
CHAPTER 8

THE SOUL LESSONS OF SEXUAL ABUSE

Millions of people are sexually or emotionally abused, neglected, or suffer some kind of trauma as children. Some bury these memories and cannot recall them. Others keep these memories in their conscious minds and live with them every day. Either way, these memories impact their lives. They can shut down their emotions, assuming that if they don't feel, they can't be hurt. They don't trust people or relationships. Healing such trauma may seem beyond hope. But there is hope. It is possible to heal, as the next five regressions show.

For the past few days I've had a throbbing feeling in my right arm like someone grabbed it too hard," I said as I settled into The Chair. "The pain isn't intense, but it hurts. It must be a signal, and I'm eager to find out what it is." Without thinking about it, I surprise myself by suddenly blurting out, "You know, up until I was a teenager, I was chronically constipated."

Pamela's hands flew onto my ankles to do the NMR testing—which revealed that I had been sexually abused as a young child.

"When there are negative thoughts and programs that hold us back, it's important to change them. The reason we work with issues like sexual abuse is because it's very difficult to alter old programs when there are inner ages that are fiercely holding onto them. And sexual abuse tends to imprint a lot of that negative thinking. Trying to change negative thinking when there is an inner age stuck in negative thinking only serves to upset them, making them furious."

Pamela suggested we test with NMR to see if I had what she called a Punisher. I did.

"Most of us are taught through punishment," Pamela explained. "Few parents, certainly when we were growing up, were evolved enough to say, 'Well, that was an interesting choice. Let's examine the consequences of this choice. Now you have to sit in your room for an hour without watching your favorite TV program. So was that really the best choice? You think about it and we'll discuss it when you come out.' Most parents just yell and sometimes hit. Punishment. You're sitting in your room because you're being punished because you were bad."

"So if we want to be good, we tend to develop an internal mechanism that punishes us when we're bad. This gets complicated because so many things that we're taught in childhood are bad we later discover are not. Even worse, many children don't have the sophistication to separate, 'what I did was bad' from 'I'm bad.' And if they get enough punishment, enough of that 'I'm bad' message, their Punisher will be eternally punishing them according to their own programs."

"If you have a program that money is bad and you have a Punisher, then you're not going to get money. If you have a program that money is bad and you have money, then you're

going to be punished for having money. It gets quite complex, which is why it's important to check for programs from childhood that are getting in our way. So to dismantle the Punisher we need to convince the part of us that felt we needed a Punisher—the subconscious—why we do not."

"Well, I want mine gone," I insisted. "Let's do it."

"Okay," Pamela instructed, "lean back and mentally think: I understand why in my parents' day and age they felt discipline meant punishing. That's how they were raised and that's how society did it. So they spanked and they punished, and that was how they thought you had to keep children in line. Well, I don't think that any more. I think there's a more enlightened way. I think rather than punishing a child you can help the child understand the consequences of her choices."

"So I don't need the Punisher anymore. I have guidance now. I can ask my Higher Self if something is for my highest good or not. I don't need the Punisher to keep me in line anymore. I'm not a child anymore. I have a means of discovering what is good and what is bad. The Punisher's job is ended, and I'm going to go into my creative levels and I'm going to take away the energy I've used to create the Punisher and I'm going to erase 'I need to be punished.' I'm going to replace it with 'I have higher guidance available to me always.'"

"So the Punisher now disappears because you're taking your energy away from it—because it's not a real being, although it may have come to think of itself as one. You created it, and therefore you can un-create it. You notice that to divest yourself of the Punisher you had to put into the subconscious the argument, 'I don't need you because I am now aware I have a Higher Self. So you are to merge, you are to go into the light now. You have a bigger job now. The Higher Self will give you that job. Go now.'"

We checked using NMR and found that my Punisher was gone but I still had some inner ages who felt they were bad.

“So,” Pamela said, “you can see why it’s good to dismantle the Punisher before working with sexual abuse. You can work with those other ages at home. We’ll talk about that later. So now I’m going to say a couple of things here: Sexual abuse is a powerful spiritual lesson for all involved. Sexual abuse can be mental and not physical, but even if it’s mental, to the child it is the same as physical, it has the same ramifications. The people who are abusers—sometimes it is their body doing it but not them; someone else, another spirit, has come into the body. And very, very often the abuser is in an altered state.

“So sexual abuse is never about making somebody wrong and somebody right. It’s about discovering what happened and then finding out how it made the person feel like a victim, how it made them feel powerless, and how they can get that power back. A child, even a baby, has far more power available to it than it realizes, which at the moment bad things are happening is hard to remember. But now you have this older self to help the younger self recognize those things.

“In light of your journey, you want to lift your vibrations. Heavy thoughts, beliefs, and emotions resulting from trauma to this body weigh down the vibrations, and sexual abuse is traumatic. So we need to find the negative thoughts and beliefs and change them so you can lift your emotions and your vibrations.

“So I would ask your Higher Self: ‘Is there sexual abuse present, and if so, is there an inner age traumatized by it?’ If it isn’t present, no need to deal with it. It might have happened, but you’ve processed it. If it is present, then you need to deal with it. We don’t even have to use the real names of the people involved. It’s part of your history, part of your body’s experience.”

More NMR revealed that I still had trauma in my body from the sexual abuse and the memories of it were causing anger and fear. “The clue,” Pamela interjected, “why I jumped into this, was the constipation. When a child is extremely constipated on a chronic, long-term basis, it’s a huge red flag there could be sexual abuse.”

We spent quite a bit of time with NMR to find out what had happened. It turned out that I was sexually abused from age three to age five by my Uncle Tom, my mother’s brother. Today it was my three-year-old who came forward. The physical details of the abuses emerged during the regressions.

“And remember, Ann, Uncle Tom could have been in an altered state. More often than not, the abuser was abused and they are acting out their old memories. And memory is an altered state. It’s in the subconscious.”

We tested and found that yes, Uncle Tom had been in an altered state. Both he and my mother had been abused as children. Now he was the grown-up alone with a child. His old memories came flooding back, putting him into an altered state. He was doing what had been done to him.

“So maybe,” Pamela suggested, “this is what the subconscious has been throbbing the arm about: when are you going to get to this? We’ve been talking about anger, and there is extreme anger here.

“So that the three-year-old hears what would be necessary, we need to regress to her, talk to her about it, and help her release her anger and help her overcome her fear by helping her to stop the abuse. And if her anger wants to lash out at Uncle Tom, she can do so. Because the whole deal is about her finding and regaining her power. And we want to help the body also because it was made to feel powerless as well.

“We teach our children to put up with these things by teaching them, in subtle ways, you’re too little, you’re too

young, you're too weak, and after all, it's Uncle Tom. And there's fear, especially if the molester says, 'If you yell, I'll kill you or I'll hurt your mom, or everyone will think you're bad, or this is a bad thing we're doing, so don't tell.'

"A child's body, anyone's body, has tremendous strength when it's fighting for its life. And yes, a small body can be overcome by a larger body *unless* it allows that spiritual energy to come in which can not only empower the physical body but empower the mind to do things with the molester to weaken him. But the body needs the spiritual essence that's there in order to do this. It has to be given permission to fight for itself when it feels like it gave in and it has all that locked-in anger.

"So we want the child to tell us what happened and be pulled *into* what was happening so we can give the child permission to tell the body to yell, to kick, to hit, to say no. I do often like to make certain they at least verbalize it and get that energy out, and after they do that, to make certain the spirit stays in the body to help give the body that power that it needs to stop the molester.

"We all come in with soul lessons, life lessons. I believe the overriding lesson is, 'When I lose that connection with my spiritual self, can I find my way back to it? In the deepest, darkest places, can I find it?' Being sexually abused as a child is one of the deepest, darkest places you can go because you have all the powerless elements there—powerless because 'I'm too small,' powerless for a girl because 'I'm a girl,' powerless because it's Uncle Tom. And you have this society thing: 'I'm powerless because I'm supposed to be nice.'

"So you let go of your power and your sense of self. And if in that deep, dark place you can re-find that connection and re-find that power, now you've made a huge leap forward. I think it's one of the final tests of power. Can I overcome the stereotype? Can I overcome the society thing? Can I over-

come the family thing? Can I overcome the 'I'm a girl' thing? Can I overcome 'this is naughty'? Can I overcome the threat? Can I overcome *all* that, and think, 'No! I will *not* allow you to do this to my body. This I will *not* accept. I will stop you.'

"And then to go further and help the little girl *feel*, by helping her understand it was *not* her fault, she is *not* bad, her body is not bad, and the sex that took place was not healthy sex, it was unhealthy, unnatural sex, and to help her understand *unhealthy, unnatural* sex is not the kind of healthy, natural sex she'll enjoy as an adult. There are all these elements that we want the three-year-old to understand so that she no longer feels powerless or feels shame or anger or bad about herself *or* the memory.

"So in a sense, here's what we're doing: There are dimensions of the mind in which memory exists, and there are images of what happened, and there is energy. When you do a regression, you're going back and reviewing what happened and now you're creating another set of images and energy. So both memories are there. It's kind of like painting a new picture over an old canvas. The old picture is still there, but you paint the new picture over it, and which picture draws your attention depends on which remains more vivid.

"So if you make the new picture—the change, the power, the healing—much more vivid, you put much more belief and energy into it. Now when you think of the memory, *this* is the more glowing picture and you say, 'Yes, that happened to me *but* it was a part of my childhood and I grew from it, I became stronger from it, and so I have no shame of it. Now I understand it.' I'm explaining this so that you—the protector of the three-year-old who will be there too—understand what we're doing. We'll do that in our next session.

"So let's make sure we didn't open the door on anything that's going to make you uncomfortable over the weekend.

We're going to say to the three-year-old self, 'What is a good place where the three-year-old you would love to be over the weekend? Let's create a safe place for you to go. Let's create a place in the mind where you, three-year-old, and *all* of Ann's other children can be together.

"See that house there? That's the girl's house. And in that house there's a big, sunny room full of lots of toys and lots and lots of light. And look, there is Ann's one-year-old and her two-year-old and her four-year-old and her five-year-old. Can you see them? You're all in that room together.

"So let's have all the other children be very solicitous and comforting to the three-year-old, giving a lot of nurturing and loving and protection. And we're going to say there is no way Uncle Tom or his spirit can get at the three-year-old because we are now surrounding the girl's house and the outlying property in a cocoon of white light with gold light all around it, with hawks and eagles and other animals that allow no one in.

"And when it's time to talk to the three-year-old on Monday, I will ask permission to enter or to meet at a neutral place, and we'll make certain it's something she wants to talk about. And I will tell her we will go at her pace. If she doesn't want to remember it, if she just wants to sort of talk about it and not do any of the other stuff, we will go at her pace. But we want her to know you'll be there, adult Ann. And I'll be there, and *most* important of all, her light will be there, because that's her weapon, that's what we're seeking to reconnect her with.

"You can show her beforehand, adult Ann—in fact, here's a little assignment: Meet with her and talk to her about the Higher Self that is the light inside her. The essence of spirit is light, and when I talk to inner children about the Higher Self

they relate much better to light inside themselves. And that light can talk to them. And that light can make them strong.

"I say to them, 'There's a boulder there, a great big boulder. Try to move it.' And they say, 'Oh, I can't.' And I say, 'Tell the light inside yourself you want to move the boulder and ask it how you can do that.' And then the light will generally say things like, 'Just do it' or 'Ask to make your body strong and I'll do that,' and then they can usually move the boulder or lift heavy things. So we begin to give them the idea that when they use that light inside them they're very, very strong. So we can use that light. Have her use her light to do something she thinks she can't do. Then she can tell us about it on Monday."

I was surprised to learn that I had been sexually molested as a child. I had absolutely no conscious recollection of it. Yet the more I thought about it, the more I recognized how it had manifested in my relationships. I was eager to find out how to help a molested child heal from the trauma. And I was excited to communicate mentally with my three-year-old over the weekend.