

The background of the entire image is a dark, almost black, gradient. Two hands are visible, one on the left and one on the right, with fingers spread and palms facing forward. The hands are lit from below, creating a soft glow and highlighting the skin tones. The overall mood is somber and contemplative.

RITUAL ABUSE

&

MIND CONTROL

DISMANTLING AND

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PROGRAMMING

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BY

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Warning

Reading the content in this booklet may cause intense emotional reactions and triggers in survivors of abuse. Please have a person available for any support that may be needed.

THE POWER OF MIND CONTROL

The Power of Mind Control

Mind control completely takes away your choices, bypasses your free will, insists and demands blind obedience without any thought of your own needs or well being, and requires complete submission for the benefit of the abuser and/or group. It's very effective, causes amnesiac walls between parts (also known as identities), creates purposeful chaos and confusion, with conflict between identities, and is unconsciously followed without a person's knowledge or awareness. However, as powerful, complicated and sophisticated as it is, it does break down and is able to be dismantled and diffused. I was able to identify that my abusers used sophisticated mind control techniques to distort truth and alter spiritual reality for my demise and to try to keep me trapped into a reality that was false. I was able to realize that the people that abused me were enemies of God and everything that was good. They twisted everything; went to extremes to distort spiritual realities, try to destroy my identity, my hope, my purpose, my ability to have healing, and to choose for myself to accept Jesus so that I could have a relationship with

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God. I asked myself why? Why did they go to such great lengths to force me, to convince me of their beliefs if indeed they were even true at all? I realized, that's why it's called mind control. I was able to discover and find the truth for myself. Everything my abusers did was the opposite of the truth. They called good bad and evil good. God did love me. Jesus does forgive. Some of my parts found comfort, peace and hope for today and have hope for eternity. I learned the bible verse about Jesus coming to heal the broken-hearted and set the captives free and I realized that was for me. (All of which was stolen from me) As I reclaimed my parts I was able to reject my abuser's lies, their deities, and the power and authority they had over me. My cult loyal parts who had the most spiritual damage were able to choose to be loyal to themselves/me first, made a decision to no longer have their original function and some of them were able to choose to have a relationship with God instead of a religion, a connection by choice, not a condemned conditioned command. Some of me is still struggling with my spirituality. It's all been a process.

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My Journey From Slavery

I would like to share my journey from slavery and the steps that it has taken to recover from mind control:

- Conditioned Slavery With Complete Dissociation With No Choice (Identities unconsciously obeying)
- Dismantling Conditioning to Having More Choice (Identities consciously doing something safer to defy the programming and diffuse the power it had)

Example: Calling a safe support person instead of a person I was supposed to report to. The desperate urge was still there, I had little control over the impulse to have to follow conditioning but had more conscious better result.

- Freedom from Being in Bondage to Having Full Choice (Identities are co-conscious of each other and programming and no longer have the conditioned urge.
- And now With the Goal of No Longer Having Effects of Programming. I still have effects from time to time but I'm getting better as far as to how quickly I can identify conditioning and so that the

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effects are much less. I'm much more aware of conditioning as it happens so the effects are reduced exponentially. Next I'm going to share the steps I took to dismantling and diffusing the power of programming.

1. I had to **associate programmed memory**.

Conditioning is not in our conscious awareness until associating the memory of being programmed. My parts remembered the programming session and revealed to me the conditioned beliefs. The amnesia began to lift. The programming began to break down. I had more co-consciousness. I could have my own choices and my conditioned behavior started to change.

2. I began identifying the difference between my thoughts, and conditioned thoughts. Conditioned thoughts feel urgent, like a "have to" or a "life or death situation", driven by fear and an ultimatum that something horrible would happen if I didn't do this. I discovered there is a threat with each conditioned belief. Example: Like a fear that something horrible would happen to me or someone I love if I remembered or didn't do something. Another example (That I would be charged

Freedom from
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with a crime by authorities) even though what happened was done to me or to others. I found out I had been conditioned to believe I was guilty and I would be blamed.

3. Saying the opposites (another way I dismantled conditioned beliefs)

Since what I was conditioned to believe was a lie, I would flip the programming on it's head and say the opposite. Examples:

- *There is a way out of this conditioned loop
- *I am doing what it takes to get away from my abusers and escape.
- *I don't belong to them.
- *They are unable to see everything I do or hear everything I say.
- *They aren't the only ones who love me.
- *I remembered my abuse and no harm happened to me or the people I love.
- *I told someone about my abuse and no bad things happened.
- *I can think for myself. My thoughts are allowed.
- *I can be myself, not what I was conditioned to be.

To Diffuse the Conditioning I started to ask questions aloud like:

Is this my thought or a conditioned thought?

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Who would benefit from this belief?” or from me doing this? If it was not me I knew it was conditioning. I would make statements like: “Oh, that’s conditioning”.

“I don’t have to follow what they say anymore”.

“Doing this would only benefit my abusers”.

By remembering or identifying the belief, then I could make choices that would be best for me and benefit me, not my abusers. Over and over again I chose me.

Truths about Programming

I discovered that the cult had the potential of being dangerous and could follow through on some things, but they were not all knowing or all powerful as the programming wanted me to believe. The more I gained myself the less power my abusers and the conditioning had over me and the less likely I would be to be able to be re-accessed or re-programmed. I found out that people who do mind control purposefully target young children to arrest the second developmental stage before they’ve matured with the ability to reason and think events through logically to keep them from thinking for themselves and to

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ensure they will respond to conditioned commands and cues, that keeps them dependent on the abuser/group. During flashbacks the adult in me could now logically think through what I was conditioned to believe to see what actually happened.

Picking Out the Fallacies

I was able to pick out the lies the programming contained by going into the memory. Events were staged to make me believe what they wanted me to believe. For example, I am looking at another person that is being harmed and being told it is me and I am seeing them with my own eyes. Even though I believed it was me, as I processed the memory, then I knew it wasn't me because you can't look at yourself with your own eyes. There were many conditioned scenarios I was able to dismantle that were impossible truths. My brain was making new neural pathways with choices that were now mine instead of conditioned ways of thinking.

Reclaiming Myself, My Thoughts, My Choices

As I reclaimed my own thoughts, choices,

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and free will, I began discovering what my core beliefs were about myself, others, the world, my own spirituality versus conditioned beliefs I became empowered to think for myself, regain my own free will, was able to reclaim my own choices and as I became more whole, I sensed my own identity and what it means to be me apart from my abusers & the programming.

Sharri Burggraaf is a warrior, wife, mother, Nana, a survivor of extreme abuse RA/MC (Ritual Abuse and Mind Control) which is a documented reality for far too many. She is an example for other survivors that a person can go through anything and come out on the other side of just surviving, to start thriving and living life more abundantly with DID. First diagnosed in the early 1990's, with what she says is not a disorder but the body's amazing response to trauma, she began recovery helping other survivors along the way, She started a non profit organization titled S.H.O.U.T. for Help (Survivors Helping Others Unite Together) and put together a National 3 day Conference in 1994 in Des Moines, IA. After a break in her recovery, she then came back more dedicated than ever to do what it takes to heal. As passionate as she is about her own recovery, she has a desire and love to speak out for those who can't yet speak for themselves encouraging them to find their own voice, sharing the hope that she has been given in hopes that they find their me, the person God created them to be. She leads, braves and paves the way for others to follow their own path individually. She now shines more brightly because she has had much deliverance from the darkness she was born into and advocates for others to do the same while continuing her own healing. She lives in Iowa with her husband Frank.