The Royal Commission of Inquiry into Historical Abuse in State Care and in the care of Faith- based Institutions.

Their vision is to transform we, as a nation, care for children, young people and vulnerable adults.

The Commission is now ready to receive your story.

If you contact them, you will be met with compassion, a lack of judgement, and absolute care for you. There is an awareness of strong emotion being stirred up in the telling of your story and they offer free counselling after sharing. Travel costs will be covered as negotiated with each person. Your story is recorded so that you do not have to relive it again and they can work with it. However, there will be absolute respect for privacy and care for you.

They cannot do their job without you doing this sharing. The report will be out in three years or so. It really is a task of looking from the bottom up and giving a report that will cause change and create a healthier environment. You may say it is a gospel imperative to have a creative outcome.

The blocks to our telling the story are deep. Some people have taken 30 years to tell their families. Some are ashamed, many are still 'in love' with the person who so affected them. There is bewilderment that this person has moved on to the next person and the next. Some have felt complicit in what happened although they sense that in some way, they were vulnerable and that they were exploited.

Sometimes when boundaries were played with, the situation becomes too hot for the other to handle, so the situation is made public (by the other party) and you are mocked, the other person gets moved on to another place and you are left in absolute bewilderment and humiliation. It is likely that your intimate relationships were affected.

It is so confusing. Yet a counsellor may say "It wasn't your fault". How amazing that can be. The puzzle comes clearer when the bigger picture is looked at. Patterns emerge, truth is shown.

The issue is often that those with power, use that power to groom, control and manipulate you. To put it another way; it is like going hunting, the thrill of the chase. I have come to the conclusion that it is quite easily done. A predator feels a bigger and better person than they really are, more powerful. It is often narcissistic and so the game isn't really a reflection of you.

It is hard for anyone to spot a wolf in sheep's clothing. The pattern is addictive as any addiction. There is a treatment and a cure, but it is very hard to achieve. If we do not tell our little story, the patterns will continue.

The Commissioners have been chosen for their ability to hear and for their compassion. They cannot do their job without your story. Note that they do not comment on individual cases.

So, the invitation is to make contact with the Commission:

Email:-abuseinstatecare@royalcommission.govt.nz

Postal address is:- PO Box 10071, The Terrace, Wellington. 6143

Phone 0800 222 727, 10am - 4pm, Mon - Thurs.

"By looking back they can get the future right"