Jen:

Good afternoon, this is Jen Lee and welcome to Episode 12 of the I Need Blue podcast. Visit ineedblue.net, to hear previous experiences. Before we start today, some of the content may be sensitive or triggering. Periodically, we will warn of graphic content which is coming up. Please if you need help seek it. I'm pleased to welcome Asia. She is a fellow podcaster. I found her story from Causepods in which we were both guests.

Asia's podcast is "Letters To The People" and she will share information about it at the end of the episode. She is a victim of the satanic ritual cult that runs the LDS/ Mormon church. The first time I listened to her podcast, I couldn't stop. I had heard of such things but had never spoken to someone who had been on the inside. This is her story, and I want you to hear it from her. Let's get started. Welcome, Asia. And thank you for being here.

Asia:

Thank you so much for inviting me. I'm excited to be here, Jen.

 Jen:

Can you share some of your childhood memories.

Asia:

I grew up with chronic sore throats. It seemed like seasonally, like nine months out of the year, I had a sore throat. I learned how to self-medicate with that. I also would have nightmares. I was terrified of scary movies. I would have sensation some nights when I'd go to bed where I didn't feel like I was there. I felt like I was floating.

Jen:

In a previous conversation, you shared with me a recurring dream you would have. Can you share that with us?

Asia:

I woke up from it so jarred because in the dream there was a series of events that happened. I felt like even though I didn't see the end of it, I felt like the culmination was going to be the death of my husband. I thought he was going to die.

I was a very devout member of the Mormon Church, the LDS church. Part of that devoutness was studying the Bible, studying the Book of Mormon, and studying scriptures. I was a teacher in the congregation. I was very engrossed and very involved with this. I was always working on my relationship with God. So, this dream because it was so impactful, I honestly felt like it was God speaking to me. Like I was getting a message from God saying get prepared, your husband's going to die. I had six children. As a mother that is suddenly going to become sole provider, I was going to become a widow.

I started preparing and every time he drove away, I just wondered if it was going to be the last time, I saw him. In my dream it was summertime; I saw the leaves, the shadows on the ground, and I saw the trees. During the wintertime, I didn't worry. I saw how he was going to die; It was a car accident. A single car accident.

In 2003 when we had finished building our second house, that "end of events", dropped me into depression and it was a heavy, heavy depression.

I was kind of dissociating; I could stand outside myself and look at myself and go, "What is going on?" I was so apathetic, I didn't care. I had kids that had football games, and music lessons and all these boxes, and I put so much of my energy into this house, and I loved it. I didn't want to unpack a box. I'm depressed. I'm sad. And I'm usually a happy person. What is going on with me?

Jen:

How old are your kids?

Asia:

My youngest was 4 and my oldest was probably 14-15.

So, this depression hit, and I thought, I got to take care of this, this is ridiculous. That was July of 2003, and it wasn't until October that I was starting to reach a peak. I had to do something, so I reached out to a friend. She suggested a therapist and gave me his phone number. (I believe that was a divine moment which led me to where I am today.) So much was going on in my mind. It was such a conflict because when you are raised in the Mormon church and you have a problem, you go to your ecclesiastical leader. You don't go to therapy or anybody else.

No matter what the problem, it's considered a spiritual problem. Your ecclesiastical leader who is a lay person, they're all volunteers. Nobody's trained in anything. Somebody could be a construction worker, or somebody could be a gardener, whatever. You would go to them with issues like marital, addiction, etc. and these men that are in spiritual spots are supposed to be channeling from God and tell you what to do. This is what we believe is this congregation.

Jen:

Was that the same with medical doctors?

Asia:

No, going to a medical doctor was ok. I didn't want to see a medical doctor because I didn't want to be put on meds. (The reason for this is coming up. I'm giving you a baseline so you can understand where the anxiety and terror came from.) I preferred to do things naturally.

The ritual experience is not only satanic ritual abuse with ceremonies, blood cult proceedings, sacrifices, murders, dismemberment, and cannibalism, it was also mind- control with drugging, electric shock, experimentation, and other things. I hadn't brought all that forward in therapy yet because these memories were so repressed. I had an underlying feeling of I hated needles etc.

Because of my teachings, I decided to call my father, who was my handler, to ask him for help. I remember this day; it was pivotal.

I picked up the phone and I dialed my dad instead of the therapist. My dad picked up the phone and I said, "Dad, I'm in a rough space. I'm not okay, can we go to lunch? Can you help me?" He said, "Sure. Your mom and I are getting on the cruise ship in Florida. We'll be back in 10 days. And once we get back then we can go to lunch." I said, "that sounds great."

 I hung up the phone and dialed the therapist. I got in in two days. I filled out his form in what seemed to be record time, judging by his reaction. He looked over my paperwork where I checked a lot of boxes. He said, "we can work together and let's give it a couple months and see where this goes."

In my mind what I heard was, yes, I can help you and in two months you'll be cured. I wanted to make that my reality. This was so terrifying for me, I decided not to tell anyone. Next week I went in for my first appointment.

He was a certified psychotherapist; he had all the letters. He started out as a social worker who got into therapy, then into psychology. He was certified in hypnotherapy to deepen the experience instead of just doing talk therapy. He very clearly said we're going to use hypnotherapy along with psychotherapy skills to help you. I'll be monitoring you, but basically, you're going to tell you, your story. I said, “okay”. I'm familiar with this. I've done meditations. It's the same place, right? I just had the intention of going after, where did the depression come from?

The first session was me recognizing I was an infant. I was in my great aunt's house. I remember laying on a blue cushion. I was thinking, this is weird; I don't come to this house very often. Suddenly, there is black candles and people standing around in red robes. I started seeing this baby blessing, this christening going on. Ritual chanting, strange noise, and blood.

 I have no reference point in my real life because I hated scary movies. I couldn't look back and say, "oh, I just saw this movie. That must be where these images are coming from."

I walked out of my first appointment feeling stunned. I was in shock with what I saw. My therapist responded with, "all right. Well, that was good work today. We'll see you next week.” I’m thinking, wait didn't this blow your mind. He was calm and didn't put a lot of commentary on that. He said, " this is your story. We're just going to keep following it." And I'm thinking, no? yes? My body was responding, and, in my mind, there was this part of me that is questioning, "is this really true? This is your story?"

 I went back the next week. That's really where everything started to unfold in myself, my body. Everything was ready to say, I am ready to get rid of everything I have been carrying for 40 years.

Jen:

Was it hard to go back to that second session?

Asia:

I jumped in. Once I started seeing a few different things, I was very tenacious. I had to go home and sit with this, with what just came forward. And then I kind of let it go.

I was in therapy for 8.5 years. My body was healing things such as rage. It was dissipating. I didn't go in for anger management. I didn't go in and say,” I just yelled at my kids; how do we get this out?” I was so involved in just allowing the flow to go. I was trusting what was coming forward. I was trusting where this was going.

 I remember the day my oldest son came up to me and he's saying, "you haven't yelled at us in a really long time." I said, "oh my gosh, you're right." I would rage. It was scary. I've had to work through this and it's embarrassing to admit, but my heart hurts because I got these little guys and I'm getting so angry at them. It's not their fault but it's happening to them. They're adults now and they get it, but I think about what that experience was and seeing their looks on their face. I feel bad.

 I don't know what would trigger what. I don't know if I was holding things and packing it away. I didn't know if this had been a build up over a while or if the incident was the direct trigger. I would have episodes where they would do something and from my toes, I could feel this rolling emotion, this rolling energy. I could feel it coming up my legs and eventually it got to a point where I was like, "oh, no!" It would roll through my body so quickly, but I could feel the movement of it. I was like it would overtake me. This rage would just come out.

 I never acted out on them. I never took something and hit them or beat them. But I yelled. There were times where I did dissociate. I felt like I could step outside myself and watch this, and I couldn't stop it. I was horrified, and yet I'm in the middle of it too. There was this strange split going on. When my son said, "you haven't yelled at us in a long time," it was such a milestone reached. Honestly, since that point, I have never had that kind of grand emotion of rage. It has ceased to be a part of my life. It has been 15 years now,

Jen:

It's scary when something just takes control of your body.

Asia :

I'm explaining this because some victims of trauma create this emotion of rage which is stored in your body and in our minds. It can create several symptoms including chronic ones. Why does this keep happening? Maybe I need a doctor? Meds? Many times, we just deal with it.

Jen:

I had several symptoms of aches, tiredness, etc. which could be several different things. You go to the doctor, take aspirin or detox, whatever. I realized I was only treating the symptoms, until one doctor came along and figured out the root cause was Lyme disease. I had these symptoms for years and had gotten to the point where I thought I was just going to live with it. When it comes to trauma, our mental and emotional health, you can't just treat the symptoms. You must get to the root cause. Traumas become like a tree inside you. A tree with roots which invade your body, and they start to squeeze. So, what other roots were there?

Asia:

Wow, that is such a great question. My story includes rage but also social behaviors which could be deemed "inappropriate." I'm going to call it flirting, but it's more of a promiscuous kind of stance.

A few years into therapy, I was diagnosed as having multiple personality disorder, they call it DID now. I didn't know I had this. As we starting to work with these multiple personalities, it took my therapist a while to track the personalities. I was fluid in switching. My personalities didn't have names. It was just smooth switching and that is what I would do.

One of these personalities, was more promiscuous, very flirtatious. I don't know how overt it was because I was in the personality.

I was aware I was in the personality, but it didn't know it was a personality.

When I felt in danger, those personalities would come up. It normally happened when a male would approach me with unsolicited attention. I'm not going to blame the guys here. Some had intent, but others, it was all my interpretation. If I was sensing any kind of danger, like "oh my gosh, this guy wants do something or be too close or he's in my space or, I wondered if he wants to kiss me or do anything I'm not really wanting to be involved with" this personality came out.

I realized this personality’s main goal was believing, "if they like me, they won't hurt me." I learned and was trained and shocked into coping with this by adopting this promiscuous kind of flirtatious persona in hopes it would appeal to the male, who I was sensing or identifying for myself was dangerous. This personality’s goal was to defuse any kind of harm by appealing to the sexuality or the sexual side of this person. Unfortunately, what it normally did was enhance things and then I'm in a situation which I don't know how to get out of. I was almost raped a few times in college because of that thinking.

Jen:

I heard you say "shocked" in treatment. Can you give us an example of what that was like?

Asia:

Absolutely. "Shocking" is part of the reason I was afraid of doctors. My experience of being a member and part the of satanic ritual abuse also included being subjected to mind control. There was also scientific human experimentation. I was on the table, and they would attach electrodes to different parts of my body. I was in what they now call, electric shock therapy. In no way would I ever call this therapy. It was common practice. I was not the only child in the room; we were all hooked up to electrodes.

This "therapy” was used to get rid of certain behaviors or to drive in certain programming. They were run by machine, by a trigger, by pulses or whatever. Sometimes it was automatic and other times it was operated by a man. A lot of times this was coupled with visuals. I might be watching a slideshow of horrific things similar death, concentration camps from World War II, and you see the people, snuff films etc.

Jen:

How old were you?

Asia:

My real induction began when I was about five years old. I was born into it, and it was really family oriented until then. At that time, I tried out to be on this weekly television show called Romper Room back in the 70s. I went into the television studio here in Salt Lake City where they filmed me and other kids playing. I went back home, and my mom got the phone call, "she made it and we would love for her to be here for the next week. She will get to play."

This "play time" was a screening process for men, pedophiles running the cult. I was chosen by somebody within the high leadership of the Mormon church. He is well known especially in the Mormon religion.

I had been selected after being on the show. This immersed me into a whole other world, a greater connected underground world with greater satanic ritual abuse, greater versions of satanic ritual abuse, trauma, child trafficking, rape, and then also the human experimentation and mind control.

Jen:

Was Romper Room aware?

Asia:

I'm going to claim yes. I'm going to come forward and say yes, this was used for screenings because they would have recorded it and then had it delivered to the men. This was recorded at KSL which is owned by the Mormon Church. I'm not going to say the hostess knew. What is sinister about all of this and why it's been so suppressed is because it's hiding in plain sight and people are used as pawns.

My dad was my handler. (graphic content warning) There was incest, he raped me at night. I remember showering with him. I remember being touched in appropriately, being abused in other mental ways, and being set up for other abusive situations by him. I still remember when I would see him walking home from work and me running into his arms, like oh my gosh, he's my favorite person! My life would end if his life ended. I just adored this man.

I had a very loving view of my father. It had to be that big because the other reality was very dark side of him. If you would have asked me, I would tell you my dad is my favorite person in the world. He’s, my idol. I want to be like him!

Jen:

Did he ever make you feel betrayed?

Asia:

Yes, there were times I felt betrayed. And yet, I remember the key times where he was gaslighting me. Gaslighting is something common in a domestic abuse situation. There were cutting remarks such as, you’re never measuring up or you could have done better. They're sharp, they cut, and you feel it. It goes to your gut. Then a few days later, things are good again. My mind locks into remembering the good times. Thinking, "ok. this is who he really is."

I remember one time my mom and I had gotten into a fight. I turned to my dad, and he says, "you know, you're just like me." I remember that comment and I was like, "Oh, thank God I'm like the good person." What I also knew is he could be sinister. He could be horrible and dark. (Caution graphic) I remember he killed my dog in front of me during a ceremony. He took a dagger and put it right into my dog.

It was for conditioning. It was a way of really keeping you off base. You didn't have to have a reason. It was to say: this is something I can do, and I will do. This is something you can't prevent, and I will do it to you. It was a power play. I witnessed this and it was horrifying, and I couldn't do anything about it.

 In every circumstance, you are under the influence, of a substance of a drug. If drugged you're lethargic or you can't move well, or you're paralyzed. All you can do is see things. People ask, "why don't you yell or scream at him? Why don't you stop them? Perhaps I thought I was. Perhaps I was screaming inside.

Since 10 years old, it was being proved to me that I can’t stop anything, I can't do anything. In addition, to being drugged, whether it's injected, you consume it through a candy, food, or drink, most of the times, there was always a sexual violation. It could be a rape with an object, with a penis, with a tool etc. This drives the conditioning further. They use sexual violation for a tool. It's not just for power to show I can overpower this child; it is a tool. So, what just happened is it's now being driven deeper, because of the violence to the body. And if you end up having an orgasm from it, then the feeling of shame comes into play.

To unteach this is difficult. As I was going through my therapy, and I would start recovering these rapes, I would sob because my body responded, I had an orgasm, and that felt good. But none of this was good. The mind game your body plays on you is tough and my therapist was good about reminding me my body's doing exactly what it does. It's a biological thing. But I didn't want to. You're weaponized against yourself.

Jen:

Were you forced to watch other people being violated and did it just happen to the females?

Asia:

Yes, I was forced to watch. A child was a child, so it didn’t matter if it was a boy or a girl. I want to get rid of the stigma that by age 12 you “age” out. I was accessed until I was 36 so they could have access to my kids. By being accessed they could arrange marriages and now they have a “family.”

Everyone is “marked” as something. Some do age out depending on what their purpose was determined to be. For example, you might be bait for pedophile drops, or you might be filmed and once you age out of the niche in which you are being filmed you will age out.

The people who are part of this are groomed; they put time into grooming these people. You are easily accessible to your handler. All your handler must do is use whatever accessing tools they need. It could be a phone call, it could be a tone of voice, it could be a look, it could be a word, it could be a color, it could be a sound, a smell. It could be a combination of things. It could be a touch in a certain spot on your body. They've put enough time into really conditioning their victims that they have access to them whenever they want.

Jen:

Where was your mom?

Asia:

That's a good question. She wasn't a part of most of my memories. There was a family version of the ritual ceremonies abuse. I remember having family reunions. This was my dad’s side of the family. I remember seeing cousins, and aunts and uncles. My grandparents were part of it. I did see my mom there. I never saw my mom act out on me and she didn't appear as a main perpetrator. I don’t know her story. I don't know if she was coerced and forced or just as a puppet. I tend to think she was. Or if she was an active player, I wasn’t assigned to her.

There were home rituals which I only saw my dad at.

The church was broken down into local congregation and a step higher into a broader congregation. I got delivered or sold into the highest level of this ritual group.

Jen:

Seeing clips from a movie is how some describe the experience of recovering traumatic memories. Is that true for you?

Asia:

I believe, part of my calling on this earth is to have complete memories and ceremonies so that I can share it on my podcast to help people. I would get entire ceremonies. I would go into therapy and start in one space. It didn’t matter if it was beginning, middle or end. I would stay with this memory until I got the whole story. It didn't matter if it took two sessions, or two months. I was with it until I got the whole story.

It created a situation where I could start referencing. I was picking up names and picking up faces. I got locations. I was approaching it with curiosity. The next visit I would drop into the same memory. I'd pick up where I left off. Suddenly there was more and more. So, I can talk about my experience with more completeness.

 I remember private yards, backyards, private church owned buildings, a Catholic Cathedral for a number of these rituals. It crosses over religions. I was born into the Mormon Church, but when you start stepping into this realm it doesn't matter who you are, or what you're associated with.

What goes on underground is really where this group identifies. I saw public officials, government officials, judges, and other people high in the community. Teachers at the University and other church leaders. It's an elite kind of group that runs this in a particular state. It's thorough.

GRAPHIC CONTENT There was an experience where we were in on private property; there was a big field. I remember waking up into it this scene. This memory was parents were taking their kids to this family event. I think it was supposed to be something fun. I remember they were giving the children what I called blue candy. I remember not liking the taste of it. I chewed on it for a minute and then spit it out. It was a drug. I remember all us children, we fell asleep, or we all kind of went into this drugged state eventually. It didn't take long. The children were in one area. I woke out of this drugged state because I didn't have a full dose. I remember seeing everybody dressed in temple clothes, Mormon temple clothing. Up front I could see there was a wooden platform where there was this man strapped to a stake. He was strapped to the stake as though he was going to be burnt alive.

They were skinning him alive. The screams were just harrowing. I remember identifying the 3 men who were up on the stand leading this and they had like an executioner taking the blade to this man. They were overseeing and saying something to the crowd. I don’t recall what was being said. However, the witnessing of this ceremony was there to condition everybody with the following message: this is what happens when you try to get away from the group. This is what happens when you talk about this group. It was a clear message, don't betray!

Jen:

The person tried to leave?

Asia:

Yes, he was trying to go public.

They made this long and slow, horrible, horrible, horrible. I witnessed this type of graphicness.

(Graphic Content) I watched the drug, adrenochrome, it's the adrenaline that gets pumped into your bloodstream when you're experiencing a great amount of terror, harvesting from children. Drinking human blood was part of what I witnessed. I wasn't getting the adrenochrome because it was too valuable. I was forced to drink blood and I was forced to eat flesh. I witnessed abortions.

Jen:

And how old were you?

Asia:

Maybe 5 on up, I would see things like this happen. When I started "participating" in this infant murder, or child murder, I was probably about 7 or 8. I was still very young. I was brought over in front of the altar. I was standing on a stool. There was always this man behind me in this big cape or robe. There was a dagger, and they would make me put my hands around it and then they would put their hands on top of mine. They would proceed to kill the child on the altar with this dagger we are holding. Afterwards, immediately I would hear in my ear, "look what you did. You know this, you did this, you did this." In a drug altered state, those words were driven in.

 With what you are seeing, the feedback is, I did this! Whether my life was being threatened, which happened often, or whether I was watching somebody else, I could always see my dad. He was there to "rescue me” to take me home. Not once did my brain go "What are you doing here? And since you're here. why aren't you fixing this?"

Instead, he's the rescuer. He’s, my hero. He's the man with the cape on. Thank you for getting me away as fast as we can. There was no association with, "you're part of the gang." It was Thank you! Thank you!

The reason we call this satanic ritual abuse is there were many setups and rituals where Jesus and Satan would face off and Jesus always lost. The winner, the stronger one was set up to be Satan. The grandest set up was praying to your God to rescue you. They would say, "your God has abandoned. Your God doesn't care. Jesus isn't here, see how he doesn't show up. This conditioning against any kind of connection with deity; very attacked, very focused.

Jen:

Did they call these child murders? How did they reference justifying the killing?

Asia:

That's a great question. They were able to separate this. For me it was murder. They told me, “You just killed this child."

There was mind game that I had to play. For example, I had a timer and I had to perform certain tasks. If I didn't do it in time, then they had a puppy or a kitten something hooked up to a device which would kill it. It was done in a very bloody way because you’ve got to see the gore. The timeframe was solving the puzzle, do the task, perform the performance, and do the thing you need to do to save this puppy. You never won. It was always set up to where you killed the puppy, or you killed the kitty. It's very clear you are at fault. All your efforts never amount to any kind of success, so self-doubt is massive. And it's being instilled in these victims. You don't trust yourself; you always defer to authority because you have been trained into that.

As far as their belief, no, it’s a sacrifice. It's a utilization. It's just what you do. It's part of furthering their agendas, their own personal beliefs.

There were times, as I was recovering memories, I could see what was going on from an outside perspective. Like I left my body, and I was watching from the ceiling or something. I could have a clear view of the entire room and what was going on. But not only did I get a clear view of the room, I was sensitive enough in these situations that I could sense motive. I knew why the people in the room were doing what they were doing, I knew that man was really driven and motivated by the science behind it; I knew this guy was really driven and motivated by the sexual responses he was getting from it; I knew this other woman was fully into blood lust. I knew why they were there. It was clear. I wasn't judging it. It was just part of my experience where part of my remembering was being able to detect motive.

It's hard to understand, why are they doing this? Outside of saying they have agendas which they agree upon, and what they're drawing from those agendas is very individual.

Jen:

Is abortion normal?

Asia:

All the time. Yes, in fact, there are women and girls that are marked as producers. Their job is to reproduce. They will be impregnated in several ways. it doesn't matter, it could be artificially, it could be with a rape etc. The point is, they're there to produce a baby. The purpose of the baby is to be fully born, and depending on the father, the bloodline, origin of the sperm, determines what happens after that. If it's coming from somebody who has good bloodlines, a prophet, coming from a world leader, an area leader or somebody whom they want to preserve these genes, then the child will have an agenda.

If the woman’s job is to provide a sacrificial child then that's going to be part of the plan. If it's to produce a fetus that can be consumed right after the abortion is happening, then that's there too.

Jen:

Honestly, the question which comes to mind is are these women who know their child is going to be sacrificed or eaten, are they proud? Are these women proud to be birthing this child?

Asia:

That is so fascinating. Of the women I know now that have told me this, they are sickened and mortified. The women I remember in ceremony want nothing to do with it. When this was happening, it was all involuntary. They didn't want this to be their role.

I am in contact with a woman. My heart goes out to her. She's in a fragile place and has been there for a very long time. She told me this was her role to produce babies. She's five or six, maybe even up to eight babies and all of them are gone, is the way she put it. She said they were sacrificed. She couldn't go into it more than that.

Another client just realized that one of her children she had, was used for that purpose. This is new for her and she's really working through it. Really being kind to herself. I'm watching her go through the process and she has other children that are great, live, thriving. She is in focused therapy and has cut off relationships with her family, so they don't have access to the family. I'm impressed with where she is in her journey.

Six months into my therapy, I realized it wasn't just me. This wasn't just incest. It wasn't just little weird ceremonies that the family is going to and see something really disgusting. I was starting to see there were patterns. I realized my dad really was a handler. It was becoming more organized, and I was being sold to men. I recognized the mind control. I saw quickly I had to cut off all relationship with my parents.

It took me a little longer to cut off my brother and sister because I didn't know who was involved as a perpetrator or as an active member. I didn't know if my brother or sister was being controlled. I did not know who was a reporter.

You are trained to report on each other. It's super easy. Dad calls, "Hey, Dad. Hey, have you talked to your sister lately?" he asks. "Well, yes, she .... And they went to...." Suddenly, he's got this cache of information which is useful. "Reporters" help with the tracking process.

Another example, "Oh, my gosh, she said the weirdest thing the other day. She said she's starting to have these nightmares and sees your face." That's going to be an indicator to him. Oh, we need to re asses or bring her back into the group. We need to do some ceremony; we need to do some mind control.

So, dad calls daughter, "Hey, daughter, do you want to go to lunch?" "Sure." So, you think you're going to lunch, you show up at lunch, you drink something he ordered for you. He says, "Hey, you know, I took the liberty to get you, water or your soda or whatever." And you're like, "Oh, thanks, I love that." You drink it, and then you're gone. He is helping you into the car and off you go to your next destination. You supposed to be at lunch, so no one knows what has happened.

You get reconditioned in very severe ways. Then you wake up maybe with a headache, and you think, lunch wasn't very good. Part of the conditioning is you wake up in the car, and dad says, "oh my gosh, that lunch just didn't agree with you," They start doing this gaslighting thing and loading your reality. Reprogramming what you forgot. So, you are left thinking, oh, yeah, I remember sitting at the table. I know that I went there. Oh, you know what, we will get your car later that we just take you home. You can call into work, etc. It's all being taken care of, and you're so grateful. Right? Now you're not having your nightmares anymore, and you're not seeing your dad raping you at night because you just got reconditioned.

Jen:

Are you afraid? Are you afraid they might find you?

Asia:

No, in fact, I had to work through that. One of the biggest things I’ve ever done in my life is start a podcast with my name. In 2019, I was the first time I was invited to be on a radio show. I went on and I went by a different name. I did not tell a story as graphic as I'm sharing with you today. The radio host was curious. We'd already gone over some things prior, so I knew what to expect. He asked a few questions which kind of jarred me. I didn't expect that.

When we got off that phone call, I had to recover for two days. I was shaking. I had to leave town. I had a totally different name, but it was just that act of doing it that jarred me. I went through 2019 with the pseudonym, and I was a guest on this radio show for almost the entire year into 2020. In late 2020, I was invited to be on another podcast. The gal reached out and it took me a week to respond to her. She responded back and it took me about a month to respond back.

Finally, I said, Okay, let's tell my story. Again, this is a whole different audience. I asked, "Is audio only or both audio and video?" She said, "it's both." I went through this whole ‘m not ready. I don't want people to see my face etc. I decided to move forward with the guest spot on the podcast. I got to this point where I'm like, oh my gosh, this is really empowering. Starting my own podcast was another step and brought up some other issues. I'm like, "Oh, look at that. I'm avoiding this here and I'm avoiding that there and this gets to be addressed."

My healing is continuing, I'm not going to say I'm healed, but I am going to say, spending the time that I spent digging up the way I did, really was thorough, and I can and to somebody else's experience without being triggered. I

I can't say I've got any scars from being stabbed. There is a plastic surgeon on the team. i was cut with a scalpel so many. I remember this one time; I was cut on the inside of my thighs almost like fish scales. The marks were tiny, but present enough that when I would walk that pain was there. They heal quickly and without scarring.

Jen:

Were you allowed to cry?

Asia:

Yes and no. They liked it when it was needed to traumatize other people in the room. Other times you were so drugged that inside you were crying. I had emotion. I was good at suppressing them. But I don't remember that being a direct conditioning that I had to heal from. To answer, yes and no.

I've processed that ball of emotion. Over and over and over and over, I have cried tears so deep that I didn't know they existed. Like the deep, deep, deep, deep places I didn't know I had, kind of sobbing and crying and raging and wanting to kill things. Because I've processed, it allows me to talk about this without becoming a ball of emotion.

For a long time, in my process, I wanted to fantasize about creating Molotov cocktails and throwing them on my dad's house. I want to watch this thing burn.

Really allowing that anger to have a place, allowing those fantasies to be there. Journaling it out or allowing yourself to feel because that is so cathartic. Those emotions are real, and they are part of what gets repressed. Part of the healing process is opening the door and saying, Hey, we're going to let some super scary emotions release. And once it's released, you might have a body memory where your legs start shaking or you feel like you've got a sharp pain in your side etc.

It's all necessary, because if you don't go there, and you don't open those windows, and you don't rip off that band aid it’s going to find some way to give you indicators that it wants to rid itself of this. And if you keep ignoring it, it's going to get chronic.

If you’re not ready to seek therapy, journaling can be the witness until you get the courage to confide in somebody. And when you do, allow those images. Whatever you want to describe whether it’s, “I'm so embarrassed, I'm so ashamed, you know, but this is what I saw." Just allow yourself to dump on the page. You'll start telling yourself the story, being friendly to yourself, and being curious in these volatile emotions is a balancing act, too. Giving yourself time and saying, Okay, I'm going to come back to this. What you're doing is you're initiating a relationship with yourself, your body stepped up first, your body made, the phone call, your Morse code is coming through is like, the thing is being given to you. And your response is going to be critical to what happens after that. It's not necessarily the easiest process. It's not necessarily the prettiest process, but it is the most effective process. You can do this. I'm going to tell you, 100%, you can do this, and you're so worth it to do this.

Jen:

Those are powerful words “you are worth it". Asia, I cannot believe it's been over an hour. Can you believe? I know. I have more questions. Will you come back?

Asia:

I would be happy to come back. Absolutely.

Jen:

I want you to talk about your podcast. But what I thought would be neat is if my listeners have questions, they can email me at: INFO@INEEDBLUE.NET And then Asia is going to talk about her podcast, and you can also reach out to her if you have questions and then we can come together, and we'll have another session. I have more questions about everything that you have been through. I have a question about how you recruit people. I have questions about raising kids, raising a family and we also talked about other means of therapy such as chakra, the balancing meditation. I want to talk about that because you and I both have experienced that. But right now, I want you to tell us about your podcast.

Asia:

Thank you. Okay, so my podcast is called LETTERS TO THE PEOPLE. And you can reach me through an email. INFO@LETTERSTOTHEPEOPLE@PROTONMAIL.COM. I have a website, letterstothepeople.com. You can find resources as well as all my episodes. Visit the website to learn more.

As a victim or survivor, if you feel you would benefit from the process of writing it down, putting a stamp on it, sending it somewhere, and knowing it will be safety received, there is an address also on the website. We will take your letter and witness it or you can write on the outside envelope, "PLEASE DON'T READ” and we will honor that. It's safe and we can destroy it or you can give us instructions on what you want to have done with it. But I do know that at some point, it might prove to be proof. You are a law enforcement podcast, and one of the questions we do need to address together at some point is what you asked me from the beginning: "why is this still going on?"

I'm encouraging people to focus on, not necessarily seeking justice in the justice system, but seeking healing within themselves. The whole situation of stepping into a place where you're going to be asking for justice or what the process is of going through criminal justice system is going to require you to have grit, some real strength and being able to give yourself that by working on your own healing is the best thing you can do for yourself. letterstothepeople.com. I'm also on Spotify and Stitcher.

Jen:

I think everything you just said is great! Is there anything else you would like to share?

Asia:

A lot of gratitude for holding this space, spending time with me, and allowing me to speak. I'm going to say with confidence that you're rubbing shoulders with people that are involved in this. Unfortunately, you probably know perpetrators people who are actively involved in it. And unfortunately, you probably know victims that have repressed this too.

Jen:

Asia, write this down because this is what we're going to start with during our next conversation. How do you address people who will hear this episode say she's a liar? That's not true. She's just having a chip on her shoulder. Trying to stir up stuff. She has no proof. This is how we will start our next episode. Fair enough?

Asia:

Okay, fair enough. Excited.

Jen:

I have chills I so enjoy talking to you. But I'm going to close for now. This is Jen Lee of the I Need Blue podcast. You can find all episodes on www.ineedblue.net. Plus, I can be found on all of your favorite podcast platforms. Until next time, thank you for listening. Thank you for your support.