


Volume 20, Issue 1

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Survivorship
JOURNAL

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



GROWING ON OUR JOURNEY

SPRING

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.



Dear members, supporters and people on the path of healing,

I write this as the last of the winter snow is melting and Spring is making itself known in the air. I love the beginning of Spring, with its newness and hopes for a better tomorrow. We made it through another winter and, as the days grow longer, we remember what we have come here to do and we gain in our ability to cope, learn new skills, and support others on the path.

As you smell the freshness in a Spring rain and enjoy the blooming flowers, remember how far you have come, and honor all that you are. Today is all we have. Let's make the best of it!

In this issue I introduce you to Dianna Green and the possibility of her becoming the new editor of the Survivorship Journal.

From the Desk of the Editor



Shamai Currim

Letters to the Editor are not only welcomed, they are encouraged!!

editor@survivorship.org

Survivorship's blog is at <https://survivorshipwp.wordpress.com>

Survivorship on *Twitter*: <https://twitter.com/Survivorshiporg>

Survivorship on *Facebook* <https://www.facebook.com/SurvivorshipConference2013>



BY SOMAYA

I am alone—Are you alone too?

You do have the loveliest manners

Can I still share my life with you?

Redemption is no laughing matter

For your Soul does have the taint of dew

If God does let me go a little higher

I'll be in Heaven waiting for you

For in Heaven & Hell mixed up together

I'll be always searching for you

Forgive me O forgive me if I was a wrong doer

But all that time that only Soul was you

I never loved on my Soul any else or any other

As profoundly as I love you

At first tear drop of rain on you

Will be all my tears retained from Heaven

Sparkling my love all over you.

Recognizing the Miracles Within

By Dianna K. Green

Recently I found the need to research what it is to have, understand and live with Dissociative Identity Disorder...

I am now aware of nine distinct personalities or dissociative parts within my brain; the ninth of which recently emerged quite suddenly throwing me into a whirlwind of persistent chattering within my mind. Trying to cope with a newly emerged part not only take over my mental control but my physical control as well; speaking through me while projecting an entirely different voice motivated me to research just what is meant by "Dissociative Identity Disorder." There's nothing quite like vaguely hearing a very young child's voice coming from my mouth yet remembering nothing, nor is there anything quite as disheartening as hearing the fear in my best friend's voice as I arose back to the surface. Such a thing brought up thoughts of the movie *Sybil*, while projecting all possible fear attached with them.

I understand the textbook definition of Multiple Personality Disorder, or Dissociative Identity Disorder as being the result of severe trauma during early childhood. In my case, it was in fact extreme, repetitive sexual, as well as emotional abuse. My dissociation used a mental process, which produced a lack of connection in my thoughts, memories, feelings, actions, and my sense of identity. It took at least two years of therapy before I was both willing and able to understand that this dissociative aspect was a coping mechanism where I literally detached myself from the experiences that were too traumatic for me to connect with my conscious self. This definition provides both a good and accurate explanation for me, however, it isn't enough. I need to find my own analogy to understand that what happened in my brain was not only a mental reaction to trauma but also a physical creation because of it.

When Neuroscientists speak of the plasticity of the brain, I understand them to mean the ability of the brain to undergo change, move functions from one part of the brain to another, adapt to brain injury, etc., I didn't understand how my brain was able to split itself into parts until I thought about how the brain's plasticity is greatest in young children. Using the belief that the younger a person is, the easier it is to learn a new language as a premise and applying it to my first dissociative split at a time when I was very young; when my brain was particularly capable of significant "re-wiring" and anatomical changes I can almost see how this real-life example can provide me an analogy that demonstrates how my mind was able to section itself off to protect that portion under extreme distress at any given time.

Upon reflecting on this, I now find the term "Disorder" in Dissociative Identity Disorder to be both inaccurate and offensive. It should more accurately be coined "miracle." When a child is in an accident involving a brain injury and is able to recover, regaining and/or developing new ways to function; ways in which were thought to be lost or impossible it's often called a "miracle," as it should be. My question now is why are dissociative identities not also referred to as "miracles?"

With my new found understanding, albeit limited, of how my brain works I can look more closely at the story of Sybil...

The character of Sybil portrayed in the 1976 movie was frightening and more so disturbing, but it wasn't until my recent experience that took thoughts such as my "never having it so bad," "I always have control," etc., and shattered them. Although the character of Sybil was based on the real life of Shirley Mason, it has much controversy associated with the validity of the content from within its storyline. However, despite Hollywood's over dramatization, I'm inclined to believe it as showing more truths than untruths. When thinking about the character of Sybil, I've now moved from comparing to relating. For instance, the woman of Sybil didn't come into the realization of the various personalities within until her nervous breakdown forced her into treatment followed by her various personalities coming forth and the long journey into healing began. I, not unlike Sybil, had my own perpetuating event that brought forth the urgent need for treatment. Had it not have happened, and I not be willing to seek and receive treatment, one of my angry parts would have most certainly tried causing my death. Though it was obvious that my past was affecting my day to day behavioral functioning, it wasn't until that event in my life that prompted a desire and willingness to get and receive help; help that would teach me how to recognize, listen to, and understand that the very real persons within are here for a reason, and although there are signs more exist, thus far their purpose was and continues to be my protection...my survival.

To say I was surprised to find that my mind had split, for lack of a better term, would be a grand understatement, and yet I had always been aware that something wasn't functioning quite normally within my mind when various dysfunctional behaviors continued to manifest themselves.

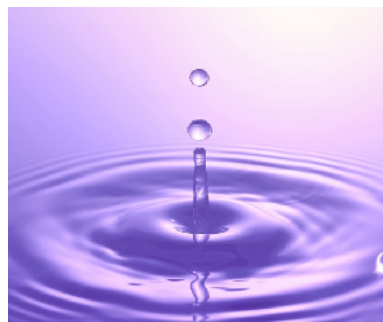
Recently while attempting to create an atmosphere that both acknowledged individuality and teamwork amongst my parts, I developed a baseball team on my PlayStation to create a tangible environment in which all my various personalities could start working together while not losing their individual identities; believing that, as with the roster on a baseball team each part has a role yet needs the other parts to work together as a team within me, rather than tearing me apart from within. Upon the

sudden emergence of this new part I wondered if adding him to my baseball team would work as well; I was pleased to find that not only was he willing but that two of my other parts welcomed his emergence with open arms suggesting he be a designated hitter from which he enthusiastically accepted.

I cannot clearly explain what goes on within my mind, but am convinced that these very distinct nine persons protected and very likely saved my life, i.e., "miracle." I have only partially been aware of three before starting therapy, though not understanding what, why or how they came into existence. After working with my therapist, I've come to recognize and acknowledge six more, and although I didn't like using the word "control" pertaining to them, I thought it most accurately expressed my having control over my being the person of Dianna everyone saw until this new person named Joel emerged, making me question whether or not people were seeing and speaking to me, Dianna. As I continue my work in therapy I'm finding that the Dianna I've been for years has included these nine other people within, and I can now see that this new little boy within my mind isn't to be feared but rather, desperately needs my love and acceptance.

These dissociative parts in me are what have enabled me to grow to be the person of Dianna, and I've come to appreciate their existence. I cannot bring someone forth nor can I stop him/her from talking to me, and at times I struggle when they affect my behavior. I now, however do believe that healing must begin with connecting them to work together within the whole person of Dianna. If the brain's plasticity has the capacity to restructure itself to adapt to experiences, moving and reprogramming portions of the brain to function in new ways, then it makes sense that such capacity is with few limits.

Far from achieving true understanding of what I'm coming to believe are my miracles within, I can at least understand that they have been a part of me for many years, and it's now my wish to no longer try to deny, resist and control but rather, to love, accept and encourage their individuality to thrive within the person of Dianna as a unified whole.



By Brigida

I enjoy diversity. I like the smells of aromas and the colors of trees when they change. I enjoy the sunsets and sunrises and the shapes of clouds in the sky. I like the water where the waves are coming into the shore and sea shells and sand on my feet. I love watching the changes of weather and how the wind blows and moves through the air. I like the way lotions and oils feel on my skin and how they make the skin glow and radiant. I enjoy the smiles of children and when their eyes lit up. I love the way animals, particularly, dogs when they move about and are so attentive and alert and how they are so blended with nature and love and joy and hope and peace. I like the blossoming of flowers and how the petals are all shaped similarly and well balanced with nature.



Photography Art with paint brush and editing effect with applications



TO MY PROGRAMMER: WISDOM AND COMPASSION

By Eilish

I don't know why... I tried so very hard	The blessed and cursed
To bring you into	Good and evil
the Light	When I am stuck in duality
When the light is	I go to the big picture
Within you	God's view
Your inner world holds	And WE make more sense
The answers to your	Love and hate
Questions	The same coin
Maybe I thought my light	There's some lesson there
Would heal you	Don't put conditions
Maybe you thought your light	On my choices, even
Had died	When the only way is Evil
But, I've learned your mind	I guess I tried so hard
Is your inner world	So I could find
It connects you to the light	My own light
And the light is in everyone - Everywhere	Somehow, we took that trip
Re-member, where I took you	Together.
You'll find your light	
There I guess that's why	
I tried so hard	
It's my gift to you	
They say transcendence	
Is rising above duality	
The good and the bad	
The right and wrong	



NIGHT TERROR

by Brigida

Sounds of meows
color of black
There is darkness
bullets flying through the air
I'm a child
There is no words
There is no emotions
There is no feelings
Take a deep breath,
The wind whispers
Movement
Cars moving through traffic,
It's raining.
I can see the lights on cars,
and the wet pavement.
I can see the rain hitting the pavement.
car lights
traffic
movement
Sounds of horns beeping
from the cars.
Now I'm in a dream, I'm dreaming,
It's night time.
Flying fish, nightmares, no oxygen
the fish are out of the water coming toward me.
There bulging pale eyes.
Too many fish out of the water
lifeless
I wake up but I'm still dreaming.



THE DRAGON

by. Eilish

Do not slay the Dragon
We need him
We need his fire breathing breath
Scaly skinned armor
Piercing tunnel vision
It sees the wound
And protects it.

Tame the Dragon
With kindness and understanding
Keep his nature
It saves you from the abyss

His fire breathing breath
Can singe and tear the guts
Be brave and face the beast
It will save your life

We need the Dragon
To face our darkest self
For in the end we are one
The Dragon guards the spirit world.
With wings that breath life
Into me.

Meditate and go inward
To the place of the spirit
To meet and discuss the terms of a settlement
From the place where spirit Holds sway over the making of choices
Even those not seen by the perpetrators
Can bring darkness to other worlds



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

May 16 – 17, 2015

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



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

Dr. Alison Miller will be our keynote speaker for the 2015 conference.

For those interested in registering for the conference
conference2015reg@survivorship.org

For information about co-sponsoring our conference

conference2015cosp@survivorship.org

For information about getting a table at our conference

conference2015tables@survivorship.org

For information about volunteering to help at our conference

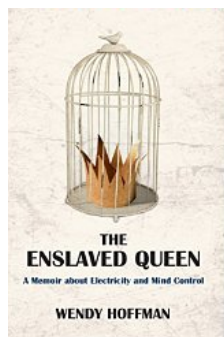
conference2015volunteer@survivorship.org

BOOK REVIEW

The Enslaved Queen:

A Memoir about Electricity and Mind Control

By Wendy Hoffman



This is a true story. An authentic look at what one survivor has lived and is able to come back and tell us about it. For survivors and those that support them, this is validation and evidence of the depravity of abusers and those that stand to make money by allowing others to abuse. In this case, it tells us about parents who, in their own dissociated states and greed, allowed a group of experimenters to use the lives of their young daughters. This book talks about rituals, experimentation, breeding, and murder. It also gives credence to survival and the ability of one young girl to question and rise above it all. In the end it was her spiritual experiences, the power of love, the memory process, finding her voice, and her will to live which brought her through the healing and gave her the ability to help others.

Reviewed by Shamaï Currim

EXCITING NEW BOOK RELEASE

COLOR TO HEAL



A Coloring Book of Healing Images for Adult Survivors of Child Abuse

Author: Ellen Lacter PhD

Illustrators: Robin Baird Lewis and Jen Callow

119 illustrations in 17 chapters, each dealing with an aspect of healing followed by a list of tools and ideas for creative expression. Each coloring image also has a self-affirming intention.

The book is printed on high-quality heavy-weight paper suitable for crayons, water-based markers, chalk and oil pastels, color pencils, pastel pencils, gel pens, watercolor pencils, acrylic paints, and water-based crayons.

The pages lay completely flat when opened to facilitate application.

To find out more about this book and how to order

<http://colortoheal.com/about-the-book/>



This image is from the chapter on Self-Love and is entitled:

Honoring the Gifts That Come from the Abuse That I Have Endured

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

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 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

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