

# Healing the spiritual scars of abortion

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I do not need to take a stand regarding the raging debate about the morality of abortion, in order to share with my clients and students of counselling my awareness of the possible long term effect of abortion. It is simply my experience coming out of 14 years of clinical experience in counselling and psychotherapy work in Australia, New Zealand and South Africa. I firmly support women's right to determine the course of this most intimate event that takes place in their body, soul and spirit. But I believe that they also have the right to be informed about the soul, mental and spiritual dimensions of their decision, for they will have to live with those regardless of any moral/ political belief they hold at the time of that decision. I speak as the counsellor of many women who chose or were forced by circumstances to have an abortion at some point in their lives, who came to me years later asking for help in their attempt to recover from the deep and un-for-seen consequences of this event.

I also believe that women have the right to know that even years later the scars of abortion left in them can be healed. Not all women undergoing abortion would develop such a scar, and no prejudice is intended in these statements. But for those who may be in need of encouragement to trust their own intuition as well as those who need a support for their hope of recovery, I wish in this short column to share what I know about that scar, its consequences, and what it takes to heal it in my experience.

There is a stream of love so strong it seems at times as if all others are but its derivatives: mother's love. Human beings do not create it, they are created by it. It shapes life into matter and it shapes the human out of the potential human. It used to be called "The Demeter Stream of Love" in ancient Greece. It is at the same time a life force, a soul force and a spiritual reality. On the physical level it creates the milk in the breasts of all females, not only in the human race. But in the human being the creation of milk in preparation for the arriving child takes place on the level of the individual soul, reshaping much that is already there in place in terms of heart forces, awareness, the depth of emotion, hope and deep soul connection – to be the matrix for the incarnating soul.

Whatever are the reasons and the causes for the decision to terminate pregnancy – the stream of love will be violently interrupted. This is the equivalent of suddenly blocking a gushing river in its downward course, only it takes place within the human constitution. In Psychophonetics we came to call this phenomena “A spiritual mastitis” for in a way similar to the inflammation of in the woman’s breast caused by the blocking of the unused but fast produced milk – the stream of mother’s love flowing powerfully through the body, soul and spirit of the woman’s being in pregnancy is likely to be dammed up, blocked, inflamed and scared in the long term.

That could result in blockages between the woman’s awareness and the depth of her own emotions, a certain numbness of the woman forces, blockages in intimacy, relationship and sexual life, unresolved with buried guilt, depression and a block to the spiritual dimension of human development. It might result, worst than all, in a debilitating scar in the internal stream of love. None of the above is inevitable, and none will take place in all cases. But for no one could the termination of this process be but a physical operation, whether they know it at the time or not.

This column is too short to describe in detail our process of the healing of the scars of past abortion. I here wish but to say that what it takes to heal the scar is a process of reconciliation between the woman and the “Mother Stream of Love” that was blocked. It is possible to enter the direct experience of it all and to complete this process; it is possible to restore peace and health to the relationship between a woman’s awareness and her power of love, even if many years after the event.

But the minimum that must be stated is that in most cases it entails reconciliation between the woman and the soul of the child that was thus rejected. In my experience the child’s soul is always available for such reconciliation. This entails the conscious crossing of the threshold between the living and the not living, the same threshold that was unconsciously crossed when the soul chose the woman to be mothered by, and at least to start with, the woman’s being, consciously or not, chose to receive it.

When the meeting takes place, across an abyss of guilt, shame, fear and trepidation – love can flow again, life can flow again, and sanity is being re-anchored. This is all I am able to share with you on this topic of soul-work this time. It can be a starting point for future sharing for us all.