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The Belief of Healing

*Healing may not be so much about getting better, as about letting go of everything that isn't you—
all of the expectations, all of the beliefs— and becoming who you are.*

—Rachel Naomi Remen

"Five to seven years. Five to seven years! That's how long the doctor said I had to live after I was diagnosed with systemic and discoid lupus. But I refused to accept that prognosis. I was determined to rewrite my story, fueled by hope and grit.

In the bold spirit of my younger years, I chose the road less taken and embraced an alternative path. Some raised eyebrows, but their doubts were like whispers against my roaring determination. I knew that healing would be a journey, not a destination. There would be ups and downs along the way. But I was determined not to give up. I believed I would heal myself."