Outline

Draft Title: Will You Be Made Whole?

Introduction

A. 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.

B. 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

 I. Before You Were In Your Mother’s Womb

a. Who did God create me to be

b. Bold & Courageous

c. Rejected

 II. Processed

a. The Product

b. The Burn

c. Stripped Away

 III. Care Free Curl

a. Ideal Self vs. Real Self

b. Instant Activator

c. Accommodations

 IV. UnbeWeavable

a. Tracks

b. Deep Laceration

c. Numb

 V. The Big Chop

a. Damaged

b. Dramatic Change

c. The Unknown

 VI. The Relapse

a. Insecurities

b. Circles

c. Going Back

VII. The Diagnosis

a. Alopecia

b. Fear vs Faith

c. Deciding To Fight

VIII. The Journey

a. Boundaries vs Barriers

b. Decompartmentalization

c. Consoling The Little Girl

 IX. Her Glory

a. The Real You

b. Walking In Your Truth

c. 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 every time 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 no 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 no 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 pray full answer the same question my therapist asked me that inspired me to write this book. That question is “Will You Be Made Whole.”

Chapter 1. Before You Were in Your Mother’s Womb

They say that trauma is passed down from generation to generation. That when you have experienced something so traumatic that it lives inside of your cells and the effects can be carried throughout your legacy. In fact, that trauma now becomes the legacy in which your family is known for. It’s not until someone in your generation decides to be healed from the family trauma that your cells stop reproducing pain. I guess it was inevitable for me to have trauma at such an early age. It was passed down to me. Story has it that my grandmother was living on a farm in the south with a woman who always accused her of sleeping with her husband. Strangely this woman was her mother so she thought. My grandmother didn’t understand why when her father was playing and being nice to her, her mother saw it as flirtatious. That was until a car pulled up to the farm and a woman who just got out of prison told my grandmother that she was her mother and took her from the farm.

That was the only day she probably told my grandmother she was her mother. The rest of her life my great-grandmother always bragged on how she was so glad my grandmother never had an ounce of her blood. You see, when my great-grandmother went back home to Clarksdale Mississippi after being released from prison and introduced my grandmother to the community, they looked at her like a poor child. No one ever knew my great-grandmother to be pregnant. They did know that my great-grandmother was released from prison after serving time for killing her lover and his wife. But where was their child? Oh, people did inquire but a black girl child being missing in the south wasn’t top news. I guess it wasn’t anyone's business when that child showed up with the killer years later.

Verbally abused, uneducated, rapped and young with two children is how my grandfather probably found my grandmother. But he loved her and brought her to Chicago. With the trauma carried within my grandmother’s cells they had my mother, who at the age of fifteen had me.

Strong, stubborn, bold, courageous and fearless is how my mother would describe her way back in the beginning. Not afraid to stand out or challenge the norms, without even knowing she was doing so. That’s before the world touched her. Trauma didn’t escape the generation prior to her so the effects of life weakened her and she was no longer her natural born self. And reflecting over the process it started at her young age which is why I use third party to describe myself. It’s as if it is another person that I’m just getting to know.

I remember knowing that something was wrong. The tension around me was evident as my parents walked in and out rooms. I was around three or four years old and yet I remember that feeling even today. My dad who I so loved was fun, at least with me. I would follow him everywhere because he would let me be me and nothing had to be in place. Unlike my mother. She has always been such a beautiful darkskin woman and a girly girl so having a daughter meant she needed to be the same way. Accept if her daughter was me. I wasn’t interested in being a girly girl at all. I hated pink, I hated dolls and I could care less about my hair being neat and every strand in place if it meant I could climb, run and jump.

 I could do all of that with my dad. He would let me run, jump, climb and play in the sandbox all I wanted to. Even today my mother tells the story of how she had to wash my hair every night from playing in the sandbox no matter how many times she threatened. She says no matter how many times she would tell me not to go in there I would come back with a head full of sand. That I guess was part of my strong, bold and fearless nature. Poor mommy, she hardly has one picture of me looking cute and girly with my hair all in place.

 My daddy didn’t care. He called me his pretty girl no matter what I looked like and I believed him. It was quite different with my mother. She always said she never wanted children. I didn’t understand that it was her trauma expressing itself but growing up I felt I wasn’t chosen to be here. I was just an accident. This mostly added to my rebellious nature or perhaps just the DNA of my grandmother. After enduring so much trauma she finally turned into a fearless, outspoken no-nonsense woman. She didn’t overcome her trauma; she eventually learned not let anyone add any more to it.

My grandmother was so naturing to me and since my mom had me at fifteen years old, I grew up with her spoiling me as if I was her own. In fact, until her dying day she told everybody I was her child even though she had 12 children of her own yet only 10 survived. My aunties and uncles were between four- sixteen years older than me and I always had someone to play with yet still feeling the luxury of being spoiled. My mother said we moved from my grandmother’s house on the southside of Chicago to the northside when I was very small. My grandmother moved up north pretty soon after. I saw my grandmother so much it felt like I was still living in her home. Looking back, it appeared to be a close net family. I would have never known that things were about to change.

 The tension that I now call discernment got thicker. I couldn’t begin to guess what it was until I saw my mother crying as my dad was yelling at her. I didn’t recognize him. This wasn’t the person that threw me in the air and called me his pretty girl. I was afraid and having nowhere to go in this one-bedroom apartment I made at the age of three or four a decision I would have to spend over fifty years correcting. I hid inside of myself. Within me I could control what I saw, what I felt, my surroundings and keep me safe. I don’t know what happened when I discovered that the two people raising me were not able to keep me safe but I did. Not having the maturity obviously at that age to express that they were causing me trauma I played right into the generational curse of trauma…isolation.

This happened quite often but since I naturally had a very creative and imaginary mind it was easy for me to do. I would be somewhere in a matter of seconds in my mind I could and live out physically where I wanted to be. Except the day I heard a loud knock at our door. My daddy asked “who is it” and they said “it’s the police.” I saw my daddy turn to my mother and whispered something to her but by the look on her face it wasn’t good. I quickly hid back inside myself. I don’t remember what happened with the police but the next time I came back to reality my other grandmother, my dad’s mom was there yelling at my dad. I couldn't come to myself to hear what she was saying but even though she was only a 4ft woman my dad knew not to mess with her. Her body language was scary and she was slapping my daddy like he would slap my mom. It was like his face was turning from the slap in slow motion as my grandmother continued to yell at him. I quickly retreated once again back into myself. It still wasn’t safe in reality.

At a young age I knew from the start that I couldn't let other children know what my home life was like. I don’t know why at that age how I knew that but I did. The person inside who created a false reality of herself had to now act out this false reality in real time. It was okay though. I was keeping my family together. This mask at the age of four was created in hopes to betray a life that people thought we had. Even today, I listened to people talk about their childhood to see at what age they go back to and I rarely hear people talk about themselves at the age of 3-4. That’s how I know it was the trauma that was sealed within my bones that allowed me to pull it to memory. Unfortunately, that wasn’t the worst memory. There was a night that changed my childhood forever.

In our one-bedroom apartment I slept in the bed with my parents. My baby brother slept in the crib right next to me. I got up in the middle of the night with that feeling again. I jumped up and didn’t see my parents so I did what every four-year-old does when they want permission to get out of bed, pretend they have to use the bathroom. I got up thinking I was going to act out the I have to pee script but as I was rubbing my eyes coming out of a dark room looking into the front room, I saw blood. Blood was all over this bright white shirt and I was frozen. I couldn't move. I was scared to lift my head up but started moving it slowly. When I finally saw her face a short sign of relief came over me because it wasn’t my mother but one of our neighbors. By that time, I realized it wasn’t my mother I could hear her screaming…SABRINA GO TO BED. My mother by the way is always screaming but this time I was relieved and said I gotta pee and went to the bathroom.

The next day I was still thinking about what I saw. I can only imagine if it was my mother who had on that bloody white shirt what that would have done to me. So, I came up with a brilliant four-year-old plan. I said to my mother “mom why does daddy hit you.” She said “I don’t know.” I said “Why don’t you ask him to stop.” She said “Okay.” And although to this day this conversation brings tears to my eyes with my innocence still in tacked, I believed this was the solution until my daddy got home.

My mom said “Caleb, your daughter asked me why her daddy hits me.” With no hesitation he picked me up and said “I don’t know baby girl but I won’t do it again.”

I gave him the biggest hug and felt so accomplished. I saved my family! I went to bed feeling good knowing that I would never wake up like I did the night before. But I was wrong. There’s that feeling again. My eyes jumped wide open and with the mirror of the dresser in the back of my brother’s bed I could see a reflection of my mom's hands up and then she said “okay Caleb don't hit me again.” My daddy replies “If you wake her up I will kill you.” I shut my eyes and went to sleep. I didn’t want my daddy to kill my mother because of me. Believe it or not, I’ve battled this decision all my life.

The next morning, I woke up aged. I can’t explain it but I was no longer just four years old. I remember feeling like the first man that I loved, who accepted me for who I am, who took me everywhere and never yelled at me was the first man to ever lie to me. I also realized that a mother who loved me but often wanted to groom me into someone I wasn’t and who expressed that she didn’t want children was not safe here. I know she knows how much I loved my daddy so I went from saving my family to saving my mom. At least in my mind. I’m sure my mom had a plan of escape but I also believe she consider me and my daddy’s relationship. At the age of four I said to her, “Mom, I think you should leave dad.” I don’t remember her responding. Even now I weep again imagining a girl dad having to say those words at the age of four. The trauma went from being passed down to now being sealed in my bones. And it was just the beginning.

 Will You Be Made Whole Take Away:

The bible talks about In Jeremiah 1:5 “Before I formed you in the womb I knew[[a](https://www.biblegateway.com/passage/?search=Jeremiah%201&version=NIV#fen-NIV-18952a)] you, (NIV) I believe this was one of the moments the devil used to try and stop me from becoming who He knew me to be. The devil knew the history of my generational trauma and how no one had been healed from. It was easy for the devil to allow unhealed people to live out unhealthy lives knowing that they will create an incubator for continuous trauma. My grandmother's trauma led to my mother’s trauma which led to me at an early age to create a false reality, an invisible mask, experience rejection, began suffer emotionally and have daddy issues which resulted in loss of my identity before I was old enough to even know it.

At the time I also didn’t know that it was the devil’s assignment according to John 10:10 “The thief comes only to steal and kill and destroy;” (NIV). He is just walking out his purpose so that I wouldn’t fulfill mine. The four-year-old didn’t know that Jesus gave the answer in His response to the second part of John 10:10 “I have come that they may have life, and have it to the full.” (NIV) Life defined as “The state of one being possessed of vitality. It separates the living from the dead. Jesus doesn’t want us to just live with His breath but to live full. What does it mean to live full? Full means to live superior, extraordinary, surpassing, uncommon. God created us to do something on the earth extraordinary that surpasses understanding…something uncommon but we are often destroyed by the enemy before we come to this realization. The traumas of our lives are often such a massive shock to the soul that our spirit is not equipped to resuscitate us. There are very few of us that are willing to do the work of self-healing to work out Jeremiah 1:5 so we continue on with the life we created instead of the life He knew.

It’s not hard for the devil to have an entry way because he comes through the open areas generations curses that our ancestors did not work on healing. God in His awesome mercy will allow us how to close that portal if we are willing. The question standing before you and me as it was with Jesus standing in front of the man at the pool of Bethesda “Wilt thou be made whole?” (John 5:6 KJV).

Let me set the screen. Jesus is traveling again and comes to a pool by a sheep market. At this pool known as Bethesda the people there are helpless and powerless waiting for the water to look agitated or as the bible says for an angel to trouble the waters. When the waters were troubled healing was available and whoever made it to the water first would receive healing.

There was a man who for eight years had tried to get to the troubled water and could not. His trauma was hindering him from getting in the pool, but Jesus asked Him “Wilt thou be made whole?” Like most of us the man blamed others for not accessing his healing. No one will help me, people are walking all over me, I don’t have what I need to get there. Jesus didn’t pay any attention to the excuses and told him to RISE. Not only to rise but to pick up your bed and walk. Rise up and carry the thing that has been carrying you and walk. This is where the work comes in. You have to face where you are and your trauma and decide to RISE UP. You have to work through the pain that has crippled you and RISE UP. You have to forget the people around you and RISE UP. You have to decide that you want to know the person God knew before you were in your mother’s womb and RISE UP!

That’s when we get to walk out Jesus' promise in John 10:10b “I have come that they may have life, and have it to the full.” (NIV) The man decided to do so and the bible told us not that he was healed the scripture said “And immediately the man was made whole,” (John 5:9 KJV). Jesus didn’t ask him if he wanted to be made healed. No that’s life, life more full is being made whole. Whole in Strong’s concordance is not only healthy but restored (5199). Restored back to the person I knew before the world crippled you. Restored back to the person before your mother’s womb imparted the cells of her trauma into you. The man decided to RISE and carry his bed. He was made whole without having to go into the pool. He only had to decide to believe that Jesus could heal him and the courage to RISE.

I was 49 when I decided to RISE. It’s when Jeremiah 1:5 came alive to me and I asked God “who did you create me to be?” That question agitated my soul like the angel agitated the waters at the pool of Bethesda. By this time obviously being saved, a pastor and sr. leader in the ministry, I was operating as so many other leaders. Healing others while broken. I was at my lowest and I knew that I could not keep going. I was looking for the Shalom of God. The peace of God where there is nothing missing or nothing lacking. I wanted the promise in John 10:10b. This is a scary decision. Like the man at the pool, you can’t look at the situation around you and blame people or life for your circumstances. You have to have the ability to recognize the areas in your life that may be empty, unfulfilled or lacking peace and the capacity to reach within to heal it instead of searching outside of yourself. You have to desire to know Who God has created you to be and decide to walk boldly in discovering that person with no fear of how others may perceive you. You have to decide you want to be made whole.

 My Prayer For You: God I pray for every person who will start the journey of becoming Whole. Lord allow them to discover Who You Created Them To Be and let them live that life out to the fullness. Lord I come against any anxiety, fear or shame that may cause them to retreat to life as usual. God allow them to have the boldness to face their trauma and to release it to you. Abba Father, wrap them in your arms and let them feel your comfort as they cry and feel the pain they have suppressed over the years knowing that on the other side of that pain is freedom. God let this journey be the end of a cycle of trauma in their bloodline. Allow for true repentance to be manifested in their hearts.

Now Repeat After Me: Father, I want to be made Whole.

Chapter 2. Processed

**The Product**

Like most black girls getting a perm was our rites of passage from a girl child to a young lady. I remember sitting in the chair as the beautician, as we called them, was putting this glob of white stuff in my head. It was burning so bad I kept moving and my mom in true fashion was yelling to be still. The trip to the shampoo bowl was such a relief and after that I was just like every other black girl. Hooked on the product we nicknamed creamy crack.I was always at the hair salon and when we didn’t have money a box perm was the extent of my hair skills. My mother never taught me how to take care of my hair. She never learned how to take care of hers. She doesn’t know how to French braid; she has light curly irons skills and till this day overproduct her hair at least that’s what we debate back and forth about.. That’s what she passed down to me, and again with good intentions. She was the product of her father’s spoiling nature. My mother explained to me that she was very tender headed as a young child and always said her hair was just nappy. I never saw her nappy head because she would have it permed. She had long “beautiful” hair. And I found it hard to believe she was tender headed since she used to pull and pop the top of my head all the time. She told me that one day she was crying so hard when my grandmother was pulling and popping her on the head that her daddy, my beloved granddaddy Campbell, told my grandmother to stop and that he would pay for her to get her hair done every time.

On the outside looking in, that's great, however putting the perm product in her head never allowed her to take care of her own roots. She may disagree but to me she never learned how to love herself the way God created her. Truthfully my mom could probably like other women careless about wearing their natural God given hair.. There's nothing wrong with getting your hair relaxed if that’s what you desire. Natural hair was and in some places still is not acceptable at all so we had to use a product to straighten our hair in order to be accepted in society.

At this stage in my life, I’m an advocate of needing to know your roots, know how to love yourself how you were created but most of all how to teach the generation behind you to do the same. If not, you’ll easily return to products to coop instead of learning how to handle the growth that can ultimately cause breakage.

**The Burn**

The trip to the shampoo bowl is always such a relief. I remember the beautician saying the burn is just temporary, but it came back with every 3 month visit. And we did it faithfully at every appointment. The burn is to be accepted and is just another part of the process of beauty. In fact, the statement “Beauty Hurts” was said to us in order to deal with the pain or trauma that came with the acceptable look and style society has deemed the norm.You develop a tolerance for the burn just as you do for the trauma in your life. This tolerance is another coping mechanism that prevented my trauma from breaking me. Funny saying this because looking back I was already broken. I just masked it.

Even with my mother. She would be surprised to read what’s in this book but just like she did keep the painful trauma from mother, I did as well. That’s how generational trauma works best. In silence. Which is why I know God is calling me to write this book. We need to stop the burn and start healing. As much as I dearly love grandmother she did not have the tools to pass to my mom and help prevent the trauma from passing down to her. She didn't know how to read or write her name so my mother taught her. She was a southern girl mistreated by my granddaddy Campbell’s family and beaten by her 2nd ex-husband. She was surviving and learning while raising children. She was trying to provide a better life to her children than what my great-grandmother had done for her.

**Stripped Away**

My mom was good at providing. She unfortunately was a great father but was stripped from being a mother due to my father’s inconsistency. She wasn’t nurturing. She was strict and very into discipline. She probably felt like she had to, however I needed nurturing with what I had been through but again she didn’t know that. One of her strict rules was we could never go anywhere. If it wasn’t to my grandmother’s house or the few times we visited my dad it wasn’t happening. I remember a time being at my grandmother’s and my aunty and uncle (the two youngest of the twelve) were going to visit their dad, my grandmother's second ex-husband. It would have left me in the house without anyone to play with. The rest of my aunts and uncles were older and moved out so I wanted to go with them. My grandmother called my mom and asked her if I could go and my mom had an extremely -firm NO! She expressed to my grandmother that she would come get us before she let me and my brother go with their daddy. My grandmother's 2nd ex-husband wasn’t my mother’s biological dad. I remember being so upset with her. Why is she so strict? So, imagine my surprise the summer she allowed me to go down south with my grandmother and great-mother. My great-grandmother still lived in Clarksdale Mississippi and I was so excited.

The house we stayed at had two doors on the front porch and chickens underneath the house. One of the front doors led to my great-grandmother’s house and the other to her neighbor. There were three memorable things that happened to me on this trip. One was the trip to the story. Me and a group of friends walked down the road to the local store without asking permission. I had such a great time being free. I can see our faces laughing and joking walking down the dirt road which in itself was different from the streets of Chicago. We were in the store grabbing things and making fun of each other while paying for our snacks. I couldn't tell you today who these kids were but at that moment you would have thought we were best friends. I remember laughing so hard that my stomach was hurting when all of a sudden, the bell over the door started chiming. I turned around only to see my great-grandmother at the door with a long switch from a tree. She hit me so hard I thought I was about to lose my backside. I ran home so fast to my grandmother in total fear. My grandmother stopped my great-grandmother from hitting me. Even if I was in the wrong, reflecting on how my great-grandmother treated her wouldn't allow her to discipline me. Whew I dodge that bullet.

The second thing I remember from that summer was playing on the porch and stumbling off. I got up only to find a chicken looking dead at me. This may have been something natural for these country kids but I wasn't use to looking chicken in the eyes. This chicken looked so mean and I was about to feel his raft. I got up and started running around the house but the chicken started chasing me. It’s funny now, but it was when it was happening. You don’t have to deal with livestock Chicago. I screamed and screamed until once again my grandmother saved me. She yelled come back on the porch and so I did. I guess my fear didn’t allow me to think of that. The chicken stopped at the stairs and I ran into my grandmother’s arms. She of course was use to this but I was traumatized. I’m never coming off this porch again is what I was thinking. Whew I dodge another bullet.

It’s the last bullet that I didn’t dodge that would cause real trauma and leave a hole bigger than my little self could handle and my grandmother couldn’t save me from it. The second door to my grandmother’s neighbor was always open. An old man with scaly gray eyes lived there. One day while on the porch I vowed not to leave. He asked me in for some lemonade. It was so hot outside I said yes. I don’t know why. By this time, I was seven or eight years old and was a highly trained latch key kid. I was responsible for walking to school by myself, watching my baby brother, locking the door when leaving the house, calling my mom before and after returning. Again, all the product of being raised by a single mom. I knew the story about talking to strangers and my mom had schooled me over and over on perverted men. I don’t know why I said yes…but I did.

It was dark and he walked ahead of me into the kitchen. I knew I was in trouble. That same feeling that I had when living with my dad was with me. Something wasn’t right but I couldn’t move. He handed me the lemonade and told me to sit on his lap and I did. As I was drinking the lemonade, I could feel his fingers playing between my legs and instead of yelling I went inside of myself again. I struggle today to remember how I got out of there. I know he didn’t touch me with anything but his fingers but that’s all. I went so far inside and can’t remember.

I did it again. I made the same decision that I would once again blame myself for like I did in that one-bedroom apartment when my dad threatened my mom. WHY didn’t I do something, say something. Where was the bold girl who would ask any question and speak her mind even if it meant getting popped in the mouth. The product of my surroundings was stripping her away. She wasn’t gone yet but she was struggling. I never told anyone what happened to me. I blamed myself for being so stupid. It wasn’t like I didn’t know better but I don’t know what happened. I let my guard down. I trusted somebody. This was the second time a man had failed me.

This trauma stayed with me even until my marriage because I hadn’t dealt with it. This man’s hand between my legs limited the areas my husband could touch. Although I know it was from a man who loves and honors me the trauma was stronger than his love. This allowed rejection towards him to bring conflict in our home. It’s the side effect of undealt with trauma. It’s not just the cells of your body that releases the trauma, it's the side effects that strippes away the good in your life. Remember that is the enemy assignment. Not just to kill, not just to still but to also destroy anything blessing God has for you. Becoming Whole is not just for you, it’s not just for your children, it’s for your marriage or anyone in your life that God sends to add value and be a blessing to you.

I discovered that just as my innocence was stripped away at such an earlier age, we tend to strip a huge part of our identity which is our hair. (NEED TO CONTINUE)

Will You Be Made Whole:

Have you ever wondered why we discuss the rap of Dinah (Genesis 34) in the bible but mislabel Bathsheba sexual encounter with David? The bible says in II Samuel 11:2 One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, **3** and David sent someone to find out about her. The man said, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.” **4** Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. **5** The woman conceived and sent word to David, saying, “I am pregnant.”

We speak of this scripture as if Bathsheba went looking for David and seduced him but could she have been minding her own business bathing and because David thought she was beautiful he inquired about her and even though he knew she was married he sent for her and slept with her.

He didn’t romance, try to convince her, David took her and she didn’t have the ability or the option to say no. Yet we tell this story as if she cheated on her husband, plotted with King David against him to have him killed. David got her pregnant, killed her husband, God takes her child as a punishment for David and she stays married to the man who causes her pain. We dismiss David’s shortcoming as an adulteress therefore labeling Bathsheba as well.

As you can read I felt like Bathsheba, that the sexual trauma that was put on me was somehow my fault. I was the one in the wrong place at the wrong time. There is no indication that Bathsheba resisted. Her silence is used as a sign of consent and I was afraid that my silence would be perceived that way as well.

I was the one who didn’t speak up and everyone would blame me so why not just stay silent. We come from a generation where we protect our men but silence our girls so the trauma continues.

You yourself may feel the same pain and have silence or even blocked out the trauma but your body knows. The mind may have the ability to push the trauma towards the back but the body remembers the touch, the smell, the sound that was present in the trauma and will trigger you without you fully having in your mind what’s wrong.

Being Made Whole is not only confronting what happened to you but healing from it. Your silence isn't consent. You did nothing wrong. Free yourself from their transgression against you and start to heal so you can help someone else heal as well.

Healing comes in different ways from God. Let’s look at Bathsheba again. David had several wives and concubines prior to Bathsheba however she is the only one that David loves. Now, in today’s society this is definitely not right, however in these times it gave Bathsheba an advantage and that was to have another child that would make her part of the lineage of Jesus. She gives birth to the wisest man ever born. The richest man to live who builds God’s temple.

God allowed what happened between King David and Bathsheba to work for His glory and I believe the same for you and I. This book that I am writing is a testament to that. Recalling all of the trauma and putting it to paper is not only freeing me but it’s freeing you. You are not alone. You are not at fault. You are not going to continue passing down generational trauma. You will be Made Whole. Allow God To Do It.

Prayer: Father I’m hurting. The pain from life has me feeling low and depressed at times. God allow me to feel your spirit so that I may have the courage to continue on this journey. God I want to face the traumas in my life so it can’t hold me down any longer. I believe your word where it says in Psalms 139:14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that fully well.

Regardless of how I’m feeling I am Fearfully and Wonderfully Made.

Regardless of what’s happen to me I am Fearfully and Wonderfully Made.

Regardless of how other people see me I am Fearfully and Wonderfully Made

Holy Spirit, on the days that I am weak please remind me that I am Fearfully and Wonderfully Made.

I thank you for allowing me to seek your face and to discover not only who you created me to be but to walk in my purpose. Father do not allow me to cause trauma on anyone because I’m not healed. Search those areas and cleanse me so that the transference of your healing power is released to those who need it.

God give me the bravery to face my past. Let me be a witness to your healing power so that I can continue the good news in your son’s Jesus’ name.

Amen.

Chapter 3. Care Free Curl

**Ideal Self vs Real Self**

Life with my mom, even living with unspoken trauma was cool in my younger years. Even though she was strict she was very protective and would fight anyone who did anything to us. I love to fight and so did my grandmother. We lived up north and while there may be crime on the south and west side sexual perversion is prevalent on the north side. I remember walking to school with a group of children and a man would masterbate in the window for us to watch. Sometimes he would have a cat with him. When my mom found out she called the police and wanted the man to come down so she could fight. Or the time when I accidentally stepped on a man’s grass and he yanked my hood and yelled at me. When I told my mom she called the police and tried to slap the man but the police were standing in front of her. I could go on with countless stories of how we got into so many fights even when I was trying to park in to target when pregnant with my son. My mom wasn’t a punk and neither was my grandmother. I now know it’s due to the trauma in our lives. It was us saying we’re not allowing anyone or situation to harm us again.

It was through my counseling sessions that I learned fighting became my outlet and my defense tool, however afterwards I felt bad. Fighting made me feel bad because it reminded me of that one bedroom apart seeing my dad fight with my mom. The ideal self fought to protect from getting hurt emotionally or to take out the emotions I couldn’t express while the ideal self really wanted to live in harmony.

In my sessions I had to distinguish between the ideal self and real self. The ideal-self is what the little girl created when she went inside herself. The real-self was who I had become. I lived out to everyone else the ideal self and disconnected from my real-self. My ideal-self disconnected from her emotions years ago so she could walk in confidence while the real-self set up so many boundaries no one could get in. The ideal-self projected who she wanted to be while the real-self had no idea who she was. The ideal-self ministered from the word but the real-self did not minister the word to herself. Not in the ways that matter. The real self could keep the law but did not give herself grace. The ideal self could preach the word but could not feel those who she was preaching to. The ideal self believes that God is a healer but the real self wasn’t healed.

After a few sessions I realized that God was requiring me to walk out my alopecia in full transparency. In order to minister to His people, I had to experience Him in a way I have never experienced Him. I had to feel it. Why? So, I could share His healing from a place of knowing instead of reading. The little girl had to be healed so that the women could come out. My hair was just symbolic to what I had lost over time and did not tend to so it got worse. My hair was just symbolic to me not feeling beautiful because I didn’t line up with what my mother thought a girl should be. My hair was symbolic of being lied to by the only person who told me I was pretty. My hair was just symbolic of me lying to the world about my life because I didn’t want them to know what was going on inside my home. My hair was just symbolic to the emotional detachment that I created between me and people. God is challenging me to fall in love with my hair the way He created it. To learn how to nature and present it.

As painful as it is, I’m on this journey of being made whole so that I can become who He knew me to be before I was in my mother's womb. As a spiritual leader the spirit of shame tries to attack me from even writing this book. The ideal self won’t care but I’m not writing from that place so the real self does. But more than me being healed and prayerfully you too. I’m determined to break the generational curse off my life so that my children won’t have to. I gave birth to my children before I was healed so they have trauma is in their cells. But the thing about cells is that they have the ability to recreate themselves and go through the process called cell division. Since God is the one who created our bodies, I believe by faith that God will allow every traumatic spirit to divide and break off the cells of my children and they will not carry that spirit in their DNA.

Take a deep breath with me and decide to be made whole as well. My transparency on these pages is for you to know that you are not alone. Put away your titles, expectations, net worth, mask and let’s face our fears together. I know that most spiritual people don't claim fear. I’m not asking you to claim it, I’m asking you to admit it and then address it so you can overcome it. And you will. We will. God has not given us the spirit of fear but of love, power and a sound mind according to II Timothy i:7 (NKJV) but it doesn’t say we won’t feel it just empowers to handle it when it comes. You can’t keep leading sheep, your home, your community walking around crippled by trauma. It may not be their hair that God is using to draw you. It could be alcohol, drugs, sex or some other type of device the devil is using to help you cope instead of heal. Whatever it is it will never replace the other side of God’s Wholeness. Allow the little girl or little boy that never had the just to develop into God created them to be due to traumatic experiences heal. Start living life from your real self not your ideal self. It’s uncomfortable but it’s the only way to Become Who He Has Created You To Be.

**Instant Activator**

I hadn’t felt like this since I got my care free curl in fifth or sixth grade. I had long “pretty hair” by now and was comfortable with it until a series of events made me once again question my beauty. I had another traumatic express at home that I was yet again masking. My mom, being such a hard worker, took care of my grandmother and her siblings whenever she could. She would let my uncles and aunties stay with us when we weren't back home with my grandma when they needed to. One of my uncles was a unknown to us a pedophilia had gotten married to a woman with daughter. We later discovered that he would go get her out of school and have sex with her. She was exposed to sex earlier and unwillingly so it was no surprise that she was promiscuous. She would tease me about not kissing a boy yet. I didn’t know how but I was only in 4 or 5 grades and besides my mother made sure that I didn't. My mother who had me at an earlier age talked about sex and being pregnant at an earlier age. I didn't want to have sex with boys even though I really liked them. Her and The Man In Mississippi scared me from wanting sex.

One night my cousin was lying in bed with me and asked me if I wanted to practice kissing with her. I was confused but living up north homosexuality was all around me so I didn’t think anything was wrong with it. Besides, my aunty had told me that sucking her breast was okay so the boy girl thing was already confusing. She kissed me and she started to grind on me. I was confused. I know that I really like boys but she was causing my body to react in ways it should only react for a boy. This would happen often until she couldn't come over anymore. Mentally I was confused. I’m I gay? This and my environment had me questioning my sexuality for years. That was until my youngest uncle moved in with us. My grandmother was having trouble with him and my mom being older and stable wanted to give my grandmother a break. He was only four years older than me and we always had fun together.

 He transferred to my school and we went to school and came home together. It was like having a big brother and someone else had all the responsibilities. Only he wasn’t responsible at all. He got in just as much trouble as he did at grandma’s house. I had my own trouble at school so adding his name next to mine at the front office was hilarious not to my mom of course but at least to us. It stopped being fun one day. Every day after school I would take a nap in my mom’s big bed and one day he crawled into my mom’s bed with me. He didn’t take off my clothes but he would kiss on me and grind on me. At least that’s all I remember. I faded out of the details because I went into my secret place. By this time, I had been touched so much I didn’t think to tell anyone.

I really hid within myself by this time. I had started messing up in school with my grades,forging my mom's signature on my report cards and of course not taking care of my hair. But I didn’t see myself as pretty even with the relaxed hair and not because of my mom but pretty seems to give people permission to touch you so the first place I tried to be less pretty was with my hair. I didn’t take care of my hair. My mom did what all mom’s do.Yell, spank anything but talk to see what’s going on. She was so mad at how I was keeping my hair she said she was going to cut all my hair off and I was getting a carefree curl. I thought nothing of it. With all I had going on, what was hair?

 I found out the next day at school. My favorite teacher looked at me with a look of total confusion and said “what did you mother do to your hair.” “She cut off all of that beautiful hair of yours.” If I didn’t know before I knew it then the importance of a black woman's hair and how it is perceived in society. Although carefree curls were popular at the time nothing was considered prettier than beautiful long strength hair and although it made no difference at the time carefree curls were messy. You have to put another product called Instant Activator in your hair and it will bring your curls back to life. I found other things to give me life. I call them my accommodations.

**Accommodations**

 My grandmother was a professional cusser. I don’t think I have met anyone who could make you feel as low and stupid with profanity. I was never on the backend of it but I did inherit her skills. That along with smoking and drinking that I picked up from my uncles and aunties. By the age of ten I was smoking Newport News & Weed. By the time I was thirteen I had added liquor even though the taste was disgusting. These were my accommodations I needed to handle life. You see I felt handicap based on the different traumatic experiences I had and like any smart disabled person I got some accommodations to help me cope. That’s not at all to disrespect anyone who are physically handicapped and uses well deserved accommodations to survive. That’s just the best way my urban brain can relate to how I saw myself and why I did what I did.

 Some of my family members have either sold drugs, smoked weed and drank all the time so it was just a natural response to follow with all that had taken place in my life. It was a lot easier back then to get your accommodations with a note at the local corner store and I needed them. They were my comforter, my way of meditating and forgetting the world I was in. They made it easier to be my ideal-self instead of my real self and besides they made me look cool. Which I wasn’t. You couldn’t tell by my grades but I was a nerd. I loved learning and for my mind to be challenged. That was hard to do being on my accommodations but my accommodations helped me cope.

 Some grown ups who saw me using my accommodations tried to tell me but by this time I was just bold and outspoken I was just rude. I cussed a lot and I didn’t care what age you were. My mom raised me to respect adults so in front of her I did and really felt bad when I didn’t. But adults had failed me. My accommodations were the only thing I could rely on.

Unlike the carefree curl my accommodations stayed with me until I was saved. The first time I heard God tell me to come to church I was high. I remember laying on my then boyfriend now husband’s bed. I heard in my spirit “go to church.” I’m nineteen or twenty at this time living with my boyfriend, not children living as sinful as possible. I know what I heard though. I was so excited that I told my boyfriend I’m going to church. He looked at me with a weird look but said “okay whatever.” Sunday, I got up and went to the only church I knew. This was the church my mother would take us to when we went and my grandmother was still going there. It was up north and by this time I was living on the Southside of Chicago. I didn’t know how to drive so the bus ride was an hour and half there and an hour and half back.

 I didn’t care though my spirit was excited! I got to church with my grandmother and fell asleep. I told myself maybe I stayed up too late. I’ll go to bed early next Saturday and try it again. I did just that and fell asleep the following Sunday. I told myself I must have been high. Surely God didn’t call me to come to church.

My mom would claim that we grew up in church. That we went to church all the time. She often tells the history of how we have pastors and prophets in our family on her daddy side. But I, as usual, would disagree with her. My children grew up in church and the pastor and prophets on my granddaddy side never ministered to me. Do I believe that just like trauma, callings are transferred from generation to generation? Yes. But to me God wasn’t around when I was growing up. He wasn’t around when I was experiencing all that trauma. So I thought. I knew He was real. I knew He existed but I had no desire to know, live or serve Him. Years later I would learn about the accommodations God had put in place for me along with my purpose. That I would come to not only know Him and live for Him but that I would be so honored to serve Him.

Will You Be Made Whole Take Away:

One of the biggest weapons the enemy uses to keep people from believing in God is their trauma. The question is if God is real then why did this happen? Where was God when I was going through this? Why would I live or serve a God that allows this or that?

All from a human perspective are great questions that often can’t be reconciled with the human mind. It’s not until you have an encounter with Him that you understand that God was with you all the time. And although He didn’t cause what happened He loves “mankind” enough to give them free will to love Him back. In this free will, people do evil things.

God's way of helping us endure evil is through His son Jesus John 3:16-17 in the Bible says, "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him".

This love spares us from our sins and yes spares those who have sinned against us. It’s called Mercy. And although we don’t like it we need Mercy because although we measure big and little sinnes God doesn’t. Sin is Sin.

If we can take our eyes of those who sinned against us and focus on the love God has for us we can begin walking in our forgiveness, we can heal and we can become Whole. Accepting God’s love was the first step for me. I just needed to know that God loved me unconditionally. I wasn’t trying to figure out why things happened to me. I wasn’t free from my accommodations. I wasn’t healed but I was loved.

I challenged you today that if you don’t know Jesus as your Lord and Savior that this is the place in the book to stop and do so. Everything that you have read and everything that you will read is only because God loved me. He knew that what happened to me, He was going to heal and use it against the enemy so I could set you free. You may still ask Why? Today I’m praising Him for How. How He Loved Me. How He Delivered Me. How He Saved Me. How He Allowed Me To Share This With You.

If I hadn’t How could I encourage you to do the same.

If you already have a relationship with God and you are still stuck. I understand. I was saved and stuck for a long time. Don’t spend another day being a carnal Christian. You have an assignment and you want to do your assignment knowing the God that you serve, not just reading and hearing about Him. Today is the day you truly ask God to show you how to heal, how to be set free and how to be made whole.

Prayer:

Salvation Prayer

I acknowledge i am a sinner, But I quickly acknowledge You sent Your Son Jesus Christ,

To rescue me from my sins, I repent of my sins. I believe in my heart and confess with my mouth. That Jesus Christ is the Risen Savior. Come into my life; take control of my life. My thoughts are now Your thoughts, My ways are now Your ways.

I will follow as You lead. And because I prayed this prayer today.

I am now saved.

Prayer of ?

Chapter 4. UnbeWeavable

Tacks

I have had stylists that used all sorts of methods of putting weave tracks in my head. Bonding, sew-in, netting you name it I’ve tried it. Regrettably the type of alopecia that caused my hair loss is Traction alopecia which is a type of hair loss caused by repeatedly pulling or putting tension on the scalp and is most commonly seen in women of African descent. I’ve said through this book that it is my opinion that black women over time have tried to fit into societal norms that we have allowed these norms to dictate our beauty. It didn’t just start with you and I. Slave women had to wear scarves on their head for various reasons but one of the reasons was to suppress their identity expressed through the culture of their hairstyles. Throughout the years we’ve gone from scarves to press outs, to perms, carefree curls to weave even with our braids.

Our identity has always been tied to our hair and a way of culturally expressing ourselves and I love it. I lost my hair based on unhealthy decisions I made for why I wore my hair in a weave. I lost my identity. I lost control of my life, it was taken away from me and my hair was the only thing I could control. Yes I love wearing my hair in different styles but the reason behind why is where we have to be careful. I wore a weave because what I saw in the mirror was beautiful with the weave then without. That’s not the truth but that’s the truth that I allowed to be in my head for years.

Only to now struggle with my identity again due to the loss of my hair because of weave. It’s a merry go round of emotions circling around like the braids circling around my head for the tracks to be laid. With the knowledge that I now have, how does a woman with alopecia find herself worthy let alone discover her beauty? I have no idea what I would look like bald. When I google beautiful bald black women, I see so many pretty women with bald heads. The only factor is I never saw my face as beautiful. I’m I ugly no, but I never really relied on my looks. My body seemed to get me in so much trouble that I never had the chance to look at myself and see God’s beauty. People would find it unbelievable that I made that statement but it’s true.

By the time I started paying attention to my looks it was with weave and now that’s taken away from me. If I want to have any chance of growing my hair I can’t rely on weaves. I could wear wigs with alopecia, however but God hasn’t released me to so even when I put one on, I lose my identity even more. I rather walk around with the bald spot in the middle of my head than wear a wig right now.

Weird I know, but I can’t risk the chance of finding my identity in wigs. I have to become whole by finding myself in God. “Who did you know me to be?” That’s the train ride that I’m on and whatever tracks He put me to discover me I’ll trust Him. I wish I had that courage when I was a young girl.

The young girl in 8th grade was so rebellious and clueless as to what life really had to offer. I just felt like being on my own would be better. When I say on my own, I mean living with my grandmother which is where I went as often as I could. My grandmother moved so much we used to call her a gypsy. Not that we were any better. We moved so much I remember locations rather than addresses. There was never a sense of home. I don’t blame my mother for that.

I say it over and over, she worked really hard but life is hard. She had me on the track towards independence. I’m naturally a right brian which is considered creative, however my mother trained me to be a left brain person so much I didn’t discover my natural creative side until I was older. Women have to think. We have to be smart and be able to process information. “Think Sabrina Think” is what she would often say if I said anything that didn’t make sense. Which wasn’t often. I know to think before speaking. I could order my own food, travel, pick my own clothes probably before I was seven years old. Although my mom hated my mouth she allowed me some sense of expression in other areas. If not, she would have probably had to kill me.

I think her teaching me and my brother these things earlier was her way of making sure I was prepared for life. I think her motherly instincts could tell that I was older than my age in the mind even though I never looked my age. We stayed on a routine and no matter what relation my mom was in we stayed with that routine. Something changed the summer before 8th grade. My mom started dating someone with two boys while we were living with my grandmother again.I didn’t like this person when I met them. By this time my senses where very accurate.

 My mom had us over to her new friend’s house for a few nights and in true grandma fashion she showed up with all of our belongings. She was moving again and since my mother seemed secured, she saw no reason why we couldn’t stay where we were. This one thing I wish my grandmother never had done. It's not like my mother hadn’t been in a relationship before but this new person was not what I was accustomed to my mother entertaining. My mother was a hard worker and loved new clothes and nice things. My mother kept a clean house and even with her yelling would have fun with us.

This new person was to me none of those things. Their house was junky, they didn’t have a job and they called me and my brother spoiled and I of course was bougie. I was. I wasn’t a girly girl but I definitely liked good things. I could order off the menu like an adult and could go around the name brand stores with my eyes closed. My mother worked hard for that so again I have no idea how we ended up here. My mother could tell right away that I didn’t like it but she didn’t really care. It was as if my mom had been an adult all her life and this person allowed her to live free. I kept waiting for us to find our own place. I wanted to leave this filth that I wasn’t accustomed to. We did end up leaving but not like I wanted to. In the middle of the night the duplex caught on fire. We lost everything. We all made it out and the feeling that I so often felt when things were going to go bad came over me. As my things were going up in flames my life was changing again for the worst and it would literally take me years to reclaim it.

We ended up in a hotel and my mom put me and 3 boys in one room and her and her friend in the other. That never happened. My mom always kept us close. I just assumed we wouldn’t be in there long. I was wrong. My mom would keep us in the room for what felt like hours. They would bring us food and leave. I think this was the beginning of me becoming claustrophobic. The boys were having a great time but the walls were coming in on me. I was in eighth grade by this time and ready to return to my last year of grammar school. Eventually I did only to hear some of the students singing “Burning Down the House” by Talking Heads. It’s funny now but not at the time. I didn’t know what was more embarrassing, them singing the song or making fun of my thrift store clothes. I had never worn thrift store clothes and I didn’t like it. This laid down the tracks of the next series of traumatic experiences. Yeah, I know used clothes aren't traumatic compared to what I've been through but it was. For a girl who didn’t feel pretty or pure my outer appearance became the only weapon at the time that I had. When I say outer appearance I mean my clothes. Beauty was still not something I considered myself to be. it only got worse. My mom's new friend somehow convinced her, at least in my preteen mind, to quit her job, rummage through junk yards and sell those items that eventually ended up in our house. The only clear picture I can paint for you to relate to is the tv show Sanford in Son. It was bad.

I think the last resemblance to my mom that was taken was her hair. She for the first time in her life cut all of her hair off. My grandmother was furious. My mother’s hair was also tied to her identity in my mind. It made her the polished refined black woman society seem to accept and It was gone. So was my mom. At least the one that I had known. No matter how much my mother yelled at us she always put us first. Always. That started to slowly change and I could feel the tension with my mom in the house. I would like to think that my mom recognized at some point that this person was not for her but she stayed. I really believe at this age my mom had taken care of her siblings, her children and now she could live recklessly. I just hate it was towards my high school years.

When they argued I felt the uneasy feeling of when my father and her lived in the same house. My nerves were bad and I went from going into myself to music. The way these kids walk around with headphones on today is how I kept my radio to my ear. And when they came out with the Walkman. That was it. I now had a beat to go along with the imaginary life I wanted to be in. Everyone's life was better than mine. Of course that’s what everyone thinks.

My high school years were nothing that I hoped for. The dream I had of enjoying high school went out of the building. I was awkward and lost all sense of confidence needed to survive, and I couldn’t always mustard up the ideal self.

I would go around with my head down. The bold four-year old was fading further and further away. Unless it was time to fight. Oh, but believe me. If someone did anything I didn’t like I would start a fight just to release some of the pain. I was already in full accommodation mode so if I was drinking or smoking it made it worse.

 I was a natural leader though. I would always get people to do things and never have it pointed back to me. Like in my freshmen track, I attended my high school the year they decided to have closed campus. I waited so long to be able to go to lunch off campus without having to sneak only for them to stop it the year I showed up. Nope! Not having it. I got a group of youth to protest but I never showed up. I was the brains I said. Someone has to plan. The vice principal knew I was behind it. She would call my mom often to tell her she knew it was me behind the mischief but she couldn’t prove it. My mom knew I used to protest at home when we couldn’t go outside but since they didn’t have any evidence she never said much.

My grades were horrible. It wasn’t that I wasn’t smart, having no way to express my trauma made me daydream in class more than doing my work. I went from being one of the smartest children in school to my teachers telling me I may need special education classes. That never happened. I would pick up the pace right before they tried to fail me or after the warning I received. So, if you saw my high school grades you wouldn’t believe that I’m actually very intelligent. Perhaps not as academically or at least that’s what I was told. One of the teachers that knew better was my alcoholic math teacher. She saw how I would go from getting an F to an A in a matter of weeks. She looked at my report card and saw that I had A’s in some of the toughest classes. She called me out all the time and told me I wasn’t trying. I should have appreciated that but no words could build up my confidence at this point. I remember regretfully in the hallway she asked me where I was going because I knew I wasn’t supposed to be in her class. She was looking out for me but it was one of those hard days so I returned her kindness with “Why the $#@%” do you care? I’m not going to your class!” Yes, them accommodations were strong. She called my mom that night but I just told my mom she was racist and that was that. Living up north I had been called nigga so much that it was believable.

I did have one thing that I loved in high school and that was dancing. I had a group and we would rehearse all the time. We did so many talent shows and people were starting to notice me for more than my bad attitude. One day we had an audition for one of the talent shows on tv. We worked really hard and I was so excited. As we were on our way, my mom pulled up in the Sanford in Son truck, calls out my name out really loud and told me to get in the truck. I was so embarrassed. I cried so hard. My high school life was over. They kicked me out of the group, let me back in and kicked me out again. I was a great dancer but just not reliable.

 I tried out for the cheerleading team and the dance team also. They really wanted me on the cheerleading team but I didn’t take the audition seriously enough for the dance team which is the one I wanted to be on the most.

Me and my dance mate were beefing at the time. I think I was just scared of committing and I didn’t trust that I could put together my own routine. I practiced with another girl I knew from 8th grade and well I didn’t make the dance team. I did make the cheerleading team but one day at rehearsal the cheer coach said to me “you’re that dancing girl from the group right.” I said “yes.” She just looked at me. I never came back. She could have been happy to have me on the team but my low self-esteem could not phantom that. Besides, I couldn't afford the uniform.

I didn’t feel like we could afford much of anything. Me and all the boys used to work at Jewels and Dominick’s to eat. By work I mean we would walk around and eat the open cookies and snacks or the boyes would ask if they could help carry bags home for money. I never liked that. I worried about my brother being sexually abused by people but we were desperate. Sometimes we would be at the library falling asleep in the aisle waiting to be picked up. Those were the days we moved too far to walk to school and had no bus money.

At one point we were homeless sleeping in a van. It was a couple of days before my mom took me and my brother to my grandmother's house to stay. I never felt so happy to sleep on the floor. It didn’t last. After only a few days I could hear my grandmother on the phone with my mother. She was telling her she was coming back to get us but she didn’t have a place to stay yet. My grandmother asked her why would you take your kids who have a roof over their head to put them back in the streets. My mom answered and I could hear my grandmother cursing her out. You’re going to take your kids because their children can’t stay where they at. I couldn’t believe my ears. Why would my mom let us go back to the streets? I heard my grandmother pleading with mom and saying you all can stay here in my one bedroom apartment. That was big for my grandmother because she didn’t like my mother’s friend. My mother must have said no so my grandmother said Well at least let Sabrina stay. She’s a girl and she doesn’t need to be in the streets. My mother said no. That conversation was a huge blow to me and my mom’s relationship. For years I was made at her. I just didn’t understand.

Not too soon afterwards school had started back up. My senior year and I couldn’t wait to graduate. We couldn’t move into our new apartment yet so we would wash up in the McDonald’s bathroom before going to school. One morning a white lady came in as I was dressing. She gave me a look that pierced right through me. You’re A Nothing is what her eyes said and that sound track played in my head until God found me almost 10 years later.

**Deep Laceration**

I never dated anyone until my senior year of high school. A good male friend of mine said he had someone for me. Frederick was his name and he didn’t go to my school. My friend told me he was nineteen while I was only seventeen but it didn’t matter. It was my senior year and I needed to start dating and thinking about prom. I could tell Frederick was a hustler right away. My uncles sold drugs so I could spot one. He was a step up though. He wasn’t on the corners selling drugs, he had his own soldiers who sold for him. You can see that I didn’t have high standards. I didn’t think Frederick was my type but again prom was approaching and I wasn’t didn’t have a boyfriend. He grew on me and so it was cool In my head this didn't going to last long. I just needed a prom date, however I underestimated the female emotions.

Frederick’s cousin and I were also cool. She took me around one day looking for Frederick when I wanted to visit him. By him being in the streets he wasn’t always where I could locate him easily. We stopped at his daughter’s mom's house even.The nerve of me to do that but Yep, I did. Bold maybe but more like stupid and no self respect.

Frederick was the first sense of me being an adult. I was almost free. I would ride around in the car with him, call him on the pay phone and he would give me money, not that I needed it. I had a job ever since I could work but it was nice to have a boy spend money on me. My mom hated him. She could tell right away that I really liked him and it wasn’t much she could do but she knew his type. I didn’t. I was clueless. The deep laceration from this relationship was going to be the final straw and once again my husband had to bear its fruit.

I was finally ready to have sex. I mean the other girls were doing it and I had my sexual desires activated at an ealier age although I had done anything as of yet. I couldn’t talk to my mother about it. Years earlier I said that I may want to get on the pill although I didn’t have a boyfriend at the time, she freaked out on me. After years of being open and saying if you ever want to have sex let me know she snaps on me. I was totally confused.

One day at Fredericks house about to have sex. He was excited to have a virgin. I was scared but it didn’t hurt as bad as I thought it would and He was upset. He started calling me a liar and that I didn’t feel like a virgin. I was totally confused. I never had a real sex talk so I couldn’t verbally express myself. Him yelling reminded me of my dad t so I reverted inward and I couldn’t articulate correctly. Did something more happen to me down south than I remember? Did my uncle do more than grind on me? I couldn’t take the chance of mentally recalling everything so instead allowing any memory to come back to me or telling him what happened to me started apologizing and I had no reason why. I had to explain but I couldn’t. That was a trauma trait I picked up. Apologizing instead of sticking up for myself. My mom did it to stop my dad from hitting her. I guess I apologize to calm the situation down but really I should have cussed him out and vowed never to see him again.

Remember I told you how I flirted with my friend’s boyfriend. Well one day one we were hanging out and my girlfriend who was dating my guy friend had an argument. I actually have known him a lot longer than her but none the less I stayed around. I was defending her but somehow, he ended up challenging me to have sex. Most boys did because I was the only one in the group not having sex. No, a normal girl would have said a few choice words and left out. When it came to sex I was stuck mentally. Which allowed him to lay on top of me and kiss me. He said I couldn’t resist him and I did. Him kissing on me only made me feel like my uncle made me feel so nothing happened. I told him to stop and left. He was pissed and told my friend. She eventually forgave me but we were never close again…obviously.

That’s what I explained to Fredreick however I let him assume that’s how I lost my virginity. It wasn’t. Now I know that Fredreick is the one who really took it and I just didn’t have the same horrible experience as some girls. Fredreick told my good male friend who set us up and I listened to him tell me how disappointed he was. I couldn’t tell him either about my childhood so I let him think what he wanted as well.

This experience caused deeper wounds. Frederick was a horrible boyfriend but because of this situation I felt indebted to him. CRAZY I know but the debt caused me deep and deep traumatic experiences with him. Even before the sex story. He stood me up for prom and I went over afterwards and forgave him. He hit me all the time and would give me the “I’ll never do it again statement.” After high school I went to Columbia College. No one really talked to me about college. My mom only said I had to finish high school and that I could finish college at any age. I thought I wanted to be the female version of Spike Lee. I could create movies. Frederick would accuse me of sleeping with boys at school and would get more violent. I left that dream behind too. When I got pregnant, I told him I was thinking of getting an abortion and he threatened not to let me go home and hit me in my stomach and give me an abortion myself. I was in it. The same circle my mom was in. That’s why she didn’t like him. She saw my daddy.

**Numb**

I saw my daddy when I was pregnant by Frederick. I was told by the doctor I had heart problems and my mom suggested that maybe this wasn’t the time for me to have a baby. I was in an abusive relationship with a drug dealer so maybe it wasn’t. This was hard because as long as I’v e lived I wanted ten children. Yes, ten. My mom can testify that the only time I played with dolls was when I was a mom. Every child my age was a child to me. In my head. I didn’t know what else to do so I agreed that I should have an abortion. Sitting in the waiting room my dad showed up. He pulled me to the side and asked me if I wanted to have an abortion. It was my choice to make. I wish I could have said no daddy but with everything that I was in, I didn’t have the courage to bring a child into the world. Another regretful mistake. I loved him for coming. He wasn’t there too many times for me but that was one I always appreciated.

As I laid on the table waiting for them to numb me I don't think I ever came back to myself. It was the last dose of emotions I had. I had killed my child because of the bad decision I had made. I think that was the last time I had talked to my mother. I was already out of her house and with all that happened in my childhood I blocked everything out and unfortunately that included her as well. The only thing I knew from that moment was that I had to get away from Frederick. We were living at his mom’s house and he had slapped me for the last time. I made a plan to find a job and told him I wanted to go fill out an application. I knew he would go with me just to keep an eye out on me. I packed my book bag with must haves. Once we got to the job he waited as I took the elevators to HR. I went to the lower level, up another flight of stairs and out the door to my grandmother’s house. I was free, numb and lost.

I saw him years later calling out my name and it was as if I never knew him.

Will You Be Made Whole:

Why am I sharing this part of my life with you knowing that you could judge me and accuse me of being a whore, child killer, stupid or whatever else you can think of? I want to see how good God is. If you saw my life now, and no it’s still not perfect, you wouldn’t believe I am the same person that I’m writing about. That's what God's forgiveness looks like. Christianity is not about perfect people serving a perfect God. No it’s the opposite. It’s about a perfect God choosing to use imperfect people.

Like the Samaritain Women

John 4:**4** Now he had to go through Samaria. **5** So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. **6** Jacob’s well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.**7** When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?” **8** (His disciples had gone into the town to buy food.) **9** The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans.[[a](https://www.biblegateway.com/passage/?search=John%204&version=NIV#fen-NIV-26166a)]) **10** Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.” **11** “Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? **12** Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?” **13** Jesus answered, “Everyone who drinks this water will be thirsty again, **14** but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” **15** The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”

**16** He told her, “Go, call your husband and come back.” **17** “I have no husband,” she replied. Jesus said to her, “You are right when you say you have no husband. **18** The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.” **19** “Sir,” the woman said, “I can see that you are a prophet. **20** Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.” **21** “Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. **22** You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. **23** Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. **24** God is spirit, and his worshipers must worship in the Spirit and in truth.” **25** The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.” **26** Then Jesus declared, “I, the one speaking to you—I am he.” (NIV)

Let’s look at the women. She was not accepted in society which is why she went to the well in the middle of the day. She was not only the acceptable race. Jesus asks her to draw Him some water and she knows Jews do not associate with Samaritans. How could you possibly be asking me to draw you some water? Jesus tells her if you only knew who was asking you? If you only knew the water that I will give you back in return. I know you have been rejected. I know you have been shamed but Jesus is here. Draw from the well of His living water. With tears down my face I say to you it doesn’t matter if you have been outcast, God has a place for you and you are accepted into the kingdom of God.

It doesn’t matter that I had an abortion. God has forgiven me and He is saying I have a new life for you. I have accepted you and I know your past allow me to heal you.

God is so merciful that He didn’t put her on blast. He sent His disciples away so He could have a one on one with her. She has a reputation of, let's just say, being “easy.” Jesus tells her I know you’ve had five husbands and you are shacking up with another man now. God knows her past yet He offers salvation to her, the salvation that was only offered to the Jews. As a matter of fact she is one of the few that He reveals himself as the Messiah. He confirms what she knows. He tells her to worship in spirit and in truth because that’s all that matters. He doesn't give the details of why she is sleeping with so many men because it doesn’t matter. He has a purpose for her. She will evangelize and witness to the world about the man she meets at the well…Jesus!

Jesus didn’t care that I betrayed my friend and humiliated myself by allowing her boyfriend to kiss and grind on me. He didn’t care that I allowed Frederick to abuse and manipulate me, because He had a purpose for me. He knew the enemy had trained me to allow men to touch me and to freeze up or not speak up, to be uncomfortable when approached with sexual solicitation or not defend my thoughts. He was going to use it. He was going to have me tell every young girl I knew that they have a voice, that their bodies were the temple of God.

I don’t know what your past is but I do know that just like the women at the well God wants you to be whole. He has a purpose for you and you don’t have to be ashamed of your past. Let Him reveal Himself to you and minister to you. You are not your mistakes, you are not your past, you are a child of the living God and He is with you.

Prayer: God thank you for revealing yourself to us. Thank you for not allowing us to walk in shame for your word says in Romans 8:1 There is *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.(KJV). We repent of our past sins and we worship you in spirit and in truth. Thank you for your forgiveness. Thank you for giving us purpose. Thank you for your love. Thank you for not putting us on blast. Lord allow us to serve and tell everyone about the mercy that you showed us. Allow us the boldness to go to the well of other women and tell them the good news of Jesus christ. Thank You Jesus for breaking off sexual spirits attached to us by either perversion of our bloodline. Thank you for allowing us to walk in Holiness. Thank you for the restoration. Thank you for making us new. Jesus We Thank Yo

Chapter 5 The Big Chop

**Damaged**

I actually did the Big Chop prior to my alopecia diagnosis. The Big Chop is when you cut off all of your permed hair. It was when God told me He would heal me if I stop wearing weave. You know my ideal-self projecting what it wanted the real-self to be. Most people do the Big Chop when they want to start fresh with their natural hair instead of just cutting the perm or damaged hair off in phrases. I think looking back this is what God was starting to do with me. I had come to the point where I was married with two small sons and hadn’t fully dealt with my trauma. I was only allowing God to deal with the damage as I grew in God and He wanted to CHOP it all up so I could start moving in ministry.

This was the time I started volunteering with our girls in ministry. I had been saved and church for several years by now but never saw myself during ministry. God had told my Apostle to teach on the “Assassin to your Assignment” and I heard God tell me to join ministry. I started with helping the leader with the girls. She was more refined than me so I had nothing to offer these girls. With my history, what mother would want me to minister to their babies. The leader was so kind to me though. She would encourage me and even challenged me to teach one session. I laughed. I didn’t know enough word to teach anything. She gave me a scripture and asked me to pray and just say what God wanted me to say. I think I was in there to learn more than the girls were.

 At the same time the Lord told me to go to get personal deliverance. I thought it was going to be like the exorcist or something but it wasn’t. The lady talked to me like a counseling session and then prayed and decreed something over me. I thought it would be one session but she had me come back every week. Perhaps because she could tell I wasn’t telling her the truth. The leader of the ministry finally came in one week with me. She called out the spirit of lying and I started throwing up. I think I cried for the first time in years and once it was over, I just shared my life story. Prior to this I would see certain things in church and laugh or walk in disbelief. I felt the power of God myself this time. I was free, however not healed. Definitely not Whole. The damage was bad and the lacertians were too deep. It was like putting out the fire but the residue still needed cleaning.

Dramatic Change

That didn’t happen until I started seeing my therapist. Before then however, I became a teacher at the ministry, children’s church director, children’s church pastor ,an online pastor. I was fighting with God about it but He knew me before I was in my mother’s womb the journey I would be on. Remember when I shared how I heard Him tell me to go to church and the epic fell when I attempted. Well, many years later I was with my same boyfriend and now husband and we had two children. I had people all around me telling me about Jesus but not in a relatable way. You know, the I’ve been saved all my life and you don’t know what you are missing way. I wasn’t interested. Nothing about church or God attracted me. I was working at a bank as a teller and I just wanted a good life.

A good life was working a good job and having a decent place to live for my children and with my man. There was a couple who came to the bank where I worked from time to time. The wife worked upstairs and she would invite me to her church all the time. I wasn’t coming. Her husband started inviting me. I wasn’t coming. They were so nice I couldn’t use my accommodations on them so after a year I decided to come. Maybe it was because I had my new baby. I was so happy. I had just started back talking to my mom who I stopped talking to for years at this time. I had no intentions of joining the church, just wanted them to stop asking me.

The first time I tried to go I got lost. The church is in the south suburbs and I only know the southside at this time because of my boyfriend. I’m from the north side so I had no sense of direction. I thought every time I tried to go to church something happened. It’s not for me. I told them that Monday what happened I was for sure that would be the end of that. Nope. They told me to take their number and call them on the way next Sunday if I get lost. Really! I did get lost again but made it before the sermon.

I didn’t know anything about church or church protocol. If you had offered to pay me a million dollars to tell you what was the first book of the bible and the last, I would walk out of that church with the same amount of money I walked in with. I did know that when Bishop Blessing Wilson, now Apostle H. Daniel Wilson started to preach I didn’t fall asleep and I wanted to know where he was getting this stuff from in this book. I couldn’t tell you what he was preaching today. All I knew is that it intrigued me to want to know more. When it was time to join the church, I joined. April 5, 1998, I came down, some lady put a scarf over my legs and I was coming back the next week.

When they asked me if I was saved I said yes. I didn’t know what that church jargon meant. I wasn’t. I didn’t even join with a clear understanding of who Jesus was. Because God knew me before I was in my mother’s womb, He understood that it would take intellect to capture my attention. Although I did poorly in school due to my experiences, I was very smart and that was the draw. When He told me to go to church and I went to my old church God knew that I was going to fall asleep. Not that the other pastor wasn’t a good preacher, he just wasn’t the one God would use to lead me to Him.

The only reason why I knew the date I joined the church was because the next Sunday was Easter Sunday. We call it Resurrection Sunday. Donna Barnett put on a Resurrection Sunday production that illustrated what Christian witnessing to me failed to convey. Jesus being mocked, spit on, whipped, nailed to the cross and dying for me. I cried and cried. I saw the life that I lived out of trauma being but on the back of Jesus so that I could live the life He created me to live. The fornication, all of the accommodations of cussing, drinking, smoking, all of the shaking and my abortion, He did it all for me. I turned around in tears and hugged the wife who invited me for a year and told her thank you for bringing me to church. April 5, 1998 was the day I joined church but April 2, 1998 was the day I gave my life to Jesus in exchange for what He had done for me.

**The Unknown**

I had no idea what I was doing and I made so many mistakes. I didn’t stop using my accommodations right away, still went home shacking with my boyfriend and had another baby out of wedlock. I talked down to other people who weren't saved in my self-righteous era, however I was trusting God through all of it and all of it has helped me lead and minister today. God even allowed me to lead the same ministry that drew me to Him on Resurrection Sundays. I put on productions to tell the story of Jesus so they could know all He had done for us.

One of the ways I began to allow God to lead me was in my relationship with my parents. I had already started back talking to both of them however never going into depth about my feelings growing up. The most I shared with my daddy was how I felt when he married his first wife and she didn’t want me and her children that weren't my dads to come over to the house.That was the last time we spoke before now.

I believe God wanted me to hear more than speak. I discovered with my mom that she had been sexually assaulted for years by her step dad. The one she was so adamant about was me not going over his house with my aunt and uncle. He told her that he would stop having sex with her once she got a boyfriend. Well here comes my dad. When she said that she wasn’t trying to have children it had nothing to do with me and all to do with her trying to stop being abused.

Now do I think my mom wanted children. No! But that’s okay. She wasn’t rejecting me; she was a young girl who created her own accommodations in order to deal with her trauma. Did she make mistakes along the way? Yes, however she was working with what she knew how to do best at the time being a mom at fifteen. What she did give me was a great sense of work ethic, the tenacity to make it during hard times and a great example of how to help your family even if they don’t appreciate you. I thank God for my mom and realized that it was the transformation of trauma that was trying to stop us from fulfilling our purpose. The way she communicated and loved was different then how I received it, and I was spoiled, rebellious and extremely stubborn, however I can’t spend time blaming or judging her.

God even showed me my father's upbring. His dad, my grandfather was amazing to me. The times I saw him he would spoil me rotten, however I discovered that he was abusive to my grandmother and was militant with my dad.

The way daddy processed his trauma and led him to reciprocate that trauma on to others. My daddy was clean off drugs and found a pastor that was disciplining him. He started coming over with his second wife and taking the boys as babies to be around him and the family. I was so happy. I didn’t know my daddy in the way a daughter should but I was grateful my children know him as a grandfather.

Even my mom started to seek change. She had been back in corporate by now and was going back to school to get her degree. She brought her a condo and was determined to live the life she would have lived if she had the opportunity growing up. She got back into church and became a minister of the gospel God restored us. Me and my boyfriend of ten years got married, brought a house. Me the one who washed up in the McDonald's bathroom had two bathrooms for her boys. What I discovered years after my salvation is the closer and deeper, I grew in God. The more I started ministering to others and walking in my purpose, I learned that I was saved, forgiven but I was not whole.

I deal with the trauma. It was still in my cells. There are so many christians and leaders that are leading others towards God’s healing power but not walking in to heal themselves. I knew I was one of them. God was revealing to me more and more that the purpose that He has for me required me to come closer to Him. I couldn’t and I didn’t know why.

Will You Be Made Whole:

Forgiven people have to forgive. That’s what I heard my Apostle say.

#

# Matthew 6:14-15 “For if you forgive men their trespasses, your heavenly Father will also forgive you. **15** But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. (NKJV)

Chapter above I talked about how Thankful I was for God forgiving me of my sins. I could have made excuses for them but it wouldn’t have made them any less of a sin. The freedom in know God has forgiven me is the same freedom He wants us to extend to others. It’s not easy. To forgive the men and women who have hurt me is hard. To feel that my life would have been different if they wouldn't have validated me maybe true. However I’m here. I truly believe that forgiving my parents and praying for them played a small piece in God’s plans for delivering them and them walking and serving with Him today. I came out of agreement with the enemy and I came into agreement with God.

I forgave everybody. Not that some of them didn’t deserve what they received, however forgiveness is not for them. I’m not saying they were right and they did not validate or offend me. I need my spirit free so I can hear God when He is talking to me. I need to forgive so when I am asking for forgiveness He doesn't remind me of my unforgiveness. I need to forgive so I can be whole. Forgiveness allows me to take back what was taken from me so that I can be whole.

You have to do it. You have to forgive and reclaim what was taken so God can use it. Being Whole doesn’t come without forgiveness.

Prayer

 God I came to you with a heart of forgiveness. God it’s hard but I know that if you could send your son Jesus to die for my sins surly I can forgive those who have sinned against me. Lord I forgive (NAMEs) Lord remove the unforgiveness from my cells. Let unforgiveness no longer be in my body but let forgiveness and love flow within me. Lord I no longer hold them in judgement and I ask that when I see them I see them as you see me. Lord allow me to always walk in grace and extend mercy as you do with me. God brings to my remembrance anyone who I may hold a grudge against so I can immediately forgive them. Lord teach me how to love like you love. Lord, I want to be made Whole so allow me to take back what was taken from me through the vehicle of forgiveness.

In Jesus Name Amen.

Chapter 6 The Relapse

**Insecurities**

**The enemy couldn’t stop me from being saved, so his next assignment was stopping me from fulling my purpose. I know so many Christians that do not know their purpose. It’s the number one question that they ask me. “How do I know my purpose.” There are so many ways I see people try to answer this. “What’s your passion?” “What burden you.” “What would you do if no one paid you.” “Your purpose is to worship God.” I personally don’t believe any of these get you to knowing your purpose. Remember when I told you that I started ministry working with young girls. While I also started working with the homeless ministry at the same time. I was passionate about helping the homeless since I was homeless at one time. I only signed up to work with the girls because God directed me to. While working both I was very tired and was about to quite working with the girls. The Lord told me no. Quit the homeless ministry. I was confused because I was passionate about the homeless. Yes, I Iove children and still wanted ten of them, however I did see myself adding any value to their lives. I was insecure and didn’t know my purpose so I was going with passion. If I had followed my passion, I would have miss becoming a teacher, children’s church director, children’s pastor that groomed me to be one of the executive leaders and online pastor.**

**I believe that the only way you know your purpose is to ask your creator “Who did you know me to be.” I must warn you again. The journey of discovering the answer to this question is what caused me to face all of my trauma, all of my insecurities. It led to the realization that I was not Whole. I tried to start this journey with the Big Chop which is why I believed I failed. Having my hair cut off was the lid that revealed all the insecurities that was in side of me. The discovering that who I was projecting was who I wanted to be but triggers were signs that I hadn’t fully become who God created me to be. Triggers were the signals to my insecurities.**

 **When I went without my wig for six to nine months the stares and comments triggered my insecurity of not being pretty. Where did I get that from? My mom would tell the story of how when she had me I was an ugly baby. She would always say how handsome my brother was. Hearing that along with the knowledge of her desire for a girly girl just led to believe I wasn’t pretty. I knew I wasn’t ugly but I wasn’t a pretty girl and with my dad gone I didn’t have that reassurance growing up. It was just the enemy using this to make me feel inadequate to stand before people. Not only not feeling pretty but my hair not being acceptable to society.**

**The full story is my mom was in labor three days with me and when I finally came out my lips were orange. The doctor due to the fact that I was still eating. Now my mom was fifteen. She never seen a wrinkled wet baby with orange lips. I’m sure seeing me look like tat after seeing three days of labor I was ugly to her. I’m sure the second time around with my brother after being more educated on labor and motherhood she had a different perspective. I’m sure even if she thought I was an ugly baby a more mature mother wouldn’t have told that story. I wasn’t secure enough to recognize that it wasn’t about my mom. It was all meant to be a distraction to make me feel insecure so I wouldn’t do what God has called me to do. I didn’t see my beauty. Not in who God created me to be and how He created beauty even in my hair.**

**Cycles**

**The enemy couldn’t stop me from being saved so he only had the option of stopping me form being who God created me to be. The way to do that for me was to have cycles repeat in my life. If the** cycle of generational curses is not broken by one generation it will plague the next. **My grandmother was raped and beaten by men. My mother was being molested by her step-father and was beaten by my father. I was touched by men and women and was abused by my ex-boyfriend.** My grandmother wasn’t believed and was called a whore when me attacked her. My mom didn’t till and neither did I say that we were touched. The cycle grows in order to prevent Wholeness in God. I even see this in my brother. He was one years old when we left my dad yet in his younger years, he displayed his anger towards women. Cycles do not have to be witnessed they are in the blood line if not broken.

When I started treating my alopecia, I started to see who in my blood line had alopecia. My mother didn’t have it. My grandmother had a little hair loss but not at my young age. My mother told me that my great aunt on my dad side had hair loss at a young age and would wear hats most of the time. Now I know most of my hair is traction alopecia due to the tension I put on my scalp, however the alopecia around my edges and forehead is generational alopecia. That’s what I call it. It’s a trait that is carried and passed on. It was just one more thing in the bloodline passed down to me. Trauma was passed down to me. Most of us do not want to face this truth. Some Christians do not want to face this truth because it challenges their faith. That can’t reconcile the Salvation of God with still be broken. We will quote scriptures and make decrees before we do the work of self. Even the word work will be challenging from some. Jesus did the work and said “It is finished.” (John 19:30 NKJV). It is finished but we are not. Salvation is a gift (Ephesian 2:8 NKJV) we have to become the new creator. That’s why when we get saved, we can still sin because there is a transformation that takes place.

The bible tells us to Be Transformed (Romans 12:2 NKJV) and in order to truly do that you have to face your cycles.

Going Back

If we don’t face our cycles, we will go right back to comfort zone. That’s what I did. I put went back to my weaves and ignored my insecurities. The problem with that is the small bald grew to a large bald spot. It wasn’t easily covered with my own hair so I had no choice but to wear weave. Going back is never the same. Wearing weave because I thought it made me look pretty was different then know that I was truly masking my infirmity. The satisfaction in whatever coping mechanism you use to hide, distract or numb yourself from facing the truth becomes torment. Trauma will eventually become torment if it’s not dealt with.

I say that with a clear understanding that it is not easy. The times that I went back to my abusive ex-boyfriend would be considered stupid, however knowing now that my undealt with trauma made it easy for him to play on my insecurities. I was tormented with feeling stupid for staying but not seeing my way out. I was scared of what my family or friends would say about the boy I highly defended. I was scared that my ex-boyfriend was right. He was the best person in my life. Look how my parents treated me. I invested too much. I couldn’t start over. I kept going back. It was easier than facing the trauma.

I empathize with you if you are in a situation that you don’t know how you got here. If you’re struggling with a situation or any area of your life that you’ve been battling mentally or physical. I know it’s hard. I know it’s embarrassing. I know you may feel alone, but you’re not. I know that taking those steps backwards may seem easier than taking one step forward, and it is. Forward means confronting people or things you don’t want to confront. Forward means walking on unknown territory instead of familiar grounds. Forward means may mean you will suffer lost. Forward means you maybe inconvenienced. Forward may mean a lot of things but one thing forward will also mean that I hope you find peace in. Forward means movement. And if you go forward with God, you will be moving according to His will. And there is no better place to be than God’s will.

Will You Be Made Whole:

Prayer:

VII The Diagnosis

Walking towards wholeness is confidently admitting your weaknesses with the understanding that it doesn’t make you weak. Living a life of wholeness allows you to be content with what you have and the desire to obtain what else is yours. Wholeness silences your critics, makes you pray for your haters and overlook your doubters. Being Whole is not arrogance, or lack of empathy. Wholeness is living out the thought that God had for you.

I didn’t just get to this mindset. It was a process for me and the tools God is using to help me with my childhood trauma and journey towards wholeness are my therapist and my natural hair journey. Yep, my hair. The hair my mother worked so hard to keep in place and I cared less about is instrumental in my healing. Of course, it took trauma to make me want to heal my trauma. I’m healing from alopecia. I was diagnosed with alopecia about 3 years ago but when I look back the signs were always there. But why face it, I can do what the four-year girl did and mask it. Wigs, weaves, and braids will cover up the small spot on my head. It’s not that big and I don’t want to go to the doctor for them to diagnose me with alopecia. It will go away. But it didn’t. Trauma never does. It grows until it’s unrecognizable and by the time you do you are so overwhelmed and the preventative care that you could have taken doesn’t work.

 I’m seeing my therapist trying to work out my trauma only to know I have to go to the dermatologist to face the truth. But God, like always, is with me. He was just waiting on me to come to Him for healing. In fact, six years prior when the circle in the middle of my head was small, I heard Him say “if you keep the weave out of your head, I will heal you.” Now, don’t come for me, stylist. I’m not here to suggest or debate weave. This is what He was telling me. It had more to do with the mask and control then the hair. Like most Christians I was excited! God is going to heal me and so I told a close friend of mine and started off on the journey of no weave.

I’m seeing my therapist trying to work out my trauma only to know I have to go to the dermatologist to face the truth. But God, like always, is with me. He was just waiting on me to come to Him for healing. In fact, six years prior when the circle in the middle of my head was small, I heard Him say “if you keep the weave out of your head, I will heal you.” Now, don’t come for me, stylist. I’m not here to suggest or debate weave. This is what He was telling me. It had more to do with the mask and control then the hair. Like most Christians I was excited! God is going to heal me and so I told a close friend of mine and started off on the journey of no weave. I had already stopped perming my hair after having them since I was 7 or 8 years old.

and a handful of black girls with this pretty curly hair was natural so I tried it years before my diagnosis. So now no weave…No problem.

Well, It was HARD! I made it six months then I went right back to the weave. Why? Because without the weave my mask was stripped away which was now my hair. People said how pretty I was with weave. Like my daddy used to call me. My natural hair didn’t seem to have the curly look I was looking for like the other black girls I envied so the only other acceptable way to wear your natural hair was straightened. Even with straight natural hair it had to be tamed. I was burning my hair every day to get the perm look but could brag that I was a natural. If I didn’t straighten it or had a jacked up two strand twist, I got the look. It wasn’t other races that looked at me funny when trying to wear my hair natural. It was my own. People close to me would comment “I couldn’t wear my hair like that” or “if I go natural, I need my curls to look like that” “I tried to go natural but whew” or “I wear my hair natural but I have to straighten it out.” It’s the w modern light skin vs dark skin battle but with 3a vs 4b hair. My hair is 4ab so no matter what YouTube video I watched I couldn’t get the 4ab look pretty.

As I think back, I didn’t even know my hair type or what my hair really looked like prior to my mother changing it. I never learned how to take care of my hair because I was always at the hair salon and when we didn’t have money a box perm was the extent of my hair skills

Simultaneously I found myself getting to know myself at the sometime I was getting to know my hair. After being diagnosed with alopecia I could do what I did the first time which was becoming a product junky and spending all day to get my hair to look like my favorite influencer. It never worked and my scalp was too sensitive. The emotions of losing my hair took my confidence to a all-time low but I had to go through the process or I was in jeopardy of losing it. Curly or nappy I wanted to wear my own hair regardless. It’s the old saying of “you never know what you got until it’s gone.” I realized I spent so many years mistreating my hair that I never treasured it.

It maybe strange to say but God knows exactly what I needed. See I've acted out the strong, stubborn bold, courageous and fearless person so long that it became my persona. I know she was inside of me before I was traumatized as a child, and lost her so inside with the trauma and only I know I’m not that confident anymore but baby I know how to act her out. It takes strong people to handle me. My dermatologist is just that. When I got to her office, I had the nerve to have a head full of braids. She said after examining my head. “If you come back in here with a weave, I’m not going to see you anymore.” LORD! Straight to the point but that’s what I needed. I said “I have a party to go to then after that I’m done.” That’s what we do. Get that last fix before we start our process. She then proceeded with a series of questions that reminded me again of God and His word.

She said “if I can get 40% of your hair back would you be okay with that?” I said “yes.” She said “If I can get 50% of your hair back would you be okay with that?” I said “yes.” She said “If I can get 80% of your hair back would you be okay with that?” I said “yes.”

How does that remind me of His word?

Genesis 18:22-333 (NIV) says

**22** The men turned away and went toward Sodom, but Abraham remained standing before the Lord.[[b](https://www.biblegateway.com/passage/?search=Genesis%2018%3A16-33&version=NIV#fen-NIV-447b)] **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.

The people had sinned against God and Abraham was inquiring if you find a few faithful would you save them and God said yes. It was as if God was saying I know I told you six years ago that I would heal you if you stop wearing the weave but If you go on this journey now I will keep my promise and heal you. My yes was not to her but to God.

Trying not to have a praise break in her office I focused on my diagnosis which was traction alopecia in the center of my head and more like generational alopecia around edges. She said I may find more hair growth coming back in the center than the edges because it’s generational. I told her not to worry. Jesus has broken every generational curse off my life so as long as I stay in faith, I’m good. She told me how scared I was due to the weave. She said that wearing a weave is like putting a paperclip on one string of hair and asking it to carry the weight, but if I went through the process, she was sure she could restore some of my hair. I told her I was going through the process.

She looked at me like yeah, we’ll see. Me being outspoken asked why the look You don’t believe me. She said “she has so many girls and women who can’t go without the weave.” “Their identity is in weave and to wear their hair is unnatural.” They start the process, stop the process and come back when it’s irreversible. She has no idea how close that hit home. I was that girl who went from an invisible mask to a weave mask without knowing it. How did that happen? How did who I am get caught up in my hair? Now I know how much hair means to a woman. Having alopecia is devastating even as I am walking in faith. But how did allowing someone else’s hair define me? Not even the struggle about losing my own but not being pretty without wearing someone else's hair. ‘

I allowed compliments vs critique to feed me instead of asking why does the critique triggered me?

It was easy to push aside because this is not an area in my life. I am strong willed in so many areas. Why does the word pretty trigger me? Why does someone saying nappy or kinky have me looking for Brazilian hair? Why isn't my God given hair out of my head enough for me regardless of what people think? I left out of her office with these questions but also with another scripture.

 **“**But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows (Luke 12:7 NKJV).

I walked out believing that God was going to heal me and I was going to not only be healed but Whole. I was going to find out with the help of my therapist the answers to why.

Before talking to my therapist, I cried. With all the strength I felt from the faith that God was going to heal me, the fact that I was losing my hair and would have to expose it at some point not only hurt but made me feel ugly. Crying for me was different. I can count on my hands how many times I cried as an adult. It wasn’t often. I was going to not only find inner confidence but beauty as well. Something I don’t ever think I had to define myself as. Something that made me feel uncomfortable. Being pretty. It was that trigger word again. After crying it hit me that I’m not only a pastor at my ministry but the online pastor. I would be presenting myself to the world week after week with no mask.

I hadn’t felt like this since I got my care free curl in fifth or six grade. I had long “pretty hair” by now and was comfortable with it until a series of events made me once again question my beauty

Before talking to my therapist, I cried. With all the strength I felt from the faith that God was going to heal me, the fact that I was losing my hair and would have to expose it at some point not only hurt but made me feel ugly. Crying for me was different. I can count on my hands how many times I cried as an adult. It wasn’t often. I was going to not only find inner confidence but beauty as well. Something I don’t ever think I had to define myself as. Something that made me feel uncomfortable. Being pretty. It was that trigger word again. After crying it hit me that I’m not only a pastor at my ministry but the online pastor. I would be presenting myself to the world week after week with no mask.

 guess that’s why as I got older, I stuck with the hair trends instead of seeking out my own expression of beauty. By the time I got my diagnosis I had discovered how I wanted to express my beauty. I’m urban girl and proud of it. I know urban is thought of as ghetto, however I’m a city girl and in spite of what happened with a southern twist. And although I am an urban girl at heart and who love to wear headwraps, the choice to not wear them felt like it was taken from me. At the same time, I didn't want my head wraps to be my new mask as I was working to undercover the old one.

My diagnosis It was a lot to try and take in but after a few weeks I spoke to my therapist. I had been seeing her for around six months by now. She is the one who asked me the questions Jesus asked the crippled man at the pool of Bethesda “Will You Be Made Whole.” We didn’t talk about my hair but because she was working on me facing the little girl, I knew it would help. God knowing me not only sent me the right dermatologist but the right therapist as well. She knew and had heard about me as a pastor and leader at my church and she knew that if she directed her questions based on what I knew not only about the word but ministering to God’s people she could get me to self-reflect and minister to myself.

Will You Be Made Whole:

In John:5 it says at verse 6 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?

I want to encourage you that Jesus sees you. He knows that you have been in that situation for a long time and He is presenting a miracle to you of healing, however you have to take the first step of faith. In that step you must know that you don’t control the process. I have so many days when I want to cut my head bald because I don’t see any growth. I don’t control the process, just the decision to believe. Not in my hair growing back but in being healed.

Let me explain. I believe that God is going to heal me and my hope is that the healing comes with a head full of hair. But rather God heals or He heals I’m going to be healed. Meaning, if He decides to heal me by growing my hair back praise God but if He decides to heal me by taking it all away praise God. Why? Because at the end of the day I’m healed.

Sure, I desire that He heals me one way and I would be devastated at first if the outcome is different. My prayer is because He is sovereign, I would challenge myself to say to God “what did you really heal?” I’m not at the end of my alopecia journey to answer that. But while I’m on the journey I know He sees me and He loves me.

Prayer:

Spirit of the living God, we thank you for seeing us. Your word says that we can cast our cares upon you because you care for us and so we come casting our hearts to you. God, we want to be made whole so walk with us on this journey of healing. Lord rather our trauma is generational or self-inflicted allow us the strength to overcome it. God, we believe in your word that says you come that we may have life and life to the full and since your word will not come back void but will accomplish what is sent forth to do we believe that as we press into you, we will be made whole. Father, we don’t want to leave this earth not becoming who you created us to be. Help us Holy Spirit to be led into all truths and to face all fears. Heal our hearts, heal our minds, heal our souls.

VI: The Replapse

hat’s what happened pre-diagnosis. I returned to weave, braids, “pretty hair.” I abandon God’s promises because I was stripped of my confidence at an early age.

Radmom

I didn’t really know how to be a friend though. The only true friend Lisa had moved to the southside and I couldn’t risk being vulnerable with one else. I would flirt with other girls’ boyfriends even if they were my friend. I didn’t really want them. I only had one true crush in high school and he only like my Hispanic sisters. Probably not what I was calling them at the time. I had been exposed to inappropriate sexually interactions that my body was the only thing I felt people wanted so if someone showed me some attention I flirted back. I was not sexually active though. I really didn’t even like for anyone to touch me but my hormones were all off. I know you probably thinking girl you know better than to be missing with another girl’s man. Especially your friends. But were they, my friends. They probably thought so and truthfully, I probably acted as if they were. But I was so emotional disconnected that I had no feelings. None that I could tap into. A regret I have to this day is not getting close to anyone that I could call friend.

I ended up leaving home a couple of weeks before my birthday.