

Awakening After Trauma

Lyrics by Deanne Dietz, LMHC, NCC

In the depths of the night,
where shadows dwell,
A heart shattered, a spirit consumed.
But from the darkness, a spark ignites,
guiding us back to our inner light.

Learning to love the fragile parts within,
Finding strength where the healing begins.
With intuition as our guiding star,
We navigate the path to who we are.

(Chorus) Awakening after the storm,
Embracing the journey, we find our form.
From the depths of despair, we take flight,
For in darkness, we discover our light.

Soul retrieval, a story untold,
A chance to reclaim what the past stole.
It's never too late to rewrite our story,
To find our purpose, to bask in grace.

Authentic self, a beacon to rise,
Stepping aside, letting the divine advise.
Embracing boundaries, we learn to weave,
Gracefully adapt, as we believe.
(Bridge) Strength isn't always in the fight,
Sometimes it's in surrendering to the light.
Self-leadership, our energy expands,
Taking up space, claiming our ground.

In the awakening, we find our worth,
Transforming pain into rebirth.
With every step, we claim our place,
Awakening after trauma...with grace.