

Dear me,



Sometimes I truly don't know where to begin. It can honestly feel like this emotional turmoil I've been living has in some form been there. Sure, there have been very brief moments of clarity in a world consumed by the dark, but those moments have never truly been enlightening enough to fully break me free.

I guess I'll take you back to a time that my inner spirit first discovered the lingering evil that lays waiting for its carefully planned change to pounce. Most people would feel sorry for me and not even know how to possibly change the stone-cold reality that now engulfed my innocence, forever changing my heart. What I once believed and trusted was the very monster that gave me nightmares anytime I was alone and left in the dark. Maybe no one noticed because I wore my new scars like armor afraid to let anyone in close enough because then they will see my change in heart. Living like I was all alone in a very busy home, no one seemed to stop or care that I was suddenly not around.

Years passed by and I remained the same not truly knowing how to actually feel safe. Forever fearing that the moment I showed you my inner thoughts no one would give me a second thought. Always wishing I could go back and finally change the way I've always felt within.

Many times, I convinced myself that I was never going to need or rely on anyone because I've been left to always survive all alone. Slowly as times move forward, I remained the very same. But it seemed like I could hide that part and remain a girl carrying all the shame. It never even dawned on me life wasn't meant to be this way. My life continued moving down and things would never feel anything but utter disgust and isolate me from any connection. I wish I could say I found a way to finally begin to heal the shadows that were always reminding me of my one true fear.

It didn't seem to even matter how hard or strong I would fight; I could never break free from the imaginary shackles that have been ruling over my life. Until my shield of armor began to fail and finally everyone could see that shame and guilt surrounded me in every way they could never see before. That fight I'd been fueling was gone now and I was brought to my knees.

I've wondered why I couldn't finally surrender admitting a defeat I'd been feeling way back from the start. Afraid to be seen as a scared, lonely soul because who could even ever love my damaged and beaten heart - especially when my own true self couldn't even face the disappointing truth. Until I found the end of a very toxic road with nowhere to hide.

Why couldn't I have gotten here sooner? Why did I have to go through so many devastating situations to finally be able to acknowledge the one true freedom that had to be taken from me so I could finally learn, learn the one true reality I've been too proud to admit, leaving me defeated and empty. I've finally come to a point although you damaged my heart and led me to run away, I know the power that was always allowing me to keep on.

It is time this warrior finally gave herself the warmth and love to know it is going to be ok and even when I feel alone or scared, I hold the feeling of hope and peace because I know it is time I started living in the light even if my works seems smaller. I am finally able to stand with confidence. Now, I can share my hard learned lessons in hope that you wouldn't have to go there. But, if you are anything like me, I am sure you'll know that stubborn fire that will guide you no matter where you go.

Love, MS