

May 20, 2018

One year ago, today, I came down from the mountains a completely different person than I had gone up there as.

A strong circle of women had surrounded me with pure love and spirit and helped heal me, all the way into the core of my soul.

I was sexually abused by my father throughout my whole childhood. I was told by my Mother that it wasn't happening and that I was mistaken. I found confused ways to get love from those around me and I developed incredibly codependent behaviors and relationships. And even though I powered through years of intensive therapy, trauma work, and other workshops, I lived every day knowing that that abuse defined me, it was who I was.

Until I attended this workshop.

At a cabin in Utah, I was freed of years of energy I'd been carrying, I was blessed by Spirit, I was electrocuted by an energy charge that awoke my soul, and I was reintroduced to my spirit guides, my ancestors, and my heart.

I honor that day and those women with every fiber of my being. I am eternally grateful for the changes that continue to come as a result of that experience. My family and other loved ones have all experienced that I have changed more in the last year than I ever have and have started to truly let my light shine.

With all my gratitude and all my love, we are all the same. May we love with reckless abandon and help each other in every way we can.

-Kayt E