

Carefully Peel Back The Layers & Feel The Freedom Within

[BY SUGAR](#)

Freedom Within

Ecstatic joy masked behind layers of suffering.

We have to slowly, carefully peel back the layers, unwrapping our wounds with the carefulness of a precious gift.

Are your wounds what shackle you or what free you?

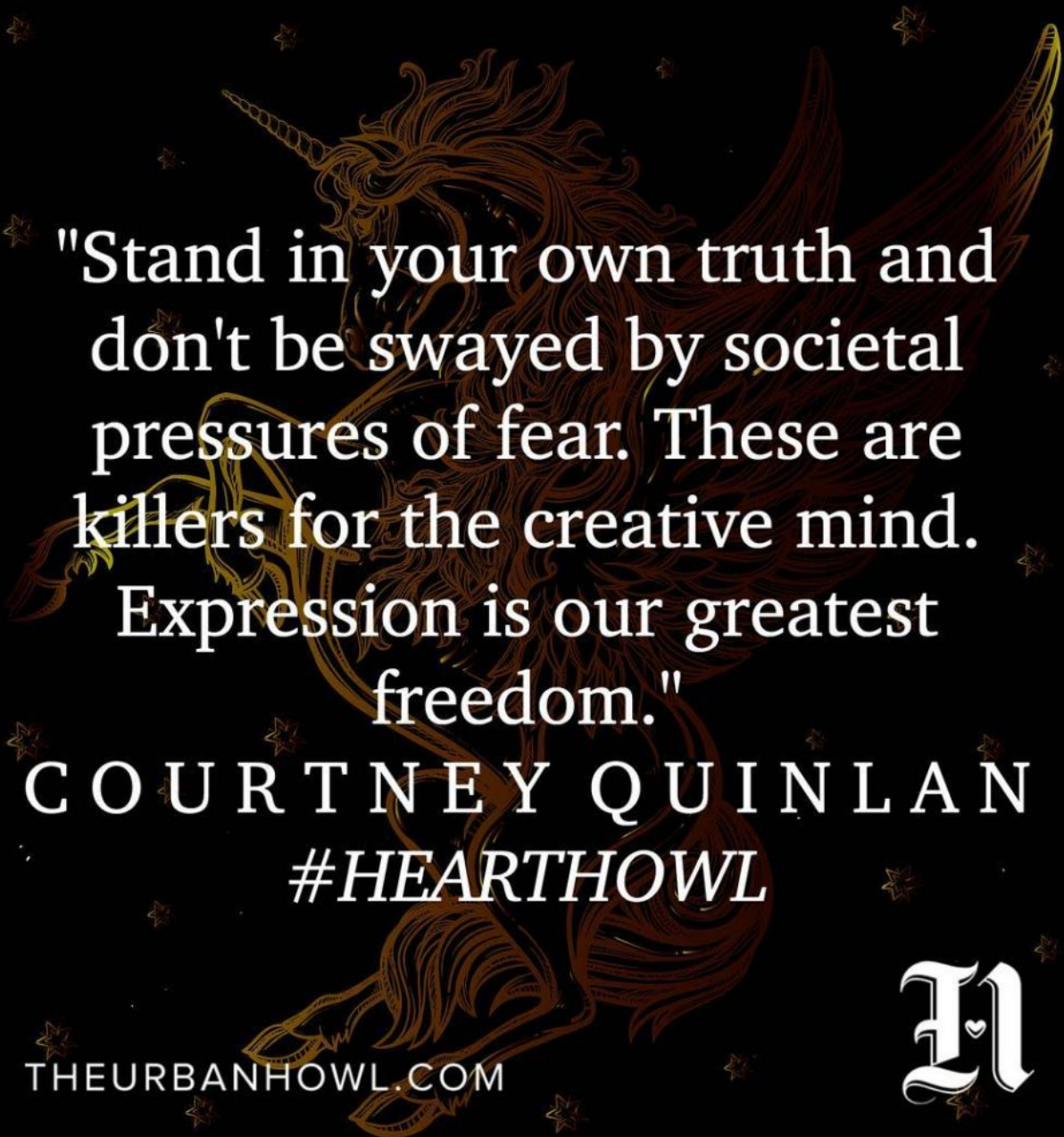
Photo by [Robb Leahy](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .

Sip a little more:

Feel The Stardust In Your Bones – This Is Home

Perhaps Forgiven But Not Forgotten



"Stand in your own truth and
don't be swayed by societal
pressures of fear. These are
killers for the creative mind.
Expression is our greatest
freedom."

COURTNEY QUINLAN
#HEARTHOWL

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#FREEDOM

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