

The Devastation of Disclosing Sexual Abuse?

Reactions to a story of sexual abuse, may have a great deal to do with holding onto that guilt, shame, pain, blocking the memories or enhancing, {in overly dramatic detail, repeatedly driving you out of your mind} and forcing these memories to surface.

Many parents find it just far too hard to believe something of such a nature could happen to their child and deny the entire situation and others have not yet faced their own childhood sexual abuses issues therefore are in denial and will not believe it happened to anyone let alone their own child.

Some people can and do sometimes become quite extreme with these reactions:

I was three years old when I tried to tell my Mother that her brother, (my uncle) hurt me and how. Mom was very angry within a few seconds of my disclosure. As soon as mom realized what I was trying to say to her she became horrified, as anyone would have at that time of our world. It was 1956 and back then no one disclosed things like family rape, molestation or even physical beatings. It was just accepted, placed neatly under the rugs and forgot about.

I was only three years old and could barley talk, so finding the right words to describe the situation was not easy but I was able to tell her that it hurt and where. I was also able to describe the huge knife he threatened me with, the scary way he talked and that he stuffed something into my mouth and I was getting sick from it.

Mom was angry within seconds and wanted to get me out of her site completely. I remember her slapping me across the face and telling me never to talk that way again. The horror on her face scared and hurt me more then the actual physical slap had.

I was utterly devastated. I ran to the closet and hid in it for what seemed to be hours until my sister Christine herd me weeping and dragged me out of the closet, held me and rocked me until I could stop sobbing. You see Christine had witnessed my uncle sexually abusing me and he had done the similar to her as well but she never spoke until she and I talked about it once I was less emotional. My sister and I kept our secret for many years after that incident.

Later that day Mom came to me and told me that I should never lie like that again. My mother denied everything I had said. She accused me of making up the entire story. I once again became hysterical immediately. Adding

to this, her idealistic view of my uncle {my perpetrator}, was that he was such a good person, had kids of his own and would never even as much as think of sexually touching me or any child.

At the age of three no child could not have invented such a story, (back then in 1956, even the Playboy Magazines were kept hidden very well, sex was still an silent subject} therefore in order to calm me down my mother began to brainwashed me into believing this ugly occurrence was no more then a very horrible nightmare.

I was so young, and needed to trust my mother so I bought her entire scam with little question. For many years I suffered horribly because of this misplaced trust.

It has taken me most of my life to rid myself of the guilt I carried around inside myself from not being able to believe in or trust myself due to believing my mothers lies, {I was brainwashed into believing}, as opposed to the devastating reality of the situation. Guilt, a small child could not have created for herself, as three years old is just far too young to be thinking of having sex with anyone.

When I grew up I realized that my Mother's reactions showed the devastating fears she held inside. The situation I had just described to my Mother tapped her personal issues that she had never exposed to anyone. Of course, being only three years old I did not understand that.

Most of my young years (between the ages of 9 and 26) I spent in and out of hospitals, with doctors trying to find answers. At 12 I was given my first downer and shortly afterwards my first painkiller. These became my best friends and I was addicted to them before I was 16 years old. I was subjected to testing of all kinds, addicted to over thirty different medications for depression, chemical imbalances, emotional disorders and pain, none of which worked.

All the medications, shock therapy and other treatments only made things worse. My doctors worked relentlessly to find answers but due to the deceit and hidden truths about my sexual abuses they could find no answers at all. I only pray that today we can be more open and honest with our medics and help them to find the real answers.

Below are the major effects due to sexual abuse and the effects from deceit and denial of these hideous invasions.

The effects from sexual abuse and improper treatment during disclosure of childhood sex-

ual assault are:

Severe depression, no self-esteem, fear, frigidity, shame, guilt, self-remorse, self-hatred, self-loathing, total self-destruction, and sometimes suicide.

The Emotional Illnesses from sexual abuse and improper treatment during disclosure of childhood sexual assault are:

Manic Depression, bi-polar disorder, post traumatic stress disorder, attention deficit hyper disorder, attention deficit disorder, paranoid schizophrenia, sociopath tendencies, pathological liar syndrome, neurotic emotional behavior, sadism, masochism and more.

The physical effects from these emotional illnesses caused by sexual abuse and improper treatment during disclosure of sexual abuse issues:

Hypochondria, migraine headaches, stomach disorders, anxiety attacks, asthma attacks, lower back pain and degeneration, chronic fatigue, fibromialgia, {aching, painful muscle and joints},

Below are some questions sent to me on the Internet by friends:

If you are a sexual abuse survivor and would like to see clearly who is really responsible for the abuse you suffered, as opposed to blaming yourself {as most of us often do}, then ask yourself and answer the questions listed below.

Please use "yes" or "no" answers only.

If you told your parent or authority figure about the abuse, did they believe you?

Did they call you a liar?

Did they try to help you change your story?

Did they pretend it was something other then what it was such as a nightmare?

Did they advise or threaten you into suppressing the event in shame?

Did they report the abuse to the proper authorities?

If you or someone you know report the abuse to the proper authorities, did your parents back you up or lie to cover up dirty family secrets?

Did they pretend that it didn't happen?

Did they remove the perpetrator from the home?

Did they stay with the perpetrator?

Did they support you emotionally by validating your feelings?

Did they reject you or abandon you emotionally?

Did they place the blame on the perpetrator?

Did they blame you?

Did they get angry with the perpetrator?

Did they get angry with you?

Once they knew, did they protect you from the perpetrator?

Did they know about the abuse and do



Angel Femia

Graduate of Child Psychology & Adult Psychology / ICS

nothing?

No matter what your circumstances, or how the abuse was handled, you did nothing wrong. Placing the blame on the one, who perpetrated the abuse, is necessary for your healing.

If you find yourself feeling guilty ashamed, self-destructed or self-hatred find a picture of yourself at or close to the age you were when the abuse occurred and put it where you can see it often to remind yourself how vulnerable and innocent you were. That child, that beautiful little child, only wanted to be loved, cared for and safe. The adults failed the child, most likely because they were failed themselves by their caregivers.

You are not to blame!

No child is ever to blame for sexual abuse, the emotional and mental illnesses that are caused by this abuse, or any action perpetrated by any adult.

Please think about this:

When children that don't get proper help for abuse, they most times end up running to the streets, they still don't get the help needed and become adults living on the streets. There are quite a few people still on the streets that were living on the streets when I was during 1981-1984.

I was lucky blessed enough to find some help and get my act a little more together, they have not.

Blissings and Love

Angel

<http://spiritual-majic.com>

<http://lovecryheals.com>

<http://angels-wings.net>

PARK YOGA

From the first weekend of June until Thanksgiving, free out door yoga classes are held at the following parks in Toronto's east-end.

SATURDAYS 10-11 AM - Riverdale Park (off Broadview Ave. 1 blk north of Gerrard by the Dr. Sun Yat Sen statue)

SUNDAYS 9:30-10:30 - Greenwood Park (north of Dundas, off Alton Ave. by the roller-blading arena.

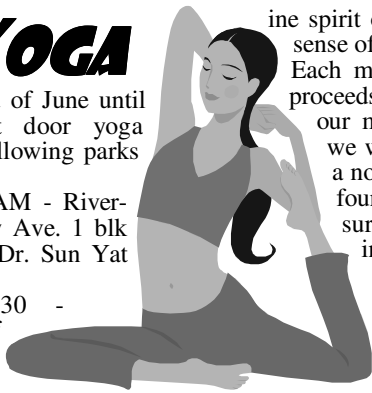
SUNDAYS 11 AM-12 PM - Withrow Park (corner of Carlaw & Withrow, far south end of the soccer field

Naturally the classes are weather permitting so in the event of rain, our practice will convene at the following alternative locations and times:

SATURDAYS 10-11 - St. John's Church, 415 Broadview Ave.

SUNDAYS 10:30-11:45 - 112 Jones Ave, students are invited to stay for a cup of delicious chai and stimulating conversations around the kitchen table.

THE PRINCIPLE OF DANA There is no fee to participate in these classes. Park Yoga is based on the principle of Dana, the Buddhist tradition of generosity. If you wish, you may also choose to include this principal into your practice by offering donations. The act of giving, in accordance with the karmic laws of cause and effect, ensures you future happiness provided you are able to do so out of a genu-



ine spirit of gratitude and not out of any sense of obligation.

Each month a portion of the donated proceeds will be forwarded to one of our many local charities. This year we will be supporting LOVE CRY, a non-profit street kids organization founded and operated by ex-street survivors to help those still suffering from homelessness and abuse.

If you have a favorite charity you would like to have recognized, please send an email to AtmaShaktiYoga@gmail.com with the word "charities" in the subject bar.

FUNDRAISER FOR LOVE CRY - Summer Solstice Weekend

JUNE 20th & 21st - All donations will go to support LOVE CRY, a local non-profit street kids organization, owned and operated by X-street kids and created to help the homeless and abuse survivors

To learn more go to <http://lovecry-2008.tripod.com/> or visit the group" LoveCry, The Streetkids Org."

EVERY WEEK 11am-12pm 11am-12am

PARK YOGA

From the first weekend of June until Thanksgiving, free out door yoga classes are held at the following parks in Toronto's east-end.

SATURDAYS 10-11 AM - Riverdale Park (off Broadview Ave. 1 blk north of Gerrard by the Dr. Sun Yat Sen statue)

SUNDAYS 9:30-10:30 - Greenwood Park (north of Dundas, off Alton Ave. by the roller-blading arena.

SUNDAYS 11 AM-12 PM - Withrow Park (corner of Carlaw & Withrow, far south end of the soccer field

Story into Healing: Snow Lion Lecture Series 2009

Thursday June 4th, 2009

"Stories of Healing and Transformation" with: Michael Stone

In this evening talk and discussion Michael will explore historical and personal stories of healing and transformation and ways meditation and contemplative practices can help us wake up.

Practice is an opportunity to move beyond the habit energies in mind, body and culture so we can serve ourselves and others.

Drawing on mythical and personal accounts of awakening, we will explore what engaged spiritual practice looks like in this culture at this time.

Time: 7:30PM to 9:00PM*

Cost: Dana / donation (according to your means)

*Please arrive early as the doors will be closing at 7:30 pm (no admittance after doors close)

Mhael Stone is a yoga teacher, author and psychotherapist. He co-leads Centre of Gravity sangha, a community of Yoga & Buddhist practitioners in Toronto and teaches internationally. He is the author of The Inner Tradition of Yoga (Shambhala Publications) with a foreword by Richard Freeman and the forthcoming, Yoga for a World Out of Balance: Teachings on Ethics and Social Action (Shambhala Publications) with a foreword by B.K.S. Iyengar and Yoga and Buddhism with a foreword by Robert Thurman. For more in-

formation about Michael please visit centreof-gravity.org

Upcoming Events: Friday Jun 12th "Stories of Conscious Living and Conscious Dying" (7:30pm to 9:00pm)

With: John Pollard

Thursday Jul 23rd "The Healing Buddha" (7:30pm to 9:00pm)

With: Lama Sonam Gyatso

Thursday Jul 30th "Ending the Story of Depression" (7:30pm to 9:00pm)

With: David Gluck www.clearlighttoronto.com

Riverdale's Heritage Town Hall and Cultural Centre

CHILDREN AND YOUTH PROGRAMS Homework Club

Can't find a quiet space to study? Need help with your English, Math, Science etc.? Want to develop good study habits? Then the Homework Club is for you!

- Starting October 6th, every Monday to Thursday, 4 to 5:30 p.m.

- For grade 1 to 12 students who can use help with study

- Learning through fun, interaction and application

For info you can call us at: (416) 392-6810 ask to speak to Ann-Marie Evans annmariee@ralphthornton.org

Children and Youth Drop-in

Want to meet new friends? Want to a place to hang and develop new skills?

Then drop by the Ralph Thornton Centre and tell us what you want to do.

- For grade 1 to 12 students who are in our Mentor Program or Homework Club and anyone looking for fun stuff to do after school