

Just in case I forget, I am **a prayer in the flesh.**
By Feliciana Cacciapuoti-Mathew

This book idea came to me during a chaotic and dark phase in my life. Confused, lost and desperately hoping to be found. Praying for betterment without a clue on what was next. I started to record voice memo's having intimate conversations with myself and it has changed my life ever since. I've found a lot of healing and knowledge in this practice. There's something incredibly validating about hearing your own voice giving you the exact words that you need to hear. It's funny, because we all intuitively know which words will strike a chord. We already speak on the things we need, as long as we listen. I made sure to include my practices at the end of the book so you can, hopefully, kick-start your personal journey to hearing yourself too.

The passages written in this book are bits and bobs from those recordings, my personal pep-talks, reminders, revelations and the love notes I channeled along the way.

From the bottom of my heart. May it reach yours.

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Defeat

Those who want to be in control at all times struggle the most with defeat. In order to experience the depth of defeat, we must let life 'win'. We must give in to a source outside of ourselves and personal power. This is particularly hard for the control-freak and for the perfectionist. I've come to learn that fighting defeat often results in depression and frustration. Therefore, I feel, the experience of depression and frustration within the human spectrum reflects our inability to accept our reality. We come up with our own definitions of self - who we're meant to be, what we're supposed to look like, the kind of life we're meant to live and so on. And when these definitions of self do not align with what our reality projects, a part of our sense of self (safety) is threatened. This is why, I believe, we tend to feel attacked when things go south. Why we go to extreme lengths to stick to our definitions of self. Why we prefer happiness and continuously strive for it.

The first time I've truly experienced defeat was the moment I heard about my diagnose with cervical cancer. I was 20 years old and truthfully didn't feel like dealing with it at all. *'I'm supposed to have my entire life in front of me. I got it all planned out. You're telling me that I am unable to do that now? Ain't nobody got time for that!'* The years that followed sum up my journey, to recognize defeat and embrace surrendering. Dealing with this illness has been a paradox. There has been great loss and gain to this experience. Death and rebirth. Pain and joy. Immense gratitude for life yet deep mourning of never getting my old way of living back. I've spend many hours trying to figure out why this had to occur. This quest led me to great revelations. And the biggest lesson was to find peace in the fact that I'll never know.

My inability to be completely honest with myself and say *'I give in to life's course and where it takes me. I obey and listen.'* was the root of my power struggles and suffering. The following passages came to me during my moments of defeat.