

Healing from pain

Transcript: Transitioning from victim to survivor through the help of God's hope.

Discover healing of trauma through deep bible perspectives that allow you to make decisions using God's guidance and wisdom. Understand the underpinnings of spiritual healing as you allow yourself to rise above the trauma with spiritual direction and empowering insight.

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Introduction:

Hello and welcome to Dynamic Woman Web T.V. A place to discover your inner being to apply hope and restoration to your inner self through the love and understanding of Godly principles.

Unleash the Dynamic woman inside of you through biblical insight backed up with scientific evidence that enables you to tap into your feminine energy to unlock your womanhood within your very soul. It's time for you to awaken and become alive to yourself once again and to the woman God has called you to be. You are God's daughter, and His bride and together we are our sistah's keeper.

My name is Shannon Malaka and I am your host of Dynamic Woman Web T.V. I am your Christian mentor and life coach helping you to discover the harsh realities of life for what they really are. I am here to help you balance yourself in confidence as you walk the narrow path in the direction of Jesus Christ our Lord and Savior. In today's episode I'd like to talk to you about how to break free from the clutches of toxic people through spiritual means.

Chances are you are reading (watching) this because you already know of someone who is extremely toxic in your life and you are either wanting them out of your life, or you have been subject to their abuse and trauma that has left you an emotional mess. Knowing a toxic person is not easy and living with one is excruciatingly difficult. How do you get out? While you may not have the financial means or the support group available to you to get out there is a way of getting out emotionally without physically leaving.

Spirituality is a misnomer:

Many people assume that spirituality is something different than Christian religious practices. The bible shares with us that we have to live by the Spirit in order that we please the Spirit of God.

"God is spirit; therefore, His worshippers must worship Him in spirit." is a forgotten concept among believers. To live spiritually means to put down the fleshly desires of the heart to live a lifestyle of righteousness.

What spirituality means to you should not be new age concepts, but one rooted in God.

It maybe that you have to wait upon specific circumstances to happen before you can make that transition to get out free and clear. Every woman's situation is different and that is because every woman's battle is different and no two situations are the same. If you have to stay in your situation, that is okay. No one is here to judge. You do what you have to do for you and never do I want you to assume that I am telling you what to do. You have suggestions given to you that you are welcome to take under advisement or take them for what they are worth. It is up to you. What has worked for me may not necessarily work for you. I am here to tell you point blank, I know the victimization and I know that deep desire to get out when you feel trapped. I know what it's like to be abandoned and betrayed by family members and I know what it feels like to look to places for help to find none.

Only you know the signs, you know the triggers that cause you to feel like you do. You know the toxic situation inside and out like the back of your hand and still you desire to gain a bit of freedom from it but can't. Each day can seem hopeless with the fear and dread of uncompromising, explosive and combative behaviors from you and the toxic individual person you have no choice but to interact with. What do you do? How can you find a way out of this toxic abuse? Is there a way of escaping without escaping? Yes! And it begins with educating yourself and equipping yourself with knowledge.

Understand the toxic behavior from the individual who is hurting you. People who hurt others do so because they are hurting. While you cannot help heal someone of their pain, you can at least better understand it so you can monitor your own reactions and stand in your integrity and not give away your emotional power. Understand their child hood upbringing so that you can understand the reasons behind what they do to you, themselves and others now. Most people who hurt others are hiding behind the pain of childhood trauma. Understanding this helps you to understand your own pain also.

I want to state this right now: IF YOU ARE BEING THREATENED PHYSICALLY, you need to make steps to leave and keep yourself safe immediately. Verbal abuse is JUST AS DANGEROUS as physical abuse and so if you are dealing with depression, self-harm, suicide, PLEASE TALK TO SOMEONE and find help. Talk until someone listens. I am available to talk with if you need. You will be given my contact info at the end of this webisode.

No one has the right to abuse another person. We all can become abusive for many reasons, but you dear lady, you who are wondering where God is in the details of your life, I would like you to understand God has not abandoned you. God has not left you to the hell hole you are in. Who am I to tell you this? Who am I that I would be so bold to say this to you? I don't know the tragedy you are living; I can only share with you the healing from God that came about within my own tragedy of living with a toxic individual. I know the struggle and I know the desperation.

In knowing what it feels like to cry out to God on those lonely desolate nights and be terrified of the silence and the lack of any help, you retreat into a desperate doubt that tries to convince you that God's not there. God's not in the details and you better pull up your boot straps and try to do for yourself because God's not there. That's a lie I tried to tell myself too. Our situations maybe different, but the pain of betrayal is the same. The pain of abuse is the same just in varying degrees.

If you want out of your situation, you can get out, there is hope. You have to get strong emotionally before you make the determined effort to get out physically and stay out for good. I know this to be true because the statistics are so high, most women leave an abusive relationship seven times before they get out for good. To lower these statistics and to lesson your chances of return back to an abusive relationship educating yourself on your abuser's behavior and your victimization is paramount to your emotional wellness and stability. Turning to God in love and trust will not steer you wrongly.

It maybe that you have tried to talk to God and you have left the conversation feeling unheard, unloved, frustrated and wondering why you even bothered in the first place. It has been my experience too and each time I have tried to talk to God only to feel this way; it has been because I entered into my prayer time expecting an outcome. I was so full of pain in my heart I couldn't help but cry out to Him. He wants this! He desires this! Our Father wants us to cry out and be vulnerable to Him, but God will never placate us in our pain. There is a difference between turning to God for help and turning to Him for sympathy and that is where we make the error. When we turn to God in sympathy this is when we make demands on Him from a place of emotional unrest. This is where we become impatient and try to dictate to Him what we think He should do for us. When we reach out to our Father looking for sympathy, it is hard to stand in trust and humble ourselves at His feet.

Have you ever tried to talk to a child and reason with them when they are crying? It doesn't work. The child holds onto their pain and cannot hear the insight, love and comfort in your reasoned words to them. The child ignores you and instead continues to cry. They cry until they cry themselves to sleep, until you give in, or until they have no more cry left. When I cry before God our Father, it is my time to feel safe and vulnerable and I put aside my desire for Him to sympathize with me. This helps strengthen my trust for Him as I am allowing myself to trust His good and perfect will and not thrusting my will on Him. When I am done crying, I ask our Father to show me the lesson within the difficult situation. This is true even when dealing with toxic people.

- Ask our Father how the lesson you are going through can better help you to change for Him.
- Clear your heart of all demands.
- Ask how you can deal with the toxicity of people you encounter.
- Ask what you can do for God, not what He can do for you.

When you begin to understand that everything happens for a reason, then you will begin to understand this scripture:

“The LORD works out everything for his own ends even the wicked for a day of disaster.”
Proverbs 16:4

There is nothing left to chance in your life and you are not where you are in life, just because.

“But the plans of the LORD stand firm forever. The purposes of His heart through all generations.” Proverbs 33:11

“In Him we were also chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will.” Ephesians 1:11

Have you ever felt like you were at the end of your rope? Maybe you felt like you just couldn't take any more? I too have been there and this as a Christian is normal. I too wondered why God had allowed this toxic person into my life and I too wondered how I was ever going to rid myself of them. Was I destined to be with them forever? Was this my lot in life? Was God really punishing me to the ends of my life for the rest of my life? I didn't ask for this! I called out to God in prayer out of frustration and that is when I had my Jesus encounter. Yes, Jesus came to me in a dream and revealed Himself to me in a way that was so profound I will never forget.

He was dressed in white clothing. Clothing that radiated white and shone with a brilliance of back lit bleach white. His presence did not hurt my eyes and as I neared Him in my dream, I realized who sat before me; Jesus. I was so excited that I wanted to pinch myself in the dream because my consciousness knew. No one could convince me otherwise. I had Jesus sitting before me and although I couldn't see His face, He talked to me. In my excitement my mind was racing and He calmly answered my childish rant I spoke into the open air before I went to sleep. However, I cannot tell you everything He spoke to me because I was so excited and my mind was fixated on talking to myself mindfully. I literally was saying “Shannon, do you know who is speaking to you? Jesus is speaking to you; Jesus is sitting before you!”

The one thing that I do remember Jesus saying to me is that the problems that have come to me were based on my decisions. The choices I made in life brought trouble to me, but the troubles were meant to draw me closer to Jesus. I didn't know this was scripture until many, many years later.

“Endure hardships as discipline; God is treating you as sons.” Hebrews 12:4

“Praise be to the God and Father of our LORD Jesus Christ, the Father of compassion, and the God of all comfort, who comforts us in all our troubles so that we can comfort those in any trouble with the comfort we ourselves have received from God.” 2 Corinthians 1:3-4

How the toxic person come into our lives is by choice. We allow it, except when they are family. We are not mindful of this choice because little do we realize we choose these people based on how they make us feel and not on how they act. As Jesus believers we are to look at the actions of others and observe them in season and out of season. We should never choose to be with someone based on how we feel when we are in their company.

Because I looked at the individual for who I felt when I was with them, not as who they were with and without me, I brought trouble into my life. Not that I wasn't trouble myself, I was emotionally unhealthy, but choosing an emotionally unhealthy person for a partner made things a lot worse. While the troubles that this individual brought to the surface was emotionally harmful, eventually I allowed God to use those troubles to lead me into healing that only God could give.

The reason why we choose to seek toxic people is our choice, and those choices are not always the best but surface appearances are always deceiving. Remembering the scriptures mentioned above about God's will and perfect purpose, we can understand that toxic people have a purpose in our lives. The enemy tries to use the toxicity to emotionally dismantle us, but through Jesus the toxicity can expose our own toxic natures that are rooted in hurt and pain that are all rooted in self-pity. Through the love of God, Jesus can help emotionally repair us from the inside out by using what was meant to harm us, for our gain.

Whatever choice we make; it is for good reason. We may not recognize this immediately but God has the ultimate plan already set in motion. new who live for God are not to make choices outside of God's will but sadly that is what we do. This is based on a fundamental scientific fact that stems from our early childhood.

Studies show that we gravitate to certain types of people based on our past childhood experiences. These childhood experiences when stood up to God's ways are extremely negative. We do not see it as such because we have become desensitized to the contrary ways of God. The experiences we have had in our youth some of them we do not consciously remember and are stored within our subconscious minds; an area of our brains that make arbitrary decisions for us on the spot.

Our brain uses these memories as a means to make decisions because as children the emotional responses that we showed against the experiences we lived is what formed our character. This is what the subconscious protects. It works in secret on our behalf keeping our character in line with the memories it has that formed the base line to who we are today.

The truth of the matter is we are always fighting with ourselves as we are our own worst enemies. The experiences we have had in our youth, the ones that we do not remember are the memories that hold and bind us to making decisions that we often don't really want to make, but we do anyway. These memories are hidden deep within our subconscious mind and it is our subconscious mind that gets to decide what we do and what we don't do.

It is our conscious minds that contemplates a decision based on either or. Either we choose this or we choose that, but our subconscious mind has already decided for us before we begin contemplating what we want because our subconscious mind makes a decision of what we have already been through and experienced based on the previous experiences we have had but cannot remember. This is what scientists have discovered and the amazing thing is, when you understand this, suddenly the bible makes deeper sense because we now know how God created the body and how it was made to function for Him!

God has everything under control even when your toxic relationship seems so out of control. It's all about controlling yourself with His righteousness.

There is a reason why you are where you are at and it is all for a greater purpose; for God's glory. I'd like to let you in on a little hidden detail about scripture, God singled you out lovely.

He chose you before you were born. He knew you before you were even a thought in your parent's mind. God our Father in heaven has singled you out to love and nurture and because of that, your journey comes at a steep price. Many people assume that God created us because He loved us and YES HE DOES LOVE US, but this isn't the reason *why* He created us. He created us for Him. He created us with a specific purpose in mind and that means that you were predestined to be His, as you were predestined to be in the place you are right now.

In order for you to love God the way that HE wants you to love Him it has to get personal...

For me, God had to show me that the reason why I chose narcissistic people and toxic situations for my life was because this was what ruled my childhood. My childhood experiences formed a pattern within me that dictated to me the way my life should go. I was born into this toxic life, and my subconscious was what was binding me to it. In order for those chains to loosen I had to uproot the toxicity, expose it and that was when I was truly set free. My subconscious mind was binding me to toxic people and situation in a way that I never understood. This was actually preventing me from having a wonderful relationship with Jesus. It was the determination with in me to seek out life; to seek Jesus that forced me to look at myself deeper and that is what our Father ultimately wants.

If you loved your spouse just because and without determination and conscious decision how deep do you think your love for them would be? How well do you think your spouse would appreciate the love you had for them knowing that you didn't really put much effort into investing your heart and your soul into them?

God uses the negative and toxic situations to challenge us. Had it not been for the toxic people in my life, my love for God would not have grown. The love for myself would not be made known

and I wouldn't be able to love others- you as I do because I wouldn't have the experience to empathize and sympathize with you to help you in the guiding ways that you need help in.

You are here for a reason. Your life is with a purpose. You are not where you are in life just because. Everything happens for a reason lovely lady and I am here to share with you that when you begin to understand how your body works, and how you really think according to how life experiences have shaped who you are, you will see how God truly loves you and has created the circumstances around you so that you will FIGHT for LIFE! The toxic people in your life are to challenge you, they are not here to destroy you. Sure that is what the enemy wants, but Jesus put that spark of faith in you, that spark of faith is LIFE! Through all your emotional turmoil you my dear are FIGHTING with every ounce of your being to LIVE! You are fighting to survive, your soul wants to you just don't know how to.

God has made it that the toxic people were meant to HELP YOU. Because our pain will not allow us to see this initially we retreat inwardly and allow ourselves to become victimized. But once you see that God has a plan for you, as He has shown me, suddenly the battle becomes clear. You will be able to see your way out of the toxicity as you allow the people in your life to challenge you to expose the hidden pain so that you can overcome it and rise above it and not give into it ever again. The toxic people and situations in your life are a reason for your healing as they are a means to see you healed.

God showed me that the narcissistic individual in my life who challenged me was not meant to hurt me, but instead I was responsible of taking a look at my reactions. How I reacted to the narcissist was exposing my subconscious mind that was ruling my life. It wasn't until I began to look at my behavior that I could address my past and discover the similarities between my current situation and the situations of my childhood. When I began to see this for what it really was; I began to heal and become stronger. Once I became strong to see the truth that my subconscious wasn't always right; I began to steer myself away from toxic people and toxic relationships. I also began to draw closer to God and His discernment and my God given intuition kicked in – into over drive!

Science has determined that there are five brain waves that work independently and together and they form our conscious and unconscious thinking patterns. The Theta brain wave is the dominant brain wave pattern where our hidden memories are stored on. These memories are things we have experienced in our youth. What we experienced in our youth formed our patterns of belief based on our reaction to those experiences. This pattern of belief is what formed our character; our likes and dislikes. The Theta wave stored the memories of our experiences without a filter; meaning that it cannot tell the difference between good or bad, right or wrong, reality or fantasy.

When I began to look deep into this with keeping God in the details, I began to understand who I was, why I was created and what I was destined for. I have to tell you; we were destined for greatness. I for one needed this challenge of understanding because I was abandoned as a child

and had no father figure and so for me, finding God and accepting Him as my dad when I had no theta wave memory of a father figure – I had a hard time TRUSTING our Father in Heaven and taking Him at His very word.

I asked God why narcissistic abusive relationships were in my life and He revealed to me through the lessons given in science that this was all a part of my growing process.

The narcissistic tendencies that I negatively responded to were to expose the areas deeply rooted in me that were not yet addressed because they were deeply rooted in my subconscious that I would never be able to see unless I began taking a look at myself. I was too focused on the narcissist and their behavior, and so focused on trying to figure them out that I couldn't see that my behavior was a problem. When I began to shift my focus onto myself, that is when my life became so much more clear and I was able to focus on God in a way that had healing effect. When our Father had me look deeply into myself, He began to address deep issues within me that I had no idea that were even there. I had no idea I was suffering from Post-Traumatic Stress, Infantile regression, Stockholm syndrome and ACOA (Adult children of alcoholics) and I had no idea that I also suffered from narcissistic tendencies through narcissistic influence. I was a victim of my on-going circumstance, and a victim of myself and didn't even know it. Through the Word of God, I was challenged to lay down my sinful nature; Galatians 5 was a chapter I read over and really did my best to implement. Then when I was ready, God shifted the insight off of me, to share with me that God used the narcissistic tendencies I was currently going through to help deliver me of my past, as He was using evil to deliver me from evil!

Our Father allowed me to use the teachings of Jesus implemented in my life and bathe the narcissistic injury and people in my life with love. Love covers all wrongs and the character of God who is love is something we are to implement if we want to be counted as God's children.

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude; it is not self-seeking. It is not easily angered. It keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes always perseveres. Love never fails.” 1 Corinthians 13:4-8

God never allowed me to own my victimization. It is when we own our victimization that is when we become stuck and we allow ourselves to become victims, wearing it like a badge of honor desiring sympathy and turning to God for help in a way that doesn't get his help because as a victim we unknowingly make demands on Him, on ourselves, and the situations we are in. Our Father instead allows us to take responsibility for our actions within our victimization. This allows us to properly assess and address the painful behaviors in ourselves and to recognize what is going on with others so we can love them as we love ourselves.

The more I implemented the love of God in my life and made a choice to deal with toxic people with Godly direction instead of catering to their toxic ways, the less amused these people became and they turned in the opposite direction to leave me alone. When a victimizer knows

that you are no longer their victim, they find someone else. I became extremely boring, less talkative, less interested in toxic people's values; I distanced myself from the hobbies and interests that I found toxic to my soul and stayed rooted in God's word. The results were not immediate, but in the three years that I began to really take a look at myself and change my ways, in four months of my toxic partner making the decision to leave, he left without malice, and without a fight.

Prepare to do some grunt work. I did this by myself with God's help, and with the help of my bestest girlfriend in the world! Thank you Jujube! But I want to share with you some valuable tools to help you on your journey. While you may work on your own at your own pace, working with me as your life coach and mentor allows you the benefit of getting help when you need it as I will help to empower you through the change that God needs from you. You will feel supported and validated, heard and valued. You are not alone and you don't have to go through this confusing time in your life alone. God is with you and I would be honored to help you to stay by God's side as you journey the road of spiritual healing and self-awareness.

I have put together a six-week e-course that helps put all this information together in an in-depth package that is personal yet allows you to implement simple ways to help you understand the depth of insight scientifically and biblically into what is going on with the toxicity in your life. Contact me for more information on how you can take part in the online workshop entitled 'Deep calls to deep: Loving yourself outside of the drama trauma.' You will personally be mentored by me as we together dig down deep into what your challenges are to uproot them so that your soul can be bathed in our Father's love. At the end of this journey you will discover your soul's journey and become empowered to take the leap of faith you have always dared to dream about but were always apprehensive to implement. Loving God is about loving yourself first and that means putting yourself first so that you can learn to think of others and help them as God has helped you. You are to be a light in this world and you were meant to shine lovely lady!

You have a purpose and a plan and your worth in this world is to be a light that shines for Jesus! You are His daughter; you are a dynamic woman capable of loving to the fullest in God's joy! Never let anyone convince you that you are not worthy! Not even yourself. You are a pearl of heaven and God's priceless treasure.

Working through some self- help healing challenges in four steps:

- **Step one:** Get yourself a journal, and begin using it. Journal your thoughts and questions. Take those thoughts and questions to God in prayer and allow Him to guide you through prayerful direction. Also seek His word for answers and journal those answers and commit them to memory. The bible is a valuable tool that will empower

you and encourage you through the dark and confusing times. Allow yourself to see the challenge for what it is. Ask those important questions of yourself: What is this situation trying to draw out in me? What in me needs to be addressed? What in me is the toxic behavior in someone else trying to draw out of me?

- **Step two:** Be open to see the areas in your life that need changing. Why do you do the things that you do? Do you over eat when you are stressed? Do you shop when you feel unloved? Do you become teary eyed and weepy when you are faced with abandonment? Do you throw things and become angry and agitated when you feel your integrity is insulted? Regardless of what you are going through there is always a reason why you act the way you do. Taking a look at your behavioral patterns objectively and honestly and lining them up with the word of God will allow you to make drastic but subtle changes in your life.
- **Step three:** Become HONEST with yourself. Understand the reasons behind your behavior. We are only responsible for our actions and reactions in life. While our reactions and actions in our youth we could not take responsibility for, you have an obligation to take responsibility for them now, by allowing ourselves to change our present behaviors. Understanding your historical behavior allows you to see yourself truthfully as you are now. Journal your understanding. Remember honesty breeds integrity and reliability and when you can trust yourself, others will be able to trust you.
- **Step four:** Know your boundaries. Stop trying to be a hero. You do not have to do everything for everyone else. It is okay to say no and it is okay to say no to yourself. Learn to recognize when something is beyond you. As empathetic people, we want to save and rescue. Understand that loving yourself FIRST is essential before you can learn to love anyone else. Loving yourself means to know yourself by knowing your limits. Putting limits on who you love allows you to see that some people just were not meant to be deserving of your life. You have an obligation to love yourself as God loves you by taking care of you emotionally. When you do this you will find that those people who WANT to be in your life will want to learn and grow from you as they want to grow and learn with you. Those who just want to take from you will stay away because they will not be able to get past your boundaries. Toxic people have no boundaries and take advantage of others.

Once you begin to implement these four steps on a consistent basis you will begin to see change in you. You will begin to observe your life taking on a different meaning as good things will begin to come into view and you will become empowered to go after those good and promising things of God. I would love to hear your praise reports and your stories of transition so please if you have comments questions or suggestions feel free to contact me.

If you would like more info on how you can sign up for the six week e-course that discusses this webisode in deeper detail or if you would like to know how you and I could work together in a coaching relationship, please contact me at my email address: srnityblu@gmail.com

You have been watching dynamic woman web T.V. A place to discover your inner being to apply hope and restoration to yourself through love and understanding of Godly principles. I hope you have enjoyed today's webisode about understanding how to emotionally break free from behavioral trends within you that allows you to break free from other people's emotional toxicity.

Until next time, Be blessed as you allow God to allow you to become a blessing to others,

My name is Shannon Malaka and you lovely lady are a dynamic woman.