

6.

I had to *break* to become who I am.

There was ice on the ground. I didn't see the ice. I was going to get in the car. I slipped under the car, my thigh hit the curb, my shin hit the car, underneath, like a lever.

- POP -

I heard it.

It was just like when they hit a baseball for a home run - that's exactly how it sounded.

I'll never forget it.

*The femur was completely severed.*

I almost died. It was very close to my femoral artery.

Just a little smidge different, I wouldn't be here at all.

*The single moment -*

that defining moment in my life that made me who I am, physically, mostly spiritually, and my profession.

It came to be my healing, becoming my authentic self.

This gigantic scar I have on my leg, a badge of courage, if you will -

*That's my mark.* It's a large scar and it's there and it's not going away.

If that didn't happen I would not be on this path.

I would probably still be in a horrible marriage.

When I couldn't really get around, I started painting and drawing again. I see how art can transform lives because I did it for me.

Now I do what I do and I love it.

*The pain is always there. Still there.*

I walk. I do weights. I do yoga. I meditate.

You can't fear those moments. Life changes.