

## An autoethnography in poetry of experiences of epilepsy

In this autoethnography, I will be sharing poetry and imagery that invites others into my embodied experience of epilepsy. The poems I will share have been written over the last four years, whilst I have been researching my PhD into spiritual experiences in epilepsy. A large part of my research has been inter-relational, presenting autoethnographic material about ecstatic experiences in epilepsy to a wider international audience. The poems include a reflection of others' responses to the material, to autoethnography, and to the idea that exceptional human experiences are real and not hallucinations. Through my poetry, I problematize the neuropsychiatric perspective of ecstatic experiences in epilepsy. The medical model sees these experiences with a diagnostic and materialist lens. This model traditionally regards such ecstatic, mystical experiences in epilepsy as symptoms of the condition to be medicalised and medicated away. I explore and highlight themes of illness, shame, stigma and transformation.