

Text Message
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Hi Hunter hope u got this text. Let yourself feel the rage the hurt the grief the sadness the burning emptiness the terrible loneliness and then let yourself feel it even more. Let yourself feel all of that in the presence of compassionate loving people who can hold you and hear you. This is how you will heal I promise... Diamonds are made from intense heat and pressure...u will shine bright after u feel all that... The tears are the disease dieing...aim to cry...u have so much to grieve...u never fully grieved for your mom...do it today...u will no longer need to get high if u do that for a short while...it will change your life i promise. You are not alone...praying for u! Nina