

*Way of Escape is a story of redemption. This book presents the author's personal experiences with severe childhood abuse. It is written to encourage others who have been victims, and to demonstrate that God's grace is more than sufficient to redeem even the most horrific past. Innocence once lost is reclaimed, and the shattered soul is restored.*

## **WAY OF ESCAPE: FRAGMENTED TO SURVIVE**

by DR. B.J. ELLINGTON

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An abstract painting featuring three stylized faces. The faces are composed of various geometric shapes and colors, including shades of brown, green, blue, and yellow. The faces are arranged in a row, with the central face slightly overlapping the others. The background is a mix of warm and cool tones, with some areas appearing more textured or layered. The overall style is reminiscent of Cubism or Abstract Expressionism.

# WAY OF ESCAPE

FRAGMENTED TO SURVIVE

Dr. B. J. Ellington

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## Introduction

The *Me Too* movement has heightened awareness of the prevalence of sexual misconduct – particularly among Hollywood celebrities, coaches, politicians, and other well-recognized victims and perpetrators. As “me too” is echoed through electronic media and the press, the magnitude of this type of sexual abuse is finally being brought out into the open; giving victims a platform on which to relate their personal victimization and acquire validation that what they have experienced is, indeed, abuse.

Although the *Me Too* movement is new, sexual assault is not. For every celebrity or athlete who steps forward and discloses their abuse, there are thousands of other victims who remain voiceless. They are afraid to tell their stories; afraid they would not be believed, or that they would be told the situation was their fault. “You shouldn’t have dressed like that”; “You shouldn’t have been where you were, or with whomever you accused of assaulting you.” So, they don’t tell; they suffer alone and try to convince themselves that it really wasn’t rape; it really didn’t even happen; or, they deserved what they got; they must have asked for it.

## *Way of Escape*

Rape and other forms of sexual assault are rarely about the perpetrator's sexual gratification. These aggressive, invasive behaviors are most often the offender's attempt at obtaining power and absolute control. Not only do they victimize their prey during the assault, they continue to harm and control them in the aftermath. The emotional fallout from even one incident of any type of abuse can be deep-seeded and have long-term detrimental effects: physical, emotional, and spiritual.

*Way of Escape* is a true life-long story that starts with the rape of a little 4-year-old girl. The very people she should have been able to trust and run to for help, betrayed her and introduced her to a realm of repeated sexual violation and other forms of ritual abuse. The events of her early life defined her self-concept and dictated her life course.

The book portrays some of the abusive and ritualistic events in her life; some are described quite graphically; all are demonically inspired and represent the potential for evil in the hearts and minds of mankind. There is no reference to any specifically named cults or secret societies. This is intentional; the purpose of this book is not to place blame

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on any particular group or individual, but to give credibility to survivors of abuse, and through the life of this little girl, offer reassurance that God is real; He is faithful and will always provide a *way of escape*. Even when physical escape is impossible, He lovingly separates our consciousness and physical perceptions from the inescapable abuse. He allows us to “leave” while still being physically held captive – to dissociate ourselves from the painful situation.



## Chapter 9: Escaping Within

The way I was treated by my parents was only the tip of the iceberg when compared to the level of abuse I experienced from those outside my home. As harsh and demeaning as my mother was, it was by no means comparable to the degree to which I was beaten down, emotionally and physically, by the real perpetrators in my life. I was exposed to, and forced to participate in, horrific acts that no child should ever have to encounter. No child should even have knowledge of such unrestrained evil and violence. The natural self-preserving action for a child exposed to such horrendous activities is to run away as far and as fast as they can. But, when it is absolutely impossible to escape physically, the child must find another route to safety. So he or she escapes to a self-created, safe place in their mind where nothing can harm them. It is a secure cocoon of silence, peace, and numbness – a refuge of nothingness. Nothing can touch them: no sounds, no fear, no physical pain, no threat of harm.

God has created the human mind with such intricacy and adaptability that when physical escape is impossible, the consciousness can be drawn inwardly where it is protected from any assault that may be occurring to the

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physical body. In this state, there is no pain: physical, emotional, or in any other humanly perceived form where discomfort and terror may be experienced. The mind creates a holistic anesthesia and amnesia to whatever horrific acts may be perpetrated on the body and emotions. In situations of repeated sexual or ritual abuse, it is common for this process to be replicated with each painful, frightening incident. A child does not have the physical strength to break free from the overpowering hold of an adult. There is no escape, except to flee inwardly and disconnect oneself from the abuse – to dissociate. This coping mechanism allows the child to endure the abuse without actually experiencing it; their consciousness just isn't there.



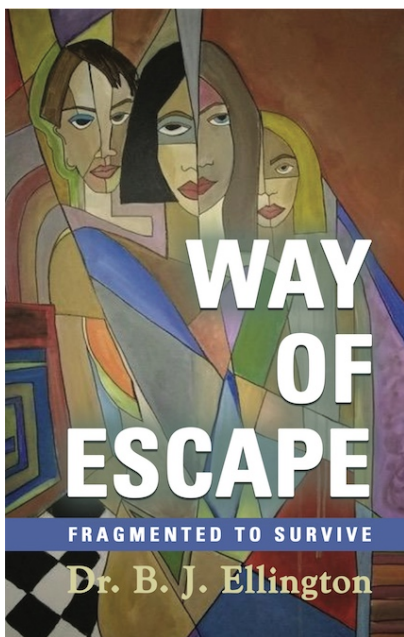
Inward Escape

Without this system of sequestering the soul safely away from the horrific acts perpetrated against them, the child would be brutally traumatized and less able to cope with the frightening reality of their world. In the sub-

conscious shroud, feelings of pain and fear are not accessible to the child's memory. The scary events are locked away, and most likely will not resurface until later in life when the child realizes the traumatic time has passed and there is a sense of safety. Some frightening memories may never emerge from the barriers, which secure them from the victim's awareness. As long as there is the potential for continued harm, the secrets remain locked away and the child is protected from the horrific memories of what he or she has endured.

It takes varying degrees of distress for children to become emotionally fractured and seek refuge deep within the mind. Some children may experience abuse and somehow manage to remain consciously aware and tolerate the trauma. Others, particularly those who endure repeated, intense sexual or ritualistic abuse, will shrink inwardly and lock themselves up in a compartment with impermeable walls that shut out even the child herself, or himself. That part of them is no longer able to communicate with the child as a whole. If the system were to fail and expose the pain and emotions that had been so securely hidden from the child, all of the physical agony and emotions would erupt into consciousness like a flood, and emotionally re-traumatize the child. While the walls and

cocoons remain secure, there is no memory of the events. The memory has not been deleted; it is just not accessible. It's like plugging a jump drive into a computer. While the jump drive is connected, it operates as one with the system. It has access to files on the computer and the computer has access to data on the jump drive. Once the jump drive is removed, any files that were saved to it can no longer be opened by the computer. When an attempt is made, the resulting message reads something like: "this file cannot be located; it may have been deleted, or the pathway may have been disrupted". That's exactly how dissociation works. Its like having jump drives in the brain that are never really plugged into the central processing unit. That is how securely these horrendous memories are hidden away from the consciousness. At some point in the future, when the child is grown, there may be a sense of safety that allows them to plug those memories back into the consciousness and emotionally process what they endured many years in the past.



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