

## 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

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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.

\* 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 they do what they do?

1. To dominate & to express totalitarian power & control over their victim(s);
2. To satisfy their needs & desires for cruel & inhumane pleasure & entertainment; &/or,
3. 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, guardians, like-minded others, i.e., neighbors, persons from all walks of life who use positional power as a cover—professionals, clergy, or layperson.

### PREVALENCE

Our experiences indicate RAT occurs in Canada, the US, UK & other Western European countries, Australia & New Zealand, for example. 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:

● 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 evilness 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