

YOU'RE NOT ALONE

A man with a grey beard and hair, wearing a dark jacket and jeans, sits on a rocky shore looking out at the ocean under a cloudy sky. The man is positioned in the lower half of the frame, looking towards the right. The background shows a rocky coastline with waves crashing against the rocks and a cloudy sky.

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You're Not Alone.

By Lemual-Jason MacDonald.

Blinded by Psychosis.

What's the point in life if you feel dead inside? Everyone you care about does not exist in the moment of your psychosis. People see you with a mental problem but the one that's going through it. Being awake does not mean that you are okay its just you are droning out to be acceptable to society. I believe that normal living is like sheep just waiting to be slaughtered at a later date.

Some people believe you should be alive but if there is no substance of why we should be alive then there is no purpose.

I'm sitting here not wanting to be here. My life is not to be here but to experience new unforeseen future on a different realm.

Five Seconds.

No one wants to read or understand what's written unless it captures in their head within the first five seconds. If you don't have anything in that time everything you read is with a closed mind.

Speaking Out Loud.

I was talking to someone or something in my sleep today, I told them that it was not their fault and it was just my time to say goodbye.

Solar Solitude.

Being in a place of existence, but with no matter. Existence is nothing without substance.

Letting Go.

People have an inbuilt emotion to not want to let go, it may be an item with sentimental value, it may be a thought of time gone by. Some even hold hate and some just deny the truth. In all of these cases the result is being stuck in the moment, of fear of changing. Its okay to remember, but that is in the past not the now. We have to move on with our head held high and understand what was, can never be the same.

Life is Life.

The objects put before us creates choices, choices give you independence, independence makes you accountable for your actions, your actions determine your future for the time. How you feel is what you reap from your creation, Life paths collide which gives you a connection, the connection becomes intimate and in most cases disappear with distance and lack of communication. The bond that's made between two people to create a child, makes the link of two families come together in blood. The art is to respect or tolerate each other, to be able to work together for the existence of our ancestors. After all we are all a walking manifestation of our ancestors. It's not about us, it's who we are carrying with us, So that's the past and the present.

Love & Hate.

Love and hate hold the same intense emotion with the feeling of love can expose you to sadness, happiness and even despair. You can love someone so much that it can come across as smothering and even controlling, it's not what you want to do, its just how the recipient perceives it. To love someone is to learn how to balance your emotion and understanding of what they need and vice versa.

Love a Stranger.

A stranger will learn to love you from what you have to share with them. They have no opinion until they understand what has been brought forward to them. They show companionship when the words and actions affect their inner soul.

Look before it's too late.

Why is it that when we are down and out that we fail to see the obvious things?

like;

“Choices”, “You choose to be happy or, sad”.

“Decision”, “You are what it is”.

“Confirmation”, “I am here now and that's why I feel the way I do”.

“Questions”, “Yes”/ “No”.

If your answer is “No” then you may need to seek mental health support. Because you “obviously” cannot move forward, and still hold old thoughts and feelings that prohibit you from any kind of well-being.

Seven Classic Cop-outs.

1) “It's too hard to think about right now”.

2) “It's easier said than done”.

3) “Easy for you to say”.

4) “I'm Okay”.

5) “It's their fault”.

6) “I love them”.

7) “I've got no time”.

“This is just seven classic cop-outs”, that can stop you from being happy. I wonder?, how many of you have used one of these in your life or, are still using them today,

“Life is what we make of it!”.

Know It.

“Stop thinking about the bad shit!” and fix what you can “fix!”, and move on from what you can’t fix. Don’t carry unnecessary baggage that hinders, your progress your growth and your existence.

Kill the word Try or Trying.

I hear a lot of people saying “I’ll try”, or “I’m trying” but all of them don’t understand that, they’re actually “Doing it not trying”. I mean if you do it for the first time and suck at it then, you keep doing it until you get it right!.

So “Try or Trying” is really an outsider’s description of what you are doing, and not to be used by you as an answer.

Be Open.

Let go of the “past”, hold on to the future and live in the “NOW!”.

1), Remembering what was done is good for you but that’s all it is, something to reflect on and learn from.

2), Holding on to your future gives you a belief that there is something greater than what’s happened or happening to you.

3), Living in the “NOW” is what you choose or decide to do to make your Life what you want right now.

We are all looking for the one common thing in life and that’s to be happy or have a great life.

It is possible to achieve this if we can remember not to let our emotions take control. Our choices we make with the actions we do determines what is going to happen good or bad.

And this tells me that many people act off emotions are actually not letting go of the past, we need to understand that it’s our choice that we make that gives us Life as we know it.

“Don’t let your past rule your future.....Let your future tell the story of your past!”.

I can only speak for myself.

The thoughts that go through my head and including the emotions mix and argue against each other, and because of that there is no room for common-sense and logic for instance, “everyone” that Loves/Cares for me all offer their ears and shoulders to cry on just disappear. And nothing else remains apart from emptiness pain and self-destruction.

The things that cause it is a combination of things that have been said and some cases done. It doesn't matter where you are, you are always controlled by your body and mind. A scent or a visual object can trigger a memory from past, recent or even something that's about to happen. Sometimes something is said that you hear with your brain and not your ears and you confirm it by answering out loud.

The hard part is understanding it all when it's being said all at once. It's funny how you think it's your voice you hear but, realize they all are different with each having a message of their own. “Question is” do you listen and react. I've listened and reacted from time to time, sometimes it's good or great. Then sometimes it's gotten me in trouble with the Law. In most cases I've been numb unable to tell someone that all I want is not to be imprisoned by my own body mind and emotions and free.

Emotionally stuck in suspension Don't get me wrong I love life and all its creation, I love to remember good times. Events and smells that hits hard in the heart its life's pain and ugliness that's makes it unbearable. The way I do my best to be ok is to shut it out what it is until I have enough strength to deal with it. Breathe and indulge in something positive. I am a man with a mental illness that I don't deny.

Growth.

Because of knowing these things there are steps to take;

“Ignore the stinking thinking”.

“Appreciate waking up”. “Love the first breathe I take”.

“Stop negative input from media and people”.

“Believe I can overcome anything”.

“Love myself”.

“Do my best to laugh a lot as laughing stimulates happiness”.

Acceptance.

Being able to understand why things happen also why it's been done.

To know that you gave it 100% of your understanding.

“Keep an open mind”.

Courageous .

Being courageous is not fighting the lion in the ring, It's being able to communicate and gain trust with the lion so it knows your all about how he feels and what his needs are.

Blind Trust.

Trust is often given without you really realizing it. We hop on a plane without asking how long or how many years they have been flying or on a bus and not asking how long they have been driving a bus for. We eat food without seeing the full process we just trust that it'll be just fine.

Why is it so important to stay alive?.

“The longer we live the more we know”.

“To respect the time of life and all its gifts”.

“To teach us how to overcome anything”.

“To learn all emotions good and bad”.

“To let others get to know you for who you are”.

“If you have children you can pass on your information from your own experiences and that’s the same for family and friends”.

Suicide.

Suicide is a selfish emotion meaning that all you can think about is resting whether by taking your own life or being away from everyone you care about. Thinking of others and how they feel becomes non-existent because of your blinding will to die. It is not the easy way out because making the choice to leave your life is final. It’s when you don’t succeed you feel useless and get depressed that you can’t even do that right. Several times I had done my best to take my life and even the medical profession couldn’t explain why I didn’t succeed.

Stress it puts on family and friends.

My family can’t understand why from time to time I want to take my life but they know it’s not because of them and that I have a illnesses that attacks my way of thinking and emotionally.

Family and friends want the best for me and each have their own reasons. I can see the frustration they go through but I can’t think of anything else to stop the feelings.

Brief insight.

I never coped with everything going through my head and/or controlled emotions when I was a kid of 7-8 years old. I'm 49 going 50 this year and in all that time I experienced different ways to cope, some good and some bad. I done different types of drugs from Doctors and off the street. The thing is my voices thoughts and emotions just consumed my brain and body.

I've been through rehab and even completed a 9 week course and stayed sober from everything for five and a half years, and never even took Panadol for my headaches and the thing I learned was it never stopped my illness. Doctors would proscribe me drugs that helped and then take them away so I'm stuck at square one.

Taking it all in.

Looking as I walk outside, I see the beauty of life s challenges to survive. Trees bushes flowers grass each compete, for the rays of sunlight so they can grow strong. Watching the animals gather tools for their existence. They live because that's all they need to know. The hardship of life for them is to gather and protect their babies from all sorts of dangers they have before them. They don't know what it's like to give up unless it's driven by us. Humans have to learn compassion also empathy and the love of life, we as humans learn from our friends and family all the good/bad and ugly the things we say or do. Relationships get caught up in personal individual thoughts that sometimes can't be resolved because of being blinded by their emotion and simply can't let go of what's wrong. Some say that the other person isn't listening but if you can explain and understand in yourself why you feel this way for yourself you can stop wasting energy and gain the relationship you want. What we loose is the happiness inside that causes relationship problems, so to know yourself and what you want you will not argue only grow with the memories you'll treasure.

Erratic sleep.

3:25am Woke up from a deep sleep my head is filled with the thoughts and emotions from the day before. Yesterday was a real low day around many people but yet the feelings of loneliness fear and mixed emotions of wanting to end what I'm going through. Voices and thoughts working together on what to do or walking in front of a passing car truck anything. The emptiness of being alone in a world of people watching life continue but for my reality imprisoned by my own head. The fear of planning my demise had me scared of action it, my emotions were doing its best to make me think that it was the right thing to do and at the same time stopping me because of wanting to be free from losing everyone I love. I go to sleep around 10-10:30pm thinking that I'll wake up at 7 or 8am but no my body and mind won't let me. The only thing I can do is write it down on paper. How is it you can be sitting with people and even talking to someone and yet still feel absolutely alone within yourself. My eyes and ears and brain tell me they're there but I lose their existence through the clutter of my emotions.

Silent rage and control.

When I was 15 going on 16, I had been admitted to Sunnyside Hospital for taking an overdose because I couldn't control my emotions. I would act out on my agitations and frustrations sitting outside, Banging my head against the brick wall. Just to feel the physical pain so it would override my inner pain. I couldn't handle the inner pain the feeling of emptiness loneliness an abs of silents yet with my brain filled with voices and visual sights of my mental state (Seeing visions) The staff had come outside to see what the thumping noises were, because of it sounding like stereo base thump thump thumping and the louder it got, me not realizing that it was upsetting some of the patients. I was just outside all a lone doing my best to kill the pain and clutter, I wasn't yelling screaming just clam banging my head. They asked me why I was doing that and I told them, that's when they told me about the noise was upsetting the other patients, they took me inside and came out with a little plastic cup and a cup of water and asked me to take it. I asked them what it was, and they said that it would calm me down. I took it and what seemed to be 15-20mins but was actually 6mins I felt peaceful no noise no voices no images just numb just the same way as you sit on a sunny day, with the wind and your eyes closed hearing the leaves sounding like the sound of waves coming and going, the only time I feel like that is when I think of death being dead being free. I suffered from nightmares as a child and couldn't control my dreams, because of it, I would dream about being in the bunker not wanting to stand just because you're an open target and lie down and wet myself and then wake up wet. I would cry because I couldn't control my dreams from reality dreams for me were so real that many nights I would wake up crying, it wasn't till later on in life I noticed I was dreaming and that I could change what ever in my sleep, "I did it" found freedom from nightmares and quickly learned I could use my dreams to help change my thoughts if I dreamed. Our energy or soul can travel further and faster than the body, so there's no limitation to where we can go to explore visit and change. I just haven't mastered it yet so its unknown

Silent rage and control.

Sometimes dreams couldn't be changed, and in most cases they were a message for me to decipher. Every time I felt inner pain I had to hit something to feel physical pain, more to stop the pain inside. I used to be full of rage an absolute take as many as you can before your last breath, and the feeling this makes me implode and taking it out on myself. Knowing I have love ones makes me realize how selfish I can be, sorry folks I have to face the harsh reality. What I realize is acting out or doing was helping me to be free just for a while.

But when it came to Hospital I would be calm, they would take my blood pressure and heart rate and they would find it high, then give me my med's and leave me to what I call zombied out. I didn't like that feeling of being out of control of my body anyway. The Hospital sent me to rehab thinking I had drug issue before my mental state, remember? I wrote it back a few pages. Rehab said that I have a mental issue before the addiction. But that was when I was in my late 20's.

Just as well I can't remember names back to Sunnyside there was a incidents where I was talking to a girl outside the window, she had asked me for a lighter and I had given her the lighter and she set herself on fire, I ran to tell the staff and we all ran through the laundry gathering wet towels running to hunt her down to put her out. 70% of her body was burned as I found out later in Hospital, I never thought why she was wet before I gave her the lighter. If I'm talking about you please understand I wouldn't have given you the lighter and that you are beautiful now as your beautiful painful soul.

All this time I was learning about how to deal with the clutter in mind and soul and yes addiction. Not because of the feeling of peace of mind but what it had taught me in knowing when it was too much to how much control you have with your life.

Silent rage and control.

Everything is made by a reaction. Magic and ugliness are all around us, you see it in a way of sight or sound interaction. A simple smile can be the trigger to someone having a good day, a hi how are you can stop someone from dying, a smell can give you a memory good or bad. Good magic bad magic what you surround your soul in is what you're going to get. That woman or man that gives you their ugly face after you smiled at them and said hi, could have changed them internally to stop their frown. The most magic is in our mind body and soul for this world anyway. My family and I haven't really spoken a lot since I left at 15, but that doesn't change the fact that I love them as I did when I was a kid unconditionally.

My friends who I surround myself with are just as much family as my own blood and the ones I talk to a lot and those that I don't talk much the feelings are still there. They are all part of my growth my control.

“What I want is not what I need, what I need is all around me I just can't see it from time to time”

The right balance.

Finding the right balance is hard to do. Through out my life, I had been searching the right kind of balance for my head and emotions. Doing my best to stop the voices and visions and noise off thoughts in my head. As a kid I found it through new things playing and talking about God because of being born spiritually in the Mormon Church but as I got older that to me at the time despaired and my mental state worsened. I started stealing because it took everything away for that moment, I used to hide in bushes and sit for hours not going to school because I couldn't handle what people "kids and teachers" would think when I was late for school. The ugly thoughts would hit hard and steer my emotions and thoughts towards inner pain and pain on others. At times it was a eye for eye sort of thing, you accuse me for stealing when I never done it I would do it because I'd been accused of it. I remember when I was 9 going on 10 my brother taking down the road to visit the neighbors, we were in the garage and it was full of smoke. We sat in there for a while while my brother was talking to the neighbors, the longer we sat there the more relaxed I got and the more my head had less noise and clutter. I knew that what they were doing was for teenagers and adults and I liked the smell and I liked what it done to me. It wasn't till I was in my young teens I got wasted and started to smoke cigarettes' and weed. As I was growing up I slept a lot and I was tired and so drained when it would hit me and then I'd have days where I didn't sleep which was fine as one of my siblings was up. I was born with a hearing disability leading to me having hearing aids around 7- 8 and I used to get in trouble a lot because I didn't hear right. I can't remember so much of my childhood memories, things that I have either blocked out or just don't remember. I knew at a young age what things calmed the voices and visions for me, it was only confirmed at a later age. Ask yourself, are the words that I'm about to say going to hold value and be positive in my life plus help others? Getting stoned or smashed wasn't what I needed to do, it's what I wanted to do growing up. It made me more sociable and more able to concentrate.

The right balance.

Being trialed on multiple medications throughout my life has given me an insight to what's working for me and what's not. I concentrate on the right balance each day that passes by and remember that, "No one is your worst enemy, apart from yourself!". What I've found is that with the medications that the Doctors use alongside weed, doing this enables me to use weed but only in small dosage. Now when I smoke weed it's not to get so wasted that I can't stay up and function, it's just enough to ease my mind and I only take the anti-psychotic when I really need it. I choose to not use my anti psychotic a lot because it makes me drowsy and sleepy after a while. I know that if I regularly take it that my tolerance would be higher but then it would not be as effective anymore. I've had to find the balance between the medications and weed and to find my purpose in life which is helping other people, friends and family also helping myself. People want good things to happen in their lives but forget that they have to give back in return. I want great things to happen in my life and I know I have to give back by, Learning, Dedication and Hard work but all these things are just the covered hardships that we impose on ourselves from the Majority thinking of the past teachings. The Hard thing is witnessing the past rule someone's future and even Harder is seeing someone fall back and stop in their tracks and give up. No Person should ever Stop Believing in themselves and should Always look at their Dreams they have hidden deep inside them. They should learn to embrace Life like "Breathing" You Need To Breath in order to survive.....

“Help each other to help ourselves” .

Finding Family.

I always had a hard time to find someone I could depend on and throughout my life, I've had people come and go but only a few that have shown me that they feel for me the same way. As we go through life we all have a want for a connection with people that we can bare our souls to and that we would consider a Brother or Sister.

Its strange but have you ever noticed that when we look for this its boarder-lined relationship meaning you want the same thing in a Wife/Girlfriend or Husband/Boyfriend except for the sexual side and this is what we would consider Family.

When you expose yourself to other people to find companionship you are vulnerable to attacks by the same people you gave your heart too but you must keep pushing to find the right people.

I've found that people you don't know are more likely to listen to you where some people you know already have an opinion on you for what they see now. Not for what you are wanting in life but Social Media has given us a outreach a light at the end of the tunnel.

I went on TikTok when I was going through giving up P (Crystal Meth) while detoxing, just because I was going through a blind psychosis and felt I needed to get what I'm going through out of my system.

I had started to make videos just for empty space but didn't realize that something beautiful was about to happen. People were growing to love my journey and throw love my way and then I met Jayson whose heart was bigger than mine. Jayson was streaming a live and the people that were on his live all had the same way of thinking. I met all his new family of friends and grew to love them too. There are three guardians of the group Annie and El Patron and Jayson and each one of these people have a heart that blankets the lands they share. Annie the beautiful funny and strong Latino Tia along side of El Patron the Canadian Knight and Jayson the reason and glue to the group. Everyone that is in the Familia are amazing and they have all have accepted me as Family and thus the beginning of La Familia Unida.

Existence.

How can we not exist if we exist? We exist because we are and we are eternal because we exist. I believe that all Men and Women are equal and at times Women should be held higher than Man when praise is necessary meaning that Man is the spark of existence of life and Women are the caretakers of its physical being. Only women hold that existence and can determine whether it continues on the physical manner or end it but not the spark of existence of that soul or energy created by man. Once we initiate life it is the beginning but no end. Existence is Eternal. This is the Man I am and the Man I have become.

Science is all about the physical nature and how our physical matter is formed in human beings and the universe but can't explain the so spiritual. But what we grow up with is pre-programmed survival instinct. And the knowledge we learn assists us to find answers to our questions so we can accept it. If we accept what we know but don't agree with the out come then we adjust it suite.

People ask "What would you change if you had the chance to go back in time?", And I have thought of it real hard and my answer is "Nothing!". I am what I am and what is is what is, to sacrifice a bit of time in ones past only destroys the future of what you have. Why or what purpose we are here are just questions to find a starting point to existence so our brain can fathom the idea to continue on.

Once we have combined the the two energies and started the chain-reaction of Life as a intelligent life form I believe that we continue into the different stages of Physical Spiritual and Sub-Plain existence eternally and that we will Live and Die continuously on each level of existence. The theory of Alien connection is because we were them at one stage as well as reincarnation or deja vu. "I do not" put down anyone and their belief and defiantly do not say that what I believe in is your truth.

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This Book is dedicated to My Family Friends & Workers for New Zealand Medical and Mental Health without you, I wouldn't be here. Thanks to Family & Friends also Mental health team and La Familia Unida that had read my manuscript and encouraged me to continue writing and all the People that read this.

"La Familia Unida" was founded by Jayson Spears and started on TikTok and we have collaborated to Unite All People around the world to bring their stories forward. A percentage of all proceedings will be put into a United Funding to help our cause.

[La Familia Unida - Tio & Tia \(@tiohbmerch\) | TikTok](#)

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My perspective from an insider's point of view of going through life with schizophrenia, bipolar and manic depression and multiple personality disorder my experiences throughout life from a young child to the present day. Learning to deal with my emotions visions and voices, all the while doing my best to stay alive and be normal fitting in society. I'm a 49yr old Man born in Hastings Memorial Hospital now residing in Oamaru New Zealand. I suffer from Mental illness that I have struggled with throughout life. I have six children and two grandchildren that I love dearly

