

We are More than This

Julie Bradley

darkened days of chaos
cluttered by clamoring voices
filled with visions defying empty space,
on a roller-coaster ride through hell,
falling forever in an abyss of horror,
alienated by the unspeakable.

Mental Illness.

But ...

we are more than this!

not to let some crazy chemistry
cause a soul's defeat!
contrary to this world's wisdom
all Being is intrinsic dignity and gift,
here and valuable
beyond function and form.

Julie Bradley has been a Certified Peer since 2011, and in recovery from serious mental illness since 1995. Her passion is supporting others to find their inner resources for resilience and recovery.