

Hello friends....

I am *Sowmiya* from a village called Nanjankulam. I'm 17 years old. I am doing Diploma in Counselling and Psychotherapy. Thank you very much for the opportunity to share my life story with you. More importantly, thank you very much for giving me an opportunity, through your help, to rewrite my life story...

**To begin with, it is impossible to describe the pain I underwent before coming to LIFT.**

**I was abandoned by my dad when I was in my mother's womb. I was rejected by my mom after I was born.**

So I grew up with my maternal grandparents. They were coolie workers. So they were unable to make sufficient money to take care of me.

My grandfather was a drunkard. The fight between my grandma and grandpa affected me and my studies a lot. I've even cried many nights without knowing what to do. There were many days I was longing for my parents.

By the grace of God that longing gave me many belongings when I came to LIFT during my 3rd grade. This was the turning point in my life.

I have many sisters and brothers here. I really love my LIFT family.

Nothing became everything to me here. I was thrilled and felt truly happy after coming to LIFT. It made me a whole person. It gave me opportunities to explore all my talents in dancing, drama, spoken English, creative thinking etc. I also got a very good chance of studying in a school that follows the more demanding syllabus of the Central Board of Secondary Education. It has improved my spoken English as well as my knowledge in all the subjects taught. It made me a person with good leadership qualities.

As I was finishing schooling, I had some issues like getting attached to persons easily and mistakenly thinking it to be love. I was losing focus and felt literally down.

I also came to know that it was all because of the emptiness I felt within myself.

So, Fr. Jamels thought it would be better that I take a year off before going to college and do courses in Counselling and Psychotherapy to help me come out of my weakness, heal my childhood wounds and feel whole again.

**And so now I'm doing Diploma in Counselling and psychotherapy.**

**To be honest it helped me examine myself deep within; healed my inner childhood wounds; opened my eyes and mind to see all good things around me; and made me very bold, confident and happy.**

Now I'm able to accept myself and others. My Professors at Anugraha Institute of Counselling and Psychotherapy even recommended that I consider a career in Counselling because they observed during some of the supervised Counselling sessions that I was very good in counselling others too.

**Thus, my training not only helped me to heal myself but also helped me help others heal too.**

I've also improved in my spiritual life in such a way that I started praying daily. I also surrendered myself fully to God so that His will may take place in my life. I'm grateful to our father for believing me.

Now I'm very happy to help my sisters and brothers here in LIFT providing them counselling and helping them with studies, spoken English and cultural activities.

Looking ahead I'll always be grateful to my LIFT home. I'll also be a very good leader, leading LIFT to lift up other children's lives.

I'm very grateful to you, my dear Chicago and USA friends, for helping me to rewrite the script of my life and thus turning my painful life into a wonderful life.

Yours truly,



Sowmiya

