

## **Panic Attacks +**

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Very few people know that Mental Illness is the precursor to **Initiation** BUT even fewer know that there are some recognisable common factors which occur during this process.

One of these common factors is Panic Attacks and these are dealt with immediately following. Mention of the **other recurrent common factors**, which are denoted in the heading as "+", are dealt with after Panic Attacks are discussed. One of these other ("+") common recurrent factors is Irritable Bowel Syndrome although I called it Nervous Diarrhoea and the other is what is termed in psychology as the "death of an Old Self".

## **Panic Attacks**

With Panic Attacks I am referring to incidences where there seems to be no outside trigger for these Panic Attacks and the Panic Attack is that severe that complete immobilisation in the Recovery Position is the only option. These ultra-severe Panic Attacks seem to have a life of their own!

Typically these episodes accompany a Severe and Chronic MENTAL HEALTH PROBLEM (S&CMHP) and are present at the commencement of the very intense part of a S&CMHP and stop soon or at least several months or longer afterwards. As the Throat Chakra is being enlivened, the Throat Chakra being the most powerful of the Major Chakras, these Panic Attacks occur!

Mine lasted 20 minutes before they began to diminish but I'd estimate it took an hour from the commencement of my Panic Attacks before I was back to normal or somewhere near normal.

I've seen estimates for the length of them to ranging from **10 minutes**, through **20 minutes** to half an hour and even up to that **8 hours** in the case of this former elite sportsperson!

## **Irritable Bowel Syndrome**

My experience of it was excessive flatulence, frequent visits to the toilet and loose stools. My memory of it was that IBS this preceded the onset of the mental health problem and occurred soon after I had two operations to deal with an Abscessed Appendix. The first operation was to drain the abscess and the second operation, a period of several weeks later, was to remove the abscess.

You'll note mention of this Medical Problem in the excerpted passage following about **Ian Ewart's** experience with Mental Illness.

*In the 6<sup>th</sup> paragraph down from the emboldened heading and the following emboldened explanatory paragraph combination appears the following excerpt.*

7<sup>th</sup> paragraph after heading

**Ian Ewart, 37**, suffered a breakdown last year. He now sees work-related stress as the catalyst. 'Increasingly, I couldn't cope with the pressure. Twelve months to a year before the breakdown, I was having symptoms. I started getting tired, when before I wasn't, unable to deal with stresses that I used to. At that stage, it was a very physical thing that attacked my immune system. I got colds that lingered and lingered and **IBS (irritable bowel syndrome)**. I was always tired. Depressive tiredness is different - you can't cure it through sleep, so you wake up more tired than when you went to bed.

When the Mind is being upgraded the whole body, which houses this Mind, must be upgraded too. Again most Mental Health Therapists have missed a clue!

The following excerpted passage from Page 2 of **Diagnosing the Patient with Abdominal Pain and Altered Bowel Habits: Is It Irritable Bowel Syndrome?**

Anxiety, major depression, panic disorder, social phobia, somatization disorder, and dysthymia have been identified in more than 50 percent of patients with IBS.

## **"death of an Old Self"**

In the 16<sup>th</sup> paragraph down from the heading appears the following excerpt.

**Sarah** was treated by a psychiatrist. 'A friend contacted my parents when **I thought I was dying** and they took me away to see a psychiatrist who gave me anti-psychotic medication, which worked very quickly. It happened again, but in a slightly milder way, about a year later. I think it was when somebody was leaving me and I was also leaving a job, albeit voluntarily. The main symptom was that **I thought I was dying again**, dying of Aids, which wasn't totally irrational because I'd had a relationship with a bisexual man, but I'd had an Aids test which was negative. The fear might be rational, but what is irrational is the extent to which you feel it. I'd had an Aids test, so why was I still afraid? The last time I was properly delusional and thought I was dying was about eight years ago, when I was evicted from a flat - it's always at times of intense stress.'

**Sarah** was dying to an "Old Self" in a psychological context - I've experienced them myself!

To return to that former elite sportsperson who had that Panic Attack which lasted 8 hours, mentioned in the last paragraph of Page 1 of 3 of this **Panic Attacks +** dissertation, in the "**Got to get home**" passage of the article reporting his plight about 2/5ths of the way down this article, "**..... over his head, wondering if he should write a note to his family in case he died on the plane.**" - "the death of an Old Self"!

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