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**JOURNAL**

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

**From the Editor**

Dear Readers, Friends, Fellow Survivors, Supporters,

This issue reveals survivors speaking out in poetry and prose. We are telling our stories in creative ways, healing and making something of our lives.

Alison Miller wrote an essay on what she learned from us. If other therapists will write on that subject, it can be a new column in the Survivorship *Journal*.

I hope you enjoy this journal and that it helps break some of the isolation most of us feel. We are looking for poetry and prose pieces, art and photographs (non-triggering) and book reviews for our next issue. (There are so many excellent books being published on this issue, please consider reviewing some of them.) For more information, please write: info@survivorship.org .

We had a marvelous conference in CA in May 2016. Survivors banded together and their support people and therapists contributed to the supportive atmosphere and enlightenment. The speakers all gave informative and inspiring presentations.

With warmth,

Wendy, Editor

Survivorship also co-sponsors The 2016 Annual Ritual Abuse, Secretive Organizations and Mind Control Conference on August 12 – 13, 2016 in Windsor Locks, CT sponsored by S.M.A.R.T. Internet conference information: <https://ritualabuse.us/smart-conference/> . For more information, please write smartnews@aol.com .

Thank you for supporting Survivorship. Our annual conference on May 7 - 8, 2016 at the Executive Inn & Suite - Oakland, CA was very successful. We had several excellent speakers, including Dr. Alison Miller, Wendy Hoffman, Dr. Randall Noblitt, Dr. Steve Frankel, Pam Perskin and Don Lincoln.

Please remember to consider joining our message board. It is a good way to stay in touch with other survivors.

Kind Regards,

The Survivorship Board of Directors: Alison, Wendy, Neil and Micci

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Table of Contents

3 Pali **Lost Kid** Poem

4 Neil Brick **Doing the Right Thing and Getting Stronger at the Same Time** (2014 Conference Transcript)

8 Anonymous **Depression** Poem

9 Recovering Insomniac **Spinning, and a game of "Dare"** Essay

16 Amethyst **Pictures** Poem

16 Amethyst **The Reality of Eating Disorders is Sad and Fragile**

 **and Not Beautiful at All** Poem

17 sarah sparrow **The One Who Remembers** Poem

18 Alison Miller **Learning Psychology—from Survivors** Essay

19 Wendy Hoffman **I hold my brain in my hands**  Poem

20 Eilish **I Have Died Many Times** Poem

20 Eilish **Keep Moving Up. Practice your own VIBRATION** Poem

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

Because of the nature of extreme abuse, the material in the Journal may be upsetting or triggering for survivors. It helps to know this in advance 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, favorite 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 for discussion and ideas. We encourage a variety of perspectives, viewpoints, and expressive forms about the topic of ritual abuse and mind control, 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 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 available.

**Lost Kid** by Pali

Lost kid-

throw-away child

they raped your mind

now you’ve gone wild.

Self-destruct is your desire

’cause your brain’s been trained to be a liar.

It tells you you’re worthless

It tells you you’re small –

undeserving of love – any love at all.

Daddy took you to the CIA

The soldiers there had games to play

They wanted to see if they could find

a way to erase and reprogram your mind

Tortured into outer space

you left your body without a trace

A swastika soldier, wearing a grin,

opened your mind and climbed right in

Electrocuted into believing their lies

that your only value is between your thighs

A porno plaything for the perverts' lust

They broke your heart and destroyed your trust

silenced your voice and taught you to obey

then hid the memory of it all away.

But there’s a fire in you they couldn’t control

A flame of truth called your soul

A place of power in your heart and brain

their perverted science can’t contain.

A fighting spirit –

A recognizer of truth,

A knowing within

Their lies can’t pollute

the truth that you’re precious, powerful and wise,

and stronger than all of their swastika lies.

**Neil Brick’s Conference Transcript**

Neil Brick is a survivor of child abuse and ritual abuse. He has worked for over twenty years in the child abuse education and prevention field and has written many articles and spoken at several conferences on the topic of ritual abuse. His articles can be found at <http://neilbrick.com> and <https://ritualabuse.us>.

This article is his conference transcript from the 2014 Annual Ritual Abuse, Secretive Organizations and Mind Control Conference. It has been edited for the Survivorship Journal.

Please use caution while reading this presentation. It may be heavy for survivors. All accusations are alleged. This transcript is for educational purposes and not intended as therapy or treatment.

**Doing the right thing and getting stronger at the same time, a survivor’s path to recovery and helping others.**

Today’s topic could be equally applied to any spiritual path or social endeavor where one wants to make personal and social progress.

I will describe how one can do the right thing and also get stronger in their lives. Without doing the right things and persevering to do the right things, one cannot grow and change, nor can one help others or the world. The right thing is determined by one’s personal goals and personal instincts.

I will break each idea down into two sections: what works and what doesn’t.

**1) Social advocacy**

Social advocacy entails speaking out.

For years, survivors have been silenced, first by harassment and threats. In the last ten years, the harassment and threats have moved more toward Internet bullying and Internet trolling. The Internet has allowed two phenomena to grow. The first is the phenomena of Internet attacks. The second is the phenomena of inaccurate information used against child abuse survivors combined with insults. The anonymity of the Internet and the shelter of Section 230 of the Communication Decency Act increase the power of these phenomena. This act in essence protects providers from being responsible from much of what is on their web pages and has allowed attacks and misinformation to expand exponentially against survivors and anti-child abuse advocates. The harassment spreads misinformation and works to scare off and silence anti-child abuse advocates.

The antidote is to speak up and counter the misinformation, insults, bullying and name calling by those fighting anti-child abuse advocates.

For years, I have been explaining the importance of speaking up and defending our work. When misinformation is published in any forum about our work, it must be countered and rebutted. Otherwise, only the misinformation stands in the public forum and public minds. And we lose.

What has happened over the last twenty years is the reluctance and at times mistaken ideology that if these attacks are ignored, they won’t be noticed. This is not true. The Internet and search engines make all attacks public and accessible to all. This has caused our point of view and research to disappear from the public view. All that is left is the insults and misinformation.

The misinformation is that we are “crazy” and that there was some sort of “panic” when child abuse crimes were exposed twenty years ago. Calling someone crazy is a cheap and well known tactic used to discredit someone instead of rebutting their actual research. Repeating untrue and disproved theories, like “panic” is another false tactic used to discredit our work.

The antidote is to speak out for survivors. If we don’t, survivors suffer and children suffer.

What works is to speak out for survivors. What doesn’t work is silence.

**2) Misalignment with non-growth philosophies**

Another mistake survivors make is to align themselves with either religious or negative political philosophies. To try to grow and help the world change, without thinking through and developing one’s own philosophy and using it, doesn’t work.

Religions and religious books may be helpful to get information from, but not to follow or join. They may be helpful as a temporary step for some when leaving a cult, but in the long run, they become a trap.

Here are some of the reasons. Many religions discourage original thought and personal action. Members do not realize this. Religions use different techniques to get people to follow them and not think for themselves. They encourage rote learning and repetition to instill ideas in people’s minds. Some are even used to re-access ritual abuse survivors and control them. Socialization in general involves levels of programming, though these may be more mundane and less nefarious than mind control programming. Religion uses a variety of techniques to make a person feel good, but most are not truly one’s own, but are contrived and manufactured by the religion itself.

Many of us escaped groups that controlled us. Now we are free. Let’s use that freedom to develop our own lives and our own ideas.

What works is thinking for oneself. What doesn’t is following another’s ideas without clear analysis.

Another mistake child abuse survivors make is following negative political philosophies. Many cult survivors were used to make a profit for the cult. The society turned its back on us (and still does) because money was made and power was increased. Many survivors follow right wing jingoistic philosophies that in reality are philosophies of hate. These philosophies back the hatred of immigrants or the promotion of war and bombing other countries. Others in the US believe they may be following more progressive philosophies, but in reality many of these philosophies also promote hatred, injustice and violence.

The reality is that as long as there is an imbalance in the social power dynamic, the encouragement of profit over morality and right action and the control of information via the mass media, it will be impossible to have any sort of justice in our country or the world. The only way to help survivors and the world around us grow is to embrace philosophies that do not foster hate, power imbalances or violence. This means believing in political systems that promote economic and social equality and justice. It will be impossible to stop child abuse and help survivors fully until we live in a world where equality is promoted, violence is stopped and ethics triumphs over profit motives.

What works is equality, nonviolence and ethics. What doesn’t work is inequity, war and violence (in words or actions) and monetary profit motives above all other goals.

**3) Right action equals personal and social growth**

If one is really thinking for oneself and really trying hard not to hurt others, then one can begin to make a large difference in the world.

Following through on right action can be difficult without the development of personal courage and personal integrity.

One needs to leave the ego behind. Many survivors get caught up in their health issues, personal struggles and personal relationships to the point where they lose focus on what needs to be done in the survivor movement. In long term recovery, eventually one needs to move on to doing service work.

There is no way one can grow and get stronger without helping others. It is impossible. Helping others builds connections with others. It breaks down the symptoms of attachment disorders, it helps build bonds of trusts between others and it increases the overall connections between people. Doing service also helps people build insights into their own actions and psychological condition.

Right action builds social growth. When one helps others, one helps the people around them and our society. Stopping child abuse by telling our stories, helping others get their stories out and making sure there are adequate resources for child abuse survivors, which includes adults and children, helps our society grow.

Child abuse robs people and our society as a whole in many ways. From addictions, to health issues, to psychological problems, to long term disabilities, child abuse destroys our society. Exposing child abuse and exposing those that cover up child abuse crimes due to their own denial and self interest help build a world where someday child abuse will no longer exist. A world where trauma crimes can no longer be hidden. When they can no longer be hidden, covered up or denied, child abuse will no longer be allowed to exist.

What works is right action and helping others. What doesn’t work is caught up in one’s own personal struggles.

 **4) Getting Stronger**

This is what it is all about. One cannot get stronger by pulling others down. Their strength is a facade. Their actions damage the world, but most of all themselves. Insults, name calling and personal attacks are never part of any growth philosophy and only weaken the proponent of these actions. Standing up to and exposing these tactics is crucial. Running from any false philosophy or believe systems being promoted by others only strengthens the hold these beliefs have on society. Lack of action exponentially damages the individuals involved and our society. All participants are hurt, those watching are hurt and those that do not get help or correct information due to the damage done also get hurt.

Strength entails addressing problems compassionately and intelligently. The ends are the means. Our actions govern the final result. By addressing a problem with strength and caring for those involved, we can build end results that help everyone and others later.

History is written by those that act. It is decided by those that are strong enough to speak up and tell the truth. The only way to grow is to work one’s way to the truth through hard work, courage and right action. This makes all of us strong.

What works is working hard and persevering to get stronger. What doesn’t work is hurting others and running from challenges.

**Conclusion**

If you do the right thing, you will get stronger. Your recovery as a survivor will get stronger by helping others. And others will get stronger also.

What works is speaking out for survivors.

What works is thinking for oneself.

What works is equality, nonviolence and ethics.

What works is right action and helping others.

What works is working hard and persevering to get stronger.

We are at a turning point in the survivor movement. Whether the movement continues or gets lost like last century is up to everyone. A lot of people and children depend on us to do the right thing. We can stop child abuse and trauma crimes and change the future.



**Depression** by Anonymous

What is the matter?

Where does this despair come from,

last night’s residue that sits on me each morning

in a place where very soon

what buildings remain will be rubble.

Already there are pools of blood on the path,

I don’t know whose bodies have been dragged away.

There are partial structures thrown up,

crooked walls, tentative hovels.

The air is empty, silent.

The smoke of defeat at every battle has not left

enough to breathe.

I limp, dazed, bereft.

My eyes burn.

I get up from my bed, I take a pill.

The vertical light changes me.

I will dress, make phone calls, eat food.

This is the day, so on with it.

**Spinning, and a game of “Dare”** by Recovering Insomniac

From a normal day to the downward spiral of spinning

Spin programming suddenly hit me one day in summer. One moment I was writing in my journal while enjoying bright sunshine, and seconds later I was crying uncontrollably. I went from a week without depression to severe depression in seconds. Possibly even faster than that. And I didn't know why. The fact it could be mind control programming just didn't occur to me.

Emotions can be a bit tricky when you have DID, you get used to having what Paul Dell calls 'made feelings'; powerful emotions that don't seem to be 'yours' and that make no sense, but regularly intrude into your mind from alters/dissociated parts. But this time it felt different. The overwhelming misery was definitely 'mine'. I wasn't holding feelings of mine as well as another alter's feelings, there just the single pit of despair. It was unbearable. An hour later I still had tears streaming down face and no idea why. I had a therapy session booked for the afternoon but suddenly didn't want to go, and I really wanted nothing to do with my therapist ever again. I was so totally overwhelmed emotionally that any kind of thinking was difficult. But I knew I had to think: firstly to figure out some kind of explanation for ending therapy (it seemed a polite explanation for ending several years of good therapy was needed), and secondly to work out what to do to ease the depression (sunshine normally works the best, and if that didn't work would anything ever work??).

**Dump Your Therapist Programming**

So, sat in the bright sunshine with my journal already in front of me (and why was it there anyway... I didn't remember), and it was time to pick up the pen and get thinking in the hope that somebody would write just something which would later morph into an excuse for dumping our dedicated therapist. I knew there was something not-very-rational about this sudden decision to end therapy, but I quickly ignored the thought. I'm good at avoiding inconvenient thoughts, having had decades of practice at avoidance... Pen in hand, I started thinking and tried to listen to the answers as I 'asked inside' to see what my other alters thought was wrong with our therapist. A few words started coming into my head when I thought about therapy - or rather about my therapist - BETRAYAL in big red letters was the main one. I truly believed my therapist had betrayed me, could not be trusted, and would only hurt me more if I made contact. Ending therapy, permanently, was the only thing that would help, and the only thing that was certain. We were sure, nobody inside objected to ending therapy, but what was the reason? The tears rolled faster down my face just thinking about it. Nobody could remember anything significant from last session or beforehand, nothing had changed recently, everything was fine until she betrayed us, an event we still seemed to have total amnesia for. We felt fine all morning and then just fell apart. Damn amnesia! Always forgetting painful stuff.

**Finding the Trigger**

It seemed like a good idea to re-read the journal: it was open in front me and I no idea what I (or whoever had been holding pen) had been writing about, only that it wasn't a traumatic memory. Sometimes I think I have hardly any amnesia but re-reading my journal normally shows otherwise. This time I found only a few lines, nothing useful at all, and a detailed drawing in the sketchbook next to it; the first drawing ever of a part of our 'inner world', which of course I had forgotten about. It was not a cheery picture, and must have needed a depressing amount of black oil pastel to draw; it was not distressing for me to look at, yet still tears were falling. It was difficult to think about the drawing, my mind kept getting confused: I kept forgetting what I was thinking and needing to start again. I kept re-reading the few words next to it until eventually I understood them. The drawing was very important, something I'd wanted to know about for a very long time, it showed a part of the secret 'inner world' that I heard my alters talk about, the place they went when not in charge of 'my' body. The drawing was something that I felt could help us heal, and another part of my mind unknown to 'me' but known to other parts of 'me'. I remembered I'd drawn the picture just that afternoon, or rather one of us had - and he'd helpfully signed it - about an hour ago... about the same time the severe depression hit…in fact that right before the depression started...a light bulb went on. A lot of light bulbs went on....was this sudden depression a consequence of an alter revealing previously hidden information in the form of a drawing? Information I had asked for and been refused many times before? Was the pit of black emotional despair 'just' an internal punishment being delivered by another, unknown alter, whose job was to hide this information from my awareness? To stop me thinking about it, and talking about it? Was the revealing of an inner world structure the trigger for the spinning of depression?

**Internal Enforcers - Alters keeping others silent**

Normally when I (or rather, one of my alters) gets asked 'too much' about the internal workings of my 'system' some alters begin handing out internal punishments. What is deemed 'too much' to disclose can be anything from the name of particular alters, to what they know about the jobs of other alters, why they aren't allowed to answer certain questions, or, even more annoyingly, what happened next or who else was involved in a particular memory of abuse. It's extremely frustrating to continually have barriers put up by another, unknown part of your own mind when you are working hard to heal. It doesn't even matter who asks the question - my partner, my therapist, or just myself when I'm alone and in a safe place. The response is always the same - if the question is threatening in some way, there is a mild internal punishment. This usually involves a visual hallucination of the kind found in low budget horror movies - violent and threatening but without distressing feelings - so bizarre it's usually amusing. Keep asking and of course the punishments escalate. Some people experience punishments like self-harm after disclosures, but we seem to experience a lot before disclosures, combined with a refusal to have any discussion about it.

Hallucinations are known to be a classic symptom of psychosis, if you are 'seeing things' which are not there, and are not flashbacks, then isn't this a psychotic symptom rather than dissociative? Do I have periods of brief psychosis as well as Dissociative Identity Disorder? On the surface that makes sense, but how can the hallucinations be psychotic if they are completely under the control of alters (i.e., under control of a dissociative part of myself)? During the first few years of experiencing these intermittent hallucinations I began to understand that they were not actually random - they were triggered by the same uncomfortable feelings that always happened when an alter was asked for more information that he or she was allowed to disclose. I knew that the hallucinations were not really physically there, and they never lasted more than a minute so I didn't think about them much, and often forgot about them after. (Amnesia has some positives!) Then I got a copy of the amazing book *Healing the Unimaginable: Treating Mind Control and Ritual Abuse* by Alison Miller (written for therapists), and found out that people with a ritual abuse past typically have alters created specifically to protect the secrets of abusers (p. 50) which can be seen as providing an internal and highly organized "security system" using threats and punishments alters who disobey. These "internal enforcer" alters had jobs which were very familiar to me:

- Punishing disobedience

- Harming or killing the body

- Putting the person to sleep, scrambling their memories, making them "crazy"

- Upsetting other parts so they harass the therapist, distracting the therapist and setting off other behaviors which can interfere with therapy

- Spinning internally to distribute feelings or impulses through the system (p. 133)

- Producing psychotic symptoms (Chapter 12)

Suddenly starting to fall asleep in therapy was familiar, disrupting therapy by turning up regularly late despite leaving home early, and suddenly becoming mute made sense (clearly our abusers didn't consider we might have a therapist who could teach us sign language!). The alters doing this were just doing their jobs, they were not thinking about the harmful effects, they just 'followed orders', presumably because they had learned in childhood that disclosing certain information led to severe physical or sexual punishments. They were acting in order to protect the body from harm from abusers. Alison Miller's first suggestion to stop the disruptive programming was to ask them to "turn it off". I didn't expect this to work, but it did. Instantly.

Three simple words and the supposedly psychotic symptoms were gone. This worked consistently for every hallucination and attempts to fall sleep in therapy. Would this work with the spin programming of depression?

**Depression, but not as we know it**

There was something very odd about the depression. It was just so very severe but the normal thoughts of severe depression were absent. How could I be so utterly, hopelessly depressed without considering self harm or planning my own death? Why didn't I feel totally worthless? Why was I getting the emotions of depression without the very dark thoughts that had always gone with it before? And why was I depressed anyway? Oh yes, I remember, I was depressed because my therapist betrayed me/us. She did us harm. I just couldn't remember what happened, my alters couldn't either. So, suddenly we were side-tracked yet again, back in the cycle of trying to work out where things went wrong and what our therapist said or did that was so bad we had to block it out. I couldn't find anything in my journal from the last few weeks about problems in therapy... and still had no idea what to do, and only just over an hour until the appointment I needed to cancel with the therapist we needed to end therapy with.

**The Purpose of Programming**

I was feeling pretty sorry for myself at this point: severe depression - with very limited concentration – which still was not shifting even a little, caused by mind control programming, and the only person who could really help - our therapist - was the one person I now couldn't trust at all. Just my luck: broken trust right when I need it most. Odd coincidence. Very odd. Active programming spinning the emotion of depression....and broken trust with therapist: just what my abusers would want. In fact, programming is generally when alters are trained to do EXACTLY what my abusers would want. Like dumping a helpful therapist for instance. What if there was no amnesia, no broken trust, no betrayal....what if the thoughts themselves were also programming? Spinning depression would make me too miserable and exhausted to have the energy to think about the drawing of my internal world, and spinning negative thoughts and feelings about therapy would stop me breaking the programming. Both would stop me finding out more about myself, and my past. Both would keep me from healing, and ultimately keep me silent and keep the abusers' secrets safe. Perhaps the obsessive betrayal thoughts were programming too. If so, could we find a way to turn it off?

Can we do this alone? Seeing the logic behind the programming helped, but did not stop or ease the depression and didn't make it any easier to trust my therapist. But knowing it was programming - and that the goal was my silence/protecting abusers' interests made me/us determined to fight it. "Whatever they told you to do, do the opposite" were simple words I remembered and seemed like good advice (also from Becoming Yourself, by Alison Miller). The 'dump your therapist' programming did not have a fixed date for it, and there wasn't a 'do not go to therapy' program either. Perhaps this was an oversight or a loophole. I was not going to be writing any 'end of therapy' message to my therapist, I was not going to cancel the appointment. I was going to go just to prove I could defeat the programming. To prove it could not completely control me. We talked inside, and agreed to go, not to speak about anything threatening or anything much at all, just to turn up to prove we were not fully under the control of any abusers. We had found anger at outside attempts to control us. Going to therapy was a way of fighting back psychologically, we had a way to get back at our perpetrators - you will not win! we will heal!

So, we went to therapy, there had been no threats about attending therapy or unsafe thoughts. Sunglasses and a cap was the best I could manage to make the continual crying less noticeable. I took a note explaining what was happening in case the 'be mute' programming started; the writing would speak for us instead. I would not be silent, we would not be silent. It was possibly the least productive therapy session in the history of the world: I was terrified, totally terrified. Of my therapist. We all were. I sat and sobbed for the whole time, got only a few words out and there was not the slightest hope of getting in the 'window of tolerance' needed for therapeutic work. It is pretty impossible to accept any soothing or kind words when you are trying to protect yourself emotionally from the person speaking them. There was a lot of silence, and a desperation to run away from inside. Eventually my therapist asked if I wanted to leave (which was the highlight of the session, to be honest!). I left knowing I had chipped away just a little at the programming. I had shown myself (and my alters) that there was strength and stubbornness and that I/we were not giving up. The only problem now was going home with no idea of what to do to stop the programming. The normal trick of asking alters to "turn it off" had not worked this time. The internet is totally out of the question when I have active programming going on, and disclosures to others can trigger the self-harm programming so it prevents me asking for help with programming. All I had was Alison Miller's two books on mind control (Becoming Yourself was the second), plus a vague memory of Jeannie Riseman's article *Simplifying Complex Programming*, which I'd read several years beforehand. There was just one problem with reading: I couldn't read more than a sentence and a half without getting totally confused and having amnesia for what I was reading about. This, I presumed, was more programming. I'd experienced exactly the same thing a few times before when trying to read information about DID which alters had objected to at the time.

**Tactics to tackle the programming**

My confused brain needed something simple. Very simple. So I started with the basics: establishing safety.

The abusers were gone (not here), can anyone who can hear pass the message on to those who can't, so everyone knows that?

Secondly, I (we) had grown older, had an adult body and have moved away from the abusers, that was the next piece of the message to pass on.

Then: no abuse had happened in decades.

Nobody had tried to get us back into the abuse, we were safe. We knew how to stay safe.

Lastly, any threats of harm happening if the programming was turned off were lies. Nothing bad would happen because we hadn't had any communication with anyone to tell them that programming had been turned on in the first place - if they didn't know it was turned on, we couldn't be punished for turning it off either. We'd not used the phone, internet, email or communicated with anyone other than the therapist whom the programming told us not to trust. Nothing bad had happened when the other bits of programming were turned off.

Next was the hardest part: asking for the programming to be turned off had not worked so I needed a new approach. I remembered part of Jeannie Riseman's article Simplifying Complex Programming, she gave steps for tackling the programming, one of which reads:

"I offered opportunities, but did not try and change anything internally."

The 'don't read' programming was still active, along with feeling exhausted, but I had a rough memory of this key part of her plan. So, we passed on the message: You have a choice: you don't have to do what the abusers want anymore; you can choose to turn it off. I could sense lots of listening, but nothing else changed.

I started bargaining - let's turn off the depression first, and if anything bad happens it can be switched back on straight away, then there won't be a punishment from outside abusers. Still I felt equally depressed. I gave it a while to see if they needed/wanted time to think or if any had questions. There was nothing but silence. I felt even more hopeless than before. It had been several days of utter misery at this point.

Next I decided it seemed a good idea to educate all internal parts on the effects of depression and just how many of us were suffering because of it, that it was causing harm, and that turning it off would not cause harm because abusers would never be able to find out. I repeated that the abusers weren't near us, and they didn't even know the programming had been turned on in the first place. Continuing with the programming was also 'doing the bad people's work; we didn't have to do the bad people's work anymore. This still didn't work. It was time to open Healing the Unimaginable. The 'can't read' program normally quits after an hour or so and if I'm stubborn enough to persist, eventually I'll be able to read. The first time I tried this and wrote down ideas to try nothing helped. The second time I spent an hour of intense concentration getting through only about two pages. All I could remember was that if you couldn't turn it off, you could ask for them to spin the opposite emotion or to turn down the level of emotion. My depressive mindset decided that spinning a 'happy' feeling was not worth trying, so turning down the depression was only thing left. I wasn't even able to find out which alters were doing the spinning, and didn't know if I had any direct communication with them. There was not a single message from them or about them.

**A Game of "Dare"**

This idea is pretty simple, and if you use your imagination can be quite fun too. For programming to be effective and involve amnesia, it can only be "taught" to very young children (via severe abuse), so these "internal enforcer" alters would be expected to be very young. Imagine a volume knob, like the kind you would see on an old hi-fi or a car radio, and imagine that it controls the strength of the emotions. At that moment depression was set to "maximum" on our imaginary silver dial, so we tried to imagine the dial moving to turn it down, and ease the depression. Internally this felt terrifying, and it didn't work either. So I came up with a variation: a game of "dare". Our system (all of us together) could play the game of "dare" with our abusers (without any direct contact of course). We could turn the depression down a tiny bit, and then turn it back up quickly and see if any abusers noticed. Would the phone ring? Would angry and scary people from the past appear? Obviously we locked all the doors first, and put the answering machine on. We got some soft toys ready to hold when scared. There was agreement this time - we could try this. It would be terrifying but each attempt to turn it down would be brief, then it would go back up. It’s just a game, we said inside. Emotionally it was like a first-ever rollercoaster ride - logic said everything would be fine, no harm would happen, but everything internally screamed 'danger' regardless. Bit by bit we turned down the depression, then back up, then down for a bit longer, repeat, repeat again. After an hour or two the depression had settled at a lower level. Still severe, but not unbearable. I was exhausted. We kept this up the second day too, the fear became less, and the fun factor of outsmarting the abusers felt exhilarating. We were beating the spin programming! We were still completely hypervigilant but stayed home and thankfully nobody rang the doorbell (which we had agreed not to answer).

Betrayed, but by who? It took about four days for the depression to be pretty much gone. It was a major relief. The second part of the programming was the feelings of betrayal which were linked to our therapist. (We had also separately accepted that if our therapist actually had done anything wrong, at least one of us would have remembered or written it down.) It was also odd that the word "betrayal" often got followed by "love" in these thoughts, a word usually associated with family, or romance. If depression had been a reliving of previous depression, were the thoughts and feelings about betrayal, and the terror, also a reliving? I did some more reading, thankfully without having to contend with the 'no reading helpful stuff' program. In *Becoming Yourself: Overcoming Mind Control and Ritual Abuse* it says: "…each punishing symptom is created when a trained insider uses parts of stored traumatic memories to retraumatise the front person or other insiders." pp. 126-127

I gave this some thought, and 'listened inside' to see if there was anything about very traumatic heartbreaking betrayal from the past; I certainly felt heart-broken. I never got the full picture but found out enough to know that someone I loved as a child had been the very person who had betrayed my trust. It was all that was needed for programming to stop; it just eased down and disappeared as if it had never been there. The whole experience was exhausting and emotionally very draining.

Understanding the logic and positive intentions behind the harmful actions was key, there were no 'bad' alters at work, because there are no 'bad' alters - only other parts of me trained and taught to behave in harmful ways - and sharing information about the lies and tricks of the abusers proved a great help. The hardest part was recognizing that it was programming, and then fighting back by going to therapy (which I would not have done if there was a serious physical risk of harm). Not gaining any information from the many co-operative alters made it very hard to deal with.

**Knowledge is Power. What worked for Spin Programming**

• Recognizing that the emotional flooding was programming

• Identifying the trigger

• Recognizing the programmed thoughts

• Recognizing the purpose of programming

• Respecting all parts, including the programmed parts

• Looking for loopholes, but not fighting the programmed parts

• Educating internal parts about safety

• Asking, not demanding, for the programming to be turned off or spun in the opposite direction

• Educating about choices, and free choice

• Negotiating to briefly turn down or slow the spinning

• Offering support and comfort, regardless of choices

• Identifying any memories related to any remaining programmed thoughts

**Pictures** by Amethyst

Perfect Blue Eyes

Sun kissed hair

Pretty blue dress

Smiling without a care

The picture tells all

What you want to see

Happy little girl

Life is carefree

Time passes by

Her smile begins to fade

The picture tells all

Nothing to say

Another picture appears

Her eyes are turning grey

The picture tells all

She has a price to pay

Frozen in time

Her body has grown thin

The picture tells all

What you see might sting

Another picture is taken

A ghost of a girl

The picture tells all

As it shatters to the floor

Keep your eyes closed

As he cleans up the mess

The picture disappears

Pretend she isn’t dead

**The Reality of Eating Disorders is Sad and Fragile and Not Beautiful at All** by Amethyst

How did I let myself get this fat?

I have forgotten who I am.

It’s getting harder to breathe.

She knew it was destroying her

She never cried

The eyes, they never lie…

Silent tears.

His eyes were dead.

You know you are in a situation you can’t control, right?

Empty Words…

Everything hurts…

I come from a family of divine liars….

She couldn’t stand to live in her own body…

Her heart long broken.

I whisper, make it go away

A tidal wave of blackness broke over her head…

**The One Who Remembers** by sarah sparrow

She waits in the night in frozen terror

looking towards the bedroom

door.

“sh, sh, sh”

She is restrained by invisible hands.

Feet & hands forced together

and behind back - tied.

Summer storms of emotions

she sobs & grieves.

Her heart is torn to shreds.

She cries for a year in the arms of Brian, her love

and with the one who listens, her counsellor, Elizabeth.

Her body is assaulted,

she convulses, legs pulled apart.

She goes numb, legs shake.

She sings child’s songs, ones I don’t recognize.

She laughs, sucks her thumb and

rubs her eyes like a little child.

She says “Mommy, mommy, DON’T”

“No, no, no.

Don’t, don’t, don’t.

Why, why, why.”

Time passes. I carry on. I cannot reach her - yet she is there.

**Learning Psychology—from Survivors** by Alison Miller

There were two reasons I decided to study psychology: I wanted to know how the mind works, and I wanted to help people. Naïve reasons, I guess. When I took my first undergraduate courses in psychology, I was very disappointed. The first year course was unbelievably boring. The second year course used a textbook called "The Psychology of Adjustment," and the basic premise was that people are mentally healthy when they are well adjusted to their society. It was 1959, and I had been reading such things as The Organization Man, and I felt there was a lot wrong with society and I would never want to be adjusted to it. I read William Sargant's Battle for the Mind, about brainwashing, and was fascinated by the topic. Little did I know that I would much later work to help brainwashed people recover their minds. In fourth year I took Abnormal Psychology, and the categories of "mental illness" that were being used made no sense to me. I watched human beings being exhibited as if they were zoo animals to illustrate someone's theory about these categories. It made me sick.

I did a lot of counseling as a student and in the first few years after graduation. I discovered that there were many people I helped, but some others that I couldn't help, because I didn't understand what was going on in those people, so I went back to graduate school to find out what I was missing. At the same time I got married. Graduate school didn't teach me much other than to be skeptical of what academics think they know. Marriage taught me about how a person can be more than one person at the same time, as I watched my gentle and considerate husband transform at regular intervals into a whiny complainer and critic and then a raging muscular six-feet-tall two-year-old. He was my first teacher about dissociation. I learned a form of partial dissociation myself—to imagine "windshield wipers" wiping away the emotions from my frightening home situation as I drove to the workplace where I helped people living in dysfunctional families. At my workplace I learned to talk with children of various ages, to help parents understand their kids, and to help families get along well, even though I hadn't been able to manage this last part in my own life.

Four years after I ended my long and challenging marriage, I met my first ritual abuse survivor clients. These people provided for me a crash course in understanding many things: complex multiplicity, extreme and prolonged and hidden child abuse, and the reality of ongoing abuse of survivors. Although I attended two brief workshops put on by the pioneer Orange County therapists, it was my clients who made sense of the information for me. All the skills I'd learned came into play as I talked with many people inside one body, and assisted them in communicating with one another. At the same time my lifelong history of reading both science fiction and murder mysteries helped me be open to the grim realities I and my clients were dealing with. Over the next twenty five years I have continued to learn from survivors.

One sad reality is that the programmers in the abuser groups still know much more about how the brain and mind work than the mental health professionals do. Over the years since I began working with ritual abuse and mind control survivors, the field of trauma-informed therapy has developed, and many therapists now know about the effects of trauma on people's functioning. There are even a few experts who acknowledge the reality of various forms of organized child abuse. However, their understanding of the complexity of the mind, and the way it can be and has been programmed by sophisticated abuser groups, is still in its infancy. This ignorance on the part of the helping professionals has been encouraged by a major attack on truth-speaking therapists and survivors by the false memory movement since the 1980s. Many therapists are still afraid to speak out loud what they have learned from their clients. This is one reason I wrote my books.

When I became a psychologist I still wanted to learn how the mind works, even though I hadn't learned it at university, and I still wanted to help people. Helping survivors of ritual abuse and mind control has taught me more about how the mind works than any other part of my education. It has also enabled me to develop a caring bond with some of society's throwaway people, people who were not allowed to be the persons they were meant to be, and assist them in taking back their own minds and lives. This is deeply satisfying.

**I hold my brain in my hands**  by Wendy Hoffman

Intelligence slips through my index and third fingers.

Pieces at the edges crumble apart like feta cheese,

then the southwest portion of abilities falls away,

Klumt.

I am not aware.

My wrists levitate.

A string attaches to each rhythm in my brain.

I have a committee—a philosopher, homemaker, witch, slave.

The committee holds the strings inside and out.

Tighten, loosen, tighten, shove.

I look down at my brain from above

still in my hands.

Reprinted with the permission of the author from *FORCEPS, poems about the birth of the self*. London: Karnac Books, 2016.

**I Have Died Many Times** by Eilish

Every death I left me behind, and lived another life. A life filled with hate, rage, darkness, pain and misery.

Every death I left me behind, and breathed something new. Sulfur, sweat, rotting things, no one should name.

Every death I left me behind, and looked out onto a nightmare. Evil monsters devouring children, brutalizing screams spewing from the hearts of men and women.

Every death I left me behind, and felt the icy fingers of malicious shadows lurking in the dark waiting… to take me again.

Every death I left me behind, and hoped for God to have mercy. Please let me come home.

And now, there is no more death, hope, in love and kindness. There is Mercy, Grace and Forgiveness. There is more than –Deathless death – I have been saved for the reality of a life worth living. Worth waiting for. Worth walking toward no matter what.

**Keep Moving Up. Practice your own VIBRATION** by Eilish

Practice your own vibration.

Look inside it’s there – hiding – your essence; the vessel that transports spiritual information, your mission, and your path in life.

Practice your own vibration. Look inside it’s there – hoping – you’ll feel it. The belonging you’ve been praying for.

Practice your own vibration.

Look inside it’s there – being – the breath of light that is ever present, ever burning in the darkest misery.

Practice your own vibration. Look inside it’s there – a door – opening onto the passage to your higher life. The stairway up.

Practice your own vibration.

Look inside it’s there – forgiving – letting go of the need to hold onto the worthlessness you once believed in.

Thank you for waiting for me to find you.

Thank you for Loving ME.

Membership

**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-do-day activities.

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Every Internet member gets a username and password to enter the Members’ only section

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*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.

We ask for donations for gift memberships so that we may offer support to survivors. 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

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# Volunteer for Survivorship

By helping Survivorship you support survivors and our recovery. There are many different ways to volunteer:

\* [Publish your articles, poems, and artwork in the Journal](http://survivorship.org/guidelines-for-submission-of-prose-poetry-and-art-to-survivorship/). 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.

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

Thank you for reaching out to survivors and helping educate the public about ritual abuse. If we don’t do it, no one will.