

Thoughts to Ponder

Break the Chain of Abuse

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Women, children, and the elderly are especially targeted subjects for the abuse of those who want to control them. What causes some to become abusive?..The answer is simple: They do not feel loved; they suffer from devastating feelings of guilt and shame, notions of unworthiness, a belief that they do not deserve respect or love. They do not love themselves.

Continued abuse during childhood may instill these beliefs so firmly that they last during one's entire life time, and it can be a constant struggle to overcome them. Not all abused children, however, grow up with abusive behavior toward others. Why is this?

We are all individuals whose personalities are based on our past experiences and our reactions to them. None of us have had exactly the same challenges to overcome during our many lifetimes, nor the same order of the challenges, or the frequency of these experiences. Therefore, none of us can fully understand the dynamics that have formed the tendencies, reactions, and belief systems of another. So no one is in a position to judge another. We cannot feel their pain, nor understand its basis. We can only recognize their needs, which can be summed up in one word, *love*. That is the greatest need of all of us.

But how can a child who has never felt loved even comprehend it, much less bestow love to others? If children are born into this world with the feeling of lovelessness, perhaps carried over from past lives and then reinforced, how can we as parents, siblings, friends, or society as a whole, turn the situation around? We can flood them with unconditional love, if we are capable of it. Or we can convince them that they have the strength, the perseverance to overcome any challenge. But who can take on this responsibility? The parents, who may not feel loved themselves, who may live in an environment of like individuals, who may also have been victims of abuse?

What is the answer? This is the challenge for all citizens, individually, to undertake. We cannot depend on our laws to solve the problem. Even if an abuser is imprisoned for life and is therefore no threat to society, will he reincarnate as a whole person? Or will the behavior be carried on in a future lifetime and passed down again to his or her offspring?

Each child born needs to be bathed in love from the moment of birth. The development of a child who has never felt love must not be allowed to happen. Every member in the society can play a part in the prevention.

Developing a loving, compassionate nature within ourselves is the building point for finding a solution. When prospective parents, grandparents, relatives, or friends feel loved and can bestow love upon the children, the problem will be much less likely to develop.

We all must resolve to release any feelings of hatred, resentment, or victimization. **We must learn to love ourselves. *That is the starting point.*** We must be the example of a loving nature, with the full knowledge that love begets love. When we feel love for ourselves, we are able to show love to others. More than that, we will emit love through our vibrations, and the love we radiate will have a magnetic power to draw more love to build upon. The more love we can send out, the more it will affect the masses and the potential abusers among us.

As we learn to love ourselves, it will have a rolling stone effect. But each of us must realize the power we have to change those around us, just by becoming beings of love and sharing that love freely.



We were all born with a spark of the God Force, or the Chi, or whatever you like to call it, within us. Picture it as a little lighted candle inside of you. You can expand this flame of light and love through your thoughts and visualization. Allow it to saturate your being. Let it radiate from you. Feel the light and allow it to bring a smile to your face. See it light up those you come in contact with. If you need help to sustain this, ask your Creator, or call upon your guardian angel or guides or the Ascended Masters, and aid will be given.

Imprisoning those with abusive behaviors, without rehabilitation which includes love, trust, and respect, is not going to solve the problem. However, it is difficult for others to display these traits toward an abusive person. Even the most dedicated counselor may have trouble feeling love and respect for a brutal client. If he does not feel it he cannot radiate it.

Sometimes the unconditional love of an animal can be the first step toward healing. Being exposed to a loving pet and taking on the responsibility of its care can soften the hardest of hearts. Through the love of a pet and the fulfilling of its needs, one can develop a sense of worthiness and, eventually, a feeling of being loved. At that point he is able to return the love. This could be the jump-start of a loving relationship with other people. Perhaps societies' rehabilitation programs should all include pets, carefully selected pets who are loving and patient. Animals are quick to forgive, nonjudgmental, and eager to express their devotion.

Some prisons have programs for teaching prisoners to train horses. As a rehabilitation process, this has met with success. It may have provided a first experience of being able to receive and return love for some of the participants. It also gave them a skill, providing a means of finding jobs when they were returned to society. Having the skill to support oneself contributes greatly to a feeling of self worth. And working at something one enjoys changes one's outlook on life.

We can all learn from animals. Many hospitals and nursing homes are now using animals as therapy for their residents. Patients who have withdrawn into sullen silence have opened their hearts to receive the joyous enthusiasm of a visiting dog, cat, or bird.

However, the solving of societies' problems lies mainly with the individuals living within them. The more love and light we can bring into our lives, the more of society's problems will be dissolved. We can create a peaceful, harmonious world. The solution starts with you and with me. We do not realize what power for change lies within us.



You Can Break the Chain

Those who abuse were once abused,
and so they pass their pain along.
This seems so hard to understand.
They, more than any, know it's wrong.
So what dynamics are involved?
Whatever could one have to gain?
What wounding memories are resolved,
by passing on one's private pain?

You've worn the scars of injury
so deep you cannot comprehend
what damage to the soul is felt,
nor why you carry on the trend.
But somewhere this has got to stop.
You have the choice to let it go.
The bitterness within your mind
should never permeate the soul.

Release the guilt you've taken on.
The shame you feel was not your fault.
And yet those traits you'll transfer to
all others that you might assault.
Forgive those who abused you then--
who could not handle their abuse--
And show that you are stronger than
the ones who used it as excuse.

Whose footsteps are you following?
Who did you choose to emulate?
And what example will you set
for those your seed will propagate?
You've borne your cross; why transfer it?

You have the power to stop the pain.
Don't you remember how it hurt?
Then have the courage to refrain.

If you continue the abuse,
Is this the legacy you choose?
Are you the man you want to be?
It is your choice to win or lose.
It's up to you to break the chain.
You are director of your role.

You have the strength to change the game.
Allow your heart to choose the goal.

If you can't do it on your own,
Just ask for help and it will come.
Your guides and angels, God himself,
are waiting to be called upon.
They'll answer in whatever way
will benefit you if you heed
the guidance that will come your way,
and if you follow where they lead.

So in the end, it's up to you,
unique beloved child of God.
He is the father you can trust.
He's with you as your paths you trod.
So put your faith in Him and know
that you are loved and never judged,
Then walk in confidence a road
that's new, for you'll be gently nudged.