Outline

Draft Title: Will You Be Made Whole?

Introduction

1. Purpose: The purpose of this book is to help women become who God has created them to be by using my natural hair alopecia journey as a metaphor of how I’m dealing with my childhood trauma.
2. What would the reader gain or what would be the call to action. This book is uniquely written for black women struggling to discover their natural hair, The Christian woman and the traumatized woman seeking to be made whole. No matter which one is reading this book it will have one common factor. The journey towards self-acceptance and authenticity or what I like to call being made whole.

Introduction

1. Before You Were In Your Mother’s Womb
   1. Who did God create me to be
   2. Bold & Courageous
   3. Rejected
2. Processed
   1. The Product
   2. The Burn
   3. Stripped Away
3. Care Free Curl
   1. Ideal Self vs. Real Self
   2. Instant Activator
   3. Accommodations
4. UnbeWeavable
   1. Tracks
   2. Deep Laceration
   3. Numb
5. The Big Chop
   1. Damaged
   2. Dramatic Change
   3. The Unknown
6. The Relapse
   1. Insecurities
   2. Circles
   3. Going Back
7. The Diagnosis
   1. Alopecia
   2. Fear vs Faith
   3. Deciding To Fight
8. The Journey
   1. Boundaries vs Barriers
   2. Decompartmentalization
   3. Consoling The Little Girl
9. Her Glory
   1. The Real You
   2. Walking In Your Truth
   3. Authenticity

Nguvu is Swahilli for Strong. That’s my hair name. Pronounced New Vu

*INTRODUCTION*

I was avoiding it . I saw it but I acted like I didn’t. Surely it is just a small spot and it won't grow any further. I can cover it up. So I did. There were so many different ways I covered it up until I couldn't tell the cover from me and worse neither did those around me. It didn’t matter because I wasn’t ready to face it. Paid a lot of money for those covers and found different experts to create the perfect cover for me depending on the style of cover I wanted. If I’m truthful I didn’t always feel like wearing the cover. But everytime I took the cover off I noticed that the spot was larger and larger.

I would encourage myself by saying “you can face this” but I wasn’t faithful to “her.” I would get everything needed to make her strong and healthy. Educate myself on how to love “her” better. I even went as far as not allowing any processes to touch “her” . That was bold for me. I was so use to having “her” processed it didn’t last. I looked at her and did not cherish without the cover. I never learned how to take care of her on my own without the process and when I tried to imitate what I saw from others it never worked for me. So I covered “her.”

A year or so went by and I had mastered the covered look! I never paid much attention to “her” again. She was faithful and maintained as much as she could even with the spot growing all around her. Then one day I heard Him say if you remove the cove I will heal “her.” I knew His voice, He was speaking to me a personal of not only healing but reconciliation between “her” and I. I uncovered her again and told myself that I was going to go through a different process to get her back.

Little did I know what that process really meant. I told one of my sista-friends what he said and told her I was going to do it. Went back to researching how to take care of “her” Little did I know what that process really meant. The same old feelings came up and to make it worse people, my people made comments about her that made me feel insecure about her. I tried to stay focused and gain my confidence but I couldn’t take it. I had allowed who I was to be woven into the covers and now I couldn’t see myself without it. I only made it six months and I was back to wearing my covers.

This time when I went back it was different. I wasn’t happy with any cover that I had on, but the “her” spot was so large I couldn't just be naturally me. No compliment on my cover helped, no amount of money I spent on the cover helped, I was not happy with myself. I didn’t feel authentically me but I was lost. She was dying and I didn’t know how to help her. But that’s not all ironically, the same thing was happening to my soul. Somehow my soul and “her '' are synonymously walking through the same journey that I had overlooked for so long. This was out of my comfort zone and I had know other choice but to get both of them help. I knew I could not continue like this. She nor I would make it.

I found “her” , my hair and soul professional help. I was referred to a great dermatologist.. She told me that I had alopecia mainly due to my covers of braids and weaves. She began to ask me “what if I could get 40% of your hair back would that be okay?” I said “yes.” She asked “what if I could get 50% of your hair back would that be okay?” I said “yes.” She finally asked “what if I could only get 60% of your hair back would that be okay.” My non patient self said “YES.” Then I remembered Genesis 18:16-33 when Abraham pleads for Sodom for Lots sake.

23 Then Abraham approached him and said: “Will you sweep away the righteous with the wicked? 24 What if there are fifty righteous people in the city? Will you really sweep it away and not spare[[c](https://www.biblegateway.com/passage/?search=Genesis%2018%3A16-33&version=NIV#fen-NIV-449c)] the place for the sake of the fifty righteous people in it? 25 Far be it from you to do such a thing—to kill the righteous with the wicked, treating the righteous and the wicked alike. Far be it from you! Will not the Judge of all the earth do right?” 26 The Lord said, “If I find fifty righteous people in the city of Sodom, I will spare the whole place for their sake.” 27 Then Abraham spoke up again: “Now that I have been so bold as to speak to the Lord, though I am nothing but dust and ashes, 28 what if the number of the righteous is five less than fifty? Will you destroy the whole city for lack of five people?” “If I find forty-five there,” he said, “I will not destroy it.” 29 Once again he spoke to him, “What if only forty are found there?” He said, “For the sake of forty, I will not do it.” 30 Then he said, “May the Lord not be angry, but let me speak. What if only thirty can be found there?” He answered, “I will not do it if I find thirty there.” 31 Abraham said, “Now that I have been so bold as to speak to the Lord, what if only twenty can be found there?” He said, “For the sake of twenty, I will not destroy it.” 32 Then he said, “May the Lord not be angry, but let me speak just once more. What if only ten can be found there?” He answered, “For the sake of ten, I will not destroy it.” 33 When the Lord had finished speaking with Abraham, he left, and Abraham returned home. (NIV)

He was in that office with me, He being God. I knew he told me to stop covering my hair with wigs and weave and he would heal me but I didn’t have the strength to discover who I was without braids or weaves. Especially since I stopped processing my hair with perms. It was natural and like I said I was never taught how to take care of my natural hair. Her asking me these questions was like Abraham asking God if you have one of yours in Sodom would you spear it for their sake. God was having her ask me this question to say to me if I can save your hair will you go through the process with me. I was not saying Yes to her, I was saying yes to Him.

I then heard her say some of your alopecia in the center of my head are due to traction alopecia and the edges of my head are generational alopecia in your bloodline. After giving God my yes I by faith said, I’m not worried about the generational alopecia, generational curses on my bloodline are covered by the blood of Jesus. She was clear that she could help me but told me straight forward. I will treat you but the day you put a weave or bread back in your head I’m sending you home and we are stopping the process, as she is looking at my head with a freshly breaded style. She had the type of personality I needed for this transformation so I knew she was the one God assigned to help me. I committed to the process, went to my last few events with my braids and took them out to never return.

At the same, my soul needed healing. I was once again referred to a therapist who at the time I had know idea she was going to help and inspire me to write this book. I told her nothing about my hair, but only that I know I have to do something because I could not continue like this. I had been raised by young unhealed parents, sexually touched by strangers, an uncle, and an aunt, homeless and so much trauma that I as so many other black women pushed it aside and just moved on with life. But it caught up to me. Ironically at the same time my alopecia did.

You may read this book and say “I don’t have alopecia so this is not for me.” As crazy as it sounds, God used my hair to teach me how to deal with the trauma in my life. So use my hair as a symbol of your trauma and allow it to guide you to your healing.

You may read this book and say “I don’t believe in God or your God.” It’s okay, God is my source. Take the lessons and healing journey to walk towards your own healing journey. And if you discover my God along the way. Praise God.

You may read this book as a black woman who needs encouragement on wearing your natural hair with confidence. Trust me you are going to get that in this book.

No matter where you are when reading this book it is my desire that you ask and prayfull answer the same question my therapist asked me that inspired me to write this book. That question is “Will You Be Made Whole.”