

So,

I have talked about "speaking my truth" for so long than have held back for so many reasons. I am here to break the stigma and open my heart. Over the last few months I have learned that courage and vulnerability creates deep and meaningful relationships and connections.

This message is for anyone that has felt misunderstood, or who has suffered in silence in one way or another.

I live with PTSD. There are many nights of isolation, insomnia, night terrors, anger, feeling invisible, etc. I have also experienced sharing the trauma and have heard feedback like, "stop being a victim," "just get over it," "change your mind" and so on.

Honestly if it were that easy I would have done it many yesterdays ago. I stopped speaking about it all together. I put a smile on my face and rolled with the punches. The triggers so unbearable I would drink to numb it out.

"There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds" - however when we put one foot in front of the other hope is never lost. ❤️💖

Two weeks ago, I went to a women's retreat that changed my life on so many levels! It was ABSOLUTELY MAGICAL & TAUGHT TO PUT ONE FOOT IN FRONT OF THE OTHER, HAVE THE COURAGE TO LOVE ALL THAT IS. Thank you, Tammy Goldthorpe. You were the first to see me wearing the invisible PTSD. I see the world with new eyes. So grateful for the women that held sacred space and the new sisterhood I connect with. There is something powerful that happens when a group of women come together. Which lead me to a group of men and vulnerability from all of us.

Normally when triggered I run and hide and find a place to get through it, ALONE. It was the first time actually sat in a group and acknowledged the trigger and truly understood what was happening. I knew I was in a safe environment with dear friends, however my brain went to hypervigilance and body to fight or flight. I am finally understanding what I am living with along with countless others.

I would like to Express gratitude to all the family & friends that stand by my side unconditionally and with so much love & support.

The life skills and lessons being learned are astounding. The symbol of this bird has always resonated.

-RISE ABOVE WITH LOVE ❤️💖🦅🦋❤️💖🌍🌎

ALISHA AMY - WARRIOR OF THE HEART ❤️💖