

For the past hour or so, I have gotten into the core of rewrites for Harrison's Story. As I have stated in the past, I had some changes to make with the direction and involvement of characters. It has been my most important goal to bring light to such dark subjects, hope to some desperate times and most of all peace of mind to chaos. It is going to come together nicely, I believe this.

I have discussed "road maps" in the past; a guide of sorts for one to follow to help reach their goals, hopes and dreams. This morning I needed to look back on mine and reorganize my mind to what is at the core of my passion and purpose. I am always aware when I don't feel comfortable in my own skin... it is a sure fire sign that I am off course in one way or another. The great thing is that I have been heading in the right direction. I just haven't been concentrating enough on my core which is the book, website and outreach.

It is so easy when you are feeling well to write "over" the realities. One wants life to be the absolute best that it can be, yet I always must pay special attention the all that has brought me to where I am today and how much further there is to go. That brings me to the past... and living in it or with it.

Chances are, if you are living with a mental illness – the past is not always the most pleasant place to be. However, it is you're past and a part of you. I have had difficulty over the years reconciling my past. I still do, at times struggle with what has happened with and in my life. I believe, however with everything that I am that the past can be transformed into something of use – no matter how senseless, harmful or destructive it was. I don't subscribe to the philosophy that one needs to leave the past in the past. Anyone that might say that has never had flashbacks (in my opinion). If you are someone so fortunate that it works for you, to simply "leave it in the past" – you are blessed. For those of us that that method does not work... here is how I try to comprehend it.

Most of my readers know the memories that I struggle with. They were bombarding me yesterday and I simply kept saying to myself, "AND?" It wasn't until late last night that I began to process the memories rather than letting them flood me.

Nothing reignites my fire for advocacy more than the idea or reality that someone else IS going through what I have been through. I immediately engage into a productive thought pattern when I step outside of myself and find purpose other than myself. Yes, I do have and will most likely always have challenges with my past and how I perceive people think about me – however, if I want to change how I feel, I need to think about someone else approaching the same path or even being on it. I have always been much better at defending and advocating for others, than for myself. I can remember through the years, thinking to myself certain things about friends, but if someone else "said it" – watch out – Cory will be the war path! ☺ One thing I cannot tolerate is someone using another's weakness as their ego trip! Boy that gets me upset.

So, today as I was writing in the Harrison Book – an overwhelming feeling came over me of “HOW DARE THEY DO THAT TO HIM!” Then I realized quickly, “Oh that was me!” Then I had the “ah ha” moment. That’s how you did it Cory, if at all possible, when the past floods in... transfer it and remember how many people are going through the same and ask yourself the question, “What can you do about their PRESENT via your PAST?”

This is what I hope to do with my writing on this website as well as the writing of Harrison’s Story. My past, even when it was my fault – just as yours – is not for nothing. Use your experiences – in every sense of the word, good and bad to help someone else. You never know just how incredible that helping hand can be for a life!