

What do you do when life drags you down? How do you turn away from addiction? How do you rise from disappointment, depression, or tragedy? While I cannot provide a solution for everyone, I would like to shed some light on how I, just an ordinary person, has found a way to rise from the falls of life. It is my hope that my real story will encourage, inspire, help, and lead others to rise above as well.

I am currently being held at Routt County Detention Center in Northwestern Colorado, awaiting trial. I have been here for seven months. At this point, after several mis-trials due to COVID-19, I have no idea how much longer or even what the future looks like. My boyfriend and I were indicted on an alleged criminal enterprise. Our charges range from 1st degree assault, Menacing with a deadly weapon, criminal extortion^{vstx} to name a few. The state of Colorado is alleging we were enforcing bad drug debt, and because the case is still open I will not be discussing any particulars. I am only describing how I've come to live under these conditions.

You might be wondering how on earth a sane person who is innocent can sit in jail for all these months. Well, it isn't easy, and I promise I couldn't do it alone. After a long battle of depression, post pardon depression, and severe drug abuse I needed help. And I didn't even know it. Apparently I was standing at God's door, knocking. He heard my voice, opened the door and we ate (Revelation 3:20). Unfortunately, dinner happened to be jail. Jesus wanted to come into my heart, into my life, to guide me back to the path of righteousness, honesty, and love. Now knowing I am not alone, I have infinite peace. I find complete relaxation in the promises of God's love, forgiveness and protection. I am full of confidence in God's love for me and because of that my heart remains at peace even with so much unknown.

It is because of my higher power that I was able to get up and out of bed. In the last possible moment, I believe He's the ~~one~~ who spoke to me, and I am so glad I listened. Because of Him, I survived. I still have a long road ahead of me because

Life is arduous sometimes, and we can't find our way out of darkness easily, but I assure you that, with God's help, we can find the way. And it does get easier, being a calmer, kinder human being. Selfishness is not in line with my values and the kind of person I want to be. I no longer resist God's love or plan for my life. And whether I am in the midst of good times or an overwhelming struggle, I trust that God is the only way to the better road ahead.

Given that my charges are based on crimes of violence against multiple alleged victims I want to spend time repairing my relationships. Not only did I hurt those people but also my friends and family. I think the best way to honor these people is to become an ethical person, and to work daily on never harming anyone again. I also have planned that going forward I want to do as much good as I can in this world. That is all part of why I needed to change. My transformation has been a gradual process and I still have ~~lots~~ lots of work ahead of me. You know, I've hurt a lot of people. It's easy to hurt people. It's much more meaningful and difficult to help people. I'm

really committed to a path of not harming. Central to my spiritual path is an ethical, moral element that I must use to guide me on my path. Repairing my relationships to others, earning trust, and building bridges takes time. But if I carry myself in an honest, ethical, upright, and compassionate way then I'll begin to gain the trust and respect of others. I will be humble and sincere.

Life brings joys and challenges, ups and downs, and unexpected events that have us soaring on cloud nine one moment and plummeting into the depths the next. No matter your circumstances, talents or income, everyone experiences some kind of pain and hardship. The good news is there is a way out, a way up. I found my way by following the one who rose from death by learning to follow Jesus.