

Survivor Matters

A Newsletter for the Christian DID Community

Can I Be Healed from DID?

Anyone who has developed Dissociative Identity Disorder (DID) in response to overwhelming childhood trauma has significant issues to address in order to be healed. In most cases healing is possible, but the complexity of the journey depends on a number of factors.

The extent of the trauma. While trauma can never be minimized, the length of time over which it is suffered, the variety of types of trauma experienced, and the number of bonded relationships involved among the perpetrators can vary. As each one increases, so also does the number of issues that need to be addressed to bring healing.

The emotional capacity of the person. The capacity for handling negative emotions varies with each individual and depends largely on the security of the relationship the person had with his initial caregiver in infancy. The lower your emotional capacity, the slower the journey will need to be in "revisiting" and "owning" the portions of your history that were initially overwhelming and had to be dissociated into alter-identities.

The extent of spiritual bondage involved. If your trauma involved participation in occult activities or what has come to be known as "ritual abuse," this greatly increases the involvement of demonic and higher-level cosmic beings with your humanity, adding to the complexity of your healing journey. The severity of this bondage is generally determined by the level at which your perpetrators were engaged with Satan's kingdom.

The availability of a knowledgeable facilitator. Rarely will you be able to facilitate your journey of healing from DID completely on your own. An objective and knowledgeable counselor is generally required to negotiate the changes in perspective that need to be made among your divided selves.

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Unfortunately, the availability of such individuals is limited. Some clinicians do not even believe in the reality of DID. Others accept the diagnosis and know how to talk to alters and to listen to their memories but do not know how to bring true healing to either the memories or the dissociation, let alone the spiritual bondages that may be present.

In order to facilitate a survivor's healing journey effectively, counselors need a foundational understanding of the dynamics of dissociation, including the key distinction between alter-identities and those that most closely represent the true self, which we call the "primary identities." In addition, they need to understand the concept of the Original Self and how to bring this key identity back into living life again and eventually able to own the survivor's entire history without dissociation. Doing this requires understanding what causes emotional pain (beliefs) and what makes a trauma overwhelming and needing to be dissociated (intolerable psychological conflict). They must also have the skills to resolve these issues as well as the spiritual bondages involved

The motivation and perseverance of the survivor. The final determining factor of whether you can be healed from DID has to do with how much you want to be healed and how hard you are willing to work towards this end. Unfortunately, a small percentage of the DID population actually enjoys the attention they receive from being divided and needy to an extent that hinders the healing process. If you were deprived of love and positive attention in childhood, you might understandably drink in that which you receive as an adult in treatment, but if your enjoyment of this surpasses your desire to become whole, independent, and responsible for your own life, healing will rarely be achieved.

Another critical factor for success, especially for ritual abuse survivors, is a relationship with God. You cannot be set free from spiritual bondages without this. Therefore, ritual abuse survivors desiring healing have to commit themselves to doing whatever is necessary to overcome the hurdles that keep them from having a personal relationship with God.

Finally, if you are relying wholly on someone else to "fix" you, you will rarely achieve healing. Because of the scarcity of fully trained counselors in this field, healing will often be dependent upon you educating yourself to understand the dynamics of this diagnosis (as described for facilitators above) and what must be done to overcome them. You will then have the knowledge needed to guide any willing facilitator in implementing your recovery process. This kind of self-empowerment can be one of the most important keys to assure you of reaching your goal.

The Collective

It is time for us to be acknowledged
We have remained quiet and hidden for a long time
We cannot stay in the darkness any longer
We want the warmth of the light

We want to see
to hear
to listen
to feel
to live
to grow

We want to be out
We want to express ourselves again
No more darkness
No more hiding
No more denial

We are real
We do exist
No amount of wishing will bury us again.
No amount of ignoring will keep us quiet forever.
No amount of denial will kill us.

There is no reason to fear us
We are you
There is no reason to hide us
We are you
There is no reason to be ashamed of us
We are you

You cannot will us away
You cannot pretend we're not here
The God of the universe has created us
He has given us the permission to exist.

We are you
We are real
We do exist

Rachel S.

Survivors share...

Because of the abuse I truly believed that I was defective and not worthy to stand in God's presence. Therefore, I had to take matters into my own hands and take care of myself. The hardest part for me was realizing that I had become god in my life; therefore, I was not able to turn to the one true God. When I realized that this was idolatry, I was devastated. I had to repent for believing that I could take care of myself better than God could. Tricia

"I am the good shepherd; the good shepherd lays down his life for the sheep."

(John 10:11; NASB)

When I started seeing Dr. W., I could not think about or talk about or to God. I would feel very angry if anyone tried to talk to me about God. Dr. W. was wise enough not to push me or to even use the name "God" or "Jesus." He found that using the name "Good Shepherd" could be tolerated by all those inside. Sharon

YOU are my GOD, my LORD, my KING
Unto YOU, my heart will sing
Whatever life may bring
I choose to trust in YOU
I may not understand YOUR ways
When all I feel is fear and shame
I put my hope in YOU
Help me know YOUR love, I pray.
Hannah L.

There's one thing I have learned
through all this pain.
One thing I know beyond a shadow of doubt:
God is very real, He does exist.
Or why would they go to such lengths
to try to prove the opposite?
Rachel S.

God's Resources

Prayer is one of the powerful privileges that God gives to His children to greatly increase the quality of their lives. Many are frustrated, however, with the poor results they seem to have in using it. While the Bible gives many criteria for effective praying, I will highlight two of them.

The first is praying "in Jesus' name." Doing this means much more than tacking His name ritualistically onto the end of your prayers. In biblical times one's name represented his complete identity or overall character, somewhat similar to the authority of one's signature today. Therefore, we should not expect that we can live in a manner that is totally contrary to the character of Christ and yet be able to pray effectively "in His name." We can only truly pray in Jesus' name when our hearts are sincerely in line with His.

The model prayer which Jesus taught His disciples begins with such an expression of personal alignment with the will of God, both in heaven and on earth. It also demonstrates the respect and honor with which we should come before God, having confessed our sins and examined our hearts for any lack of forgiveness towards anyone who has wronged us. This is also an important part of aligning our hearts with His so we can effectively use His name in our prayers.

Another critical element for effective praying is our faith. Faith is a powerful, activating dynamic in the spiritual realm. We have been transferred from the kingdom of darkness to the kingdom of God through a simple act of faith. Faith can make the blind see and the lame walk. Adding the component of faith to our prayers—that God will truly act according to His promises—serves as a huge spiritual catalyst to bring about whatever we request of the Father—if it will glorify Him.

A Helpful Resource

The Primary Identity Approach to Healing DID

By Diane Hawkins

Presents the core principles of the approach for understanding and healing DID that Tom and Diane Hawkins developed over their 25 years of experience in working with complex DID with a ritual abuse history.

3 CDs w/ Notebook \$25 MP3 w/ Notebook \$15
Notebook only \$10

Available at <http://www.rcm-usa.org/CD-Sets.html>

Helpful Aids from RCM

Gaining spiritual freedom is a major part of the healing journey for ritual abuse survivors. While much of this involves individualized work with the cult-involved parts, certain renunciations covering areas of bondage common to all such survivors have proven helpful to many. These have been written by individuals deeply familiar with the inner workings of some of the secret societies and false religions connected to ritual abuse. They cover issues that survivors, with only fragmentary knowledge gained from alters, may never have thought necessary.

RCM has made some of these available as free downloads on our website at <http://www.rcm-usa.org/downloads.html>. We recommend doing these with your facilitator or a support person.

Prayer of Release for Freemasons and their Descendants—The majority of ritual abuse is connected in some way to the Freemasons, though all descendants of Freemasons have benefitted from this prayer, with unexpected physical healings and cessation of nightmares reported as results. Survivors should have all of their primary identities in agreement with making these renunciations.

Kundalini Renunciation—Kundalini is an inherent part of the foundation of Freemasonry, making this another essential renunciation for ritual abuse survivors. Kundalini's presence brings an increasing opening of portals into the body and soul, enabling astral travel, providing communication lines from key centers of satanic activity, and allowing cosmic energy to enter one's body, bringing physical, emotional, spiritual, and mental effects. Again, do this only when all primary identities are in agreement.

Renunciation of Satan's Counterfeit Religious System—An even larger umbrella over the spiritual dynamics of ritual abuse and virtually all false religions is Satan's counterfeit religious system set into motion when Eve ate of the Tree of Knowledge of Good and Evil. This powerful generational renunciation is beneficial for almost anyone in the human race but again requires the agreement of the survivor's primary identities.

Questions & Answers

Why do I have to deal with my past when 2 Cor. 5:17 says that when I'm saved, I'm a new creature in Christ with the old passed away?

Being a new creature in Christ refers to the new spiritual identity we acquire when we are saved. What is passed away is our old record of sin. We exchange a life of slavery to sin and its repercussions to one that allows Christ Himself and the Holy Spirit to live within us. God sees us as completely transformed.

Unfortunately, that doesn't eliminate our earthly history or our generational heritage. It doesn't remove the wounds we have sustained, the false beliefs they have engendered, or the hooks that Satan succeeded in getting into our lives through them. Bringing God's healing into all of this is part of the sanctification process, which is a major theme of the Bible's message to believers.

Survivor Matters is written by Diane Hawkins, M.A., (unless otherwise noted) and published by Restoration in Christ Ministries.

It is available to all free of charge but donations are appreciated.

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