

Survivor Matters

A Newsletter for the Christian DID Community

Perpetrator-Connected Primaries

While all of your identities have played a significant role in enabling you to survive overwhelming trauma, when it comes to the healing process, some are more important than others. Your Original Self and Primary Presenter are both key identities in this. Next in line are those we have come to call “Perpetrator-Connected Primaries.”

In order to understand these identities, you first need to understand the difference between primary identities and alter-identities. Basically, primary identities represent your true self. They have generally been protected from all overwhelming trauma. The main ones that most everyone has are a pain-buffering trio filling the roles of Denial (or Function), Buffer, and Pain. Alter-identities, on the other hand, are the pinch-hitters that your primary identities formed to handle what was too overwhelming or intolerable to them.

In most cases additional primary identities are formed beyond the pain-buffering trio to play other specific roles in handling life apart from overwhelming trauma. Among these will usually be one that has a closer connection to the perpetrator(s) and may even demonstrate some degree of loyalty to him/her. These Perpetrator-Connected Primaries also have a greater knowledge of the trauma than the other primaries and may have experienced a limited degree of trauma themselves.

In order to understand how this comes about, remember that dissociation to alters only occurs when trauma is overwhelming. This means that the primary identities remain aware of what happens up until that moment of overwhelm. During this time they can learn significant information and clues that are indicative of the intolerable trauma that followed.

For instance, the Primary Presenter can be aware of Daddy coming into her bedroom at night and even getting in

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bed with her, as this is not yet overwhelming. She will only dissociate when Daddy actually starts touching her in an intolerable way. In the same way the Primary Presenter can be aware of Daddy awakening her in the middle of the night and carrying her to the car to go to a meeting behind Farmer Joe's barn. She can even see and recognize people that she knows wearing capes and hoods and meeting around a bonfire, only dissociating when some kind of intolerable trauma or violence occurs.

Apparently the psyche is not willing to tolerate the main, pain-buffering primary identities gaining such clues to real trauma occurring and quickly acts to sequester these revelatory pieces of history into a separate primary identity. This separation is not dissociation, which is initiated by the overwhelming trauma itself, but what my late husband termed "desynchronization," a lesser degree of separation occurring in the front of the brain among the primary identities. This new primary identity will then handle all life experiences that it recognizes as possibly leading up to overwhelming trauma.

When ritual abuse is involved, the cult recognizes the importance of having access to a primary identity, which has much greater capacity than the alters do. Therefore, it will work to desensitize this identity to increasing levels of trauma so that it can stay present longer before dissociating and leaving them with alters. They will also try to brainwash this primary identity to become loyal to their agenda, thus bringing cult-loyalty into the primary identity system representing the true self. Usually they then put these Perpetrator-Connected Primaries in charge over the cult-connected alters. In large systems a different Perpetrator-Connected Primary may be over different cult-related sub-systems.

Finding these primary identities within the cult system can provide a more efficient path to healing. While they may not be immediately recognizable, if you can get the cult-connected alters to reveal who is the strongest one over them, you will eventually identify them. This should be a major goal and focus in working with the cult system, as bringing them to reject their cult loyalty and to align with the Most High God will lead the cult-connected alters under them to follow suit more readily.

Identifying and resolving the loyalty issues of Perpetrator-Connected Primaries, whether ritual abuse is involved or not, also helps to bring greater unity among the primary identities. This is important as the Original Self will generally not feel safe to return to life until the primaries are united in how they view the trauma and the perpetrators.

Peace by Piece

Peace by piece

One step at a time

Overcoming this bittersweet past of mine

Following God

Doing my best

Never ceasing till God gives me perfect rest.

Getting off track

When my eyes fall off Him

***And get caught up in who's to blame
and all of my shame.***

Picking me up

Brushing me off,

Getting ready to fight another round.

Peace by piece,

One part at a time

***Like putting a puzzle together
when you are blind***

***Not knowing what the final picture will be
But trusting Him to make it something
heavenly.***

Peace by piece

One step at a time

***Is the only way for my spirit to find
Any rhyme or reason in this life of mine.***

Trusting God

With all I have

***With all that I'm not, with all that I am
Searching for Him***

In the fragments of me

***Knowing only His healing is
what will finally set me free.***

Rachel S.

Survivors Share...

But He has said
"All things are Mine
I love the broken, injured ones -
I delight to make them new,
Hold them close
heal them with a love without end
Rejoice in their triumph
As their souls I mend."

Anon.

*"My peace I give to you . . . Do not let your heart
be troubled, nor let it be fearful."*

(John 14:27; NASB)

Put your faith in something
Take a chance on something real
He will prove Himself time and again
Cause HE is the real deal!
GOD IS WITH US!

T. Burkes

What is this thing that I so dread.
Night after night, year by year- this bed.
It's been so long and they all are dead,
But still...
It haunts me, taunts me...
The things done, the things said.
Do anything distracting
Anything to avoid that place,
that space of time
Where I'm not mine
"with The True God's grace."

Shan

God's Resources: Peace

Chaos is something that virtually every survivor experiences on a regular basis. Chaos is in our lives and our environment because of the role that Satan gained over mankind in the Garden of Eden. God has not abandoned us to this chaos, however, providing us supernatural ways to escape the chaos and to enter His peace whenever we need it. On the next page a survivor shares how God poignantly taught her this.

God's peace comes through three important resources He has given us. The first is **His presence**. Drawing near to Him is like coming into the eye of a hurricane or entering a shady, calm oasis in a parched and dreary desert. Daniel experienced this in the lion's den. Shadrach, Meshach, and Abednego found it in the midst of a fiery furnace. Our circumstances may be very different, but the peace of God's presence when we draw near to Him is the same.

For some this may sound very scary—but only because of lies Satan has succeeded in planting in your minds through evil people. God yearns for you to know who He really is. He wants you to trust and to experience His gentle, soft, and safe presence. Allowing your alters to experience the kind and gentle presence of Jesus to bring them truth and to heal their pain may be a first step in coming to know and trust Him in a new way. As you observe His nature with them, know that He will be the same for you.

God also wants us to experience a deep inner peace and has given us **His Holy Spirit** to implement this. He is a wonderful internal Comforter; yet many of us fail to use Him. Like Peter, we need to learn to look to God rather than on the chaos and corruption around us. What a difference this will make!

God has also given us **precious promises** that complement these first two resources in bringing peace. We can choose to ignore them or to make them the foundation of our daily lives. If we truly believe that God will never leave us, He always loves us, and He will always work for our good—even in the most dire of circumstances—an inexplicable peace will replace the anxiety, fear, and anger that would keep us in turbulence.

A Helpful Resource

Restoring the Shattered **Module 4: Ritual Abuse & Spiritual Warfare**

By Diane Hawkins

This recently updated CD module contains extensive information in regard to working with ritual abuse survivors and the spiritual bondages they carry. (\$35)

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

Coming into His Stillness

On the morning of March 18, we read from Streams in the Desert: “He answered nothing” Mark 15:5 (KJV) There is no scene in all the Bible more majestic than our Savior remaining silent before the men who were reviling Him. With one quick burst of divine power, or one fiery word of rebuke, He could have caused His accusers to be laid prostrate at His feet. Yet He answered not one word, allowing them to say and do their very worst. He stood in THE POWER OF STILLNESS--God’s holy silent Lamb.”

I saw a picture of this in my mind. Jesus standing there in the courtyard with all those angry men--yet He was calm. Stillness surrounded Him. There was shouting and hitting and cruel words. Yet He was full of peace. The Stillness covered Him. The edges of the Stillness formed a transparent barrier. It let in the sights, sounds and feelings. But they could not really touch Him. I wanted to be with Jesus in this Stillness. Wonder of wonders, I realized that I could be there--with Him! I could connect to Him in this Stillness. I could rest there with Him in the midst of the evil.

The next paragraph in Streams in the Desert says: “There is a place of stillness that allows God the opportunity to work for us and gives us peace . . . it lets God provide an answer, through His unfailing and faithful love, to the cruel blow we have suffered.”

I connected deeply to the last phrase. I thought, He is telling me again, He knows what we have suffered. He is here for us. This was very comforting.

Later that day we experienced severe pain and anxiety as we looked at chaos from our past. Suddenly I remembered the image from the morning. -Jesus in His Stillness in the midst of all that chaos. . . And I knew! That He is the opposite of the chaos! His resurrection defeated the chaos, as it defeated all that was evil. This is glorious! Freedom is possible, available!

The feeling of being in Jesus’ Stillness is amazing, and it is always here for me now. Whatever I am struggling with I can step aside from it, into His Stillness. Or just when I want to be with Him, there I am in the Stillness with Him. I am grateful and thankful. All praise to You Jesus.

Written by Arwyn Child, June 16, 2014

Keys to More Efficient Healing from DID

While many feel that the goal of DID therapy is to heal the pain of the alters who have endured the trauma, RCM believes that enabling the primary identities to handle the trauma memories that initially overwhelmed them provides a more efficient path to integration. Their healing spreads to multiple alters at a time and makes the alters no longer necessary as separate identities, often leading to spontaneous integration.

When ritual abuse is involved, spiritual dynamics greatly compound the complexity of the resolution process. RCM has discovered a pre-natal healing process that enables one to bypass many of the cult dynamics and to remove spiritual bondages at their roots, with positive effects spreading throughout the system.

Summaries of these processes are available as free downloads from our website:
<http://www.rcm-usa.org/downloads.html>

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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