

# Voices Heard

STORIES OF HOPE AND HEALING

...WARRIOR'S SECRETS

...SAFETY, TRUTH AND INTIMACY

...A LOVE LETTER TO SAFETY

...BREAKING THE SILENCE OF INCEST



VOICES HEARD  
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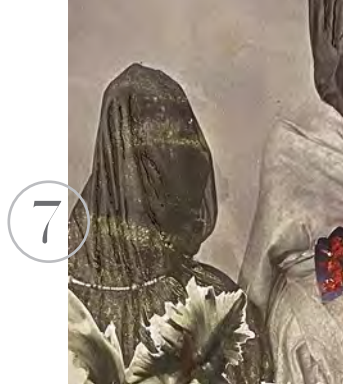
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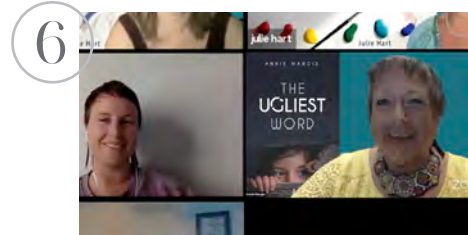
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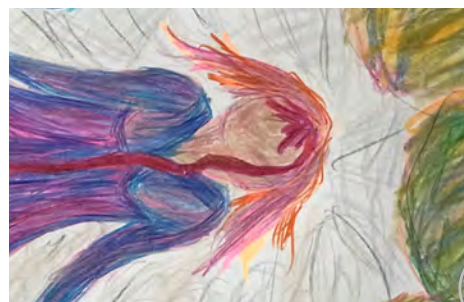
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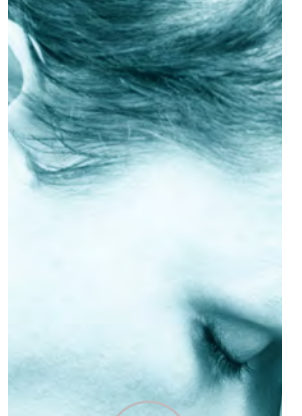
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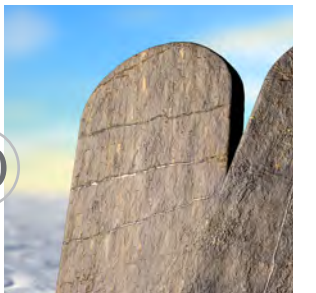
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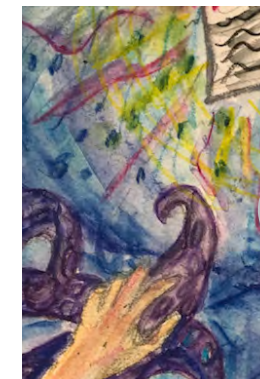
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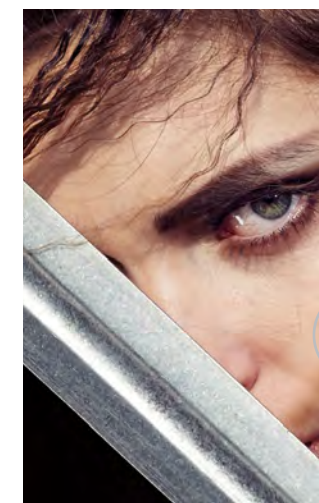
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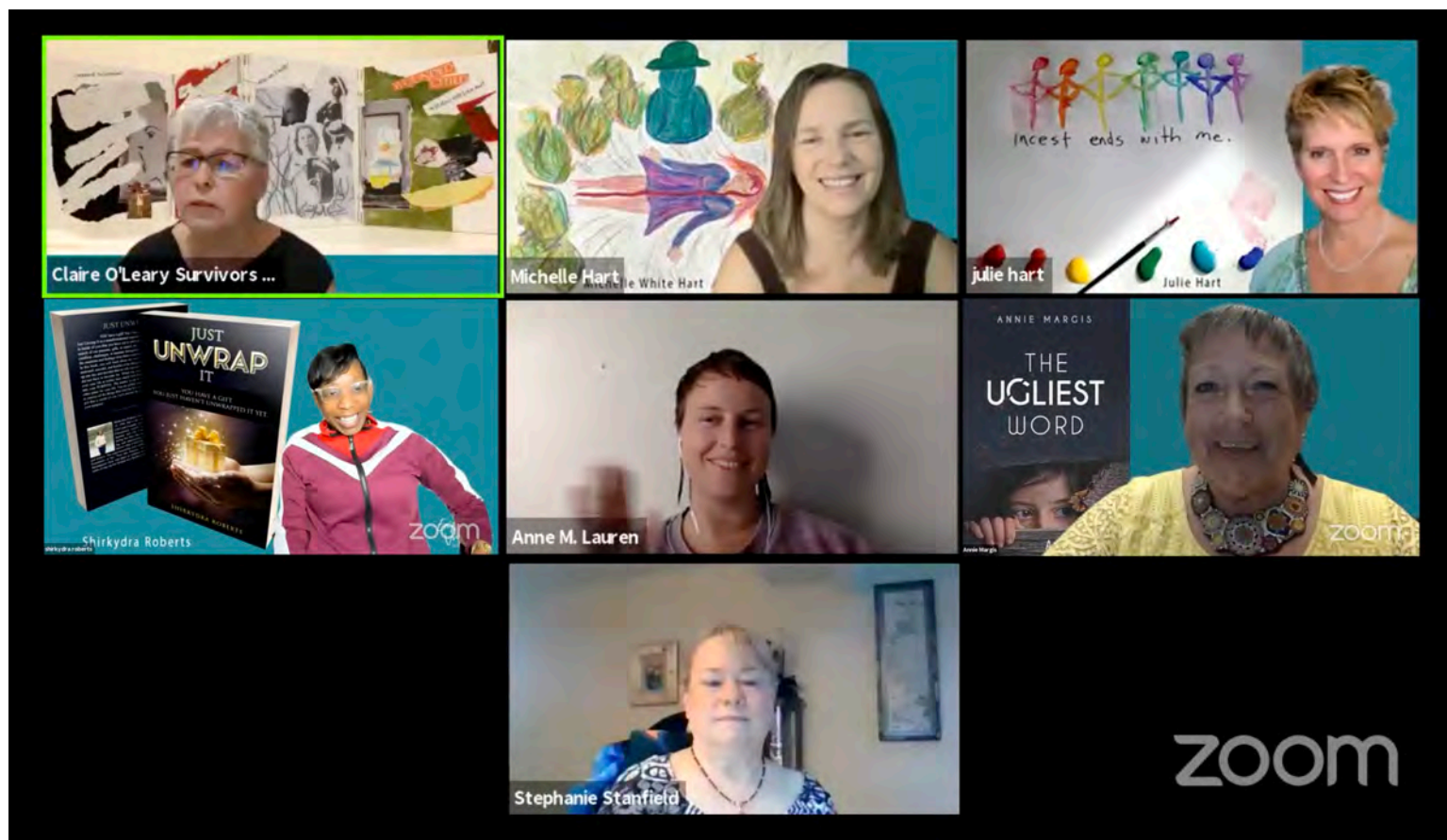
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## FROM THE EDITOR ...OPPRESSION



Oppression by Claire O'Leary

### APRIL IS SAAM — SEXUAL ABUSE AWARENESS MONTH

As you can imagine, it was a busy month for those of us who are advocates for sexual abuse survivors.

I chose to use social media to create awareness this year. I included encouraging posts for survivors, self-care reminders for advocates and activists especially during this busy time and of course information for the public:

- What to do when someone you know discloses their abuse
- Facts like over 30% of women and 7% of men have been sexually assaulted as a child
- The repercussions of sexual abuse
- How to start a conversation with your kids about sexual assault and consent
- The financial burden of sexual abuse/assault
- Crisis Information

And more...

The exciting part is a series of Facebook Live conversations and the grand finale, [Celebrating Voices Heard](#) where we came together as a group of survivors and advocates in conversation on April 30th. It's only the beginning...

Join us on [Facebook](#) for ongoing conversations. The Facebook Live conversations are continuing on Wednesdays at Noon Mountain Time. *Celebrating Voices Heard* will be an annual event and is expected to grow exponentially over the coming years.

#### WHY AN INTERACTIVE E-ZINE?

The joy and power of an interactive E-zine is that you can explore to your heart's content.

Simply click on an image or orange link to view a video or see read more in depth information.

Click on a photo to get insights on that person or an artist's image to peruse through additional art from that artist.

Listen to the authors' sharing their stories on audio and video. Explore video and see the glory of story through movement. Enjoy additional art or buy a print if you fall in love.

Explore to your hearts content.

**Oppression** is the cause of sexual abuse. Each time I read another sexual abuse story, I'm reminded that we as women are still oppressed—sexual abuse being the worst of it. But, we can still heal.

We're sexually abused or assaulted by our parents, siblings, neighbor or stranger then we live in silence, afraid, embarrassed, filled with self blame and shame and we lose ourselves in the process.

We store all of these emotions in our bodies, struggle with the effects for years—substance abuse, dissociation, eating disorders, disease, anxiety, PTSD, compulsions, depression... Feeling unsafe in so many ways. Yet, somehow, we survive... We move beyond the trauma and begin to heal.

Holly Perreault in *Warrior's Secrets* talks about the secrets we keep and what triggers us to finally open up and share that we've been abused. My personal story, *Breaking the Silence of Incest*, depicts how I used writing and art to break my silence and what I discovered about myself in the process we survive—even thrive.

Michelle White Hart shares her story of overcoming feeling unsafe in *Safety, Truth and Intimacy*. Then in our *Building Resilience* section she gives us specific ways to overcome lack of safety in *A Love Letter to Safety*. Rachel Grant shares her rules to live by in *My Twelve Commandments*. Might we choose to use a similar idea in our life?

“  
Each time I read another sexual abuse story, I'm reminded that we as women are still oppressed—sexual abuse being the worst of it. But, we can still heal.”

# HOLLY PERREAULT ...WARRIORS SECRETS

“

At the end of that show I walked over to my mom who was "putting her face on" as she called it to go to work and I just blurted out my secret!



[Something About Amelia](#) is still available for viewing.

Do you have any secrets that you are keeping? Massive, brutal, awful, revolting, appalling secrets?

**My secret was changing the lives of two young children.** As a child myself I had no idea until January 9, 1984. I was 14 and watching a TV program called *Something About Amelia* with Ted Danson and Glenn Close that I realized my secret could be hurting someone else. At the end of that show I walked over to my mom who was 'putting her face on' (as she called it) to go to work and I just blurted out my secret! I often

call this my 2X4 moment of GOD hitting me over the head. It was that clear to me: I had to tell someone.

**It was the next day when I got my first glimpse into the destruction of this secret.** I was with two detectives and a social worker at my step-sister and -brother's school. I can still see it today, sitting in a room off the cafeteria holding both of their tiny hands and with my heart beating out of my chest, I asked them if we shared this same secret.

I would not realize it until 27 years later, but their answer destroyed a piece



Bright eyed Holly at 2-years old

of me and set me up to carry pain and shame for all three of us in the future. Our common secret... our stepfather, Robert had been brutally sexually abusing all three of us.

My abuse had started at the tender age of three. I know I was three because, that is what my mother told me. **When a 3-year-old provided that type of information in the 1970's, most mothers were not believed by anyone. Especially if the man is a popular and decent man in the community and a hero to a family who just lost their patriarch, well it just could not be true.** I never told again, and unfortunately, my mom never asked. The abuse continued until I was 11, and he remarried the littles (which I call them) mother. **He literally left my bed and went into theirs and continued his horrific abuse on the two of them.** When I finally blurted that secret out, I was 14, they were only 10 and 7. The abuse had been going on for three years already.



Dulled eyes and smile at 4-years old

How many more years would this have gone on if a network hadn't been brave enough to put a provocative show on prime time TV and why is abuse not showcased today in any of the shows we watch?

Because I was now the ripe old age of 14 and the littles were too young to go to court, I told our stories on behalf of them in a room full of people including Robert, staring at me from his seat just feet away, with his defense attorney glaring at me. I was not alone in telling my story. **His sister took the stand that day and told her secrets she had been holding for 35 years. He had sexually abused her through adolescence.** What would have happened if she had the support to tell just one person? How would all our lives have been different?

**Like me, she never realized how her secret would play a part in my life and of course, that of the littles, in the future.**

”

Because I was now the ripe old age of 14 and the littles were too young to go to court, I told our stories on behalf of them in a room full of people including Robert, staring at me from his seat just feet away, with his defense attorney glaring at me.



*Victims are not offered a shortened sentence from the horrific abuse and no one wraps our soul in a box and provides it back to us with a bow. For victims, sexual abuse is a lifelong sentence.*

Robert went to jail — twice. His defense attorney was well known in our small community for going after his victims no matter how old they are. **Someone made the horrible decision to agree to a plea bargain.** He was charged with indecent liberties which is generally when a person is charged with taking liberties in the physical presence of a child, but no contact is required.

What really happened was years of rape, forcing siblings to be sexual with each other, and hideous sexual acts with a child that are illegal even with adults.

He got out after a year and because his wife at the time did not believe any of it, she invited him back into her house... with the littles. He served more time for breaking parole than he did for his combined 16 years of horrific sexual abuse that he bequeathed on us. I always wondered if those who have murdered the souls of children with their abuse were held even half as accountable as those who murder human beings, would the world be a different place?

That decision to not charge him for a larger crime would come back to haunt me 20 years later.

I learned by accident that he was no longer on the sexual predator list. Brace yourself my friends, this will make you angry... [Washington State has a strange law created to protect those falsely accused. After a time, it invites those with good behaviour off the list to protect those who are innocent, charged and put on the predator list so their life is not ruined forever.] He was invited off the

list for good behavior by the state of Washington. **As I sat listening to the detective tell me about this, I felt so sick to my stomach and so enraged.** Good behaviour translated to me was he just did not get caught. I know the abuse and patterns he inflicted and that he had not gotten any help. I am extremely doubtful he stopped abusing.

Victims are not offered a shortened sentence from the horrific abuse and no one wraps our soul in a box and provides it back to us with a bow. For victims, sexual abuse is a lifelong sentence. **Although we may find ways to thrive with it, we can never be relieved of it.**

I got married at 18 to the safest man I could find. A United States Marine. Before we were married, I told him about my experience but that I was all good, did not have or need counselling. Seeing into the future, I would often joke that I could end up as that 40-year-old having a nervous breakdown. You have no idea, how close to the truth that was. We raised a family, I had a successful job, and was so proud of myself for never giving Robert the power over me again by having "issues" caused by the abuse. **However, that was a lie. I had so many issues, but many invisible to the eye as they were deeply rooted in my heart and I was not letting them take control. I was a workaholic, probably a shopaholic, and my husband and I struggled constantly with communication. I never felt satisfied or good enough which of course I blamed on him.** My biggest secret is I left myself open to vulnerable relationships that went against my values and hurt all of us and others. At 14, the hard lessons of secret-keeping did not stick with me. **When I was 40 the wrath of keeping secrets finally came crashing down and led me to my personal rock bottom, crying out for help.**

### THE WARRIOR'S PRAYER

*I am what I am.  
 In having faith in the beauty within me, I develop trust.  
 In softness I have strength.  
 In silence I walk with the gods.  
 In peace I understand myself and the world.  
 In conflict I walk away.  
 In detachment I am free.  
 In respecting all living things, I respect myself.  
 In dedication I honour the courage within me.  
 In eternity I have compassion for the nature of all things.  
 In love I unconditionally accept the evolution of others.  
 In freedom I have power.  
 In my individuality, I express the God-Force within me.  
 In service I give of what I have become.*

*I am what I am:  
 Eternal, immortal, universal, and infinite.  
 And so be it.*

by Stuart Wilde



*The truth was, Robert still had so much power over me, because the abuse was always riding shotgun with me. I may have thought it was taking a back seat, but often, it was doing the driving.*

It was when my husband and I were at our "how to divorce and not screw up your kids meeting" with a counselor, that I received the best gift of my life and set me on a path to recovery. He was very clear "get help with your childhood abuse or you will never be satisfied and will continue to make the same mistakes". **The truth was, Robert still had so much power over me, because the abuse was always riding shotgun with me. I may have thought it was taking a back seat, but often, it was doing the driving.** Although I didn't even take a sleeping pill, didn't drink socially and drugs were a hard no for me, I checked into an intensive 30-day in-patient trauma program for abuse survivors within 2 weeks of that session.

It was there I learned of the excruciating guilt my heart and body were carrying around like a shackle.

**I had to be convinced every day, for 30 days, that I was a child who had the courage to break the cycle of abuse with this man.** I had to be assured that I was a child who sat in court, faced our abuser, and told strangers the unthinkable things he did to us. Along with individual therapy, psycho drama, grief work for my inner child, and one EMDR session that stopped the most awful memories occurring in my mind the staff and my new supportive friends had to wrap their arms around me and pour reassurance into my soul. **I finally started to believe them and began forgiving myself, but the work continues every day in this area.** My husband was able to learn so much during family week and heal in some ways as well. We continued with our divorce but 12 years later, we still have a relationship and have even spent some holidays with our respective partners, together with our children. My childhood was stripped from me before it even started and as an only

child during these times, I did not have any modelling of what was and was not a child's responsibility.

As an adult I subconsciously carried the shame of letting the "littles" down. **My subconscious would remind me, I should have known they were being abused, thought about it sooner, recognized the signs, asked them questions, shouted from the rooftops about my abuse, said no to his hideous demands.** My list of "should haves" went deep.

It took 30 days in the intensive arena of the program and several more years outside of that to realize, I was holding my inner child accountable for something that even adults cannot get right at times. When we know better, we do better. **I have spent the past 12 years forgiving, being forgiven, falling in love and designing my life in a way that would allow me to tell my story in hopes others can tell theirs much earlier.**

I now live in Northern Ireland with a wonderful Irish man. I left the intensity of working as a leader for 30 years in the tech industry and went back to school. **I want to combine my experiences in business, recovery, and resiliency with the new skills I am getting and advocate and support others in this community and in the United States.**

So, I ask you again. Do you have a secret?

A secret you are keeping that there may be a tiny chance could be destroying others right now, as you are reading this. **A secret that you may share with others and by talking about it would set you both free?**

As an adult survivor community, we must armour up and put the

perpetrators on notice that this is going to stop. We must send a message to all those suffering victims who are unable to use their voice that we will be their voice. **Finally, we must set ourselves free to live the life we were meant to live before the sparkle in our eyes were dimmed and we were deprived of our childhoods. We will no longer keep the perpetrators' secrets.** We can stop the cycle one survivor at a time and one abuser at a time. **We can move from survivors to thrivers and become warriors. I know this because I did it.**

The work of a warrior is difficult and daunting as hell. The enemy is all the secrets that we have kept. Make no mistake, it will leave you bruised, scarred, and begging to retract them all. **However, warriors have allies, supporters, experts, and many others who have gone into the arena before them. You will gain a sense of freedom you never knew you were missing and a calmness to provide you peace going forward.**

Please join survivors who have gone before you as well as encourage those who will go after and tell your story. **Using our voices as our arsenal and our stories as our armour we may be able to start a revolution that will begin to make a difference for others.**

Warriors still must stay safe. If you are ready, find a safe person to tell. It may be a helpline, a counsellor or survivor coach, the church, an ASCA (Adult Survivor of Child Abuse) meeting, or just a friend, partner, or even a parent. It will get easier to tell your story but opening the wound can be very painful and it could take a long time for healing to start. **Ask for what you need, be kind and gentle with yourself and save the harshness for the perpetrator. It will be challenging but the results will be worth it.**



#### ABOUT THE AUTHOR

Holly Perreault is an adult survivor of childhood sexual abuse (CSA). She has been a champion and advocate for survivors of sexual abuse since she was an adolescent. She is the Northern Ireland Ambassador for National Alliance of Adult Survivor of childhood abuse. Holly is editor and publisher of two books: *Missy's Secret* and *Dillon's Secret*, written to help children end their own sexual abuse. She is a public speaker and an adult survivor recovery advocate.

Holly is in her final year studying Therapeutic Communications and Counselling at Ulster University in Northern Ireland. Her dissertation research is on how to enhance opportunities for abuse survivor recovery. She helped start and co-facilitate the first Adult Survivor of Child Abuse (ASCA) meeting in Northern Ireland. She is a Certified Professional Life Coach and hoping to start an organization for intensive trauma recovery programs soon.

Holly Perreault is available for speaking engagements, podcast interviews and blog contributions. You can find Holly on [LinkedIn](#), [Instagram](#), and [Twitter](#). View her speech [Survivor Story - Secrets](#) and her [Survivor Interview at Stop Child Abuse Now Radio Program](#)

# THE ONE

Anonymous

*My soul is the moon  
Is the clouds  
Is the land  
Is the birds  
Is the rocks  
Is the ocean  
Is the sand*

*My soul is the red  
Is the yellow  
Is the blue  
Is the river  
Is the mountain  
Is the old  
Is the new*

*My soul is the air  
Is the flower  
Is the feather  
Is the crystal  
Is the cave  
Is the bee  
Is the weather*

*My soul is the tiger  
Is the rabbit  
Is the tree  
Is the fire  
Is the wind  
Is the you  
Is the we*

*My soul is the frost  
Is the egg  
Is the sun  
Is the web  
Is the spider  
Is the root  
Is the one*

As an adult I subconsciously carried the shame of letting the "littles" down.



# MICHELLE WHITE HART SAFETY, TRUTH AND INTIMACY



Dissociation Integration by Michelle White Hart

“

*I somehow skipped over this vital awareness that I wasn't feeling safe.*

It didn't occur to me to check if I ever felt safe in my body until this concept was shared with me by a brilliant trauma release coach.

Up to that point, I had cultivated a lot of body awareness from years of embodied movement and dance which contributes immensely to feeling safe.

However, I wasn't aware of how triggered I was in transformational group trainings which valued honesty and expression of feelings occurring in the present moment. I had a deep seated fear of

having any negative feelings exposed, so I tried to hide them while trying to participate because I knew relating training was “good for me.” Oy!

In group circlework, I would participate frozen, shut down and unable to focus without realizing that I was completely activated — feeling like I was amping and braking at the same time which felt very “dis-regulating” but I had no language for it, so I didn't think it was “a thing” to mention to anyone.

This is also called the fight, flight, freeze response.

I was so used to automatically shutting this very uncomfortable feeling off

with food or collapsing or pushing myself through it, that I somehow skipped over this vital awareness that I wasn't feeling safe.

The more others shared their feelings, the more I was enraged they were getting attention and terrified that my negative feelings would be found out.

And now as I look back, in most of those triggering situations, I felt so unsafe that I hid it from myself and then attempted to hide that I was ‘uncomfortable’ from others — as if they were two different things... I was dissociating and had no clue.

Discovering that in these moments I was actually feeling unsafe and unpacking why was really helpful. Learning how to catch it in the moment, instead of going unconscious and freezing up and have simple tools to work with it was really, really empowering and soothing to my Inner Child and nervous system. Finally, there was an adult on board in these terrifying situations — me!

But the truth is, I wasn't dealing with group interactions or going too deep.

I probably should have done a lot more work on this with Sandy Dow, that brilliant trauma coach, but I thought that I had a decent handle on it because of my years of feeling my body and somatic movement.

I did in many ways have a lot of skill, but what I've learned is that there are many elusive layers of trauma to unpeel— however “seemingly benign.”

In fact, that “seemingly benign” assessment is part of my childhood family trauma complex that's been quietly running the show, “Oh that's nothing! That's not trauma! Trauma looks like sexual abuse or a car accident. You're fine! No need to make waves about a little discomfort here and there.”

Which translates to, “No need to feel the discomfort, or get support, or acknowledge your feelings, or trust your body or your feelings. Otherwise, you're causing trouble. You're trying to get attention. You're imposing on your already busy parents who are already burdened with two other children to take care of.”

“Just ignore it and move on. Don't be a bother like your sister who is always upset or complaining about something or pointing out something nobody wants to deal with and demanding attention and making others uncomfortable and then getting humiliated by Dad for it.”

“God. Forbid. Don't. Do. That.”

When Dad humiliates my sister, he's scary. He seems angry. He's joking but it looks like he could hurt her...? No! It feels like he could hurt me if I say anything!

I never realized that 'til this very moment! WOW! No wonder I was quiet. I actually was very afraid. Though I don't think he ever hit us — he may have spanked us a few times...

Somehow my body registered tremendous fear in these instances. So I got the memo not to share my feelings, not to stand up to him, not to take any kind of stand that might rock the boat.

And my mother did nothing — she thought he was being harmless and funny and laughed along with him. She was of no support, in this, either.

”

*I did in many ways, have a lot of skill, but what I've learned is that there are many elusive layers of trauma to unpeel — however, “seemingly benign.”*

*"Just be a good girl and get A's. Swallow any discomfort. Don't be needy. Don't ask for anything and Mom and Dad will love you more for it. They'll take care of you. You'll be safe."*

**Yikes! So I shut off my feelings to take care of my parents and sacrificed my sovereignty and power in exchange for food and shelter and "so-called, safety."**

This was not a real feeling of safety. It was the closest to safety I had access to — it wasn't sourced in my own body — it depended on someone and/or something outside of me, who didn't make me feel entirely safe. And so began my patterns of co-dependency in relationships (and with money!)

I see how important it is now to identify what makes you feel safe and what doesn't and what made you feel safe when you were younger and what didn't and what you chose to sacrifice for it!

**I chose to sacrifice feeling and speaking about my feelings, "to keep the peace." Speaking my truth became unsafe for me, particularly in a group setting.**

And even one-on-one was pretty scary. I could get angry and explode if I said nothing for too long — which is something my mother modeled very well. Every month, when she had PMS, she would explode.

I realized the menstrual timing much later. **While it got us to do what she wanted, it created a lot of fear in me and though I don't do it often, it has obviously not been very effective in my relationships.**

I either exploded where I felt I could possibly get away with it or I ever so stealthily let go of certain friendships I felt I no longer could tolerate.

I'm happy to say that I just had a success in this area with two good friends whom I had trained with extensively in a somatic transformational group over a ten year period.

Recently, we were hanging together in the kitchen and one of them was monopolizing the air time. Though I tried to share what was going on for me, we got interrupted and we never returned to it. I was feeling tender about sharing and didn't assert myself.

It bothered me that night and I couldn't stop thinking about it, so the next day I mentioned it as non-reactively as I could in a voice message on our group thread. I said I wasn't sure how to bring this up, but I wanted to be honest and was open to any feedback on how to address something like this with our little group.

**The whole thing was very uncomfortable for me, as I didn't want to seem ungrateful as my friend had cooked us a wonderful meal and I thought perhaps I should just let her have air time as she clearly had a lot going on...**

I was afraid she would be upset about it because she used to have this issue more often and had worked on it quite a bit...

But I left the message because I knew I wasn't able to let it go without saying something.

We proceeded to have a 3-way phone conversation about it which was helpful and it seemed somewhat resolved. There were ensuing voice messages about how awesome we were as a team for being real with each other.



I was beyond grateful that they were so supportive of me initiating this even though it wasn't easy for my friend and I shared a very heart felt deep gratitude on the voice thread and cried even.

**I was so raw from this. It really was a big deal to be doing this together, as a group — though small — a group nonetheless, without a "teacher" leading us.**

Then there were other messages and a period of 2 weeks went by and when we got together again, the friend who had taken up the air time asked if we wanted to revisit and complete on it.

I was feeling like I could go either way and was prepared to let it go. It seemed done enough to me. But as I look back, I see that I was a little afraid of the intimacy this would bring up. Having to reveal mild uncomfortableness, though seemingly innocuous by this point, but uncomfortablenesses that would reveal my not so butterfly and rainbow feelings.

**But my other friend said very honestly, that though**

she'd rather skip it because it was not going to be all light and fun, she knew it would be better for us to take the time to truly complete now that we were in person together.

**In that moment I respected both of them so much. One for fearlessly leading us and not letting us drop the ball on ourselves. And the other for revealing her squeamishness with humor and kindness and for her courage and support of our leader in that moment!**

She helped bridge my squeamishness to where we all wanted to expand and grow and made the whole situation feel more safe. I was now ready to dive in.

Because of our extensive group training together, we settled on a timed structure. We each took 5 minute turns and gave each other 1 minute feedback and after the first round, it seemed a second round of 3 minutes per turn would be useful.

*She helped bridge my squeamishness to where we all wanted to expand and grow and made the whole situation feel more safe. I was now ready to dive in.*

“

*I was afraid she would be upset about it because she used to have this issue more often and had worked on it quite a bit.*

”



*I was feeling humiliation rising within me, like a cold heat. A part of me felt like my request was being seriously dissed and I could feel inklings of rage percolating.*



*You Can't Heal What You Can't Feel* by Michelle White Hart

**I could see that I was still not feeling met. Much to my surprise, I brought it up.**

Though I wasn't showing it, inside I was massively irritated that she was focusing more on not beating herself up than addressing how her behavior had hurt me.

I said it felt like she was doing a great job not beating herself up for taking up too much air time and really owning that she had healed quite a bit in this area, but that it didn't seem like she was addressing that it had had an impact on me.

**This was huge for me to stick with myself after all of this deliberation and I was on the verge of just dropping it because I wasn't feeling optimistic that we would be able to resolve it. So she asked what I needed from her.**

I said maybe I needed an apology, but I wasn't sure it was okay to ask for that.

She said she didn't think an apology was necessary because she didn't try to hurt me. Nor did she want to rush and apologize just to make me feel better because it wasn't going to do either of us any good.

Though I agreed a fake apology was not what I needed, I hadn't asked for a 'fake one!' Because of our structure, I couldn't make my rebuttal yet. I had to wait for my turn.

I was feeling humiliation rising within me, like a cold heat. A part of me felt like my request was being seriously dissed and I could feel inklings of rage percolating. It felt like we were in a "polite" power struggle as I wrestled within to keep it under wraps.

**Surprisingly, instead of shrinking and collapsing, I found myself leaning in while feeling this intense cold heat. I actually felt very alive. I stayed engaged with her as she connected deeply within herself and to me while she spoke.**

I could feel her sensing into herself, not knowing but open to finding what was needed and what felt right for her.

It's hard to even remember exactly what she said, but I felt we were in it together.

She shared that she was in reaction by all of this and feeling like she was trying not to go down the rabbit hole for having taken up too much air time, because she had grown up having to fight for attention.

And that's when I got that she was as "hurt" by the situation as I was!

Me bringing this up had opened up a childhood wound for her too. What a revelation!

And I could now get where she was coming from.

She was on the flip side of not being seen and heard, growing up and having to assert herself and grab the air time in order to get any kind of much-needed attention.

**I, on the other hand, did not 'allow' myself to speak up for fear of humiliation and because it felt very unsafe.** I expected people to just give me 'equal' time if I listened to them, without having to ask for it.

I felt compassion for her in this moment of recognition and my heart opened. She affirmed she would never want me to feel disregarded and I got it because she had been disregarded herself. I could truly receive her caring.

**And in that moment, I went from feeling humiliated, the beginning of rage and in a power struggle, to feeling like I was met. Lo and behold! I felt seen and heard without her having to apologize!**

She did it! She was true to herself and she was able to meet me.

And so, though I didn't think I needed to share after I gave her that feedback and could easily have skipped over an opportunity to take up 'air time' — to stick with our structure, I took my 3-minute turn.

I realize now, that I was a little verklempt by all the emotion that had moved through me and could have easily said, "Well that's good enough for me! Thank you! Lets' get off the hot seat, now, shall we?"

**Being seen and heard like this is true intimacy.**

**My capacity for intimacy is developmentally young. But thanks to our structure which was proving to be quite the alchemical container, I rose to the occasion.**



*Me bringing this up had opened up a childhood wound for her too. What a revelation!*

And the most important ingredient, drumroll please — I felt a healthy degree of safety inside of myself with these 2 friends who were slogging through this inside of themselves every step of the way.

Not really knowing what I would say, much to my surprise, I dove into a play by play. I disclosed how I had felt intense humiliation, that we were in a power struggle and that I had flashback deja vu of being in the transformational group training we had been in together, cringing about being exposed and seen as wrong in front of that group.

I got to reveal all of that “negative stuff” and own it, unapologetically, which was incredibly liberating! And I totally received my friend’s caring and thanked her for the experience so that we could all go through this together.

Dang! That is nothing short of a miracle!

This was a huge deal for me. I was vibrating afterwards — discharging all the energy that had been alive inside of me during the whole conversation and possibly discharging some stored trauma from the past.

This experience makes me feel so much more optimistic for the possibility to be in an intimate relationship, actually.

Just being able to accept and feel lack of safety or fear or not so fun feelings is tremendous intimacy with myself. A necessary first step on the way to sharing the challenging part of my truth with someone else and to ask them for what I want.

This creates intimacy.

And intimacy creates emotional fulfillment and lots of other good stuff!

I want that. And navigating safety is essential to intimacy.



#### ABOUT THE AUTHOR

Michelle White Hart is a **Sacred Visibility Coach** who has studied and taught somatic movement for over 25 years. After she did her first Yoni Steam (aka V-steam) she realized she wasn’t embodying her feminine power center aka Yoni/Womb.

It felt so grounding and soothing to her nervous system to inhabit her whole pelvis. She could not believe how calm, present and at home she felt. It was a confidence that felt un-hyped and sourced from her essence.

That’s when she knew something very important was missing from her visibility work with women. She was compelled to create **Womb Power** to help women feel and embody their sacred feminine power and she incorporated the Yoni/Womb focus into her sacred visibility work where she helps women unwind protective patterning that is holding them back from being seen, being themselves and being with others.

## INFINITE YOU

Anonymous

*When I lost you, lived in fear  
Hard to cope without you near*

*Gave away your power, gave away your truth  
Forgot the essence of infinite you*

*He took it away from you time after time  
You gave him your sparkle, you gave him your shine*

*The mirror was dirty, the shame cut you deep  
The guilt kept you quiet, unable to speak*

*Hiding behind a mask of pretend  
The lies, the deceit, will it ever end*

*Kicked to curb, thrown to the street  
An instant decision of crippled defeat*

*The ending came fast and the truth was revealed  
All that you needed to let go and heal*

*Shedding the layers now, shedding the pain  
Nowhere to hide, no one to blame*

*The core of your magic now back from the blue  
The reactivation of infinite you*

Being seen and heard like this is true intimacy.

# CLAIRE O'LEARY BREAKING THE SILENCE OF INCEST



*Will They Still Love Me?* A panel from Claire O'Leary's artist book *Silent No More*.

I couldn't voice my opinions or ask for what I wanted. Heck I didn't even know what I wanted! I'd been a yes girl for so long I had no clue who I was!

I didn't go to therapy because I was an incest survivor. I went to therapy because my life was a mess!

**My unresolved trauma was wreaking havoc on my life. I was married to a functioning alcoholic. My daughter had run away from home – twice. I was the “yes-girl” extraordinaire – always giving, giving, giving.** I was angry all the time – exploding over little things like the toilet paper being put on the dispenser in the wrong direction. And, if I'm honest with myself, I was a shopaholic. What I discovered is that my unresolved trauma from being an incest survivor had taken control of my life and was causing all my issues.

I worked with my Transpersonal Psychologist on mother issues, father issues, ex-husband & current-husband issues, as well as my father's incest abuse from the age of 16 to 18. **But there was one memory I chose not to go explore deeply no matter how many times my**

**therapist asked me about it: the incest when I was 5.**

Though I wasn't sure who it was at the time, I felt like it was no big deal. It was one time, he didn't hurt me. It was only 15 minutes. So any time my therapist brought it up, I would choose not to discuss it. There were so many other issues that felt more pressing.

But, years later at 58, I was still a “yes-girl.” I couldn't voice my opinions or ask for what I wanted. Heck I didn't even know what I wanted! I'd been a yes girl for so long I had no clue who I was!

Meek and mild. I had no voice. What I didn't realize was why.

I often used writing as a healing modality. One morning, as I finished journaling, a little girl standing in the doorway flashed before my eyes. “Wow, I haven't seen her in over a year.” I thought to myself. “Who is she and why is she coming to me now?”

I'd done enough personal work to know this was something I needed to look at. I gathered my journal and my pen, practiced some deep breathing until I was calm and centered – almost in an altered state. I started writing...

**Tears streamed down my face as I relived those moments from childhood.**

For the first time, I allowed myself to remember everything, feel everything, see everything, hear every word that was said.

I saw the small trailer, the kitchen, the bedroom where everything happened. I wasn't supposed to go into the room that my 18-month-old sister was sleeping in. My uncle took my hand and led me into the room with him. My 18-month-old sister laid on the bed. I remembered how it felt to have him touch me at the young age of 5. Suddenly I knew that it was my uncle who molested me at that young age.

We heard the front door open. We knew it was my parents coming home so he was out of there in a flash saying “put your underwear back on and come out.” I stood in the doorway, afraid to walk out into the kitchen. My uncle stood by the kitchen sink as though nothing happened. “Will they still love me?” I wondered. I felt that I'd done something wrong. Even though my uncle took me by the hand and led me in there– even though I said “no.”

I knew I'd disobeyed my parents when I walked into that room, as they'd specifically told me, “Don't go in the bedroom, you'll wake up Jeannette.” I was getting in trouble and he just stood there. My parent's sat at the kitchen

table. “We told you not to go in the bedroom so that you wouldn't wake up Jeannette”. I heard my mother say. Tears streamed down my face as I tried to explain. “Don't talk back,” my father said. I was silenced.

“Why didn't he tell them he took me in the bedroom”, I wondered.

I made a decision in that moment that in order to be loved, I had to be anything anyone wanted me to be and to do anything anyone wanted me to do.

**I became “the good little girl” at home, at school, with friends.** As I got older, I became a “yes-girl” at work and in close relationships. I married a man who was abusive, realizing it was abusive behavior for many years.

**The fear of being unloved and unaccepted always in the back of my mind – always saying “yes” when I meant “no.”** I took on the belief systems of those around me even though I didn't agree with them. I didn't know who I really was or what I believed in.

**Unable to voice or even know my own opinion, “Will they still love me?” was my mantra for over 50 years.** I lacked self-confidence. Even with my second husband, if I did something I felt he wouldn't agree with, guilt would ensue.

I lived by the decision of that 5-year-old until I allowed myself to go back there. Allowed myself to remember – to feel it, to heal it.

For the first time, I allowed myself to remember everything, feel everything, see everything, hear every word that was said.



*I am no longer silent. I empower women to become more confident, feel comfortable in their skin and be seen and heard. I help them shatter the long held silence of their sexual abuse.*



Who Am I? A panel from Claire O'Leary's artist book *Silent No More*.

Fifteen minutes had changed the track of my life from a joyful little girl to one who would live the next fifty years as a "yes-girl" who had no clue who she was.

**When I stopped writing that day, I felt a weight that I didn't know I'd been carrying lift from my shoulders as I realized I was still living by the decision I'd made when I was five. I now knew that I no longer needed to live by that decision.**

In that defining moment, I knew it was time to empower other women who'd been through the same.

**I knew unequivocally that I had to help other survivors find their voice.** It took a while to change my long-standing habits. But today, I empower women to become more confident, feel comfortable in their skin, and be seen and heard. I help them shatter the long-held silence of their sexual abuse. I am the founder of *Voices Heard* – the interactive e-Zine that empowers sexual abuse survivors to shatter their long-

held silence through story-telling and expressive arts. My hope is that they heal not just themselves, but others as well through sharing their story.

Whether your story, like mine, is incest, date rape, marital rape or work related, if you (or someone you know) have been through the trauma of sexual abuse, don't wait like I did until you're 58 to heal from your unresolved trauma. I understand how incredibly challenging it can be to confront memories of sexual abuse, but I encourage you to find the support to do so as soon as you can. You deserve to heal.

If you need resources, if you're struggling with feeling unseen & unheard, if you're uncomfortable in your skin or searching for more self-confidence, reach out. If you're still silent about your abuse don't stay silent any longer.

**Your voice deserves to be heard.**



ABOUT THE AUTHOR

Claire O'Leary creates a safe space for sexual abuse survivors to share their story in creative ways. She is shattering the silence of sexual abuse one voice at a time.

Claire is the founder of Empowered Voice Traveling Exhibit, which showcases the stories of sexual abuse survivors as well as founder and Creative Director of *Voices Heard* – the interactive e-Zine that empowers sexual abuse survivors to shatter their silence. Through sharing their story, survivors heal not only themselves but others as well.

Her *Creativity Unleashed* program encourages survivors to unearth the root of their story & nourish their creativity through expressive arts.

Claire shares her own story as a Speaker, Mentor and Advocate. She lives in Colorado with her husband and enjoys being a mother and grandmother to her adorable grandson. She's an avid reader, meditates and dances her heart out any time she can.

You can reach Claire via email, her [website](#), [Facebook](#), and [Instagram](#).



**CREATIVITY UNLEASHED**  
COMING IN MAY 2021

*Creativity Unleashed encourages survivors to unearth the root of their story & nourish their creativity through expressive arts.*

*Through Creativity Unleashed, you will heal with a small group of women like yourself who are dedicated to healing their sexual abuse. Giving voice to your story through expressive arts helps you heal. Seeing it and hearing it helps others heal as well.*

**UNLEASH YOUR CREATIVITY**

**DURING THE 9-WEEK PROGRAM YOU WILL:**

- Learn how to share your story through simple art techniques effectively
- Use a story board to effectively organize your thoughts and ideas
- Create an artist book or art of your choice using simple effective techniques
- Learn how to share your story vulnerably yet powerfully
- WOW your audience with public speaking techniques that will have them intrigued from your very first words
- Get published in [Voices Heard](#) quarterly e-Zine (if you desire)
- Be part of the [Empowered Voice Traveling Exhibit](#) (Live and Online)

**ACCELERATE YOUR HEALING AND RECOVERY**

- Expand your capacity to hold grief, loss and more
- Learn simple practices for when you're triggered
- Let go of anger, mistrust, and not being enough
- Share your needs and desires confidently at home and in business
- Reclaim who you are at the core
- Love yourself unconditionally
- Release your story once and for all
- Become the strong confident woman you know you can be
- Embrace your prosperity
- Shatter the silence of your sexual abuse

[LEARN MORE & REGISTER](#)

## BUILDING RESILIENCE

### IF SOMEONE YOU KNOW IS IN CRISIS...

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER AND NEEDS MEDICAL ATTENTION, CALL 911.

#### NATIONAL

RAINN Hotline:  
800.656.HOPE (4673)  
Live Chat 24/7  
Crisis Text Line:  
Text "START" to 741741  
[Website](#)

National Domestic Violence Hotline:  
Select "chat now"  
Or call 1-800-799-7233  
(If you're not alone text  
LOVEIS to 22522)  
[Website](#)

#### COLORADO

CCASA Hotline:  
800.799.SAFE (7233)  
[Website](#)

Advocate Safehouse Hotline:  
970.285.0209

Response Hotline:  
970.925.7233  
[Website](#)

[Colorado Crisis Services:](#)  
844.493.TALK (8255)  
Text TALK to 38255  
4 pm – 12 am, 7 days a week

## ARE YOU READY TO SHARE YOUR STORY?

*Giving voice to your story helps you heal.  
Seeing it and hearing it helps others heal as well.*

### [SHARE YOUR STORY](#)

*...for you  
...for them*

Voices Heard is the interactive e-Zine that empowers sexual abuse survivors to shatter their long held silence through storytelling, and expressive arts.

### BE ONE OF THE VOICES HEARD!

Join Us!

Submit art, video, poetry or a personal story  
for a future edition.

[SUBMIT AN ARTICLE HERE](#)

[JOIN THE MOVEMENT](#)

# MY TWELVE COMMANDMENTS

By Rachel Grant



*Through the years,  
I have found that  
coming back to and  
reconnecting with  
these have played  
a huge role in my  
remaining resilient.*

In her book “The Happiness Project,” Gretchen Rubin sets out to discover ways to be happier.

As she begins thinking about what sorts of resolutions she’ll make to improve different areas of her life, she notices some “overarching principles” — and names these principles her “Twelve Commandments.”

Intrigued by this idea, I set about writing my own list. Coming up with this list wasn’t a complete breeze. I had to pause often to decide whether a commandment was really something I believed in or was inspired or whether it was based on some external expectation. I loved doing it though!!

Through the years, I have found that coming back to and reconnecting with these have played a huge role in my remaining resilient. **They serve as an anchor, helping me to remain grounded and connected and present when life’s storms arrive.**

What are your 12 Commandments — what principles underpin your life — hold you, guide you, inspire you!?

## HERE THEY ARE, MY 12 COMMANDMENTS:

1. Be good to myself and others
2. Love outrageously
3. Stop holding my breath
4. Smile at strangers
5. Say it out loud
6. Be hardcore
7. Stay in touch
8. Don’t miss this moment
9. Have great adventures
10. Don’t wait for things to be perfect
11. Laugh deep belly laughs
12. Relish being wrong



## ABOUT THE AUTHOR

Rachel is the owner and founder of Rachel Grant Coaching and is a Sexual Abuse Recovery Coach. Rachel holds a Master of Arts in Counseling Psychology and is the author of [Beyond Surviving: The Final Stage in Recovery from Sexual Abuse](#) and [Overcome the Fear of Abandonment](#). You can download both free on her [website](#).

She works with survivors of childhood sexual abuse to help them let go of the pain of abuse and finally feel normal.

Her program, [Beyond Surviving](#), is specifically designed to change the way we think about and heal from abuse. she has successfully used this program to help her clients break free from the past and move on with their lives.

[Reach Rachel here](#) or on [Facebook](#).

## 60 DAYS

Anonymous

*Alcohol I've missed you, but it's time for us to part  
How can I love you so deeply when all you do is break my heart*

*A manufactured friendship, a pain I cant describe  
I thought you made me who I was but you were killing me inside*

*Alcohol you used me, you tortured me with guilt and shame  
I'm giving it to God now, I'm surrendering the game*

*Desperation, isolation, excuses and lies  
Alcohol I'm finished, can't look you in the eyes*

*60 days without you, one day at a time  
So I keep coming back here to get you off my mind*

*Thank you all for loving me when I couldn't love myself  
Every day I struggle, but this shit seems to help*

*Everything feels pure now, everything is real  
Each day I go without you, the more I grow and heal*

*Living life on life's terms is not an easy ride  
But now that I can feel again nowhere for me to hide*

*Time to cut my losses, time to step up to the plate  
For if I go back to where I was death will surely be my fate*

*Although my past does not define me, it surely took its toll  
And I'm forever grateful life has led me down this road*

*I'll ask my higher power for the strength of one more day  
In moments of anxiety and fear, I will try to pray*

*My intuition tells me this is where I need to be  
A spiritual awakening so I can be set free*

*The answers to my problems is what I still seem to lack  
But someone told me things get better so that's why I keep coming back*

# A LOVE LETTER TO SAFETY

By Michelle White Hart



Drowning for A's by Michelle White Hart

“  
As we know, you can't  
heal what you can't  
feel. Which doesn't  
mean you have to feel  
the whole enchilada at  
once. That will likely  
overload you. So  
you do it in stages.  
Incrementally.”

What does safety or lack of safety feel like in your body? Well, if I'm feeling fear, there's a good chance I don't feel safe!

Funny how that seems so obvious, but I literally didn't realize how important safety was until I discovered how unsafe I felt a lot of the time. I had just gotten so used to that feeling that I would automatically override it.

Emotions like fear can be felt in the body as sensations. When you feel fear, if you put your attention on your body, you will notice some sensations occurring – you may feel tightness in your throat or heart, tingles pulsing, throbbing, cool, hot, etc... It doesn't matter what the sensation is, because it will be unique and different each time you feel fear – there will be something unique each time for you to feel, so it's not about what the sensation is, it's about feeling it in that moment. That's

where the healing begins. That's how you cultivate receptivity, which can teach you how to notice when you are feeling safe or unsafe and how to make good choices depending on which one you feel.

**We can be thrown off as easily by good things happening to us as we can by bad things. They both heighten sensation and emotion in the body.** We actually need training to be able to expand our receptivity and “having” threshold in order to allow more good!

Receptivity training teaches you to receive and feel all feelings and sensations – “good” or “bad.”

“Too much” good stuff registers the same as bad stuff on the nervous system.

It can throw us into overload and overwhelm because it's more energy/vibration than our system can handle. When we are overwhelmed or overloaded we don't feel safe – so we unconsciously push the good stuff away, we shut down all feeling and sensation and we feel disconnected.

It's a survival reaction — useful when we were younger and necessary sometimes when we are older. It throws us way off course then we have to slowly and carefully rebuild that trust and safety and bring ourselves back to the land of the feeling, aka, the land of the living!

**Receptivity training assists you in having more of what you want.**

It trains you organically to expand your capacity for feeling — feeling what you “don't want:” — the uncomfortable or painful as well as feeling what you “do want:” — the positive or pleasurable.

As we know, you can't heal what you can't feel. Which doesn't mean you have

to feel the whole enchilada at once. That will likely overload you. So you do it in stages. Incrementally. Even just feeling discomfort or good stuff for 15 seconds can have a profound effect in beginning to dismantle a pattern of fear.

When you can feel more of yourself, you feel safer.

Your body is your home!

“The more you inhabit it, the more you can access your “true” power and the more courageous you become.”

But it's not a race! Find your own pace!

The added bonus of Womb Power's Receptivity Training is that it helps you awaken your womb/yoni/root area. We need a lot of quality attention here due to being enculturated to ignore it!

**This is where we store and hide our vital energy and DESIRE! Our true desire does not emerge when we don't feel safe.**

For myself and my clients, some deeper desires are emerging because of this womb/yoni receptivity work.

Womb Power slowly and gently brings consciousness to and de-armors the tissue in the yoni/womb/root area, in particular, that has shut down so as to decrease the impact of both physical and energetic overloads — like too much good news or unwanted attention. This protective survival pattern has trapped vital energy and depleted life force reserves in the process.

“  
Too much good stuff  
registers the same  
as bad stuff on  
the nervous system.  
It can throw us into  
overload and overwhelm  
because it's more  
energy/vibration than  
our system can handle.”

When you start to de-armor, that trapped vital energy finally gets to recirculate and fuel you to follow through with your passions — projects that seemed out of reach, required courage or demanded energy.

In resurrecting this desire also comes clarity of what you truly want that you may not have allowed yourself, that you have set aside to make others feel safe, or that felt too scary or bold.

where I push myself beyond my capacity and traumatize my nervous system in the process which then makes it so incredibly hard to move forward. I still, on occasion, “override” my system and shut down my natural flow and intuition in order to complete a task.

For example, I’ll be super exhausted and yet because I have a deadline that I’m afraid I’ll miss, I won’t rest and it feels like I’m literally pushing dead weight forward and moving at a snail’s pace. And yet, I sometimes refuse to rest because my nervous system was trained to operate under tremendous stress. It “likes” the difficulty on some level. It got used to it.

I had no idea I was under that amount of pressure — I thought it was “normal” to have to work so hard.

**This led to being burned out by the time I graduated from grade 13, at the ripe old age of 16.**

I lost my period temporarily and from then on, I was on auto pilot. I coasted for a few decades, working in the film industry, challenging myself as little as possible. University actually felt like a picnic compared to high school. I chose classes that were fun and interesting to me.

Luckily, I eventually found my way to somatic movement training. **With a few decades of somatic movement and receptivity training and more recently with a new focus on yoni/womb receptivity training — I have learned to access my embodied feminine knowing. And knowing what I know now, it doesn’t have to take that long for my clients! Phew!**

Your embodied feminine knowing knows what pace is best. Recently, mine told me to do nothing with regard to my next business step! Whaaaaat? Really? It’s OK to say No???

That was HUGE! I rarely allow myself to just be OK with where I am — to NOT move forward in my business!

Acknowledging and truly feeling that in that moment, knowing that taking any kind of action would be “too much” because I had just been receiving how good it felt to be where I am currently in my business was an important step for me.

I was receiving what it felt like in my body, how much I am enjoying what I am doing. There is challenge for sure, but not SO MUCH challenge that I am on my edge hanging from my fingernails.

It feels like the right step, possibly for the

first time in my life. I’m not in, “over my head” and I’m not under-challenged. And I’m not “terrorizing my nervous system!”

“Doing nothing” felt VERY “new.” Allowing myself to “stay put” felt like a breakthrough in my personal power — in my sovereignty!

Like, “I’m the boss of me!” like, not some idea of what is right is the boss of me.

This almost felt like a “runner’s high!” — as though I had broken through invisible but visceral shackles that had been holding me back for lifetimes.

I could feel my Inner Child do several cartwheels inside! Like, “I’m free!” Like, “I’m free to be ‘me!’”

As I write this and really feel into this experience, it actually felt like ‘soul retrieval!’ I’ve never really known what that feels like. And Now I do.

Later, I could feel inklings of an incremental step bubble up — super incremental — and super bubbly with excitement! It was playful, spacious, easy. It felt do-able, safe. Not a push, or scary.

A baby step. What a concept! I used to think baby steps were not worth doing, because they were too small!

**But I’ve truly learned, you gotta slow down 🌀 to speed up.**

- 🌀 Slowing down
- 🌀 Feeling sensations & emotions
- 🌀 Titrating between discomfort and ‘good’ stuff
- 🌀 Inhabiting your body cultivates receptivity, trust, safety and body awareness

**When you add in:**

🌀 Connecting to & de-armor your Yoni and Womb

**It creates Safety on Steroids and Awakens your Desire & Vitality**

**This paves the way for:**

- Clarity & alignment
- Embodied Feminine Knowing
- True Power
- Courage
- Creativity
- Magnetism & manifestation
- Desire that will fuel you to go for what you truly want and make it happen!

**Be patient. Desire emerges the safer you feel within your body.**

Trust the process. Trust your body’s wisdom. It takes practice. It doesn’t happen overnight.

My deep down desire was buried for decades. Cultivating a relationship with my body has slowly helped to unearth it. And connecting to and de-armor my Yoni/Womb has really helped accelerate the process — organically, not too fast.

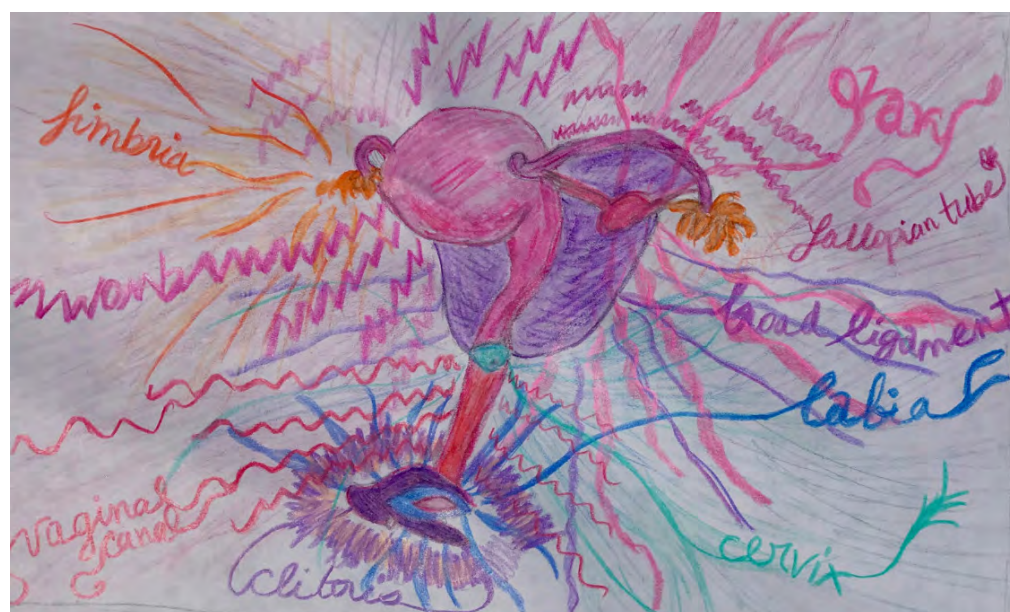
Desire and your embodied feminine knowing will guide you and give you the answers. I’ve decided I still don’t want much business coaching — just a micro-dose here and a micro-dose there. That’s titration vs overload.

Even my Business Shaman agrees with me! What I need more than business strategies is to go inside, into my yoni/womb and unlock my true desire, my embodied feminine knowing and my true power. That’s where my answers and energy to implement them are.

What do you need?



With clarity, comes knowing. Your ‘embodied feminine knowing’ — your ‘I know that I know’ — will guide you.



Feeling my Feminine Circuitry by Michelle White Hart

With clarity comes knowing. Your “embodied feminine knowing” — your “I know that I know” — will guide you. You’ll know exactly what you need from your body’s wisdom, not what your head thinks you need. You’ll know what step to take next without terrifying or traumatizing your nervous system.

Your head thinks you need to hurry up, push harder, make more money, etc... but that usually slows you down!

I have been unwinding a push pattern

During a somatic training, I received a somatic memory that my body felt like I was drowning from age 10 through 16. Due to my family dynamic, I was determined to get straight “As” even though I was one to two years younger than everyone at a highly academic private school.

I later found out that this kind of steady pressure over an extended period of time was a form of developmental trauma. I learned to push myself to get “As,” no matter what. I learned to be a good girl and not share my challenges or feelings.

## RECEPTIVITY TRAINING TO BUILD SAFETY IN THE BODY HALF HOUR PRACTICE:



Receptivity Training by Michelle White Hart

I offer you this short version of a Womb Power practice to drop into your body and cultivate your embodied feminine knowing. If it resonates, do it! If it doesn't, don't!

### Here's what the Receptivity Training looks like.

The first 15 minutes is a gentle movement practice to warm you up and help you get in your body:

- We start with fluid easy flowing movement for the first song
- Then fluid stretching for the second song
- Fluid muscle engagement for the third song
- And faster, fluid pattern-breaking movement for the fourth song

This will help you be present and drop in for the second 15 minutes, which guides you into tracking your sensations and receiving your yoni/womb area.

### Technology set up for ideal sound:

You'll need to start the playlist on [Spotify](#) first and then hit play on the [video](#):

The ideal set up is to play the video on one device, eg. computer or tablet. And play the Spotify music playlist on a separate device, eg. phone or tablet. This way you can control the audio levels to your liking — raise the level of the guidance or music to hear it best.

You will need to sign up for a free membership to Spotify, but there might be a few commercials every 20 minutes.

### How to do the Training:

You can do either section first. If you're tired and don't want to move, jump to the meditation section, 15 minutes in and go to the 5th song on the Spotify playlist. But if you've got a lot of energy and you want to find a way to slow down enough to do the meditation section, then start from the beginning.

There's no wrong way to do this. Listen to your body. If what I'm saying isn't resonating, do what feels good to you. This is YOUR practice. Take what you want and leave the rest in each moment.

Each time you show up to do the practice you may take a different piece of my guidance. Your body might want to do something entirely different than how I'm guiding and that's okay! My guidance is simply a container and springboard for you to feel your body and follow what feels good to you in that particular moment.

If you are present to your own body then you're doing the practice. Even if you are distracted and can't be present for yourself, just knowing that is doing the practice. You really can't do this wrong.

Let yourself explore and trust that your discoveries are more important than anything. Even if you discover you simply can't do this practice and don't want to! That's your truth! That's gold! That's a taste of soul retrieval!

### My wish for you:

May you continue to cultivate receptivity and strengthen your safety and beyond in an environment that resonates for you! Whether it's with this practice or with other practices — there are infinite ways and modalities to cultivate your receptivity.

You have treasures buried within, waiting to be unearthed. Blessings on your journey!

And if you want the space to be held for you to learn how to feel your sensations more and expand your ability to feel, I offer private sessions in addition to weekly *Womb Power* classes.

You are welcome to come to your first *Womb Power* class as my guest. Just [register here](#) and let me know you'd like to come. The classes are small and you're welcome to share in the circle at the end of class or jump off anytime. You get to do it your way . ;)



ABOUT THE AUTHOR

Michelle White Hart is a **Sacred Visibility Coach** who has studied and taught somatic movement for over 25 years. After she did her first Yoni Steam (aka V-steam) she realized she wasn't embodying her feminine power center aka Yoni/Womb.

It felt so grounding and soothing to her nervous system to inhabit her whole pelvis. She could not believe how calm, present and at home she felt. It was a confidence that felt un-hyped and sourced from her essence.

That's when she knew something very important was missing from her visibility work with women. She was compelled to create *Womb Power* to help women feel and embody their sacred feminine power and she incorporated the Yoni/Womb focus into her sacred visibility work where she helps women unwind protective patterning that is holding them back from being seen, being themselves and being with others.

Michelle also offers a *Yoni Moon Lodge* — a safe, online intimate group experience that includes, Yoni Steaming, meditation and sharing. Learn more about the upcoming [Yoni Moon Lodge](#).



You have treasures buried within, waiting to be unearthed.

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