

Bhakti Manning <REDACTED>

30 April 2014 12:48 PM

To: Terry O'Connell

Re: shame - and sorry to bombard you with emails

Hi Terry

Just to let you know that the therapist I saw today was great. Feeling much better supported - and seeing her again soon. She has already helped me to start down the road of forgiving myself, and getting back my "power". Quite an amazing lady.

Feedback I get from the 'ashram kids', is that they are really pleased with your involvement, and have felt the contact with you has been a great support.

There are some who are still feeling they have not been heard, which is very true, but until things are sorted out in a way that people feel that the responses of the ashram are going to be helpful rather than hurtful, they will probably just keep talking with us - which in many ways might be the wiser thing to do.

If we can get a good agreement from the ashram for an appropriate path forward, then that will be great. If we can't we will probably pursue the Royal Commission option more strongly. But in the meantime, we are supporting each other - and the support is amazing.

(you can probably tell from the repeated use of the word amazing in this email that I am in a much more positive state today !!)

Just wanted to put your mind at rest. Thank you for your concern.

Kind regards,
Bhakti

On Tue, Apr 29, 2014 at 8:54 AM, Terry O'Connell <realjustice2@bigpond.com> wrote:

Dear Bhakti,

Thanks for letting me know what is happening for you at this moment. I will wait for the moment to see how things work out before thinking about how to catch up. I will return from Yeppoon tomorrow and may have some time next week.

I look forward to hearing from you.

take care

Terry

Terry O'Connell
Australian Director,
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02 47544577 [office]

REDACTED

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On 28/04/2014, at 3:58 PM, Bhakti Manning <REDACTED> wrote:

Dear Terry,

Yes, I live in REDA I am generally quite flexible with availability and time. I would be quite willing to travel to meet you normally. All I have scheduled at the moment that cannot be changed is an activity on Thursday mornings 9.45 to 12.15.

At the moment though, I am struggling with mental health issues. What I mentioned at the Mangrove day is relatively mild to what I have been experiencing in the last few days. I have not decided yet, but am going to discuss the possibility of hospitalisation with my doctor tomorrow. I am not keen on that option, and if I could be sure that the current experiences were only going to last a short time, I would probably try to ride it out. However, I know that if this is to be prolonged, I am going to need care, if for nothing else, just to make sure I am eating regularly. If I do go in to hospital, it would probably be at REDACTED

I can let you know tomorrow what the outcome of that is. I may just get the paperwork and referrals in place and wait a bit. At the moment though, I am oscillating between periods of being reasonably capable and getting snippets of time where I feel capable of dealing with stuff, and periods of being totally consumed by intense and uncomfortable sensations and emotions. Hopefully all part of the healing process - definitely part of my journey.

My contact details are : home address: REDACTED
REDACTED

On Sun, Apr 27, 2014 at 8:04 PM, Terry O'Connell <realjustice2@bigpond.com> wrote:

Dear Bhakti,

I have read your email [twice] whilst waiting at Brisbane airport for a connection to Rockhampton. I seemed to have spent all day travelling and have experienced delays from Sydney and now from Brisbane. Just when we were about to take off, the pilot indicated that there was a technical problem so we all disembarked.

Life is certainly a challenge for you. I am not sure where you live but REDA has been mentioned a few times in your email. I am keen to catch up as I need to get a better understand around what is happening for you, particularly in terms of the REDACTED. Your description of some of the machinations are very familiar to me and presently I am supporting a guy [victim of sexual abuse] who is subjected to all sorts of abuse because he told the truth.

Is it possible to meet? Where do you suggest?

By the way I am spending two days working with a sexual abuse victim [Catholic Church] in Yeppoon for the next couple of days.

I look forward to hearing from you.

take care

Terry

Terry O'Connell
Australian Director,
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On 26/04/2014, at 5:16 PM, Bhakti Manning <REDACTED> wrote:

Dear Terry,

I feel shame about talking to you. Shame about letting you know just how much pain I am in. Shame about some of my actions that have led to the more recent pain circumstances. Yet I know that these things too are all to do with injustice, lack of fair process, negligence and bullying by people in positions of power. And corrupt and wrong systems of government. Abusive use of power.

Now I have articulated that the shame is less. And the idea arises, that maybe you could help here too, if I can get the RED Mayor to agree to employ you. See this is a different story – but one again in which I have been isolated. And though I have a Court judgment that deems REDACTE to have made decisions in this matter that were “irrational, perverse and bizarre” and ones that “no reasonable council could have made”, there is much still to resolve – and the Council is not handling it in a way that is making it any easier. And it is and has caused so much pain – for me and for the neighbours. It is another area that I need to clear before going forward. And it is probably the reason that I was

prepared to go to the Mangrove day, because this REDACTED aga had already pushed me to the point where I came to decide that I was not going to let fear rule my life.

REDACTED

REDACTED

REDACTED

Of course, they know nothing of the other personal issues I am facing as a result of my reaction to the Mangrove apology.

You know, today I am starting to think that I am really getting very good at living with, dealing with and accepting huge amounts of pain. My life is so bizarre, and emotionally so far removed from what is deemed "normal" and "good" that I don't think it even worth bothering to consider "hoping" for normality at the moment.

Now again I am feeling shame at the idea of sending this and seeking support.

REDACTED

Why do I have so much pain?

Why is life so cruel?

And now there are more intense feelings around the wrongness of seeking support.

Sorry, sorry for being who I am. Sorry for being. Thank you for being there.

Regards,

Bhakti