



Personal Online Coaching ©

DAY 35 – Childhood Abuse

Key Topics:

- Ego's reasons for tolerating abuse
- Verbal abuse
- Physical abuse
- Releasing the fear
- You create what you defend against
- EFT Exercise for releasing hurts from the past
- There is nothing to fear

Ego's reasons for tolerating abuse

For those who have experienced abuse, either verbally or physically, you already know what darkness feels like. There are several reasons why abuse gets tolerated. One of the biggest reasons is that if you try to stop it, you fear that things will get worse. The ego is the lower part of your mind the part that believes it is separated from God. This part of your mind has a function, and its function is to hold you in pain and preoccupy you with insolvable problems as long as possible. As long as it can keep your attention focused on pain, lack, or struggle, you will not remember God's love for you, or the truth of who you really are. From my own experience, it appears that the ego has two primary defenses. First, it tries to convince you that if you try to stop the pain or abuse, that you will be worse off, and second, if you try to stop the pain or abuse, that you will have nothing at all. If you are a child, you most likely tolerate the pain or abuse because you feel you have no other option. These are the ego's primary tactics in convincing you to tolerate pain and abuse.

Verbal abuse

Abuse can show up in many forms. You are verbally abused when someone persecutes you, judges you, or points out your flaws, mistakes, or shortcomings. These verbal abusers seem to see or expect the worst in you, or direct their anger at you. Verbal abuse can feel like a constant flurry of attack with no relief. Verbal abuse may be different from physical abuse, but over time, you end up feeling as if you are physically battered.

Physical abuse

Physical abuse is the ultimate feeling of disempowerment. When you are physically abused, you feel controlled, attacked, manipulated, repressed, or violated by another person. It's like being thrown onto a battleground that you never agreed to be on. Somehow you ended up there and

now you have to fight your way out. Physical abuse is experienced as one of the most significant forms of human betrayal. When you are physically abused, it is tempting to lose confidence in yourself, lose your faith and trust in others, and then distance yourself to prevent more pain. At a certain point, it is human nature to do what you need to do to end the pain out of self-preservation.

I have met many people who want to be in a loving relationship, yet they have experienced a life of abuse. At a deeper level, their instinct is to stay away from others or to keep relationships from happening due to their childhood of abuse. A Course in Miracles teaches us that everything is happening from us and not to us. If you're not 100% comfortable in your desire to have a loving, lasting relationship, then you will experience a blend of your fears in your relationship, or ultimately, you will keep away from others completely. This is important to understand because one of the greatest temptations when things aren't going the way you want, is to judge yourself.

Releasing the fear

I'd like to offer to you today, that you will have exactly what you want, once you are open to having it without fear. Today, we will focus on your fears and then release them together. Your fear from the abuse in your past is in the way of your happiness. See the EFT Tapping Exercise below and also your EFT Card in today's email for release.

Whenever you go through a period of abuse, either verbally or physically, you will live your life in defense. Without realizing it, you will be constantly looking over your shoulder, trying to anticipate or dodge the pain. This is a very normal response unless you learn another way to handle it.

You create what you defend against

A Course in Miracles teaches that "you create what you defend against." This can feel frightening when you have already had too much pain. You don't need to be frightened by this, because you also learn that the Holy Spirit, your Teacher of Peace, will handle the retaliation of your ego. The Holy Spirit is the one who will accomplish your goal of peace for you. Your part is to:

- Invite peace and to keep a willingness to see things differently
- Ask for and listen to the higher guidance you receive
- Stay committed to your goal of peace and do not decide on a negative outcome

These are simple steps, yet in the midst of the turmoil and the chaos of abuse, they too, can feel challenging. One of the best things you can do is to listen to use the tools in these emails, over and over again to neutralize your negative feelings and emotions. Edit the words in your

mind to make them as specific and personal as possible. Let's go ahead and move through an EFT exercise together to help release some of the heavy feelings.

EFT Exercise for releasing hurts from the past

The following exercise is also included in your audio on "Relief from Verbal and Physical Abuse" in the "More Tools & Resources" section, if you would rather listen to it via audio.

Take a moment to close your eyes and turn inward. Take in a long deep breath and feel the light and protection of God all around you. This is a time for reflection and to let go of what has been hurting you. You are not alone. We are working on this together. I will continue to hold the intention with you, that you will be absolutely free of this and ready to move on to your happy life. Allow a bright circle of light to come around you. This light is helping you to clearly identify the heavy feelings from the past, the feelings from being verbally or physically abused. Go right to the center of your heart. Without realizing it, you might have tucked these feelings away. Feel the safety of that white light all around you. Go ahead and let yourself remember the harsh words, the criticism, the judgments of others. If there was physical abuse, remember how you felt and who was involved. Notice where you feel these sensations in your body. Now take a deep breath in and get a hold of these feelings, so we can release them together.

Start tapping over your heart and repeat these phrases:

- There were times, when I've been treated badly
- sometimes very badly, by other people
- I allow myself to release all the hurts
- all the pain
- all the fear
- and all negative emotions from the past.
- No one should be treated this way.
- I should not be treated this way.
- I should never have been treated this way.
- There were times, when I didn't stand up for myself.
- I didn't know what to do
- I didn't know what to say
- I didn't know how to stop it from happening
- I forgive myself.
- I did the best I knew how at the time.
- I forgive myself completely.
- I am determined to release the past.
- I am willing to accept myself exactly as I am.
- I am as God created me.
- There is not one person outside of me that can alter the truth of who I am.

Pause and take a long deep breath

Now move to the other side of your chest and tap as you repeat these phrases

- There were moments when I was caught off guard
- when I didn't know what to do
- and I didn't know how to solve the problem.
- I forgive myself and I release the past.
- I want peace instead of this.
- I want happiness instead of pain.
- I have carried this long enough.
- There have been times, we've I've been so angry
- and I didn't speak up
- or I didn't say what I wanted to say
- I forgive myself completely.
- I am learning that I can turn this whole thing over and give it to God.
- and then I will listen
- to my inner guidance
- for what to say and what to do
- to ensure a peaceful outcome.
- My goal is peace.

Pause and take a long deep breath

Now move to the center of your chest and tap as you repeat these phrases

- I am learning that I am not my past
- and that God's will is for my happiness.
- I am willing to accept His will for me
- and to know
- with my whole heart
- that I am worthy of love
- and a happy life.

Pause and take a long deep breath

Now move to your karate chop point and tap as you repeat these phrases

- I release all the guilt
- all the pain
- all the judgment
- and all the blame
- My goal is peace.

- I am willing to listen for guidance.
- I am determined to see myself as capable
- in everything I do.
- I ask God, to decide for me
- about what needs to happen
- to lift me high above this situation
- and ensure a peaceful outcome.
- I dedicate this whole situation to the Truth and then peace is inevitable.

Pause and take a long deep breath

Now move to back over your heart and tap as you repeat these phrases

- I release all the remaining roots and causes of this pain.
- I am willing to forgive those who have contributed to my pain
- not to condone their actions
- but to forgive them because they cannot alter what God created in me.
- I am whole
- I am complete
- I am spirit
- I am eternal
- There is not one person that can take this from me.
- I am willing to forgive and accept the truth of who I am.
- I understand that I cannot be angry and peaceful at the same time.
- I want peace instead of anger.
- I want happiness instead of pain.
- Thank you God for healing my heart
- for steadying my feet
- and for reinforcing my steps
- that I will know the greatness of Your love

Pause and take a long deep breath

Now move to back to the center of your chest and tap as you repeat these phrases

- I am worthy of love because you created me as worthy.
- I am worthy of happiness because you created me to be happy.
- I am worthy of health because you created me as whole.
- I am worthy of abundance because you created me in abundance.
- I accept your will for me and I let the rest go.

Pause and take another long deep and cleansing breath

Repeat the above tapping rounds, as necessary, until negative feelings are neutralized

There is nothing to fear

In A Course in Miracles in Lesson 48 called “There is nothing to fear” it says, “The presence of fear is a sure sign that you are trusting in your own strength. The awareness that there is nothing to fear shows that somewhere in your mind, though not necessarily in a place you recognize as yet, you have remembered God, and let His strength take the place of your weakness. The instant you are willing to do this there is indeed nothing to fear.” Let’s take a moment and turn all of this over to God and let His strength take the place of our weakness.

Go ahead and pause and do this now.

In Lesson 164 “Now are we one with Him Who is our Source” it says, “There is a silence into which the world cannot intrude. There is an ancient peace you carry in your heart and have not lost. There is a sense of holiness in you the thought of sin has never touched. All this today you will remember. Faithfulness in practicing today will bring rewards so great and so completely different from all things you sought before, that you will know that here your treasure is, and here you rest.”

Final Prayer

Transcript from the Final Prayer on the Audio “Relief for Verbal & Physical Abuse”

Dear God,

We come to you together. We are glad to join as one because there are those here present who have been through such abuses that it is unthinkable, and for them we hold the light around them. And if it is this one who is listening, that you would feel the light we would place around you now. Dear God, we ask that you would lift all of these painful memories, the harsh words, the violence, the punishing thoughts, experiences, everything that came along with it, that You would lift it from our hearts today, that we could be restored, that these feelings could be undone, and we could once again know the freedom of Your Love, and the happiness that You intended for us. If there is any place in our mind or in our heart where we are resisting You, we ask that You would help us with this. It is our will that You will help us, that we want this to be undone. We come to You together, today, and we receive the miracle. We receive Your blessing. We receive the strength of Your Love, and we trust that this Love will lead us through and beyond all pain, that we will know the freedom that You have already given. We accept our freedom today, and we hold this not only for ourselves, but for each other and for every other person that listens to this, and every other person beyond them. We are as You created us. We will not decide against it. We will not let our circumstances change our mind. We accept the happiness, the peace, the joy, abundance, and health that You have given, and we let the rest go. Together, we place our future in Your Loving Hands. Amen

What you remember never was

“What *you* remember never was. It came from causelessness which you confused with cause. The miracle reminds you of a Cause (being God) forever present, perfectly untouched by time and interference. Never changed from what It is. **And you are Its Effect, as changeless and as perfect as Itself.** Its memory does not lie in the past, nor waits the future. It is not revealed in miracles. They but remind you that It (being God) has not gone.” ACIM Ch.28.I.9

“The miracle comes quietly into the mind that stops an instant and is still.” ACIM Ch.28.I.11.1

“What better way to close the little gap between illusions and reality than to allow the memory of God to flow across it, making it a bridge an instant will suffice to reach beyond? For God has closed it with Himself. His memory has not gone by, and left a stranded Son forever on a shore where he can glimpse another shore that he can never reach. His Father wills that he be lifted up and gently carried over. He has built the bridge, and it is He Who will transport His Son across it. Have no fear that He will fail in what He wills. Nor that you be excluded from the Will that is for you.” ACIM Ch.28.I.15.3-9