

## **The Gift of Compassion/Compassion for our Children**

The gift of compassion and empathy allows the opportunity of freedom for the soul; not only for yourself but also for others who need love, comfort, understanding, and peace of mind. Compassion allows one self to feel for those who are in the depths of despair. With this understanding you are able to feel for those in pain or turmoil. Through this knowledge one is able to help alleviate some of that pain from those in anguish. Compassion can never take all pain away but through the power of knowledge and understanding one can help another with mind over matter. Children are the most impressionable of all.

So many children in this world are caught in the middle of so much abuse. Many are living painfully in the silence of it. Children are trapped in environments that expose them to brothels, sexual abuse, family violence, physical, mental and emotional abuse. What are we doing about it? For many of these children they grow up with the despairs of denial, guilt, resentment bitterness, depression, self-abuse and hatred. Through these emotions are they trapped in a continued cycle of abuse, for this is what they only know. For many of them this is what they believe they forever deserve.

Many children are being murdered in their environments for which they live in. For many it is happening by the very loved ones who should be protecting them. What are we doing about it? It does not always mean that these parents are under the influence of drugs or alcohol. A child should never live in fear wondering when their next beating will occur, wondering if they are talking too loud, or if they made their bed properly or if they are playing too loudly. These children live in constant fear with tremendous anxiety that causes all sorts of physical ailments to the body. It is not only physical trauma put upon their little bodies but also the emotional traumas that affect their minds, spirits and well beings forever. Many of these children die because of physical trauma by an adult that went too far because of their own physical rage. These adults could not and did not want to control their power over an innocent child. For those children who live through it they are often unable to break free from this terrible cycle. They only remember the hurt and pain caused upon them.

Many of these children who suffer violence at the hands of an adult grow up being told how bad they were, how no good they were and how they deserved to be punished. Many are told they are not worthy of love. What are we doing about it? As many of them grow older their hearts become hardened and so the cycle of abuse continues. For many of these children they too become abusers to themselves, their spouses and their own children. Violence in the home is all they know. This learned behaviour is a terrible epidemic.

Child sexual abuse affects thousands of children per day. 1 in 3 girls and 1 in 6 boys. What are we doing about it? These numbers only include the reported cases. It is probably only fair to say 1 in 2 girls and 1 in 4 boys. Child sexual abuse is an epidemic in which the world seems to live in fear, shame and silence. It comes in many forms through Internet, child pornography; exploiting the very innocence of children;

molestation, sodimization, oral sexual orientation to full-blown sex of these children. These sexual physical attacks on children are horrific in that their physical little bodies are neither capable, nor ready for these acts and much damage is done. The emotional traumas force these children to live in fear and shame because as they reach puberty their minds suddenly realize they've been victimized. Their emotional maturities were not ready for these acts. They become withdrawn, depressed, ashamed, hate their bodies; some do self-mutilation to themselves and have tremendous nightmares.

These children are told to keep the secret and are always being threatened in their lives by their perpetrator and this is where guilt and shame come to play. These children are extremely confused and hence why they grow up confused and do not know how to enjoy sex or be comfortable with their bodies. Their very innocence and right to enjoy their own bodies and sexuality is taken away from them. What are we doing about it? Many of these children also suffer emotional trauma. Perpetrators threaten to cause physical harm to these children, they threaten to tell their friends and family about what they are doing or they scare them with weapons to keep them silent. This in itself tells the child that these acts are wrong. The child grows up in despair, guilt, shame and humiliation.

In all cases of child abuses they hold on to traumas not knowing where to go for help and not knowing that you can get passed it. There is the inner power to heal and there is mind over matter. All of these children were victims of abuse. As they get older they become survivors. Survivors behave in many forms. They become alcoholics, drug addicts, self abuse themselves emotionally, mentally, verbally, sexually, and physically they may cause harm to themselves or others, early teen pregnancies, eating disorders, chronic illnesses, sexual addicts and may also become abusers and perpetrators themselves. On the other spectrum many survivors become over-achievers, live in denial, push themselves as workaholics, never show too much emotion and portray their lives as if nothing is wrong. These survivors will keep everything inside because they do not know what they feel or how they feel in all that they experienced. But when their buttons are pushed or something reminds them of their own trauma they too can explode and everyone around them has no idea why.

The final phase of overcoming survivor mode is to become a warrior. The warrior goes back to free their own inner child from the child victim of abusive traumatization. This inner child within all of us needs to be loved, cherished, nurtured and protected. It is up to us to help our inner child. This child within us is our own innocence that makes us laugh and play as our adult selves. This is the very essence of our soul. We must show compassion to ourselves towards that inner child. It is up to us to use our own inner power to heal ourselves. Survivors need help to make this movement and to change their minds over matter.

In by doing so, a survivor must stop hurting him or herself. What are we going to do about it? First, they must recognize the pattern of abuse and the traits they have carried on. They must stop is from continuing. Second, recognize that they are living in lifetraps. Abandonment is the biggest life trap. Children who suffer abusive situations have been abandoned and blamed by the ones who should have loved and protected them.

Children need love, support and encouragement. These children did not get that and that kind of loss leaves them lonely and lost in the world. They scramble in survivor mode guessing as to what normal life is and striving to be normal in comparison to those that never suffered child abuse. Third, they must get therapy and read as much as they can because education and knowledge is power. Never give up on yourselves, be patient and be compassionate to yourself.

Here is where the gift of compassion comes in. Instead of feeling lost and alone know that many of you are not. Thousands and thousands have suffered many of these traumas. And many have healed themselves through therapy, reading and understanding abuse; where, why, and how it happened. Education is power and you can heal yourself. By surrounding yourself around positive people, recognizing the dangerous ones, watching for the signs of abusers and believing in yourself and the power of God's love you will become the Little Warrior inside. Change comes from within yourself and the courage to heal and stand up for yourself, your own inner child and for all others.

As a warrior it does not mean that you will never cry, be sad or be angry if and when reminded of past traumatic events. But you will never handle it as a survivor by trying to drown out those emotions. You will face these dark sad moments headstrong and manage it in a positive and constructive manner. You will have the compassion to employ a greater movement for your own family, set a positive example for others and show the world of people around you that you have been blessed with a greater gift of compassion and strength to overcome. Demonstrate and work in God's light and love that through suffering can only come the greater good served. To only dwell on your child abuse does not serve your life purpose and enjoyment for which God wants you to have.

What are we going to do about it? We need to stop child abuse; we need to save our children, give them love, support and encouragement. Even when you know a child is suffering any form of abuse give them compassion and empathy. Let them know there is a little candle of light shining within themselves and that this is their strength and love from God. Let them know they are special and that they are loved and they are worthy regardless what is happening or has happened to them. Let them know how special they are. If we reach out and touch their innocent hearts now we can help them overcome just being a survivor and help them to become little warriors. Let our children be children, as they deserve to be. A child never forgets a positive impact and we need to give them a positive one and to let them know that they are going to be okay. For these children cannot control the environments and choices brought to them by unhealthy people. They need compassionate people to help bring them strength, who understand them and their situations, who provide them love, hope and guidance. The white light and love of God surround a child suffering. Many of them may already sense it at a very young age but we need to remind them that He is always with them. The gift of compassion will set you free. It gives you the freedom to love, be loved and to forgive. It warms your heart and frees your soul.

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