

Psychiatric illnesses

Story 18

Middle-aged male with obsessive compulsive syndrome

I have known John for the past ten years and I have always been impressed by how intelligent and competent this young man is. That makes his healing story even more beautiful.

When John was about ten years old, he started having thoughts that if he would do certain behaviors, then something good would happen, but also had thoughts that if he would not do certain behaviors, then something bad would happen. Eventually, in order to release strong inner tension, before events he would engage in various rituals. Usually, he would perform a ritual of stepping, or of touching or tapping something, and this was helping him to get ready for whatever he was going to do. These rituals were often accompanied by an intense fear of the negative consequences of not performing well.

Over time, an internal mix of thoughts, fears, anxiety, obsessions, and compulsions began to move into all areas of everyday life, including schoolwork, watching television, eating meals, walking, riding in cars, and other activities.

These frightful thoughts began to control his life. The fearful, intrusive thoughts (which are also known as obsessions) intensified over time and became quite aggressive. They threatened to produce more serious consequences in areas that were out of his immediate control. Counting and touching things became a form of prevention. Whenever John had a negative, fearful thought or obsession, he would be stricken with fear, worry, and anxiety.

This drove him to a compulsion of imagining the number four or repeating actions four times. When he used the number four by, for example, tapping four times, it would prevent and temporarily relieve the negative thought, fear, worry, and anxiety.

When John was eleven years old, one day he went to a restaurant and had a very traumatic experience. As soon as he looked at a poster of a missing girl and a sketch of the abductor, almost instantly he developed lots of negative thoughts of the kidnapping, molesting, and killing by the man he saw on the poster. This experience deeply affected him, and from that point on, things began to spin out of control.

Everything he did would take longer than normal as he painstakingly went through the process of dealing with obsessions and compulsions. His abnormal behavior became more and more frequent. He created all sorts of rigid rules, formulas, structures, and systems so he could relieve the obsessions and compulsions. If he did not follow his rules, the obsessions and compulsions would not go away.

As time went on, these created structures in his system lost effectiveness and he was at the mercy of floods of extreme compulsions. On top of that, John started to suffer from bouts of anger with loud shouting.

This lasted for another two painful years until he saw a specialist and was diagnosed with obsessive compulsive disorder. John was thirteen years old. At that time, he was also diagnosed with hypothyroidism. His doctors wanted him to take medication, but John refused and initially undertook only psychotherapy. Later, as this would not do the trick, he started to take Anafranil (Clomipramine) and Fluvoxamine. This decreased his compulsions by about twenty-five percent and helped him to control his anger.

Over time, John created a self-helping system that is very similar in many aspects to cognitive behavior therapy. Life went on, with all the challenges that his illness brought to him. It was not easy at all.

John's life came to a dramatic turn in 2004. He suffered with OCD and had been on medication for over half of his life, when he met his destined teacher, Master Sha.

John attended a Soul Journey retreat that Master Sha led in San Rafael, California in June 2004. At that workshop, John saw examples of healing and decided to ask for spiritual healing for his illness. He received karma cleansing and a healing transmission to help with his OCD.

After he left the retreat, John felt like a totally new person. The anger that he had was reduced by about ninety percent. Because of this, his relationship with his parents transformed immediately to a more loving and respectful one. Most of all, the obsessions and compulsions that he still had started to vanish.

This encouraged John greatly and he started daily spiritual practices that he learned from Master Sha; specifically, he worked on healing his OCD.

Over the next three or four months, under the supervision of his psychiatrist, John started to wean off his OCD medication. His psychiatrist carefully monitored progress, watching for any signs of potential withdrawal. After all, John had been taking Anafranil for over half of his life!

In about one year, John completely stopped his OCD medication. After June 8, 2005, he never took Anafranil medication again and he feels completely healed.

About six months later, John stopped taking his thyroid medication also, as thyroid function tests showed normal results.

Nine years later, on July 10, 2014, John returned to see his physician. He was found to be in complete remission of his illness.

Through November 2018, John's condition has remained completely normal. He has been fully functioning and fully engaged in life. Laboratory tests of his thyroid gland continue to be normal without the assistance of any medication.