

## Dream Reveal



## My Little Girl

I sit at a kitchen counter facing a little girl. There is a woman off to my right watching us. I sense she is a caregiver for the child. This little girl is crying because something has been taken away from her. I try to comfort her by telling her it's OK, she can replace it with other things. I know that although she trusts me, my words fail to give her any comfort. Her cries are heartbreaking! She clutches what appears to be a little prayer book and shows me her initial "G" on the top right corner of the cover. Her full name is also on it. She shows me pages inside the book that confirm she is the owner, saying this book is "proof" she owns what was taken away. She tells me she must reclaim what was taken. My heart goes out to her but my head tells me she will fight a losing battle to get this "thing" returned. I have been through this myself and had to give up on getting what I wanted. So I try to salvage the situation as best as I can, pragmatically speaking. Yet I begin to see I am getting nowhere by just talking with her. So I move around the counter to get right in front of her, kiss her cheek and comfort her physically. I look directly into her eyes, which are a beautiful blue green. I feel her tender vulnerability so deeply myself that it takes a lot of courage for me to maintain eye contact. I actually feel like I might be imposing on her personally or presuming too much intimacy with our proximity. Being this close to her lovely face, I see she has a bruised or scarred left cheek as if she had an accident or was hit. Her left eye is also clouded over and this sort of disturbs me that such a young child would have cataracts.

As I move back from the little girl, a rush of liquid energy moves from left to right through me, flooding every single cell of my body. I moan out loud and think this might be **THE END OF ME! I AM DEATHLY AFRAID YET ECSTATICALLY AROUSED.** It is as if a wall of forced air moved completely through me and exited out the other side. After mental consciousness returns, I become aware the other woman sitting at the counter is my sister. She has been very still and watchful as our interaction took place and I realise that is why I proceeded so gingerly with the little girl. I wonder if she was affected by this phenomenon and I turn to look at her. She is unharmed and sits very still. The dream fades.

## **Dream Awakenings**

This little girl is me and it was my innocence that was taken away when I was sexually abused at 10 years of age. The bruise or scar on my face represents the physical and emotional abuse I suffered and the cloudy left eye represents how intellect took over to cover up my heart's overwhelming feelings in order to survive mentally. I could never "make sense" of a beloved family member's violation of me unless I used a left-brain perspective that kept **THE FULL VIEW** shrouded from my heart, leaving a part of me dormant and unable to love fully.

Holy Spirit brought my sister into my dream as a witness so she could also see the truth of this. As a 13-year old she recognised I had been sexually abused because it had been done to her. She tried to comfort me but she was just a hurt little girl too. The initial "G" on the book is her first initial. The little prayer book represents her childish prayers to God to be able to save me, her little sister. I believe it also symbolises a sort of Akashic Record of our young lives. Our spirits "recorded the truth" so we could eventually heal. My sister knew our mother had failed to protect us so she did her best to be a little Mommy to me. But of course she was totally incapable. As a teenager learning to survive by setting up mental defences, she gave me the only coping mechanism she had at the time, to "think it away" and pretend it never happened. But she felt helpless and then guilty that she had failed me. I can only imagine how hard that was! She had to experience the abuse herself, then witness it in her little sister, causing her to be torn apart emotionally a second time in the space of a few years in her young life! We have never really talked about this, so of course it has simmered like witches brew between us. And shown up regularly in a dysfunctional relationship over the years!

I give thanks that the energy I embodied this morning signifies the final clearing of this wound. **I AM FINALLY FREE OF THIS TRAUMA!** I trust that my sister's spirit was indeed present as a witness and in time (however long it takes) she will be able to look at her own wounding around this trauma and clear it for herself. I send her all the love in my heart!

This dream offers valuable confirmation of how our "work behind the scenes" pays off. I have been estranged from this sister since we had a falling out during my divorce, when I was drowning in pain from the loss of my marriage. I have felt since then she "held a grudge" against me but she would never speak directly to the problem and eventually stopped talking to me altogether. After reaching out to her many times without a response, I finally gave up attempts to contact her while continuing to pray for us to heal. Every time she came up in my dreams, I got the message she needs more time and to wait in love for her until she is ready.

As it turns out, I also needed more time to finally get to "the bottom" of this core wound. Now I can release my sister from any responsibility for my well-being and allow her the freedom to take care of herself. I acknowledge her love for me! I am grateful to unwind our negative family patterning and clear the shadows of the long standing cycle of abuse that I am sure goes back for many generations. This is why we are here – to help each other transmute pain and return to true love, starting with our individual karma, working from there to help our families, then to spread our awareness to our communities and ultimately the world. Indeed.