



Healing the Rape. Healing the Heart (Paperback)

By Elizabeth McKittrick

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.At nine years old, Elizabeth was raped. She didn't talk of it for years and suffered those first years alone, in much deep shame, sorrow, emotional pain, and condemnation. The passage of time allowed the devastating experience to be buried till it was no longer remembered. She dated and married, delivering two boys to the union. The marriage appeared normal. A few years later when touched by her husband, she flinched. When asked if she had ever been raped, her sobbing answer was yes. The buried experience finally came to light where it could be healed. With the total support of her husband, she now had the courage and strength to heal her heart. She left the path of reflex and reaction to enter the moment of the now. When we pause in the now and enter our quiet stillness, we come to deeper truth and clearer understanding. More peace can be ours. During a year of disciplined, deep meditation, Elizabeth experienced her own miracle and a much deeper, more complete healing cure of her rape experience than she ever thought possible. This...

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