

***DREAM BIG***

This book is dedicated to my very best

Friend Jacqueline Anne Miller

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She saw me through the roughest times of my life, yet never once judged me or left my side. My only wish is that she lived to read this book. You will always remain in my heart Jackie! I can't thank you enough for loving me just the way I am even though I am not your type... (our personal joke) Love you to bits and back again! Forever in my heart you will remain...Rest in Peace my Friend!

# *Introduction*

## **IMAGINE THE POSSIBILITIES IF YOU KNEW HOW TO...**

- Skyrocket your self-esteem; set goals and achieve them making your biggest dreams come true.
- Overcome your fears and have the courage to take that scary first step towards your dreams.
- Set boundaries releasing yourself from being a “People Pleaser” and follow your own truth.
- Leave the damaged and bruised shell of your past and step into a “New You”.
- Break free of the entrapment we set ourselves up with co-dependent behavior.
- Find the inner jewels that are hidden deep within your own Soul.
- Stand in your own Truth and be all that you were meant to be.
- Discover the tools to help you soar to new heights of personal success.
- Leave behind all the excess baggage that you may have been carrying around.

Have you ever experienced fear, abandonment, rejection, despair, loneliness, hardships, suicidal thoughts, violence, trauma and pain? If you have answered “Yes” to any of the above, then this book is for you!

DREAM BIG! Demonstrates that “Change is Possible” and it takes faith, courage, inner strength, a positive change in mindset, an endless supply of HOPE, and an unrelenting determination in pushing forward in attaining your goals and dreams! Follow me as I take you on a journey through the winds of change as I fight my way through years of sexual abuse, violence and much trauma. I will take you on a thought provoking trip through topics such as overcoming fears, boundaries, codependency, self-confidence, self-care and my non-stop dreaming! This book holds a powerful message and if you are ready to make the necessary changes in your life, you will be

able to unleash your highest potential and achieve heights and success you never thought possible! When you dream...DREAM BIG!

Everything written in this book is simply from my own personal experiences in this lifetime. The opinions and ideas are mine alone and I have stated what has worked for me as I fought my way through hardships and seemingly unsurmountable problems. Take some and leave some; whatever works for you and apply it in your own life if need be. This is my story exactly the way it happened and although some of it may seem farfetched, it only adds to the many mysteries of life! Much has happened to me, but there was simply not enough room here to write it all, nor did I go into much detail with the actual trauma and abuse I suffered; I gave you just enough to shake your head and wonder: "How did she get through it all and still shine like she does today?" Know in your heart that you can to!

Everybody has a story; mine is really no different than many, many other women out there. There are a lot of women whose story of survival is by far worse than mine. My next book will be seeking out those stories so I can bring them to see the light of day, and possibly even assist in changing how their story will end too. What sets me apart from many is the fire burning deep inside me, burns brighter than any fire burning around me. I remember once during a beating, my ex would stomp on my chest as if he were trying to extinguish a lit cigarette. It was as if he could see the inner fire within my Soul and was trying to put it out. Little did he know, that you can take all my material belongings, you can take my job, you can destroy my self-esteem, you can batter and bruise my body, you can put me down and tear me apart at the very seams...but you will never take away what only I can have. That is the inner light that I have earned over the many years of being in existence! No one can ever take that away from me. What used to be a simple spark fighting to stay alight, has now developed into a full on flame burning so bright that even a team of firefighters could not put it out! Nor do I believe they would even want to, because they see the benefits of ripple effect of this particular fire. It's one of a kind indeed!

This book is written for all those still suffering out there; those still amidst the turbulence of windstorms in their lives. I aim to plant a seed that “Change is Possible” for anyone, anywhere and in whatever miserable circumstances they find themselves in can change it if they truly set their mind to it! It will not happen overnight, but if you keep putting one foot in front of the other with your goal in mind, you *will* change your circumstances. I believe this to be true with all my heart and Soul! If the fear of the unknown overrules the passion stirring within your heart, then for sure you will keep feeding that fear and let it prevent you from attaining your dreams. In my case, my overwhelming desire for a better life overpowered any fears and insecurities I may have had along the way. That burning flame deep inside my Soul simply would not allow me to remain in the circumstances I kept finding myself in throughout my entire life. It was as if I was being guided to take the next step even if I didn’t know where I was going. However, this being said, at some point you have to make a deep, committed decision that the circumstance you find yourself in that you do not like, does not necessarily have to stay that way; that you will do whatever it takes to change it. At any given moment in time, you have the power to say “This is NOT how my story is going to end!” The Universe will help you but you still have to put in some effort to meet it halfway.

As I recount in Chapter 8, at the very worst time in my life when I found myself at a new level of “rock bottom”, I was walking the streets for a whole week homeless and depressed beyond tears. In fact, there was no more room for tears, only a deep, dark fog surrounding my every thought that was held tight like prisoner in the depths of despair. My encounter with “Toothless Joe” telling me to enjoy this life; to live it and love it was not an option for me. If he was accepting of his circumstances in life of being homeless; then I sure wasn’t! It was as if that slap on the back he gave me was enough to clear the fog in my mind. I looked around at my dismal surroundings and with a sudden, new clarity of mind, asked myself: “How in the world did I end up here?” It was in that very critical moment in time when I made the committed decision that my current situation was simply NOT how my story was going to end! It just wasn’t. No way! I actually stomped my foot and said “This is NOT my life!” I didn’t know where I was going or how I was going to get there; all I knew for sure is what I *didn’t* want....being in the company of “Toothless Joe” for the rest of my days. From that moment on, I made the

necessary changes and put many incredible efforts into changing my life. Did it all change overnight? Most definitely not! I cried so many tears of frustration and had to overcome an incredible amount of setbacks and obstacles too many to mention here. However, every single step I took, no matter how small it may have seemed at the time, was one in the right direction in getting myself to a better place in life.

Exactly 3 years later from the “Toothless Joe” moment, I found myself standing beside a monster of a truck looking up at it with tears in my eyes; asking myself: “How in the world did I end up here?” Here I am in an open pit mine up in the Northern Alberta Oil Sands, (actually a whole other world) staring in complete awe at a truck so big I truly thought I was dreaming! To me, it was as if I was in “Tonka Land” a world of giant machines and ways of life which exist solely on another planet! I never even knew these things existed on earth and here I was standing beside a truck the size of a house being shown how to drive it! Unbelievable to say the least! The picture on the cover of this book was taken right after that moment in time. The smile on my face of sheer delight and accomplishment was a very precious moment captured on camera. You can’t see the tears of joy and happiness, but they are most definitely there! Here I am surrounded by a group of people who were all being given a tour, and I am the only one crying tears of happiness! A girl who was with me saw the tears and said: “Are you crying?” She laughed at me and looked at me like I was a silly little girl. She had no idea of what battles I had fought to get to this moment of standing beside the biggest truck in the world! She had no clue as to the amount of pain I endured, the mountains of obstacles I overcame, the tears of frustration that I cried, the hurts I battled, the overwhelming amounts of negative self-limiting beliefs I had to change in my own mind to be able to be standing right beside her. She really had no idea the hell I survived and the power it took to be even breathing in that moment. I just looked at her and smiled through my tears of joy because I wasn’t about to let anyone take away that moment of accomplishment from me just because they didn’t understand. It was my defining moment of “Change is Possible!”

Exactly 1 year later, I found myself sitting in a mine manager’s meeting with all top executives and managers from all over the different departments, with myself

attending as a backup OH&S person. As I look around the room, I recognized a place filled with incredibly smart and powerful people who run the mine, and then there's me...I sat there looking around the room and thinking to myself: "How in the world did I end up here? 4 years ago I was in the company of "Toothless Joe" now I am in the company of Mining Engineers! Unbelievable! How does this even happen?"

Today I sit here writing this book and look back at just how far I have come, I still wonder: "How in the world did I end up here?" I have spoken on live radio interviews, will be appearing on a TV show, I speak at conferences to youth, I speak to schools, I travel, and I give self-esteem classes at women's shelters and recovery places. All of this simply because I made a critical decision when standing with "Toothless Joe". I chose that wasn't how my story was going to end. This book is only the beginning of a world of wonders to come. What world of wonders awaits you? Know in your heart that "Change is Possible" and in learning to recognize your own Divinity will be the key to setting your mindset to a different frequency wave.

My hopes for you as you read this book is that you will take the time necessary to look at your life and re-evaluate what is important for you. Who do you surround yourself with? Are they draining the very life from you? Or are they lifting you up when you are down? These are very important questions to ask ourselves when we are facing changes. Where am I going? How am I going to get there? How can you help yourself today? Are you ready to commit yourself to changing the circumstances in your life that you don't like? Remember...what you tolerate will only continue. So, I ask you: "Will today be the day that you make the committed decision change? Will today be the day that you say "Enough is enough!"?

I am sure you will experience many emotions as you read along, and although it will touch your heart, it is meant to spark and ignite a possible change in your own life if need be. Go deep within yourself and see what is there lying beneath the many masks you may wear. Go to the true Source of all Love; it lies within your own heart. This is where the Holy Spirit resides and It will guide your every step if only you would let it. Are you ready for a ride into deep abyss of my life? Prepare yourself for changes within you as you read along, walking a mile in my shoes.

Welcome to Dream Big! Overcoming a Lifetime of Trauma & Abuse That Led to Dreams of Success! Enjoy the read!

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