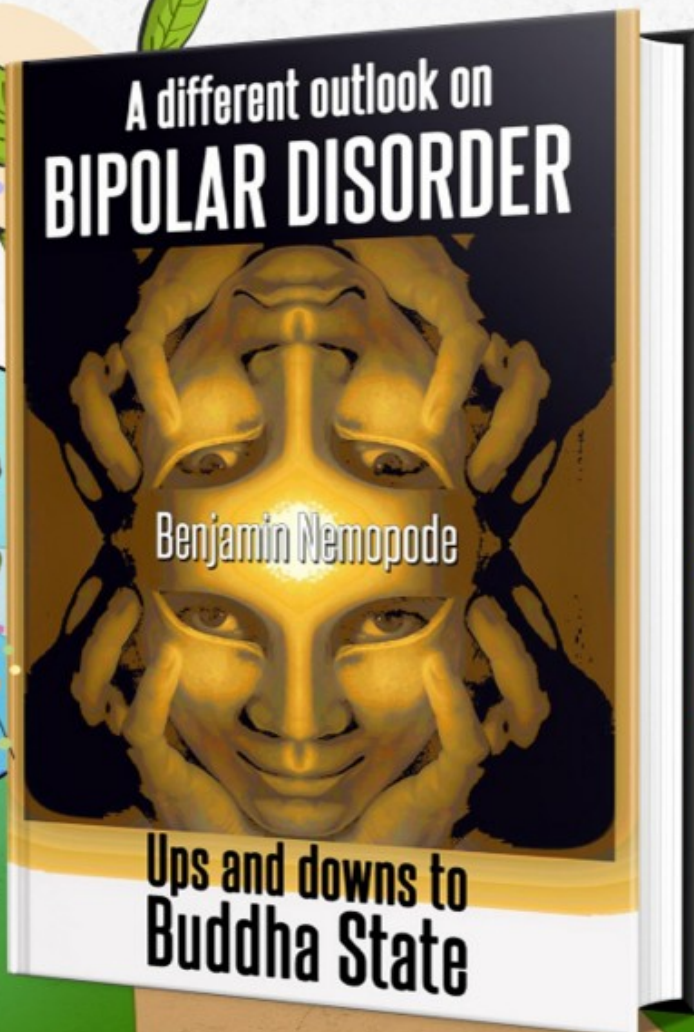


# I GOT HEALED FROM BIPOLAR DISORDER

THE SCIENCE OF THE SPIRIT IS AN ASPECT  
OF SPIRITUALITY, NOT PSYCHIATRY



**BENJAMIN NEMOPODE**

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# **I GOT HEALED FROM BIPOLAR DISORDER**

**Science of the Mind is an aspect of Spirituality, not  
Psychiatry.**

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## **Science of the Mind is an aspect of Spirituality, not psychiatry**

My case can be considered as more or less miraculous: **I got healed from bipolar disorder.**

I know from experience that this might come as a surprise, and that some people may even not believe it. This is one of the challenges of bipolar disorder; once doctors realize that they are unable to do anything about it, they declare, and even insist, that it cannot be cured.

They conclude that it is an incurable disease. It becomes a condition that one has to contend with for the rest of their lives, the only solace being medication (and the range is wide: mood stabilizers – usually lithium, neuroleptics, anxiolytics, antidepressants, antipsychotics, etc.). The best that one can hope for is a form of “stability” through medication, taken daily for the rest of one’s life. Doctors confuse the fact that they are unable to cure this disease with a belief that it is incurable. Their inability has become a paradigm... a science.

**It is absolute folly to turn failure into a science.**

At the same time, many cases of wrong diagnosis in reference to bipolar disorder have occurred. This is unfortunate, given that the combination of any drugs to be taken by a patient is directly linked to the diagnosis made. This is the general treatment process in medical practice.

The description of bipolar disorder is however very precise in the DSM, otherwise referred to as the “bible” of psychiatric illnesses. This is the reference manual for doctors, and as such this condition should never be confused with depression or any simple cyclothymic disorder.

When one suffers from type 1 bipolar disorder, as I did, you would in most cases experience at least one acute manic episode, as well as one or several melancholy phases (not depression). For Type 2 bipolar disorder, the patient will have experienced at least one melancholic episode, and sometimes one or several hypomanic episodes.

In my case, I unfortunately suffered three melancholy episodes, and as many acute manic episodes, in a span of around 15 years. Without any doubt my situation had all the indications of type 1 bipolar disorder. Proper diagnosis had been arrived at right from the onset, a few years following the first melancholy phase episode. Thereafter I had my first acute manic phase three years later. All the same, during my several stays either in a hospital or in a psychiatric clinic, I came across many patients who had been diagnosed with bipolar disorder (some of whom I am still in contact with), but who had never had any of these acute episodes. This is despite the fact that these episodes are the main indicators in the diagnosis of the condition. In reality, most of these patients suffered from a case of chronic or cyclical depression. They were not suffering from bipolar disorder at all.

Bipolar disorder is a condition where one experiences extreme mood swings.

These were really horrendous episodes in my life, believe you me. One melancholy phase is not just any simple incident, and I experienced 3 of them!

I suffered in addition 3 manic phases. I am tempted to add “fortunately”, since I probably would not have received my healing had I experienced only melancholy phases.

If you wish to learn and understand more about my journey to recovery, please read my autobiography, which gives a very detailed description of my situation:

This book describes a case of real success, and it will no doubt be useful to many. The English version is published under the title:

[\*\*A Different Outlook on Bipolar Disorder – Ups and Downs to Buddha State: There is no Shame in Aiming for Happiness\*\*](#)

Please also refer to readers’ commentaries on Amazon, where you will find proof of how the book has helped many patients and their families to better understand the condition, and also to have real hope.

**“Hope”**

**The main aim of this essay is essentially to discuss this very important word.**

Indeed, my case is enough proof that there is hope out there that people need to know about; I overcame it.

It is time to reject the notion that this is a hopeless situation, given that healing is out there.

You could take me for a living miracle. I, however, think that the popular belief of hopelessness that is spread around about bipolar disorder could unfortunately be responsible for the kind of life that the victims go through.

I believe that the reason most of the patients remain in the same condition is because their psychiatrists condition their minds to “accept” the illness, as well as “accept” that they will have to spend the rest of their lives under medication, with absolutely no hope of getting healed.

It is a perennial conditioning to accept failure, which makes them lose all hope of healing, whereas this is a necessary component in any form of treatment. All diseases, including physical ones, require hope and the will to be healed, if any measure of success is to be achieved.

**It nevertheless is a paradox that in cases of mental diseases, where the patient’s mentality is at the center of the whole situation, all hope is denied, and worse still, the opposite is emphasized.** This does not happen only to patients suffering from bipolar disorder, the same is found among those suffering from schizophrenia: “It will not be possible for you to get healed. You will need to accept to live with it, and also, ensure that you always take your medication”.

As patients, these are never “our” medicines... but theirs...- they prescribe them since they do not know what else to do to help the patients.

As earlier said, they consider these illnesses to be incurable as they are unable to cure them.

Making a “science” out of a situation that you have been unable to find answers to, and thus labeling it as impossible, is a dangerous route that should never be taken.

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