Resources for NOTE-ers

**International Spiritual Emergence Networks:**
http://www.spiritualemergencenetwork.org/find-networks/

UK Spiritual Crisis Network: http://spiritualcrisisnetwork.uk / Email for support: spiritualcrisis@gmail.com

IANDS (International Association for Near Death Studies): https://iands.org

ACISTE (American Centre for the Integration of Spiritually Transformative Experiences): https://aciste.org

**Online forums:**

Shades of Awakening: http://shadesofawakening.com (Facebook group)

Spirit Release: http://www.spiritrelease.org

**Peer Support Groups:**

UK: https://spiritualcrisisnetwork.uk/help/peer-support-groups/ or https://emergingproud.com/tek-peer-groups/

The Death Cafe: https://deathcafe.com

ONLINE: https://isgo.iands.org or

http://spiritualemergenceanonymous.org/meetings/
For a private therapist or information and other resources: https://aworldawake.org

**Aligned Support Organisations:**

Hearing Voices Network: [https://www.hearing-voices.org](https://www.hearing-voices.org) / Email: info@hearing-voices.org

Mad in America: [https://www.madinamerica.com](https://www.madinamerica.com)

A Disorder for Everyone: [http://www.adisorder4everyone.com](http://www.adisorder4everyone.com)

Compassionate Mental Health: [http://compassionatementalhealth.co.uk](http://compassionatementalhealth.co.uk)

Inner Compass: moving away from diagnosis / coming off medication support: [https://www.theinnercompass.org](https://www.theinnercompass.org)

Will Hall: [https://willhall.net](https://willhall.net)

Holotropic Breathwork: [www.holotropicuk.co.uk](http://www.holotropicuk.co.uk) / [www.holotropic.com](http://www.holotropic.com)

MAPS (Multidisciplinary Association for Psychedelic Studies): [https://maps.org](https://maps.org)

**Kundalini specific information:** [http://kundalinicare.com](http://kundalinicare.com) / [http://www.kundaliniguide.com](http://www.kundaliniguide.com)

**Retreats and Safe Spaces:**

Safely Held Spaces: [https://www.safelyheldspaces.org](https://www.safelyheldspaces.org)

Wales, UK: [http://www.dolifor-centre.com](http://www.dolifor-centre.com) Email: retreats@innerlife.org.uk or telephone: 01597 810168

US: North Carolina; Centre for Spiritual Emergence: [http://www.centerforspiritualemergence.com](http://www.centerforspiritualemergence.com)

San Francisco; Gnosis Centre [http://www.gnosisretreatcenter.org](http://www.gnosisretreatcenter.org)

California; Esalen: [https://www.esalen.org](https://www.esalen.org)

LA; Pine Manor: [http://pinemanor.com](http://pinemanor.com)
Books:

*The Power of NOTEs*, Dr Nicole Gruel
*Mend the Gap*, Katie Mottram
*In Case of Spiritual Emergency*, Catherine G Lucas
*Farther Shores*, Yvonne Kason MD
*Breaking Down is Waking Up*, Dr Russell Razzaque
*Out of the Darkness: From Turmoil to Transformation*, Steve Taylor
*The Leap*, Steve Taylor
*Ask, Believe, Receive*, Abraham Hicks
*You can Heal Your Life*, Louise Hay
*A New Earth*, Eckhart Tolle
*A Return to Love*, Marianne Williamson
*The Call of Spiritual Emergency*, Emma Bragdon
*Spiritual Crisis: Varieties and perspectives of a transpersonal phenomenon*, Fransje de Waard
*Spiritual Emergency: When personal transformation becomes a crisis*, Stanislav Grof
*The kundalini guide*, Bonnie Greenwell
*The awakening guide*, Bonnie Greenwell
*The Stormy Search for the Self*, Stanislav Grof
*Psychosis and Spirituality; Consolidating the new Paradigm*, Isabel Clarke
*The Red Book*, Carl Jung
*Trials of the Visionary Mind; Spiritual Emergency and the Renewal Process*, John W. Perry
*The Far Side of madness*, John W. Perry
*What is Self? A study of the spiritual journey in terms of consciousness*, Bernadette Roberts
*Healing the Split; Integrating Spirit Into our understanding of the mentally ill*, John E Nelson
*Journey Through Transformation: A guide to mystical awakening, kundalini, emotional clearing and spiritual emergence*, Kaia Nightingale
*Spiritual Psychiatries*, Natalie Tobert
*Cultural Perspectives on Mental Wellbeing: Spiritual Interpretations of Symptoms in Medical Practice*, Natalie Tobert

*Unshrinking Psychosis, Understanding and Healing the Wounded Soul*, John Watkins

*Varieties of religious experience*, William James
*Rethinking Madness*, Paris Williams
*After the Ecstasy the Laundry*, Jack Kornfield
*Breaking Down is Waking Up*, Russell Razzaque
*Madness, mystery and the survival of God*, Isabel Clarke
*Psychosis and Spirituality*, Isabel Clarke
*Introduction to Religious and Spiritual Experiences*, Rankin
*The Hero’s Journey*, Joseph Campbell
*The Power of Now*, Eckhart Tolle
*Conversations with God*, Neale Donald Walsch
*The Celestine Prophecy*, James Redfield
*Developing Consciousness*, Nicholas Vesey
*Synchro-Destiny*, Deepak Chopra
Books continued;

*Divine Intervention*, Dawn Chrystal
*Seth Material*, Jane Roberts
*Untethered Soul*, Michael Singer
*Abraham Hicks Books*, Esther and Jerry Hicks
*The Transformative Power of Near-Death Experiences*, Dr Penny Sartori and Kelly Walsh
*The Unselfish Spirit* and *The Visionary Spirit*, Dr Mick Collins

Films:

*CRAZYWISE* documentary
*#Emerging Proud* film
*Healing Voices*
*The Secret*
*The Celestine Prophecy*

Podcasts / videos:

*Under the Skin*, Podcast by Russell Brand
*Waking up Bipolar*, Podcast by Chris Cole
*Teal Swan teachings*, YouTube
*Am I bipolar or waking up?* Sean Blackwell, YouTube series
Self Care Tips

ISEN’s Crisis Guide; Emerge Out of your Crisis

A crisis is different for everyone, but one thing is the same for all of us; when we are in crisis we can feel as though everything is falling apart.

To see your crisis as part of a ‘breakdown to breakthrough’ process can help to give a sense of hope.

This guide aims to give you some simple but vital tools that can help you to stay safe and manage your process to ‘emerge’ out of your crisis.

Having our experiences validated as ‘normal’, real, natural and meaningful can be one of the most important aspects of being able to heal and grow.

It’s vital that we are kind to ourselves during this time, and allow any emotions to surface and be expressed in a safe environment.

Having peer support from someone who has gone through similar experiences, and can listen without judgement, is really helpful. Go to the back page to find the resources that will be most helpful for you in your local area.

You are not alone! What you are going through is a normal part of a healing process. Don’t give up – there is light at the end of the tunnel even when you feel in complete darkness.

You are not crazy, you are becoming well and growing into wholeness, and that is a painful process.

Quick Tips

1. Allow your vulnerability – it’s a strength...allow your tears to fall and your heart to shine – it’s the best way we can connect as humans and feel less alone
2. Allow yourself to ‘turn up whole’ and trust that it’s all part of the process. This also means acknowledging that it’s okay to have ‘dark’ thoughts and uncomfortable emotions
3. Breathe - It’s normal to feel that you have no stability when you are going through such a process of immense change, but it will settle down and get easier to manage
4. Find a safe environment e.g. with a therapist or in a group, to help you work through trauma when it arises to be healed. Releasing your emotions; verbally, physically and in any other way necessary is vital
5. Focus on your self care - Getting physical exercise / being in nature / eating wholesome food and getting plenty of sleep is important. Initially, some prescribed medications may be necessary to help you manage your life
6. Avoid stimulants (alcohol / drugs / caffeine / processed foods, especially sugar)
7. Join a support group – this can be an online forum / it helps not to isolate yourself. Try to find at least one person you trust where you can openly talk about your experiences without fear of being judged
8. Reduce stress wherever possible; both at home and work
9. Reduce spiritual practices, as this can make your experience more intense
10. Listen to calming or uplifting music, and also listening to the sounds of nature can be helpful
11. Relationships - spend time with supportive people, and distance yourself from ones that feel stressful
12. Creative self-expression is helpful when you find talking difficult, e.g. drawing, painting, poetry, music, drumming, sculpture, singing
13. If you are already taking prescribed medication, it is not advisable to reduce or stop this without clinical guidance

**Food**

Remembering to eat really helps. You may find that at different stages of your process you might be drawn to, and need, different types of food.

The general consensus seems to be that heavier foods are useful for grounding, these include grains, root vegetables, pulses, dairy products and meat. Protein should be an important element in your diet although, at times, animal products may become difficult to digest; in this case, to switch to plant-related protein sources e.g. pulses or grain can be a better choice for your well-being.

Be aware that sweet foods and sugar can affect blood sugar levels, which can in turn destabilise your mood. Avoid stimulants such as caffeine, which is found in coffee, but also tea, fizzy drinks and in chocolate. Alcohol and fat-laden processed foods, with no nutritional content, can make you feel sluggish.

It’s important to eat fresh food any time you can, drink a lot, mainly water. Eat less, more often, is the healthiest way to manage your diet. However, fasting can intensify your experience.

Vitamins and minerals are vital for your balance, e.g. vitamins C, vitamin B, Iron and Calcium.

You may be able to tune into your physical well-being and listen to what your body is calling for rather than what your mind is saying you ‘should’ be eating. Our bodies have a wisdom of their own if we can learn to listen to it.
Sleep

Normal sleep patterns can be interrupted, which may be OK for a short time, especially if it’s possible to rest as and when it’s needed. However, prolonged loss of sleep can make your experience more difficult to cope with, so you could try some simple relaxation methods such as - taking a bubble bath, doing some relaxation breathing techniques, listening to guided meditations, using Lavender oil and drinking chamomile tea.

If you are feeling anxious or frightened, herbal remedies can help. If possible, ask a practitioner for advice on something to suit your needs. If herbs don’t help, consider seeking medical advice; taking a sleeping tablet for a few nights may help re-establish a normal sleep pattern.

Nature

Try to spend lots of time in nature.

It may sound simple or obvious but spending time in the natural environment can really help a great deal. For people experiencing psychological distress, focusing on the calmness of nature can give a sense of grounding and relief from the confusion happening in the mind.

Perhaps there is something in the following list that you can do –

• Do some gardening (or even offer to help in a neighbour’s garden) - plant some flowers in a window box or indoors; grow some veggies
• Go for a walk in the woods
• Get involved with a group that works out in nature or helps clean up the local environment. This can be a great way to meet other people and make friends too.
• Allow yourself to get dirty - Having fun and getting in touch with the earth can be healing.

Exercise

Some people find vigorous exercise like running, very helpful because of the increased amount of energy they are experiencing in their bodies. Others find gentle walking or yoga to be more what they need. Creative exercise e.g. Dancing, Drumming or even Hula-hooping can help to release some energy from your body. Let your body move in whatever ways feel natural to you...
Spiritual Practices

At the beginning of a crisis it’s advisable to stop or at least reduce any spiritual practices, e.g. meditation, to slow down your process; these can then be gradually re-introduced over time.

Stress

It’s very common to experience high levels of anxiety during these times. This can present as shallow breathing, palpitations, sweating, confusion or even panic attacks. There are some simple and effective self-help tools that can help you manage these, like a guided body scan, e.g. the Autogenic Technique. Remember also the basic tips on relaxation included in the sleep section, and the benefits gained from releasing emotions and talking openly to someone you trust.

Creativity and Self Expression

Many people find times of crisis to also be a time when their creative energies are active. Painting, drawing, craftwork; these can be used as a way of expressing experiences, releasing emotions and bringing a sense of focus. Enjoy the creation of whatever comes, rather than focusing on the final outcome; messy is good!

Dancing, movement, singing and playing music, can create an enormous release of energy. Even when having a bad day, listening to your favourite music and dancing around has an enormous power of positive refocusing. Turn the music up loud and let out those pent-up screams too; it can be very cathartic to release repressed emotions.

Simple things like writing stories, poetry, upcycling old furniture or clothing, changing your bedroom around, all help with creative expression.

Go slow - Small steps can have a big impact, especially when they lead to a growing sense of satisfaction and confidence.

Suicidal thoughts and Self Harm

Even though a crisis can be growth towards healing, there may be times when it is extremely dark, terrifying, and dangerous; it is common to experience having suicidal thoughts and thoughts of self-harm.

There are, however, a lot of things that can help manage this distress, more of which can be found on this link: https://www.metanoia.org/suicide/.
The fact is you are not alone — other people have felt deep and terrible pain and come through it - you can too.

1. Feeling suicidal does not have to mean giving up on life.

If you are feeling suicidal it may be that you are desperate for things to be different. Wanting this life to end doesn’t rule out the possibility of a new, better life beginning, but you may feel like that is beyond reach right now. Imagine what a better life might look like and see how it is possible to realise it if you stick around to find out what could happen. Turn some of that suicidal energy towards risking change in your life. Consider that it may be a behaviour pattern or life condition that you want to end. Ask yourself, “What inside me needs to die?”.

2. Feeling suicidal often leads to isolation

It’s vital that you find someone to talk with confidentially on a deep level, someone who is not going to judge or reject what you say. There is no need to feel ashamed of whatever you are feeling. Admitting our vulnerabilities can be terrifying, but once we open up it can bring a huge sense of relief. Sharing any plans with just one person can help to keep you safe.

Tips to keep yourself safe:

• Remember that your thoughts do not have to take charge; you can have them without acting on them
• If you are feeling like hurting yourself; wait, even if it’s for 5 mins, but just wait, and breathe... this may be hard but it’s likely the intensity will subside
• Call a person or group you can trust to open up to about how you feel
• Find a safe way to express any emotions that are surfacing
• Call a helpline