
CHAPTER 10

WASHING IT ALL AWAY

After the session in which my three-year-old discovered her power, I thought she was at peace, but she wasn't finished. She used my arm again to signal me. I was learning that healing complex issues often takes several sessions.

My arm had felt perfect for two days. But it started throbbing again the next time I was on my way to see Pamela. We started the session with NMR and learned that my three-year-old had more to talk about. Once I was in hypnosis, we found her in the girl's house, and she was glad to see us. Pamela asked her to go back to that place with Uncle Tom.

"Where is everybody?" she asked. "Nobody's here to help me. Nobody's here. There's always somebody around. But now when I really need them, nobody's here."

"Is Uncle Tom saying anything to you, Ann?"

"I don't hear him say anything except, 'Be quiet, just be quiet. This is you-and-me time,' he says. I don't want you-and-me time. I don't like it. It hurts me. He says, 'This is you-and-me

time and only you and I know about this, and if you tell anybody else about this I'll hurt you more.' So now I don't know what to do. If I don't tell anybody then nobody can help me. But if I tell anybody he'll hurt me more. Somebody's got to help me. What'd I do? I must have *done* something to make him think he can do this to me." [She starts to cry.]

"You know, Ann," Pamela explained, "you didn't do anything. Your Uncle Tom—I'm going to tell you a big word for a little girl to hear—is what we call a pedophile. Do you know what that means? That means an adult person who has a sickness in their head and they like to hurt children like this. They hurt any child they can get alone like this.

"So you and I need to help you know how you can handle this because pedophiles like your Uncle Tom are very sneaky and very good at getting children all alone. They know how to tell children's parents things that reassure the parents and make the parents feel their child will be safe with this person. They're very clever and sneaky at that. They know how to say things in a way and act in a way that the adult people believe them.

"But first I want to say to you, Ann, it was very, *very* smart of you to tell somebody, to tell me. It was very smart because that takes away the pedophile's power. They act in secret. And because they tell children they'll hurt them more, that's real scary.

"Your body already feels very hurt, doesn't it? So if they say they'll hurt you more, then you aren't going to tell and that's what the pedophile is afraid of. He's afraid of the child telling because he knows the other adults will say, 'You're doing bad things. That is sick. We are going to lock you up and see if we can fix you.' And that's what he doesn't want. So telling was very, very smart.

"And the second thing to learn here, Ann, is what to do when there's nobody around to help you. That's a very, very

important thing to learn. Because there *is* help when there's nobody around to help you. There is help from the invisible world. Do you know about that world? Did you see it when you were littler?"

"No."

"I'll bet if you close your eyes . . . now let's walk away from Uncle Tom for a moment. Let's lock him up. He's a pedophile. You *push* him into that little cage over there until we're ready to deal with him, okay? Push him into the cage and lock it real fast and tell him, 'I *will* tell, I *have* told, and you won't hurt me *any* more. I'll be back and you'll be sorry!' [My three-year-old stops crying and giggles at the idea of locking up Uncle Tom.]

"So let's walk away from Uncle Tom for a minute because you and I need to talk about this invisible world because that's the one you need to call on. I'll bet when you were *very* little—and I'll bet if you think about it for a moment, you'll remember when you were one or two—there were people you saw that your mommy and daddy didn't see. Maybe children. Maybe even fairies. Sometimes people call these invisible people spirits, some people call them souls, some people call them ghosts. But they aren't ghosts. Ghosts are the ones that try to scare you. But we're not even going to talk about them because you have the power to keep them away. That's why I want to talk to you about the invisible world.

"The invisible world is always there. And there are always people to help. And the most important one who comes to help is your own powerful, invisible self. There is around you an invisible self. It's bigger than your body and it's very, very powerful. And it shines really bright, which is why I sometimes call it your light. To the adult Ann I talk about Higher Self, but it's the same thing. It's your *light*. It's your

light self. It's your *powerful* self. It's the part that can help you. It's doing it right now.

"You said, 'Somebody needs to help me,' and here's your light self and here I am, and then there's the adult Ann, too, all present wanting to help. You have help all around you. And our job is to help you know how strong and powerful you can be when you use your mind as well as your body.

"The mind can do amazing things—like, three-year-old, put your arm out beside you. That's it. And focus on that arm and tell that arm in your mind that it's getting really light—that all that light around you is lifting up that arm. And that you can feel that light just coming inside that arm. It's filling every bone, making the bones lighter. It's filling every muscle, making the muscles lighter. It's filling the skin, making the skin lighter and the thumbs and the fingers lighter, as light as a feather. And as you focus on that arm lifting up, just stare at the arm in your mind and think, 'Rise up. Lift up. Float up. Float in the air.'

"I bet you begin to notice that arm starting to want to float. And the more you tell it to float, the more that arm listens to you and begins to float. It's like it has light inside and gets lighter and lighter, floating that arm up, lifting that arm up higher and higher. Just floating up. Floating up! There you go! [My arm lifts off the armrest.]

"That arm is responding to your thoughts! That arm is listening to you. You're doing that with your mind. Now tell the arm, 'Oh, that feels so good!' And as you float, all that light inside you feels so good. Now you can tell the arm, 'Okay, you can rest now. Go down and rest.'

"And you're going to bring all that light not only in your arm but in your whole body, three-year-old Ann, and you're going to wash away *all* that shame and guilt, *all* that ugly stuff that your uncle put on you. You're going to tell that light, 'Wash my body inside and outside. Get it all sparkly clean

before I go deal with Uncle Tom. I'm going to do it with a sparkly clean body so he understands he didn't leave a mark on me, so he can see he didn't get to me, he didn't leave his ugly touch on me at all.'

"So you're using all that light to just wash yourself inside and outside. Wash your mouth, wash your bottom, wash your back and your arm and your chest and your hips and your thighs. That's it—washing every single part of yourself, washing it so good. That's it.

"Now, the body wants to say to you, 'Ann, that power in your mind, you could tell a rock to float and if you had enough faith in your mind to do that and if the light around you said, 'Oh, that would be a good thing to do right now,' you could do that. But more important, you can use that power inside your mind to lock your uncle up even without a cage. You can use that power inside your mind to paralyze him so that his arms can't move and his legs can't move and he can't move at all. And then you can push him and you can get him off you and away from you and you can tell him what you think of him and you can have total power over him.

"That would be very scary to him. Then he would know what it felt like to you. You can use your mind—and you're going to *have* to use your mind, Ann, because when we go back to remembering what he did and how your body felt like it was being pinned down and couldn't move, and it cried out, 'Somebody help me!' then you're going to say, 'Hey! You're *my* body. I'll help you. I'm going to use *my* spirit, *my* light, *my* mind, and I'm going to help you help yourself, body. Together we're going to do it. I'll paralyze him and then you push him away.' That's what you're going to say to your body, right? Are you ready to do that?"

"Uh-huh."

"Do you feel ready to do that? Have you got your mind all ready for that? Okay. Then, be very brave and be right back

in that moment when you feel the weight of his body and you feel him grabbing and holding your arms, and you said you can't even wiggle, you can't move. And your body is saying, 'Help me, help me!' Talk to your body in your mind. Say, 'You're my body. I'll help you.'"

"You're my body. I'll help you. We're going to turn this guy into a statue."

"There you go. You paralyze him right now in your mind. You just see him turning to stone. And he can't move his arms, and he can't move his legs."

"He can't move anything. He can't even blink!"

"Boy! What do you see in his eyes?" Pamela asks.

"Nothing, 'cuz they're stone now. Well, surprise! He's really surprised." [She laughs.]

"So you take that stone statue body and you get it off of you. If you need to levitate a little to do that, you can do that with your mind, but you and your body, your mind and body work together and you get him *off you*. And maybe you want to lift him up with your mind, tell him what you think of him, this old pedophile. You might tell him you know what he *is*."

"I know what you are, and I know you're a bad man, and I'm going to kick you and you're going to turn into a pile of dust! So this will teach you to mess with little kids, especially with me! Then I pull both knees back and I give him a good push with both my legs and he goes flying across the room and he hits the wall. And when he hits the wall he breaks [she laughs an even bigger laugh], and he just smashes and I look down and there's this pile of little rocks that used to be the statue. He's gone. He's not going to hurt me again and he's not going to hurt any other little kids again. Because I took care of myself but I also helped all the other kids that he would have gotten."

"Yes, you did! That was a very good, powerful, strong thing to do. I'm so glad, Ann, that you told him, 'You're the bad one.' You were right. It's not you. You didn't do anything

bad, you didn't do anything wrong. And your mind knew what he was doing was wrong. You were listening to it. Now is there any part of his body that your body is mad at and wants to do or say anything to?"

"It's more his mind that I'm really mad at. 'You stupid old . . . who do you think you are to take little kids that don't *think* they can defend themselves? You get to them before they know they can defend themselves. You get 'em when they're really little and they think all they can do is just let you do whatever you want to do.

"Now I know that I don't have to worry about being hurt. I know that I can just fill myself up and make whatever I want happen to whoever's trying to hurt me. So actually, thanks a lot, Uncle Tom. You showed me the power that I have, and I might not ever have known this if it weren't for you. So, in a way, thanks for being a sicko dirty old man and showing me the powers that I have to protect myself."

"Very, very good. I'm really proud of you, three-year-old. You listened to your mind that told you this wasn't right, and even though he said you shouldn't tell anyone, you did, and that helped you find that power inside you, so you don't ever, ever have to be afraid of being alone, *ever*. Now I want you to scan your body, three-year-old, and tell me if your mouth is feeling clean and relaxed and perfect."

"It feels relaxed. But it doesn't really feel clean."

"I want you to turn around because somebody very special has come for you. There's an angel there, three-year-old. And there's a very special spring of holy water that the angel guards. That's her job. And she went to that spring of holy water and she got water for you. That's how special you are. She brought you the holy water to drink in your mouth that's going to wash away all that energy of your Uncle Tom. So as you put it to your lips those lips feel blessed by that holy water, and as it goes on your tongue and throughout your

mouth and down your throat, that holy water brings complete and perfect healing. There we go. That's it. Good. Very good.

"And now she has another cup of holy water and she says, 'Here, let me help you wash your bottom. And the angel pours the holy water in your bottom where you go poop and that water seeps in. And she pours the water on your back and on your vagina and on your legs, and she pours the holy water on your arms. She's blessing your body. Can you imagine—an angel here for *you*, blessing *your* body with holy water. They don't do that for bad people, do they? Only for the very, very best of children. That's you. That angel with holy water is helping you cleanse your body totally and completely, washing away all those remnants you have of shame or fear or guilt or anger—just washing away. . . ."

"I need some right here on my arm." [She points to where he grabbed her.]

"Well, tell the angel you need some right here."

"Angel, I need some right here. This hurts."

"Oh, not only is she putting water on it. She's kissing it and folding her angel wings right around the arm and blessing it, bringing in that healing touch, that healing energy. I bet that arm feels loved—kissed by an angel. That spot on your arm will always feel special; it will always feel blessed. It's been kissed by an angel. How special that is. How beautiful that is. So perfect, so wonderful!

"And now the angel is holding you and saying, 'Sleep now, my child. Sleep now.' Sleep enfolded in God's love. Sleep surrounded with light. And move deep into that healing place where all the cells of the body repair and move right into that perfect balance.

"And now the adult Ann too is feeling that presence of your light surrounding you. And the subconscious, that subconscious servant, is aware of this healing light and is

using it to restore the body, to heal the body, to move the body into the levels of perfect form and energy.

"And now on that screen of the mind you see being erased: 'If I tell, I will be hurt.' Erasing: 'I'm afraid to tell. It's scary to tell. I can't tell.' Erasing: 'There is no one to help me, I'm all alone.' Erasing: 'I must have done something wrong. I must be bad.' And erasing: 'I'm too little, too weak, too powerless.' Erasing: 'My body isn't strong enough.' And erasing: 'My mommy and daddy don't care—they left me alone with a bad man.' Getting that whole screen completely blank.

"And now telling the programmer to remove these and replace them with: 'I am loved. I am strong. I am powerful. I am never alone. My mind is masterful. My body is powerful. My spirit is light, and light is the greatest power of all. My mind and my body and my spirit have mastery over matter. I can protect myself. I do protect myself. I am good. I'm a good child and a good adult. Spirit loves to be with my body. I am a good body. I am important, my body. I love my body. I know my body loves me.'

"And you are feeling so content, thinking, 'Yes, mind is so powerful.' And higher consciousness always has power over lower consciousness. Pedophiles are very stuck in a lower consciousness and are very susceptible to the power of suggestion. It is a very powerful tool with the lower consciousness of all people. And it's a very powerful tool for the body, too."

"With the thought, 'Feeling empowered, feeling cleansed, feeling special, feeling blessed . . .,' hypnosis is over," Pamela concluded the regression.

After the regression we did some NMR, which confirmed that my three-year-old no longer felt anger, shame, guilt, or fear.

"That was great!" I exclaimed. "But I thought my three-year-old was feeling okay after we talked to her last time. Why did she come up again?"

"The level of the three-year-old today was still upset that no one was there to help her. That's why I told her about pedophiles and how sneaky they are and why I told her about the invisible world."

"Yeah, I think she really took that to heart. I had all those invisible friends later on, remember? Is it ever possible for someone to heal an abused inner age themselves?"

"Those that have had a lot of emotional trauma can't. They're just going to have too much inner resistance. But they can do some things on their own to get to a place where they make their healing a priority."

"Well," I admitted, "I certainly have a whole new respect for my body! And when I think back on how badly I treated it over the years, I have to apologize to it. 'I'm sorry for treating you so badly, body, and I know the part you play now, and I promise to treat you much, much better.'"

"You know, Ann, most people treat their cars better than they do their bodies."

"I know, when I worked with those dance companies we all lived on sugar. I'm amazed my poor body survived. At least now I eat right. I have to start telling it how much I appreciate it and how grateful I am it survived all my abuse. After all, I am asking it to heal my heart and my toenail, and my eyes. I'd better start giving back."

Since this regression I have, in fact, developed a relationship with my body. I talk to it many times a day. I thank it for staying healthy. I thank it for turning everything I eat to energy. When I put on lotion I thank my skin for staying tight and looking young. I see my body as my partner now. It houses my soul and the emotional part of myself. I owe this new relationship with my body to my three-year-old.