


Volume 19, Issue 4

December 2014



Survivorship  
JOURNAL

For survivors of ritual abuse, mind control and torture, and pro-survivors



WINTER

## *Self-care as you read: Managing Triggers*

Because of the nature of extreme abuse, any or all of the material in the Journal may be upsetting or triggering for survivors. It helps to know this in advance and to prepare your self.

*Here are some suggestions:*

- Make yourself comfortable. Have things close by that you might need—tissues, pen and paper, art materials, food and drink, favourite toys, an object that is symbolic of healing—anything that helps you to feel secure, phone numbers of support people
- If you get upset, write about or draw your feelings
- Acknowledge your courage. Know you are choosing to read in order to further your healing
- Keep in mind that you can read at your own pace and stop at any time
- If something you read activates a specific memory or a flashback of emotions, write it down. Making sense of it can happen in your own time
- As yourself: “If I knew a child who experienced what I am remembering or feeling, what would she or he need to feel comforted?” Provide yourself with as much comfort and gentleness as you can

### *Statement of Mission and Tolerance*

The Survivorship Journal is a medium for open discussion and voicing of ideas. We encourage a variety of perspectives, viewpoints, and expressive forms in approaching the topic of extreme abuse, including ritual abuse, which we define as the abuse of children and non-consenting adults in the name of an ideology or belief system. Any system of belief can be used to justify abuse. We are committed to fighting abuse, not ideologies. We welcome and embrace men and women who are committed to ending abuse, regardless of race, religion, political party, or sexual orientation. For survivors, no matter what religion, political party, or social movement was used to rationalize the crimes committed against you, you have a place on the ship. No matter what psychological, social, or spiritual path you are following to reclaim your life, Survivorship celebrates your healing.

### *Please Note*

Listing of resources does not necessarily constitute our endorsement of them. They are for educational value only and some may be heavy for survivors to read. Some of the writings enclosed may not necessarily be safe for all survivors. See the info above on Managing Triggers. Survivorship recommends you take breaks as needed and have a support person nearby or on call.



### From the Desk of the Editor

With winter holidays just around the corner, we know all too well the dangers and loneliness that come with this time of year. It's too easy to hide ourselves away with our pain, not trusting the world and turning away from friends because of the depth of despair we feel we are in. My hopes for you this year are that you take a chance: a chance to join the message board, a chance to chat with another survivor online, a chance to share a little more of your story with others, a chance to become your authentic self and to stand up for all you believe in. I encourage you to shout from the rafters that you will not allow abuse to occur anymore and that you are more than your abuse. Throw off the shackles of the past and allow your new self to grow into a shining example of all you can become. I encourage you to take this time to grow and flourish and begin to reach out and help others. You deserve to become all you are meant to be!!



Shamai Currim

Letters to the Editor are not only welcomed, they are encouraged!! -and yes, we're still looking for an editor!

Email: [editor@survivorship.org](mailto:editor@survivorship.org)

**SURVIVORSHIP  
RITUAL ABUSE AND CHILD ABUSE CONFERENCE 2015  
SUPPORT ALONG THE PATH**

**May 16 – 17, 2015**

**at the Executive Inn & Suite – 1755 Embaracadero – Oakland, CA 94606.**



**Dr. Alison Miller will be our keynote speaker for the 2015 conference.  
For those interested in registering for the conference, please  
write: [conference2015reg@survivorship.org](mailto:conference2015reg@survivorship.org)**

For information about co-sponsoring our conference, please  
write [conference2015cosp@survivorship.org](mailto:conference2015cosp@survivorship.org)

For information about speaking at our conference, please  
write [conference2015speakers@survivorship.org](mailto:conference2015speakers@survivorship.org)

For information about getting a table at our conference, please  
write [conference2015tables@survivorship.org](mailto:conference2015tables@survivorship.org)

For information about volunteering to help our conference, please  
write [conference2015volunteer@survivorship.org](mailto:conference2015volunteer@survivorship.org)

**More information will be available soon.**

<https://survivorship.org/survivorship-ritual-abuse-and-child-abuse-2015-conference/>

## ENCOUNTER IN PARIS

by Somaya Ahmed-Arab

Everything is passing! Maybe he will too! I met Paul on the subway! It was instant and even more strikingly natural. I heard him say one word in English—I smiled. I was so home sick from the States and from my disastrous love story still that I immediately answered him. Usually I would not. He was in fact from Quebec. He first struck me as an even balanced individual, soft-spoken with slow gentle manners. His walk was classy and elegant which caught my attention for someone so young. He was 29—my age. We bonded immediately! We decided to meet the next day at 11:30 AM.

The next day he was waiting already! It was incredibly easy to be with him. His gentle manners were a delight, a little bit over 6 feet, he resembled my brothers, dark hair, a lot taller. His quiet ways were full of charms. I especially loved his walking gait—what was aloofness, confidence or just pure class...he made me think of runway models. At least that was what he made me think of.

He was leaving Paris the next day! He kept reminding me, as if I did not know already. I was jaded with the 'in love' feeling.

He asked careful questions—another key point we have in common. We both have been married.

We went everywhere. I had never visited Paris. We went to the Sacré Coeur, Le Pere Lachaise cemetery and St Michel. I doubt passer byes would have been able to tell we had just met, even more so when we had to part. We hugged each other. He kept me in his arms for 5-8 seconds. I felt safe and calmed. There was a sensuousness about it. I felt watched by everyone.

I jumped on the train. He quickly turned around to wave at me. It felt as if I was supposed to meet him the next day-his way-his expressions, as if it did not seem permanent, but it was. When I went home-it was almost 10 PM. I was exhausted. Perhaps he would call me the next day...and he did. I was touched. He seemed like a consistent man and I like consistency in someone.

We agreed to never lose touch. And we never did to this day..



Everything is passing  
Maybe you will be too  
An Omen full of blessings  
Visiting Paris with you  
Everything was pressing  
And melancholy grew  
As our watches were killing  
Each hours and second with you  
Everything is changing  
Will my memory too?  
If time is ever busy playing  
I will stop it—won't you?  
Everything was charming  
The world is not like you  
Neither kind nor fun-loving  
Few people are so true  
Everything is destining  
My encounter with you  
As Grace and I were intertwining  
Walking in that Church and you?  
Everything is dying  
Two days quickly went through  
Paris won't ever be leaving..  
For us two to renew...

Sometime everlasting  
A friend oh so new!  
Can be wonderfully growing  
If one only stay true  
When such story is ending  
Leaving one sometime blue  
In me forever and ever breathing  
For my Soul has caught you.

The End





By Jasmine

# HEALING

by: Lily

My shame, looks like a whore.

Masochistic – tethered to a metal door

I must never leave... they say... I want more

Nympho, salacious, hungering... f o r e v e r

Secret panic – truth or lies

One never knows within the mirrored halls of perdition

The ECHOS persecute, penetrate, blind the mind

A stillness comes

Violet-ly with quiet pink and pale red tones to rescue the petrified heart

Capitulate to the still calm – reconciliation comes to her heart and mine

Freedom the healing place in my green heart with golden pink love

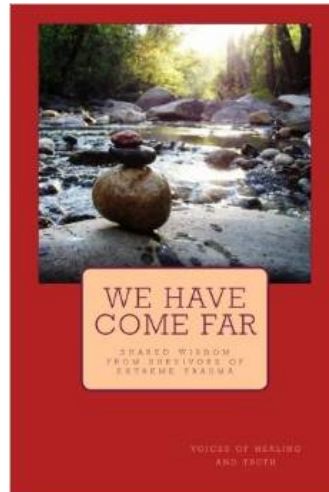
Angel music fecundity joy transcendence

Understanding wisdom release, release, release





## BOOK REVIEW



*Ani Rose Whaleswan, Editor*

*Review by Jean Riseman*

<http://www.isurvive.org/1181/book-review-we-have-come-far/>

<http://ritualabuse.wordpress.com/2014/06/20/book-review-we-have-come-far/>

As far as I know, this is the only anthology of writing about healing by survivors and only the second anthology of survivor writings, period. The first one came out in 1995. Can you imagine! There had been nothing for almost twenty years and then somebody saw the need, responded to it, and invited others to respond to it. Hooray!

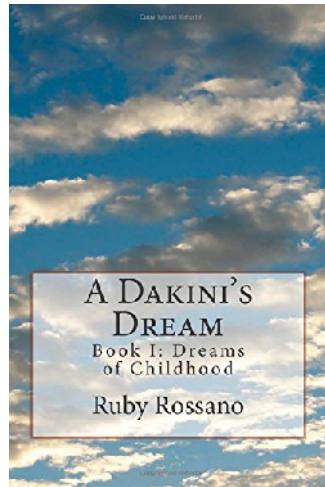
Ani Rose sees the book as a collective endeavor and honors each person's point of view and voice. She doesn't footnote, explain, or change wording, she just lets each person's wisdom shine in words that come straight from the heart. Although the stories and poems and styles are very different, all twenty-one chapters have truth, hope, and courage in common. Each is inspiring.

You may recognize some of the names: among them are Wanda Karriker, Lynn Schirmer, Alikina, Janet Thomas, Ani Rose Whaleswan and Jean Riseman. Others will be new to you. You will find that they have every bit as much to say as the more well-known authors. Many of the entries are full of ideas I never thought of. Many are intensely spiritual and brought me to the verge of tears. All of them touched me deeply and will stay with me for a long, long time.

To purchase a copy

[http://www.amazon.com/gp/product/0692213252/ref=as\\_li\\_qf\\_sp\\_asin\\_il\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0692213252&linkCode=as2&tag=isurviveorg-20&linkId=ADIYPQDOFIQKAM4D](http://www.amazon.com/gp/product/0692213252/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0692213252&linkCode=as2&tag=isurviveorg-20&linkId=ADIYPQDOFIQKAM4D)

## BOOK REVIEW



*Review by Jean Riseman*

<http://ritualabuse.wordpress.com/2014/07/10/book-review-a-dakinis-dream-book-1-dreams-of-childhood/>

You probably wouldn't guess from the title that this is a book about incest and ritual abuse in an Italian-American family. But it is. It's also the first of three books about the author's spiritual growth. (Dakini has had many meanings over the years in both Hinduism and Buddhism. In Tibetan Buddhism, Ruby's practice, a Dakini is a wise female spirit whose energy moves through the sky.)

Most books that include incest and/or ritual abuse start with the emergence of memories and work backward in time, describing flashbacks of the abuse, and forward through increasing understanding, escape, and healing. This one is different: it is written chronologically and shows a steady stream of teachers and friends as well as the steady progression of abuse through the years. This gives it a groundedness that many books lack.

I was struck by how spirited Ruby was as a child, how connected she was to people even when she felt completely alone and unacceptable. That spirit kept her alive and fighting, enabled her to sue her father (and win!) and will stay with her through the next parts of her journey through life.

To purchase a copy

[http://www.amazon.com/Dakinis-Dream-Book-Dreams-Childhood/dp/1497563577/ref=sr\\_1\\_10?s=books&ie=UTF8&qid=1404175997&sr=1-10&keywords=dakinihttp://](http://www.amazon.com/Dakinis-Dream-Book-Dreams-Childhood/dp/1497563577/ref=sr_1_10?s=books&ie=UTF8&qid=1404175997&sr=1-10&keywords=dakinihttp://)



STOP by Team Lou

## GETTING TO EVERYONE

By Kendra Callan

In the twenty-five years since I've been healing from Satanic Ritual Abuse, the besetting question of my recovery has been this: How do I get to more of my inner people? How can I ease the pain of as many of me as possible?

These are questions of love, and it is indeed, love and compassion that drive my search. So as I sat, recently, in the workshops of an RA conference, listening to excellent information about the precise work of taking apart memories, programming, and self-conflict. I thought, with the same sense of defeat I often feel when I read and listen to this approach, Christ, I'd need at least 200 more years to take apart what happened to me.

At lunch, I talked to a therapist who described bundling memories, or working with similar personalities at once, and I've done this, and understand the concepts. But what I want to talk about is wholeness. How do we get to everyone?

I want to start by copping to a central truth: I hate therapy and therapists. I hate pathologizing and us/them thinking. I hate the glorification of psychology and the assumption that therapists know what is right for their clients. I have had terribly therapies with very broken people who hit on me, fell asleep in sessions, wrote me love letters, openly fantasized about going on Dr. Phil or Oprah, and tried to save me. This may sound like awful luck. This may sound like the kind of experience that leads to a strongly biased perspective. It may indeed be those things, but the outcome, for me, besides a deep and abiding resentment, was to turn inward, to try to find, within myself, a strength and skill and spirituality equal to the task of finding a life.

It led me to bodywork and Somatic Experiencing, to meditation and 12 step programs, to yoga and to theatre, and, over and over again, to the wisdom of my inner people, especially the most wounded, who want to heal so badly. I did therapy almost the whole time, by the way, not that it was terribly enjoyable, and therapy wasn't the center of my healing, my inner people were. Listening to them led me.

Late in the game, enter Dick Schwartz, and to my surprise, a healing modality that mirrored much of what I had found on my own by listening to my inner people. I did a workshop at Kripalu on Internal Family Systems Therapy, learned to facilitate, and participated in a demo. The parts work of IFS is multiple parts work, and what IFS offers is a world view in which the strength of the client is the foundation of the work. It's called Self, as in big S self, from Hinduism. The Self that is unwounded, that is connected to the divine (or light, if you prefer, and I do—Self is not my word, but I will use it here). The Self that cannot be destroyed, that remains curious, creative and compassionate, that is capable of connection and presence. In IFS, parts are healed by work with Self. Even contact with Self, even relating to Self, lessens their burdens. There's a whole language, belief system, and ritual for healing in IFS(called

unburdening) that may or may not be useful, but the idea that a connection to one's own wholeness is the guide for therapy allows for a deep sense of empowerment.

So there's wholeness. The question remains, however. How do I get this experience to as many inner people as possible? In Buddhist psychology, the answer is practice. The practice of meditation, over time, changes the mind. I learned by practicing Somatic Experiencing with a body worker that regular de-escalation of my nervous system led to more joy in my life, more acceptance of my burdens, and more peace among and with my inner people, more ease and harmony in my relationships. It wasn't my first practice, and it was profound. It was dependent on another person, and if a practice is to be life long, as I wanted it to be, I had to find a way to do it with myself. I kept looking. I found meditation and authentic movement deepened what I was doing with yoga and acting training. For the last few years I've been consolidating these practices.

The practices don't replace parts work, or work on attachment issues, and they do create a growing sense of peace, empowerment and strength, for all inner people. The practices cultivate wholeness, and the ability to be present, to experience the moment I'm in, with all of me, connected to both my body and the world. (Most likely there are people who would question whether multiples can ever experience being present, but they are not my friends.)

Here are the practices I find most helpful. Please adapt them, and only use them if they are right for you.

**Yoga:** I couldn't do yoga for the first 7 years of my recovery, because awakening sensory awareness sent me into grief, and I kept trying a little at a time. (I'm now a certified yoga teacher.) Yoga awakens the body, brings the focus of the mind to physical sensation, increases breath and circulation, and provides a sense of strength. It deepens connection with Self. Here's what makes it easier: only the inner people who like it are the ones who go.

**Authentic Movement:** It's best to learn this with an instructor or group. Basically, you sense into your body and allow sensory experience to determine movement or stillness for a given period of time. Not traditional dance, this is free of expectations. Authentic movement is the practice of simply letting the body move according to its own needs and wisdom. It's great for multiples because physical stories get told that are unreachable with language. The stories can be painful, and the release and resolution are incredible, as is the experience of letting your body tell your real truth, much deeper than what the mind is capable of offering.

**Meditation:** There are different forms of meditation, and each accomplish something different. Intense chatter from inner people is to be expected at times, and meditation is about leaning to be in what is, so you change your relationship to pain, fear and discomfort.

*Anchor meditation:*. Put awareness on the breath. This helps to create a practice of beginning again, putting awareness on the body, and centering. It helps strengthen a connection to Self.

*Loving kindness meditation:* The mantra ‘May I be well, May I be happy, May I be free from suffering, May I be at peace with what is’ (replace with your own preferred mantra statements) is a practice of sending love and kindness to yourself first. It tends to elicit shame for survivors, so needs to be done in very small increments, and over time it increases self regard and can replace negative programming. You can also replace the pronoun and send loving kindness to friends, neutral people, and people with whom you have conflict or who have hurt you if you like, and the practice starts with oneself.

*Forgiveness meditation:* I use this specifically for Satanic Ritual Abuse, and I aim my awareness at the inner people who carry atrocity. You can create your own mantra. Mine begins with “I forgive you for whatever you need to be forgiven for.” It includes, “Thank you for carrying whatever you carry, however you carry it.”

*Body Truth mindfulness:* This is a practice of putting awareness of sensation in the body and just breathing into sensation and letting it be. You do this with eyes closed, and then open your eyes, continuing to keep attention on one area of sensation in your body. The purpose of this is to deepen your ability to be present which includes a moment-to-moment awareness of your own sensory experience as well as a moment-to-moment experience of the world. \*A note on body truth. I do a more challenging version of this that almost always leads to experiences of grief and pain and then releases those feelings. This leads toward the truth of the body, which often means pain first, joy second.

*Hero’s Journey:* This is a step-by-step process by which Self can connect with whoever needs attention or many people who need attention. It combines a number of modalities, including IFS, Somatic Experiencing, and archetypal stories and I made it up. Here are the basic principles:

- Find a connection to Self and to Helpers who will greet and work with hurt inner people.
- Write to whoever resists this connection, whoever is afraid of the feelings or memories that might appear. Welcome their input, hear their feelings. Sometimes drawing helps if they are very young.
- Self and Helpers create an internal safe place for these inner people to be while Hero’s Journey happen.

- Find a theme for this particular journey. I use Joseph Campbell's stages of the Hero's Journey (waiting in darkness, hope for the light, faith in the light, arrival of the light). Meditate or focus on the theme.
- Write to the inner people who are the focus of this journey. Let them express how they feel.
- Strengthen your connection to Self and Helpers. Allow them to choose or follow intuition to a place where healing will happen. This can be a special internal place, or may mean entering the structures of woundedness where hurt people live.

The healing itself is completely up to you. Here are some ideas:

- Ask hurt people what they need and give it to them
- Follow intuition and offer hurt people what you/Self feels is right
- Offer cleansing, change of clothes, symbols of healing

And the big one,

- Consciously blend with their pain. This is best done from a fully connected Self experience, in which Self opens to the pain and allows it all to enter into her experience (and often image of her body), so she is feeling what hurt people have always felt. My experience is that this is excruciating, but that Self always knows how to alchemize and release the pain (also through imagery). It's not a full unburdening, but it connects hurt people to Self in the most profound way possible, and changes the whole system.

Come out of the internal world and do some soothing for everyone (I sing a song by Sweet Honey and the Rock), and then other soothing activities as needed. (I find drawing and coloring especially useful for kids to find closure on feelings.) Plan to be exhausted. But in a good way.

\*I developed Hero's Journey over a 24 year period. When I started, I could only go into contact with my hurt inner people for about 30 seconds. Over 24 years, I now regularly do 15-20 minutes.

So, how do I get to as many of me as possible? My inner people are my focus. I live my life with a commitment to knowing them, to allowing them to express themselves, and to giving them as much regular contact with Self as possible. I do practices for this, and for strengthening the presence of Self in my life. This means much more reality about trauma, much less reliance on dissociation as a survival strategy in the present, much less denial. Having a life isn't just about memory work. Having a life is about

being here now, in the present. Presence is the only game in town.



# Become a Member

## Membership in Our Organization Brings You . . .

**Survivorship Journal** – articles on healing – personal narratives – articles on therapeutic, social, and political issues – poetry – book, TV, and movie reviews - artwork

**Survivorship Notes** – short articles – organizational updates – opportunities for activism – announcements and resources – national and international conference dates

**Web Page:** <http://www.survivorship.org> – articles and links – calendar of events – difficult dates – reprints and back issues – items for sale by survivors – member's section with the Journal, newsletters, and members-only message boards and chat room

**Webinars** each month by survivors and therapists – recordings of past webinars

**Conferences** yearly with the possibility of meeting other survivors and learning from those willing to share their stories and expertise

Help keep Survivorship alive and strong. Your membership dues and donations allow us to offer gift memberships to those who cannot afford dues and to support our day-to-day activities.

### Membership Categories

Every member with Internet access gets a username and password to enter the Members' only section

**Regular Member** (receives the Journal by regular mail and the Notes by e-mail)

**Internet Member** (reads the Journal and Notes on the website)

If you are a professional or a for-profit agency, we suggest that you donate an additional \$35.00 toward gift memberships. Special donations help with special events such as support groups, workshops, trainings, webinars, and conferences.



## Gifts

\$35 to \$100 **Donor**

\$100 to \$500 **Sustaining Donor**

\$500 and over **Benefactor**

*Every donation, no matter how small, makes a difference and is deeply appreciated.*

Survivorship is a grassroots organization supported by membership fees and donations. We accept no federal or state grant monies. We are run for and by survivors.

Many ritual abuse survivors find they “fall apart”, especially right after they begin to remember and cannot work as they used to. We ask for donations for gift memberships so that we may offer vitally needed support at this critical time. We offer gift memberships to those on long-term disability or in prison. Gifts are also needed to reach out to survivors who may not know of our resources and to educate the public and professionals working with survivors. All donations are tax deductible.

To pay dues or donate online using PayPal, please go to [Survivorship.org](http://Survivorship.org)

Mail membership fees and donations to:

Survivorship, Family Justice Center, 470 27th St., Oakland, CA 94612

Name \_\_\_\_\_

Username I would like to use \_\_\_\_\_

Organization (if applicable) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Country \_\_\_\_\_

E-Mail \_\_\_\_\_

Amount enclosed \_\_\_\_\_

## Volunteer for Survivorship

By helping Survivorship, you challenge your programming, develop confidence and new skills, and support our community.

There are many different ways to volunteer:

- \* Make a commitment to serve on the Board of Directors.
- \* Publish your articles, poems, and artwork in the Journal. Copy-edit or proof read, or become a Guest Editor for one issue of the Journal. It's fun!
- \* Research conferences and resources for the Notes. Write a short article.
- \* Give a Webinar.
- \* Help maintain and update our web site.
- \* Give training on ritual abuse to a hotline, school of social work, nursing or psychology, rape crisis center, or battered women's shelter.
- \* Organize a fund raising event.
- \* Be creative and think of other ways you might help out!

Next step: write or email [info@survivorship.org](mailto:info@survivorship.org) and tell us what you would like to do.

Please know how grateful we are to you for reaching out to isolated survivors and helping educate the public about ritual abuse. If our community doesn't do it, nobody will.

### Copyright Information

SURVIVORSHIP JOURNAL, ISSN 046-2015, is published three times per membership year in San Francisco, CA.

Editor: Shama Currim PhD Copyright 2014 by Survivorship. All rights reserved. The entire contents of this issue are copyrighted by Survivorship and/by the individual contributors. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, or by any information storage and retrieval systems, without permission in writing by the copyright owners. For permission to reprint, contact: Survivorship, Family Justice Center, 470 27<sup>th</sup> St., Oakland, CA 94612 or email [info@survivorship.org](mailto:info@survivorship.org)