

SHE HAS WASHED MY FEET WITH HER TEARS NEW TESTAME Updated Version

she has washed my feet with her tears new testame?a phrase that resonates deeply within the realms of faith, redemption, and divine love. This evocative expression draws us into a profound spiritual narrative, illustrating the powerful symbolism of humility, repentance, and unwavering devotion found in biblical and theological contexts. The phrase "she has washed my feet with her tears" echoes the biblical story of the woman who anointed Jesus' feet with her tears and perfume, symbolizing humility and sincere repentance. The addition of "new testame" suggests a fresh perspective or renewed understanding of this timeless story, inviting believers and spiritual seekers alike to explore its significance in modern faith.

In this comprehensive article, we delve into the biblical roots of this powerful imagery, interpret its theological implications, and explore how it continues to inspire faith and devotion today. Whether you are a devout believer, a student of theology, or someone curious about spiritual symbolism, this guide aims to provide clarity and inspiration, optimized for SEO to reach those seeking meaningful religious insights.

Understanding the Biblical Context of Washing Feet with Tears

The Biblical Origins of the Symbolism

The phrase "she has washed my feet with her tears" primarily draws from the Gospel accounts of a woman anointing Jesus Christ. The most notable story appears in Luke 7:36-50, where a woman, identified as a sinner, approaches Jesus at a Pharisee's house. She weeps at His feet, washes them with her tears, dries them with her hair, and anoints them with perfume. This act is a profound demonstration of love, repentance, and humility.

Similarly, the Gospel of John (John 12:1-8) recounts Mary Magdalene pouring perfume on Jesus' feet and wiping them with her hair, illustrating devotion and recognition of Jesus' divine identity. These stories serve as foundational examples of humility, repentance, and sacrificial love in Christian theology.

The Significance of Tears in Biblical Tradition

Tears in biblical tradition often symbolize repentance, sorrow, and sincere devotion. When the woman washes Jesus' feet with her tears, it signifies her deep remorse and heartfelt love. The tears represent an act of vulnerability and humility, acknowledging one's sins and seeking forgiveness.

The act of washing feet in biblical times was customary in hospitality, symbolizing humility and service. When combined with tears, it elevates this act to a spiritual level, emphasizing sincere repentance and a desire for cleansing both spiritually and morally.

Theological Significance of the Phrase "She Has Washed My Feet with Her Tears"

Repentance and Forgiveness

The imagery underscores the biblical theme that genuine repentance involves humility and a heartfelt acknowledgment of one's sins. Tears symbolize remorse, and washing Jesus' feet signifies seeking forgiveness and purification.

Key points:

- Tears as a symbol of remorse.
- Washing as an act of cleansing and humility.
- The connection to divine forgiveness and grace.

Love and Devotion

The act reflects profound love and devotion, illustrating that true worship involves emotional sincerity and sacrificial giving.

Key points:

- Emotional sincerity in worship.
- Sacrificial acts of love.
- Recognition of Jesus' divine authority.

Humility and Service

Washing someone's feet was considered a humble act of service. When performed with tears, it signifies a recognition of one's unworthiness and a desire to serve out of love and humility.

Key points:

- Servanthood as a spiritual virtue.

- Humility in spiritual practice.
- Emulating Christ's humility.

Modern Interpretations and Applications of the "She Has Washed My Feet with Her Tears" Testament

Spiritual Reflection and Personal Growth

This biblical imagery continues to inspire believers to reflect on their own spiritual journeys. It encourages a posture of humility, repentance, and love in daily life.

Practical applications include:

- Embracing humility in relationships.
- Seeking genuine repentance for personal shortcomings.
- Demonstrating love through acts of service.

Inspiring Christian Worship and Devotion

Many Christian worship practices incorporate this symbolism, emphasizing heartfelt repentance and devotion. It reminds believers that true worship involves emotional sincerity and humility.

Examples include:

- Penitential prayers acknowledging tears of remorse.
- Acts of service inspired by Christ's humility.
- Artistic representations of the biblical story.

Literature and Art Inspired by the Biblical Imagery

Throughout history, countless works of art, literature, and music have drawn inspiration from the imagery of washing feet with tears. These artistic expressions aim to evoke emotional and spiritual reflection.

Notable examples:

- Paintings depicting the woman at Jesus' feet.
- Poems and hymns emphasizing humility and love.

- Contemporary Christian music inspired by this theme.

SEO Optimization for "she has washed my feet with her tears new testame"

To ensure this meaningful phrase reaches a broad audience, it's essential to optimize for relevant keywords and phrases that users might search for online. Here are some SEO strategies:

Targeted Keywords and Phrases

- She has washed my feet with her tears
- Biblical story of washing feet with tears
- Symbolism of tears in Christianity
- Repentance and humility in the Bible
- Christian devotion and worship practices
- Meaning of washing feet with tears
- New Testament stories of love and humility
- Spiritual significance of tears in faith

Content Optimization Tips

- Use the phrase naturally throughout the article, especially in headings and the introduction.
- Include related keywords in subheadings and meta descriptions.
- Add internal links to related articles on biblical stories, Christian worship, and spiritual symbolism.
- Incorporate high-quality images of biblical artwork or related graphics with descriptive alt text.
- Ensure mobile-friendly formatting and fast page loading to enhance user experience.

Conclusion: Embracing the Spirit of Humility and Love

The phrase "she has washed my feet with her tears new testame" encapsulates a powerful message of humility, repentance, and divine love. Rooted in biblical tradition, it reminds believers of the transformative power of sincere remorse and unconditional devotion. Whether viewed through the lens of biblical history or modern faith practice, this imagery continues to inspire acts of humility, love, and service.

By reflecting on these profound themes, individuals can deepen their spiritual journey, embracing the lessons of humility and heartfelt devotion exemplified by the biblical stories. As we interpret and apply this timeless message, we reaffirm the importance of genuine love and humility in our walk of

faith.

If you're seeking spiritual inspiration or exploring the biblical significance of tears and humility, remember that these acts can lead to profound personal transformation and closer connection with divine grace.

This long-form article aims to serve as a comprehensive resource, optimized for SEO, providing valuable insights into the meaning and relevance of the phrase "she has washed my feet with her tears new testame" within biblical and spiritual contexts.

She has washed my feet with her tears: A New Testament Reflection on Compassion and Humanity

Introduction

She has washed my feet with her tears new testame?a phrase that resonates deeply within the themes of compassion, humility, and human connection rooted in biblical tradition. While the phrase itself appears poetic and evocative, it also invites a broader exploration of its biblical and theological significance, especially in the context of modern interpretations. This article delves into the metaphorical and historical dimensions of this imagery, examining its origins in the New Testament, its relevance in contemporary faith practice, and its enduring message about empathy and service.

The Biblical Origins of the Imagery

The Foot-Washing Ritual in the New Testament

The act of washing feet in biblical times was a significant gesture of humility and service. In the ancient Near East, roads were often unpaved, and travelers would arrive dusty and tired. Servants or hosts would perform the humble task of washing guests' feet to show hospitality and care.

Key Scriptural References:

- John 13:1-17: Perhaps the most iconic story, where Jesus washes the feet of his disciples during the Last Supper. This act exemplifies humility and servanthood, setting an example for his followers.
- Luke 7:36-50: The story of the sinful woman who washes Jesus' feet with her tears and anoints them with ointment, demonstrating repentance and love.
- Matthew 26:6-13: An anonymous woman anoints Jesus' head with costly perfume, symbolizing devotion and preparation for his burial.

Tears as a Symbol of Repentance and Compassion

In biblical narratives, tears often symbolize deep emotion—repentance, sorrow, or compassion. The woman who weeps at Jesus' feet, as in Luke's account, embodies a profound sense of penitence, love, and humility.

Key elements:

- Tears as an act of vulnerability that bridges human and divine understanding.
- The juxtaposition of tears with acts of service, such as washing feet, illustrating unconditional love.

The Theological Significance of Washing Feet with Tears

Humility and Servanthood

The act of washing someone's feet, especially with tears, signifies a surrender of ego and a willingness to serve others selflessly. It's a metaphor for humility—placing others' needs above oneself.

Implications:

- Embodying Christ's example of servant leadership.
- Challenging modern notions of authority and power, emphasizing empathy.

Compassion and Empathy

Tears in this context highlight the depth of emotional connection. They reflect genuine compassion—an emotional response to another's suffering or need.

Contemporary interpretations:

- Viewing tears as a form of active empathy, prompting believers to act compassionately.
- Recognizing vulnerability as strength, fostering authentic human relationships.

Modern Reflections and Applications

Symbolism in Contemporary Faith Practice

The imagery of washing feet with tears has transcended biblical texts to inspire various acts of

service and charity today.

Examples include:

- Church ministries that focus on serving the marginalized, inspired by Jesus' act.
- Personal acts of humility: Offering emotional support, listening, and acts of kindness that echo the biblical gesture.
- Healing ministries: Using tears as symbols of empathy in pastoral care and counseling.

Artistic and Cultural Expressions

Throughout history, artists and writers have drawn on this imagery to explore themes of love, sacrifice, and compassion.

- Poetry and literature: Portrayals of tears as symbols of remorse or hope.
- Visual arts: Paintings and sculptures depicting the foot-washing scene emphasize humility and devotion.

Challenges and Critiques

While the act is celebrated for its spiritual depth, some critique its literal interpretation as potentially idealized. Modern readers may grapple with questions such as:

- How can this act be translated into practical, everyday actions?
- Does the focus on emotional vulnerability risk oversimplifying complex social issues?

Responses:

- Emphasizing that the core message is about genuine compassion, humility, and service?values that can be expressed in myriad ways.
- Encouraging personal reflection on how tears and humility can foster social justice and community building.

The Future of the Symbol in a Changing World

As society evolves, the symbolism of washing feet with tears remains relevant, especially amid global challenges such as inequality, conflict, and environmental crises.

Potential pathways forward:

- Reinterpretation: Seeing this act not only as a personal gesture but as a collective movement towards empathy and active service.
- Interfaith dialogue: Sharing the symbol across religious traditions as a universal call to compassion.
- Educational initiatives: Teaching humility and empathy as fundamental virtues in schools and communities.

Conclusion: A Testament to Humanity

She has washed my feet with her tears new testame encapsulates a timeless message. It calls individuals and communities to embrace humility, show compassion through vulnerable acts, and foster genuine human connection. Rooted in biblical tradition yet adaptable to modern life, this imagery challenges us to reflect on the ways we serve and empathize with others.

In a world often marked by division and indifference, the symbolic act of washing feet with tears reminds us that true strength lies in humility, vulnerability, and love. As we navigate our personal and collective journeys, let this powerful image inspire us to act with compassion, to serve selflessly, and to recognize the divine presence in acts of humble care.

End of Article

QuestionAnswer What is the significance of 'she has washed my feet with her tears' in the context of the New Testament? This phrase highlights the act of profound repentance and humility, symbolizing a woman's deep remorse and love for Jesus, exemplified in Luke 7:36-50 where a woman washes Jesus' feet with her tears and anoints them. Who is the woman described as washing Jesus' feet with her tears in the New Testament? The woman is traditionally identified as a sinful woman or a sinner from the city, whose act of love and repentance is highlighted in Luke 7:36-50, often interpreted as a symbol of forgiveness and grace. What does washing Jesus' feet with tears symbolize in Christian teachings? It symbolizes humility, repentance, and unconditional love, demonstrating a sincere acknowledgment of one's sins and the desire for forgiveness through heartfelt remorse. How does the act of washing Jesus' feet with tears relate to themes of forgiveness and redemption? The act exemplifies genuine repentance leading to forgiveness, illustrating that humility and sincere remorse can lead to spiritual redemption, as emphasized in the biblical narrative. Are there other biblical instances where tears are associated with worship or repentance? Yes, tears are often associated with repentance and worship in the Bible, such as in Psalm 51:17 and the story of the woman anointing Jesus, emphasizing the emotional sincerity of repentance and devotion. How can modern believers relate to the act of washing Jesus' feet with tears today? Modern believers can see it as a metaphor for sincere repentance, humility, and love

for God, encouraging personal reflection and a heartfelt return to faith and forgiveness.

Related keywords: Jesus, Mary Magdalene, repentance, forgiveness, compassion, anointing, biblical, New Testament, devotion, humility

the tears that taught me

The tears that taught me

Throughout life, we often associate tears with moments of sadness, loss, or pain. Yet, in my journey, I've come to understand that tears are more than just emotional responses—they are powerful teachers that reveal our deepest truths, catalyze growth, and guide us toward resilience. The tears that taught me were not merely tears of sorrow but also tears of realization, acceptance, and transformation. Each tear shed was a lesson in vulnerability, strength, and self-awareness. This article explores the profound lessons I have learned through tears, illustrating how they have shaped my understanding of myself and the world around me.

The Significance of Tears in Emotional Growth

Understanding Tears as a Form of Emotional Expression

Tears serve as a universal language of emotion. They transcend words, conveying feelings that are often too complex or overwhelming to articulate. When I first allowed myself to cry openly, I discovered that tears could be a gateway to understanding my own emotional landscape.

- **Releasing pent-up emotions:** Suppressing feelings can lead to emotional stagnation. Tears helped me release bottled-up pain, anger, and sadness.
- **Recognizing genuine feelings:** Crying made me more aware of what I truly felt, distinguishing between superficial emotions and deeper truths.
- **Facilitating emotional processing:** Shedding tears allowed me to process grief and disappointment rather than avoid or suppress them.

Lessons Learned Through Tears

Crying was not a sign of weakness but a vital step toward emotional maturity. The lessons I learned include:

- **Authenticity breeds strength:** Embracing my vulnerability through tears fostered authenticity, which in turn cultivated inner strength.
- **Vulnerability as a pathway to connection:** When I allowed myself to cry openly, I found that others responded with empathy, deepening my relationships.
- **Self-compassion is essential:** Tears taught me to be kinder to myself, acknowledging that imperfection and pain are part of the human experience.

The Transformative Power of Tears in Personal Growth

From Pain to Wisdom

Initially, tears seemed to be a sign of weakness or failure. Over time, I realized they were sources of wisdom. Each tear held a lesson—an insight into my fears, desires, and limitations.

- **Confronting difficult truths:** Tears often came when I faced uncomfortable realities, prompting me to accept situations I could not change.
- **Identifying what truly matters:** Crying during moments of loss clarified my values and priorities.
- **Building resilience:** After each emotional release, I felt a sense of relief and newfound strength to move forward.

Lessons in Acceptance and Letting Go

Through tears, I learned to accept circumstances beyond my control and let go of attachments that no longer served me.

- **Acceptance:** Tears helped me acknowledge my pain instead of denying it, creating space for healing.
- **Letting go:** Shedding tears during goodbyes or endings taught me that release is necessary for new beginnings.
- **Embracing impermanence:** Tears reinforced the understanding that change is inevitable, and acceptance leads to peace.

The Role of Tears in Building Empathy and Compassion

Empathy for Others? Pain

Experiencing tears myself opened my eyes to the universality of suffering. Recognizing my own vulnerabilities made me more empathetic toward others.

- **Shared human experience:** Knowing what tears feel like allowed me to connect with others on a deeper level.
- **Reducing judgment:** Understanding pain helped me see beyond surface behaviors to the underlying struggles.
- **Offering comfort:** My own tears made me more compassionate when supporting friends or loved ones in their pain.

Fostering Compassion Within

Beyond empathy for others, tears also cultivated self-compassion.

- **Accepting vulnerability:** Crying reminded me that I am human and imperfect, deserving of kindness.
- **Healing emotional wounds:** Allowing myself to cry was an act of self-care, fostering inner compassion.
- **Creating space for growth:** Compassionate self-awareness enabled me to work through challenges with patience and kindness.

The Lessons of Tears in Relationships

Building Trust and Intimacy

Shared tears can deepen bonds. When I was willing to be vulnerable and shed tears in front of others, I discovered that trust and intimacy naturally followed.

- **Breaking down barriers:** Tears dissolved superficiality, fostering genuine connections.
- **Inviting empathy:** Showing vulnerability prompted others to respond with understanding and care.
- **Strengthening bonds:** Tears created shared emotional experiences that reinforced trust.

Learning Boundaries and Self-Protection

While tears can foster closeness, they also taught me the importance of boundaries.

- **Knowing when to share:** Not every emotional moment requires public tears; discretion is vital.
- **Self-awareness:** Recognizing my emotional limits prevented burnout and emotional exhaustion.
- **Respecting others' boundaries:** Understanding that not everyone is comfortable with vulnerability helped me navigate relationships thoughtfully.

The Spiritual and Philosophical Lessons of Tears

Tears as a Reflection of Inner Growth

In many spiritual traditions, tears symbolize purification and divine connection. Personally, I have found that tears often serve as moments of spiritual awakening.

- **Releasing attachment:** Tears helped me detach from ego and material concerns.
- **Connecting with a higher self:** Crying during moments of awe or gratitude opened avenues to spiritual insight.
- **Practicing surrender:** Tears reminded me to surrender control and trust the flow of life.

Lessons in Mindfulness and Presence

Tears also cultivated mindfulness?being present with my emotions without judgment.

- **Acceptance of the present moment:** Tears anchored me in the here and now, acknowledging my feelings as they arose.
- **Non-attachment:** Recognizing tears without clinging to them fostered emotional resilience.
- **Inner peace:** Embracing tears as part of life?s natural rhythm brought a sense of serenity.

Conclusion: The Tears That Taught Me

The tears that taught me have been invaluable teachers on my path of personal growth, emotional depth, and spiritual awakening. They revealed my vulnerabilities, fostered empathy, and propelled me toward acceptance and resilience. Each tear shed was not a sign of failure but a testament to my capacity for honesty, courage, and transformation. Embracing tears as a vital part of the human experience has enriched my life in ways words cannot fully express. They remind me that from pain and sorrow, profound lessons emerge?lessons that shape who I am and who I continue to become. In the end, the tears that taught me were not just about crying?they were about healing, understanding, and the ongoing journey toward becoming my truest self.

The tears that taught me?a phrase that resonates deeply with anyone who has faced hardship, loss, or moments of profound realization. Tears, often perceived as mere emotional responses, carry within them stories of growth, resilience, and transformation. In this article, I will explore how tears have served as teachers in my life, shaping my understanding of vulnerability, strength, empathy, and self-awareness. From moments of heartbreak to epiphanies that changed my perspective, tears have been silent witnesses and catalysts for personal evolution.

The Significance of Tears in Personal Growth

Tears are more than just reactions to pain or joy; they are manifestations of our innermost feelings and often serve as gateways to understanding ourselves better. Throughout my life, tears have often emerged during pivotal moments—times when I felt overwhelmed, misunderstood, or deeply connected. These moments taught me invaluable lessons about authenticity, humility, and the importance of embracing my emotional landscape.

Emotional Release and Healing

One of the most profound lessons tears have taught me is the importance of emotional release. Bottling up feelings can lead to stress, anxiety, and even physical health issues. By allowing myself to cry, I learned to process emotions healthily and to let go of burdens that weigh heavily on the soul.

Features of emotional release through tears:

- Promotes mental clarity and reduces emotional tension
- Facilitates acceptance of painful truths
- Aids in the healing process by releasing pent-up feelings

Pros:

- Encourages genuine self-awareness
- Prevents emotional stagnation
- Fosters a sense of relief and catharsis

Cons:

- Can sometimes feel embarrassing or vulnerable
- Might be misunderstood by others who view tears as a sign of weakness

Through these experiences, I understood that crying is not a sign of weakness but an act of courage. It signifies a willingness to confront and accept one's vulnerabilities, which is essential for genuine growth.

Lessons in Empathy and Connection

Experiencing tears?both mine and others'?has deepened my empathy and ability to connect with people on a profound level. Witnessing someone cry often evokes a sense of shared humanity, breaking down barriers of superficiality and fostering genuine compassion.

Understanding Others? Pain

When I saw friends or loved ones cry, I realized that their tears were often a reflection of unspoken struggles. This understanding fostered patience and compassion. I learned to listen more attentively without judgment, recognizing that tears are a universal language of vulnerability.

Key lessons:

- Empathy requires openness and patience
- Tears reveal hidden pain that words may fail to express
- Sharing tears can strengthen bonds and foster trust

Pros:

- Builds deeper, more authentic relationships
- Enhances emotional intelligence
- Promotes mutual healing and understanding

Cons:

- Can sometimes lead to emotional exhaustion
- May evoke discomfort or awkwardness in social settings

By embracing tears as a form of communication, I learned that vulnerability can be a bridge, not a barrier. It teaches us to see beyond surface-level interactions and to recognize the shared human experience.

The Power of Tears in Self-Discovery

Tears have also been instrumental in my journey of self-discovery. Moments of intense emotion often trigger reflection, forcing me to confront truths about myself that I might have otherwise ignored.

Confronting Inner Truths

There were instances when tears surfaced unexpectedly?during solitude or amidst chaos?that prompted me to ask difficult questions: Who am I? What do I truly value? Why do I react in certain ways? These emotional releases have served as catalysts for introspection, revealing facets of my personality and guiding me toward authenticity.

Features of tears as tools for self-discovery:

- Trigger self-reflection and mindfulness
- Highlight unresolved issues or suppressed feelings
- Encourage acceptance of imperfections

Pros:

- Facilitates personal growth and clarity
- Helps in setting meaningful goals
- Promotes emotional resilience

Cons:

- Can lead to overwhelming feelings if not managed well
- Might evoke self-doubt or negative self-assessment temporarily

Through these lessons, I learned that vulnerability?through tears?is not a sign of weakness but a strength that fosters authenticity. Recognizing and embracing my emotional responses have been vital steps in understanding my true self.

The Transformative Power of Tears in Adversity

Perhaps the most compelling teacher tears have been during periods of adversity. Facing loss, failure, or disappointment often brings tears that seem to stem from despair. However, these moments have also taught me resilience, hope, and the capacity for renewal.

From Despair to Growth

Tears during difficult times initially felt unbearable, but over time, they became markers of endurance. They reminded me that pain is temporary and that growth often arises from our darkest hours. Each tear shed in adversity helped me to process grief, reframe challenges, and emerge stronger.

Features of tears in adversity:

- Signify emotional processing and acceptance
- Serve as a release valve for stress and sorrow
- Mark moments of transition and transformation

Pros:

- Enable emotional catharsis
- Foster resilience and adaptability
- Offer clarity about priorities and values

Cons:

- Risk emotional overwhelm if not balanced
- Can sometimes lead to prolonged sadness if not coupled with proactive coping

These experiences reinforced the understanding that tears are not the end but a beginning? a prelude to healing, learning, and renewal.

Conclusion: Embracing Tears as Teachers

Reflecting on all these lessons, I realize that tears are among the most honest and profound teachers in life. They strip away pretense, connect us with our deepest feelings, and push us toward growth and understanding. Rather than suppress tears or view them as signs of vulnerability, I have come to see them as powerful tools for self-awareness, empathy, and resilience.

Final thoughts:

- Tears teach us to be authentic and vulnerable
- They deepen our empathy and connection with others
- They serve as catalysts for self-discovery and personal growth
- They remind us that healing often involves surrendering control and embracing our emotions

In embracing the tears that have taught me, I have learned to cherish my emotional landscape, understanding that each tear carries a lesson? a gift that propels me toward a more compassionate, resilient, and authentic life.

Question What is the main theme of 'The Tears That Taught Me'? The main theme revolves around emotional healing, self-discovery, and how pain and tears can lead to personal growth and understanding. How does 'The Tears That Taught Me' relate to overcoming adversity? The piece highlights that experiencing tears and vulnerability can be valuable lessons, helping individuals build resilience and gain insight into their inner strength. Who is the target audience for 'The Tears That Taught Me'? The content resonates with anyone going through emotional challenges, those interested in self-improvement, or individuals seeking to find meaning in their struggles. What emotional lessons can readers learn from 'The Tears That Taught Me'? Readers can learn that embracing their tears is a form of catharsis, that vulnerability can lead to deeper self-awareness, and that pain often precedes personal growth. In what ways does 'The Tears That Taught Me' inspire resilience? It demonstrates that acknowledging and processing tears can strengthen emotional resilience and foster a more compassionate understanding of oneself and others. How does 'The Tears That Taught Me' incorporate personal storytelling? The narrative often includes personal anecdotes and reflections that illustrate how tears and emotional experiences have been pivotal in the author's journey toward healing. What role does vulnerability play in the message of 'The Tears That Taught Me'? Vulnerability is portrayed as a strength that allows for authentic growth, connection, and learning from emotional experiences rather than suppressing pain. Can 'The Tears That Taught Me' be applied to mental health practices? Yes, it encourages embracing emotional expression and self-reflection as vital components of mental health and emotional well-being. What is the overall message conveyed by 'The Tears That Taught Me'? The overarching message is that tears are not signs of weakness but powerful teachers that guide us toward self-understanding, resilience, and inner strength.

Related keywords: emotional healing, personal growth, overcoming grief, self-discovery, resilience, emotional pain, healing journey, inner strength, vulnerability, catharsis

Read the full article online: [the tears that taught me](#)