



**Abstract Nr:** 48  
**Internet ID:** 90

**Type of Presentation:** Oral Presentation

**The error of William Shakespeare; To be or to become....that's the question**

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**Learning Goal:**

To show the audience with a little help from physics and Gaussian mathematics that our personal will to be in full control of our own life has a nasty dark side which can end in psychotic behavior.

**Abstract Text:**

To realise complete recovery of my sensitivity to becoming psychotic i was able to apply my engineering skills in my search for a cure. I was through the skill of pattern recognition able to determine patterns by comparing the experience of being psychotic with the experience of not being psychotic. This way of self research happened during ten psychotic episodes over a period of twenty years. After a while i realised that the psychotic experience was from an engineering perspective was comparable with a common pattern in nature we call resonance rise. So to me the psychotic episode became some contextual form of self-resonance. After I was convinced that this was the case which seemed real to me i tried to Solve the puzzle by applying mathematics. This mathematical jigsaw seemed to fit some existing psychological theory. Just by understanding myself from a meta point of view I realised I was regaining my ability to self regulate my own psychology through being aware of my mood- information relationship in every situation. Avoiding a psychosis is avoiding a mood increase by avoiding the topic that is connected to the mood increase. I found out that I had discovered a way to understand myself and at the same time act as a complex adaptive system. Complex adaptive systems are all about positive or negative feedback. This way of self-understanding helped me in being able to completely cure myself from my sensitivity. My recovery stays stable for the last six years without any treatment. Just recently I discovered that the knowledge I used to cure myself was already researched by the late William T Powers who was also an engineer. From his research they developed Perceptual control theory(PCT). His research is being continued by Warren Mansel at the University of Manchester.



**ON THE HEALING POWER  
OF HUMAN RECONNECTION**