



RITUAL  
ABUSE AND  
MIND  
CONTROL

S H A R R I   B U R G G R A A F

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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.

# RITUAL ABUSE

Ritual abuse refers to repetitive physical, sexual and spiritual abuse of children, adolescents and adults that includes ceremonial practices or rituals done to appease or win favor with deities such as satan, gods, and goddesses that include human sacrifice. What separates ritual abuse from other types of abuse is that the physical abuse is brutal and can include torture. The sexual abuse is sadistic, painful and humiliating as a means of gaining control over the victim. Sometimes multi-generational, the abusive rituals can include mind control techniques, mood altering drugs, intimidation and terrorism to convey to the victim that no one is safe. Satanism, abusive witchcraft, and spiritual abuse is sometimes used to implant religious indoctrination, and to try

to destroy the concept of a loving God; producing an estrangement, terror or an aversion to God leaving them feeling abandoned, worthless, and in a constant state of terror, mental confusion and dissociation. The psychological abuse is intended to cause intolerable conflicts and beliefs, self hatred and betrayal of oneself by people in power. Rites can include vows, mock marriages to satan, mock crucifixions, being raped by people posing as Jesus, and other binding forced agreements to enslave a person to the group and satan. Many survivors end up having difficulty with anyone in authority and live in a constant dissociated state, with persistent terror, anxiety, panic, and confusion.

# MIND CONTROL



Mind control is systematic torture by individuals and criminal groups like sex rings, international traffickers of children, women, drugs, guns, and cults with spritual agendas that seek to control and exploit others. They do this by inciting fear and indoctrinating an individual usually from childhood to create trauma-induced dissociated identities. These identities are programmed for specific roles to be used for child pornography, prostitution, sex trafficking and other more elite roles by groups with military, political, criminal, and espionage agendas. Amnesiac walls prevent the person from being consciously aware of what they were subjected to, hide personalities from each other and hides the programming that is "installed" deeply in dissociates who then are activated

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by contact, hypnotic suggestions, being accessed, to bypass their own free will, choices, and whose only "job" is to blindly follow directives, commands and instructions. This is originally achieved through terror/torture causing horrific pain, forcing the person into complete submission. Through the use of drugs, interrogation and brainwashing, brain stimulation through electric shock, near-death experiences, spinning, drowning, sensory overload, oxygen, food, and sleep deprivation, isolation, confinement, exposure to extreme cold or heat, illusions, and hypnotism, thoughts and beliefs are then implanted (otherwise known as programming). These groups slowly gain a child's trust and the child may be severely punished for any aspect of play, creativity, wish, fantasy or their

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own desires and is trained to only look to adults for permission in all aspects of life, including internal. The result is the belief that there is no true safety, no one will help, the group will know and find out everything that they think, feel, or do, and you can't think for yourself or can't trust yourself or your own reality. Abusers go to great lengths to prey on a child's attachment and basic survival needs for love and security to cause them to become dependent and bonded with them specifically to form loyalty and an alliance of sorts telling them that no one will love them but the group/abuser. Double binds, no-win situations, threats against victims of their loved ones and co-captives, vows to group/entities, set up betrayals and promised secrecy are instilled along with compliance to the

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perpetrators and the group rules. The child grows up abandoning and betraying themselves. Not only do these acts of terrorism violate the person's moral and spiritual convictions, it sets up intolerable conflicts in their mind that cause intrasystem divisiveness and hostility. Forced rituals are done to make the victim believe that they are as bad or evil as the abusers and to feel like they are accomplices to their own abuse and abuse of their co-captors and are just as guilty of the murder of others, causing feelings of unworthiness, guilt, and shame. These steps are done to instill the following beliefs: they will be found out, they are incapable of making it outside of the group and that they don't belong anywhere but with "them". The "do not remember, do not tell, and

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programs are reinforced with shaming and punishment to condition the victim by showing them what will happen to them and the people they love (threats of death) if they deviate from specific directives or try to escape. Programs can be set off that include instructions to identities to physically re-experience original torture for violating the commands of the original conditioning (like getting therapy). Somatic whip marks, bruises, knife cuts, and intense pain can manifest in the parts of the person (body memories) that may cause a survivor intense fear when getting help or other perceived disobedience. During therapy a survivor may deal with alters/parts who may cancel appointments, sabotage their recovery by those who are cult loyal, that are

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conditioned to keep them from getting help. My abuse included being put through scenarios where I was allowed to go to various people posing as therapists, firemen, police, and others who were in the helping profession only to be punished and tortured severely to get the point across of what would happen to me if I ever did report my abuse or seek help for myself.

Mind control takes away your choices, bypasses your free will, demands blind obedience without any thought of your own needs or well being, and requires complete submission for the benefit of the abuser/group. It's very effective, causes amnesiac walls between parts, chaos, confusion, and conflict between identities, and is unconsciously followed without a person's knowledge. As powerful and complicated as it is, it does break

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down and is able to be dismantled and diffused.

The following is a list of torture, abuse and mind control techniques that were a part of my trauma:

Sexual abuse, which included being raped by people posing as Jesus, sodomy, bestiality, and being internally cut in vagina. Physical abuse with severe beatings and torture. Torture included being hung upside down, with spinning, being hung by one arm to dislocate shoulders, hung by one leg to dislocate knees and hip joints, having limbs pulled and dislocated. Medical

experimentation which included radiation on the left side of the body, drilling into skull while awake, probed with instruments up in nasal passages and all orifices of my body. Electric shock

Being put in a coffin, being buried

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especially on birthdays. Being put through death and near death experiences, then being resuscitated or "saved" by abusers to make me dependent on them and think of them and/or satan as my saviors. Waterboarding - having a gag with a rag put in my mouth while lying down on a metal table and having them pour water on the rag so that I would inhale water into my lungs and drown and then be resuscitated. Being put in cages, enclosures to isolate me and cause feelings of abandonment. Having bright lights shone in my eyes, sensory overload with sounds, too much stimuli at once. Being strapped down, chained up, shackled, tied with ropes, having weights hung from legs and arms to pull my limbs, and gagged with cloth over mouth. Exposure to extreme heat and cold

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temperatures and being made to believe that I was dying. (ice water, being hung over a fire, drugs that caused flushing, etc)

Being deprived of sleep, food, water, and sensory stimulus deprivation. Being forced to ingest feces, blood, raw meat, human flesh, urine, feces, bodily fluids like semen, and rotten substances to cause vomiting and sickness.

Being forced to ingest and be exposed to toxic chemicals that caused sickness. Psychic surgeries (to make me believe I had bombs, implants put in my brain, barbed wire, eyeballs put inside of my body to make me believe that they could go off or that my abusers would know and see everything that I did). Drugging with various medications to cause me to be more susceptible to believe things that I was being programmed with,

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and  
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and create confusion, cause me to forget what happened, and feel like I was no longer alive or even in my body. Being forced to be a part of satanic rituals and worship which included sacrifices of human life, mock crucifixions, mock marriages and dedication to satan with the belief that I had demons or belonged to satan and that I was evil. Being told God hated me, would never forgive me, didn't want me and was telling my perpetrators to harm me and that God would kill them if they didn't do what they were doing to me.

Using bible verses to twist Christianity. Being trained and groomed to be used for pornography and sex trafficking starting as a young child. Having scenarios staged to make me believe what my perpetrators wanted me to think was true even

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though it wasn't through illusion and to create confusion. Being put in enclosures with spiders, mice, rats, snakes to cause terror. Forced to hold a knife after animals or babies were sacrificed to make me believe that I had killed, being forced to witness killings, abuse, torture of animals and people and harm them. Conditioned threats to harm family and friends and anyone I would get close to, or pets to force me to stay silent and to be obedient. Seeing those I love harmed and killed. Seeing others tortured and killed and being threatened that anyone that I get close to will die if I ever remember or tell anyone. I'm sure that there are other things done to victims of mind control. These are just a list of the things that I have remembered being done to me as my identities let me know through

flashbacks, dreams, in therapy, and writing during my journaling time.

From the reading I have done these perpetrator groups are using more sophisticated methods and with advancements in technology are utilizing virtual reality and other modalities to terrorize and convince their victims of the beliefs that they want to indoctrinate them with.

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.