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**JOURNAL**

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

Dear Friends,

Thank you for supporting Survivorship. This journal we are introducing our newest journal editor, Wendy Hoffman. Wendy is the author of several excellent survivor books.

We will be having our annual conference on May 7 - 8, 2016 at the Executive Inn & Suite - Oakland, CA Information about the conference is at: <https://survivorship.org/survivorship-ritual-abuse-and-child-abuse-2016-conference/>

Speakers will include: Wendy Hoffman, Dr. Alison Miller, Dr. Steve Frankel, Neil Brick, Dr. Randy Noblitt, Pam Perksin and others. Hotel reservations include complementary parking, complementary deluxe continental breakfast and free shuttles to and from the Oakland airport. We will be offering two free lunches to all attendees.

We expect this year to be another excellent conference and we are offering free registration scholarships to accepted applicants. More information is at the conference website: <https://survivorship.org/survivorship-ritual-abuse-and-child-abuse-2016-conference/>

Questions about the conference can be sent to: conference2016@survivorship.org



Table of Contents

**‘The Big Lie’** by Alison Miller – Page 2

**2 poems by an anonymous survivor of sexual abuse** – Page 6

**Excerpt** by Janet Thomas – Page 7

**How to Keep Safe at Conferences** from Smart at Ritualabuse.us – Page 8

**Poem** by Jenna – Page 15

**Testimony** by an anonymous survivor – Page 16

**2 poems** by Eilish – Page 17

**Does Therapy Interfere with Work?** by Alison Miller – Page 18

**Handlers** by Wendy Hoffman - Page 19

**Poem** by Wendy Hoffman – Page 20

***Self-care and Managing Triggers***

Because of the nature of extreme abuse, any or all of the material in the Journal may possibly be upsetting or triggering for survivors.

***Statement of Mission and Tolerance***

The Survivorship Journal is a medium for discussion and ideas. We encourage a variety of perspectives, viewpoints, and expressive forms in approaching the topic of extreme abuse, including mind control and 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. To send letters to the editor, please e-mail: info@survivorship.org

# The Big Lie

# by Alison Miller (psychologist)

What makes survivors contact people who they know abused them in childhood? They do it because some of their insiders believe what I call the Big Lie, something they were taught to believe beginning very early in life,

Mind control groups know that the children they abuse and train will one day grow up and possibly move away, and possibly begin to remember what happened in childhood. So they prepare these children with a great deal of training to make sure that the group's secrets don't leak out when the kids grow up. They want and need their victims to believe they are all-powerful, all-seeing, all-knowing, and able to appear at any moment to punish disloyalty.

The most basic lie of mind controllers, which I call the Big Lie, is that the perpetrators always know where you are and what you do, say or think.

First of all, they tell you that whomever they worship, God or Satan or Lucifer, is watching you. If you attended church or Sunday school, you may recall being taught that God is all-powerful, all-seeing and everywhere. If some of your insiders were part of a Satanic or Luciferian group, they would be taught the same thing about Satan or Lucifer. There is nothing like an invisible, omnipotent watcher to make children behave in the desired manner when no one is really supervising them. This is especially effective if that deity has already been simulated by a costumed person who punished those children for disobedience with rape or torture, or by torturing someone else. And this is what they do. But even groups without a religious belief teach kids that they, the abusers, have special powers or technology which enables them to know where you are and what you do and say and even think.

Punishment and trickery are used to convince each child of the truth of the Big Lie. The child is set up to hide, to talk to someone about the abuse, or to disobey. A hidden microphone or a one-way mirror permits the group to see or hear what the child is doing or saying. The group punish the child for what he or she did or said when the child thought he or she was alone or hidden.

Often a child (and therefore a survivor) has a hidden floater part who observes the trickery and can tell you about it. If you have one, you can work on winning his or her trust so that part will tell you what he or she saw happen.

Abuser groups tell kids many different versions of the Big Lie. They even tell different versions to different insiders of the same child. Here are some I have heard about.

## What Children Are Told

"The walls have ears" (This is taught to a young child in a room with plastic “ears” glued to the walls. The abusers say the ears will always be there in any room but will not be visible.)

"The all-seeing Eye always sees you even when you can’t see it" (This is taught with a plastic eyeball in a glass case, or even with an actual eyeball from a dead creature).

"Your stuffed animals (some given to the child by the perpetrators) report on you to us" (When the child is little, there could be a tape recorder or "nanny camera" in a stuffed animal.)

"We (the abusers) are always hiding in the shadows or in the walls" (This is taught through an actual experience where people jump out from the shadows or from behind the walls—but of course, it would not be true in other places or at other times; this is a setup).

"Mothers have eyes in the back of their heads" (This is taught to a child whose mother is an important part of the abuser group).

"Your mother can hear everything you tell anyone" (When LisaBri was little, vinyl ears were put over both her ears and her mother's ears, and the child was told that everything she said was transmitted to her mother through the ears.)

"The crows tell what you are doing or saying" (The truth is that since crows eat dead things, they hang around abusers who kill animals, but they can't really talk to them. Some groups may use other common creatures like spiders. They pick something which is always around so the survivor will always be afraid of that animal telling on them.)

 "Satan’s eyes are always watching" (This is simulated with flashlights covered with red crepe paper, in the dark.)

"There is a microchip implanted in your body which tells us where you are and what you are thinking or saying" (There are considerable technological difficulties with this. Even if a device could be implanted, it can't both record speech and send radio signals over a long distance for a very long time.)

"There is a device implanted inside your head which sees and hears everything, even your thoughts, and reports it to us" (They do fake surgeries to make kids believe this.)

"We have sophisticated state-of-the-art technology to listen to your phone conversations and read your emails and see where you are at all times" (The truth is it takes a lot of manpower and time to monitor someone's calls or emails, even if it could be done, and abusers can't put that much time and energy into this. The important thing for the groups is that the child believes them and so keeps their secrets.)

"We know things and do things by real magic" (Every story I've heard about this turned out to be trickery. Stage magicians are very impressive but their magic is not real.)

"We always know if someone is lying, so you must always tell the truth to us" (The truth is that this has been studied a lot, and no one can always tell if someone is lying.)

"Everyone you know is linked to us and knows your every move, and will report back to us" (This may have been true in childhood but it is not true later. In some cases it isn't true in childhood either. Abuser groups can make a child believe his or her parents are present when they aren't.)

One of the abuser groups' favorite tricks is fake surgery, in which they make children believe they are putting things in their bodies. They dress the child up for surgery, put him or her on a stretcher, and tell the child they are going to implant such things as a device which records everything the child says or thinks and sends it to the abusers. The anaesthetic puts the child to sleep, and he or she wakes up with a bandage and the belief that this device is now inside his or her head, or tooth, or body. It is, of course, a trick.

Some of your insiders may be asking: "Then how do they know where we are and what we have said, if what they told us is a big fat lie?" And the answer may shock you: It's you who tells them. You have reporter insiders who have the job of telling the abuser group where you are and what you have said and done, especially if any of your parts have been disloyal and disclosed secrets.

When you are a child, it is easy for your parents and other relatives to know where you are pretty well all the time. They also encourage siblings to spy and tell on one another, with threats of punishment if they don't. This is not magic or technology.

The main purpose of the Big Lie is to make sure that the group's secrets don't leak out to outsiders when the child's body has grown up and the person has left the area. In addition, some groups want to continue to use some survivors. For instance, ritualistic cults expect the children they abuse to become adult cult members who will transmit the group’s values and practices to the next generation. Military/political groups continue to use some adult survivors of their training as spies, assassins, or couriers for drugs or political documents. While they “close down” the programming of some survivors, they keep others in active use. Child prostitution and pornography groups probably allow survivors to leave when they reach adulthood, unless they are also involved in the adult versions of the same things.(By the way, it is frequently only one section of a personality system who is involved in these criminal activities; if the child becomes too old for use in sexual services, other activities may continue.)

The group leaders realize that they will not have the time or resources to keep track of all their victimized children when they reach adulthood. Because of that, they get the (now grown) children to keep track for them, through internal reporters.

Fake surgery is also used to make children believe there is a bomb in their stomach which will explode if they talk about or remember the abuse. After the bomb is supposedly implanted, the abusers show the child an X-Ray which supposedly shows the bomb in his or her middle. Less sophisticated versions of this deception involve putting a small animal like a rat or a snake inside the child's orifices and telling the child it will devour him or her from inside if he or she talks.

There are many lies designed to keep the children and adults trained by the group involved. “Return” programs are insiders' trainings based on lies that make survivors believe they have to return to the group at certain times or for specified events. “Access” programs train insiders to respond to callbacks by abusers. “Report” programs address the problem of members giving away secrets by forcing those who have done so to contact the group immediately.  Particular groups of insiders (usually children) are given each of these types of training.

From Becoming Yourself: Overcoming Mind Control and Ritual Abuse. London: Karnac Books, 2014. Reprinted with permission of the author.

**WHO WAITS WITHIN**

by an anonymous survivor of sexual abuse

A wound was born in winter,
it lay red upon the snow and mist.
It screamed in pain, then fell asleep
waiting for the healing kiss.

A bone protruded from the ground;
pink and gray, it cried
for a towel or rag or paper bag
its nakedness to hide.

When will the wound within cease its tears?
When will the waif rise up from her fears?
When will love and truth be one?
When will the work be done?

**TO THE ABANDONED**

by an anonymous survivor of sexual abuse

The pines stand like tall women,
altars of nature.

Dogs below wander,
urinating on random sites,
marking them as their own.

At night, the trees hang like crucifixes
from a great mooring with bright nails.
They stand in dutiful rows.
Their limbs sweep over dying stumps below.
In irregular ruin, their sisters lie.

When storms come, the trees cry separately,
they cannot hold each other.
Strong, as if with principles,
they do not name their enemies.

The following excerpt describes the March 1990 conference called **"Healing Shattered Lives: A National Conference on Ritual Abuse"**, sponsored by BAWAR (Bay Area Women Against Rape), Healing Hearts, Looking Up, UC Berkeley Rape Prevention, held at UC Berkeley. Excerpt by **Janet Thomas**.

What I remember so vividly about the next few days was the language--both spoken and unspoken. I understood it. For the first time in my life I was with a large group of people who were either directly or indirectly experienced with ritual abuse. The words used, the grief and confusion expressed by survivors, the serious presentations by professionals, it all rang through me like a bell.

Tears of relief at hearing about memory loss and multiple personality disorder. How one "grows" an MPD. It is a biological capacity to dissociate. A survival mechanism when a child is not provided with restorative experiences after being traumatized. The systematic disinformation that is part of the brainwashing and mind control. The "fuzzed out" psyches of ritual abuse survivors. The blanks and suspended terror. The societal denial because ritual abuse is outside the realm of shared reality. All the information that I knew without "knowing" reverberated through the stone self that made my presence possible. This was the truth, the language of my life.

For three days I learned about the sophisticated workings of ritual abuse. How the mind is manipulated until the "self" is lost under layers of torture and fear. How language is contaminated until it becomes a tool of complete destruction.

"I torture you because I love you."

"If you remember, you will die."

"If you tell someone you trust, they will die."

"You have no thoughts that are yours."

"You don't have the right to exist."

"Everything you do is bad. Good girl. You are guilty"

"Everything you are is bad. Good girl. You are shameful."

Father Kent Burtner, a Catholic priest from Portland, Oregon, spoke about programming and thought reform.

"Satanic cults demand the surrender of humanity."

"Communication is destroyed with both the outer and the inner world."

"One's own thinking and feeling becomes the enemy."

 "Compassion is punished."

 It was a whirl of hearing out loud the conundrum of my own life. I was there and not there at the same time. A few women sat with stuffed animals on their laps. I thought they were stupid. I did not respect the "acting out" in public. When one of them stood and spoke as a mature woman who shared soundly and profoundly about her struggle, I was shocked. My own inner children, who would have loved to hang on to a teddy bear for dear life, were not yet allowed to co-exist with the adult.

Inside, it was my Controller who was suddenly learning about his existence. The blueprint was laid out and looked at.

"The Controller must be on the therapist’s side," said Marjorie Toomin, Ph.D.

"Huh?" My Controller has not thought about being on anyone's side.

"The skills must be re-directed to allow help from the outside. The Controller must not keep protecting the system from help as well as harm. The therapist and the controller must work together."

My Controller recognized many colleagues in that room. He was also startled to see that some of the other Controllers were allowing their systems to need help. To be vulnerable. To be spiritual.

One woman spoke about her spiritual recovery. My lost, lonely disenfranchised spirit jumped with recognition. "Yes," the soul in me yearned. "Yes, I am here. See me. Know me."

For more than twenty years I'd been more spiritual than most of my friends, but the fragmentation inside meant an isolated spirit--detached from the Controller, the Little Ones, Pieces of Personality, the Mother, the Intellect, the Shamed, the Writer. All of them creating an as-needed existential response to the minute-to-minute needs of my day-to-day life. None of them were touched by the spiritual grace trapped inside me. It was a grace born out of a yearning for justice—but always on behalf of someone else. I can trace it back to meeting that young lieutenant with malaria, who had just returned from Vietnam and was isolated alone in the hospital at Fort Dix. Although there were many men on those wards with serious and disfiguring wounds, something about him, the look in his eyes, the great sad resignation that enveloped him, woke me up to war. I was not yet ready to wake up to my own suffering; but I could take on his. It was a moral indignation that partnered with the grief at losing my son and it started me on a spiritual path that led through my whole life.

From *Day Breaks Over Dharamsala—A Memoir of life Lost and Found.* Washington: Nutshell Books, 2nd edition, 2015. Reprinted with permission from the author.

# How to Avoid Being Mind Controlled at a Conference

This was originally written for our conference attendees. Please do not copy or re-use without permission. All rights reserved by Survivorship and SMART Copyright 2015   This information is for educational value only and is not intended as therapy or treatment. Reading this information may or may not help your recovery process, so please use caution while reading this. This may be heavy for survivors.

# Precautions

While the Conference organizers are doing everything possible to make this conference safe, we are not able to make guarantees, and attendees should also take their own precautions. Because of the controversial nature of the topics covered in this conference, you might want to take additional precautions.

You might want to use an alias at the conference, and put that alias on your conference name tag. Do not give your real name or information about where you live or your contact information to other conference attendees. If a conference presenter asks for such information, ask the conference organizer whether this is permissible.

If you find this helpful, bring a small object which you find comforting, and can keep in your hand or pocket to hold on to in order to keep you in the present if you find yourself triggered.

# Bringing Support Persons

 We encourage conference attendees to travel in pairs with a safe support person as much as possible at the conference. I am not saying this to scare anyone. I believe this is simply more sensible. That way, if anyone does attempt to trigger you, there will be another person there to help you and tell the other person to leave. If anyone has any trouble with anyone at the conference, please let us know either verbally or on paper during or after the conference. We have tried to make the conference as safe as possible, but it is impossible to make anything totally safe.  A safe support person can be an excellent help at a conference. Such a person can help a survivor avoid and process post-traumatic and programming triggers.

However, sometimes persons that survivors think are their supports are actually their handlers, persons who report their behavior to the abuser group and make sure they are obedient. Such a person can be a therapist, a spouse, a friend or another survivor. If you knew the support person before you knew you were a survivor, this person could be a handler. It is difficult in early recovery to know if a support person is a handler. Someone in your life may be a handler if seeing that person makes you feel overly dependent, in a trance state or addicted to being with that person.

Before you bring a support person to a conference, you need to check with your inside parts to make sure that all parts trust this person and do not believe them to be a handler.

# Observing Others

It is helpful to know the accessing methods of secretive organizations and/or cults. Following are some known methods. Look for odd hand gestures, such as opening a book, making the shape of a gun with the pointer finger and thumb and "shooting" it, using the cut sign (hand drawn horizontally across the throat), tapping something (a book, the wrist (as in asking for the time), forearm, leg, etc., drawing something in the air (like a letter of the alphabet or an unknown sign)). Winks or facial expressions: winks, or eyes shutting and opening in sequence, or eyebrows, weird grins or bared teeth, snarl (raised upper lip), pout (dropped and protruded lower lip), lopsided smile or grimace (corner of mouth down or up). Though some of these may or may not always signify triggers, it is important to be aware of them.

Some forms of programming use Christian or New Age religious phrases or dogma to cue people and remind them of their programming. Other that may be used includeDisney themes, like Alice in Wonderland, Aladdin, or The Little Mermaid. Any children's stories or movies which were around during your childhood, such as the Wizard of Oz, may have cult meanings.

 Other more general methods are any form of double-talk or double entendres, or words or phrases with double meanings, off-color jokes, and so on. Any out of place references to morbid, violent, ugly, sexual topics. Disorienting or confusing speakers: such as those who start a sentence on one topic and use an incongruency to finish it." e.g., "My glasses are red [because/and] it's raining outside." When questioned about what s/he means, the speaker may say something like "I'm hungry" (which may be an excuse for the confusion, or may just be another non sequitur). Disorientation increases suggestibility. Disorientation is used in some forms of hypnotic induction. Word plays or sayings, especially those which could refer to political or famous persons.

Survivors may sometimes be triggered without knowing it. Whole groups of people can be put in a trance and given instructions through cues.

Use caution on the telephone. If you feel you are getting hypnotized or spacey on the phone, shake your head hard and excuse yourself from the conversation. Texts and e-mailsreceived during the conference may be designed to make you susceptible to your programming. It is wisest not to take phone calls during the conference unless they are from someone you are completely sure is safe.

**Attending Presentations**

Some of the presentations might be triggering due to their content.

If you feel triggered, please step back and do some self care. To stay present, take deep breaths, touch your clothing, and try to feel the chair you are sitting on and the floor under your feet.Use the small object you brought to let you know where you are.

If this is insufficient, take a break but do not go for a walk alone. Tell your safe support person, if you have one, that you are feeling triggered and need to leave with them and go outside. Stand up, making sure your safe support person (if you have one) is leaving with you. Sometimes the safe support person may not know you need to them to be with you. Often perpetrators will corner a person either in the back of a conference room or another room. This may occur when the survivor goes to the bathroom or walks down the hall to another room. Teddy bears and children’s books can bring a survivor into a child state in whichhe or she is more susceptible to being accessed. For this reason we do not encourage survivors to bring such things to the conference, and we no longer provide them.

If you have to take a break and miss all or part of a session, a tape or powerpoint of it should be available after the conference, for you to listen to later with a safe support person away from the conference.

Check inside to see which parts of you are upset and why. Inquire internally whether you are having a post-traumatic reaction, in which something reminded you of some past event or person in your own life, or whether programming has been triggered.

Try and figure out what the presenter did or said which caused these feelings. Did the presenter use a particular phrase or body movement that was once used as a threat against you or as a signal to deliberately trigger programming? Remember that your perpetrators used common words and gestures and twisted their meaning. It is likely that the presenter used those words or gestures in the regular way, not the cult way, but it is possible that he or she meant to trigger programming.

Write down what was triggering and discuss it with your support person or one of the conference organizers. Please report any use of program trigger words or behaviors to the conference organizers, either in person or through a note during or after the conference.

# Dealing with Other Conference Attendees

Most people are going to act fairly normally, and because programmers/handlers or scouts for secretive organizations or cults are not likely to look any different from most people, it is helpful to be alert to possible signs of attempted accessing.

Do not give any personal details about your life to conference attendees, even if you believe you have met them online. Almost every ritual abuse survivor has parts inside who are trained to report on other survivors to the perpetrators. You do not want anyone reporting about you.

Don't shake hands or exchange hugs with anyone you don't know. Certain cults use handshakes to remind people of their programming and/or access certain alter states.

Survivors are in different places in their healing, and their knowledge about programming methods and their ability to recognize such things. There are two ways to catch triggers: one is by your own reactions. If you notice you are suddenly dizzy or foggy, or spaced out, you may be triggered. It is good to know some grounding techniques to use when this begins to happen.  Try to remember what just happened around you. The second is by looking for some specific behaviors, odd out of place phrases, or discrepancies between behaviors and words. Pay close attention to hand gestures, winks, taps, etc.

Most people are probably safe, but it is a good idea to be aware of your surroundings as much as possible. You might want to watch who is around you, who is within your physical space, who brushes shoulders with you, who touches you, who sits next to you, who is near your food, in all areas of the hotel, as well as watch where you drive and what cars are behind or near you. Don’t go off to a secluded area with anyone you don’t know well.

One important thing is if you are feeling triggered or dissociated or tired or weak, don’t let people that you don’t know or trust and/or people that aren’t safe ask you to leave the conference room to talk with you. If you see someone you don’t know walking up to you when you are feeling triggered or dissociated you might want to say “excuse me” and quickly walk away from them and find a support person or a conference organizer.

Please notify Survivorship during or after the conference if you see any of the things, such as deliberate triggering, mentioned in this article. Try to let us know what happened in as much detail as possible.

# Trigger Management

 Triggers are more than phrases. They can be pictures, sounds, smells, tastes, gestures or touches on the body. The added dangers for triggers for ritual abuse survivors are that triggers can be used to open alter states, or very complex programs. These programs could be used to cause a return to the cult or cause someone to hurt themselves or someone else.

Triggering can occur in so many forms that it is impossible to delineate them all here. Some signs of triggering may be: feeling like you're looking or walking down a tunnel, feeling "unreal" or invisible, feeling like something bad is about to happen, ominous sense, inability to concentrate, spacing out, blanking, dizziness, fogginess, stomach upset or pain, tingling in arms or legs, twitching on any part of the body, dropping objects, mishearing things or inability to hear (where others appear to hear okay), seeing visual flashes (such as a flash of another object where a chair is), hearing voices in your head, or losing bits of time and not knowing what happened. If you brought a safe support person, let that person know what is happening.

Trigger management is one of the keys to recovery. By being able to manage your triggers, you can hopefully keep from being triggered into alter states that could possibly be used to get you to return to the cult. This entails knowing the trigger and the feeling accompanying the trigger, the memory connected to the trigger and the action required of the trigger.

Working through programming is having the memory in a safe setting with a safe support person and learning the accompanying trigger and subliminal instruction.

Trigger management involves learning to recognize the feeling of falling into a deep hypnotic state, snapping out of it, and then trying to figure out why it happened. It also involves learning how not to fall into these states while feeling the “pull” of them. One technique that can be used is: Shake your head side to side (fairly hard) or walk around.

Susceptibility to triggers can come from being tired or confused. This is why it is important to try not to be tired or confused in possibly triggering situations. Try to stay awake and alert. Get enough sleep.

# Practicing Trigger Management Techniques.

# Take a pen and paper out now to write down some things.

 Think of a time when you were triggered. It could be a minor triggering event, one that made you feel a little bit scared, or a major event that caused you to switch into a different alter. You may want to start with a more minor triggering event for safety reasons.

Practice leaving the room: Pretend you are triggered and need to leave. If you have a safe support person with you, take that person along.

Think about the feeling that accompanied the triggering event. This may vary from one trigger to another. Did you begin to feel spacey, like a fog rolling in, or did your ears begin to feel like they were filled with something, so it was difficult to hear? Did you lose a connection to the feelings in your body and your chair? What other feelings or thoughts did you have?

Now, write down the physical feelings that accompanied the trigger, while you are writing, think about these questions. Did a different part of you come out? Were you co-conscious with this part, or did you actually lose time? If you switched, either completely or behind the front person, what do you know about the part who came out?

Write down what triggered the event in the first place: a sound, smell, picture, word or phrase, a touch or a combination of these senses.

# Safety at Home

Please remember that your recovery is your own. It is important for survivors to choose their own spiritual systems. Unfortunately, certain religious and healing techniques are used for programming people (to put people into hypnotic states) sometimes and are used on RA/MC survivors. Be wary of those that emphasis that there is only one way to heal. Educate yourself about cults and their techniques also. There are several very good books that can help with this.

Look very closely at the relationships in your life. Does a certain person in your life fit the profile of a handler or an abuser? Can you say something about the profile of a handler or an abuser? Ask inside whether anyone recognizes things the person is doing or saying which indicates they may be one? If they do, find out more about this, work with a safe therapist and if necessary get away from the person, place and/or situation. An important part of recovery and not being triggered is to think for yourself. Don’t let others control you or scare you. Scaring you or startling you can put you into a hypnotic state also. Fear can also create hypnotic states.

Some people in the survivor movement (from ritual abuse and mind control) appear to have a cult like following. Some speak regularly at conferences, and have lots of books, media support, etc. While this is not indicative of the fact that the person may not be safe, it may be an indicator of this if other factors are in place, especially if numerous allegations are made against the person.

The important thing is not to have any gurus. To critically analyze everything someone says. This is a learning process. Does the person want to have followers? Are they always overstating their power and connections? Do they have appropriate personal boundaries? How does your “gut” feel when you hear them speak or when you meet them? You might not like someone personally and you may disagree with them from time to time, but how do they really make you feel? Do they encourage you to think for yourself rather than follow them? Or do they tell you there is only one way to heal? Do they try to manipulate you and use you, either financially, sexually or otherwise? Who are they connected with financially, and what conferences do they speak at? A combination of many of these negative factors may indicate an unsafe person. An important thing to realize is that people don’t know they are being brainwashed, because it is subliminal. Often those brainwashed will love and admire their abuser, which is called Stockholm syndrome. The important thing is whether the person tells you to think for yourself and find your own answers and whether they really mean this. Speakers at other conferences may prophesy that certain things are going to happen on certain dates. While it is good to be aware of the fact that cult programming can entrain a person to connect a future occurrence with a future date, it is also important to realize that this is only programming. Cults will often move dates up when the expected occurrence does not happen.

Discernment is crucial here. It is also important not to be constantly paranoid, though this can help at times to avoid programming. There are safe people in the world that want to help us. The important thing is figuring out who is safe and who isn’t. Staying present rather than dissociating can really be helpful in this area.

Make your own decisions. There are good support systems and advice out there, but make sure you make your own decisions. Healthy intelligent change is good. Follow you own path or way and be strong enough to do this. If you do this, you will begin to take control of your own triggers and develop a healthy, trigger management system. Please feel free to let us know how you feel about this topic.

Our future is up to us. If we keep healing, working hard and getting strong, then the survivor movement as a whole will also get stronger. Once you are strong enough to help others, you might want to do so. By attending a conference which shows the unity of the survivor movement, you are doing this. By being here, you are helping everyone get stronger.

This information for this article was primarily taken from two articles at the SMART ritualabuse.us website and was edited by Survivorship. Permission was given to use this material by S.M.A.R.T.  P. O Box 1295, Easthampton, MA, USA. E-mail: Smartnews@aol.com

**RESILIENCE**

by Jenna Williams

I could not see the reality
My insecurity was visible

I could not see the reality
My bones were beginning to show

I could not see the reality
My arms were always mangled
If not from him then from me

I could not see the reality
The one I loved enjoyed my pain

I could not see the reality
He took the one thing that
Should’ve been mine to give

I could not see the reality
I’d become a shell of what I once was

I could not see the reality
I had to pick myself up off the floor

I could not see the reality
I was better once he was gone

It took me a long time to see the reality
I am finding myself again

Now I see the reality
It is okay that
I’m not yet okay

It is okay that
I still cringe at the
Sound of his name

It is okay that
I still have flashbacks

It is okay that
I need help to cope

It is okay that
I’ve had to reinvent myself

It is okay that
He took my power away
Because I took it right back

It is okay because
I am never going to
Let it happen again

Editor’s comment: The following is an example of how you can recognize you might have mind control.

If you have not already, please think about joining the Survivorship message board, where you can get safe support for issues like these.

**DO I HAVE MIND CONTROL?**

by an anonymous survivor

I remember things that don’t make any other logical sense.

I remember my first interactions with them very well. Too well. I have vivid recollection of the initial abuse. I believe that later I presented myself to them for the abuse but have little memory of what happened when there. I have flashbacks often. Sometime just sounds like snippets of conversation and how they make me feel. For the most part I am functioning. I have a job and my family and friends are unaware of anything. I don’t think I have DID - maybe PTSD but I don’t know as I’ve never seen a therapist and wouldn’t trust myself to find one. Sometimes I feel the need to inflict certain things on myself (nothing that leaves a mark) and become obsessed with it until I do it to myself and then I feel disgusting and worthless. I am tormented by shards of memory. Sometimes these splinters all join up and I become so overwhelmed I can’t work, I can’t get up, or wash or talk. Those are the days where my husband tells everyone I’m not feeling very well and need rest. These episodes can last days. Until recently I thought that I just went to bed with dark thoughts and then snapped out of it. The last time though things changed. I became distraught and full of self loathing and eventually I found my voice and told my husband that I was disgusting, sick and evil and had made it all up. I was so ashamed of myself and thought I should be kept away from my kids because I was obviously disgusting to come up with such thoughts. My husband said I’m not making anything up and told all the things he has seen to make him believe I am telling the truth and eventually he took a picture of my back and showed me all the marks on it and then took me to a mirror and told me to REALLY look. I could see so many scars on my body (usually invisible to me). I cried and cried and my husband said “that always helps”. I was like – what? – we’ve done this before? Apparently we have done this many many times and the next day I get up and I’m fine. I’m cheery and get back to my life and work and to “normal” – until the next time. This time, however, I remember. I feel! I’m angry and broken hearted and disgusted and strangely hopeful that this might be progress no matter how horrible this feels.

**HOPE**

**INTEGRATION**

by  Eilish

I dreamed of uncovering
The goodness in you.
That would mean there was a chance for me too.
Your redemption is my hope,
Where do I go for redemption?
Whether you admit your actions or not
I know you are programmed too.
I forgive you so, I can love again.
Freely, wholly, openly, soulfully…  Love…

**WHAT DOES GOD WANT!**

By  Eilish

If I let go…
    Will the pain still exist.
    The heart crushing betrayal, suffocating, searing brutality
Of the human condition.
If I let go…
     Will light fill the caves
And caverns in my mind.  Does my soul remain
After the carnage.
If I let go…
      Will I breathe again…
      Will my heart still beat.  Will I still be kind and honest,
      Am I worth loving…
                           Or is it too late…
      Did my heart turn to stone
          Hard and cold.

**Does Therapy Interfere with Work?**

By Alison Miller

My client sent me an email which said "I'm not sure I can keep this up, therapy sessions while working. I’ve been thinking about this for a while. It’s very challenging for me to work and work on my healing. I’m not sure if I can keep it up anymore. It’s affecting my ability to think at work and be effective."

I was seeing her after work once a week. She would come in very tired; I would usually talk with the adult front person briefly, then do some memory work with the younger ones.

I wasn't sure what we should do. She hadn't completed her therapy to the point where I was sure she could manage on her own without therapy. Assuming that therapy was conflicting with work, I replied "There are several options: End therapy, take a break from therapy, plan to work intensively for a day or two at a time during time off work and not have weekly sessions, make appointments on an as needed basis (e.g. when a problem comes up)."

But when we problem-solved at her next therapy session, I discovered that the problem wasn't caused by therapy. Here's what was going on in her workplace:

1. Her boss was being very critical of her, not realizing how it made her feel.
2. She was sometimes getting mixed up at work because child parts who were supposed to stay inside were coming up and affecting the adult's perceptions.
3. Her determination as a survivor of major deceptions to speak the truth at all times was upsetting co-workers. She had never learned to think before speaking—in fact, many of her insiders had been trained to act without thinking.

We brainstormed about how she might address each of these problems. She needed to slow down, think about how others might feel, and find a tactful way to say things to her co-workers. The inner leaders needed to keep the child parts occupied internally during the day, through internal activities such as story books or art work. And she, the adult, needed to tell her boss that all this negative feedback was discouraging, and she needed to hear some positives.

Besides these difficulties in the workplace, there was another reason why my survivor client was tired. For many years, the adult who handled daily life had ignored the younger parts inside. Through our recent therapy, she had learned to try to meet the kids' needs. But now she was going too far with this. Every single day, before and after work, she had scheduled activities such as watching kids' TV shows or reading books for each inner age group—except herself. Her non-work life was completely consumed with chores (cooking, shopping, house cleaning) and kids' activities. She had no relaxing "down time" for herself.

In addition, a survivor she had met online was calling her by Skype every single evening, and she spent a long time daily talking with this person. Her old "answer the phone" programming was apparently pushing her to take these calls.

We brainstormed again about what she could do: Give recreational time to only one age group of kids each day, limit the Skype calls with her survivor friend to once per week, and build in some relaxing time for herself, perhaps watching an adult comedy show.

Therapy was not the problem. Therapy was not just for working through the abuse memories; it was also a place where she could come to find a supportive listener who could help her balance her life. We did change our meeting day to Saturday, but therapy will continue. If you are a survivor trying to juggle work and therapy, please feel free to share this story with your therapist and ask him or her to help you problem-solve.

**Handlers**

by Wendy Hoffman

 If you are a mind controlled victim, you will have a handler until you escape or die. A handler makes sure you follow all commands, that your programs remain intact, that you make no moves toward breaking free. A handler can be a male or female adult. Handlers used to be called ‘manufacturers’ because they manufacture your life and consider you a mannequin. They differ from programmers who create the personalities or alters within and feed these parts the programs and commands. They used to be called ‘mind masters’. Handlers also differ from spies who follow you around to get information about you and snitch. They used to be called ‘snitches’.

 How do you get a handler?

 All cult-born people have one until they are trained. If they have specific ongoing jobs to do in their particular cult, then they will be assigned handlers to track their courses. Because the danger of sudden enlightenment or programs breaking down lurks throughout a lifetime, handlers keep a vigilant eye on their subjects. Their jobs are made easy because victims are programmed to report promptly if something isn’t working within. So even if handlers have lazy spells, are distracted or miss a beat, their subjects will bring any indiscretion or striving for freedom to their handlers’ attention. It is quite a *pas-de-deux*. The handler wants the complete slavery of the victim. The victims cooperate fully because they have been mind controlled from infancy on to adhere to their roles of total victims, are not aware of this entrapment, or their programs to live as rats in a maze. Handlers tell them what to do. Even hand signals or visual cues instruct victims on the course of their lives. Handlers are like pimps.

 Like pimps, the same handler can monitor many people’s lives. But if the cult victims have highly visible or important jobs in the normal, non-cult world, then those victims will have a one-on-one handler. Handlers can be parents, spouses, lovers, relatives, friends, therapists. I have seen heads of countries, royalties, elected officials with their spouses on television, and it looked suspiciously clear to me that the spouses had been given the job of monitoring every action and thought of the officials they were in charge of and married to. Many of the people in charge of the world we live in are manipulated marionettes on tight strings. People in important visible positions will have solid handlers who will not deviate from their loyalty to the satanic cult. They will have handlers who swore loyalty to evil. If they break free, these handlers will be demoted and punished.

 People in less visible positions might have handlers who are also blind victims. Your breaking free may even help them see their own entrapment.

 Breaking free of these prisons entails becoming aware that you are imprisoned. One reason you may not know you are entrapped is because of the tight reins handlers keep on their victims. No move toward awareness or freedom is tolerated. You can break free anyway.

 Step two is to identify the handler in your life.

 *If you have a compulsion to call somebody, that somebody would be your handler*. You might call to report a move, some change in your life, a memory breaking out or any information that goes against your programming.

 If the handler is a friend or boss, you can gradually ease away but what if the handler is a husband or wife and the parent of your child or children? You can divorce but what do you do about the children? This is an instance of how complicated life becomes when attempting to extricate yourself from the webs of evil.

 Some people may feel that they have to remain a prisoner because breaking away is too dangerous or difficult. If this is the case, it still may be better for you to know what your programs and triggers are than to go through life numb and deceived. If you know who your handler is, you can lie to that person. You don’t have to report what you are thinking and feeling. You can be inching your way to freedom and perhaps preparing your child or children to make a break while hiding this information from the now-known enemy.

 Knowing what your life is and who the enemy is are ways to regain the humanity that had been stolen from you as soon as you were born. It is a way to give birth to yourself, to pull yourself away from people who plan to keep you down, who plan to make you less than a human being.

 No matter how difficult the struggle is to break free, it is worth it. Moving in the right direction has its own rewards. Even if you can’t take your children with you, you are leaving them the legacy that the fight for freedom is worth it.

 Your handler holds your programs like so many pebbles in his or her closed fist. You can start to open your brain, which will force your handler to open his fist.

**DISSOCIATION**

 by Wendy Hoffman

I unzip my skin and look inside. I see a colony of ants, each with a purpose and a name tag on blue striped shirts. Nancy, Sally, Richard, Ellen, Michael, Connie-Sue, Anthony work together but don’t know of one another’s existence. I see them sitting around a long rectangular rustic table. They sit down, they get up, they sit down, they turn around. They are afraid. Every sound hurts. Every breath pains.

I unzip my skin and look inside. My skin catches on the zipper. I turn my arms inside out. I cannot believe. I didn’t know. This is my skeleton, bones of fear holding me up, collapsing, buried, young, kept alive.

The ants march through a long dark tunnel. They wear a light on their headgear. No light shines in the underground. They plod ahead to perpetual sameness, to nowhere and no age. They hold jars of terror. I lift a lid, I close the lid, I lift the lid, they close the lid. My feet dig in.

I take an escalator to the top floor. It looks so normal up there, controlled, refined. I zip up my skin and go to a masked ball. How long can I pretend? I unpeel my sticky smile, push the round button and take the elevator down, lower.

 From *Forceps*, *poems*, forthcoming. London:

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