



*This picture represents the storm created by trauma but also represents the power of the sun which is just coming through. The strength of sun is immense; when the sun realises this, true empowerment will follow.*

## **The Empowered Women**

**By Sonny Carroll**

*The Empowered Woman, she moves through the world  
with a sense of confidence and grace.  
Her once reckless spirit now tempered by wisdom.  
Quietly, yet firmly, she speaks her truth without doubt or hesitation  
and the life she leads is of her own creation.*

*She now understands what it means to live and let live.  
How much to ask for herself and how much to give.  
She has a strong, yet generous heart  
and the inner beauty she emanates truly sets her apart.  
Like the mythical Phoenix,  
she has risen from the ashes and soared to a new plane of existence,  
unfettered by the things that once that posed such resistance.*

*Her senses now heightened, she sees everything so clearly.  
She hears the wind rustling through the trees;  
beckoning her to live the dreams she holds so dearly.  
She feels the softness of her hands  
and muses at the strength that they possess.  
Her needs and desires she has learned to express.  
She has tasted the bitter and savored the sweet fruits of life,  
overcome adversity and pushed past heartache and strife.*

*And the one thing she never understood,  
she now knows to be true,  
it all begins and ends with you.*