

A VIOLATION OF SPIRIT

Anonymous

HOW DO YOU BEGIN TO TELL A STORY OF TRAUMA CUTTING DEEP INTO THE SOUL OF A PERSON? HOW DO YOU DESCRIBE A THING SO PAINFUL AND PERSONAL BUT TO "SAY IT?" I CAN'T STAND THE SILENCE ANYMORE. SILENCE HAS NOT SERVED ME AT ALL, AND IT HAS ONLY DIMINISHED THE VIOLATIONS COMMITTED AGAINST ME. IT HAS DIMINISHED MY ENERGY, LIFE SOURCE AND PERSONAL POWER. THE ONLY WAY TO START IS TO COME OUT WITH IT. I WAS RAPED AND I'M POSITIVE THAT A DATE-RAPE DRUG WAS SLIPPED TO ME WITHOUT MY KNOWLEDGE.

The hard part of this story is how to wrap the rational mind around a total loss of memory, a loss that lasted for twelve hours. It's like putting together a puzzle and there is this whole section missing in the middle somewhere. It is still incomplete and you know you will never be able to find the pieces of the puzzle missing from your life-ever. Then different emotions cycle through you, feelings of shame, guilt, self-blame, disbelief, shock and disassociation from the trauma.

Questions arise: Will this be my word against another? "She was a willing participant, it's not like consent was asked for... it just sort'a happened." I have a little news flash for you guys who think sex just sort'a happens: A sexual act is

an intimate, personal and sacred sharing between two people who have decided to share their energy with one another. It's called a consensual and loving experience. "Why didn't you turn the incident in before 24 or 72 hours?" How about it took at least 8 hours, after coming back to consciousness, to figure out I had been violated, to feel the scabs starting to form on my back, and to begin to return to clarity from the disorientation and confusion caused by the drug. And pardon me but how many women even turn rape in? I'm sure, but you must have some idea as to the trauma this sort of incident causes women. The sad thing is that had I filed a report that same day, I don't truly feel it would have made any more difference. And now I have to live with the fact that there may be no justice for the crime committed against me and perhaps last but not least, to be re-victimized by the system.

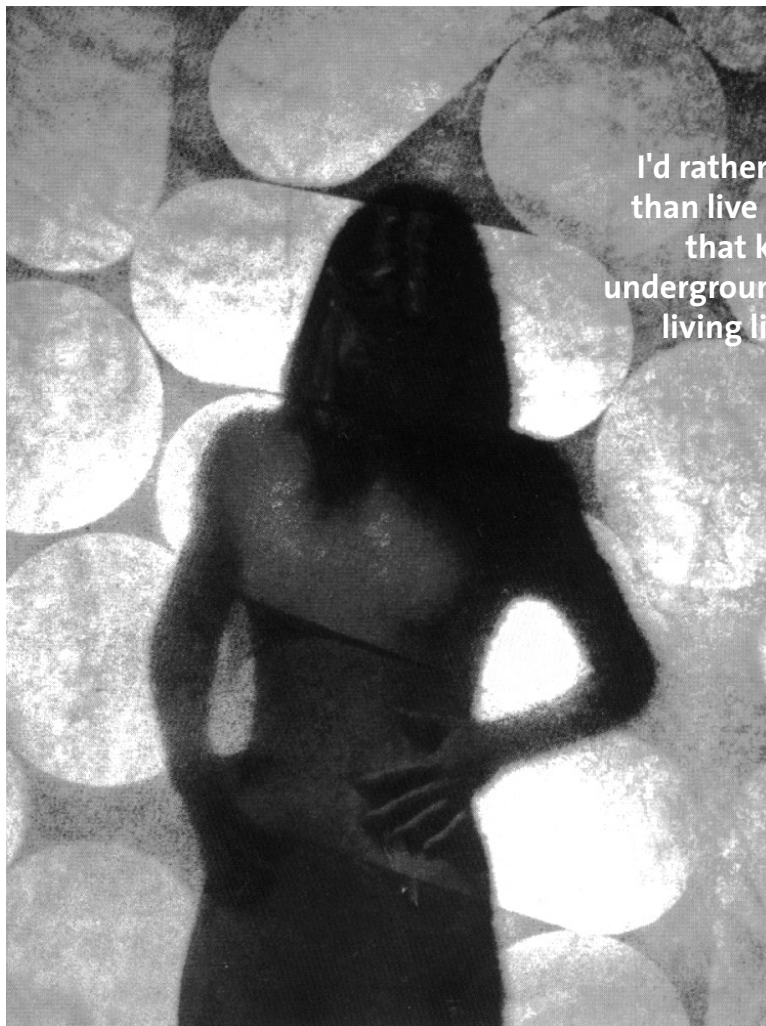
I am your sister, I am your mother, I am your daughter, I am your niece, I am your wife, I am your lover, I am your friend, and I stand with the divine female in us all. And if you hear a little anger or feel it coming forth as you read this, well, that would be correct. But I will say this now, I'd rather "feel" anger than live in that place that keeps me underground and dead to living life "numb". I am angry and I'm outraged at the acts committed against me. Anger has been the greatest gift of the emotions I've experienced since this whole thing started. It has helped me to regain my strength and source of energy. Let me just say, "There is no consent for a sexual act when a person is not consciously aware, or unconscious, and

there is no consent when a person's "free will" has been stripped from them by the use of a drug."

And as far as the persons who raped me, and I make no error in the word "rapist," as that is what you are; anyone who knows me intimately would never assume my sacred sexual energy is entered into lightly. What possible benefit does a person receive from seizing an opportunity through deception, manipulation, control and primal greed? You seized a moment in time through the greed of your own personal and primal pleasure and in doing so dishonored the female in me, and male within yourself. I am not responsible for your bad choices in a situation. Wake Up! You know who you are and I pray that you wake up to the feelings of discomfort, pain and inner gut-wrenching that you have caused another human being. You have no self-respect or regard for your brothers or sisters or yourself. You are a thief at best, taking what light you can find in anything around you. I feel pity for you, and yes, utter disdain for the human you call yourself. YOU should feel great shame!

But enough of you and the system. This is about my healing. I just want to raise the consciousness and awareness, that we are not void of the atrocities woven into the fabric of the larger society, here in our lovely little town of extreme majestic beauty. Awareness is key to our growth and journey no matter where we chose to live. We are not immune from the atrocities of the larger picture. Each act of ours affects the whole and the whole deeply affects us individually in ways we may not fully comprehend or understand.

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As we all ride the wave or flow of current within our Spirit's urging, life offers us experiences, wisdom, awareness, consciousness, growth, healing and new levels of discernment. Life offers us choices in which to fully become who we are as an individual. Your choices at any given moment may be of major importance to another human being as well as your own self.

I would like to share information about Rohyphnol, the "rape drug" that I believe was slipped to me. Rohyphnol is a trade name for the drug flunitrazepam. It is a central nervous system depressant, a lot like Valium, yet 10 times more potent. Rohyphnol is legally manufactured by Hoffman-LaRoche, Inc. and is available by prescription for short-term treatment of severe sleep disorders, widely available in Europe, Mexico and Colombia. Rohyphnol is neither manufactured nor approved for sale in the United States. It is tasteless and odorless. Rohyphnol comes in pill form and is usually sold in blister packs. Since 1999 some Rohyphnol has been reformulated to turn blue to increase visibility, although it takes 20 minutes for the blue color to appear and non-colored tablets are still available. Also, though rare, a liquid injectable form is available. The effects of Rohyphnol begin within 15 to 20 minutes of administration. Depending on the amount ingested the effects may persist for more than 12 hours. Rohyphnol causes anterograde amnesia (Inability to remember ongoing events after the incidence of trauma), limiting recall of the crime. Therefore, any allegations are difficult to verify. Rohyphnol is used mostly in combination with alcohol. It may cause visual disturbances, urinary retention, dizziness, confusion, decreased blood pressure, memory impairment, gastrointestinal disturbance, slowing of psychomotor performance, muscle relaxation, drowsiness, headaches, tremors and dis-inhibition. Although classified as a depressant, Rohyphnol can induce aggression and/or excitability. The incapacitating effects of rape drugs rob the victims of their ability to use any coping strategies of self-defense during the rape.

Victims of drug-facilitated rapes experience aspects of the aftermath differently. Because they cannot recall what happened during a significant time period, they have to cope with a gap in memory. They experience the horror, powerlessness, frustration and humiliation of not knowing what was done to them. They can only imagine what happened.

I'd like to share that the incident did not take place in a high-risk environment. It started at an up-scale restaurant. When I regained consciousness I was in a different location. Most victims of a rape drug are in places where other people are present and the rapist may appear to be a rescuer to bystanders and witnesses. How convenient for them. Drug-facilitated rape may be initiated in any social setting. Social establishments should be aware of patrons appearing disproportionately inebriated in relation to the amount of alcohol they have consumed, and then treat the situation appropriately and act responsibly!

I MOST STRONGLY ADVISE WOMEN TO FOLLOW THESE SIMPLE RULES:

•Do not leave drinks unattended. •Be alert to the behavior of friends. Anyone appearing disproportionately inebriated in relation to the amount of alcohol they have consumed may be in danger. •Be aware of your surroundings and acquaintances. •Ladies, use the buddy system; two women are not as easy a target.

In the event you are a victim of rape, whether "date rape" or not, please remember to seek counseling and/or group counseling of drug related rape. Call a Crisis hotline to get help. Also make use of different healing modalities i.e.: massage, vibrational healing, crystal healing or Reiki, as the body can release trauma memory at a cellular level even if you can not personally remember the events of the trauma.

If you or someone you know has experienced this, please feel free to write to us here at Four Corners Magazine: fourcorners@npgcable.com. Your identity will remain anonymous.

I hope in sharing this story you are empowered with the knowledge and experience shared. I wish to open our awareness and consciousness to the outrageous violations that are happening in our own community. Perhaps by just acknowledging the outrage against these violations the perpetrators are brought into the light.

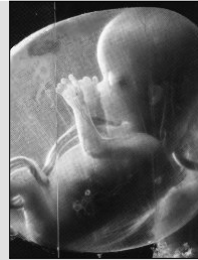
Regain your source of power. Do not stay the victim!

From the Womb To the World

A one day seminar

In this seminar the film *Cellular Echoes - Environmental Influences in the Journey From the Womb to the World* is used to show participants how there is an imprinting process that goes on for all humans from the moment of conception. Many of our old patterns began while we were forming and are hard to identify in traditional therapies. Many of our neurotic behaviors come from the prenatal phase of development.

The information in this seminar will help participants identify and release these deep patterns. This will lead to a life of greater joy, less inner tension, and a greater understanding of self and others.



Location: Sedona Creative Life Center
Times: 9-5 with 1-1/2 hour lunch break
Date: Saturday February 4, 2006
Cost: \$75.00
Facilitator: DeAnna Elliott, producer of *Cellular Echoes - Environmental Influences in the Journey From the Womb to the World*

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