

MY GREATEST LOSS....NOW MY GREATEST GIFT #SURVIVORSHIP

with Mea Allman



Someone once asked me, "What Was My Greatest Loss?" I openly replied by saying, other than my parents, it would be myself after being diagnosed with Breast Cancer in 2000. When you've been faced with a devastating illness like #Cancer, that strips you down to the core, you tend to lose yourself from within. Your mind gets consumed with so many thoughts & questions of "Am I Going To Die," "Will I Survive," "Why Did This Happen To Me," "Do I Have The Strength To Get Through This, and "How Do I Tell My Family & Friends!" The list can go on and on to where you question your FAITH and not being able to accept the #TRUTH. Even though I survived breast cancer, it was a hard road of struggles, learning to love myself all over again, dealing with some mental illness to come to reality all this stuff was happening to me #acceptance. Being able to look at myself in the mirror after losing my breast & hair, took many months, again #acceptance. Years later I finally realized the beautiful woman I am from within and the process of self-acceptance to self-love. Once I found myself again, that loss became my greatest gift. Too many of us lose ourselves and hide in what I call the "Hidden

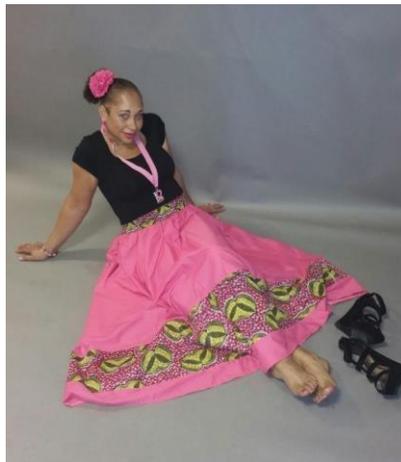
Mask." We block the truth and avoid conversations with family & friends. We tell them things are ok, but deep down inside we are hurting. We don't know who to share are pain with, because we don't want to be a part of the pity party, I am sorry, I feel your pain, and the most significant one is; if I could walk in your shoes I would.

Ok, let's #lemonthisthought 🍋 & keep it real. If they really knew the pain and the deep struggle, I'm going through to survive. If they only knew this awful disease that strips you down to the core where you lose your insanity. I truly believe they'd think twice in walking in my shoes. My road of survivorship is still on going, because of side effects from the Chemotherapy & Radiation that comes back to bit in the A** years later. Folks don't let me get started on that list.... But, on a positive note, the one lesson I've learned, is sometimes we have to lose something to learn how to appreciate and to recognize your #self-worth #potential #true-self and it will test your #spiritual-being whether you like it or not. For those who might have lost themselves from an illness, personal experience or past mistakes, not being able to embrace your cultural heritage or be someone you think you should be. It's ok, because sometimes in our lives things happens that causes us to lose ourselves, that it flies above our head and we can't comprehend or visualize it.

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My only advice I can share that's help me, is remembering my mother words, "followed your inner thoughts," (because the inner gout tells you when something is wrong or right), "remember who you are and what's your purpose in life." But, most of all we're not perfect, we'll make many mistakes, and that's just life teaching us to grow up or prepare us for greater things. A #motherswidson of knowledge, somewhere in that hidden conversation, the word #acceptance is there. Lol, as children all we heard was blah blah blah, blah blah blah. But, now as adults we are repeating history to our very own children. I too understanding the definition of the word #ACCEPTANCE, because it's a part of my road to recovery and a renewed journey to living life to the fullest. Remember the past is the past, mistakes will be a weak moment, but what you take from it will determine how you'll live your best life and survive obstacles that may come your way. NEVER let it hold you back, just push forward to the next chapter of your life.



I pray my story will inspire others who've had cancer or a difficult time in their lives. Once you understand the word #ACCEPTANCE, the road to a renewed life is just around the corner to start the healing process from within. Take time to touch and smell your roses, rather than roses laying on you six feet above. Train your mind to have a positive #Mindset and be the Captain of your life. Remember where you steer it, that's where it will go. Also, let go of unwanted #baggage of #pain #hurt #jealous #negativity, etc. Stand tall in your #TRUTH and see the true beauty as a #KING or #QUEEN you've always meant to be. Your Faith in yourself & Spiritual foundation will keep you on the road to your Greatest Gifts. My greatest loss, is now my greatest gift "The Woman I Am Today."

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#UnderstandingAcceptance #LivingMySurvivorshipLife @womenofkulture365

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