

Excerpt from "The Bicycle Repair Shop"

In the past, "drifting" meant that someone inside [one of the personalities] wanted to speak. Since I have integrated, the drifting signals that there is somewhere I have to go. Somewhere inside that requires my attention. With Todd's direction, I allowed myself to drift and went to a horrible place that was full of anger and pain. A place that had never been healed or even acknowledged before this evening. This place was a sanctuary for the "little ones" that died. There were many and each one lived knowing they would die when they could no longer take the pain and fear. They were the back-ups for the other personalities. They never had a name or an existence except for the event for which they came into being. The place looked like a box. No windows or doors. Since those that remained in this box only lived for a very short time, they never materialized and remained purely emotion. And the emotions were violent and strong. As I was becoming more integrated, I was able to see this place inside of me and for the first time, feel real anger.

I described this place to Todd and with his help, was able to see what was needed. What was needed was not more anger, but love and forgiveness. I approached the box and talked to the ones inside. I asked forgiveness for ignoring them for so many years and making believe they did not exist. I told them I loved them.... I thanked them for all of their help and especially for giving up their lives for me. I reminded them that I would never have made it if it weren't for them. I asked a higher [Source] to enter into the box and give them light. The light was on them, in them and through them. They became one with the Light...and joined the universal energy. Once that was done, I opened the box so they might go to heaven with this "Angel" that had come to guide them Home and become angels themselves. There were thirty-three of them, more than I first thought, and as they left I said my good-byes.

Todd's commentary

It was a most remarkable session when Angela discovered the place where the little ones with no names had died. As she has said, it was in seeing this place that she was able to feel “real anger” for the first time. This was, in my mind, a moment of great significance. For such anger was only possible once she could put her guilt into proper perspective, no longer stuck on the idea that she was at fault for everything. She was finally able to look instead at the tremendous injury that was done to her (to these dead ones inside). Appropriate anger at the suffering she endured was one of the first experiences of self-love she had been able to achieve.

...The anger Angela had been feeling was now revealed to be the anger she felt about the abuse. And as we have said, she had to contact this anger before she could finally say “enough” to the abuse by others and to the abuse of herself (through feeling guilty, etc.). Her anger helped her feel entitled to be released from the pain of the past, to express all that she had held in. Holding in these feelings, she now realized, was hurting her. Her only way out was through letting go, forgiveness of the whole idea of guilt, whether hers or others. All this was done in the interest of her own healing and her own developing self-love; she could not assume an artificial forgiveness that would further bury her pain. Instead, by asking for forgiveness, she successfully released the pain of those inside by transforming her anger into an expression of love and gratitude. The resulting experience was one of great compassion for herself (the ones inside) and the sacrifice she (they) had made to survive. And although it took some time to fully work this out, her compassion eventually extended to others, even her abusers. This is the power and the promise of true healing.