Deep-Pression

Toggling Between the Worlds of
Mental Illness and Hyper Spirituality

written by staci sweet

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Deep-Pression™: Toggling Between the Worlds of Mental Illness and Hyper Spirituality

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This book is dedicated to my son, Christian.
You witnessed the initial stages of me walking into deep-pression®, experienced the catastrophic damages my behavior caused in your own life, and remained by my side as I walked out of the friendly darkness™ into God's marvelous light. Thank you for being the reason I *had* to make it through.

In memory of a young man (whom I never had the pleasure of meeting), if you only knew how important you were in life than you are in death.

Preface

Hyper spirituality, in the church, happens far more than most realize. That's because most do not understand spirituality or the twenty-three deep-pressive™ symptoms associated with hyper spirituality. And just know before we begin, if you display any symptom, it does not mean that you are hyper spiritual – you merely display symptoms. In which case, always remember, symptoms can be treated and God is both a healer and a deliverer.

Therefore, the objective of the book is to help you better understand (1) what is spirit (2) to clearly identify godly and devilish spirits (3) walk you through what it means to be spiritual while (4) clearly defining spirituality in Scripture in order to help you better understand (5) the progression of hyperspirituality, the origin of each deep-pressive symptom origin and their effects while also prayerfully (6) introducing or reintroducing you to the one true God, who is Spirit, so that (7) He can deliver you, your loved one, or your sheep from the hyper spiritual effects of Deep-Pression™.

It is highly encouraged that you get the *Companion Deep-Pression Workbook* which is designed to give you a hands-on understanding of what you are about to discover.

Please note I am *not* a spiritual expert nor am I well-versed in things pertaining to the spirit. In fact, I probably don't know what I don't know. I simply desire to give you language to spiritual things. To help you make sense of your spirituality so that you don't walk through the spiritual landmines that I had to walk through.

It has also taken me ten years to write this book because I struggled with the thought of sharing the good, the bad, the ugly and the psychotic about my experience with spiritual things simply because I was not taught nor did I learn until it was almost too late.

My prayer is that you begin to understand the reality of your spirit so that you can differentiate between that which is God and that which is not so that you and yours can avoid the ugliness of the spirit.

Please also note: *This book is filled with the Word of God. I mean chopped full of Scripture.* So much so, that there will be times when you will want to ignore or skim over the verses. While you are more than welcome to, just know that God is Spirit and Jesus is the Word. As such, everything about spirits, the spirit world and spirituality, can be found in the safety of His written Word (i.e., the Bible).

Who is This Book For

This book is the first in a series of works that serve as a resource for those who may have unknowingly strayed into the deep, dark recesses of the spirit world, in search of spirituality and need a way back into His marvelous light. Therefore, this book was written for It is for followers of Jesus Christ who desire a better understanding of spirituality.

For church leaders who may not have a working knowledge of how things of the spirit world works.

This book is for Christian psychologists, psychiatrists, therapists, counselors, clinical social workers, licensed clinical professional counselors, psychological examiners

and licensed psychological associates this book will help you better understand the symptoms associated with certain mental disorders while giving you a language to translate the condition spiritually.

If you are a spiritual babe, new to the church or want to learn more about spirituality – this book is for you.

This book was also written for those who have been clinically diagnosed with a mental (or severe mental) illness but were unaware of its origins.

It is for those who some describe as weird, spooky or so-heavenly-minded-you-are-no-earthly-good.

It is for the deep seekers and those thought to be deep.

It is for unbelievers who practice multiple disciplines in search of enlightenment.

It has taken me twenty-years to live and over a decade to escape.

My prayer is that my victory over this version of psychotic deep-pression becomes yours.

May these pages answer questions, bring solutions, Aha's, deliverance, freedom and rest from mental illness, financial instability, and emotional turmoil, all caused by harassing spirits.

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Beep-Pression

Toggling Between the Worlds of
Mental Illness and Hyper Spirituality

Sample Chapter

The Friendly Darkness

Many, regardless of religious affiliation or academic credentials, find themselves stuck in the in-between - a place where most find themselves trying to understand spirituality apart from God and getting to know the one, true God who is Spirit. Because it is the in-between place – a place where the natural world and spirit world collide, it is also what I refer to as the friendly darkness™.

The friendly darkness is a place where believers and unbelievers alike, inadvertently go to learn about spirituality, to have spiritual experiences, or worse, to control souls.

It is a place where entry is gained by practicing spiritual activities such as prayer, fasting, meditation, seeking the word of a prophet, medium or spiritual advisor - all while playing church and pretending to 'go in'.

It is a place where most toggle in-and-out of daily.

Much like you toggle between tabs on a device, you can also toggle in and out of the spirit world, unknowingly becoming subject to the spiritual laws that govern it, and thus, run the risk of experiencing the catastrophic effects toggling plays on the here-and-now and eternally.

But not to worry. What you do not understand about toggling and the spirit world today, prayerfully by the end of the book you will.

To give you a better understanding of how the spirit world works and so that you may better understand toggling, we will use a color spectrum.

A portion of the spirit world can best be described as the lighter (or friendlier) side of darkness. Throughout the book you will notice the terms being used interchangeably because there is a lighter or friendlier side of darkness. And yes, there is also a lighter or friendly side of evil.

And no wonder! For Satan himself transforms himself into an angel of light.

On one end of the color spectrum, you have lighter colors: white being the lightest. While on the opposite end of the spectrum, there is Vantablack – a super black color, if you will. Somewhere along the way, the darkest color collides with the lightest and thus, you have a subtle blend of light and darkness.

Hence, the lighter side of darkness.

The danger is that the lightest black fringes on the border of the darkest white, and this is where many find themselves spiritually – living within the comfortable margins of spiritual darkness while toggling in and out of sin in its many grayish hues.

Though most refuse to dabble in the 16 color variations of black which would be synonymous with outright sins (i.e., fornication, adultery, idolatry, rape, theft, extortion, murder, sorcery, etc.), many will indulge in the 136 shades of gray (i.e., supremacy, hatred, selfish ambition, jealousy, pride, gluttony, drunkenness, etc.).

But that's not what the book is about.

The purpose of the book is to teach you what is spirit, and how to avoid being trapped within the comfy confines of gray, found within the friendly darkness™ among those who suffer from Deep-Pression™.

My goal is to help you understand spirituality and to identify the characteristics of a deep-pressioner™ while, and how one becomes deep-pressed™.

What is a Deep-Pressioner?

A deep-pressioner is quite simply someone who suffers from deep-pression (i.e. hyperspirituality). Someone trapped within the friendly darkness. The way they became trapped might surprise you.

Typically, they become trapped in an attempt to live a consecrated life. Because he or she is a person of high moral character, standards and values and is thought to have advanced religious and/or spiritual knowledge. They may have a deep understanding of certain Scriptures but because they could not rightly divide the word of truth, they fell into error.

They knew enough to wade out into the Epipelagic zone of the written Word of God which is where most marine life (or

Christians) live. But somehow they saw just enough to venture past the Mesopelagic Zone and into the Bathypelagic Zone where the waters are completely dark without the help of the Holy Spirit.

Surely, you know someone who fits this description.

In fact, it maybe you.

The problem is that while you embody those characteristics, you probably never set out to become some *deep*, revelatory expositor who **'***speaks with the tongues of men and of angels'*; who *'prophecies, and understands all mysteries and [has] all knowledge'*; one who *'has all faith, so that [you could] remove mountains'* through prayerful intercession. Nor was it ever your intent to be seen *'by many [as the one who always [supports] the poor.'*

Yet these are the qualities many associate with sainthood and those thought to be deep.

Again, it was never your intent; at least it was never mine.

So how did I become a deep saint?

The same way Eve did.

Eve's Deep Desire

Genesis 2:1-6 gives us a glimpse at how Eve's desire began. It reads,

> **Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, "Has God**

indeed said, 'You shall not eat of every tree of the garden'?" And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.' " Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate."

Other than the obvious, why would the serpent ask Eve about this particular tree? Why did he not inquire about the other 8,700+ tree species? [1] Or better yet, as someone whose diet consists of birds, bugs, and rodents, why not ask about the '900,000 different kinds of living insects' [2] that were on the earth or the 2 million animal species [3] that she and her husband oversaw? Why was he so interested in this particular tree?

On the surface it would appear as if this were a casual conversation. But the reality is that the serpent was diving *deep* into what mattered most to Eve, and what mattered most, was her relationship with God.

You see, when the serpent said, **"For God knows that in the day you eat of [the tree of the knowledge of good and evil that] your eyes will be opened, and you will be like God"***,* it is my belief that Eve possibly interpreted that to mean that if she ate of the fruit, *the fruit* would cause her to become more like God. And because she wanted to be more like God, she ate of the tree and immediately began to

receive knowledge of good and evil. So, what's wrong with that?

Well, the word *knowledge,* as it's used here, is defined as '*cunning*' which means Eve was now seeing and gaining more insight into how to be cunning, dexterous, and subtle, of which, prior to their encounter, she knew nothing about. Interestingly enough, when the Bible introduces the serpent in Genesis 3:1, it describes him as being, *'…more subtle than any beast of the field.'*

Subtle, as it's used here, is defined as, '*difficult to understand, obscure, having the keen insight and ability to penetrate deeply and thoroughly*.' [4] In other words, the serpent had a keen ability to ask *deep*, penetrating, and thought-provoking questions which went something like…

> **"Has God indeed said, 'You shall not eat of every tree of the garden'?" [To which Eve replied],…"We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.'" ….the serpent [then responds]…"You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."**

That subtle question and obscure explanation led Eve to become increasingly intrigued with the tree of the knowledge of good and evil which ultimately led her to defy God and partake of its fruit. Thus, immediately resulting in her becoming more like the serpent, as opposed to becoming more like God.
But how did this happen?

Simply put, Eve went in search of knowledge – apart from God. Knowledge that God had already preordained should not be known. Hence, His explicit command to Adam in Genesis 2:16,17 which states,

> **…"Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."**

Therefore, Eve went in search of knowledge.

She went.

She sought knowledge from someone other than God.

That someone was the serpent who convinced her that the knowledge on that tree would do something other than what God had said. Thus, Eve took it upon herself *to help herself* by going in search of forbidden knowledge.

What she did is similar to the self-help methods we see today.

In Search of Helping Oneself

Self-help is "the use of one's own efforts and resources to achieve knowledge.' [5] For the sake of our study, we'll include the word spiritual. Thus, the definition could now read,

The use of one's own efforts and resources to obtain spiritual knowledge.

This is evidenced when someone goes in search of their purpose, a sense of belonging, personal development, a desire for change, or simply, emotional wellbeing. That same search can also lead to ways, practices, rituals or spiritual exercises, activities and methods, most of which have nothing to do with God and can be done apart from God or can be done with someone other than whom God ordained. That someone being a medium, spiritist, witch, psychic, shaman, guru, false prophet, false teacher, spiritual healer, spiritual adviser or astrologer, to name a few.

Thankfully, God has determined that His people should get their spiritual knowledge from His Word, by way of His Holy Spirit.

> **But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.**

Eve received unsolicited spiritual advice from someone other than whom God had ordained in a manner not prescribed by God. Today it would be the equivalent of her seeking the advice of an untrained professional (i.e., the serpent) who recommended she seek knowledge outside of God that when applied, would make her more like her advisor. Unbeknownst, this self-help technique did not result in Eve becoming more like her Creator, instead it led to spiritual death.

"…for in the day that [she and Adam ate] **of the fruit**, [both she and her husband died spiritually]**."**
Author emphasis

Died spiritually as in she and her husband would be disconnected from the spiritual life force of the Most High God.

Spiritual death as in she began to take on the nature and characteristics of the serpent. Instead of becoming more like God, she became subtle, sensual, and sophisticated.

Subtle in that she began to understand evil.

Sensual in the sense that both she and her husband were acutely aware of their nakedness, and both were now sophisticated enough to design fig suits in an attempt to hide themselves from the presence of God.

> **6 So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. 7 Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings. 8 And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.**

Had she remained under the mandate God had given to Adam, we all would be living in Edenlike conditions today. But this is how deep-pression begins.

It begins by going in search of both good and evil *spiritual* knowledge – apart from God, His Word, His Holy Spirit and/or

without faith-based, Holy Spirit led Pastoral and/or ministerial oversight.

Later we'll discover other ways.

Eve, unfortunately, found out the hard way that just because the knowledge she obtained was good, did not mean it was from God. Eve's desire to be more like God was commendable. Nonetheless, to go about it in such a way that was forbidden is what led her to live within the comfy confines of the friendly darkness toggling in and out of sin, in its many grayish hues.

But she didn't start off that way.

No one does.

Eve's venture into the friendly darkness began with a question which led her to become increasingly curious about how good knowledge could help her to become more like God. Up until that point, Eve knew nothing about the concept of good or evil. She only knew God. And though it is easy to associate goodness with God, up until that point, God had not taught them the difference. Therefore, *goodness apart from God is just good.* Yet her desirous curiosity to obtain any spiritual knowledge - apart from Him - is what led both she and her husband to feed their spirits on the wrong type of knowledge simply because they chose the self-help route.

A path apart from God in a way that God never intended, and because they chose to help themselves, their *spirituality turned into carnality.*

**[6] For to be carnally minded is death,
but to be spiritually minded is life and peace.
[7] Because the carnal mind is enmity against
God; for it is not subject to the law of God,
nor indeed can be. [8] So then, those who
are in the flesh cannot please God.**

To be carnally minded is be focused on the flesh and/or body. When Adam and Eve ate of the fruit, they began to rely on natural fruit to give them knowledge as opposed to the Spirit of God. It bears repeating that this all began with a simple desire to get closer to and become more like God. Mine did too.

In my quest to learn more about God, apart from the leadership of God, I too fell into Deep-Pression. And like Eve, I too got kicked out of the garden of a thriving career, adequate housing, reliable transportation, healthy relationships, and a promising future. My deep desire for subtle knowledge drove me to the depths of depression and literally led me to death's door on multiple occasions.

I share my story which includes the good, the bad, the ugly and the psychotic because there are many of you who absolutely love God; whose heart's desire is to learn as much about Him as humanly possible.

And for this you too are to be commended!!!

Nevertheless, you still should be mindful when it comes to having a desire for spiritual knowledge because it can lead you on a deep desirous quest apart from God.

Such knowledge has led countless lovers of God to either;

- Become hyper spiritual
- Display anti-social/isolated behavior(s)
- Become financially incompetent
- Become mentally ill
- Participating in occultic activities
- Become radicalized
- Display criminal behavior(s) resulting in criminal acts, and may have even led some…
- To commit suicide, or worse…
- To an early death

All of which can occur in the friendly darkness – the place where some go to try to understand spirituality while practicing spiritual disciplines that lead to a subconscious servitude to multiple gods.

The friendly darkness is a spiritual place where both light and darkness collide in an array of seemingly harmless ways, all of which supposedly leading to a path to God.

It's a place where male and females, kids, teens, adults, even Masters of Divinity and Doctors of Theology get stuck in the Abyssopelagic Zone where you experience near-freezing conditions under extreme pressure all while toggling in and out of spiritual realms they never knew existed. Thereby becoming clinically depressed, or worse, spiritually deep-pressed.

In the next few chapters, you will get a bird's eye view into what led to my Deep-Pression while learning more about how the symptoms manifested. Because this is such a sensitive subject, let's come into agreement and pray, shall we?

Prayer

Pray this with me

Heavenly Father, when I read this, I see myself (or someone I love). Lord, I thought I was getting closer to You, but I think I may have gone too far. It feels as if I'm drowning in dark knowledge and gaining a deep understanding of evil when I only set out to know more about You. I think I may have gotten out of Your will. Lord, I only want knowledge of You that I am spiritually ready for. Help me to catch my breath and breathe light, life, and the correction of Your Holy Spirit into me, so that I can be all You created me to be and not some deep saint. In Jesus' name.

"as we have received mercy, we faint not; But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God. [3] But if our gospel be hid, it is hid to them that are lost: [4] In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them."

Scripture References: 2 Corinthians 11:14; 1 Corinthians 13:1-3; Genesis 2:1-6; Genesis 3:6-8; Matthew 11:29; Romans 8:6-8; 2 Corinthians 4:1-4

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Empower your church, ministry, Bible study, support group, or outreach organization with a resource that addresses depression, religious psychosis, hyperspirituality, and the journey toward lasting freedom. *Deep-Pression* combines biblical truth, personal testimony, and practical insight to help God's children move beyond deepness, spookiness and psychological darkness into hope, healing, and wholeness.

Whether you're leading a Bible study, teaching a midweek service, hosting a conference, supporting individuals struggling with mental illness, or equipping believers to develop a healthier understanding of faith and mental wellness, *Deep-Pression* provides faith-based encouragement for meaningful transformation and spiritual growth.

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