

Barbara Hughes' breathtaking art takes the viewer down into the raw depths of trauma and upwards by grace to experience with her a journey of incarnational redemption. The exquisite juxtaposition of art and words in this book is itself holy ground that the reader/viewer is graciously allowed to enter and share. Highly recommended for anyone who has experienced abuse on the level of person deactivation, seeks spiritual healing, and/or works with others who are taking this soul-searing path.

Isabel Anders is the author of *Miss Marple: Christian Sleigh*, *Becoming Flaming*, and *Spinning Straw: Weaving Gold*.

This is a profoundly hopeful book. The story of early and prolonged sexual abuse unfolds gradually, interspersed with descriptions of the resources that made healing possible. The story is told in lucid and unflinching prose, illustrated by fierce and compassionate paintings. The book includes easily accessible "Tools for the Journey" which will be helpful for those of us who have experienced trauma of any kind. The spiritual wisdom so generously shared here provides hard-won hope for our world. Read and be grateful!

John de Beer, D. Min, MA, Rector, St. Mark's Episcopal Church, Burlington, Massachusetts

Enfolded in Silence is a testament of hope and redemption to anyone who has experienced abuse. Barbara Hughes, through personal story, art and poetry traces the courageous, intentional journey of healing which took place over many years of suffering and searching. Now as a truth-teller and healer of souls, Barbara stands firmly on the ground of all being. We are blessed because of her story.

The Rev. Canon Hannah Anderson, Episcopal Diocese of New Hampshire

Barbara Hughes takes the oldest story in the world of sexual abuse and gives it new life with grace and beauty. *Enfolded in Silence* is a memoir that processes with bold colors and words that healing is possible for all. Her images and words evoke feelings in us that we have forgotten we hold. The book is a tragic story that becomes a vision of how love heals. It is an inspiring testimony to Barbara's unwavering courage and talent.

The Rev. Becca Stevens, Founder/Thistle Farms & Magdalene

Enfolded in Silence: A Story in Art of Healing from Sexual Trauma in Childhood



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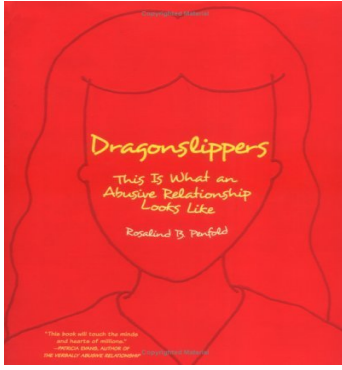
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The book tells the story of Barbara's childhood sexual trauma and how as an adult she found healing through painting and writing. Through the media of writing and visual art, the first part of the book describes the sexual abuse she experienced as a child. In the second part of the book she describes the healing tools she used. Barbara hopes that her book will not only direct others toward healing and encourage them in their journeys, but will also promote an understanding of the healing process and the cost of abuse. The story is one of pain and hope.



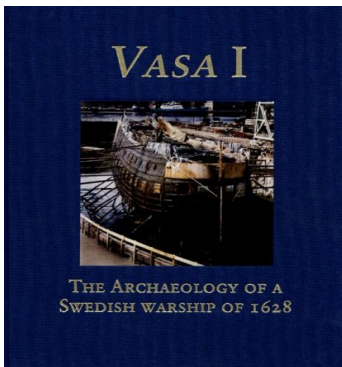
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This book is the first in a new series of monographs to be published on Sweden's royal ship, Vasa , which sank on its maiden voyage on August 10th 1628. Volume I will put the series in context, presenting the background to the ship's story, its excavation and salvage, as well as an overview of the

A Crazy Day with Cobras (Magic Tree House (R) Merlin Mission)

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Every year around the globe, people cross paths with avalanches—some massive, some no deeper than a pizza box—with deadly results. Avalanche expert Jill Fredston stalks these so-called freaks of nature, forecasting where and when they will strike, deliberately triggering them with explo

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What others say about this ebook:

Review 1:

Life is sometimes traumatic. This is a story of recovery. The words and the pictures drew me in to the suffering, but even more into the healing and recovery. I found it both inspiring and helpful.

Review 2:

I highly recommend this book to survivors, those close to them, as well as to therapists. Revealed herein is Barbara's tremendous courage, faith, integrity, and persistence in pursuit of wholeness. She so generously gives her story to foster the healing of others. The fact that she has been able to not only achieve her own health, but to light this pathway for others, is a testament to the extent of her healing. Throughout is Barbara's passionate art and wise words pulled from the core of her being that impart encouragement to all concerned that the healing results are so worth all the effort and pain involved in such a valiant quest. Kudos to you, Barbara, for this book and for all that it represents. I pray that your light shines to the ends of the earth.

Review 3:

Barbara's journey is THE Art of Healing from Sexual Trauma in Childhood. As a survivor myself, my journey has been long and ongoing and parallels much of Barbara's. What touched the most about Barbara's is the Spiritual Grace and Courage she was given and sought to keep going. Without finding a loving connection to something or someone greater than the abusers makes it very challenging to find inner peace. It is a day at a time and one minute at a time for anyone who has been on this path. Her expression of her struggle reflected in her art goes right to the Soul of Healing. She has broken the silence that so many survivors of abuse suffer with for their entire lives. She gives us all hope that we too can receive Grace and Courage and ultimately Healing from our childhood trauma. I highly recommend this book for survivors and professionals alike. Thank you and Bless you Barbara for being such an empowering witness for healing our sexual childhood trauma!

Review 4:

I am the author!! I think it's a great book. It tells the story of sexual abuse in childhood in painting, poetry and narrative, and how you can heal from it. Recommended for those who have had any form of trauma or abuse in childhood.

Review 5:

During my time on The Mountain at Sewanee, Tennessee, I've befriended several artistic women who have made notable contributions to the writing and art world and who explore connections between art and spirituality. I've written about Sewaneean Barbara Hughes and her work teaching art to children in Haiti, as well as her work with the women of Tanzania in previous blogs, but today I'm looking at her beautiful new book entitled Enfolded in Silence, subtitled A Story in Art of Healing From Sexual Trauma in Childhood, and am moved to write a few lines about Hughes' personal journey through this painful experience of childhood molestation.

Hughes' long journey from childhood sexual trauma to healing is traced through poetry, prose, and graphic paintings that illustrate the powerlessness and guilt she experienced for years following molestation by a predator. The exalting aspect of this narrative is Hughes' triumph over this trauma and her healing through spiritual grace that returns her to personal wholeness.

In the second section of her book, Hughes shifts the emphasis from personal confession to a helpful plan for survival that includes journaling, praying, 12-Step Recovery, and Post Traumatic Syndrome Disorder strategies, but it is through art that she achieves wholeness. The paintings, some of which are accompanied by raw poems that howl with her suffering, tell about her odyssey in passionate images that no candid written confession could achieve. When Hughes began to rethink and re-image her sexuality, she used the medium of art, making collages of positive images of sexuality and putting them in a safe place. She discovered other pictures that connected sex with love and tenderness and placed them where she could view them often.

A special section highlighting recovery from addiction will be helpful to those who attempt to cope with sexual abuse by overeating, overworking, and other forms of addiction. Her work with therapy and 12-step recovery is a testament to the power of 12-step groups ? in her case, her involvement in this program gave her time "to mourn the loss of the comfort addiction had given me and to become entirely ready to let it go." Combined with therapy, Hughes began to heal and to emerge from denial, and she confesses to a "long slow struggle," witnessing to a recovery that "feels like a miracle every day."

This is a rich narrative of a personal transformation that Hughes decided to share with all women who have survived childhood sexual trauma, and the book is only one of the ways in which she supports individuals who have been abused in this way. She writes that those who have been abused seem to find their way to her, and she also leads workshops, retreats, and support groups using art for women survivors of sexual abuse in her studio, Rahamim Retreat and Clay House, and for churches and other centers of healing. In addition, she does spiritual direction using art and touts it as a "powerful force for healing in the world."

Hughes has taught art and spirituality at the Episcopal Seminary, University of the South, in Sewanee, Tennessee for many years and teaches in Tanzania when the opportunity arises. She has exhibited her sculptures and paintings throughout the U.S., and her Cathedral Nativity is the official crèche of the Washington National Cathedral. She is married to The Rev. Bob Hughes, an Episcopal priest and retired professor of theology at the Episcopal Seminary, University of South, who has authored the definitive book on the Holy Spirit entitled *Beloved Dust*.

Enfolded in Silence is a tragic story, but it is a redemptive one that inspires victims who have suffered childhood sexual trauma and those who work toward the goal of healing abused women throughout the world.

Enfolded in Silence includes a cogent foreword written by Dr. Mary Ann Wilson, professor of English and Women's Studies at the University of Louisiana in Lafayette, Louisiana

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1 Jan 2010 ... Pieces of my story. In the beginning. The healing. Language and empowerment: Choice of terminology. Overview of literature flaws. Personal stance. Chapter ... DMT processes aid in the healing dynamic after sexual trauma; and what risks are who has been sexually abused, both as an adult, and child.

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4 Feb 2013 ... Traumatic Medical Examinations from sexual abuse. A 2007 Indian government-sponsored survey, based on interviews with 12,500 children in 13 different states, reported serious and widespread sexual 16 Recovery and Healing from Incest, Voices from the Silent Zone (New Delhi: RAHI, 1998), p.

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