

## 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.

2. Bass, E. , & Davis, E. (1988). *The courage to heal.* New York: HarperPerennial.

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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](http://www.aches-mc.org)  
[www.survivorship.org](http://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 thoughts, emotions, perceptions, behaviors, & worldview. Schooling of the child 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, inhumane experimentation, degradation, objectification, & 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  $\not\subset$  necrophilic ritualisms  $\not\subset$  Self-cutting as a blood ritualism  $\not\subset$  Self-sacrifice (suicide)  $\not\subset$  bestiality  $\not\subset$  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?

$\not\subset$  To dominate & to express totalitarian power & control over their victim(s);  
 $\not\subset$  To satisfy their needs & desires for cruel & inhumane pleasure & entertainment;  
&/or,  
 $\not\subset$  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.<sup>3</sup>

### 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:

$\not\subset$  eating/sleeping problems  $\not\subset$  nausea  $\not\subset$  diarrhea  $\not\subset$  fatigue  $\not\subset$  neck/back/chest/body pain  $\not\subset$  flu-like symptoms  $\not\subset$  allergies/asthma  $\not\subset$  headaches  $\not\subset$  dizziness  $\not\subset$  vaginal bleeding  $\not\subset$  floating feelings  $\not\subset$  seizure-like attacks  $\not\subset$  panic attacks  $\not\subset$  getting lost  $\not\subset$  Self-harming habits  $\not\subset$  re-enactments  $\not\subset$  in perpetual crisis

### Emotional responses:

$\not\subset$  fear, anxiety, panic, terror, or horror attacks  $\not\subset$  terrifying nightmares  $\not\subset$  feeling zombie-like  $\not\subset$  mood swings  $\not\subset$  being/feeling unheard & misunderstood  $\not\subset$  feeling/being suicidal  $\not\subset$  terrified one is/has evil within

### Mind-spirit responses:

$\not\subset$  memory & time lapses  $\not\subset$  concentration & decision-making difficulties  $\not\subset$  confusion  $\not\subset$  life skills, i.e. dressing, cooking, & eating are too difficult to do  $\not\subset$  hearing voices in one’s head  $\not\subset$  flashbacks  $\not\subset$  mind-body memories  $\not\subset$  fear of losing one’s mind, being crazy, or losing touch with reality  $\not\subset$  perceiving one’s Self as a head without a body, an “it”  $\not\subset$  hopelessness/despair/without purpose

### Social connections & relationships

$\not\subset$  difficulty trusting  $\not\subset$  withdrawing  $\not\subset$  irritability  $\not\subset$  language & communication barriers  $\not\subset$  personal boundary confusion  $\not\subset$

distortions about relationships & worldview  
∅ uncertainty & change is distressful ∅  
feeling unsafe & on-guard ∅ overwhelmed  
∅ unable to cope with work ∅ on disability