

Legacy of My Soul



by **Connie Ruth**

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Your Legacy

Legacy is an interesting word for me. I thought it was out of my reach. I did not have biological children of my own. It appeared to me that I had no one to leave a legacy to. My writing journey has taken me down many paths. Places I never thought I could go or dreams I thought I could accomplish. Initially, writing was an end in itself. Initially, I intended to write a book about a victim and publish it. That would be that.

Amazingly and wonderfully, the writing process took a very different turn. Writing became a process that reached the depths of my soul. In my soul, the primary story to tell was what happened to me as a child. It was only the beginning. It was a catalyst for a much bigger story and my legacy.

Compelled by the importance of a legacy, my writing took me down the path of helping adult survivors to understand that what happened to them was “NOT THEIR FAULT.” CHILD SEXUAL ABUSE is NEVER the child’s fault, even though blame is often forced on them.

My job is to leave a legacy to all the parents of children and adult survivors who need to hear the message, a story of pain and personal victory. To overcome childhood pain, I had to tell my story, and the legacy is left for those who suffered the same or similar pain as mine, so that the suffering becomes an experience of a thriver, not a victim.

I have no choice but to leave a legacy. I often put boxes around my thinking. Clearly, it is more inviting to open my inner box and experience the possibilities. Limited thinking does not allow for dreaming and living a full life. I know for sure that I have a legacy. It is coming to fruition in my writing.

It has taken many years to get to this place in my writing. It has been worth every tear and every success. The working title of my book "A Glimmer of Hope" is in progress. A lifetime of pain and recovery for the world to see. I am no longer afraid to tell my story and I will no longer be silenced. I am flooded with emotions that my work has meaning. Meaning in life ensures a legacy must ensue. Wow! Is this really me writing these words?

Life can bring us powerful messages if we open the confined box in our mind and listen to our inner voice. Truly listen to our inner voice, that I believe comes from God. Listen to all our inner voices, even the ones that are full of fear. If we acknowledge our fear, we can learn lessons about ourselves and move forward past the fear.

It's OKAY to take chances. We are all brave souls. Believing in ourselves initiates our bravery. It is brave to leave a legacy that will touch the souls and hearts of many. I can't stop NOW!

I put my hand on my heart and ask for help with the words I write from my inner voice that I believe is God. I needed to hurry because someone needs to read my book and feel peace in their story. Peace in the fact that what happened to you does not define you. You are still the wonderful spirit you were born with.

That inner flame has always been burning and will never go out. You must remind yourself not to snuff out the flame in your being because of the pain you suffered. My story is my legacy. I will keep writing until I have touched those I need to touch. We all have a collective responsibility to protect our children. I will fight to my last breath to bring awareness to the often unspoken issue of child sexual abuse.

The statistics of child sexual abuse are mind-boggling. According to the organization "Saprea," child sexual abuse is prevalent, affecting one million children in the US each year. Saprea believes that together we can create a world free from child sexual abuse. For more information on child sexual abuse, go to Saprea.org and/or RAINN.org.

If you have experienced or currently experience trauma pain from childhood sexual abuse, reach out to the references mentioned. Begin your self-discovery journey and find your healing with a professional that has the knowledge to provide the correct treatment for your experience. I am here to help you on your healing journey.

I hope this content has been helpful for you. If you want to learn more about how to achieve your healing goals, reach out to me. You are not alone; you can experience healing and you can have the life you want. Thank you for reading and have a day of self-discovery!

Use this quote from Maya Angelou to empower you on your healing journey: "You may not control all of the events that happen to you, but you can decide NOT to be reduced by them."

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Connie Ruth is a survivor advocate and founder of Mend Your Broken Pieces, LLC, a trauma-informed brand dedicated to healing and awareness around child sexual abuse. Through emotional storytelling, visual design, and community-building, she creates safe spaces for survivors to reclaim their voices and find strength in vulnerability. Connie's work blends soulful branding with strategic impact, offering workshops, digital resources, and advocacy campaigns that challenge silence and foster resilience. Her speaking is rooted in transformation and empowerment. She teaches survivors to honor every scar as a symbol of survival. Connie is committed to systemic change, prevention education, and building a world where survivors are seen, heard, supported and find healing resources.