

Holiday Season Challenges

By Kay Tolman – Revelation Gateway Ministries

www.rgmconnect.com

Beyond the twinkling lights and pretty bows, the holiday season can be a challenging time of year for ritual abuse and trauma survivors. Dysfunctional family dramas can affect us all, but when compounded with trauma memories and anniversary triggers, December can feel overwhelming.

For SRA survivors, December can be a minefield of triggers, occult holidays, and family call backs. Below is helpful information to better understand the occult significance of the holidays, common mind control programming associated with this time of year, and a list of suggestions for survivors and ministers to get through the month with sanity.

Most SRA survivors have been subjected to occult rituals and severe trauma every December. Many are programmed with specific triggers intended to ensure their attendance and participation in the various calendar events this month. Triggers may include Christmas trees, poinsettias, wreaths, mistletoe, Christmas carols, candles and even Santa, just to name a few.

The man in the red hat that comes on Christmas is not Jesus. He represents Mithras the Sun god, a counterfeit Christ. Although we don't know exactly when Jesus was born, we do know what day Mithras was born - December 25th. This date is also known as the Nativity of the Sun, celebrated in honor of the Sun god. The highest degree of initiation for Mithras worshippers is level seven, Papa/Pope. The planet associated with the seventh degree is Saturn, also known to represent Satan. Saturnalia is a Roman festival that begins on December 17th and concludes on Winter Solstice, usually with a human sacrifice. Many Christmas traditions are derived from Roman and Druidic holiday rituals observed this time of year.

Be encouraged - healing and safety measures can make a big difference in how people manage this time of year.

Let's look at the calendar for this month. Advent Sundays and holidays, to commemorate specific saints, are liturgical holidays (derived from Catholicism) when rituals are likely to occur. Some Jewish holidays are also celebrated as satanic ritual events as well as all Celtic/Druidic holidays such as Yule/Solstice and Hogmanay.

December

12/3-12/24 Advent

12/6 St. Nicholas' Day

12/7-12/14 Hanukkah – Festival of Lights

12/8 Bodhi Day - Buddhist

12/12 New Moon

12/12 St. Lucia's Day – Catholic
12/16-12/21 Kidnapping & sacrifice preparation for Solstice
12/17-12/23 Saturnalia – Worship of Saturn with orgies and sacrifice - Roman
12/21 St. Thomas Day: Fire Festival, feast day, orgies
12/21 Winter Solstice/Yule: Sex rituals, burial, sacrifice
12/21 Ritual of the Elements and Feast of the Times - Thelema
12/24 Christmas Eve
12/24 Satanic Demons Revels/Da Meur/Grand High Climax: Rituals include receiving body parts as Christmas gifts
12/25 Christmas Day
12/26 Boxing Day (UK, Canada, Australia, New Zealand)
12/26 St. Stephen's Day
12/26 Full Moon – Cold Moon
12/28 Day of the Holy Innocents - Catholic
12/31 New Year's Eve/Hogmanay

Note: Birthdays are often ritual events.

SRA survivors are required to attend some, if not all, of these rituals. At the very least they are required to report into the family. If they fail to do so, suicide and self-harm programming may activate.

What can ministers and counselors do to prepare for the season?

- 1) Keep your eyes on Jesus (Hebrews 12:2) and spend time in worship and Bible study.
- 2) Pray. Use protection prayers and pray Psalm 91 daily. Preemptively break witchcraft before ritual dates and after they have occurred. It is also wise to ask for extra prayer covering from your support team during this time.
- 3) Assist survivors in creating care plans.
- 4) Preemptively break programs on survivors that are likely to activate during the season, especially "seasonal programming" for winter.
- 5) Watch your survivors carefully for any signs of suicide or self-harm and take appropriate actions.
- 6) Keep extra time in your schedule for potential crisis calls.
- 7) Exercise - it's a great stress reliever and anti-depressant.
- 8) Take time during this busy season to take care of yourself, rest, eat well and maintain your usual routines as much as possible.

It is important for ministers to break the following programs under the blood of Jesus. Bind the demonic layered in the programming and cast it out. Minister inner healing to all affected alter identities.

Mind control programming likely to activate during this season includes:

- 1) Seasonal Programming – Winter

- 2) Mithras Programming
- 3) Christian-based Programming
- 4) Call-back Programming
- 5) Suicide Programming
- 6) Self-harm Programming
- 7) Wizard of Oz (Every year this movie is replayed on TV in early December)
- 8) Snow Queen Programming (The modern version is the Disney movie *Frozen*)

What can a survivor do to enjoy the beauty of the season and maintain safety?

- 1) Keep your eyes on Jesus (Hebrews 12:2) and spend time in worship and Bible study.
- 2) Pray. Use protection prayers and pray Psalm 91 daily.
- 3) Be cautious with cards or gifts coming from unsafe family members.
- 4) Prepare a care plan in the event difficult feelings or memories surface unexpectedly. Include a list of safe people to call for prayer and a mental health hotline number.
- 5) Reassure your system that you will get through this time safely.
- 6) Exercise - it's a great stress reliever and anti-depressant.
- 7) Take time during this busy season to take care of yourself, rest, eat well and maintain your usual routines as much as possible.

As healing progresses for survivors, triggers and memories resolve, safety improves, emotions heal, and the intended joy of the season can be a reality.

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