



## Sample Content

**Location:** Thoughts From Members

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There are no words or actions that can ever fix any kind of trauma. Nothing can erase the pain or undo the harm that has been done, the suffering that has been experienced by so many. I feel helpless and powerless. There is nothing I can do to change what has happened.

I have heard the cries of so many souls hurting in silence... I have heard the stories of so many wounded and crushed spirits...

And my heart couldn't help but enter into their pain & suffering...

I will never know though, how it truly feels...it wasn't me and yet it was me.

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

"Truly I tell you, whatever you did not do for one of the least of these, you did not do for me."

Matthew 7:12 NIV

A lot of harm has been done to many innocent precious souls. And then a lot more damage has been done in the aftermath through inaction, lack of care, compassion and love for those who are in need...

There is a resounding question amongst us: "Where is the love?"

Matt 24:12 "Because of the increase of wickedness, the love of most will grow cold".

Isn't it sad to see those verses become real in our time?

So, if no words or action can heal the wounds? What will?

## LOVE

Isn't the answer obvious?

Love is a state of being. Love is shown by how we live. It is who we are being. Through our words & actions but also our presence, our beingness...

Love takes many forms and can be expressed in many ways.

Love has many qualities. One of them is humility. Love is humble and humility causes us to repent. To recognize and accept our faults, our mistakes. To turn from them and say: "I AM SORRY". Sincerely and honestly. Sorry comes from sorrow. We want to be sorrowful for the wrong that has been done. We want to feel it fully. Sorry also implies that we won't do it again. That we will do better moving forward.

So today, my heart feels like an apology...

To the survivors:

We owe you an apology...

I am sorry.

I am sorry this has happened to you.

I am sorry you found yourself in an environment that became unsafe that preyed on the weak, the vulnerable and the innocent...

I am sorry you had to experience the most traumatic moments of your life and relive them again and again.

I am sorry you felt misunderstood and alone in your pain.

I am sorry we didn't protect you.

I am sorry we abandoned you.

I am sorry for the weight you are carrying. The heavy burden of pain & suffering.

I am sorry your trauma has affected every part of your being and your life so much so that sometimes you don't even know who you are anymore.

I am sorry you need to feel it all over again in order to heal those deep wounds and have a hope of a better future.

I am sorry it feels so hard sometimes to identify as a survivor while trying to avoid falling into the victim mentality.

I am sorry you have to learn to redefine yourself by uncovering all the things that aren't yours and are not true about you.

I am sorry...

I am sorry.

To the abusers and perpetrators:

I am sorry your life choices lead to inflicting pain & suffering on the weak, innocent and vulnerable.

I am sorry that you have found yourself in a cycle of abuse that you haven't been able to get out of and heal from.

I am sorry that the abuse and trauma you have experienced have led you to continue to repeat that pattern.

I am sorry that in your own trauma story, you have lost control over your integrity and innocence and that to gain it back, you only knew to take it from another, causing more pain & suffering.

I am sorry that you are stuck in a "shame, guilt & fear" ego based illusion that doesn't allow you to see the love & light in you, in others and around you.

I am sorry you are finding yourself in an environment that does not understand the importance and gravity of your condition and your situation.

I am sorry that instead of helping you heal from your sickness and addiction, we have allowed you to stay in a position and situation that might encourage you to continue in your "sin".

I am sorry we hate you and despise you for your actions and choices but forget to love you for the soul and inner child you also are.

I am sorry...

We all need healing.

I have learned to see the light into every single person. We all have a soul that yearns to be loved. We are all struggling souls.

The path to healing and growth is a challenging journey. The only way through is to LOVE deeply ourselves and love others as ourselves. For that is the greatest commandment.

”Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

Mark 12:30-31.

Jesus said, if you follow this one commandment, you have fulfilled the whole law. so the whole law can be summed up in one “rule”: LOVE!

We are all children of God. We’re all one in God.

And because we are not separate. We are all one as part of God’s creation.

We have heard time and time again about forgiveness.

Let’s not fool ourselves. There can be absolutely NO forgiveness unless there is a true, sincere apology of a humble, repentant spirit, coming from an honest heart.

And we have seen none of that so far.

If I love myself and if I love you as I love myself, I will have no hesitation to take the right steps on that path.

Hence the question: “Where is the love?”

We have to follow the steps. That is the recipe to healing, growth and unity.

But as I mentioned earlier, there can be no honest apology unless we face the truth of the situation. We recognize what has happened. We acknowledge it. We give it a voice, we give it space to be what it is and express itself in all its shocking ugliness. We accept it for what it is. That is the awareness part of healing. And some are still blind and deaf to it...

Awareness - Acceptance - Apology - Sorrow - Repentance - Forgiveness = LOVE

Now love has boundaries too. After forgiving, even with love, there can be no room left for allowing the evil to persist and repeat itself. We cannot be naive or blind to the reality of things. Love without wisdom is naive. Love without understanding is foolish.

So the qualities of love require us to be vigilant, wise, knowledgeable and prudent.

If we truly love the souls of the wounded and the wrongdoers, we would create an environment that is conducive to that healing process. Both need healing. Both need love. Both need help if they choose to.

These are just a few thoughts that I have been meditating upon lately...

It is always an ongoing search and introspection for truth.

I hope you can resonate with this and please share your thoughts with me.

In Love & Light always,

LG