

SCARS OF SURVIVAL

OCTOBER 2021 ISSUE 15

MAGAZINE

An Adult

Revolution

Living To Create

Legacy And Value

Finding joy in

Hunger

**Tammy Ketura
Mock-Andrejowich**

The Beauty Behind The Tear

WWW.SCARSOFSURVIVALMAGAZINE.COM

Letter From The

WRITER

We Go Through Pain, We Heal, and We ensure. One of many reasons why I chose to Launch Scars of Survival Magazine. A lot of us have experienced some form of domestic abuse or we've known a loved one who's experienced it. During that time there seemed to have been no way out! Who could I turn too? Who wouldn't judge me? Who would understand? Will I ever survive? Will I ever overcome? These are the questions many of us had or still have? What will it be like to experience being FREE?!

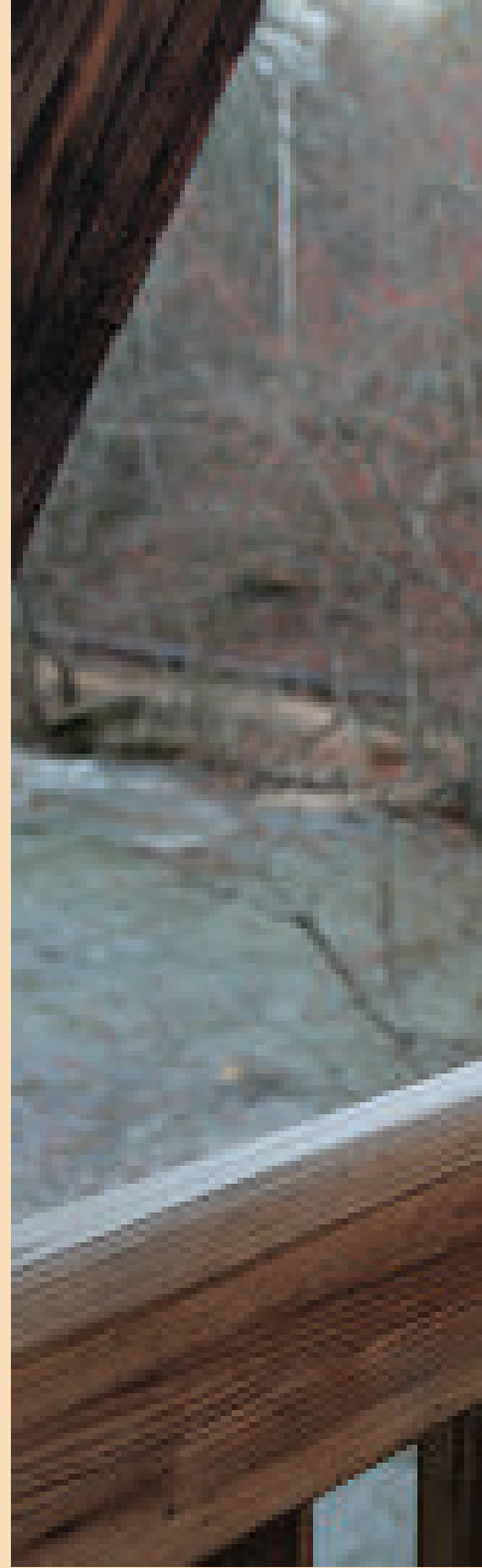
I've been wanting to launch Scars of Survival Magazine since 2016 when I found Scars of Survival Inc. I wanted to create a magazine where individuals from all genre could learn what domestic violence truly is. Learn the causes, effects, how to survive, heal, and overcome. A magazine that'll help oneself to regain love, hope, trust, faith, courage, and strength.

The goal of Scars of Survival Magazine is to help individuals to overcome domestic violence from children to adults. That you too are worthy! You too can overcome! You too can heal and walk in your God given purpose! I want you to know your not alone!

So please enjoy the journey with me and let me know your thoughts throughout the process. It's time to take back your life! Feel free to email me about anything at any time!

Email: scarsofsurvivalmagazine@gmail.com

Instagram: [@scarsofsurvivalmagazine](https://www.instagram.com/@scarsofsurvivalmagazine)





Author
*Sathya
Callender*

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Model: Nadia Neubert
Photographer: Ren Daellenbach
Designs: Orlando Caquias
Hair and makeup: model Nadia Neubert

“RAW MANIFESTATION” UNPACKING THE EMOTIONAL BAGGAGE

Micaela Thomas - Written by: Author Samantha J.



Micaela Thomas is a wife, mother of six biological children, four stepchildren, and an adopted child. She adds to her professional life as an author, certified life coach, blogger, and powerful speaker. She advocates for the intentional healing of others through her journey of self-awareness and manifestation.

Affectionately known as “Cae,” Micaela was born to a single mother and loving family village. The Cleveland, Ohio native has always had a knack for writing. Whether it was poetry, plays, songs, books, or short stories, she could always utilize her imagination to keep her centered from the internal turmoil that brewed within.

With her newly released book, “Stripped to My Truth,” she unpacks the emotional baggage in a tell-all to help guide others and to share the message of getting out of your way. Stripped to your truth is allowing yourself to be who you are and defining yourself. Her focus is to assist people with enabling the healing that they do not believe they have.

Micaela did not think it was her purpose to be here today; she went into fields where she did not belong. What landed her to the present is an encouragement to share her domestic violence journey with others. She motivates people to come out of the dark into the light. She is a survivor in her own right. Most people think they can’t survive from emotional, physical abuse, and childhood

trauma, but they can. Micaela motivates people to find their healing out of the darkest places you can imagine.

In a relationship of five years, it started with good times and smoke in mirrors, so she ignored the red flags in the beginning. In the first two years, the red flags were actually what they were from the narcissist frame of mind of a relationship. She experienced manipulation in situations throughout the relationship. The arguments turned into hostility, then anger, and finally physical violence.

She finally had enough after she had premature twin girls. The girls needed around-the-clock care, but her abuser only got angrier because the focus was not on him. She tried to talk to him, but it was like walking on eggshells. The kids were taking up her time, and he felt she was spending all her time with his kids. His frustration turned into hostility and then turned into physical abuse.

During this horrible ordeal, the mom of then two felt she would lose her mind or her life. She was afraid to go, and her abuser made her think she would not survive without him. She chose to leave even though she felt she needed monetary assistance. Like other people who deal with domestic violence, she did not have a solid plan to implement, but she realized she had to leave for her mental and emotional freedom.

She was homeless for a week and slept in her vehicle with her children. She felt hopeless and thought she could not handle it, but she did not want to hear the dreaded words “I told you so.” Eventually, she realized what her grandmother so often stated, “Closed mouths don’t get fed.” Over time she moved in with her mother, who was dealing with her own battles. While she was living with her mother, she found out she was pregnant with her son. She battled with keeping him; she did not want to have another connection to her abuser. After fighting



with herself for some time, she decided to move forward and have her son. She felt not having this child was not an option for her, and he was meant to be here. She decided to face the issues and protect herself and her children. She chose a better life and moved past the darkness into the light.

Micaela is now working on a new project that is coming in October, just in time for the Domestic Violence Awareness Month. She will be working with a shelter to help other domestic violence survivors, speaking with them and giving them resources so that they know they don’t have to live in the shadow of domestic violence and that they too can move forward in life.

“It is very imperative I share my story,” states Micaela.

“We all have a story that may be similar, but the journey is not the same.” It’s important to share the highlights but equally important to share the highs and lows to show you can be an overcomer as well.

Some people tend to have a generational blockage, and Micaela wants to lead by example. It is possible to reclaim your healing and take a different route on your journey. There is still purpose. You still have a purpose,” says the author.

Micaela is striving to help others and working on a documentary to go along with her book to visualize her journey. She has also started two other books with a parenting edition to helping with the generational blockage that we may pass on to our children. It’s time to unpack the emotional baggage and walk into your destiny, realizing that you don’t have to live in darkness and can move into the light like others who have survived domestic violence.

Scars of Survival thanks Micaela Thomas for sharing her story. You can learn more about Micaela and her journey by following her and visiting her website.

Facebook: Stripped to my truth

Instagram: Stripped to my truth

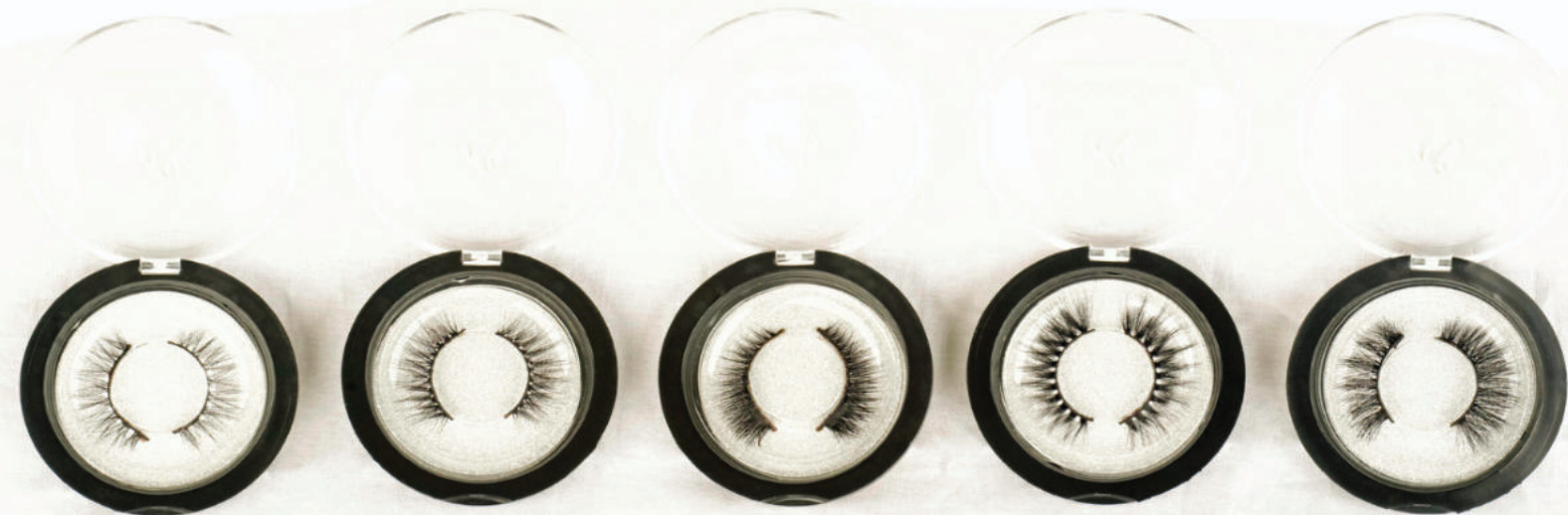
Twitter: Caestruth

YouTube: stripped to my truth.

Website: <http://www.micaelalthomas.com>

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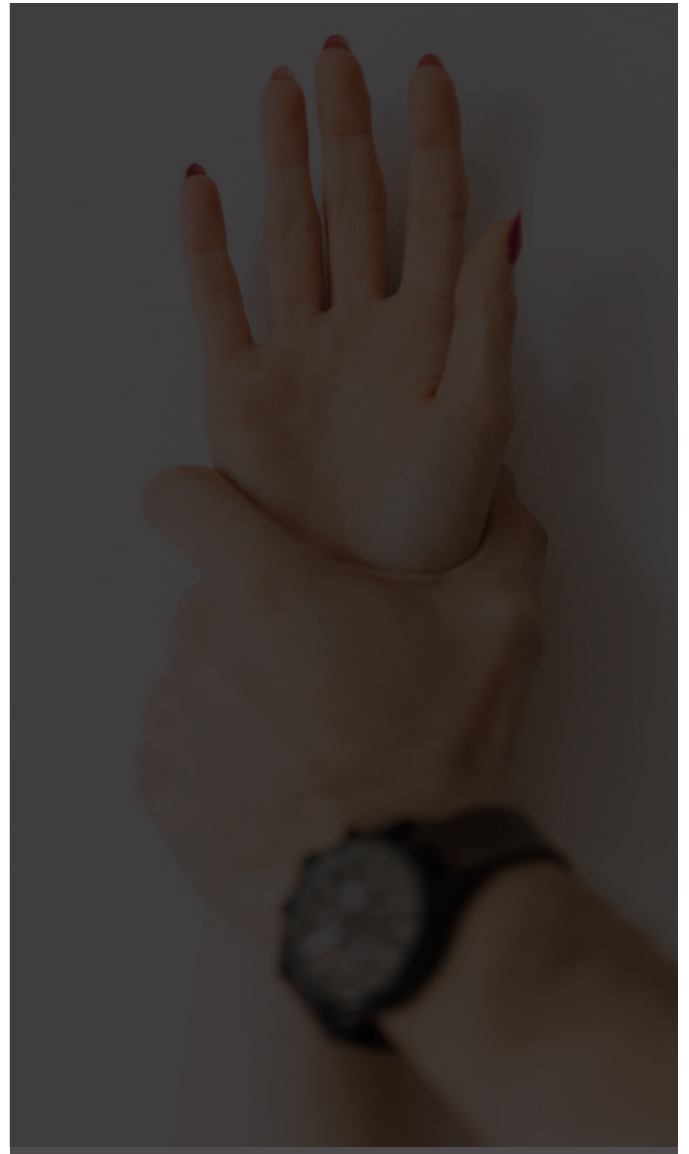
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BRITTANY RAE MARTINEZ

Written By : Amanda Jane

My journey through and after my domestic violence has definitely been a battle. I suffer from severe PTSD, anxiety and depression. A lot of my friends and family tell “you hide your pain so well” or “you would have never thought you were in a domestic violence relationship”. I hid my abuse for four years. I buried the pain so far down that I forgot what it was like to feel. I couldn't show any emotion. Now that I am out and I survived I can show all the emotions. My partner is the best support system I could ask for. I am thankful for my parents as well as they have been by my side through my journey.

How did I choose between life or death? I can tell a story on how I survived. My abuse started at the age of 17. I just graduated high school. He told me he loved me and would never hurt me. He would be the only one that would love me forever. About six months into my relationship he became verbally, mentally and emotionally abusive towards me. He would always tell me he would never get married, and that he was not having kids after the age of 30. There was a 7 year difference between us. He started to become distant to me, to where one day I was confronted by a friend of mine asking that if the guy on her phone was my boyfriend, and that he was attempting to write her. I waited for some time before I decided I needed to see if what he was on was new or old, and it was a new account because he had pictures of him in clothes that I bought personalized for him. A message came through and it was a video of him at a girl's house. Two years into our relationship, it started to become physically abusive. I confronted him about everything he has done because I just couldn't get the image out of my



head. Once I confronted him he lashed out at me and started choking me, hitting me, and calling me names. I tried to leave the relationship multiple times and when I told him “I can't do this anymore, I'm leaving,” he lashed out at me and started hitting me all over again. My relationship lasted for 4 years, there was no way out. One day he bent my thumb all the way backwards to the point he

did severe damage to my hand. At the very end I couldn't do it anymore. We broke up and I got with my partner and he wanted to talk one day. I agreed and that turned for the worse when I had a gun pulled out on me. Till this day I am still trying to forgive myself and to love myself again. I found my partner who has been by my side. I survived something so horrific in my life. I am a Domestic Violence Survivor.

Domestic Violence has affected my family and myself tremendously. I have held so much hurt and anger in my body that when I get mad, I say things without understanding why. Having nightmares and being afraid held me back. Psychologically I was not happy with who I was. I started to worry about my parents, because I gained a bunch of weight, and I moved from my abusive relationship to my marriage immediately after. I never took care of myself. I wouldn't change anything. The only thing would be I should have taken time to heal myself and relearn who I was.

I promote domestic violence awareness through sharing posts on my social media, or posting about my struggles. I offer help to any victim or survivor in need.

I share my story to help anyone that is going through the same thing I was going through. Having it start at the age of 17 and last till the age of 22. It took a lot out of me. I want to help anyone who do not have a voice, and who do not have the strength yet to tell their story.

DON'T GIVE UP! Push yourself to the end. I know it's hard but there is a whole community out there to support you and guide you forever. You are strong, you are brave and you are beautiful.



My next journey in my life is to become the best mentor I can be. I would want to be a mom in the future as well. I want to tell my story and to just remind anyone you are not alone. You got me and I will help you.

Facebook-

Brittany Rae Martinez-Leyba


Instagram- Brittanyrae2020

Snapchat- Brittrae_32

My three accounts to message me on. I am always available to help you!

I Choose Myself

Brittany Rogers - Written By Jackie Chikambure



For many women, the concept of staying strong in a marriage is romanticized. No matter how difficult the relationship may be, walking out is seen as a failure of some sort. We are taught to be forgiving, to love our partners through the worst of them, and to simply pray, be humble and hang in there. Sure, in some instances this is fantastic advice. When we get married, we promise to stay together through thick and thin but what do you do if you are married to an abuser and after years, you have lost so much of yourself that you accept the possibility of death at his hands, rather than to leave? Despite the fear of knowing that her abuser would be enraged, Brittany Rogers chose herself and she walked away.

Brittany put personal progress and growth on hold for the man she thought she would spend the rest of her life with. She stopped going to college for 7 years because he did not give her permission to go, she only worked jobs and hours that he approved, and he never approved of her working for long.

At each point, Brittany continued to give all of herself; each time she kept choosing him. This pattern showed her abuser that she loved him more than she loved herself, and the cycle continued, until one day she asked a stranger for help. A stranger saved her but only after she was willing to choose herself and be brave enough to reach out.



Brittany's survival journey was triggered because she observed the impact of how her abuse was affecting her family. She witnessed the pain in her father and brother's eyes. She experienced the fear in her children when she would hurry them out of the house and tell them that they HAD to go to their friend's place, knowing that they knew what was about to happen to her. She could not let that keep happening. *"Victims of abuse should know that it's most dangerous when you leave because abusers hate to lose control. That doesn't mean staying is safer. It isn't that I knew I would die if I stayed, it's the fact that I had lost so much of myself I had come to accept my own death, and that's no way to live,"* she says.

Brittany points out that are common fallacies about abuse and abusers. The misconception about victims of abuse is that it only happens to weak people. She asks, *"where is the high in breaking down someone weak? There isn't one! They go after the strong so that it's an actual victory if and when we break."* The second mistaken belief is about what abusers look like when they are out in public. Society thinks an abuser would have evident character traits and that they would be easily recognisable, but this is not the case. *"People need to know. You might have an amazing son/daughter, brother/sister, co-worker, friend, but none of that has anything to do with what they are like at home."*

So where does the power lie? It is not with the abuser; it lies within you. In your ability to choose yourself over your abuser. Although when you are immersed in your abuser's world, and it seems that this is all you know, you are not alone, reach out and speak to someone, even a stranger. Brittany believes that you should not give up and you should not blame yourself. It is important that you are cognizant of the fact that *"you can't fix them, only they can and staying is showing them that you love them more than you love yourself, it's showing them that no matter what you are saying, you're willing to let this happen or be accessible for it to happen."*

So where do you start when it may all seem hopeless, and you feel that the situation can never change –

start by choosing yourself. Start by doing something that is for your benefit and not for anyone else and slowly you'll learn that you can leave this terrible situation too because you deserve better. It will not be easy but in the long run, it will be worth it. Brittany's life ethos has shifted. She recognized that she was the victim of a crime, but she is not a victim and wants



everyone who is or has experienced abuse to know that they are survivors, the crime does not define them. Now, she plans to complete her degree, she is going to keep working full time (not

based on hours approved by her ex) and she is going to raise her children to be better than what they saw growing up. She will teach her kids to break the cycle of abuse and will keep pushing for awareness for domestic violence and its survivors.

If you are a current victim and need to see how deciding to focus on your wellbeing can change your life, Brittany posts about her journey. She shares *"what it was like before I left, what it was like after and what my life is now and losing everything over and over again might suck but I have a better chance at happiness and freedom now than I ever did before."*

You can follow Brittany on the following social media handles: @tanyrogers423 on Tik Tok, Brittany Nichole Rogers on FB, tany0423 on Instagram

DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN

Name: _____

Date: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

STEP 1: Safety during a violent incident. Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies. I can use some of the following strategies.

A. If I decide to leave, I will _____

_____.
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

B. I can keep my purse and car keys ready and put them (location) _____ in order to leave quickly.

C. I can tell _____ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house.

D. I can teach my children how to use the telephone to contact the police, the fire department, and 911.

E. I will use _____ as my code with my children or my friends so they can call for help.

F. If I have to leave my home, I will go to _____

_____.
(Decide this even if you don't think there will be a next time.)

G. I can also teach some of these strategies to some or all of my children.

H. When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as _____.

(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)

I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we _____.

STEP 2: Safety when preparing to leave. Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered woman is leaving a relationship.

I can use some or all of the following strategies:

A. I will leave money and an extra set of keys with _____ so I can leave quickly.

B. I will keep copies of important documents or keys at _____.

C. I will open a savings account by _____, to increase my independence.

D. Other things I can do to increase my independence include: _____

_____.

E. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month's phone bill will show my batterer those numbers I called

after I left. To keep my phone communications confidential, I must either use coins, or I might ask to use a friend's phone card for a limited time when I first leave.

F. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.

G. I can leave extra clothes or money with _____.

H. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (domestic violence advocate or friend's name) has agreed to help me review this plan.

I. I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 3: Safety in my own residence. There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and fire extinguishers for each floor of my house/ apartment.
- F. I can install an outside lighting system that activates when a person is close to the house.
- G. I will teach my children how to make a collect call to me and to _____ (name of friend, etc.) in the event that my partner takes the children. H. I will tell the people who take care of my children which people have permission to pick up my children and that my

partner is not permitted to do so. The people I will inform about pick-up permission include

(name of school)

(name of babysitter)

(name of teacher)

(name of Sunday-school teacher)

(name[s] of others)

I. I can inform _____ (neighbor) and _____ (friend) that my partner no longer resides with me and that they should call the police if he is observed near my residence.

STEP 4: Safety with an Order of Protection. Many batterers obey protection orders, but one can never be sure which violent partner will obey and which will violate protective orders. I recognize that I may need to ask the police and the courts to enforce my protective order.

The following are some steps I can take to help the enforcement of my protection order:

- A. I will keep my protection order _____ (location). Always keep it on or near your person. If you change purses, that's the first thing that should go in the new purse.
- B. I will give my protection order to police departments in the community where I work, in those communities where I visit friends or family, and in the community where I live.
- C. There should be county and state registries of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protection orders are: _____ (county) and _____ (state).
- D. I will inform my employer; my minister, rabbi, etc.; my closest friend; and

_____ that I have a protection order in effect.

- E. If my partner destroys my protection order, I can get another copy from the clerk's office.
- F. If the police do not help, I can contact an advocate or an attorney and file a complaint with the chief of the police department or the sheriff.
- G. If my partner violates the protection order, I can call the police and report the violation, contact _____.

STEP 5: Safety on the job and in public. Each battered woman must decide if and when she will tell others that her partner has battered her and that she may be at continued risk. Friends, family, and co-workers can help to protect women. Each woman should carefully consider which people to invite to help secure her safety,

I might do any or all of the following:

- A. I can inform my boss, the security supervisor, and _____ at work.
- B. I can ask _____ to help me screen my telephone calls at work.
- C. When leaving work, I can _____.
- D. If I have a problem while driving home, I can _____.
- E. If I use public transit, I can _____.
- F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different from those I kept when residing with my battering partner.
- G. I can use a different bank and go at hours that are different from those kept when residing with my battering partner.

STEP 6: Safety and drug or alcohol use. Most people in this culture use alcohol. Many use mood-altering drugs. Much of this is legal, although some is not. The legal outcomes of using illegal drugs can be very hard on battered women, may hurt her relationship with her

children, and can put her at a disadvantage in other legal actions with her battering partner. Therefore, women should carefully consider the potential cost of the use of illegal drugs. Beyond this, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him an excuse to use violence. Specific safety plans must be made concerning drugs or alcohol use.

If drug or alcohol use has occurred in my relationship with my battering partner, I can enhance my safety by some or all of the following:

- A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
- B. If my partner is using, I can _____ and/or _____.
- C. To safeguard my children I might _____.

STEP 7: Safety and my emotional health. The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

- A. If I feel down and am returning to a potentially abusive situation, I can _____.
- B. When I have to communicate with my partner in person or by telephone, I can _____.
- C. I will try to use "I can ..." statements with myself and be assertive with others.
- D. I can tell myself, " _____ " whenever I feel others are trying to control or abuse me.
- E. I can read _____ to help me feel

stronger.

F. I can call _____
and _____ for
support.

G. I can attend workshops and support groups at
the domestic violence program or _____
_____ to gain
support and strengthen relationships.

STEP 8: Items to take when leaving. When women
leave partners, it is important to take certain items.
Beyond this, women sometimes give an extra copy of
papers and an extra set of clothing to a friend just in
case they have to leave quickly.

Money: Even if I never worked, I can take money from
jointly held savings and checking accounts. If I do not
take this money, he can legally take the money and
close the accounts.

Items on the following lists with asterisks(*) by them
are the most important to take with you. If there is
time, the other items might be taken, or stored outside
the home. These items might best be placed in one
location, so that if we have to leave in a hurry, I can
grab them quickly. When I leave, I should take:

- Identification for myself*
- My birth certificate*
- School and vaccination records*
- Checkbook, ATM card*
- Key house, car, office*
- Medications*
- Welfare identification, work permits, green
cards*
- Children's birth certificate*
- Social Security cards*
- Money*
- Credit cards*
- Driver's license and registration*
- Copy of protection order*
- Passport(s), divorce papers
- Medical records for all family members

- Lease/rental agreement, house deed, mortgage
payment book Bank books, insurance papers
- Address book
- Pictures, jewelry
- Children's favorite toys and/or blankets
- Items of special sentimental value
- Telephone numbers I need to know:
- Police/sheriff's department (local) 911 or

Police/sheriff's department (work)

Police/sheriff's department (school)

Prosecutor's office

Battered women's program (local)

**National Domestic Violence Hotline: 800-799-SAFE
(7233) 800-787-3224 (TTY)
www.ndvh.org**

County registry of protection orders

State registry of protection orders

Work number

Supervisor's home number

**I will keep this document in a safe place and out of
the reach of my potential attacker.**

Review date: _____

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Scars of Survival Magazine LLC

LOVE DOESN'T HURT

KATRINA CARTER – WRITTEN BY: JACKIE CHIKAMBURE

It starts with butterflies in your stomach, a tingling warmth in your cheeks and the unshakable need to spend each waking moment with that special someone. Everyone's story is different, but when you are in love, the feeling is undeniable. We grow up reading fairy tales with the happily ever after and watch romance movies where a charming man sweeps his lady off her feet. As young adults we swoon in the hope that one day, that will be our story, one day we will meet the love of our lives and live happily ever after too, so when that fantasy is shattered, it is very easy to miss the warning signs. The signs that tell you that the person you are with is an abuser, this was the case for Katrina Carter.

Katrina was madly in love and stayed in an abusive relationship for eight years, ignoring all the warning signs.

It was a rollercoaster; she would leave him but then would go right back. She held on to the hope that one day he would change for her, but the abuse did not stop. Katrina suffered from low self-esteem and could not imagine her life without her abuser. One day during a heated fight about her coming home late from work, they argued until she was weary. She tried to escape to her room and did the only thing she knew would rescue her, she went onto her knees and prayed. The children were in another room with the door closed, she always did what she could to protect them. From the living room she could hear him muttering to himself, it sounded like it was two different people. Enraged, he came to where she was, and he threw an iron at her back, Katrina did not stop praying. She trusts it was God who delivered her because her abuser left the room.

It was on that day she decided it was enough. Walking away is never easy but after that terrible incident in 2014, Katrina found the strength to pack her bags and free herself.

That was the beginning of her growth and now she is an advocate for domestic violence and mental health awareness because she suffers from PTSD from the abuse she received. The abuse not only affected her, but it affected her family's mental health too. She is a survivor, and the battle is never an easy one. When asked how she manages, Katrina says *“I have PTSD, anxiety and depression. I know most of my triggers but not all of them. I am a highly functional depressive. The moment I stop moving is the moment I lose my fight.”*

Katrina is healing and as a survivor, she does what she can to raise awareness about domestic violence. She hosts events and believes it is important to share her story because *“healing is a process that takes reliving what you've been through in order to walk in your purpose.”* Love does not hurt. True love is nurturing and kind and builds you.



Sometimes the best place to start looking for love, is by loving yourself first. You can love yourself by choosing to leave, which is not always simple but is possible. Katrina shares these words of encouragement to people still living with their abusers, *“leaving is always the hardest part. Plan your escape and know that love doesn’t hurt. Once you are out, your life starts at that point. Get therapy and heal my love. Heal your mind, your body and soul.”*

Katrina is a motivational speaker who is ready and willing to share her story with women all over the world who are in a similar situation to the one she was in. Her events happen twice a year and are offered in person or virtually.

Katrina can be found on Instagram as **incapable_bondage**.

1 Corinthians 13 1: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.



FREEDOM IS OUR *Birthright.*

Written by: Tammy Ketura



I cleaned up my mind until I stepped into a life where I experience everything as happening for me, not to me. When you look in to your past and something, anything feels unfriendly on your system, choose to clean it up. That can open you up to receive abundance that goes beyond numbers. - Tammy Ketura

“Frau Mock, when you continue doing what you are doing, your child will be taken away from you!” The Head of Child and Adult Protection Services spoke in a shouting voice from across the table. Tammy Ketura remembers how her eyes dropped the hateful gaze. The professional’s words reverberated in Tammy Ketura’s soul, tearing at the tender tissues held together by hope. Tears burned inside her ducks. She tried to distract the tears by creating new pain by poking under her thumb nails. Tammy Ketura describes the terror she felt in her body: “By body hurt, as if I had been strung by my feet, raised three stories up, and left to drop crown first on a cement floor of a deserted warehouse - too isolated for

*It is my birthright to be the peace in the world
I desire to receive.*

It is my birthright to stop the harm I experience.

*It is my birthright to provide me with security
in dangerous situations.*

anyone to help” She started off our conversation with a real life example.

When I asked Tammy Keturá, what she was doing, she answered: “I could not fathom what I was doing to contribute in this horrid situation. That alone baffled me. The only motive in my heart was love. And yet, this horrid situation consumed my life! Every heartbeat; every breath; every sensation that moved in my cells; every night when I tried to sleep; and, every calendar slot. Every day was like a horror movie I'd never have the nerve to watch. Every thought I had was obsessed with analysis of what was happening and what I could change to make it better. For me, this was surviving: I was forced to exist after my soul had checked out and my being had checked into full time relentless pain, and I had no idea way to stop it. Good intentions were delivering horrid results.”

Tammy Keturá, can you tell us about the context of this situation?

“Sure, I had left the marital situation nearly 18 months previously. The debilitating confusion started during the marital relationship. During this phase of life, I was so disconnected from reality, it was the outside world that gave me indicators what was going on around me and happening to me. At that point in time it was the

marriage councillor who, after listening to my insistent voice messages I daily left for her, while trying to book our first appointment, she called me up from her summer holidays, and told me: “take your daughter and go to the Women’s shelter; they are expecting you”. That was August 2012. I took my daughter and left. But not to the Women’s Shelter: I was too afraid.

How did leaving treat you?

“Well, when I left the relationship, I imagined the terrorizing blame, accusations, criticisms, gaslighting, phycho-games, would stop. Shockingly they did continue after I left the relationship and they even escalated: the whole situation literally skyrocketed, by exponent 24. At this time we had over 24 professionals in our lives. It is a frightening number. Police, Lawyers, Child Protection Agency and Department, Doctor’s, Judges, Therapists, you name it, and they were part of our professional entourage. They all wrote their own professional reports in German, these professional reports were read by the judge, the judge decided over us. And this process was drawn out for months - years”.

Tammy Keturá, tell us more about you.

“I’m a native English and French speaking Canadian. This part of Switzerland was

German speaking. And each tiny region of a few square Kilometres had a dialect - like language - of their own. Switzerland is a small country in the center of western Europe. I moved here four years earlier straight out of my MA from Costa Rica at The University for Peace. Well educated, I tried to build my career here and after three years of no-interview invitation I gave up. Alternatively, we started our family and opened our own restaurant."

Tammy Ketura, what types of violence did you experienced?

"I was in a relationship self-identified demonstrating Narcissistic Personality Disorder. Two trademarks of Narcissistic Personality Disorder are extreme self-entitlement and extreme lack of empathy. This creates shock situations. These shocks get stuck in our mind, body, and are so threatening, survival strategies develop that keep us trying to prevent these shocks from taking place again in the future. Narcissistic Abuse can violate every aspect of being human. It can breach cultural, data, economic, emotional, financial, judicial, mental, identity, physical, psychological, sexual, social, social media, spiritual, and verbal integrity. This list is not trying to be exhaustive. I experienced violence in all of these areas."

What was it like when you I left with your

daughter?

"When I left with our daughter she was 18 months young: I left my place of employment, our home, the family and any social network that had been familiar to me. I had minimal language skills, no family, no money, no work, no home, I was isolated, threatened by shame, did not trust anyone, had no understanding how a judicial system works, my body was caught in CPSTD and flashbacks, my mind was caught in brain fog and on repeat, my immune system was stretched, my B12 and Iron were dangerously low, I was unable to sleep at night, I lived in a constant state of anxiety, and I had my toddler to care for. My body was a dangerous place to be in; without knowing it, flashbacks also provided a form of refuge; convincing me that I needed to prevent the past from happening again.

Tammy Ketura, what is your academic background?

I am a conflict resolution professional. At that time, I strongly believed, that when the right combination of help, the situation would resolve itself, they would see through him, the past would be corrected, and peace would reign. At that time, what I did not understand is that a confused mind confuses. Abuse is not a conflict waiting to be resolved. It is an opportunity waiting to be found. When I am in an abusive situation: I go tenderly and

deeply inside and meet where I am ab-using me. I correct that. The Abuse leaves. It is a beautiful soft and smooth process that is sustainable, healing, it provides life, and transformative all at once.

And then what happened?

“Four months later, during May of that year, I found me at the bottom of that dark wet cold alone pit of death. I was sobbing. There was nothing left that made sense in my life. I was allergic to good intentions that lived inside of me and that we received from from professionals. Good intentions are disconnected from reality. The harder I tried to resolve and make sense of our situation the more I was threatened by authorities. I desperately needed a way out. I was contemplating suicide. I read through Kathrin Marshalls Answers in Prayer multiple times until I prayed them all, tossed them all out as “not enough” to deal with this horrendous situation, and then tried out my own prayer.

Three weeks later, the unemployment instructor told me; “Tammy, you need The Work of Byron Katie; use it on your lawyer, husband, police, child and family services — on everyone and everything”. When I got home and after I tucked my daughter into bed, I pulled out my laptop and sat down with The Work until it went “click!” I haven’t put it down since.

In 2017 became a Certified Facilitator of The Work of Byron Katie.

Healing is a process that causes wounds to become whole. Cultural, data, economic, emotional, financial, judicial, mental, identity, physical, psychological, sexual, social, social media, spiritual, and verbal wounds that exist in our situation, actions, physical sensations, and thoughts count. These can be past, present, or future situations.”

What does that meant to you?

“When the thought “I need to heal” shows up, the task of healing seems daunting and in and on and of its own totally exhausting. The trick to healing is finding a method for you to master, and for it to be your personal go-to when you notice something is off. And I invite you to keep your process easy and gentle on yourself. Start with what is bothering you right now: the line at the grocery store, the person who cut you off while driving, the prices, the person on the bus that does make space for the Grandma to sit in transit. I noticed, as my mind began to trust my healing process, it began to share the bigger pieces. My go-to method was The Work of Byron Katie. “I” “mastered” “it.” With time, I began to notice how by not healing, by not deliberately receiving the physical painful sensations with understanding - cost more harm and caused more exhaustion than not healing. Healing

became an easy, supportive, go-to, and enabled me to experience freedom as my birthright - now. Healing is a transformative process where we gain what we desire and loose what we do not want. It is an internal process. It takes place in our inner world. Healing is personal work and it does not need to be done alone.

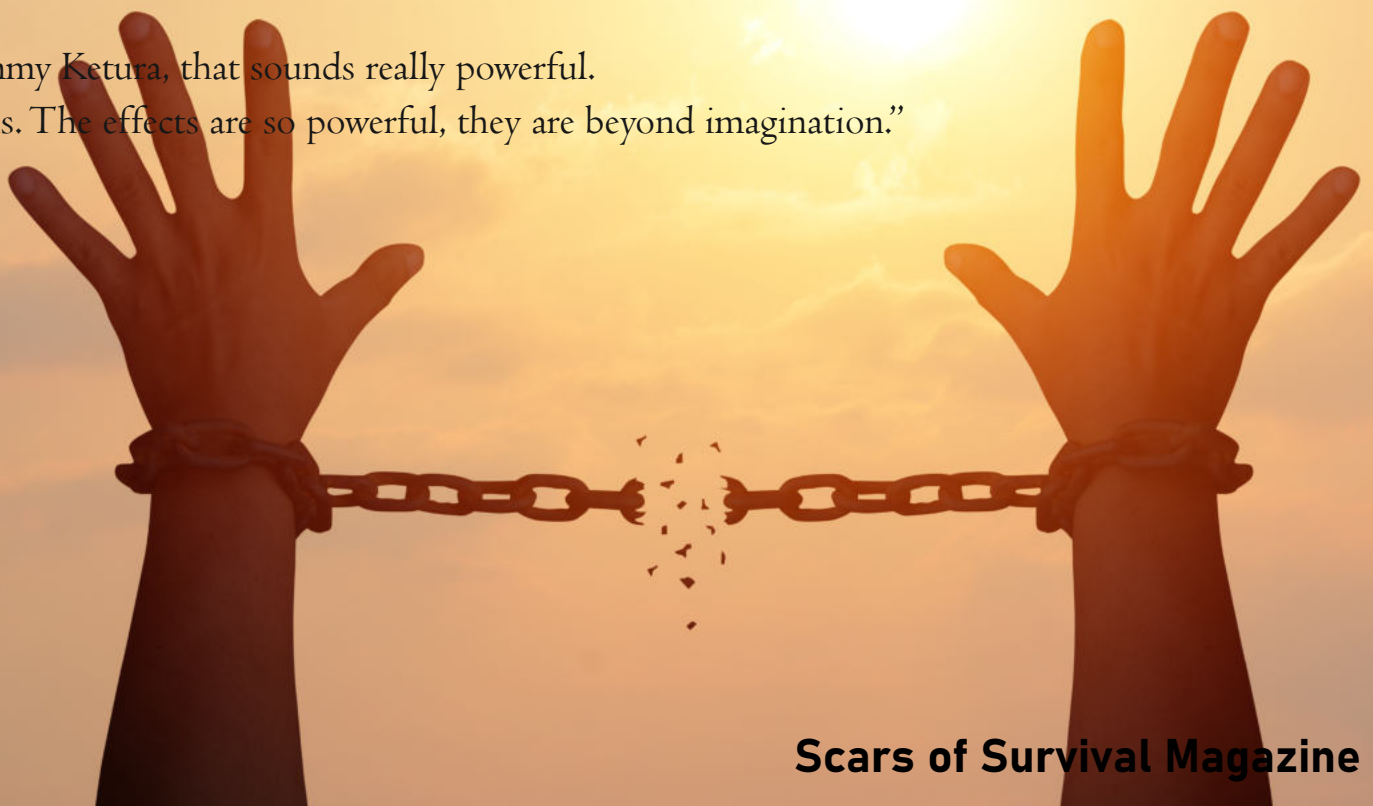
Healing my confusion, healed our situation, brought wisdom into the picture, smoothed out my body, calmed my mind; transformed me, transformed my daughters life and empowered me to THRIVE. The 24 professionals left”.

What does Thriving mean to you?

“Thriving is connectedness. Connected to reality and my true nature, limitlessly. This also means fearlessly. For example, when I picked my daughter up from climbing, she communicated with an unusual amount of anger. Instead of reacting to the anger, like saying; “don’t talk to me like that” or “calm down”, I fearlessly (no judgement, no correction, no teaching) connect with her. I met the content of what she was saying with understanding: The anger left. Thriving is also experiencing a smoothness and softness in life. I name this grace embodied. Motives are hectic; Life has become gentile and fluid. And when something does not feel gentile or supportive. I serve myself that gentleness and support. I get still, witness what is off, independent of the situations surrounding me, and serve myself peace. You know, The beginning of creation is Think, Feel, Act, Have. The end of suffering begins when I write out my personal recipe for happiness. It is complete when I meet that with understanding and each item can be put into smooth succinct action. The process is so deliciously intimate, it feels like making love with what is.”

Tammy Ketura, that sounds really powerful.

“It is. The effects are so powerful, they are beyond imagination.”





I AM A
SURVIVOR!

CANCER IS MY BLESSING

LONNIE BUSH

Written by: Author Samantha J.

Lonnie Bush from Raytown, Missouri, is living life bold and beautiful at fifty-one years of age and a survivor from triple-negative breast cancer, which is the most aggressive form and highest recurrence of breast cancer known. She is the mother of two adult children and four beautiful grandchildren. Lonnie never suspected breast cancer, she never smoked and she was a fitness guru daily.

She works for the Ford motor company for thirty years and is striving, looking forward to her retirement. She is the owner of "Lonnie Bush Fitness Center", she owns a non-profit "Celebration of Life", author and a medical marijuana cultivator specializing in natural medical cannabis-infused products to help people heal. She is truly making the most out of the second life God has blessed her with.

Lonnie was diagnosed with breast cancer at thirty-nine years of age. She was dealing with a lump she found herself. She was a single parent and worked on parenting and dealing with this disease surrounded by family and friends. She was given a five-year survival and still living after ten years.



Lonnie encourages everyone that the doctors don't always have the last say and that you never know how strong you are until you have to be strong.

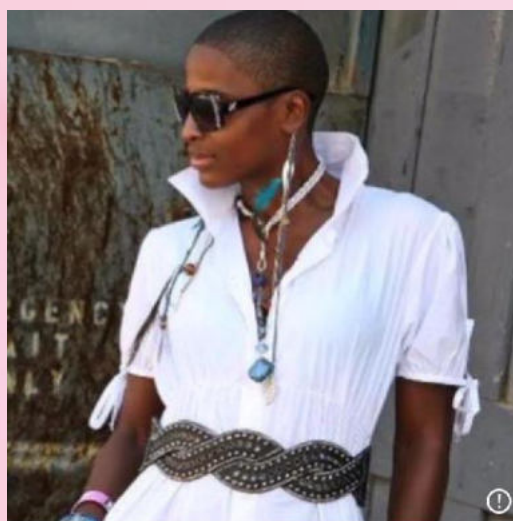
When she started her battle with breast cancer her children were young and she continued working and striving for her family and clients, so they could see that they could still fight with hope and dignity.

Lonnie is now in her third reconstruction surgery to rebuild her breast. Through it all she does walks, speaking engagements, visit cancer centers, and teaches early detection to save lives. In her book "Cancer was my blessing", she shares the process of surviving cancer and how to live past it. She gives her book for free to people battling cancer to encourage positivity is the best way to combat the disease. She works in her community to help other cancer patients and has fundraisers year-round to help families who are struggling financially and mentally with cancer.

Lonnie is a firm believer that your body fights stress, you choose to win the battle. She states "You can survive, and still fight the fight and not get defeated".

Lonnie is retiring on December 23rd and will be relocating to Florida because water gives her a sense of peace. She will continue helping others in their journey of fighting cancer. She is moving forward with God's help to continue her fight for others.

Read more about Lonnie's journey in how cancer was her blessing in her book "Cancer was my blessings". You can find her book on Amazon, Kindle, or her website, [www. lonniebushfitness.com](http://www.lonniebushfitness.com)



Follow her on social media:

[Celebration of life- Facebook](#)

[Lonnie Bush Fitness - Facebook](#)

[Lonnie bush I- Instagram](#)

Scars of Survival magazines commends Lonnie in her efforts to continue the fight against cancer and helping her community fight the good fight and learn to live life at its best, day by day.

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I CHOOSE LIFE, GOD'S NOT DONE WITH ME YET

DONNETTE EDMONDS

WRITTEN BY: JACKIE CHIKAMBURE

"I'm so sorry but your biopsy results came back, it's cancer..."



These are words no one wants to hear, especially when you are in the middle of a divorce after a 15-year marriage, but for Donnette, this was her reality. With the world spinning around her in the doctor's office, she did the only thing she knew would see her through this, she gave it ALL over to God. "I had no choice but to do what I knew best which was to trust Him completely because myself in my own strength I would not have made it."

At that moment her life changed, it was a whirlwind, everything happened so swiftly. From August when she found out about the cancer, two months later, she had had two surgeries, only two weeks apart, to remove the cancer and by December she was doing radiation treatment and in January she was declared cancer-free! How did she do it you may ask? By believing in God and allowing faith to be her foundation, not fear. It was not an easy battle, but Donnette chose to live, she knew her purpose in this world was not yet done and she inherently knew that she was a survivor.

“I believe you don't become a survivor- I believe you are born one. It's attached and assigned to your spiritual DNA, your purpose, and the call upon your life,” she says. Donnette draws this mentality from many people around her who have inspired her. She fondly recalls a time when she was a guest dance instructor at a Breast Cancer Awareness fitness event, and she ministered to each cancer survivor standing there. Donnette was deeply moved by these warriors. Some held up signs that said ‘5 years, 1 year, 20 years, etc’ cancer-free. They stood there weeping, proudly holding up their banners of victory and survivorship, that moment is etched in Donnette’s heart and memory forever.

Telling your four children that you could possibly die was one of the hardest things Donnette had to do, but with the help of her best friend, she informed her kids of the diagnosis. Instead of focusing on the negative, she chose to remind them of God’s unwavering faith, who they know He is, and to declare victory over each step of the process. Her family was profoundly affected by this disease as they had to watch someone they love experience a painful recovery, but it did not shake them, in fact, it has brought them even closer.

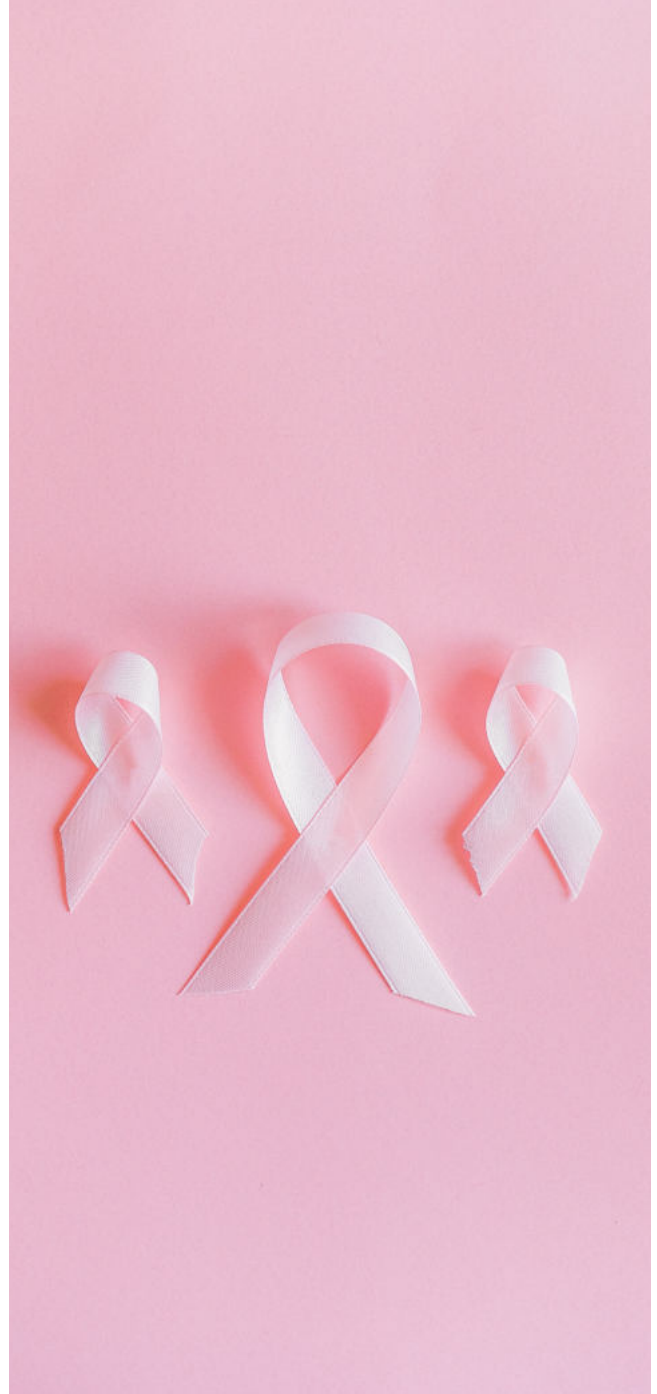
shake them, in fact, it has brought them even closer.

Before becoming a Breast Cancer Survivor, Donnette was already involved in promoting Breast Cancer Awareness through her fitness classes, events, and fundraisers and now, as a survivor herself, her passion runs even deeper. Every year she hosts an Annual Victory Lap "Warriors Stride" dance fitness event and Breast Cancer walk afterward. A portion of the proceeds will go to a local breast cancer foundation. She did her 1st Victory Lap in September 2020, four days before she went out for her 1st surgery.



The journey she was on was difficult for her and her family and it is always easy to lose faith, but you should not. It is during a time like this that you must trust in God, grab a hold on to faith, and do not let go! During this trying time, you should speak the Word daily over yourself until it settles your spirit, and know that God is a healer, a deliverer and that he will fight for you. Now it's your turn, do you believe? Donnette believes, and she prays for total healing upon anyone battling this awful disease. As a warrior and a survivor, she encourages those battling cancer to know that “yes, you have Breast Cancer, but Breast cancer doesn't have YOU!”.

As much as Donnette was inspired by those around her, she continues her mission to inspire and impact everyone she meets. She does this by promoting Breast Cancer Awareness along with fitness, wellness, faith, and health as she continues in her survivorship. When she had cancer, she was aware that her work was nowhere near complete, that is why she chose to live because she knows that God is not done with her yet. Now, she excitedly braces herself for the doors that are about to open for her to share her testimony, her faith, and how great God is.



You can connect with Donnette to experience her warrior spirit and hear her testimony on Facebook by following the link

<https://www.facebook.com/donnette.mitchell>.



Making Moves Beyond Loss

with
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A NEXT CHANCE**

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Photographer: Al Best Silver moments photography
Hair, makeup and styling: Nadia Neubert


MY CANCER STORY

Written by: Kelly Morin

Hi my name is Kelly I was diagnosed with breast cancer on April 26th, 2018. I am passionate about sharing my story as there is little to no awareness about Pregnancy Associated Breast Cancer. I in 3,000 Moms are diagnosed every year but yet there is little to no awareness. Please read my story and spread awareness

At the time my son was only 8 months old and my daughter 2 1/2 years old. I was working per diem 2nd shift as a nurse and a stay at home Mom during the day. I was healthy, happy and overall feeling great! I had just stopped breastfeeding my son when I noticed a few small lumps on my right breast. I figured I would give it a little time. I 1/2 months went by and they were still there. I made an appointment with my PCP as I was starting to become concerned. My PCP said "it is most likely a cyst or build up of milk but let's get an ultrasound to be sure". I had an ultrasound that looked suspicious and a few days later had a biopsy done.

I received "the call" on Monday, April 16th mid-morning. The Doctor said "I am so sorry Kelly but your biopsy came back positive for breast cancer". I responded "oh my god" and my heart started pounding out of my chest. He started talking about the type of cancer and upcoming imaging, so I took a pen and paper out to write notes. I started crying and he said "Kelly you won't remember most of this conversation, call me back a little later". I remember hanging up the phone and sobbing uncontrollably. No one is ever prepared to hear those words. My husband came home first and he held me tight. Shortly after my Mom, Dad and Mother-in-law. Hours went by and I was numb. So numb. Days went by and things started happening quickly. Ultrasounds, MRI, Mammogram, Lymph node biopsy, and meetings. Once all imaging was complete I had a meeting with my breast surgeon on Thursday, April 26th to discuss treatment.



She made it clear this was a large tumor, 7cm to be exact and that I have invasive ductal carcinoma, right breast only, stage 3, HER2 negative, estrogen and progesterone positive. She explained that due to the size of the tumor and being close to my chest wall we needed to start chemotherapy as soon as possible to try and shrink it prior to surgery. After 5 long months of chemo, a double mastectomy and 5 1/2 weeks of radiation I am finally done all breast cancer treatment and living “life after cancer”. Remission life feels great and I am so blessed and thankful for this second chance of life. The world is my canvas :)

LAURINDA ANDUJAR

AUTHOR . ENTREPRENEUR AND MOTHER

BIOGRAPHY:



Florida native, Laurinda Andujar is an established author and entrepreneur. As well, she is the founder of SheBlinked LLC and Heal the City Inc. Laurinda is the middle child of four, and being that middle child is what gave her a competitive edge and the desire to stand out. Laurinda lives by the quotation "when you are in the middle you are neither first nor last, you're just there". Being just there was not something that Laurinda wanted to get used to. Determined and standing in her own power she acquired international recognition for her established brands. She has been worldly recognized by vast platforms such as Fox44, NBC 33, KEBN "Devudish" radio show, 94.1 "The Max" in Baton Rouge, FashionGxd Magazine, Swagher Magazine, Medium, Barnes & Noble, Amazon and more.

Laurinda is the mother of three boys and one angel. She has a passion for music and poetry and has written well over three-hundred poems and songs. Inspired by the greats she is heavily influenced by Maya Angelou and Bo Diddley, in which she met during her duration in high school. She even was presented the opportunity to record with Bo Diddley but ultimately declined. Nonetheless, poetry and music provided the means of escape that Laurinda so desperately longed for. She has coined herself a survivor as she has battled with depression, low self worth, a myriad of other issues, and attempted suicide. These challenges drove her desire to want to see others healthy and whole.

Laurinda believes it is her social responsibility to give back. She has been afforded multiple opportunities to do so. Whether it was speaking to a group of college students at Barry College, serving as a panelist for the National Coalition of 100 Black Women, moderating a discussion for the National Diversity Council or going on mission trips to South America, Laurinda has always loved to do her part to leave the world better than she found it. Laurinda launched the Heal the City campaign to do just that. The organization tackles tough topics such as domestic violence, rape, molestation, Childhood trauma, grief, addiction and more, in an effort to "Heal the world, one city at a time". Laurinda is a certified Grief Recovery Specialist as well as a Corporate Trainer by trade. She is a Certified John Maxwell Team Speaker/ Coach, a former Toastmaster and is Achieve Global Certified. Laurinda has attended the Powerful Presentation Skills course at the NSU Executive Education Center and earned her White Belt in the Lean Six Sigma Certification. Laurinda has mentored thousands of people inside and outside of her organization. She has over 27 years in leadership roles. She has earned various certifications as a lifelong learner and is working towards a BA in Business with an emphasis on Transformational Leadership.

SEEN ON:



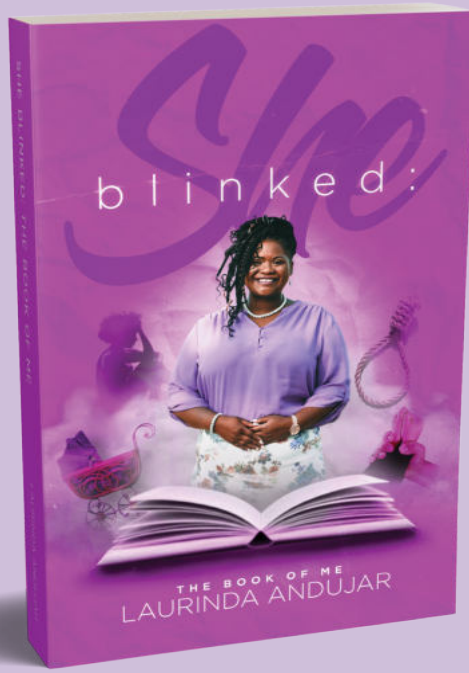
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Here is a pretty picture, because healing isn't always pretty, and sometimes the healing hurts more than the wound.

I know you're worth it, and I'm here for you!

Laurinda Andujar

Transformational Speaker/Coach,

Certified John Maxwell Speaker

Certified Grief Recovery Specialist

Author

Available for events

Keynote Speaker

Event Moderator

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Guest Speaker

Discounted Grief Recovery Sessions for 501c3 organizations and youth



Email LA@LAURINDAANDUJAR.NET or visit Www.laurindaandujar.net for all inquiries

STEFANIE SINGLETON

Born & Raised Washingtonian

HS graduate of McKinley Tech class of '94

Strayer University Business Management with Concentration in Human Resources 2015

.Program Manager by Day

.Concierge Service by Night

.Entrepreneur Always on the Grind

.CEO | Owner of Vision P. O. P. Designs est 3.2020 Purposeful | Organized | Personalized

.Teacher of Crafting Class (Bling, Cricuit, Notebook & other Class)

Creator | Designer

Customized all items: Planners, Notebooks, Shirts, Hoodies, Bags, Masks & Earrings

Journals | Notebooks on Amazon

MD Notary

Window survivor

Proud Mother of 1 (one) 19 year old daughter Tamar Brackett who is the CEO | Owner

ShopTayTaylor

Etsy shop Visionpopdesigns

Building Generational Wealth



SCARS OF SURVIVAL PUZZLE

D	A	S	P	I	R	I	T	U	A	L	J	O	Y
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OVERCOMER
 EMOTIONS
 RESTORATION
 INDEPENDENT
 SUBSTANCE
 SELF LOVE
 TRUE LOVE
 GENERATIONAL
 SAFELY PLAN
 NARCISSISTIC
 AFFIRMATIONS
 SELF ESTEEM
 VERBAL
 PHYSICAL
 SPIRITUAL
 SURVIVOR
 PRAYER
 GOD
 JOY
 MENTAL

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LISTEN TO YOUR BODY. BELIEVE IN YOUR STRENGTH!

STACEE'S STORY - WRITTEN BY: AMANDA JANE

Surviving, its very definition is to stay alive. This sometimes sounds pretty straight forward and easy to achieve, just eat drink sleep and repeat right? Well unfortunately no, it's not that simple as for some of us out there its our destiny to work hard to earn our survival. Challenges are brought forward to us and we must comply, we must fight and as we do a whole lot of strength and inner powers, we never really knew we had or were capable of start to shine through and we concur.

One survivor and absolute inspiration is Stacee, a mother of 5 from Atlanta Georgia USA, Stacee's challenge for survival has been that of battling against her own body whilst the disease Leukemia threatened her life. In 2003 Stacee was diagnosed with Acute Myeloid Leukemia and even though she did not know the signs at the time, she

says she knew her body was out of sorts as she was unordinary tired all the time and her breathing became more and more laboured. But it wasn't until Stacee discovered she needed her wisdom to be extracted that her health would reveal what was really going on. After Stacee had her wisdom teeth removed the site would not close up (heal). She was eventually rushed to the hospital and that is where they discovered the terminal diagnoses and informed Stacee of the distressing reason behind her gums not healing. The doctor gave the prognosis of Stacee only making it another 6 weeks before she would sadly pass to the disease Leukemia over took her body and killed her. as she processed this information, she felt weaker and felt she had no fight left, she did not see a way out and was ready to just accept such fate delivered to her by medical professionals.

Much loved by her children and family, they gathered around Stacee, encouraging her to fight, they refused to allow her to leave them and invoked something within that redirect Stacee to acknowledge her inner strength to fight, and fight hard! Simply giving up was not an option. Without such a support system no one will ever know if Stacee's outcome would have been the same, everyday she is thankful

for them and not only being to survive the 6-week deadline but go on to survive a further 15 years and counting.

15 years on and being cancer free Stacee now very Intune with her body and its functions she says how her body began "speaking" to her again. The worst fear for someone in remission – a recurring diagnosis. A day after her 48th birthday while visiting her eldest son in Minnesota Stacee received her 2nd diagnosis of Leukemia.

All those old memories of the battle she had already endured flooded in crippling her with reminiscing on all the mental and physical feelings she once faced all those years ago, she was meant to be free of this disease but here she was again and she knew exactly what was happening.

Again, Stacee was terrified, thinking she probably won't make it this time, that she had pushed her luck and the disease had come back to take her away as firstly intended, Stacee stayed in the Minnesota hospital five months with great uncertainty in her heart, waiting for a life-saving bone marrow transplant. She was unable to work and so had lost her job, she was miles away from her

home and everything she was familiar with. As time passed, Stacee reflected on her situation, she began to dig deep within her mind and spirit, she was reminded that she was put on this earth to fulfil a purpose, and in that moment, something shifted, her health improved and she was able to return home to Atlanta and start treatment.

The whole journey awakened the need within Stacee to redirect focus. She began thinking “How can I take the focus from me a little, and do something for someone else?” The nurses would come in and seem stressed, so Stacee started to encourage them, by telling them how much she appreciates them. Getting emerged into the social online world of Facebook, utilising the platform and gaining live audiences that fast became Stacee’s ‘fan base’ and in turn, friends. She quickly realized that people genuinely cared and really wanted to track her progress. She began daily blogs that began to lift her moods, feeling she had purpose and it pushed her to reach out to inspire and motivate others to take on a positive attitude about whatever they may be facing in life. This was a significant moment and major turning point in Stacee’s journey. This was her purpose! This is what she was here to do. Be the light for others. To



understand and guide them.

As Stacee was doing her treatment a hospital worker came into Stacee’s room one day and said, “You glow!” she saw within Stacee that her spirit had perked up and was beginning to shine through despite her physically unwell appearance. This greatly encouraged Stacee to keep pushing even further. To keep fighting against leukemia to stop it ravaging her body. Stacee adopted many methods to heal such as Mindful Meditation, learning to do intentional breathwork, and staying in her

present moment and how to remove those negative thoughts and vibrations. While waiting for her transplant, she began sharing what she had learnt and taught others, then took that step even further and became a certified meditation coach. Doing so changed her entire life! She wanted to live! It was exciting awaiting to see what was next in her journey. Unfortunately, finding a bone marrow transplant donor on the registry for an African American person is only 4%. So Stacey had to rely on her family for a Donation as my wait was nearing an end either way. My family was tested and my middle son was found to be the closest match. I had my transplant February 1, 2019.

Stacey's family is tough, and they have been through so many battles alongside Stacey and independently, This leukemia one. This was the toughest. This one was life altering. It was clear that all involved understood the assignment by knowing "togetherness is strength". Surely, they all had moments of uncertainty, but they never let on or allow Stacey to see it, rather they helped push her through where she needed to go. They rotated like a roster, giving each other a break and allowing all to continue to give and support. Most critical was the acts of getting Stacey to

all her appointments, the affect was great but the result even greater and such a beautiful selfless gift. A family united and not allowing the impact of such a traumatic experience weaken their strength.

This year Stacey turned 52 and her health is very stable and absolutely smashing goals in survival after her transplant and building herself back up, Stacey started an LLC called Auranj (pronounced as Orange). The colour orange represents the colour for Leukemia awareness and also represents the second chakra (energy centres) which promotes creativity and emotional wellbeing. Stacey now Mentors Cancer survivors and warriors by promoting positivity and teaching them the importance of affirmations, prayer, and meditation. they have a line of essential carrot oil that helps cancer patients and others who may be dealing with dry skin because of chemotherapy and radiation, also eczema symptoms. Auranj also have an array of positivity t-shirts and so much more! Stacey claims this is the path she was meant to be on and will never ever stop supporting for survivors and telling her story of victory against Leukemia! Stacey acknowledges that she was given multiple chances to redirect her path to its intended destination and provide

to others, she refuses to let her past dictate and only sees a bright future no matter what may be install! Wow! what and inspiration!

Sharing her journey is important, simply because it gives her an opportunity to inspire and encourage others who may be going through a cancer struggle or any test in life. To be able to give others hope by allowing them to see that it isn't over until it is over. Stacey wants people to understand that having a positive attitude will help them see life with a different lens and if she can survive, they can too. Its all about mind set and wiliness to participate in a positive existence over a negative one. For anyone battling cancer Stacey want you to know that To be perfectly honest, cancer of any type is not easy. So please never be hard on yourself. You may experience so many emotions but allow yourself to feel, but do not stay in that place. Know that you are amazing and the attitude in which we have is a great part of your strength and healing. believe in you! Because she many more people in the world do!

To any readers wanting to connect with Stacey you can do so via the following Instagram: [@staceegigisturgis](#) and [@auranjllc](#)

Facebook: "auranj llc official

**"HAVE A POSITIVE
OUTLOOK....
IT WORKS!"**



INFINITY AND BEYOND

WRITTEN BY: TONYA CLOVER

I am not sure where to begin so I will begin with my mother. She was in foster care when she gave birth to me. She was a survivor of sexual and child abuse. She died giving birth to me at 17 years old. She had a hole in heart from a birth defect and needed a blood transfusion and was given the wrong blood type 6 days after I was born.

I put into the system automatically. The first memory of abuse for me was around 2 or so I was in diapers and from there I fought off child abuse and incest from foster parents then adoptive parents till I ran away at 15.

Like so many that have been abused as children that end up with abusive partners I feel victim to this partner as well. There is but one night that stands out in my mind that reminds me when times get bad I am a survivor. I came in the house to find the lights out I flicked them in off but they wouldn't come on. I stepped on glass. I looked up to see the

bulbs out and then the battle began. I was hit from behind and all over the living room dining room and kitchen strategically weapons were placed to injure me. Knives, broken glass to cut me, pillows to smother me, ropes to choke me, drag me along the floor, hammers to hit me.. my new husband had gone way to far beyond shoving, pushing and hitting he had snapped. I never saw this coming to the point of killing me, this was a very violent side he never showed me to this extent so far. I was in a fight for my life all night long. At one point I played dead from him smothering. At some point he left the house never to return. It is by the grace God I made it out alive that night. To this day I still think how well planned everything was on planning my attack but God had a plan that was greater. I am Tonya I am a Survivor of Domestic Violence.

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THE TRUTH ABOUT DOMESTIC VIOLENCE

WRITTEN BY: TONYA VERNON

Being a case manager for Dart, the statistics show that the first seventy-two hours of the domestic situation your life is in danger. An average of twenty-four people per minute are victims of rape, physical violence, or stalking by an intimate partner. In the United States- more than twelve million women and men over the course of a single year. 1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older have been the victims of severe physical violence by an intimate partner in their lifetime. Intimate partner violence alone affects more than 12 million people every year. From 1994 to 2010 approximately 4 in 5 victims of intimate partner violence were females. Some victims take the abuser back at least 7 times before actually leaving. Here are some things you can do when in a domestic violence situation. If you have kids teach them to call 911 whenever a situation happens. When a police comes out make sure you get a business card. When the abuser is gone try to do a safety plan by hiding things like social security cards, birth certificates and clothes in a safe place. Please let a family or friend know what's going on.

If you are experiencing, see or know of domestic violence contact 911 or a hotline immediately! Most women are afraid of starting over or being alone. Never feel this way because we are special to the God we serve. Most people think it's just women who find themselves in violent situations but it's men also. Here are some more things that will help you get through. Go to Candle Light vigil events and attend weekly domestic violence meetings. This is just a suggestion of mine for avoiding fatal situations. Never date or marry anyone that calls you out of your name or puts down your dreams in the early stage of your relationship. That's a red flag. If in the beginning it starts off as emotional abuse it usually ends in physical abuse. Emotional abuse is equally as bad as physical abuse. This goes for women and men. When the abuser starts to abuse you in any form remember he is seeking to control you.

The best advice I can give you is to get out while you can. If you don't have family or a friends, you can call Dart and they will contact and transfer you to your local safe house.



Scars OF Survival







PAIN • HEALING • ENDURANCE

The mission of Scars of Survival is to assist in changing the lives of those individuals affected by Domestic Violence & Sexual Abuse one story at a time. Inspiring, and empowering self development through life skill workshops. To cultivate communities free from violence as we provide transitional services, bridge support services, and community outreach services. Continuing efforts in raising awareness of Domestic Violence and Sexual Assault, through events, fundraisers, and community support. Scars of Survival is committed to Domestic Violence prevention, teaching victims, and survivors the importance of love, trust, faith, how to rebuild hope again, not only to survive but to overcome.

Scars of Survival's Pledge to End DV & SA

1. We will never commit an act of domestic violence of any form against anyone
2. We will promote domestic violence awareness through social media channels, conversations, and events
3. We will speak out against domestic violence and break the silence at every opportunity
4. We will support domestic violence victims by providing continuous transitional services through the organization
5. We will never judge anyone no matter what the situation is
6. We will treat people with dignity and respect
7. We will do everything with the love of God

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