

Chapter Three:

Tapping the Power Within

It was my intention to write in such a way that anyone of any stature could read and understand it. I had started pulling all of my journals together and began writing in September of 2005, one year after I had awakened from my four year, chemically induced slumber. Although I knew God and was a believer before my horrifying experiences with the medication, I think my connection to the source intensified more so during and after the four-year journey. I value my existence and feel strongly that I would not be here to share my story unless there was a higher power guiding me to do so. I am far from perfect, but I strive to do right, to leave everything I touch in better condition than the way I found it. As an Empath, I care and feel more deeply about others than I care to admit sometimes, but I know to the depths of my soul that the degree at which I feel is only due to my connectedness to God, Jesus Christ, and the Holy Spirit. The gifts God provided upon my birth will lead me to fulfill my destiny, whatever and whenever that may be.

When I was a child, my grandfather told me a story about our family's native American heritage, suggesting that we had native American blood running through our veins. Whether it was true or not, I believed him and it was my perception of his story that led me to study herbs, homeopathic, alternative and complementary medicine. I love the earth and its extraordinary ability to adapt and overcome cataclysmic events. I have valued my connectedness to all life forms and due to my perception of these things I believe my life story played out as it has. I trust that it was my relationship with God that saved my life and I am thankful for each day I have to share what I have gleaned from my experiences. You will harvest the information that you are supposed to from the pages of this book in order to put it into practice. Whether you use them now or merely remember them when all else fails. These tools will shift your life from ordinary to extraordinary and it will lead you to become your own best advocate, doctor, or caregiver to others in the coming years.