

This is a responsibility communication letter written to a massage therapist who was out of sexual integrity with a female client.

Peter, My goal for this letter is to use clear, simple, and direct communication regarding an issue I have and our session on Monday night.

Our communication prior to and during the massage session did not include any reference to or discussion of sexual trauma or sexual energy. We did not discuss interacting with or touching my sex organs. Nor did we discuss the potential of sexual energy arising and our expectation of how this would be handled.

Consent to interact with my sexual energy was not requested or granted at any point. Consent to reveal my breast and/or vaginal area was not requested or granted. Consent to touch my breasts, nipples, vaginal area, and/or rectal area was not requested or granted. Yet, I experienced all the above during the session.

Within a few moments of arriving home directly following these events, all at once, I felt enormous waves of shock, terror, horror and panic wash over me, erupting from a pit deep in my belly. I felt paralyzed by fear. Intense burning searing pain was present all over my body, in all my organs, skin and internal tissues, joints and ligaments. I thought 'Oh my God! What have I done!' I experienced waves of nausea and dry heave vomiting. I felt pain and confusion as I thought 'I would rather die than be here right now', fully witnessing my pattern of coping with stress using escapism. I knew a significant healing crisis had been initiated. I questioned my capacity to navigate it. For four full days I experienced crisis level symptoms triggered by not clearly communicating about working directly with my sexual energy and not receiving an opportunity or invitation to speak about my expectations, my needs and my desires for handling my body and energy field. Permission/consent for my privates to be revealed and touched. I thought 'how did I cause/create this? I am so worthless and a disgusting whore.' I felt hate and resentment and shame. I felt panic and severe physical pain. I thought, 'if only I had (fill in the blank) this wouldn't have happened. How did I invite him to do this? Is what I was wearing or not wearing to blame? What did I say to make him think this is okay?' Etc. Etc.

Prior to entering the space, I was excited to relax and let go, to release and allow spirit to heal me. Based on a friend's high acclaim and recommendation of your work, in addition to you having worked with so many of the women from a friend's class last year, I felt comfortable and confident in your capacity to maintain a clear, safe space. I trusted you but instead of healing, I left feeling deeply violated and I am still healing a part of me that wants to run away and hide.

As I indicated before we left the facility, I felt dizzy when you released my neck and shoulders, as I received a large intoxicating dose of oxygen to my brain. Several times during the session I indicated the energy and ringing in my ears was so extreme that I was struggling to maintain consciousness. I think it was your responsibility to hold a clear, safe healing space, but you did not. As you were fondling my breast, I was recalling sensory experiences of being an infant breast feeding as well as breast feeding my own babies. As a result of your touching these intimate body parts during such a heightened and expanded state of awareness, I am now left processing disgust and contempt for my self and my body.

What I wanted, then and now, is to feel better and to heal violence and trauma from my mind and body. To feel safe inside my body. To breathe fully. To TRUST myself and my guidance. To TRUST men and feel safe when I am with them. Instead I found myself in a foreign country, confused, feeling frozen with fear and the searing pain of trauma. Thank God I was able to stabilize. By choosing to heal and take responsibility for my realities using the process of First Century Aramaic Forgiveness, an amazing tool that I offer literally helped me maintain life and restore sanity to a moment of crisis. With the help of my incredible support system, specifically dr. michael ryce and his wife Jeanie, who's life's work is to bring these tools to every mind, heart and Being on the planet, and thanks to the work I have done already, I was able to hold myself through this crisis and I assure you and reassure myself that I will use this experience to heal myself on deeper levels and further support others who have experienced abuse. I will fully embody the magnificent, beautiful, powerful woman that I am and use my voice to hold all accountable to their actions.

Peter, I pray I am the first and last of your clients to experience this misuse of authority and space. I pray I am the first and last of your clients to be handled and frankly, violated in this manner. When I think that you are only working with women and children, I still experience a wave of nausea in my belly up through my throat and face and head. This must end with me.

Working with a body is a sacred gift and honor. Clarity on the behalf of the facilitator is of Highest Necessity. As a trained bodyworker, I was personally taught, if I have any question about my capacity to maintain a clear, aligned space within myself, it is MY responsibility to decline entering an intimate space with a person. If at ANY time during treatment I find myself unable to maintain personal clarity, it is MY RESPONSIBILITY to end the session. PERIOD.

This is an extremely important piece, VITAL and FOUNDATIONAL to the safety as a sacred space of healing. It is the sole responsibility of the facilitator. I pray you take heed.

I acknowledge that we are really all in this together and I truly believe we are all doing the best we can in every given moment. I also understand that all behavior is a form of stress management. That is why it is so important to care for our minds first and foremost.

I think you have talent as a bodyworker, and A LOT TO LEARN.

Peter, it is never okay to reveal or touch private parts without verbally asking and receiving a client's verbal consent. This goes for ALL interactions, personal and professional. Please understand the very real, very serious implications of this activity. I offer explicit and direct emphasis here.

I invite you to connect with dr. ryce's work for support with healing the hidden parts of your mind out of which these actions came. His website is <http://www.whyyagain.org>, his personal contact information is available there. He is a powerhouse of compassion and love with the capacity to empower you to directly address illusion. He offers tools and support freely and is championing a mission of empowering us all to heal through the removal of unconscious content while maintaining the direct experience of Love, that is our true nature.

To support me healing from this, I want to witness you stating that you fully comprehend the implication of your actions and apologize. To support your healing, I want you to agree to receiving support for the hidden parts of your mind driving these behaviors. I want agreement that you will forego further training prior to engaging with ANY sexual energy of a client. I want you to acknowledge that you understand the severity of this issue and what steps you will take to heal your own mind and how you will handle this differently going forward. I want you to be true to your word and uphold integrity in all your interactions.