

Post-Abortive Stress and the RA Survivor -  
Its Causes, Impact on RA Survivors and the Healing Steps towards Freedom

Freedom Run Ministries

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Hello to all here and thank you all for coming this afternoon. My name is Royal and I am a survivor of RA/MC trauma. I hope my talk today will help equip survivors, and supporters of survivors, with the topic I will be addressing entitled, Post-Abortive Stress and the RA Survivor – Its Causes, Impact on RA Survivors and the Healing Steps towards Freedom. Before I start with my topic, I would first like to I thank Neil for hosting this conference for survivors and all he does within the survivor’s community. This conference has blessed me, and many others, throughout the years, so thank you Neil.

Today’s topic will cover an area that many survivors may or may not have knowledge about. Many RA survivors have experienced the reality of abortion of many kinds while being subjected to cult abuse. Most of these abortions were brutally performed within cult rituals. RA survivors may have also had abortions once they were away from their cult perpetrators and many have suffered the traumatic aftermath of an abortion. I have experienced both of these realities both within and without the cult, and suffered emotional devastation for many years.

Along my recovery journey from RA trauma I have encountered many other RA survivors with similar stories like mine who still deeply suffer from the aftermath of abortion from both these realities. There are specific considerations that face the RA survivor that has experienced an abortion verses the non-RA survivor. I will address these specific considerations, as well as others, further in this presentation.

It is my hope that after presenting this information, survivors who are suffering from the aftermath of abortion, both within their cult abuse and outside of the cult experiences, will find the information, tools and support needed in order to deal and heal from this specific trauma.

Please be aware that this topic obviously is highly triggering. I have taken as many precautions as possible as I deliver this message today without compromising the seriousness of the subject matter. I can't stress enough about keeping yourself collectively grounded. If you need to leave, please feel free to do so and know you will not be offending me. Material will be available for you to take and to use at your safest convenience.

Before going into the topic, I'd like to give you a little background about myself. Again my name is Royal. I was born into an alleged multi-generational satanic family with global connections to other satanic groups. I haven't had connection with my biological cult family in many years, but they still try to bring me back to the cult by many means over the years. During the last 21 years I have worked towards breaking many kinds of mind control programming and strongholds inflicted upon me from the time of my conception until I was a young adult.

I have a designer DID system set up specifically for the cult's future global take over. I have been abused horrifically in many parts of the world, but mainly in Bavaria Germany in the Neuschwanstein Castle and in Hungary in certain villages near the Carpathian Mountain regions. I had several major handlers that created the designer DID system that I have. Some of these people are considered infamous according to the

world's standards. I will speak briefly about one of these handlers. His name was Joseph Mengele.

Many people know him as the notorious Nazi doctor who was responsible for many people's deaths and or torture during WWII. Mengele was also "the principle developer of the trauma-based Monarch Project and the CIA's Ultra mind control programs. Mengele and many other high ranking Nazis were secretly moved into the United States and South America...in an Operation designated Paperclip," (Adachi, 2006).

While living in "Buenos Aires in the 1950's. [Mengele] 'had a reputation as a specialist in abortions,'" (Humber, n.d.). Mengele was arrested after he killed a girl in his abortion clinic, but an Argentine judge released him (Nash, 1992). Mengele trained many others who also became specialists in trauma based mind control and in his ideology of abortion until his death in 1979.

My experience with Mengele involved much of the trauma-based mind control involving core programming (such as End-Time programming) that is connected to the global take over. He used the Psychic/Spiritual dimensions using, what I have come to call "demonic harmonics", which involves using musical tones and quantum physics to open up portals into the spiritual realms. I also have core programs set up that were created using abortions as a means to develop them and more.

Mengele was just one of the countless monsters who performed abortions and other atrocities against countless people, many of which were RA victims and survivors. According to the Extreme Abuse Survey (2007) for Survivors, developed and distributed by Thorsten Becker, Wanda Karriker, Bettina Overkamp and Carol Rutz to more than

2000 participants from 40 countries in 2007, 36% of survivors experienced forced abortions.

I have experienced first hand being impregnated by certain males within the cult and have seen other females experience this same kind of violation. I have talked with many female RA survivors who have shared their loss of a child or children by different means. One of those means was by experiencing forced abortions within cult settings and/or having an abortion after escaping the cult.

The 36% from the Extreme Abuse Survey for Survivors reflect a small portion within the survivor's community yet they speak and address an area of trauma that holds many survivors in bondage. Many female RA survivors who experienced abortions in their lives suffer in silence for years, filled with guilt, shame, hopelessness and much more, unable to break free from this terrible stronghold. This is the face of survivor experiencing what is called Post Abortion Stress Syndrome.

Post-Abortion Stress Syndrome is caused by the experience of having an abortion. It is a form of Post-Traumatic Stress Disorder; a disorder that most RA survivors are well acquainted with. According to the Extreme Abuse Survey (Ibid) for Survivors, 89% stated they suffer from Post-Traumatic Stress Disorder. Post Abortion Stress Syndrome addresses the issue of trauma associated with having an abortion. Due to this trauma, many women are unable to address or acknowledge their feelings connected to the abortion like shame, guilt and so forth. Numerous women are left to suffer in silence and for many of these women, the silence of their abortions hold them captive for years. The abortion experience is overall a traumatic one. So whether it was a forced abortion

during cult abuse, or an abortion experienced away from the cult, many of these women display the same symptoms.

I am going to share some of the findings on the physical and mental impact on women who have experienced abortion. Before I do, I would like to briefly quote from the Elliot Institute in regards to an article they addressed on the topic of forced and coerced abortions in America. Since RA survivors are keenly aware of what it is like to be forced into numerous horrific situations, including abortion, I felt the following quote was relevant to our topic at hand.

The Elliot Institute is a non-profit Social Sciences Research organization that was founded in 1988. They have performed original research and education on the impact of abortion on women, men, siblings and society. The Elliot Institute publishes research and educational materials and works as an advocate for women and men seeking post-abortion healing.

The article (as cited in Elliot Institute, 2009) states, “Few people know about widespread unwanted, coerced or even forced abortions in America. Few fully understand its heartbreaking, even deadly, aftermath for teens and women of all ages—especially when the abortion was unwanted, coerced or forced.”

The article goes on to further address the areas of coerced and forced abortions, which is available at our table. This topic is starting to gain some positive attention with the goal of helping those who experienced this level of trauma. It is my goal to help the RA survivor see that healing from their abortion experience is an essential part of their ongoing recovery as well.

People may not see this subject matter as a relevant issue facing RA survivors. This could not be further from the truth. Others see this subject matter as a religious or political agenda and has no bearing in this presentation. This also could not be further from the truth. This subject matter goes beyond a religious or political agenda. This is about a medical procedure, which has detrimental effects on the person both physically and emotionally. For those who experience having an abortion within rituals settings, or had abortion programming implanted within their systems like I did, it is not only detrimental to the Host person, but to parts within who either hold the experience(s) or hold the abortion programming by their handlers and are still held captive by the impact this experience has caused them.

### **Physical Problems**

I would like to talk about some of these issues connected with Post Abortion Stress Syndrome. First, let's look at the physical problems or complications documented after experiencing an abortion. The following information is taken from Beverly McMillan, M.D.

Dr. Beverly McMillan is an OB/GYN. In 1975, she became the first woman to open an abortion clinic in Mississippi. She ceased doing abortions in 1978 when she became convinced that the abortions were causing everyone involved far more harm than good (Elliot Institute, 1998a).

In her article entitled, "How Safe is Abortion," she states the following: Please note that this list on the physical impact on women is not exhaustive. The most common short and long term complications include:

Excessive bleeding, chronic and acute infections, intense pain, high fever, convulsions, shock, coma, sterility, punctured or torn uteruses, uterine scarring, a weakened cervix, blocked fallopian tubes, infertility, hysterectomies, stillbirths, miscarriages, premature births and even death. Abortion has also been linked to increased risks of developing breast, cervical, and uterine cancer (Ibid).

The Elliot Institute has also concurred with these findings and offers several in-depth articles that address the physical impact on the woman who has had an abortion procedure. This information can be found on our website:

[www.freedomrunministries.org/resources](http://www.freedomrunministries.org/resources).

### **Psychological Problems**

Looking at the mental or psychological impact that abortion has been linked with, the Alliance for Post-Abortion Research and Training is another organization that conducts original research pertaining to the impact of abortion on women, men, children, primary and secondary relationships, public policy and more. They have engaged in the scientific study of the mental health risks of abortion as well as disseminated accurate information concerning such risks to those who provide education about abortion and/or post-abortion counseling.

In a series of studies on the topic of abortion and women's mental health, they have outlined the "identification of risk factors for adverse outcomes and exploration of a wide range of negative psychological consequences," (Alliance for Post-Abortion Research & Training, n.d.).

These consequences "...place women at risk for psychological disturbance in the aftermath of abortion. Among the most thoroughly substantiated risk factors are the following," (Ibid): Please be mindful that this list is not exhaustive.

- Perceptions of the inability to cope with the abortion
- Low self-esteem
- Difficulty with the decision
- Emotional investment in the pregnancy
- Perceptions of one's partner, family members, or friends as non-supportive
- Timing during adolescence or being unmarried
- Pre-existing emotional problems or unresolved traumatization
- Involvement in violent relationships
- Pregnancy is intended
- Second trimester
- When women are involved in unstable partner relationships
- Feelings of being forced into abortion by one's partner, others, or by life circumstances
- Pre-abortion ambivalence or decision difficulty
- Depression
- Anxiety
- Substance abuse
- and Suicide ideation and behavior.

The Elliot Institute has also done extensive research on this topic and David C. Reardon states, "on average there is a five to ten year period of denial during which a

woman who was traumatized by her abortion will repress her feelings,” (1990). Feeling such as:

- Depression, loss of self-esteem, self-destructive behavior, sleep disorders, memory loss
- Chronic problems with relationships, dramatic personality changes, anxiety attacks
- Guilt and remorse, difficulty grieving, increased tendency toward violence, betrayal
- Chronic crying, difficulty concentrating, flashbacks
- Loss of interest in previously enjoyed activities and people
- Difficulty bonding with later children, anniversary date of the abortion or the unachieved due date
- Social regression, withdrawal, obsession with need to become pregnant again
- Hasty marriage, sexual dysfunctions of both short and long duration and more

Dr. Martha Shuping is an internationally recognized Psychiatrist and expert in post-abortion issues with over twenty years of experience. Her article entitled “Posttraumatic Stress Disorder After Abortion” clearly outlines that all trauma is cumulative—each new stress continues to add to the burden of trauma carried by a person. She continues to state “Cumulative trauma continued to affect psychiatric symptom levels a decade after the original trauma events,” (Shuping, n.d.).

In another article, Shuping goes on to say,

In fact, there are more than 375 studies dealing with the psychological impact of abortion on women. All show that at least a minority of women, typically between 10 and 20 percent, have one or more negative reactions shortly after an abortion. Studies looking at long-term reactions indicate that the longer after an abortion one looks, the more negative reactions will be reported (Elliot Institute, 1998b).

In light of this information, it is important for the RA survivor who has experienced an abortion to connect to the possibility that she/he may be suffering from Post Abortion Stress Syndrome. For those who recognize that they are Post Abortive, I would like to state at this point that there is help for the RA survivor in order to bring healing into this area of trauma as well. Before discussing that further, at this junction I feel it is important to address some of the specific considerations that face the RA survivor who is Post Abortive.

For non-RA survivors who have suffered from some type of traumatic occurrence, whether it be an abortion experience, child abuse of diverse types, military experiences, natural disasters and more, many of these folks often try to forget, reject, discount or repress their traumatic experience that causes deep core pain. These folks are suffering from classic PTSD symptoms. For the RA survivor who is also DID, these reactions are also present but, further complicating things, are held within a collective system, many of which have been created by perpetrators.

The reality of being DID is a special consideration when dealing with every level of trauma faced. For the RA survivor who is Post Abortive, this consideration is a reality as well when dealing with this trauma.

If an RA survivor is consciously aware of any previous abortions within their life experience, due to the nature of being DID, this trauma may likely be held within many folks within. It is key to recognize that other's within the system hold pieces or chunks of this experience.

Many of the alter parts connected with an abortion experience could live within several systems or in a majority of the systems. Many could be of different ages or sexes, they may identify themselves as non-human or believe that they live in some type of spiritual dimensions. Whatever their reality the parts connected to this trauma will need to heal from this trauma as a part of the collective healing.

If you find yourself connecting to this presentation and are ready to go forward towards recovery in this matter, please keep in mind that other's within may be listening and may not be ready to move forward. If you find yourself in this situation, it is a good idea to set up good boundaries for those ready to go forward can do so without others inside trying to sabotage the recovery process who are not yet ready. Safe and healthy boundaries will help the parts not yet ready feel honored, safe and unthreatened by the choices to heal. Having this kind of mutual understanding and collective respect will benefit everyone overall with positive outcomes.

Another area of consideration is that there usually is programming surrounding the abortion experience that is set up to keep one from working through this issue. RA survivors who have cult created systems and have abortion experience as part of their programming set-ups will face resistances from this programming, trying to lock them out from knowing about this.

As I stated earlier about Mengele being one of my primary handlers, he used many brutal acts, including the abortion experience, to help create deep core programming within my systems. I have been able to deprogram some of these areas but this is still a work in progress as this particular set-up impacts many systems within. I have faced resistance from the programming surrounding the abortion as each new layer connected to this unfolds. Like with all programming this too can be broken with the right tools and dedication to heal from such core traumas.

Another factor to consider is that even if an RA survivor never experienced going through an abortion experience within a ritual for himself or herself, he or she may have witnessed other survivors going through this, which would have negatively impacted them and their parts as well.

To better explain this I have noted the documentation by those involved in Post Abortion recovery involving indirect victims of abortions. Some of these indirect victims are the potential fathers, grandparents, siblings, aunts, uncles and more, who were impacted with the loss of the aborted child in their lives.

Many of these indirect victims suffered with depression, grief, anger, loss and numerous other symptoms associated with Post Abortion Stress Syndrome. Many of these indirect victims have clearly stated that their lives were devastated with their loss of the child.

For the RA survivor who was indirectly involved with an abortion including the father, grandparents, siblings, or whether it was a child of someone who was not directly related, this traumatic ordeal again further complicates things. Not only may they be

suffering from Post Abortion Stress symptoms, but they will likely be suffering on many levels collectively.

I would also like to make a special point in regards to RA fathers of children conceived in the cult who were aborted. Male RA survivors in this situation suffer deeply as well and suffer in silence over the loss of their child. The cult destroys and distorts fatherhood like they do with motherhood. Male RA survivors, like the female RA survivors, typically feel unable to protect their child in these situations suffering from core pain, rage and other symptoms stated above. As males in our culture find it hard to process loss, grief and other strong emotions openly due to society stigmas, this is especially true for Post Abortive RA male survivors.

One other thought to be considered surrounds RA survivors who have no memories in regards to this issue. The abortion experience may not be something you experienced in your life on any level or it may be an experience not yet remembered consciously, but held by others inside. I would encourage you to continue to go forward in the recovery process that you embrace. and if you find along the way that you have had an abortion experience my hope is that you will leave this presentation with new insight, knowledge, tools and empowerment in knowing that there is healing in this area for you and every part of you.

In revealing these special considerations it may seem that the undertaking to heal from this trauma is unattainable, too scary or just too hard, but most RA survivors in recovery have proven over and over again that not only is healing possible in regards to such core trauma, many are living freer lives from their trauma. If you come to realize that this issue pertains to you, recovery here is also not only attainable, but needed in

order to be set free from the pain and suffering associated with Post Abortion Stress Syndrome within your collective systems. Again, as stated earlier, the relevancy of this issue is that many RA survivors have experienced abortions and are suffering and deserve to have a voice in this matter without it being clouded by a political machine. Healing belongs here too.

With that said what are the healing steps towards freedom if someone here finds themselves or someone they know struggling with this issue? The best way for me to answer this question is to share my own recovery experience in healing from my own Post Abortion traumas.

Soon after my 18<sup>th</sup> birthday I was a senior in high school and I was making plans to move out of my cult family's home. High school was my out away from home. I had friends there and I loved learning and dreamed of my future, knowing that I wanted to embrace a lifestyle different from what I grew up in. I didn't know consciously that I was being abused by the cult, in fact due to being isolated from the outside world by my cult family, outside of school, I had no idea how other people lived or what abuse truly was. My cult family's day or outside, life was abusive and brutal in regards to their criminal activities like drug running, arson, violence and other vicious crimes they were involved in. I became numb and indifferent to their world and came to believe that everybody lived like them. I decided that I was going to leave home and make something of myself since I came of legal age and my parent's could not stop me from leaving. My cult mother was furious with me as I made plans to go to collage, had a job and was going to move out and start my life, so I thought. I felt excited for the first time in my life that I was going to be in control of my life and be free from my family and their

control over me. My mother became more physically violent towards me the more I continued with my plans, and things just escalated.

My mother decided to teach me a lesson and break my will in order for me to submit to her will for my life. One night I was taken by knifepoint by a cult person and was violently raped for several hours. My mother allegedly arraigned for this to take place across from the High School I was attending and was soon to graduate from. At some point during this sexual assault, I clearly remember knowing that I was pregnant. I actually said this aloud to my assailant. He smiled as if he also knew this and proceeded to tell me this was a good thing as well as other things that I will not disclose here.

After the cult perpetrator finished he made sure I was to go straight home and tell my parents. If I didn't tell he was going to tell them. Even though I was terrified by him I was more in fear of my mother. Once home, both my parents were on the porch waiting for me. I remember my father yelling at me for coming home so late but my mother just stared at me with a smile on her face, glaring at me and then went into the house without saying a word to me. She had won.

I soon found out that I was indeed pregnant and felt completely alone and desperate. I knew I could not tell my parents and I did not know where to turn. A friend took me to the local Rape Crisis Center who encouraged me to have an abortion for what "seemed" like all the right reasons under the circumstances. Even though the counselor was caring towards me, she never offered me any other alternative to my situation but to have an abortion. A couple of friends that I did tell also suggested I have an abortion and felt it was the only way out of this situation. I had no idea that I was DID at this point,

but I remember hearing this strange message telling me to have an abortion which upset me.

I decided to go ahead and have an abortion at one of my local hospitals. One of the things I do remember afterward is waking up hysterical from the abortion, knowing that I just killed my child. The hospital sent up a social worker to talk with me but I took off as fast as I could. I did end up leaving my parent's home and ended up graduating high school but my life took on a dark path filled with lots of drinking and partying and destructive behaviors that put me in danger.

Any plans I had for my life was gone and nothing but a darkness filled me and drove me to continue with a destructive life, which ended with me back with my cult family. I felt trapped back at home and under my mother's control. I was displaying a lot of Post Abortion Stress symptoms, but I had no idea about this back then.

When I eventually did get away from my cult family again, I started on the road of recovery involving my RA trauma. Throughout my recovery life I had to face many powerful and life changing ordeals, many of which I still deal with today. About 18 years into my recovery life, I faced another anniversary surrounding the abortion. Even with all the recovery years and tools that I had learned in regards to RA trauma, the pain, anguish and depression about the abortion still had a powerful hold on me. I found myself suicidal over my aborted child and nothing seems to take away the pain I pushed down deep into my soul.

I knew that I needed help from someone that directly worked with this issue. It was at this place that Hope Rising Abortion Recovery counseling came into my life. It was here that a whole new world of healing would take place in regards to my Post

Abortive issues. When I met with one of the counselor's who was also Post Abortive, she was gentle, kind and caring, but I did not believe that these folks could help me. Since I already had many years of recovery in regards to my RA trauma I did not think these folks or their counseling could help me in this area. I was wrong.

They offered a 10 week group session that journeyed me into the world of Post Abortion Stress Syndrome and the impact it leaves in the lives of many women. Here I found an outlet and a voice for the grief, guilt, pain, loss and much more that was holding me captive. I did not disclose to the counselors or the group that I was an RA and DID survivor but I did tell them about the rape and the conception of my child. These women accepted and embraced my pain which brought more healing to me.

I spoke with my therapist as she knew about the Post Abortive group that I was in and we both talked about others inside of our system who might also be Post Abortive. Those who were called out and suffered the rape and abortion along with me needed to experience for themselves the new tools I was learning and to go through the process with me or when they were ready to. Sure enough there were others inside who needed to heal in this place and others who were not ready but know of the healing process that I and others went through in regards to the abortion.

It would be a couple more years when new memories of other children I had within the cult started to come forward and this is an area that I am dealing with presently. As things come forward and become more conscious to me, the host person, in regards to these children, I have the support and tools needed to work through this very dark and hard place.

I can tell you as an RA/DID survivor that going through the Post Abortion recovery group not only brought healing into this place of anguish and brokenness, but collectively brought restoration and a new hope. Today I can embrace my aborted child whose name is Jonah and I can share him with you knowing that he is very much alive, standing with me as we share a real hope to others who still live in a place of pain due to their own Post Abortion issues.

If anyone here is Post Abortive, or knows anyone who is, I would like to direct them to our table which has resources where you can learn more about Post Abortion Stress Syndrome, or to find information about organizations who offer Post Abortion recovery. We also have 2 workbooks on Post Abortion recovery, one is for Post Abortive women and the other is for Post Abortive men. We recommend that these books be utilized within a group setting or one on one with a therapist. Please note that these books are Christian based. These are the books I used in my own recovery. I also used them for a Post Abortive group that I helped co-facilitate. You will also find brochures about Freedom Run Ministries, which I co-founded with others who are with me today. Our Ministry deals with educating the churches and society about the reality about Ritual Abuse. You will also find information on our website for Post Abortion information and resources.

Thank you for having me here today and I hope this presentation opened up new doors of hope and healing for all in need.

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