

A Healing Spiral for Psychological Wellbeing

There is a gradual cycle of healing that brings people increasingly closer to their ideal spiritual balance, good health, happiness, and success. We described this path for healing in an earlier article, [A Healing Spiral for Personal Wellbeing](#).

This article explores how the healing spiral for wellbeing applies to psychology and to the health of your psyche, spirit, and soul.

A Healing Spiral for Psychological Wellbeing

by Greg Gourdian,

aka Grigori Rho Gharvey, Roger Holler, and many more...

It seems as if most people must face some problems with their psychological health at some point in their lives. Unfortunately, many people venture into their experiences of psychological healing with fear or trepidation.

Many people are afraid to seek help because not only do many of our societies, peers, family, or friends still stigmatize someone who seeks out or requires psychological help, but the experiences involved in the processes of healing can sometimes be very painful or frightening as well.

Stigmatization can be a very serious issue; stigmatization is painful and can lead to ostracization. We are dismayed when people are hurt this way and we strongly urge people never to judge or condemn anyone for any reason, but perhaps especially when someone has needed or wanted psychological help.

The purpose of this article is to investigate several common psychological states regarded as illnesses, such as depression, alienation, anxiety, delusions, or breakdowns and demonstrate that these processes, typically regarded as illnesses are, in fact, parts of our natural healing processes.

All people are well designed by evolution to heal themselves.

Many psychological issues emerge from cognitive dissonance when a person's mind must resolve a difference between their beliefs and their perceptions.

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Cognitive dissonance occurs when a person perceives differences between their personal models of reality and their actual experiences of reality.

Cognitive dissonance is the foundation for all jokes.

Jokes can break down the walls between denial and acceptance; they penetrate a person's belief systems and introduce opportunities for change and new growth. Perhaps this is why it is often said that laughter is the best medicine.

Most belief systems appear to be flawed in various ways. This is because belief systems are partly derived from human cultures. Humans are prone to making errors in perception and logic. Because of these flaws, it is inevitable that such errors become incorporated within our cultures. This means it is natural to experience cognitive dissonance at times because culturally sourced models for reality will not always agree with new experiences.

A healthy person adapts their belief systems to agree with conflicting inputs through a process of validation where they examine the information that conflicts with their beliefs and then decides to change their beliefs if they determine the new information more accurately reflects the nature of the world they experience.

However, a fearful person reflexively defends their beliefs even when their beliefs appear irrational to other people, including themselves at times.

All people rely upon what they believe they know about the world around them for their survival. When their beliefs are challenged, they may sometimes feel personally threatened.

A person who experiences a lot of anxiety or who has developed paranoid traits may be unable to resolve experiences of cognitive dissonance successfully. They may be pre-disposed to always defend their beliefs rather than acknowledge the possibility that their beliefs may be somehow mistaken.

This condition is called denial.

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Denial may apply to many or all facets of life, such as denying body image issues, financial realities, relationship crises, or the death of a loved one, etc...

Once this condition sets in, subsequent perceptions, beliefs, and behaviors must all be re-described; perceptions are altered to consistently defend false beliefs.

Constantly falsifying experiences to agree with mistaken beliefs causes the processes of critical thinking to become abbreviated; a habit of failing to test the truth of perceptions and beliefs often arises. Persons in this state may typically become increasingly delusional.

However, delusions appear to be coping mechanisms. Delusions are a means for a person to compensate for painful, frightening memories of traumatic experiences, often with very elaborate denial mechanisms.

This means delusions are part of how a person psychologically heals themselves.

Regardless of the subjects of a person's delusions or how their perceptions of these subjects may be altered, a person's delusions are an effort to manage their traumatic experiences by adjusting their memories and perceptions to agree with their necessary, desirable, or cherished false beliefs.

Most people's cognitive behavior follows this pattern to some degree.

All belief systems are flawed and may be subject to critical challenges, so all people wind up learning to compensate for their flawed beliefs by filtering their perceptions to exclude or alter anything that challenges or threatens them.

This is part of what is meant by teachings that describe the world as only illusion.

People condition themselves to see what they believe they should see rather than allow themselves to perceive things as they really might be because the real things conflict with their worldviews and become intolerable until their perceptions of these things are adequately altered to fit comfortably with their false beliefs.

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This is actually healthy, in one sense, because nearly all people behave this way.

This process of altering perceptions to agree with beliefs is typically only perceived as mental illness when a person's coping mechanisms fail to adequately compensate for the differences between their perceptions and their beliefs in a manner that impairs their health, sociability, success, or happiness.

This failure is called decompensation; it is more commonly called a breakdown.

When someone decompensates they experience a partial collapse or breakdown of large parts of their belief systems because they can no longer deny critical information that challenges their chosen beliefs or interferes with their denial.

Most people appear to be very fearful of having a breakdown, however mental breakdowns can be some of the most rewarding experiences a person may be capable of having. This is because deeply buried, painful, frightening traumatic experiences may finally have an opportunity to be healed.

This is a cyclical healing process with euphoric episodes that are part of a natural series of catharses that can lead a person closer to their ideal state of wellbeing.

There is a lot of emotional pain associated with most mental breakdowns. Too often the pain feels nearly overwhelming; efforts to cope with the pain may cause regression in which the person experiencing a breakdown may dissociate from the real events around them and resume a much earlier, sometimes infantile state of mind in which they have not yet had to face either the traumas that hurt them in the first place or the unreality of their beliefs that maintained their denial.

Self-induced dissociative states are cognitive mechanisms to protect people from distress or pain. Hence, these dissociative states often perform vital roles in the psychological and emotional wellbeing of the people who experience them.

Dissociative states help a person distance themselves from their fear and pain.

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When a person has recovered from the initial shock of whatever pain or trauma has caused them to retreat into an altered state of mind they may return from their dissociative state and attempt to deal with the underlying causes of their pain more rationally because the pain associated with the issue has been partially mitigated by dissociation.

Their breakdown becomes a tool for psychological healing.

Flawed beliefs systems they must often be torn down in order to change them; a breakdown is really the tear-down process helping to repair false beliefs.

In a breakdown; old beliefs are broken down into simpler parts in search of the root causes of the false or disagreeable beliefs.

Without the ability to have breakdowns it may be impossible for anyone to rebuild their critical models of reality; their old models stand in the way and challenge the new models of reality they want to adopt until their breakdown breaks them free.

Please consider:

Evolution favors animals who most successfully adapt to their environments.

In the same manner, evolution favors cognitive processes that help people to successfully adapt to the worlds they live in.

Processes like alienation, depression, anxiety, mental breakdowns, etc. would not have evolved and survived as parts of the human psyche if they did not have valuable purposes that make humans more fit to survive as a species.

Alienation and depression must therefore also have healing properties.

As cognitive dissonance increases, people tend to become increasingly alienated and depressed. They will seek isolation because their contact with other people becomes increasingly distressful. Contact with other people distresses them because it seems as if everyone hurts them or challenges their worldviews; this makes them feel as if they stand alone against the entire world around them.

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As an alienated person's isolation increases, they typically become more depressed. Humans are social animals by nature; when a person seeks to protect themselves or their challenged beliefs by isolating themselves they set themselves up to be in conflict with themselves.

Their internal conflict is painful and frustrating, it leads to anger that they cannot adequately express. This repressed anger is converted into more depression.

On the one hand, people are instinctively driven to socialize; they suffer if they fail to meet their needs as social human beings. People become angry with themselves because they know they are causing themselves to suffer by isolating themselves from the people around them.

Anger turned inwards becomes depression.

When someone consistently directs their anger against themselves they develop an increasingly hostile attitude toward themselves that typically expresses itself as self-sabotage, self-abuse, or self-punishment.

People condition themselves to hurt themselves.

Depression becomes a serious issue when a person's conditioned responses to hurt themselves become consistent habitual behaviors.

Anything that upsets or challenges a seriously depressed person may trigger a new round of self-abuse, self-punishment, or self-sabotage.

However, depression always presents opportunities to heal as well.

All cognitive illnesses appear to result from fear.

Fear of pain, fear of feelings of helplessness, fear of feelings of isolation, fear of depression and many other fears are the roots of nearly all psychological issues.

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When someone is depressed they are cognitively closer to the root causes of the original issues which caused their pain or fear.

Depression becomes an opportunity to heal.

Responding to pain or fear by denying or altering traumatic memories results in increasingly elaborate compensation mechanisms that may inevitably break down; it becomes necessary to learn to respond to the lingering pain and fear related with memories of old traumatic experiences by recognizing and accepting the events that caused the pain or fear in the first place.

Over the years people acquire skills and new coping mechanisms that make them much stronger; they become better able to face their pain and fear, and better able to identify and resolve their old traumatic experiences successfully.

They learn to finally move on; they learn to leave their painful pasts behind.

However, many belief systems may cripple recovery because they are adopted to protect people from their painful memories. People blind themselves to the new strengths they have acquired and fail to test themselves to see how much stronger they have become; they fail to see how much better fit they are to face their old pain and fear.

Instead, they may continue to repeat their old cognitive behaviors; they may continue to choose to live in denial, running away from the issues that resulted in their maladaptations.

Once a person accepts and embraces the sources of their old traumatic experiences, they have won the game. They recognize that they are stronger now than they were when the traumas that conditioned them to be fearful began to drive them to retreat within elaborate systems of beliefs and false perceptions in order to compensate for the pain and suffering they were once helpless to change or cope with successfully.

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By embracing depression, people are brought face to face with their fears and may learn to resolve them so that subsequent maladaptive conditioning that finally disabled them from managing their lives successfully can be healed.

In this manner, many conditions considered to be psychological ailments may really be natural cures for the pain and fear of old traumatic experiences.

Alienation is part of the process of healing because isolation provides motivation. The pain of alienation motivates people to isolate themselves to give them the freedom they need to explore the roots of their problems.

Isolation gives people the privacy they need to independently reconsider what they should choose to believe without the confusing help from people who may mean well but who often only make the pain and frustration seem much worse.

Privacy is required because people become very vulnerable during the catharsis states that are part of these cyclical healing processes; people become very suggestible and are too easily influenced when they are healing themselves.

Isolation is partly an issue of trust.

It becomes very difficult to know who to trust because too often the people closest to a person who is healing depend upon the beliefs or behaviors the person who is healing themselves really needs to change. Consequently, some people may deliberately, desperately, or non-consciously interfere with another person's healing processes.

If two people consistently do this with one another their relationship becomes co-dependent.

Isolation helps a person develop their own unique perspectives that break away from the conformity with other people's views that is often demanded of them.

In isolation, a person is free to consider valid ideas that may not be supported by their family, friends, or peers. They become freer to remake themselves in an image closer to their own ideals regarding who they desire to be.

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Depression and alienation can therefore serve to protect a person like a chrysalis protects a transforming pupa that will soon become a butterfly.

Once a person learns how to use these conditions to their best advantages they can learn to use them routinely to help themselves to heal.

Someone healing from their maladaptations to old traumas may go through many periods of alienation, depression, delusions, and break-downs; each time they may emerge healthier, more rational, more capable of facing the challenges of their lives successfully.

Each time a healing person repeats a cycle of healing their old wounds and breaking down their rationalizations for the maladaptive cognitive processes that emerged from their traumatic experiences they make themselves healthier and stronger; better fit to heal even deeper buried wounds.

This is the meaning of the healing spiral.

As a person gains experience with managing their healing spiral they grow stronger and can dig deeper to resolve ever more fundamental experiences that once warped their minds, distorted their perceptions, and misguided their hearts.

With each repetition of this process a person grows closer to the deepest truths regarding who they are and the best means to exemplify themselves, to ennoble themselves, to thrive, and to succeed.

Enjoy!

Love, the Grigs...

Gharveyn's Articles

BIO

We have been collectively known by the name Greg Gourdian for the purposes of publishing our articles. We perceive ourselves as a collective of people spanning many worlds in different universes. We seem to share many bodies; however we have only one body here in this world we share with you now.

We worked with the general public as a psychic reader in several psychic fairs for a little over four years from 1981 to 1986.

Much of our written work has been channeled however we often have no idea whose voices are speaking through us when we are channeling.

We have many strange tales to tell regarding our odd adventures in this world, in other worlds, or on our spiritual journeys.

We try to tell our tales in a humorous, engaging, entertaining manner.

While we were a high-school student we channeled classes in metaphysics and parapsychology, and taught classes in sociology, and psychology.

We are still emerging from the closet in regard to being a collective of many people inhabiting what appears to be a single body in the context of the world we appear to share with you. Our current written works reflect this change in our personal perspective by adopting plural forms of reference to ourselves that may not always appear consistently, particularly in our older work. Using plural forms of self-reference helps us to develop a greater awareness of ourselves as a collective as well as conveying to other people how we perceive ourselves.

We hope you will understand if we may sometimes sound awkward, confusing, or conceited as a consequence of making this adjustment to our self-references.

Our group's primary beliefs share these ideals:

- *Love should always be universal.*
- *Liberty should be unconditional for everyone.*
- *Justice is best served by not judging yourself or any other people.*

For further details please read the section [about Gharveyn](#) on our website or view our profiles on [Linked In](#) or on [Temple Illuminatus](#)...

Namaste