim, a student doctor, about some test results. Jim usually came in through a set of heavy doors, opened a door across the hall from my lab, and dropped off his book bag before class. One morning I heard the doors open and close. Then I saw

Jim open the door across the hall. I was called away by my supervisor, and when I returned, Jim had left. I was angry that I'd missed him. Suddenly the big doors opened and in walked Jim. I asked if he had forgotten anything. Puzzled, he looked at me and said, "What?" When I told him that I had missed him the first time, he thought I was nuts. "I just came in for the first time," he said. He doesn't play jokes, and I was not hallucinating. If I had not been called away, would I have walked into Jim—only to have him vanish? What did I see?

Also, Dale and Vlad are collecting comments and questions about Vlad Tepes's "Historical Dracula," for possible inclusion in our book. Vlad's spirit has been channeled continuously through Dale for the past six years. There have been articles published about both of us in the U.S. and in Rumania. We are also interested in hearing about other contacts with historical entities. All mail will be answered by Vlad and Dale.—*Dale and Kathy McKinley, PO Box 11922, St. Paul, MN 55111-0922*

We are incarcerated in a federal prison camp and have started a study group. We would like information on numerology, astrology, geomancy, I-Ching coins, automatic writing, table-tilting, and tarot.—*Joe Blumenfield, 13762076, PO Box 2000, Millington TN 38053*

I am looking for people with connections in Russia, Eastern Europe, South America, and Germany. I would like help locating agencies or groups studying or working with paranormal phenomena.—*Nino A. Sylmar, 1161 Taylor St., Pulaski, VA 24301*

Our group, The Native American Spiritual Cultural Council, is behind the walls at the Indiana State Prison, and we need sacred herbs, including sweet grass, sage, cedar, and smudging sticks for our healing and prayers. Donations appreciated.—*The Native*

Report From the Readers

American Spiritual Cultural Council, c/o Rev. Taylor, Indiana State Prison, PO Box 41, Michigan City, IN 45360

Do you know someone who's been demon-possessed? My upcoming docu-drama is entitled *Satan's Kids?* It depicts real-life accounts of exorcisms. I am seeking readers who are interested in connecting with a new support group: CT Exorcisms, as featured in the docu-drama.—*Guy Perrotta, 11 Bedford Ave. E-3, Norwalk, CT 06850*

In June 1995 two ladies appeared on "Beyond Belief," a CBS TV show. The ladies were born on the same day, month, and year; they had the same first, second, and last names and the same social security numbers. I would like to find them. In 1991 I wrote a hanned article called "Astrowins." The similarity between my story and these ladies is amazing. I would appreciate any information.—

Emma Tandarich, 3810 N. 166th St., Opa-Locka, FL 330562

Can anyone see or feel death? I have had experiences seeing people's faces melt into a skull a few weeks before they died.—*Jesse L. Collins, PO Box 306, Bob White, WV 25028-0306*

Have you heard Ft. Collins, Colorado, mentioned during a UFO or paranormal incident?—*Skip Goforth, PO Box 644, Dixon, MO 65459-0644*

Anonymous survey participants for 30-minute self-report on dreams.—*Karen Batnicki, PO Box 142, Beverly, MA 01915*

Do you have vivid memories of other worlds and civilizations? I am a soul who has incarnated in this world for a purpose. I would like to correspond with other rational individuals who have had similar experiences to form a

Almost all readers receive friendly, helpful responses to their requests, but sometimes an undesirable letter or phone call is received. Please be aware that you may receive unwanted mail and/or phone calls as a result of having your address and phone number published in FATE or any other publication. Submissions to Report From the Readers are at your own risk. FATE magazine does not assume any liability for the behavior of respondents to requests for help or information. We suggest using a post office box for all correspondence.

group for those who feel they have experienced an awakening and would like further enlightenment on this subject.—*Ron G. Haddow, 805 112th St. SE, #J104, Everett, WA 98208-5082 ■*

These columns of FATE are set aside each month for your comments. Send your neatly typed opinion of articles and columns, reports of unusual occurrences, and requests to Report from the Readers, FATE Magazine, PO Box 64383, St. Paul, MN 55164-0383.