

Chapter 1: Accepting What Was.

Introduction

Before beginning this journey, it is especially important that we create a sacred and safe space. Please read through the prerequisite work that is recommended before entering this program. Some of the content we will cover may require you to walk through deep healing, triggers, and new awareness both good and bad. Knowing how to navigate through these with confidence is important.

If you do not yet meet the requirements to jump into this program, it is OK, we have your back. We also have an Amazing YOU program that helps you reintegrate into yourself as a confident, healthy you, better than ever! However, part of me believes you would not be looking into this program if you did not have a good understanding of yourself, including your likes and a toolbox full of processing tools.

This first section will help you put together your formula to bust through any triggers that might come up. Only two of its questions are about abuse, and what's primarily important is that you accept that your abuse happened. (We will talk a bit about that at the end of this chapter.)

If you can easily fill out the prerequisite, you are ready for this program. If not, you can think about it and come back later—but as soon as you're up for it, we have you covered. It is important to move into this course with clear answers for the following questions.

Formula

--Questions designed to help you formulate a process that protects and honors your growth--

How do you feel about your body?

Are you satisfied with how you care for it?

Are you in pain?

What is your formula to care for your body and how confident are you in it?

What do you know about your mental health?

What struggles have you had with your mental health?

How do you manage your internal stories and dialogue?

What is your formula to manage and reprogram your mind?

Do you feel confident in your ability to identify your emotions?

How willing are you to feel your feelings in your body; can you witness your emotional states?

What do you do when you feel uncomfortable or have a “triggering” event happen?

What is your formula to manage and move through your emotions, and how comfortable are you using them?

Do you believe that you are blessed with some sixth-sense?

What is your relationship to your soul? Do you feel fragmented or whole?

What is your understanding and relationship with the life force that is the you within you—i.e., the consciousness that embodies your body, mind, and the effects of your emotions?

What is your formula to stay present and, in your body, when triggered?

Do you feel connected to your life's purpose?

How secure and safe do you feel in your personal value?

What is your plan/formula to live in your value and express your passions?

GREAT work—you just outlined a wellness formula for managing your health! You can now plan to stay centered in creating even more magic in your relationship with yourself. I am so honored and excited to walk you through this powerful and sacred process of reclaiming your creation power, your sexuality, and your access to heaven on Earth—naturally.

Orientation

Next, I'll guide this journey by providing you with my personal context for it, after which I'll ask you more questions in the form of your own personal review.

I hope that sharing a bit about my own journey of embodying my sexuality, surrendering in my femininity, and bathing in my pleasure substantiates our work together, if not also inspires it, or

that it at least helps you by offering a more tangible understanding of the motivations of support for your efforts.

When I first began having healthy sexual encounters, my stomach would seize up and I would dry heave. I would pull away, and fight urges to bite and kick—all while trying to enjoy my then-boyfriend. Luckily for me, he was a tender lover, and he rubbed my belly, talked to me—and was really the sweetest healer I ever knew. Honestly, if it wasn't for the safety, he provided that enabled me to move through that first reaction to sex and love, I might have still been acting out now, and with no true experience nor connection to show for it.

Like many women and men who have been molested or raped at a young age, I had long since dissociated sex and love. Traditional "lovemaking" felt like a horror show to me and the tender molesting I did get confused the matter tremendously. A side effect (among others) was a lack of both emotional and physical connections, making sex a transaction for me at best.

If you are like me, you battle or battled disassociation with your sexuality, to keep you sane and possibly alive. This shows up later in life by avoiding sex, cause, or "creepy crawlies" by not having sex altogether, making sex wrong, dirty, and bad. Another way it shows up is to regularly have careless sex with nearly everyone, objectifying sex, and others.

Are you ready to reclaim your sex life? There's so much to be gained there. Do you desire to awaken your spark for your power and say yes to more pleasure, connection, love, and adventure? If so, then you are in for a BIG YES!

When you heal and create a vibrant sex life with yourself or a partner, then you WILL gain even more than you can imagine. Just a quick glimpse offers a ton of promise; check out this list from Nicole Cirino, M.D., Associate Professor of Psychiatry at OHSU's Center for Women's Health for a quick peek:

(<https://www.ohsu.edu/womens-health/benefits-healthy-sex-life>)ⁱ

The benefits of sex include:

- Lower blood pressure
- Better immune system
- Better heart-health, possibly including lower risk for heart disease
- Improved self-esteem
- Decreased depression and anxiety
- Increased libido
- Immediate, natural pain relief
- Better sleep
- Increased intimacy and closeness to a sexual partner
- Overall stress reduction, both physiologically and emotionally

You are healing through this process already, either finding your center of confidence and self-awareness, or realizing where you have room to grow. As you move through the next questions about abuse, remember that you survived, and you are now safe. If my asking bothers you, take a few deep breaths and ask yourself how important your healing is to you. I only ask these questions of you for your clarity, your safety, and to help you choose the most powerful journey back to your sexual freedom.

Assessment

—The “Accepting What Was” personal review—

This part of the process will let you know if you are ready for the powerful step of embodying your sexuality in a way that is healthy and sacred, and that supports you in reclaiming a hot and steamy sex life full of fun and pleasure.

Do you believe that what happened to you truly happened?

I feel it is important to include in this question an explanation. Many of us have blacked out, dissociated, and-or otherwise blocked out the events that injured our bodies, minds, and souls during sexual abuse. It is NORMAL to question: “Did it really happen?” “How could something like this happen to me?” However, it is important to grow through this through time and to either accept what was, or to choose a different story to gain peace.

Do you ever still question why “it” happened to you?

Is sex uncomfortable?

Please rate this for yourself on a scale of 1-10 :

Physically: uncomfortable -----comfortable

Mentally: uncomfortable -----comfortable

Emotionally: uncomfortable -----comfortable

Spiritually: uncomfortable -----comfortable

What are your sexual triggers?

What is your reaction to your triggers?

How do you help yourself move through these triggers when they happen?

Are you in a safe relationship?

Are you comfortable with your sexual orientation (i.e., a healthy adult and consenting, whether single or in a couple)?

What support do you have, or coping tools do you have in your toolbox to help you move through PTSD, anxiety, or any other normal survivor reaction during healing?

How committed are you to finally having a healthy vibrant sex life?

—Debrief—

Accepting what was is just the beginning to healing, and as you know, it is one of the hardest parts to the survivor’s healing story. It is natural to want to make sense of what happened, to try to understand it and “self-help it away”. It is healthy to question yourself as you pull the blocked-out or fragmented story together to explain why so many areas of your life have been off balance. You are powerful for going through this process to the point that you have already; I am honored to help you take this powerful next step.

Creating a safe space is especially important when healing through sexual trauma. In order to make sure you get the most from this program, I am going to outline some guidelines, words and vocabulary that I will use, and tools that we incorporate in order to move through tough emotions, judgements and—in other words—shadow-aspects of yourself that may surface as you explore the gift of sacred sexuality.

Responsibility

Responsibility offers confidence and freedom. Now, by contrast, define radical responsibility here. As a foundation to all her programs, one of my mentors, Kristin Sweetie Morelli, said it best: “Responsibility occurs when you can take a step back (which isn’t always easy) and allow yourself to be present in the moment. It takes responsibility because it requires conscious awareness of your emotions and how you react to triggers in your life, without blaming yourself or others. That last bit is key. Too often we blame ourselves.”ⁱⁱ

When you are on a path to healing, especially old wounds, your ego will fight back, you will face situations that trigger you, and you will get the chance to rise above it all. But first you must be willing to forgive yourself, to work with your ego, and to have radical integrity with yourself.

Our ego is present to keep us safe. For instance, when I was a child, I was beat most evenings, but after a few years, I realized that if I simply hit myself and freaked out, then I wouldn't get hit by my adopted dad, and that would end the fight. Later in life, these tactics continued to work, in that, it stopped people from yelling and ended each fight. Each time, I had to accept being the "crazy one" who was "out of control" and, honestly, the embarrassment haunted me—until I realized the gift, which was that my little girl was ending the fight and saving me from a beating that would have been even worse. As an adult, I got to take responsibility for my reactive behavior to being made wrong, or for my fighting, and to reprogram my mind and emotions in a way that allowed me to choose healthier and less embarrassing responses.

Outline

During this program and throughout this book, I will be sharing ways for you to manage your triggers, control your energy, feel more confidently. All so you will expand your trust and reclaim your sexual power and pleasure. You will learn to heal in a holistic manner, meaning, I will be giving you ideas for connecting with your body, for mastering your mind, for harmonizing your emotions, and for utilizing your energy field to live the life of health, love, and value. The "ALL YOU" way of healing from trauma is unique and based on holistic principles, yogic understanding, and an understanding of human transpersonal psychology. This includes choosing to take charge and to define for yourself what I call "the 6 aspects of self" (i.e., "power zones"), as well as your relationship with sex, your sexuality, your partner/s, and your joy. Below, I share a list of terms and definitions I will be using throughout this book. I also cover the terms and aspects of awareness you need to know in order to take radical responsibility for yourself throughout the process.

Definition of terms

Review of terms as applied in this work:

6 Aspects of self – Personal Power Zones: When living beyond abuse:

Most people are able to be in charge and are responsible for their own bodies and what they do with them.

They are also responsible for their mindset and the way they speak to and about themselves and their experiences.

They are responsible for their emotions and how they manage and relay them.

They are responsible for their own energy and how they manage it, in both a physical realm and a spiritual one.

They are responsible about how they show up in relationships, set boundaries and communicate.

They honor and respect their value and pleasure living into their life's purpose—living true to one's heart-calling and natural talents and interests.

Masculine: Pertaining to or characteristic of a man or men: masculine attire. Having qualities traditionally ascribed to men, such as strength and boldness. For this course, we will be referring to the masculine as healthy traits of a personality that is more masculine in nature. Most of the time, this will relate to a gender of a male or of a relatively testosterone-soaked brain. However, women also have masculine qualities, and this can be healthy. These traits include logic, reason, action, firmness, survival, loyalty, adventurousness, rationality, and strength.

Macho: Macho is what we will call unhealthy or dangerous masculine traits, including controlling, overpowering, and hyper-focus.

Feminine: Having qualities of an appearance traditionally associated with women. For this course, we will be referring to these qualities as the natural qualities of a healthily estrogen-soaked brain. Most of the time, these relate to a healthy woman gender, but not all the time however, as every person has their own balance of both the masculine and feminine traits. These traits include intuition, nurturing, healing, gentleness, expressiveness, wisdom, patience, emotionality, and flexibility.

Shrew: This is a woman who is more in her macho state of being, i.e., controlling, defensive, over needy, blaming, over-giving, demeaning, and cold or upset. A woman of violent temper and speech; termagant. As Shakespeare expressed in the Taming of the Shrew.

Inner child: Your inner child is an energetic version of yourself at a young age, and at any age younger than yourself at this very moment. This memory-version of yourself holds present-time awareness in cellular memory (causing physical reactivity), emotional memory (causing emotional reactivity), mental memory (storytelling, visualizations, imagination) and tends to run your subconscious memory/reactivity until you have done the inner healing to overcome their childhood programming.

Childhood programming: As you grow, your personality is affected by both your external environment and your internal genetic makeup, programming your unconscious and subconscious mind to live your human life. During this program, you will learn ways to reclaim your free-will and to reprogram your brain so as to affect your physical health, as well as your ability to choose your reactions to and perceptions of life.

Responsibility: The state or fact of having a duty to deal with something or of having control over someone, being accountable or to blame for something. The opportunity or ability to act independently and make decisions without authorization. A thing that one is required to do as part of a job, role, or legal obligation. A moral obligation to behave correctly toward or in respect of.

Integrity: Doing what you say and saying what you do. Keeping your word and honoring your agreements.

Upper Limit: This concept was originally coined by Gay Hendricks book The Big Leap, each person has an internal thermometer of how much pleasure, love, and success they will let themselves experience. When you have reached your capacity, you unconsciously bring your vibration down to one that is familiar. As you become more conscious of your thermostat, you'll notice that a negative thought or feeling or a sabotaging choice or illness or fight with a loved one or avoidance of the habits will pull you back down into your previous comfort zone.

Empath: A person with the paranormal ability to apprehend the mental or emotional state of another individual.

Sex: Sexual actions with another person including but not limited to intercourse. This includes, touching genitals with objects, hands, and intercourse, masturbation, and oral and anal sex.

Sensuality: The use of one of your six senses—touch, taste, smell, sight, hearing, and empathic awareness. To awaken the senses and the persons awareness of what is happening within and around them.

Orgasm: A climax of sexual excitement, characterized by feelings of pleasure centered in the genitals and (in men and women) experienced as an accompaniment to ejaculation or internal flush of energy radiating through the body, creating a state of bliss and connection.

Pleasure: A feeling of happy satisfaction and enjoyment.

Monogamy: The practice or state of having a sexual relationship with only one partner.

Open relationship: A marriage or relationship in which both partners agree that each may have sexual relations with others.

Polyamory: The practice of engaging in multiple romantic (and typically sexual) relationships, with the consent of all the people involved.

Abuse: Any misuse of power or act to control another through manipulation. Creating a bad effect or for a bad purpose; misuse. Examples follow:

Treat (a person or an animal) with cruelty or violence, especially regularly or repeatedly.

Speak in an insulting and offensive way to or about (someone).

Stealing from someone or something both intellectual or physical property.

Using manipulation, fear, or God as a weapon to control another person's behavior, eliminating free choice.

Sexual Abuse: Sexual abuse is unwanted sexual activity, with perpetrators using force, making threats, or taking advantage of victims not able to give consent. Most victims and perpetrators know each other. Immediate reactions to sexual abuse include shock, fear, or disbelief. Long-term symptoms include anxiety, fear, or post-traumatic stress disorder.

Flashback: This can be related to PTSD (post-traumatic stress disorder) but does not have to be. A flashback is when a memory or sensation triggers an automatic response in a person, where the person is no longer relating to the event happening in front of them but is reacting to a past event through automatic response. Webster: A part of a story or movie that describes or shows something that happened in the past; a strong memory of a past event that comes suddenly into a person's mind.

Trigger: A comment or situation that causes you to feel uncomfortable. This may be a tender/vulnerable area due to your own personal history. This may cause intense sensations in your body, memory flashbacks and PTSD; focusing on the emotion, memory or physical sensation that are not based on the current situation.

PTSD response: Post Traumatic Stress Disorder. A disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event. The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions. Symptoms may include nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood. Note: This program will teach the CSA survivor new ways to look at and work through symptoms of PTSD; being open to healing is key to success.

Victim mentality: This is a sabotaging attitude that is often adopted when a victim has not been validated or accepted. This attitude steals your energy and keeps you on high alert. Blame is a common response to a victimhood attitude. You will feel something has been "being "done to you", "it's not fair", "it's not right", "how dare they..."

Object mentality: This is a dissociative relationship many survivors have with their body and their worth. This attitude leaves the victim feeling less than, or in a proving crisis. Being treated as less than human, like they didn't matter, or sold or shared like an object results in a dissociative relationship with self, this is a coping skill that many survivors felt they had to accept in order to withstand the abuse they were experiencing. Once they have survived relearning how to relate to their body and see their worth, finding peace is key to seeing themselves as a whole person.

Blame and Shame: Blaming yourself and others is a victim's habit. It normally begins when a victim needs to reconcile what is happening to them to simply survive. To be free in life—and in this program—it is important to recognize when you slip into blaming. This includes self-blame. There are a few different ways we use blame to cope (see next term).

Different types of blame:

Direct blame: Making someone else responsible for how you feel

Sideways blame: Using general words implying that the person did something wrong but is trying to make it sound general, so it doesn't sound like blame.

Self-blame: Blaming self when something did not go right, or when someone is upset this is also called over-responsibility.

Character blame: Taking an incident and personalizing it as a state of being i.e.: "That was bad," "Therefore I am bad," or "S/he is bad"

Trying to "avoid, make excuses": When overwhelming or uncomfortable sensation arise in the body. The person is uncomfortable, and begins to create reasons, stories or make excuses, this is an unconscious reaction. The person tries to figure out the patterns, or psychoanalyzes the other person or events involved. Many survivors do this trying to take responsibility and end up processing and over processing triggers without relief.

Storytelling or Over Processing: This type of storytelling is associated with staying caught up in the "story" of an event or a trigger. Sometimes this includes projection (making assumptions about people's motivations/reasons/feelings), transference. This a way of avoiding feeling (Kampschaefer, n.d.).

Defending/Justifying:

This is a version of storytelling whereby you seek to explain and justify your side of the story, your perspective, and your actions. It is anti-listening, and it will generally trigger the person who you are speaking with. Women often do this when they are trying to find their power in a situation. Men do this to create power over a situation and to cut off the other person (Morelli, 2020, para. definition).

Withholds: Refusing to share intentions or feelings (something that is due to or is desired by another) or suppression or holding back (an emotion or a reaction). To withhold information, emotion, or your truth from another causes “micro-tears” in your connection with them. We do this to protect ourselves or in thinking we are protecting the other from “drama” or from our “being too much” when we are causing resentment, pain, and distance in a relationship. In this course you will learn how to create a safe space and to share withholds to bring you closer to your partner.

Judgment: Being the judge means making someone or something bad or wrong. This includes our own memories, feelings, and past mistakes. We usually judge when we are feeling a feeling that is unpleasant and we are justifying ourselves. When we judge someone or something it causes distance and often leads to resentments. When you judge yourself, it leads to shame both creating lack of self-worth.

Projection: Taking what is going on inside yourself out on another person. This often happens when you are triggered, and a memory comes up. Instead of feeling the uncomfortable feeling, many people avoid it and blame the other person or situation. Putting your emotions or responses onto another person, i.e., ascribing intention, meaning, emotion, trying to figure out or guess at what they are feeling, etc., instead of feeling your feelings. This transformative model includes Non-Violent Communication and the art of feeling beyond thinking. Knowing your own history will also help you end the cycle of projecting and to begin taking radical responsibility for yourself. “Assuming good is also a form of projection, as much as is assuming bad. Don’t assume anything.”(Morelli, 2020, para. definition)

Collusion: This is yet another concept that is key to keeping relationships clean. Collusion is often a form of protection for many survivors. They team up or get someone on their side to avoid abuse or pain. However, later in life, this only causes distance and trust-issues—when taking on the experience of another person, i.e.,

...getting overly involved with their experience. Collusion can happen energetically, emotionally, or verbally. Emotionally: feeling another's emotions in one's body but thinking they are one's own. Energetically: letting one's energy get entangled. Verbally (or written): saying/writing that one is emotionally or energetically falling into another's story and siding with her/him, feeling sorry for her/him, feeling a need to protect her/him, etc. (Morelli, 2020, para. definition)

Control dramas: The popular book *The Celestine Prophecy*, by James-Redfield, teaches that there are four main ways we try to control situations in our lives, to our detriment. People use these habits to minimize fights, avoid tender areas or circumnavigate relationships. We can have multiple at one time or at various times, or different people can bring out different habits in us. A quick summary of the four follows:

Alloof: The person is continually withdrawn, pulling away and wanting the other person to give them all their energy

Interrogator: The person playing such a game has learned to put someone down (sometimes under the guise of being helpful) to seize control of the relationship, fixing, or being grabby and needy.

Intimidator: The user tries to instill fear and scare another into deferring to their control in the relationship.

Poor Me: The most passive of the four habits. People who use it connect or reconnect with sympathy

Clean-up's: A clean-up is what we call the action of "cleaning up" any reactivity, upset, emotional vomiting, or triggering; the "cleaner" might "catch themselves in the act" or follow up later, depending on when s/he realizes s/he had gone unconscious and "gotten messy" because of it. Cleaning up takes recognizing one's mood. If caught on the spot, the cleaner can give the recipient a heads up to protect their own energy and not take the mess personally. When following up, the cleaner takes full responsibility retroactively.

—In Conclusion—

Throughout this program, you will be exploring each of these traits listed above and learning how to better navigate away from your triggers and reactions, and to harness your awareness to experience more connection and pleasure instead.

Congratulations! Now you have clearly written out your formula to help you know how to process your reactivity and can accept what happened to you. Over the course of this adventure through your sexuality, you will be reclaiming the areas of your life that were taken from you, that hurt or scared you, and learning to love them a new way.

The main purpose for creating this clarity in your 6 personal power zones is to create a safe space for you to connect with and care for your inner child. Your inner child is a younger version of yourself, the part of yourself that developed coping skills that may have worked when you were young but more than likely don't feel aligned any longer. To transform your life, it is important to accept your inner child – and more specifically your wounded child as the immature hero that she/he has been. This part of your personality more than likely is tired and frustrated trying to figure it all out. In this program, you are going to get into relationship with your inner/wounded child and be the adult you have always needed in your life, for yourself.

The next part of this program is to form an agreement with this part of your personality and consciously agree to listen, see, and protect your own inner child.

I highly recommend taking a moment now, to place your hand on your heart, to take a few deep breathes, and to connect with your inner child. It is important to be able to separate the adult part of your personality from your inner child because it gives you a clear awareness in the present moment while still honoring your past. In this program, honor your inner child. Sometimes, s/he may need to move slowly, to take a break, to go over this book a few times in order to allow the inner child to stay safe, to work through old patterns, and to build her/his trust again, with you as the loving, honoring, and healthy adult.

Agreement

—Inner Child Safety Agreement—

Sign the following agreement and share it with your group if you wish.

I _____, have survived the unthinkable, and I am now committed to accepting what was, and to claiming my wholeness.

Through my life, I will be aware of the parts of me that where hurt, the parts I have hidden away, even from myself, in the past. As I recognize all these parts of myself, I will honor my inner child and move at his/her pace. I accept that I have held this pain for many years and in order to let it go and to heal the parts of me that have been affected, I may need more time than my adult self.

I am a soul in a body with stored memory, and my memory holds the keys to time. My soul is beyond time and space. I am reclaiming my inner child and my complete timeline, memory, and creative power. I am whole and I am willing to honor the pace the most tender and scared parts of me need to follow, in order to bring all of my awareness into the present moment and to enjoy creating a life I love, value, and genuinely enjoy.

Signature _____

Date _____

I will be teaching you ways to recognize your control dramas and when you are in a triggered state and how to navigate and ultimately heal through these natural states of being to deeper connection. To begin it is important that you can commit to have radical responsibility for yourself and your emotions through this course and your life. You will have triggers and you will have unpleasant emotions come up, that is life, however, you will have the support and strength within this group to handle them in new and healthy ways.

Processing what is practice:

Accept what is.

Accept what was – if what is, is triggering a memory or unpleasant emotion.

FEEL it – feel it in your body – label the emotion and the place you are feeling it in your body.

Create a list of sensations – If what you are experiencing was outside you what would it: look like, taste, smell, sound like. Does it have a texture?

Isolate and send it away – when you are ready.

I will teach this process more in depth as we move through this program. It is a wonderful process for both uncomfortable situations as well as new and exciting ones.

You will improve your sex life, heal from sexual abuse in this program, you will also increase your confidence, drop shame and guilt, create more intimacy and connection, increase your value, and bring more joy to every area of your life. But first it is time to accept what is happening in your life at this very moment and accept your past as it was.

Do you think it you are ready to accept your life as it is right now?

Do you feel you are able to accept your past as it was?

GREAT!

I am here to support you and create a safe space for you to explore and heal. My intention is to help you to better understand yourself, reclaim your power and create a safe and fun sexual space that is active, creative, and full of positive desire.

ⁱ Nicole Cirino, M.D., Associate Professor of Psychiatry at OHSU's Center for Women's Health.

<https://www.ohsu.edu/womens-health/benefits-healthy-sex-life>

ⁱⁱ Morelli, Kristin Sweet (2020). Become a Queen [course]. Retrieved from

<http://redsisterhood.com/freequeentraining>