

GRIEVING & HEALING SELF-HELP

Healing involves the uniquely personal & normal processes of integrating & grieving the harms, losses, & hurts suffered during over-whelming & life-threatening RAT ordeals. **Try to proceed at a pace that is safe & helpful for you:**

* **Try** to understand you are a good person; this brings meaning & hope into your life. RAT victimization was not your fault!

* **Try** reframing both negative Self-feelings & Self-thoughts by truthfully recognizing your positive strengths. Practice positive Self-talk, it nurtures positive Self-emotions.

* **Write**, make lists, color, draw, paint, or use a computer to keep a journal – it helps clarify experiences, thoughts, & emotions. It can help reduce mental chaos, confusion, spinning, & clarify distortions.

* **Try** to name your emotional feelings, this develops the emotional language necessary to understand one's Self.

* **Anger** can be a healthy emotion that can produce "I'm going to explode" tension. Try physical activities – walk, swim, or follow an exercise video – to release tension, to relax, to improve brain neuro-chemicals which may help ease mood swings, depressiveness, sadness, worthlessness, & hopelessness.

* **Try** eating healthy foods & drink water everyday to break deprivation habits, to strengthen your immune system, to improve your energy & coping skills.

* **For support** try talking to someone you can trust & who can respectfully listen as you make sense of your experiences.

Endnote & Resources

1. Banks, A. (2001). *Post-traumatic stress disorder Relationships & brain chemistry*.

Wellesley, MA: Stone Centre. Phone: 781-283-2510.

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3. Canadian Panel on Violence Against Women. (1993). *Changing the Landscape: Ending violence ~ Achieving equality* (pp. 45-47). Ottawa: Minister of Supply and Services Canada.

4. Childs-Gowell, E. (1992). *Good grief rituals*. New York: Station Hill.

5. Coates, D. (Various dates). Ritual abuse articles. Education Wife Assault, 427 Bloor Street West, Toronto, ON, M5S 1X7. Phone: 416-968-3422.

6. Herman, J. (1992). *Trauma and recovery*. New York: BasicBooks.

7. Marron, K. (1988). *Ritual abuse: Canada's most infamous trial on child abuse*. Toronto: Seal Books.

8. National Clearinghouse on Family Violence. I-800-267-1291.

9. Oksana, C. (1994). *Safe passage to healing A guide for survivors of ritual abuse*. New York: HarperPerennial.

10. Sakheim, D. , & Devine, S. (1992). *Out of darkness Exploring satanism & ritual abuse*. Toronto: Maxwell Macmillan.

Links: www.aches-mc.org
www.survivorship.org

* Note: Although prevalence refers to Canadian data, literature indicates RAT to be transnational involving perpetrators in countries such as the United States, Australia, Great Britain, and Europe.

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RITUAL ABUSE- TORTURE

SHARING INFORMATION & SELF-CARING SOLUTIONS

RITUAL ABUSE-TORTURE (RAT) RELATIONSHIPS

RAT begins as intentional victimization of the infant, toddler, or child by adults within the adult-child relationship. RAT victimization can continue & include “captive” youth & adults.

RAT is organized group violence involving trans-generational kinships &/or non-kin. These like-minded RAT torturers can be inter-connected regionally, nationally, internationally, & transnationally.

RAT perpetrators inflict ritualistic & brutally cruel practices of:

Pedophilic torture, which begins & ends at an age desirable to the RAT pedophile. Pedophilic torture can begin with infants.

Physical tortures which cause extreme & excruciating pain, fear & terror of being killed, extreme exhaustion, &/or permanent loss, disability, &/or disfigurement.

Sexualized torture i.e., using objects &/or animals, forced nakedness, & group rapes.

Mind-spirit torture causes torment & distorts beliefs & values, thoughts, emotions, perceptions, behaviors, & worldview. Schooling normalizes human evil beliefs & actions into family/group “rituals & ceremonies” using drama, magic, symbolism & connotations of all-powerful figureheads. Programming via mind-altering drugging, hypnosis, mind-control, trained dissociation, humiliation, degradation, objectification, inhumane experimentation, & dehumanization, are other examples.

Exploitation into the pornography, “sex” &/or drug trade, &/or into forced physical labor. Employment salaries may be taken.

Terrorization using life-threatening acts – sham or actual – to create intense paralyzing

fear in their victims, forcing victims to engage in the atrocities demanded of them.

RAT involves other horrific & inhumane sham/real acts, i.e., killing of animals, fetus, a person ♦ necrophilic ritualisms ♦ Self-cutting as a blood ritualism ♦ Self-sacrifice (suicide) ♦ bestiality ♦ enforced exposure to horror. Forced involvement in such horrific sham/real acts can imprison victim(s) in silence, blame, guilt, shame, Self-hatred, & mind-spirit distortions with or without a sense of evilism anxiety, evilism fear/terror.

Daily abuse is the reality for the infant, toddler, child, youth, or “captive” adult victim trapped within kinship RAT groups.

WHY DO PERPETRATORS DO WHAT THEY DO?

- ♦ To dominate & to express totalitarian power & control over their victim(s);
- ♦ To satisfy their needs & desires for cruel & inhumane pleasure & entertainment; &/or,
- ♦ For greed & profit when perpetrators engage in the exploitation of their victim(s).

WHO ARE THE PERPETRATORS?

Like-minded men & women, mothers & fathers. Other kin. Friends or neighbors. Persons from all walks of life. Persons who use positional power as a cover. The professional, clergy, or layperson.

PREVALENCE*

Ritual abuse-torture has been reported in every region of Canada; however, no statistics are presently collected in Canada.³

A HUMAN RIGHTS VIOLATION:

RAT violates every infant, toddler, child, youth, or adult victim’s human rights.

YOU ARE NORMAL!

Having intense responses to the human evil acts & ordeals of RAT is normal. Common responses may be a blend of present-day coping strategies, childhood survival skills, re-experiencing of RAT victimization, & accumulating traumatic stress responses:

Behavioral & physical responses:

- ♦ eating/sleeping problems ♦ nausea ♦ diarrhea ♦ fatigue ♦ neck/back/chest/body pain ♦ flu-like symptoms ♦ allergies/asthma ♦ headaches ♦ dizziness ♦ vaginal bleeding ♦ floating feelings ♦ seizure-like attacks ♦ panic attacks ♦ getting lost ♦ Self-harming habits ♦ re-enactments ♦ in perpetual crisis

Emotional responses:

- ♦ fear, anxiety, panic, terror, or horror attacks ♦ terrifying nightmares ♦ feeling zombie-like ♦ mood swings ♦ being/feeling unheard & misunderstood ♦ feeling/being suicidal ♦ terrified one is/has evil within

Mind-spirit responses:

- ♦ memory & time lapses ♦ concentration & decision-making difficulties ♦ confusion ♦ life skills, i.e. dressing, cooking, & eating are too difficult to do ♦ hearing voices in one’s head ♦ flashbacks ♦ mind-body memories ♦ fear of losing one’s mind, being crazy, or losing touch with reality ♦ perceiving one’s Self as a head without a body, an “it” ♦ hopelessness/despair/without purpose

Social connections & relationships

- ♦ difficulty trusting ♦ withdrawing ♦ irritability ♦ language & communication barriers ♦ personal boundary confusion ♦ distortions about relationships & worldview ♦ uncertainty & change is distressful ♦ feeling unsafe & on-guard ♦ overwhelmed ♦ unable to cope with work ♦ on disability