

Senate Health Committee 2/19/19
Heartbeat Bill - **S.B.23**
Proponent Testimony of **Milka Nier**

Thank You, Chairman and Committee members, for the opportunity to share a brief version of my testimony. My hope is to not burden you with another woman's post-abortive journey, rather to enlighten you with the TRUTH! I would ask, that as you listen to my testimony, please keep in mind that this is not just my story— but what I am sharing is TRUE for multitudes of post-abortive women & men who I believe are silently suffering and deeply & desperately longing to find healing, restoration, and peace from the pain, regret, guilt, grief, sorrow, anger, and depression. Yet most remain silent and in isolation and live under a cloud of confusion because what they are experiencing has been overshadowed, dismissed, and even ignored as non-existent with claims that Abortion has no severe or adverse affects on one's mental and psychological state and all around health and well being, by those who are believing the LIE that Human Life in the womb...is not Human Life and carries no value worth protecting. I know this to be true because as I continue to walk through my own healing journey and the residual side effects that abortion has caused me, I have ministered to other women through volunteer work at my local church and pregnancy center and have researched and listened to countless stories of women & men who have suffered this similar or same traumatic experience from abortion.

At the vulnerable age of 19, I was faced with making a choice that would forever alter the course of my life. A choice that I was NOT mentally, nor emotionally mature or capable of making on my own...especially in the state of fear & shock that I was in. I wasn't thinking of anyone other than myself in those moments. I could only think of the enormity of shame and guilt that I would have to endure should anyone find out about my pregnancy, and how a child would stifle and hinder the path and plans I had for my future. Then, when I sought compassionate guidance from those at the abortion clinic whom I believed would calm my fears, give me sound advice, direction, and inform & educate me about the various choices that I had, and the potential risks and consequences of each of those choices...I was instead met with a dark, cold, calculated, and calloused environment—that saw me as just another number. And I was deceived into believing that Abortion was my ONLY choice from the previous self-seeking, impulsive, pleasurable, and lack of self control CHOICE that I truly did have when I decided to engage in sexual relations with the full knowledge that a consequence of having sex could potentially lead to an unplanned pregnancy. No one offered any other options...and the only counseling advice I was given, in my clearly distraught state, was to go home and think about it for 24 hours.

I left the abortion clinic even more distressed and hopeless. I felt as though this was my **ONLY** way of escape...even though I felt that deep conviction with me as to how very **WRONG** this truly was. I returned the next day anyway, and went through the chilling procedure. The only aftercare support I received was a glass of juice and some cookies and I was sent on my way. **I never once got a follow-up call to ask how I might be doing from a post-invasive surgical procedure. Its interesting to me that I get better follow-up from my dentist after getting a filling done.**

Now, after decades of suffering the traumatic effects of post abortion PTSD, and seeking to heal & recover through all available sources—medication, professional counseling, going through multiple post-abortive recovery groups, forgiving myself and those who played a role in my abortion, and finding & receiving forgiveness from My Creator—still after 26 years, I find myself having to peel back even more layers of pain, and I cannot seem to completely let go and find solace, in the reality that, Abortion took the lives of those twin humans growing and developing within my womb.

Had there been a Heartbeat law in effect, when I found myself in the agonizing circumstances of an unplanned pregnancy, this law would have protected me, first from myself and my lack of knowledge, and the false fears that I was believing, and especially from those serving an agenda that was definitely **NOT** in my best interest.

I can say today, with complete **CONFIDENCE** that it would have taken so little to talk me out of having an abortion. One word of encouragement to choose differently, someone that would share with me the **TRUTH** of all my choices and the possible risks, side effects, and consequences. One worker discerning & caring enough to see me not as a number, but as a lost, fearful young woman in need of guidance. Seeing an ultra sound or **HEARING the HEARTBEAT of those tiny humans that were growing and developing in my womb** so that my heart & mind would be taken off of myself and the false fears I was believing, and moved towards compassion and conviction for the precious innocent lives growing and developing in my womb.

Abortion hurt and traumatized me in more ways than I have time to share with you today. I am 45 years old now, and I am still healing & peeling back the many layers of wounds, trauma and pain it caused me & my loved ones. My abortion caused distress in every area of my life from mental, emotional, hormonal, physical, relational, and most importantly spiritual. I experienced tremendous grief, shame, regret, guilt, chronic depression, tormenting & paralyzing fear & anxiety, suicidal thoughts & tendencies, unworthiness, self-hatred, anger & rage, as well as how it negatively affected all of my relationships. I tried everything from the highest doses of prescription medication to expensive professional counseling, and this only masked all my symptoms. I am **ONLY** able to share my story

today because I have found tremendous healing & freedom through the multiple post-abortive biblical counseling studies I went through. During these times of seeking Truth and self reflection, I discovered that the root cause of ALL of my severe issues, were due to Abortion. I know now that I am forgiven & set free from the bondage and torment of my past “choice” to abort, because of my relationship (not religion) with my Lord & Savior, Jesus Christ!

As you’ve heard in my testimony, the magnitude of the calamity brought on by abortion—is extremely real and serious—and in most cases, post abortive women and men are NOT OK! They need not only the mercy of God; but love, understanding, and support as well. This is why I believe that **the passing of the Heartbeat Bill is vital, and it will play an instrumental part in the health and well-being of all women & men that are faced with the circumstances of an unplanned pregnancy** because it would bring Truth, Reality, Conviction, Accountability, and most importantly LIFE on EVERY level!

Are not all laws, rules, and regulations put into effect so that we may live in a civil and moral society— and to oversee and protect us from doing what we want to do, or from harming ourselves or harming others during our times of immaturity, lack of knowledge, vulnerability, weakness, selfishness, lack of self control, or down right fear? Are there not consequences to all our actions & choices—whether we make those choices voluntarily or involuntarily. I see no reason why the The Heartbeat Bill would do anything less than protect the all around health, mental, and psychological well being of any individuals faced with this circumstance. This law would not only protect the life of the women & men from making what I consider to be the absolute worst possible choice for their mind, body, soul and spiritual, but it will also protect the lives of the voiceless, most vulnerable, and the most innocent human beings. **How I wish there would have been a Heartbeat law in effect, that would have protected me from making the absolutely worst & unhealthy, deceived “choice” that I have ever made.**

I HOPE & PRAY that my words have pierced your hearts, have caused you to have a new perspective, understanding, and a renewed mindset on the utmost importance of your support in passing the Heartbeat Bill. I URGE you to pass the Heartbeat Bill!

May God Bless and keep you in all your actions and choices.

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