

THE FORTRESS WITHIN

Broken and bruised, neglected and scarred by the voices of betrayal and distrust, she looks in the mirror all she sees is a person covered with the weight of so many wounds. Isolation and loneliness crept faster than the blink of her eyes, dark and scary is this stranger who wrapped around her like a heavy cloak that seemed impossible to shed, fear consumed a better side of her, and she decided to go far from the voices and echoes of the world shutting them out and locking them out of her mind. Giving herself a chance, retreat to herself, a safe place, her sanctuary built with the walls of trust and a roof of confidence.

Bit by bit, she discovered a well of treasure lying within her, something extraordinary “her inner strength” a steady force that had been waiting for the right time to find expression. The more she explores and unfolds, the more she grows stronger; gradually the external voices begin to faint until they become voiceless to her as her light shines brighter. She no longer seeks validation from others, her confidence is restored, and she enjoys peace she never knew existed. She embraced her new sense of self, with all its scars and wisdom, she is not perfect but she is whole, a complete and fulfilled woman. She is strong resilient and worth it.

