

## Kyle Jetsel

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If ANYONE had the "right" to be bitter and untrusting... if ANYONE had a "right" to be angry and discouraged... it was Brenda.

Why?

She suffered through "unthinkable acts."

But instead of bitter, untrusting, angry and discouraged... She used them to... well...

I first met Brenda at a major conference where I was presenting. After I was done, she rushed up to me - I could see her big smile coming towards me - and out of the blue, blurted out, "Would you speak at a meeting I'm having?"

I'm typically a bit cautious when I get "rushed up to" but because she seemed to glow with excitement, I agreed to look at my schedule and call her.

After checking my schedule and realizing I could do it, I called Brenda and agreed. Shortly after a bit of small talk, I asked, "Who will I be presenting to?"

THAT'S when I discovered I had committed to speaking to... the "Battered Women's Shelter of Ft. Worth."

Wait. What?

"I'm not sure I'm the man for the job" I suggested. "Are you sure you want me? I am a man... and I've never been in a situation like that. What will I have to say that can help?"

I was puzzled.

"You'll figure it out. You'll be great. Thank you so much for doing this Kyle." Then she hung up.

I was puzzled. I was kinda scared. What could I say or do that would be helpful? So, I decided to research the "Battered Women's Shelter of Ft. Worth" and how Brenda had started the group and found a book written by her.

And THAT'S when I REALLY learned of Brenda... and how she had started the shelter after HER OWN... horrifying experiences.

Frankly, I cried and my heart ached deeply when I read in the book she had written about her experiences - of the abuse she suffered as a child, and then as a young adult, and then as a mother. The people that were supposed to love her the most, were the most vile.

### I Can Still Shine: Healed and Set Free

Brenda had every right to be bitter... and angry... and hateful. She had suffered unimaginably at the hands of those who were closest to her.

But that's NOT the Brenda I had met. The Brenda I had met and talked to multiple times was kind, and compassionate... even...

BUBBLY. Yep, that's right. She was "full of life" and I could physically FEEL her brightness and happiness when I was around her or talked to her.

It's the ONLY reason I had even considered speaking to her group initially. The first time she ever approached me, I could feel... well... I could feel the LOVE she had for others radiating from her.

So, I spoke at her event under one condition.

"After I speak, I want an hour of your time to interview you... openly and honestly." She agreed.

I HAD to know how she had gone from living through those horrifying experiences... to being one of the happiest people I'd ever met. A person who radiated.

Do you want to know what I learned?

She taught me that...

"Letting go of our past sorrows can open the door to a new life of happiness and joy."

She taught me that...

"When we no longer let our past 'press us down' that's the day we are freed to give our unique gifts to others."

Then... she even explained to me the "six-step process" SHE ACTUALLY USED to overcome her past... and get this... "TAKE ADVANTAGE" of those experiences in her life. IT WAS EXACTLY... HOW... she had become the wonderful Brenda I now knew.

"That's the secret." She said. "THAT'S... why you see - and FEEL my joy."

I immediately went home and wrote up a worksheet that covered her six steps and shared it with Brenda. "Is this what you did? Exactly?" "WOW!" Brenda exclaimed. "That's IT! EXACTLY! Let me see that."

She was shocked to see it on paper. I was excited... to GET it on paper. "Do you know how many people this will help?" I asked.

"Of course, I do." Brenda smiled as she looked at the simple, one-page worksheet.

"Can I teach this to other people."

"Of course, you can." Brenda bubbled.

"Thank you, Kyle, this is so great."

Then she said something that floored me. I could feel the sincerity coming from her heart - as it directly entered into MY heart - as Brenda simply said...

"I love you."

That's when I lost my composure... and through tears, I said to her...

"Seriously? I love YOU, Brenda. You are magnificent."

Her response was unexpected... and perfect. She said...

"You have no idea, Kyle. You have no idea."