

## **“Trashing” → Healing → ICE~olating → Cool ~ Spacing**

Since I began healing and isolating, I have noticed a profound difference within myself. At first, taking space was extremely difficult. I had lost my babies~ my dogs, who went to heaven, many family members, and sadly, several friends as well. It was the most difficult period of my life, moving through these experiences.

I suffered at a level I never knew was possible. It felt as though I had fallen into a dark and hollow place, as if my soul had been taken and I was left with nothing but a shell. That is how I felt. Yet even through that darkness, I still had faith. I remembered my light. I knew I was a good person, and I believed I would survive it all. I believed time could heal.

But healing took tremendous work.

As anyone navigating the many papers and writings on our page can see, none of this was easy. It took years. It was, somewhat of a roller coaster.

I would say my healing journey truly began when I started flying. An aviation career was a dream I had, and I passionately pursued it. Still, outside factors contributed to many harms that kept me from fully reaching those dreams. Yet perseverance, instinct, spirit, and soul kept me climbing. Today, I am a solo pilot.

I want to discuss how even within healing spaces, isolation, and even “ice,” over these years, I still remained vulnerable to outside harms. These experiences from the external world continue finding ways to reach us, even within the safety of our homes and periods of seclusion.

There are too many events to list, but several experiences feel especially important and deserve acknowledgment.

### **1. Pesticide Exposure — Indoors and Outdoors**

This experience was largely outside my control, yet it left me chronically ill. Despite my efforts to secure my environment as best as I could, there was little I could do. I was not heard. History has shown repeated examples of profit being placed above human health and safety. Today, many Americans are fighting back and demanding accountability. One lawsuit against Terminix resulted in an 82-million-dollar award, yet even money could never fully repair what those victims lost.

### **2. “Trashing” or “Ghettoing”**

A new and beautiful neighborhood can become damaged, neglected, and unsafe within only months. Trash accumulation, vandalism, noise, environmental neglect, and disorder profoundly affect the mental and physical well-being of residents.

### **3. Aggression in Public Spaces**

Assaults by vehicles, aggressive driving, catcalling, harassment, and even liquids being thrown from vehicles create environments where people no longer feel safe walking, running, or even driving alone.

#### 4. **Noise, Smoke, and Sleep Deprivation**

Motorcycle racing, barking dogs, smoke grilling, and excessive noise pollution contribute to illness, exhaustion, and chronic stress. Billowing smoke entering apartment spaces can become a serious air-quality issue, especially for individuals with sensitivities or chronic illness.

#### 5. **Biohazards and Environmental Decay**

Discarded food waste, trash buildup, spoiled meat and dairy, pests, and disease create unhealthy living environments that impact entire communities.

#### 6. **Energetic and Environmental Shifts**

As homeless encampments and unstable environments developed nearby, the atmosphere changed dramatically. Our peaceful environment began feeling unsafe. Windows must now remain closed at night despite the need for fresh cool air.

#### 7. **Heightened Awareness and Intuition**

Abuses and harms may find their way to us no matter where we are. Because of this, many people develop heightened intuition and extra sensory awareness as forms of protection and survival. Nature has a way of evolving human resilience and developed self protection through harms.

#### 8. **The Transfer of Suffering**

When people are suffering, they often do not realize how deeply that suffering impacts others. Pain spreads. Unresolved harm frequently contributes to further harm within families, communities, and society.

#### 9. **Medical Vigilance**

I had to correct my medical records after noticing unusual and concerning issues. Through these experiences, I realized how important it is for the public to remain vigilant regarding medical systems, documentation, privacy, invasive procedures, and organized movements or groups. Not everyone follows ethical standards, and blind trust can sometimes create vulnerability.

#### 10. **Communication Barriers and Systemic Exhaustion**

No matter how carefully I communicated or how responsibly I handled situations, external barriers constantly reappeared. Emails went unanswered. Phone calls were not returned. Documents were delayed. Deposits never came. Letters were never sent. These repeated failures make it clear that people must strongly advocate for themselves within a society that often fails others, repeatedly.

There are many lessons.

It is important to be prepared. To truly understand safety. To recognize the labor, costs, and energy required for self-protection. To recognize environmental health risks, apartment ventilation concerns, and chronic exposure hazards. To recognize patterns of gaslighting, blame shifting, smear campaigning, coercion, and manipulation used by abusers within many different cultures, environments, and systems.

Yet despite all of this, there is also tremendous good in society.

Humanity has come a very long way, and there is still so much to be grateful for. We are all human beings, and all of us make mistakes at times. Yet we can also be grateful for all of the labors humanity has poured into this world. So much of this shared societal effort goes unseen and unrecognized, yet it is remarkable how many wonderful people make our world better every day.

Truly, it is a miracle that we have so many modern advancements that make life easier, safer, and our world more connected. It takes countless people working together to create a world this beautiful.

So let us continue the effort. Let us carry the lessons with us. This is what it means to be a spiritual warrior.