

On Healing Rape



By Ciarán Handley

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This is a document that I released in January 2016. I release it now exactly as I released it then. I wrote this document under the name Gráinne Nic an tSídhe which is actually my legal name. I changed my name from Ciarán to Gráinne by Deed Poll. Gráinne is my legal name but I go by the name Ciarán in public. It's a Duality thing.

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by Gráinne Nic an tSídhe
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Let us imagine that we have a couple, a wonderful couple, who are in love and have the most wonderful relationship. Let us call them Ailbhe and Cearúl. They get on like a house on fire and really connect to each other. They're on the same wavelength. Loads in common. They just "get" each other. Actually, they are just the most fantastic couple imaginable.

In terms of intimacy, their love life is wonderful. It's not just that the sex is fantastic. When they meet the air is charged with sexual energy. When they glance at each other, you can see it in their eyes. Wonderful! And the communication between them – at a glance or with the smallest of gestures they can communicate – without a word. For example, let us say that they are at a social night out, and that Ailbhe is tired. With just a glance at Cearúl she can communicate that she is tired and he gets it. And then he effortlessly says to the people he is chatting to that he is a little tired, and that himself and Ailbhe had better head home as the hour is getting on and there is work to be done in the morning.

Just another wonderful day. But you know what. The next day is not to be a day like the others. For this day, something bad happens.

Cearúl wasn't there. He didn't know. He was at work. How could he have known anything was going to happen? He got the phone call at his office. Ailbhe was walking home, and something bad happened.

End of Part One.

Part two – some time later.

Time has passed and Ailbhe is back at home with her husband Cearúl. He is a very loving and supportive man, but you know what – things have never been quite the same. Not since that day. If Cearúl reaches out to Ailbhe, she flinches. Actually, she recoils. She used to love his touch. And you know what – he has the most tender, loving touch. But now she recoils. And Cearúl doesn't know what to do. He loves Ailbhe. He wants to support her. But he is out of his depth. Ailbhe used to be able to talk to him about anything. But now she is silent when they are together. He knows that she loves him. But he does not know how to reach her. He does not know what to do.

It is not just touch. It is when Cearúl enters the room. Before Ailbhe would beam at him when he entered. She would smile and come over to him. Greet him. And he would beam back at her. Now when he comes in to the room, she glances up, smiles uncertainly, and then breaks eye contact. She cannot look him in the eye. Nothing is said. And Cearúl feels disempowered. As a man, it is his role to protect. He wasn't there when it happened. And even now, when he is there, and when he knows that she is in need, he cannot protect. And so he feels disempowered as a man. For he doesn't know what to do.

End of part two.

Ok, we have a problem. We need to help Ailbhe. And also Cearúl, for this affects him too. Has Ailbhe been disempowered? Oh my God yes. Most certainly yes. But you see, the effects do not stop there. Her husband Cearúl is devastated, and disempowered too. It's not the same as Ailbhe, for his experience was not hers. But he too is affected.

So how can we help? Well, we cannot help if we do not first understand the problem. So let's begin there. With understanding the problem. And then we'll take it step by step.

Rape is complex, and there can be a number of things going on, so let us break it down. We need to understand a principle or two first. We'll take it step by step, and begin with understanding the first principle we need to "get" it. And that is the principle of *association*.

We'll consider a completely different scenario to illustrate this. Imagine a child who loves playing out in the park, or out in the garden. Loves walking on the beach with his parents. One day he is walking out in the wonderful fresh air with his parents, and out of nowhere a plane crashes, right in view. A terrible trauma. Fire. Screaming. Ambulances. People in shock. The child is shaken – he cannot take it in. And his parents bring him away from the carnage as quickly as they can.

You know what – that child never goes outside to play after that incident. He stays inside. Inside is safe. Outside, out "there", well that is not safe. Because that is where it happened. Outdoors is not safe. The open air is not safe. The countryside is not safe. The beach is certainly not safe. Even the garden is not safe. Because if he goes out into the garden, he'll be looking anxiously into the sky. Is anything bad going to happen? The sky is not safe.

I came across this example many years ago when reading a book, which for the life of me I can't remember the title of. And it's very relevant, so I'm giving the example here. The problem is a problem of *association*.

The child has developed a severe case of *agoraphobia* – a fear of open spaces. Because the trauma happened in an open space. So being in an open space triggers an association with the trauma.

Association normally is a wonderful thing. Normally. For it helps us to remember things. To make connections. To understand things. It helps us make sense of situations by connecting the pieces together. Let me give the example of Sister Assumpta. For if you understand this example (YouTube Clip), you understand the principle of association.

[*Sister Assumpta!!*](#)

You see associations are normally positive – we couldn't get by in life if we didn't have the ability to make associations. But when there is a *negative* association, it can trigger fear, panic and a desire to get the hell out of there *fast*. Let me illustrate with another YouTube clip:

Nuns

I'll give another example from my own life. I was raped as a child. No-one knew. And severely beaten by bullies. Repeatedly. Over a period of years. No-one knew.

When I moved to a different school – a mixed school this time – I was very quiet at first. I spoke to nobody. For I wasn't used to people speaking to me. Not in school. One day a girl from the class came over to speak to me. I was the new person in class, so people were curious about me. It was new to me, the idea of students talking to me, for I had never spoken to anyone in my old school. (Only once do I have a memory of a student talking to me in my old school. It was over a lunch break. And I was very surprised. That one lunch break talking together over lunch was the closest I ever came to having a friend in that school).

Anyway, I was wary of anyone coming to talk to me, for the only times anyone came to me in the old school were to do with bullying. I was only out of that school a few months when a girl from class came to talk to me. I was wary. And surprised. "*Why was this girl talking to me?*" As she said hello she reached out and gently brushed her fingers against my forearm. An unconscious gesture. And when she did so I nearly leapt out of my skin. I actually physically leapt backwards. Panic. My heart instantly pounding. For you see, I associated touch with being hit. And I know I really startled her too when I jumped.

Association.

Now let us return to the discussion of rape.

End of part three.

Part Four.

Let us imagine now that a woman is raped. This *shatters* her psyche. To a very deep level. She has been violated. And this happened with a sexual act. So now any time she thinks of sex, this *triggers* a memory by *association*.

Association:

Sex = rape = danger = bad

This is the association that is laid in her mind. And this association goes very deep. Why? Because the trauma of the rape went very deep in her psyche. The deeper it goes in her psyche, the deeper the association.

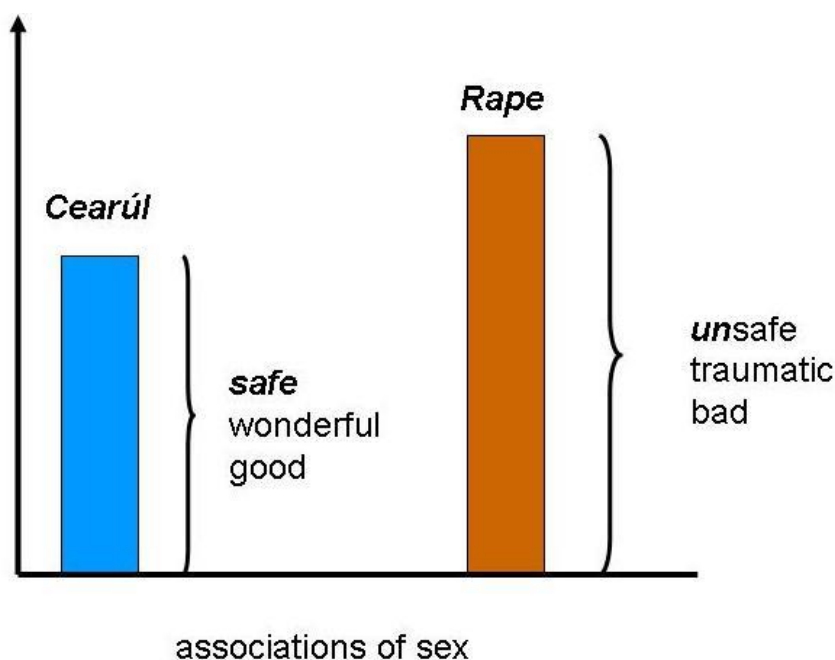
She used to have another association in her psyche. This was a different association. It was to do with Cearúl.

Old association:

Sex with Cearúl = wonderful loving intimacy = safe = good

That association also went deep, for her connection with Cearúl was wonderful. But rape shatters the psyche to a very deep level. So which association goes deeper?

Let us see:



The problem here is that the rape was *so* traumatic that the association of sex being *negative* is now stronger than the association of sex being *positive*. Which means that overall, sex is seen as negative and unsafe.

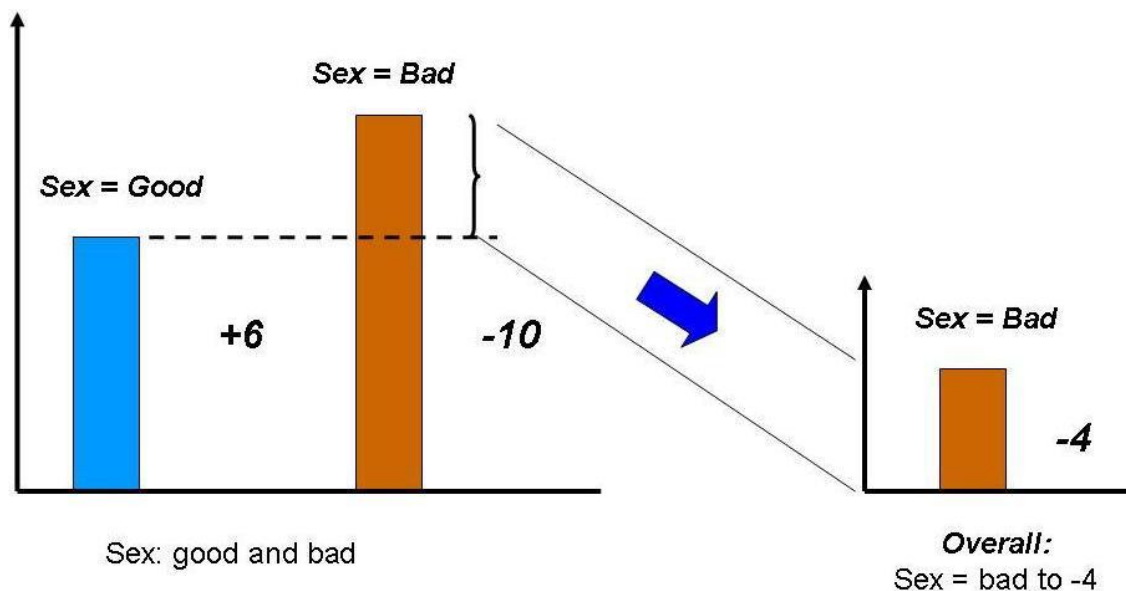
Now, this is important. The stronger the positive associations with Cearúl were, the more this mitigates the negative associations of the rape.

For example, imagine that sex with Cearúl = +6 positive.

And the association of sex with rape is -10 negative.

Overall, the association of sex is:

$$\text{Sex} = +6 - 10 = -4$$



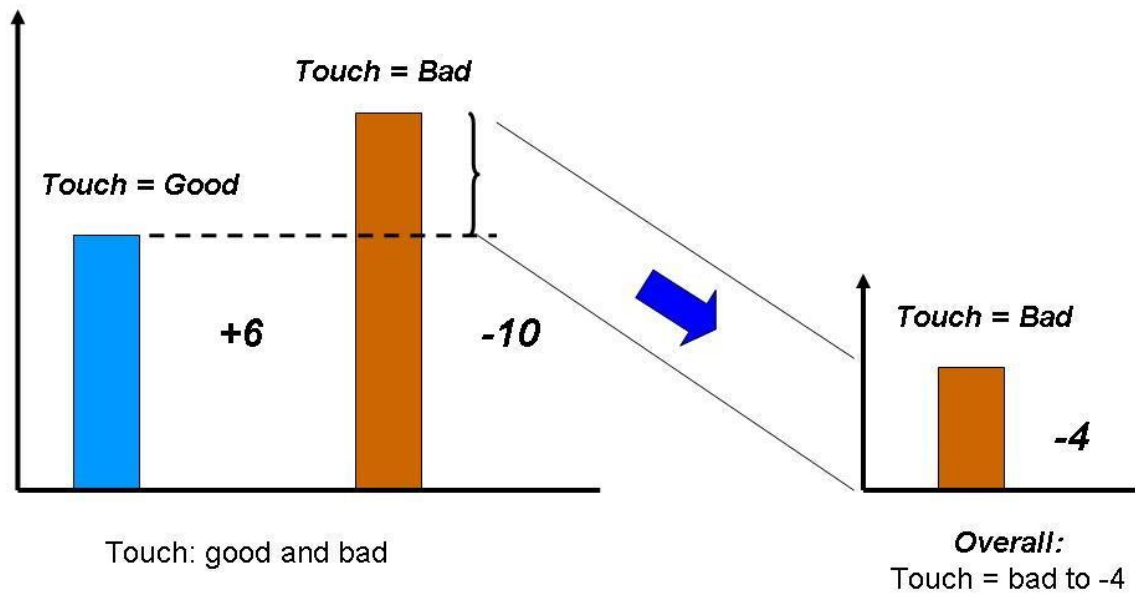
Now, again, this is important. Ailbhe's mind now has a *new* association with sex – that sex is negative to -4.

She used to have a positive association – that sex was positive to +6. But that link, that association is *broken* now. **Replaced** with a new one. Of sex being negative to -4.

So we can consider this as now being just one *new* link. One new association. Of sex being negative to -4.

That's the idea. Ok, let's continue.

It is the same with touch.



Ailbhe now has an association of touch being bad to -4. This is a *new* association. **Replacing** the original association.

And so we begin to see the problem. Rape is the polar opposite of intimacy. The opposite. But intimacy involves touch. And touch now triggers an association of rape.

So:

New association:

Intimacy = rape

And

Touch = rape

Poor Cearúl. He's a good lad. He has been her strongest support. He loves her very much. He is a knight. A protector. And he really wants to help. But the poor lad doesn't know what to do. Not to worry however. We'll help him out soon enough.

First to recap on the concept of ***association***.

The positive associations have now been replaced with negative ones. With fear. With panic. With trepidation.

For example Cearúl. Ailbhe's associations of Cearúl were only positive before. But now, as a result of her experience, her association of Cearúl has changed. Even though he had nothing whatsoever to do with it. Her association of Cearúl has switched from being very positive to now being an association of feeling unsafe. Because he is a man, and it was a man who did it.

An association of fear. Because Cearúl is a man, and it was a man who did it.

An association of unease. Because Cearúl is a man, and it was a man who did it.

It has now become an association with "*the Beast*".

As illustrated by this next YouTube clip:

The Beast

In the case of Father Dougal, the Beast doesn't actually exist. But the Beast for Ailbhe *does* exist – this Beast is *real*. However Cearúl is *not* the Beast. And so we have a problem of association.

We are beginning to see how this affects not only Ailbhe and not only Cearúl, but also their relationship. The *dynamic* between them has been changed.

Something traumatic happened to dramatically shift their relationship. And so it is going to take something quite radical to get their relationship back on track. Which will help to heal Ailbhe. Actually, I believe that ***the most powerful way of helping Ailbhe is to work with Cearúl***. (Though this is only for the specific case where she has a Cearúl – a sensitive loving man who is a knight. Not all women are so lucky).

If she does not have a Cearúl, the situation can be a bit more difficult to work through.

But more on that shortly.

First, we need to digress slightly while we look at another principle.

Part Five.

Let us talk now about this other principle. A very important one. It is to do with power. Or more specifically, about being *disempowered*.

This principle is about *control*. And having *no control*.

Being raped is to do with having *no control*. Something terrible is happening, and you have *no control*. And hence disempowerment.

So now we have a new association:

Sex = NO control when something bad is happening

and so:

Sex = disempowerment

And this is a *huge* one. Why?

Let us talk it out.

Let us bring back in Cearúl. Ailbhe always associated Cearúl with safety. With being knight protector.

And so the old association was:

Cearúl = safe

But now Ailbhe has a new association. She knows consciously in her head that this new negative association is bullshit, for she knows that Cearúl is the best thing since sliced bread. But the new negative association affects her deeply at an *unconscious* level.

You see, anything to do with touch is now associated with rape. And that means something bad happening with no control or ability to get out of it. Having no control. Being disempowered. Unsafe.

So the new association *in sex or intimacy* is:

Cearúl = unsafe

***Cearúl = situation where she is disempowered
(no control)***

End of Part Five.

Part Six.

Let us now consider the traditional roles in sex. The man leads. The woman is led.

When a woman spreads her legs, she cannot thrust. The man thrusts. So he controls the rhythm. He decides how long sex lasts (i.e. until he climaxes). In fact, he decides everything. So Cearúl is the one who controls in sex. Why? Because *he leads*.

Now normally this is fine. Actually normally this is wonderful. But we have a problem here.

And to find a solution, we need to take a different approach. Something that might not be immediately obvious. Our next YouTube clip:

Road Block

The solution taken by Father Ted is not perhaps the most ideal. Could there have been a simpler solution? Like switching lanes? Switching over to the other side of the road?

What if Ailbhe and Cearúl “switched lanes?” Or rather, switched roles? So that in intimacy, Ailbhe leads, and Cearúl is led.

Why? To *break the association of sex with being out of control*. Of being *disempowered*

Which allows Ailbhe to take back her power.

If Ailbhe leads, then at all stages she is in control. *She* decides when to have sex. *She* decides when to thrust. When to bring Cearúl to orgasm. When sex is finished. When to kiss. She decides everything. And I mean *everything*. (In sex. Not necessarily in life!) Cearúl is the passive partner. He just lies back and lets her take care of everything. Actually, all he has to do is lie back and *spread his legs*.



Any idea how this might be done? Please check out the first three pages of my document “*How a Man can Achieve a Female Orgasm*”.

Do I need to say any more? No. Not to Ailbhe. For when she reads this, she will get it. But I do need to say something now to Cearúl. This can only work, and I mean *only* work, if Ailbhe leads 100%. And by that I mean one hundred million gazillion percent. Because the *instant* that Cearúl tries to lead, even a teeny tiny infinitesimally small atomy bit of leading, immediately this triggers the old association of rape. ***Immediately.***

However there is ***zero*** association of sex and intimacy with anything bad happening, if *Ailbhe* leads. Because ***she controls.***

So what is happening here is that a new association is being laid in the consciousness.

Association:

Sex = safe because Ailbhe leads.

This can be positive right from the beginning, because this is a new idea in the consciousness, and the fact that Ailbhe is in control means that sex has a completely new association.

So, what do I need to say to Cearúl – “*Let Ailbhe lead*”.

For this to work, Ailbhe must lead completely. She leads in the kiss. So Cearúl never kisses. He is kissed. He never initiates. Ailbhe initiates.

In other words, complete role reversal. When having sex. Or intimacy.

It is a pretty radical solution. So if a couple are thinking about it, talk it out beforehand. Cearúl could mess it up in an instant, *if at any stage he tries to lead. At any stage.* This is the biggest danger.

Talk it out.

In talking it out, things may come up. It's not just Ailbhe leading and needing a different association. Cearúl is being led, and so he would be taking the "woman's role" in sex. Ailbhe might get ideas about him and a bra – it might make her feel safer. Actually, Cearúl might get ideas as well. If so, well that can bring up things too. Issues of a man wearing a bra. What if anyone was to see you!

And here is one *for men*. Let us imagine that the trauma is not with Ailbhe, but with Cearúl. Let us imagine that something happened to him where he has a negative association. How would he get around this? How might he break any negative associations? What if Ailbhe was to lead and he was to take the role of being led – a role that has *no negative associations* in sex, for this is a new scenario for him. Might this be safer for him too?

In other words, for a man who has had "something bad" happen, he may have difficulties with emotional lock-down that can be very difficult to heal normally, but which could be cleared far more easily if he switches roles to be led by the woman. Certainly this is the case for me personally.

I am still affected by what happened to me. And I know I could never be a boyfriend again. Nor do I feel comfortable with being between a woman's legs. (The association is of me being a man and I was raped as a male). As a man I can *give*, in that I can bring the woman to orgasm or I can give through touch. But I cannot *receive*. I cannot *receive* touch and I lock-down emotionally in terms of receiving in intimacy. Because of negative associations that I have never been able to heal.

But there is *no negative association* for me in intimacy if I take the woman's role, spreading my legs for a woman and letting her lead. Only if I take the role of the girl in relationship with a woman (or women – it's a Jedi thing) can I feel safety in sex. I have to be her girlfriend.

I feel safety in spreading my legs for a woman, but not in her spreading her legs for me. I feel safety in being kissed by a woman. But not in me kissing her. It is a strange one, but I know I can never heal as a man. Only as a "new woman" can I heal.

In talking it out, things may come up. But do talk it out. Now, here is another YouTube clip. It's about things that may come up to be talked out.

[The Wrong Department](#)

Any last words? Yes.

Rape is very serious. And I am really saddened that what I write here applies to anyone. I have experienced being raped first-hand, and it affects me to this day. So I know that rape can devastate. And as a healer I have worked on a number of occasions with men who have been abused, and also with a number of women who have been raped. Rape devastates. It simply does. *(Note that I consider the approach taken by most conventional psychotherapists and psychologists to be, for the most part, incompetent. Due to the high level of **disconnect** of many of these therapists, and also due to the lack of understanding of the most basic principles of the psyche and of the nature of trauma. Very, very few psychologists are qualified to work with rape. Only a healing approach can work with rape. The documents that I am putting out now will help lay a foundation in the very basic principles of healing trauma, few of which are understood even by good healers. In Golden Age, standards will rise. Note that the approach I give here is a healing approach, and if done right with a loving couple could be far more powerful than going to any healer. And do have fun with it).*

Rape is very extreme. And thankfully it is out of the experience of most people. But let us talk of something which may be in the experience of many. And that is of issues arising from disrespect in sex. Bad experiences in sex. Of being used. Or even a simple case of having an insensitive lover.

I'll write specifically for women now. How many women have had negative experiences in sex, such that sex has a negative connotation? How many women have had an experience of having been used? Of not having felt safe with a man? Or of having been disrespected in sex, or in relationship?

Or it could be something as simple as being seen just as a bit of eye candy, and wanting to be a bit more.

Lovely Girls

In cases like this, this role-reversal can also bring healing. I am not saying that it needs to be done all the time (*I am saying for the case of rape that it should be always the woman who leads (when using this technique) – at least for quite some time*), but even for less severe cases it might help to try it out from time to time – talk it out as a couple and decide. Or simply try out a bit of role-reversal just for fun.

As a rule of thumb I will say this – the more serious the negative association, the more important it is for the woman to lead (in this solution I am proposing – I am not saying that there are not other solutions). For a very serious issue, such as the subject of this document, I would suggest that the woman lead 100% of the time, until such time as there is certainty that the problem is healed. And then have her lead for a little bit more, to be sure. Only then is it safe to begin looking to the man to lead, to whatever the appropriate *lead / being led* balance might be for the couple, and even then it would have to happen gradually, constantly checking in with the girl. Always staying safe.

For less serious associations, I imagine that these could be healed without requiring the woman to lead all the time.

Go with what feels right. Find the right balance. For example, perhaps one in four times a couple might prefer for the man to spread his legs, but for him to be the man the rest of the time in sex. And does it feel right for the man to have the experience of *being* kissed from time to time, rather than kissing?

Why mix things up? It can teach the man to *receive*. To understand *yin* energy. It can help him to understand his wife or girlfriend better. To understand women better. And that is no bad thing. And who knows, that might even help him be a better lover when he is "*the man*". It can also help him to achieve a *yin yang* balance within himself. And so maybe even move him a little closer to the Tao.

And can it help a woman to lead? To "feel the power"? Could it also help her understand her husband more? Or men? And could this empower her in other ways? And you know what – women can be Jedi too. For if she achieves a greater *yin yang* balance within herself, might this not also move her closer to the Tao?

From the One came the Two

If it feels right, play with it. If it doesn't – *don't*. How much should one play with it? To whatever extent feels right. Never force. What does your belly - your *gut* - tell you? "*Feel the Force Luke*". And May the Force be With You.

An additional note.

This document deals with the specific case of a girl – Ailbhe – who has a loving, sensitive man – a knight. A Cearúl. Not all women are so lucky.

What of a woman who has been traumatised but who does not have this support? Then it can be a little more tricky.

For that, we would need to delve a bit deeper, which is beyond the scope of this document. But even for these scenarios, I would hope that there may be some principles discussed here which might help. We are laying a foundation here, from which we can build in time.



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