

WE WRITE THE LETTERS THAT HEAL



BOOK 4

VIBRATIONS OF *Healing*

*Letters of Healing, Restoration,
and Spiritual Renewal*

A VIBRATIONS OF HEALING ANTHOLOGY



Compiled by

DR. CAROLYN COLEMAN

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The Lady of Wisdom Publishing Company

The Lady of Wisdom Publishing Company
560 Cedarwood Drive
Jackson, Mississippi 39212

We Write the Letters That Heal: Vibrations of Healing © 2026
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Published by The Lady of Wisdom Publishing Company July 1, 2026.

ISBN: 978-1-966970-09-5 (paperback)
ISBN: 978-1-966970-08-8 (eBook)

Library of Congress Control Number: 2026944499

Cover Designed by The Lady of Wisdom Publishing Company

Formatted by Written Words Publishing LLC

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the King James Version of the Bible, public domain.

This anthology contains personal testimonies, spiritual reflections, prayers, and healing centered writings. It is intended for inspiration, reflection, encouragement, and spiritual growth. It is not a substitute for medical care, mental health counseling, legal advice, crisis intervention, or pastoral care in an emergency. Readers facing urgent medical, emotional, legal, or safety concerns should seek qualified professional assistance immediately.

DEDICATION

This volume is dedicated to every soul who has carried pain in silence and still found the courage to heal, write, remember, forgive, surrender, and rise.

May these letters remind you that your story is not wasted. Your scars are not shame. Your waiting is not empty. Your grief is not the end. Your voice still carries healing.

PUBLISHER'S NOTE

Vibrations of Healing is a sacred continuation of the We Write the Letters That Heal anthology series. This volume gathers voices of testimony, memory, grief, restoration, faith, endurance, and spiritual formation.

The writings in this anthology are intentionally personal. Each contributor brings a distinct voice, story, and spiritual lens. Their words are not presented as polished sameness. They are presented as living witnesses. The strength of this work rests in the courage of each contributor to name pain, honor process, and offer healing through words that came from lived experience.

As publisher and compiler, my assignment is to protect the integrity of each voice while preparing the manuscript with structure, reverence, and clarity. These letters are not merely pages in a book. They are offerings of healing, remembrance, testimony, and transformation.

Bishop/Dr. Carolyn Coleman

The Lady of Wisdom

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WELCOME TO THE JOURNEY OF HEALING



Dear Reader,

You did not arrive here by accident. Something in you, led you to this moment. Perhaps it was something quiet. Or maybe it was desperate. It could have been determination.

This book is not meant to be read casually. It is meant to be experienced because healing is not a single event. It is a journey. A movement. A confrontation. A release. A rebuilding.

Within these pages, you will encounter:

- Pain that speaks
- Truth that corrects
- Love that restores
- And a voice that calls you forward

You may see yourself in these letters. You may feel exposed. You may feel comforted. You may feel challenged. All of that is part of the process.

This is your permission to:

Feel

Release

Rethink

Rise

You will move through moments of:

Breaking

Awakening

Surrender

Alignment

Identity

Love

Legacy

And Expansion

Do not rush it. Let each letter do its work. And remember: You are not alone. You are not broken beyond repair. You are not too far gone. You are becoming.

So take a breath. Turn the page. And begin.

With Wisdom and Intention,
Dr. Carolyn Coleman
The Lady of Wisdom

ABOUT THE ANTHOLOGY SERIES



WE WRITE THE LETTERS THAT HEAL SERIES

We Write the Letters That Heal is a transformational anthology series built around testimony, reflection, restoration, and the courage to write what helped the soul survive. Each volume invites contributors to write from lived experience and offer readers sacred language for healing, faith, identity, and purpose.

HOW TO USE THIS ANTHOLOGY



Read this anthology slowly. Allow each section to become a place of reflection.

Pause after each letter.

Answer the reflection questions honestly.

Use the journaling prompts as sacred invitations to write what the heart has carried.

Meditate on the Scriptures.

Speak the affirmations aloud.

Return to any letter that speaks directly to your season.

This book is not designed only to be read. It is designed to be experienced.

INTRODUCTION

BY DR. CAROLYN COLEMAN



There are moments in life when words are not enough, and yet, they are exactly what we need. This anthology was not created merely as a collection of writings. It was birthed as a response to real pain, real healing, and real encounters with God. Each voice within these pages carries a testimony. Each letter holds a weight of experience. Each reflection invites you into a deeper place of truth, restoration, and transformation.

Vibrations of Healing is a devotional anthology designed to meet you where you are. Whether you are navigating seasons of waiting, walking through emotional wounds, healing from broken relationships, or rediscovering your identity in God, these letters speak directly into those spaces. They do not rush your process. They honor it.

Healing is not one-dimensional. It is layered. It is spiritual, emotional, and sometimes physical. It requires honesty, surrender, and the courage to confront what has been hidden. Within these pages, you will encounter



voices that have walked through fire and emerged with clarity, strength, and renewed faith.

This is not a book you simply read and set aside. It is a journey. Each section is intentionally designed to move you beyond inspiration into activation. The reflections are meant to challenge you. The journaling prompts are invitations to process. The declarations are reminders of what God has already spoken over your life. As you engage, you will begin to see that healing is not distant. It is present, available, and unfolding.

You will also discover that your story is not isolated. There is power in shared experience. There is strength in knowing that others have walked similar paths and found restoration. These letters form a collective voice that declares: healing is possible, restoration is real, and transformation is within reach.

As you read, take your time. Do not rush through these pages. Sit with what speaks to you. Reflect honestly. Allow the Word of God to anchor you and the Spirit of God to guide you.

Most importantly, remain open. Because what you hold in your hands is more than a book. It is an invitation. An invitation to heal. An invitation to be restored. An invitation to become whole.

SECTION I

THE BREAKING



VICTORIA W. REED

HEALING THROUGH LEGACY, LOSS, AND LOVE REMEMBERED



Contributor Introduction

Victoria W. Reed writes from the sacred intersection of grief, remembrance, and family legacy. Her letters and poetic reflections capture the enduring bonds between loved ones and the healing power found in honoring those who shaped our lives. Through memory, gratitude, and spiritual reflection, her writings help readers process loss while discovering that love does not end with absence. It transforms into legacy carried forward through faith, family, and remembrance.



THE MATRIARCH THAT HELD US ALL TOGETHER

*The lessons that once felt hard became the
strength I now live by.*



*“She openeth her mouth with wisdom; and in her tongue is
the law of kindness” (Proverbs 31:25).*

Dear Mama,

As I write this letter, I want to thank you for all you did for me as a child and for being the wonderful mother and grandmother you were. I often think about the time we spent together, the talks we had and the laughter we shared. The lessons you taught me, and even the chastisements that felt hard at the time, I now understand were for my growth. They were lessons I would need as I stepped into adulthood and life on my own.

I cherish those memories and share them with my children and grandchildren today. You would be surprised at how much our little family of five has grown over the years. I miss you every day.

God placed me where I needed to be so love could finish its work.



I miss your funny sayings that always made me laugh and hearing you sing old gospel songs while cooking in the kitchen. I did not want to move back to Mississippi, but I now see it was part of God's plan, so I could be there for you and Daddy as you both grew older, until the Lord called you home.

It was on your sickbed that I truly saw your strength. You never complained. Instead, you spoke of the Lord preparing you to rest. Though it was hard, God gave me the strength to carry on.

Even in her leaving, she taught me how to stand.

Mama, your transition was one of the hardest experiences of my life. I said goodbye on Mother's Day before you passed. As I bathed and dressed you, I thanked you for being a good mother to us.

Your daughter,
Vicky



Reflection & Healing Activation

What memories of loved ones continue shaping your life today?

How has caregiving deepened your understanding of love?

Where do you see legacy continuing through your family?

Journaling Prompts

- Write a letter to a loved one who shaped your life.
- Describe lessons learned from a family elder.
- Write about how legacy continues through you.



Scripture Meditation

“Her children arise up, and call her blessed; her husband also, and he praiseth her” (Proverbs 31:28).

☞ Affirmation ☞

I am holding on to love while living on purpose.



Transitional Bridge

Memories of maternal love often open the doorway into processing grief while still holding onto the presence of love.

