
CHAPTER 11

TELLING MOM

My three-year-old was still not completely healed. Children have to hear things many times before they absorb them, and my three-year-old was no different. Although she had told her parents about Uncle Tom before, what happened was still on her mind as a secret.

Well, Pamela, the exact same thing happened again. My arm felt great until the drive down here today. Do you think it's my three-year-old? Do you think there's more?"

There was. My three-year-old wanted to tell mom about Uncle Tom.

"But she told before. Why does she have to do it again?" I asked.

"Yes, we had her tell mom before," Pamela answered, "but we didn't really let her have the experience. She needs to say the words and have the actual experience. Sometimes what we did the first time would have been enough. But obviously it wasn't enough for her.

"It's very hard for children to keep secrets. They have to wall it off from themselves so they don't know what happened and therefore can't tell what happened. So you start to get a lot more separation of the mind. You have a pocket of information—a memory, an experience—that the subconscious wants you to process because it knows that secrets you keep from yourself make you sick."

Clearly, it was time to talk to my three-year-old about secrets. Once I was in hypnosis, we found her in the girl's house again. She was waiting for us.

". . . And so, three-year-old, we shift our attention to you. I want you to listen first, very carefully. The goal is not to please me or your mother or your father or anyone else. The goal for you is to be truly, truly in joy, in happiness, to be truly your happy, joyful self. Because when you are, you will feel that love, that love of spirit and God for you, that love that can never be taken away. Our job, yours and mine, is to have you talk about thoughts and feelings that keep you from that love, that keep you from feeling it.

"You know, three-year-old, when I was three I had a lot of ugly thoughts. I had mad feelings and sad feelings that I had to talk about. When I did, ah, it was such a release. Something is on your mind. Something seems to be—what would you say—bothering you, distressing you, upsetting you. What is on your mind?"

"Well, Uncle Tom keeps coming back," my three-year-old voice replied. "He flies airplanes and so he's gone most of the time. But then everybody gets all excited because Uncle Tom's coming home. But I'm like, 'Oh no, not *him*. He's going to hurt me.' And I dread it and I just live in this fear.

"I'm not excited and I'm not happy. But he said he'd hurt me if I told anyone or said anything. So I've got to just be quiet. I don't know if I'm makin' him do it—I don't know any-

thing about that. But I just know that everybody's all excited because he's coming home.

"And he always comes with all these presents for everybody from all these weird places. But *I* know he's going to get me alone and hurt me again. And I *dread* it. I just dread when he's coming. And it's just like, 'Oh gosh, it's next week' and then it's this week and then it's the day after tomorrow and then it's tomorrow, and then I *really* start to get scared and nervous.

"And then we have to go see him. We have to drive all the way to my grandmother's town and go see Uncle Tom, who everybody thinks is so great. He laughs and he smiles like he's a movie star or something. But *I* know he's *terrible*, and I don't want to go and I don't want to see him and I have to listen to all these people talk about how great he is and how wonderful he is. And he's *not*. And I don't know who to tell."

"Why do you think, three-year-old—think about it, I know you're very smart—why do you think he warned you not to tell?"

"'Cuz what he's doing is bad, and they won't like him any more. They'll know he's mean like I know he's mean."

"That's right. So then, doesn't it make sense to tell?"

"Yeah."

"Then I think it's possibly time you told your mommy and daddy. You tell them *exactly* what he does to you. Is that a scary thought?"

"No, actually. [She laughs.] It's going to be fun! I know *exactly* what I'll say."

"Are you going to tell mom first or are you going to tell them both together?"

"Oh, I'll tell mom 'cuz he's *her* brother."

"Where are you going to find mom? Go find her now."

"Okay. She's always in the kitchen. I'll just go into the kitchen. And I'll say, 'Mom, I'm not going to grandma's

tomorrow. I don't want to see Uncle Tom. Why don't I want to see him? I'll tell you why. Let me tell you what he does to me.

"Every time I see him and he gets me alone he grabs me, he puts me down on a table or a bed or wherever we are, and then he puts his hands all over me and then he sticks his *thing* in my mouth and then he sticks his finger where I pee and he sticks his *thing* where I poop and he holds me down and then he shivers and shakes and then he stops. And he's got this look on his face—it's like a Halloween mask when he does it. And I don't want to go see him, I don't want to be alone with him.

"Don't you ever, ever, ever leave me alone with him again. He's mean and horrible, and what he's doing is not right. And I'm not going. You can get a babysitter or you or dad can not go and stay here with me. But I am *not* going to grandma's because I don't want any chance of me being alone with Uncle Tom."

"And how does mommy look?"

"She starts to cry. Her face goes white and she says, 'Ann, he really has done all this to you?' And I say, 'Yeah, more than once. Over and over, and every time I see him I know it's going to happen again. And I don't like it and I don't think *you* should like it. And he's *your* brother so you do what you want. But just keep me away from him. I don't ever, ever, ever want to be alone with him again—ever, ever, ever. And I don't want his dolls and I don't want his stuff that he brings me. It just reminds me of this horrible, mean man that did all these things to me."

"The fact that her face went white tells you she believes you, Ann."

"Oh, yeah! She believes me."

"Good. It was good of you to tell. You see, Uncle Tom frightened you and he frightened your body and he made you and your body think if you told, something horrible would

happen. So we're going to tell your arm now, something horrible didn't happen. Something wonderful happened. Mom is going to protect you now. Mom's not going to take you to see Uncle Tom. Do you think mom will talk to dad?"

"Oh yeah!"

"What do you think will happen then?"

"I don't know. I think they should put him in jail. [She giggles.] But I don't know. I mean, the whole family—it's going to be big because when Uncle Jim [mom's other brother] has kids he'll probably go after them. And if I get any brothers or sisters he'll probably go after *them*. So this is not good."

"No it isn't. And you're right. Uncle Tom has a problem, and the family needs to know about it because Uncle Tom's problem affects them."

"Yeah."

"And then the family can insist he get help and that might mean he does indeed have to go to jail."

"I don't think they'll make him go to jail. I think as long as he gets help they'll say, 'Okay, you either go to jail or you get help.' Well, I don't know—yeah, mommy would say that. Yeah, she'd probably say, 'Okay, you've got two choices here: jail or help.'"

"But no little girl of mine will be with you," Pamela added.

"Right."

"That was really, really, really good, Ann. You did really good for yourself."

"My mother is thinking, 'Should I tell *my* mother?' That's going to be tough. I don't know what she's going to do about that one. But that's not my problem. All I care about is that they don't leave me alone with him any more and they know why."

"And you took care of that."

"Right."

"You also learned, Ann, that those people that the world judges to be great, sometimes the world doesn't know really what is and what isn't great. You knew who this man *really* was, and you stood up for your truth. That's really important."

"And I know that *I'm* great and he was making me feel that I'm *not* great. And that's a really bad thing to do to people—to make them feel not great."

"Yes it is. And I think that you're going to realize right now that you're not ever, ever going to let anybody make you think that. Because you can see, you can feel, you know how great you are. And you know how powerful your truth is. See how powerful the truth is, Ann? You spoke the truth, and it went right through to mommy and it affected her. She knew you were speaking truth, and she didn't deny it. That's good. She cares about you. You matter to your mommy. And you matter to your daddy. And your body matters to you, and I think your body realizes that. It feels good about that. It stood up for you, and you stood up for it. You and your body make a very, very powerful team."

"Yeah. And she's on the phone calling daddy, and she's saying that he needs to come home right now. She's really upset."

"Of course. It's *that* important. Good for mom, that it's that important that they take care of . . . what are they going to do? Daddy arrives home and how do they take care of their little girl?"

"Well, she talks to him a minute or two, and then we all sit on the couch together and she's rubbing my back. And they're just holding me and telling me that they love me and they'll never leave me alone again with Uncle Tom and it won't ever happen again and they're going to make sure he doesn't do it to any other little girls or boys, too."

"See? They don't think you're bad or naughty, do they?"

"No. They feel really bad because they said I didn't do anything wrong, that it wasn't my fault. He just took

advantage of someone littler than him and that sometimes you call those people bullies, when you pick on people that are littler than you."

"Yes. And that's what Uncle Tom is. He is a bully."

"Uh-huh."

"Well good for mom and dad. They really care about you."

"They're *so* mad, though. They're trying not to show it. But they are mad. My mother's figuring out what to do and how to do it, but ooh, they are mad, mad, mad."

"Yup. They're really mad at *him*, not you. Good for you. You really took care of that. They're very proud of you too. So am I. You didn't let those threats stop you. You didn't let the lies hold back your truth. And you didn't let what the world thought of him hold you back either."

"Yeah, 'cuz I knew what the world thought was a lie."

"That's right. And that will serve you well all your life. Well, are you feeling much lighter now, three-year-old?"

"Yeah. I feel much better."

After ending the hypnosis Pamela remarked, "How interesting it is that you and I might have said we think the three-year-old is done, but the higher awareness was, 'No, we need to tell.'"

"So telling before wasn't enough," I commented, "because she hadn't really focused on it. And look what she learned this time about speaking her truth and not buying into the opinions of others."

"This process of regression therapy is fascinating. First I had to take back my power from the abuse and get rid of the shame and guilt. Then I had to tell somebody to get rid of the secret. I would think that would be a pretty universal process, whether you do it in one shot or it takes you three times or whatever."

Pamela explained that good regression therapy involves six steps and there is no telling how many sessions it will take

to move through them. Sometimes it can be done in one session, and sometimes it takes more. The six steps, or six R's, are: (1) recognize the origin of the problem with NMR; (2) relieve the experience creating the problem; (3) release the negative emotions, thoughts, beliefs creating the problem; (4) re-pattern the experience with empowering actions, emotions, thoughts, and beliefs; (5) realize the lesson and the growth gained; and (6) retest for acceptance and change with NMR.

With further NMR we learned that my three-year-old was no longer in distress. She had taken back her power, released the shame and guilt, and told her secret. The consciousness of my three-year-old was now in the light.

It took only three regressions to heal my three-year-old of her abuse. Compared with other therapy methods, this seemed amazingly fast. This isn't to say healing always happens this fast. Many factors are involved in determining how many sessions complete healing will take. I knew I was working with a skilled therapist, and clearly the key was to regress to the original experience and address the negative thoughts and beliefs one by one so my inner age could take back her power.