

## **Divide and Rule**

The concept of divide and rule may be a new and unfathomable one for those involved in the adoption circles, but a concept which may be at the core of our existence. It calls upon us to examine one of the key elements at play in why we live our lives the way we do, and challenges us to raise our anger to new levels of awareness.

When we probe into our hearts, and start searching for the answers to why life seems to have dealt us a cold cruel hand, we catch ourselves in a sea of sinking emotions. Submerged in loss and despair, adoptees and natural mothers become united in their quest to regain this missing part of themselves that seems so elusive and unreachable. Our vision is so narrow during this phase of our lives, and naturally so. We can only see the children or the parents we have lost. We yearn for them to be in our lives again, and we feel incomplete without them. We feel that we are dying with this part of ourselves missing, and we begin to search for something that can make us feel complete again.

The journey into our hitherto unfelt emotions is excruciating. We allow the deepest, darkest corners of our subconscious to make itself felt to us, and slowly we call the experience of being separated from the human being who created us, whom we created, back into our awareness. Tiptoeing through the agony of the loss, the longing, comforting our wrenched hearts, the miracle of personal healing commences. There is no corner cutting in this journey. We can only choose to walk forward and integrate the ugliness of some of the truths into our psyches, or we can choose to ignore them and play our part in nourishing society's sickness.

We are confronted with ideas about ourselves, which we know instinctively to be untrue. As adoptees, we are expected to not know the difference between our natural and our adoptive parents. If we challenge this idea, we are labelled crazy. We do not have our intellect developed in any way to be able to understand that we are suffering a trauma when we are one day old. But our bodies are inextricably intertwined with those of our mothers, we have lived inside this body for forty weeks. This body is our world, and suddenly, the world is no longer there. The mother who knows instinctively when her child needs feeding because she is connected spiritually, emotionally, physically, historically and genetically to it, has suddenly disappeared. For forty weeks, the mother's body has been preparing itself to meet the needs of her child. Her milk is ripe with the minerals and nutrients that the tiny defenceless body so desperately craves, but that tiny body has been ripped away from her. The mother-child unit is one organism, in two parts, and both parts need each other to feel alive. When this is destroyed, the loss is imprinted into both mother and child on a cellular level. The body knows. The organism is imprinted with loss, destruction, anguish, despair and anxiety.

The ability of the human body to survive is incredible. Despite these feelings in our deepest selves, we find a way to move forwards and survive. But we have to shut ourselves off from this pain in order to do this. It is not uncommon for mothers to not remember the birthday of their child. It is not uncommon for the adoptee to claim that the loss of his natural parents is not an issue. Yet the loss, when unacknowledged, will play itself out in other ways. And, when we refuse to acknowledge this part of ourselves, we play the game that keeps us disempowered.

When we refuse to speak up for ourselves, we allow ourselves to be controlled. Waking up to the monstrosities of the adoption experience also brings forth the question of who allows this to happen in the first place, and why. Exploring our hidden grief leads us to the hidden hand, which supplies babies, for a sometimes extortionate fee, to people who are able and willing to pay. People become rich, at the expense of other people's misery, another game which happens in all aspects of society. These people, the adoption brokers, create the demand, supply the goods, and take the profit. \$1.4

billion were generated in the USA in 1999. 138,000 adoptions were reported, making an average of \$10,145 being paid for each child. The state also benefits, saving money on the allowances it would otherwise have to pay out. Becoming rich has become more important than nurturing humanity, and exploring human potential.

What the state does not realise, perhaps, is that short term gain is often long term loss. Or perhaps it realises and doesn't care. The number of adoptees in the USA in prisons and institutions is drastically out of proportion with the percentage of non-adoptees. The pain and misery which has festered inside of us since the day of our birth and separation has discovered violence as its outlet. Consider that two to three percent of the American population are adoptees. According to Lori Carangelo in *Statistics of Adoption* ([www.abolishadoption.com/statistics.html](http://www.abolishadoption.com/statistics.html)), 60-85% of internees at the Coldwater Canyon Center for Personal Development Psychiatric Facility are adoptees. 70% of internees at a Monroe, Washington psychiatric clinic were adoptees. 40% of adoptees end up in schools for disturbed children. The cost of treating the violent or disturbed adoptee has by now far outweighed any tangible financial saving to the state. And yet, we choose to ignore the evidence. The world chooses to be blind and apathetic.

As long as adoption is promoted as loving and caring, and society chooses to believe this, it will continue. As long as adoptees and natural mothers, fathers and siblings, are stuck in the belief that our healing depends on each other, and that we have the right to be angry with each other, making each other responsible for the pain we are feeling, adoption will continue. The people whom it serves will be allowed to continue playing the game as long as we all have our head in the sand.

When we see that the real machinery in our society, the people who make decisions about our lives without really involving us in those decisions, are those who want to divide us, in order to control us, so that they can profit from us, we have already expanded our awareness to a point where we can start to take the control back.

For the adoptee who is so submerged in grief and desperation, we must open our awareness to the whole story. That means seeing that we were not rejected by our mothers, we do not have to walk through life wearing this heavy black cloak of rejection and pity. We do not have to direct our anger at our mothers when we change our reality about our story. We can transform that anger, and use it to awaken other people to their own life potential. We can expose the game, and more importantly, we can stop playing it.

Once adoptees and natural families reunite, we can create a positive force that cannot be touched by those who wish to destroy us. This does not mean that we necessarily have to reconnect with our own natural families, but that we reconnect with the nature of those who begin to see the truth, so that we move into a new family with the same intent, that of healing and recovery. That of exposing the truth, so that we are no longer victim to it, and that of living the truth, so that we can alter the present course of destiny, and create a world which is safer for all of us.