

## As themselves (believed and seen)

by Wendy Burton with Pascalle Burton

*and so, people underestimate you?*

yes.

I sat on a chair –  
I was determined to find my Guide  
I'd read a book on how to do it –  
so I'm sitting on a chair just really straight and still  
and then I felt my arms moving up—

*[raises arms and grimaces because she has  
bursitis in her right shoulder]*

seen and unseen

I closed my eyes and saw a pathway of  
cobblestones and an arched door. and I  
walked down the brick steps and went into a  
room and G – I didn't realise it was G at first  
– there was a man sitting with coat tails  
playing the piano. I decided this must be my  
Guide. and who do I know that plays a piano  
and is elegant enough to wear coat tails? Oh,  
of course, it's G!

believed and disbelieved

and throughout our time on earth, he's  
cropped up so many times. he's just done so  
many nice things for me.

they tend to think schizophrenia is hearing  
voices or seeing something on TV that's talking  
just to me and I've never had that. I never once  
had that. and they said, 'you'll get it because  
you're schizophrenic.' and I didn't, I only got  
Calling In, which is totally different to having  
people talking in my ear.

describe Calling In.

I feel their presence throughout my whole  
body and if they've got something sore or  
something, I'll feel that. and if they want to go  
to the toilet and I've already just been, I have  
to go again.

## seen and unseen

they don't know  
what mentally  
unwell or delusional  
actually looks like.

a hospital story:

I was in a ward and this girl had no clothes  
so I gave her my only dress  
and then not too long after she said to me,  
'I'm going to kill you, you deserve to be murdered'  
I went and hid in the lounge behind the chairs and went to sleep  
then I heard the nurses saying, 'she's got to be somewhere.'

## seen and unseen

haloperidol: the  
second it touched my  
body, I was stiff.  
absolutely stiff.

well I had 304 people in me and the doctors  
couldn't believe how far I'd counted them. I  
could speak to them. and then a whole lot of  
other ones came and they didn't belong and  
they weren't invited. so I made a really big  
brown paper bag. I was inside it and I closed  
it with staples. I could hear the other people  
in the ward and there was someone singing  
off-tune and there was a couple cracking  
jokes and I was safe because none of them  
could get in and it's not much of a story.

well I think it's a great  
story.

a hospital story:

this girl was having a shower  
she said, 'will you be my mother?'  
and I said, 'yes, I can be your mother'  
and she says, 'could you wash my back?'  
so I'm halfway through washing her back and the nurse came in  
and said, 'you get out of here! that's not the done thing!'

## believed and disbelieved

tardive dyskinesia: Dr  
D said, 'you're gonna  
have that all your life.'  
but I haven't, have I?

I had a little sentence I'd say to get rid of them. I'd say, 'are you invited? are you belonging?' and if they said, 'no', I'd say, 'go back from whence you came, never to return again. so be it.' and that worked.

a hospital story:

there was a really nice guy visiting his wife and she was really nice and he brought her a Dean Martin CD collection with forty songs on it. and they were sitting at a table listening to it. so me and my brown paper bag went and sat down under the table to listen and I was a bit snuggled up to her legs (she didn't mind). and I told H that I'd really like a Dean Martin CD—

I helped H get it  
but I didn't know that's  
why you wanted it.

I just remembered. I  
think I got that Dean  
Martin box set from  
Sanity.

*[they laugh]*

clozapine, which was so  
much better than

risperidone, which was so  
much better than

haloperidol.

and the things that I experience, though  
they might not be normal to other people,  
they actually bring me calm and peace, joy,  
play and humour.

seen to be believed

I used to suffer shame but I don't now. we've  
got beyond that.

yes.