

Volume 20, Issue 3
September 2015



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

SPIRITUALITY

CONNECTING WITH OUR TRUE SELVES

FALL

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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 yourself.

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.
- Ask 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

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

Before sitting down to write "From the Desk of the Editor" article, I read the manual for a new piece of computer related hardware and its corresponding software (yes, I actually read those things) only to find that not only did I not understand it, but was unable to pronounce many of the words, even though it seemingly was written in English.

At that very moment, I decided that I'll do my best to ensure that anything I write for this section is clear and to the point.

Thus, allow me to say the following:

It has been my privilege working to bring forth the Survivorship Journal.

AND...

Please continue sharing your talent by sending your Articles, Artwork, Poetry, Stories, etc.

Thank you,



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/Survivorship.org>

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

Articles

COMMON GROUND

by Rabbit

TRIGGER ALERT:

Slight cursing; possibly triggering language in two places

I don't want to write.

I hear that. You don't have to. But someone else inside you wants to write.

I hate that stupid fiction of alters inside of me, I don't believe I have multiple personality. Seems like such a load of crap. I hate them.

Who do you hate?

All the people inside me telling me I have someone inside of me. That I am other "someones" inside. That I had things happen to me. It is all a load of crap.

Who is telling you?

All the people inside me. I don't have people inside me! This is total bull. I keep trying to shut them up and they won't unless I eat tons of garbage food or shut down entirely some other way, like listening to stories on headphones, or watch star trek on the internet compulsively.

Wow. I've viewed her rage as self-indulgent for years. I've judged her and tried to shut her down, like she shuts me down. Can I have compassion for such a rageful shut-down angry person? How on earth? Can I stop denying her as she denies me? Could she be traumatized too, to act and feel so threatened, to be so verbally violent with me, to be so cut off from memory or acceptance of my/our history, the history that caused me to have so many different insides? She acts so mean to our inside vulnerability. She cuts off the writers, the children, the dreamers and the hoppers from being able to express themselves. She shuts herself down, and as she does she shuts all the rest of us down too. I want time! To write, to express, to communicate and contribute.

The cat recognizes me as someone who cares about her, although I feel remote and indifferent. I can't stay entirely remote though, because some part of me adores her even though I can't feel it now. Some part of me is responding to her drooling on me. I don't know why, or what this means, but I think I will just step aside right now.

Phew, now I can ask the questions I need to ask. Who inside wants to write? Little children, wanting

to scribble, draw, babble. This doesn't seem to suffice as writing, but they call it writing and bubble up "they want to write!"

I wonder what they would write if they had words?

Fuck you. French toast and peanut butter fuck you, fuck you, shut up. kill kill kill. French toast and peanut butter.

Well then. Let them write. Can I sign out now?

Could we find just a little meeting place, just a little agreement, first? Can we decide how to have each other, how to live together? What values, dreams, or desires we have in common? Can we agree at least when we can write and what we can write?

I am too angry to care. I need to swim instead of stupid writing.

Wait - let's find some common ground first, like working on mutual acceptance.

I don't accept your existence. Fuck off.

I guess it will have to be one sided, then. I'll listen to you. I feel overwhelmed by listening to you because your voice is so violent, toward me, toward yourself, and everyone else inside. I hear so much rage when I listen to you. I sense that just my act of listening to you sets off your rage. The fact I am listening shows what you desperately don't want to know – that you do have a someone-else-inside.

"Get the fuck away from me, who the fuck are you, get the fuck away from me, fuck you."

Well at least we got some writing in.

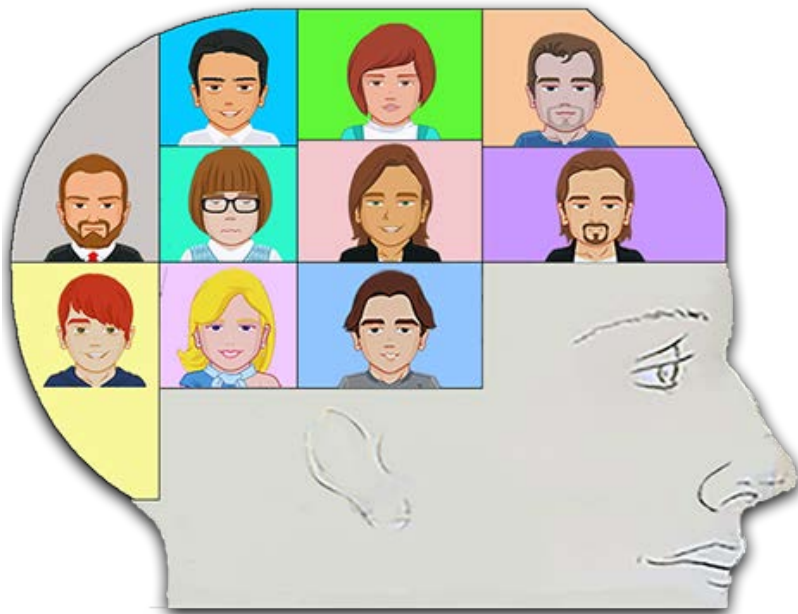


RECOGNIZING THE MIRACLES WITHIN

by Dianna 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 ten distinct personalities or dissociative parts within my brain; the tenth 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 partner'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 however, is why aren’t dissociative identities also referred to as “Miracles?”

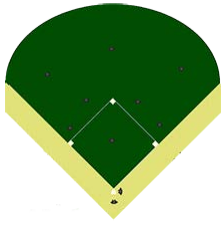
With my new found understanding, albeit limited, of how my brain works I can look more closely at the story of Sybil...

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...my miracles.

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 our designated hitter, from which he enthusiastically accepted.

I cannot clearly explain what goes on within my mind, but am convinced that these very distinct ten persons protected and very likely saved my life, i.e., "Miracles." I was only partially 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 seven 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 ten 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.

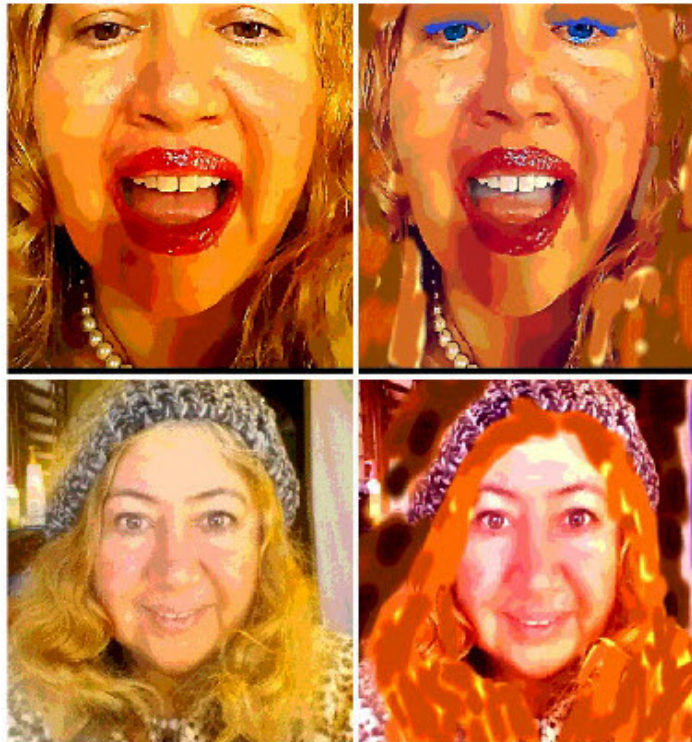
Dianna K. Green
April 14, 2014
2:26pm

Artwork

By Brigida Lorraine Hurley



Drawer Cart



Faces

By Ellen "Eveningstar" Angelastro



Behind the Red Tree



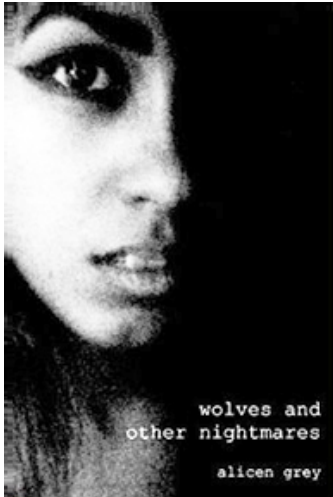
Randomness or Divine Intervention

Book Reviews

Wolves and Other Nightmares

by Alicen Grey

Reviewed by Shama Currim



In this book of poetry, Alicen takes us on a three year journey through her healing process. She has thoughtfully placed warnings so the reader can be mindful of being triggered. This book is about consciousness, about finding the self through the mire of the mundane world. While Alicen is referring to her history of abuse, her poems speak to the 'dark night of the soul' that everyone goes through in order to reach enlightenment. Her words are clear, and her experiences ring with truth.

She has a way of making you feel like her abuse had a deeper meaning and purpose.

“Be in the present moment,”
they tell me
and I would be
if only I knew
where I was
Alicen Grey

Dear Little Ones Dissociative Identity Disorder for Young Adults

by Jade Miller

I am SO excited to tell you about this amazing book, written for young alters who are trying to make sense of their inner and outer worlds. It talks about the cooperation and confusion that is so much a part of a young multiple's experience.

This book should be on the book shelf of every multiple and those who work with multiples.

To purchase: [CreateSpace](https://www.createspace.com/5297797) (<https://www.createspace.com/5297797>) and on Amazon. Kindle version coming soon.

Dear Little Ones
Dissociative Identity Disorder
for Young Alters



written by Jade Miller
Illustrated by Gema Zucconi

Poetry



Night Terror

by Brigida Hurley

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, its 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, its 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 Longing for Knowing

by Eilish



The Longing for knowing By Longing for your permission and consent To be free to think for myself, Take care of myself, love and cherish myself, Listen to me, hear me, know me, In the depths of my pain and loneliness. Come sit with me while I cry tears of Isolation, frustration, shame, and abandonment. It's here in this space that I come out from the secret locked away boxes, The tunnels to my subconscious that ache with blood, sweat and fear. The drugged out fog of delusion and denial wash away here. The soft lapping of the tide of my memory, of consciousness and unconsciousness Finding the rhythm - blending and bleeding the heartbeat of knowing -- OH GOD -- IT IS TRUE.



Reflections on my Journey

by Shamai

If I had known then what I know now
I may not have panicked with each new memory that came up
I might have been able to realize that healing was just around the corner
Along with the memories and body feelings
I might have thought that 'I can do this' rather than 'how am I going to make it through all of this'
I might have been able to see that I was strong, and courageous, and smart
Rather than stupid, and slow, and incompetent

If I could have looked ahead at what my pain has brought me
I may not have fought back as much
And might have loved more of me
I might have been able to see
That I am a good person, with skills and abilities
And not the weak, bad person that I thought had no right to live

If I had known
Would it have changed things??

Shamai Currim
August 19, 2011

To All Survivors

by Marcus Kruger



At one time hurt,
confused and ashamed
over things that you had endured,

Now steadier hands
more self-confident stance
your footsteps more secure.

Many pitfalls and traps
have lain 'fore your feet
when you feared you would never survive,

Yet with courageous effort
and help from your friends
you're learning now how to thrive.

And though at one time
if you looked for hope
chances are you found less than zero,

Now each day brings you closer
to full victory
and the day you become your own hero.

Overcoming Mind Control: Keys to Recovery

2015 Survivorship Ritual Abuse and Child Abuse Conference - Support Along the Path Keynote Speaker Dr. Alison Miller presented the nine keys to recovery for survivors of mind control and ritual abuse.



Dr. Alison Miller

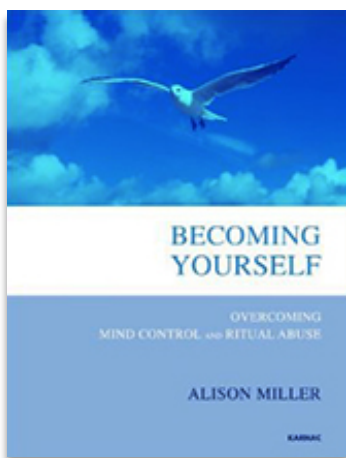
Synopsis by Dr. Miller:

I shall present nine keys to recovery for survivors of mind control and ritual abuse: acknowledging multiplicity, letting internal leaders take charge, improving the inner world and its government and the jobs of insiders, achieving physical safety (defeating access programming), challenging the abuser group's lies, selecting your goal of healing or stabilization, working through traumatic memories systematically and thoroughly, choosing a safe therapist who is open to learning, and allowing parts to join together naturally when they are ready.

1. Acknowledge your multiplicity. Mind control is entirely based on splitting the mind in infancy. All survivors have inner parts who were trained, whether or not they are aware of these parts.
2. The inner parts the abusers placed in charge of the personality system need to work together towards recovery, along with any self-created strong parts. If the front person is strong, s/he may also take part; if not, leave the front person out and let him/her just do the job of managing everyday life while the rest of the system works on recovery.
3. Improve your inner world, create a representative internal government, and give insiders new jobs to replace their old ones.
4. Recovery begins with finding a way to become physically safe. Some survivors are currently safe; others are not. A safe roommate or spouse helps a lot. There are 3 types of access programming: Report, Return, and Come when called. You can become unsafe if you start to remember or talk about things while these programs are still working. There's no point in moving

if you tell the abusers where you are. Safety may mean cutting off contact with your family.

5. All programming is based on the BIG LIE, which is that the abusers know where you are and what you say and/or think at all times. Let your whole personality system know that the BIG LIE is a lie. The abusers only know what you do or say or think if your reporter parts tell them or if someone you know tells on you. There are many other lies, too. Although abuser groups do torture and kill, many or most of their threats are lies.
6. You can choose whether to work through all your traumatic memories, or just achieve stability. What you choose may depend on your age and health and present-day real-world responsibilities. Closed down and stable is not the same as healed; closed down people have hidden hurt children inside. But full healing takes a long time and works best with a skilled therapist.
7. Once you are safe enough (not reporting to the abusers, and not currently accessed), you can begin the memory work which thoroughly undoes the programming. There is no shortcut to undoing programming. If you choose to work through the memories, keep records of what you do, and make sure you include every inside part who has a piece of each memory you work through, especially "recycler" parts whose job is to hide pieces. Memory pieces include pain and emotions and drugs, not just story. The programming itself is usually in the words spoken.
8. Make sure you choose a safe therapist, if you can afford one at all. Perpetrator groups assign high level survivors to their own therapists, who close them down so that they appear stable but remember little and are not healed. Willingness to learn may be more important in a therapist than current knowledge.
9. Integration and co-consciousness come naturally as a result of memory work; don't focus on them. Allow inside parts to join when they are ready.



Dr. Miller's book for survivors, "Becoming Yourself" can be found at <http://www.karnacbooks.com/product/becoming-yourself-overcoming-mind-control-and-ritual-abuse/34803/?MATCH=1>



Join Survivorship

Membership in Our Organization Brings You...

Survivorship Journal

- Articles on healing
- Articles on therapeutic, social, and political issues
- Artwork
- Personal narratives
- Poetry, book, TV, and movie reviews

Survivorship Notes

- Short articles
- Organizational updates
- Opportunities for activism

Announcements and Resources

- National and international conference dates

Website

(<https://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.

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

GIFTS

\$35 to \$100: Donor

\$100 to \$500: Sustaining Donor

\$500 & Over: Benefactor

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.

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 ran 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.

Decide whether you want to pay by check, money order or PayPal. PayPal accepts charge cards. If you want to pay using PayPal, please copy and fill out the form below, email it to info@survivorship.org, and then [CLICK HERE](https://survivorship.org/membership-using-paypal/) to make your payment.

If you want to pay by check or money order, print out the form below, or use our [PRINTABLE FORM HERE](https://survivorship.org/printable-form/) and send it with your payment (in U.S. funds) to the address below:

Survivorship
Family Justice Center
470 27th Street
Oakland, CA 94612

Membership Application

Name: _____

The username I would like to use for membership: _____

Organization (if applicable): _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-Mail: _____

Regular Membership: \$ _____ or Internet Membership: \$ _____

Donation: \$ _____ Total enclosed: \$ _____

You may also e-mail the information on this form to info@survivorship.org.

You will be signed up immediately and issued a password when your payment is received.

Last modified 4/1/2014

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, proofread, 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 website
- 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 of ritual abuse and mind control, and helping educate the public about ritual abuse. If our community doesn't do it, nobody will.



Copyright Information

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