

NEW LITERARY SOCIETY

6 / JUNE
2025

BRENDA *L.* HUKEL

MARQUES WHO'S WHO 2025 HONOREE

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NEW LITERARY SOCIETY

THE CON TENT

BRENDA L. HUKEL SPECIAL EDITION

INTERVIEW: DISCOVERING BRENDA L. HUKEL

ARTICLE: THE SILENT WAR OF EXPECTATIONS

ARTICLE: THE BEAUTY OF IMPERFECTION

ARTICLE: FORGIVENESS IS LIBERATION

BOOK PHOTOGRAPHY

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ISSUE 6 – JUNE 2025

Meet Brenda L. Hukel and Her Life-Changing Book

Her story has the power to inspire us.

We are thrilled to introduce Brenda L. Hukel

Meet Brenda L. Hukel — a writer, speaker, and passionate advocate for living courageously authentic lives.

Her personal journey, shaped by profound loss, sparked a mission to help women break free from limiting beliefs and silent wounds.

In her powerful book, Brenda shares stories and tools that inspire healing, reflection, and transformation.

In the interview, Brenda reveals her path, inspirations, and why reclaiming our true selves is so vital.

Make sure to read all the way to the end to find the special link to download a free chapter of *Courageously Authentic*!



Brenda L. Hukel

Marques Who's Who 2025
Honoree

Author | Speaker |
Women's Empowerment
Advocate

Awakening The
Consciousness Within, LLC

*Author of Courageously
Authentic: A Woman's
Guide to Transform Pain
into Power, Fear into
Courage, Dreams into
Reality.*

Author Portrait



BRENDA L. HUKEL SPECIAL EDITION

Interview

1. That Special Moment

One fine day, you started writing poems/stories. How did it happen exactly?

BH: When I was in my early fifties, I reached a breaking point—a moment of truth that forced me to admit that everything I had worked so hard for was slowly killing me.

On the outside, it seemed as if I had it all – success, money, prestige, and stability.

On the inside, my soul was exhausted.

I reached a point where I could no longer pretend.

I could no longer hide my unhappiness, emptiness, and quiet sorrow.

That experience forced me to let go of the image I felt pressured to maintain because of an ingrained belief that to feel worthy, I had to continue to climb the corporate ladder – a ladder that was never aligned with the life I was truly meant to live.

So, I walked away from my executive position and the financial stability it provided me and my family.

One day, I was sitting alone in a park, writing in my journal, when I closed my eyes for a moment, and a memory of my late sister gently washed over me.

The memory took me back to the day I lost her to alcoholism.

I saw myself standing at the cemetery watching people return to their cars when the painful truth hit me – it wasn't the alcohol that was the cause of her death; it was the symptom.

Interview

The cause was her inherited childhood beliefs, which shaped her as an adult and led her to believe she wasn't enough or deserving of love and happiness.

Losing her shattered my heart.

But sitting with that memory and the silent whispers of my sister's voice, I decided I had to write ***Courageously Authentic***, knowing deep in my heart that her story wasn't just hers; it was mine.

It was the story of women around the world – quietly suffering under the weight of limiting beliefs, feeling trapped by their past, by societal demands, and by the generational conditioning that told them who they should be instead of who they were born to be – their true, authentic selves.

2. Art Is Work

What does your work as a writer consist of? What are the biggest challenges of the present?

BH: My work as a writer is an extension of my healing journey—and a deep calling to help other women reconnect with their truth. It's a tribute to my sister.

As a writer, my work explores deep, transformative topics that speak and empower women to live boldly and unapologetically – to raise awareness that their voice needs to be heard, their dreams fulfilled, and the permission to be vulnerable and show the world their true selves.

Interview

In my writing, I hold space for my readers to explore their most intimate feelings without judgment.

I try to write in a way that makes the readers feel like they are in the presence of a trusted friend and feel safe expressing themselves freely.

If something I've written inspires even one woman to reconnect with her truth, then it's all been worth it.

One of the biggest challenges I encounter in my work—and one that truly tugs at my heart—is hearing from so many women who no longer recognize the person staring back at them in the mirror. They wonder how they lost themselves along the way and often believe it's too late to change because we live in a world that rewards achievement over alignment, perfection over presence, and self-sacrifice over self-love.

Another challenge is the fear of vulnerability – women feeling safe enough to be brutally honest with their truth.

It takes great courage to be vulnerable and to realize vulnerability is not a weakness, it's an innate strength.

In those moments, I have learned that when we finally allow ourselves to be vulnerable and remove all the ego masks we wear to fit in, be accepted, and feel valued, we find this remarkable freedom and confidence to step into who God intended us to be.

3. Without Projects, There Is No Future

What are your representative projects? What projects are you working on?

Interview

BH: I am preparing for my book's launch, which is scheduled for June of this year and will be distributed globally.

I am also developing transformational tools that will be available across multiple platforms, including speaking engagements, workshops, interactive courses, blogs, and articles, to engage with women worldwide.

4. The Scent of Creation

Describe a scent that immediately transports you to a moment of inspiration or creativity. What emotions does it evoke, and how does it influence your creative process?

BH: The sweet combination of honeysuckle and wild grapes brings back the memory of a hot summer day from my childhood.

My sister and I were walking through the wooded path near our home as we discussed our plans for who we wanted to be when we grew up.

I shared with her my dream of writing a book that would inspire and give others hope.

My sister loved that idea.

The memory holds more value than nostalgic feelings because it represents a future commitment.

The scent activates my inner drive, determination, and unspoken endurance.

The smell brings back the purpose that drives me to write and reminds me of my audience.

My sister's memory lives in my words.

The experience has become my core creative practice because it keeps me true to myself and focused on my mission.

*"This book has profoundly
changed my life—it's an
absolute must-read."*

—JD



Courageously Authentic



A Woman's Guide to
Transform:

Pain into Power

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Dreams into
Reality

BRENDA L. HUKEL

Interview

5. Ink and Intimacy

If your writing style were a tactile experience, what texture would it be? How does the act of putting pen to paper or fingers to keyboard make you feel on a deeply personal level?

BH: My writing carries a deep personal meaning for me. It's where I can drop into my truth and express my vulnerability through my words.

The surface of my writing resembles a brown-worn leather journal with a dragonfly engraved in the corner.

A casual leather strap wraps loosely around the center.

The journal's texture and design symbolize outside gentleness but inside strength and resilience.

The pages contain my life experiences and the knowledge transmitted from generation to generation.

The dragonfly symbol serves as a reminder that change and transformation, regardless of how challenging, create opportunities for significant personal growth.

Through my writing, I try to establish a bond with women readers who find their life experiences mirrored in my words.

I choose my words with great care to inspire hope, inspiration, and courage.

Interview

6. The Harmony of Silence

Think about a moment when silence spoke louder than words in your creative journey. What were the circumstances, and how did it shape your understanding of your craft?

BH: When I decided to write ***Courageously Authentic***, I knew I would be tested spiritually and emotionally to ensure the spiritual principles and tools I had shared after 30 years of coaching were not just taught but lived through my writing.

The most profound moment of silence during this creative journey came as I wrote the final chapter of my book: ***Ascending to Christ Consciousness: Returning to Wholeness***.

During the writing of my final chapter, I was tested to the core.

I was faced with the unimaginable – surrendering to my husband's will to live or die.

There was nothing I could do, say, or fix to change the outcome, no matter how hard I tried.

In that silence, I faced the raw truth of what I was writing about – surrendering to God's will.

It taught me that not every healing happens in words; not every healing happens through the medical model, but rather through the silence of unwavering faith, trust, and relinquishing the illusion that I had control to change God's will.

Interview

That moment reshaped my writing, bringing it to a deeper level – both within myself and my words. It reminded me that in our most powerful moments, divine alignment is not found through fear or force but in the presence of surrender.

The final chapter in my book emerged in the silence of surrender, and so did the new version of me.

6. The Palette of Dreams

Imagine your creative mind as a painter's palette.

What colors dominate your artistic spectrum, and how do they represent the different facets of your imagination?

BH: My painter's palette would contain colors of richness, symbolism, and intention:

- **Deep Indigo** represents introspection, wisdom, and higher consciousness. It's where I often begin when I sit down to write.
- **Gold** is a symbol of spiritual awakening and divine, sacred knowledge that guides readers to their authentic selves.
- **Emerald Green** brings balance, harmony, and deep emotional and physical healing that initiates true transformation.

These are the colors I strive to infuse into my writing: hope, healing, wisdom, and awakening.

In Action



BRENDA L. HUKEL SPECIAL EDITION

In Action



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Interview

8. The Quill of Vulnerability

If your creative expression were a handwritten letter to your inner self, what truths and vulnerabilities would it unveil? How does the act of exposing your innermost thoughts contribute to your artistic identity?

BH: My handwritten letter to my inner self would read:

"I see you. You are no longer invisible."

It would address the little girl who felt unseen, the woman who held secrets among her pains, and the soul that never let down its guard to be her true, authentic self in pursuit of freedom.

It would reveal the fears I attempted to conceal, the beliefs I held by inheritance, and the pain of not feeling enough.

Writing has become my response to those deeply unspoken feelings I held deep within my heart.

The act of laying bare my innermost self—on the page and in my heart—has defined my artist's identity.

It's taught me that what lies beneath fear, is unresolved grief, but the path to connection and healing is of being courageously authentic.

My words are an act of surrender to truth, not just for me, but for any woman who reads them and says quietly to themselves,

"Me too. It's time for me to be courageously authentic."

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Interview

9. Symphony of Shadows

Consider a character or theme in your work that embodies the shadows of your own psyche. What does this shadow teach you about your fears, desires, or unexplored dimensions?

BH: The shadow in my work is the part of me that once believed she had to earn her worth by being everything for everyone—while silencing her own truth.

She is the woman who carried inherited beliefs, buried her desires, and lived by invisible rules.

She once feared being seen and not being enough—yet longed to be both.

That shadow has evolved into a spiritual mentor, revealing the new aspects of my inner self—arriving at true authenticity, wholeness, and deeper creativity.

Through her, I've discovered that the shadow doesn't diminish the light—it offers the opportunity to reveal the woman who took the lessons of her darkness and emerged into wholeness, who awakened and is living as her true self—who she was born to be.

Through darkness comes light.

You can't fully experience one without the other.
This is duality.

And within that duality lies the gift: the chance to release unconscious victimhood, quiet the mental chatter, reclaim our power, and finally live life on our own terms, unapologetically.

Interview

10. Echoes of Childhood Whispers

Recall a childhood memory that resonates with you as a writer. How do the echoes of your early experiences manifest in your work today?

BH: I was five years old the day I realized how deeply words could shape a life.

I had just received an “excellent” on my paper and ran up the long hallway, beaming with pride, eager to show my mother. As I approached the kitchen, I overheard her on the phone say,

“I wish Benda had never been born.
She’s such a burden—not smart like her siblings.”

She turned and saw me standing there—paper in hand—and, without a word, turned back to the stove to flip the chicken. In that moment, something inside me went quiet. That’s the day I became invisible.

I didn’t know then that this moment—painful as it was—would become the foundation of my life’s work.

It awakened something in me: a deep desire to rediscover my worth, regain my power, and someday help others do the same.

That experience led me to dedicate my career to teaching others that it’s safe to reveal their hidden wounds, rewrite their stories, remember their worth, and the freedom they’ll experience once they heal the past and find forgiveness.

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Interview

11. Melodies of Memory

If memories were composed as a musical score, what instrument would represent your most cherished creative recollections? How does the melody of your past influence the composition of your present work?

BH: When I was younger, I played the piano and loved the sound that came from playing the keys.

So, if my memories were composed as a musical score, it would appear as a majestic piano composition.

The piano always reminded me of an instrument that released the essence of grace and profound emotional depth.

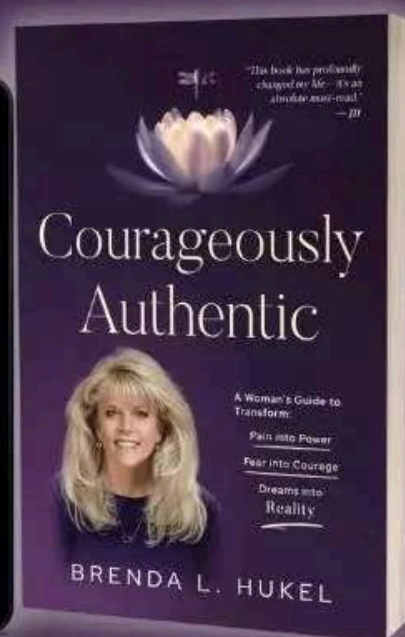
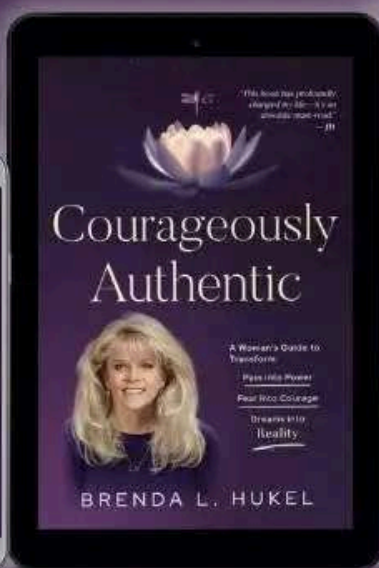
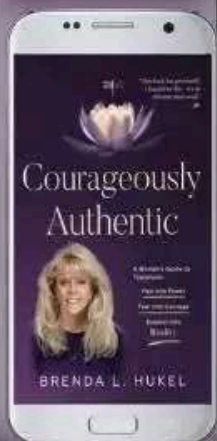
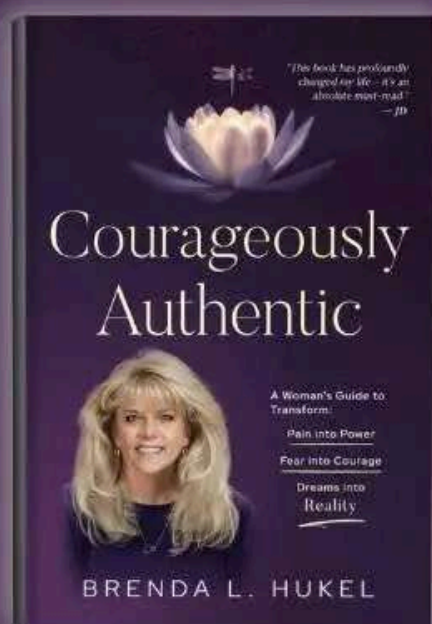
My life story plays like a beautiful melody through deep bass notes, conveying the days of darkness that taught me essential lessons that shaped me into the woman I am today – strong, independent, resilient, and compassionate.

The soaring melodies would express the love, joy, and deep appreciation for my life's journey.

My life's metronome marks perfect rhythm, symbolizing the balance I reached through my healing journey using the tools and principles I've shared in my book.

At the end of the melody, it would end with a soft tone that brings deep inner peace and feelings of gratitude.

You were never too much.
You were just waiting to be
enough for yourself.



Interview

12. The Dance of Words

If your writing style were a dance, what would be the rhythm and tempo? How does the cadence of your sentences mirror the beating of your creative heart?

BH: If my writing were a dance, it would be the rhythm and tempo of a ballet – graceful, expressive, and deliberate.

Every word would be a movement choreographed carefully to communicate feeling, meaning, and beauty.

The rhythm would represent the construct and flow of my words.

My words reflect the introspection and truth as they gently guide the readers on peeling back the layers of the emotions that keep them small.

As they reach their core, they uncover the grace and freedom of their authentic expression.

As a ballerina performing on stage, every move gracefully expresses the emotions of the melody, and so does my writing as it takes the reader on an intimate dance of vulnerability, transformation, and renewal.

13. Admiration Exercises

Which writers do you admire? What are your favorite books?

BH:

- Brene' Brown: *Braving the Wilderness*
- Gay Hendricks: *The Big Leap*

Interview

- Valarie Young, Ed.D: *The Secret Thoughts of Successful Women*
- Micheal A. Singer: *The Untethered Soul*
- Louise L. Hay: *You Can Heal Your Life*
- Eckhart Tolle: *A New Earth | Awakening to Your Life's Purpose*
- Don Miguel Ruiz: *The Voice of Knowledge*
- Don Miguels Ruiz, Jr.: *The Mastery of Self*

14. An Indiscreet Question

With which influential author or inspirational figure from life, past or present, would you most like to share a cup of tea and a captivating conversation?

BH: Louise Hay.

Her journey and transformational work had such a profound effect on millions of people.

She was a woman of grace, compassion, and humility.

She led from her heart and portrayed pure integrity.

Her legacy continues to ripple through generations, guiding, healing, and inspiring others on the path to inner transformation.

15. A Story in Ten Words

“One choice, one breath, one truth
—she remembered who she was.”

16. A Favorite Fragment from Your Works

“Authenticity isn’t about becoming someone new.
It’s the sacred return to who you’ve always been.”

BRENDA L. HUKEL SPECIAL EDITION

Interview

17. Contact Information

BH: Hello@BrendaHukel.com

18. Blog/Author Page/Social Media Profile/Library/Book Store

Where can we read your stories?

BH: ✨ Discover more about my journey by scanning the QR codes to visit my LinkedIn, Medium, Facebook, and Instagram profiles.

19. What exactly would you like to convey to a fellow writer/editor/screenwriter/film producer?

Present your writings in a few words.

BH: Through my company, Awakening the Consciousness Within, LLC, and my book, ***Courageously Authentic***, I reach women worldwide with stories, tools, and teachings that heal, empower, and transform.

My work is rooted in authenticity—and designed to inspire courageous living and meaningful transformation.

20. Embers of Endings

Envision the conclusion of a significant project. How do you feel as you pen the final words or brush the last strokes? What is the emotional resonance of completion, and how does it influence your anticipation for the next artistic endeavor?

Completion feels like standing at the top of a mountain—grateful for the climb but energized to explore what's beyond the next peak.

BRENDA L. HUKEL SPECIAL EDITION



The Silent War of Expectations

Unmasking the Hidden Battle Within

Author Portrait



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The Silent War of Expectations: Unmasking the Hidden Battle

Have you ever found yourself caught in a silent war of expectations?

A subtle conflict plays out within you, often without conscious awareness.

You set standards for others — how you expect them to behave, what you anticipate them to say, or how you envision events unfolding.

Yet, you forget one crucial step: communicating your expectations. When reality doesn't align with our silent standards, disappointment creeps in.

Frustration follows suit, and eventually, resentment settles in so deep that it erodes the trust in our relationship.

We become so focused on our disappointment and hurt that we don't realize we've unfairly set the other person up for failure because we assume they know what we want.

Why do we do this?

Because we are unaware that these behaviors often stem from childhood learning, environmental influences, or past experiences emphasizing the need for control.

To change this pattern, we must start by being aware of these personality traits.

The Silent War of Expectations: Unmasking the Hidden Battle

Remember, this isn't about judgment.

It's about having the courage, humility, and desire to allow deep healing and personal growth to occur so we feel comfortable expressing our needs.

There's a famous quote by Neil Strauss:

"Unspoken expectations are premeditated resentments."

This underscores the consequences of neglecting to communicate our needs in relationships.

These behaviors can play out in our marriages, friendships, and professional lives.

The more comfortable we become in our relationships, the higher the risks of unspoken expectations.

This happens for many reasons: distractions, stress, perfectionism, manipulation, assumptions that others know, the need to control others to get what we want, or forgetting to communicate.

Before assuming that we are the victims of circumstances, it's important to understand why this is happening—***why are we setting silent expectations?***

Are we aware that we're creating this experience for the other person? Did we communicate effectively?

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The Silent War of Expectations: Unmasking the Hidden Battle

Or, are you saying to yourself,

“I’m the victim here. They are doing it to me. It’s unfair.”

There is a spiritual law that I’ve written about before that we should consider before placing blame.

When we experience a challenging situation, it does not happen **“TO US”** but rather **“THROUGH US.”**

The person who triggers your emotions acts like a mirror, reflecting the energy of your thoughts, emotions, and feelings that you’re putting out to the universe, essentially saying,

‘I want more of that!’

For example, let’s say you’re frustrated with a co-worker because they never stay late like you do.

Consciously or unconsciously, you’re setting an unspoken expectation for your co-workers, which they are unaware of, causing a buildup of frustration and resentment toward them.

The mirror in this example reflects that you may need to establish boundaries and achieve a better work-life balance.

If you delve deeper into the origin of the belief that you must sacrifice your well-being for your job or others, you’ll realize it’s a learned behavior instilled in you at some point in your life.

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The Silent War of Expectations: Unmasking the Hidden Battle

Until you heal this belief and shift your energy from low-vibrational frequency (anger, frustration, resentment) to high-vibrational frequency (self-love, healthy boundaries, and self-care), the triggers will persist because the universe doesn't distinguish between light and dark, right or wrong; it operates on energy – what you put out, is what you get back.

By having awareness the person causing you to have an emotional trigger is simply a teacher, regardless of how you feel about them, allows you to heal this pattern that prevents you from living your most authentic and fulfilling life.

Once you heal the issue, it will no longer trigger you.

This can be a tough pill to swallow, but stay with me as we explore more of this spiritual law.

Close your eyes for a moment and imagine a large whiteboard filled with words and images representing your thoughts, emotions, feelings, and expectations.

What do you see? What silent expectations are you setting for yourself? For others? Are these expectations setting you up for success or disappointment?

What words are on your board? Are they positive and healing for your mind, emotional, and physical body?

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"This book has profoundly
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Courageously Authentic



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Transform:

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Dreams into
Reality

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The Silent War of Expectations: Unmasking the Hidden Battle

Do they improve your self-esteem and self-worth, allowing you to remain in a state of self-love and happiness?

Or are they filled with words that fuel debilitating feelings of regret, shame, anger, judgment, and frustration? Do they reinforce the “illusion” that you’re not good enough?

Positive or negative, this is the energy you’re sending to the universe, asking for more experiences that match your vibrational frequency.

You may not even be aware that you’re doing this because you’re so consumed with negative emotions that have trapped you in a vortex of repeated experiences that trigger you.

Stop. Breathe. Erase your board and start over.

Forgive yourself for the lack of awareness.

We’re all human.

It’s easy to get caught up in the drama of day-to-day life, especially when we’re tired, stressed, or overwhelmed by challenges.

This is why it’s so important to find 10 minutes a day to clear your energy, return to zero, and reconnect with the Divine so you can hear the inspiration and turn off the ego mind that is driving you to exhaustion or reinforcing the illusions that you’re not worthy.

The Silent War of Expectations: Unmasking the Hidden Battle

In my last article, **“From Guilt to Grace: Embracing Self-Forgiveness for True Healing,”** I wrote about the Ho’oponopono healing practice, which can provide rapid healing and release deep emotions.

I practice this several times daily and have experienced remarkable results.

When I have a conflict with someone, I perform the Ho’oponopono before addressing the other person, erase my whiteboard, and fill it with loving experiences, words, and expectations for the highest good of all those involved.

By doing this quick practice, my conversations go much smoother because I have removed the anger, frustration, or the need to be the victim or be right.

I approach the conversation from a state of zero — a place of calm, clarity, and openness.

Sharing your feelings from the state of zero allows for open communication and an opportunity to reach a joint understanding that meets both of your needs.

You can accomplish this by expressing to the other person that your relationship is important to you and asking how you can each be more receptive and communicate more openly.

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The Silent War of Expectations: Unmasking the Hidden Battle

This approach ensures that each of you knows the other's expectations and encourages a healthy dialogue to discuss successful outcomes.

This is a different way of handling emotionally fueled experiences, and I invite you to see this as an opportunity to shift your perspective.

Embrace an open mind and a willing heart as you navigate the silent wars within.

Allow yourself to communicate more freely, heal old patterns, and nurture your relationships with clarity and compassion.

Remember, every challenge is a chance for growth, and every expectation is an opportunity to deepen your understanding and connection.

Let this journey be one of self-discovery, healing, and profound transformation, knowing you deserve to live the life you desire.

Thank you for taking the time to read and share your thoughts, experiences, and opinions.

Continue your journey toward fearless, authentic living with ***Courageously Authentic: A Woman's Guide to Transform Pain into Power, Fear into Courage, and Dreams into Reality*** — and discover the deeper healing, empowerment, and transformation waiting for you.

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Courageously Authentic



A Woman's Guide to
Transform:

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Dreams into
Reality

BRENDA L. HUKEL

Embracing Imperfection

Celebrating Your Flaws and Authentic Self

Author Portrait



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The Beauty of Imperfection:

Embracing Your Flaws & Celebrating Your Authenticity

Embrace your flaws and imperfections!

How many times has someone encouraged you to embrace your flaws? Your imperfections? Once? Twice? Or maybe never?

Instead, were you advised to conceal your imperfections and strive for flawlessness to meet societal standards, familial expectations, or community norms?

Perfectionism is an illusion.

Everyone has flaws, regardless of how they might appear on the outside.

Striving for perfectionism can be exhausting, discouraging, and overwhelming, often resulting in feelings of inadequacy, self-doubt, and procrastination.

When we strive for perfection, we are blind to the beauty of our individuality.

It's life's gentle reminder that our uniqueness is something we should love and cherish.

It's not meant to make us feel insecure, shameful, or embarrassed.

In my profession, I have the privilege of interacting with many people, and it always strikes me how frequently they feel the need to apologize, justify, or conceal their perceived imperfections or quirks that society has conditioned them to view as flaws.

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The Beauty of Imperfection:

Embracing Your Flaws & Celebrating Your Authenticity

Just imagine the liberation we could experience if we let go of these constraints, expectations, and judgments and instead embrace our flaws and imperfections as a testament to our true selves — as a symbol of our authenticity.

Imperfection shouldn't be something we fear, hide, or feel ashamed about; it's simply a part of being human.

Each of us possesses strengths, weaknesses, and quirks. Rather than viewing our imperfections as defects, we should see them as markers of our uniqueness.

Think back to your childhood security blanket or a favorite toy your mother mended and washed so many times it was barely recognizable.

As a child, you didn't dwell on its imperfections; you cherished it for the comfort it provided because it was yours.

So why don't we embrace our flaws with the same affection as we did our childhood possessions?

Our flaws tell stories of resilience and personal growth.

They are reminders of the obstacles we overcame that have shaped us into the individuals we are today.

Authenticity is the antidote to perfectionism.

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The Beauty of Imperfection:

Embracing Your Flaws & Celebrating Your Authenticity

When we allow ourselves to be vulnerable and authentic, we accept ourselves the way we are with all our imperfections and embrace our individual experiences and viewpoints with love.

When we reveal our true selves, we connect with others and create an environment of empathy, understanding, and genuine friendships.

There's no room for judgment; instead, we find beauty in everything around us, including the people in our lives.

Being authentic doesn't mean pretending to be flawless but rather being genuine.

It's being who we are without apology and giving others the space to do the same.

When we celebrate our imperfections, we allow ourselves to be human — to make mistakes, to learn and grow, and to be beautifully imperfect.

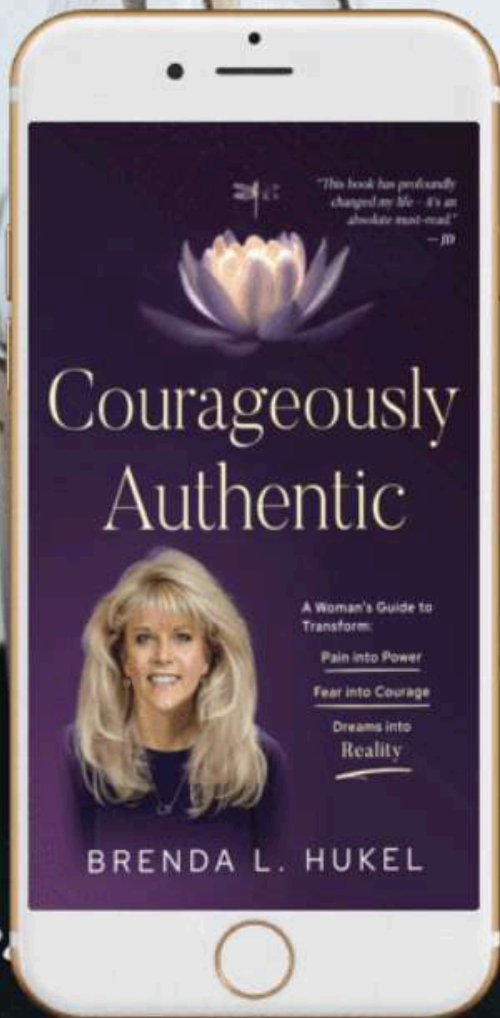
We learn to love ourselves deeply and not allow outside influences to control us; instead, we experience a state of freedom.

In truth, authentic individuals celebrate their imperfections.

They recognize that these flaws make them unique and add richness to their path of self-discovery.

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**Your courage is
your comeback.**



The Beauty of Imperfection:

Embracing Your Flaws & Celebrating Your Authenticity

Here are five ways to embrace authenticity and cherish yourself for who you truly are.

- **Love and Celebrate Your Imperfections:**

Loving your flaws doesn't mean settling for less; embracing your authenticity and recognizing your flaws makes you uniquely beautiful.

- **Reject Perfectionism and Embrace Failure:**

Perfection is an illusion that leads to exhaustion and self-doubt. Reject the pressure to be flawless and celebrate your mistakes because growth, wisdom, and resilience are born from these experiences.

When inventor Thomas Edison tried to develop the light bulb, he said,

"I have not failed. I've just found 10,000 ways that won't work."

- **Shift Your Perspective:**

Rather than aligning with societal standards, familial expectations, or community norms, YOU BE YOU!

And view your flaws and imperfections as badges of honor that tell a story about your authenticity and uniqueness.

- **Be Vulnerable:**

Vulnerability is not a weakness; it's a pillar of strength, courage, and bravery.

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The Beauty of Imperfection:

Embracing Your Flaws & Celebrating Your Authenticity

- **Cherish Authenticity:**

Value yourself for who you are and embrace authenticity as a journey of self-discovery, self-acceptance, and self-love.

We are all in this world to learn, grow, and fully experience life. God only created one of you, and He doesn't make mistakes.

Even if you're an identical twin, you are unique. Embrace everything about yourself.

What you might see as a flaw, someone else might admire and wish they had it. Love yourself unconditionally.

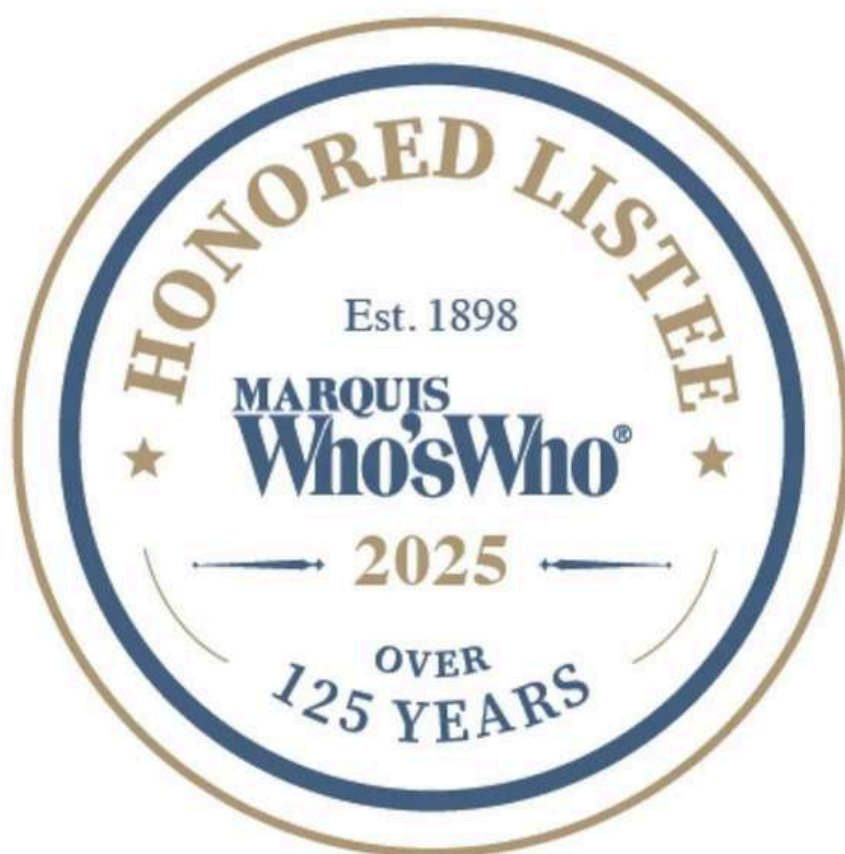
Be a role model for others. Life is short, so be grateful each day because you'll never get those moments back once it's gone.

So, let's stop wasting our lives on the rules, expectations, or conditioning imposed by others.

Embrace your uniqueness. Love your flaws and imperfections; JUST BE YOU!

Continue your journey with ***Courageously Authentic: A Woman's Guide to Transform Pain into Power, Fear into Courage, and Dreams into Reality*** — and discover the deeper healing, empowerment, and transformation waiting for you.

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Forgiveness Is Liberation

The Power of Letting Go and Finding Freedom

Author Portrait



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Forgiveness Is Liberation:

The Power of Letting Go

The Difficulties of Forgiveness

Forgiveness is one of the hardest things to do, especially if you or a loved one is the target of a violent crime, an unfair situation, or other traumas.

When coaching others about forgiveness, I'm asked repeatedly:

"Why would I forgive my abuser and absolve him?"

My answer is always the same:

"You're not. You forgive to release your deep wounds and toxic emotions that prevent you from living."

When you harbor deep-rooted, toxic emotions in your soul toward your abuser or a situation, you're not punishing the abuser. You're punishing yourself.

When you forgive your offender, you don't exonerate them from their actions or excuse what they did.

The forgiveness is not for them; it's for you so that you can set yourself free.

This doesn't mean you need to engage in an exchange of conscious reciprocity.

Forgiveness comes from the heart and can be done privately.

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Forgiveness Is Liberation:

The Power of Letting Go

**What you feel and experience is real.
No one can tell you it isn't**

When you suffer a trauma, you continually replay that memory and relive the traumatic event.

On some level of consciousness, holding onto the trauma and emotions makes you feel that you're somehow punishing your abuser.

By refusing to forgive, you feel you are hurting your abuser as much as they hurt or damaged you.

But who is truly suffering?

It isn't your abuser.

It's you because his actions still consume you with poison that continues to harm you emotionally, psychologically, and spiritually.

The opposite of forgiveness is judgment, vengeance, and blame.

As long as you hold this toxicity within you, your abuser maintains control over you because the vibrational frequency you've attached to these emotions causes a split between you and your inner alignment with your higher self — your higher consciousness.

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In other words, the vibrational frequency you're putting out to the universe returns to you.

The universe doesn't distinguish between what you want or don't want.

It can only pick up the frequency of your emotions and return more of what you're putting out. It's the universal law of attraction.

This is why healing is nearly impossible when you're in survivor mode.

It's a choice only you can make — to remain the wounded victim, which is disempowering and highly toxic to your well-being, or to take your power back.

Taking back your power releases you from emotional hell and allows you to reclaim your freedom because your consciousness remains in the present moment, not the past or the future.

When you forgive, you release the emotional turmoil that's kept you handicapped and trapped.

Hatred is poisonous to your system.

The longer you replay the events in your mind, the longer you remain in a kind of prison.

By no means does this diminish the injustice you experienced.

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Forgiveness Is Liberation:

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Again, what you felt and continue to feel is real.
The repressed emotions that keep filtering up should be respected
but not keep you paralyzed in fear, anger, or shame.
They shouldn't convince you that you're powerless.

Forgiveness allows you to end your suffering, embrace your power, regain your life, and heal from the trauma.

Forgiveness.

It's such a simple word, but it is so powerful that it can define or destroy our lives.

The Benefits of Forgiveness

When I started my own healing, I struggled with forgiveness.

I remained an unconscious victim for many years.

The thought of forgiving those who had caused me so much pain and turmoil seemed unspeakable.

However, I longed for freedom, peace, and joy, just like the other women in this book.

To experience the life you long for, a death must occur — the death of the story you have gripped so tightly. And with that, death comes a rebirth.

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The Power of Letting Go

Once you can forgive completely, your life will change radically. A sense of peace will radiate through you. You'll begin to express gratitude as your divine plan unfolds because you've released your old story and the energy attached to it.

You'll have the courage and inspiration to engage in activities that bring you happiness.

You'll experience synchronicities and be receptive to miracles.

And ***you'll learn the power of loving yourself unconditionally*** and setting healthy boundaries.

Forgiveness removes victim consciousness and restores love because we understand our experiences are the unfoldment of our Divine Plan to heal and evolve to higher consciousness. It begins with forgiveness.

I spent years trying to heal without forgiving my abusers and wondered why my life only worsened.

After I worked through the same exercises and understood the information I'm sharing with you, I reached a point where I was ready to forgive and accept the gifts my trauma brought me.

How could I experience the duality of light without darkness? Love without forgiveness? Or have the perseverance to reclaim my life?

Forgiveness Is Liberation:

The Power of Letting Go

The abusers fulfilled their contracts as agreed.

I wouldn't be the strong, independent woman I am today if I hadn't endured these lessons.

I've had many lifetimes of abuse, betrayal, and deception.

In this lifetime, I agree to heal these patterns, learn to love myself, and be fearlessly authentic.

My tender, loving husband, Steve, taught me the true meaning of love, devotion, and forgiveness.

He is a beacon of light and true integrity.

Steve and my dear friend and devoted Self-Mastery Coach and Mentor, DyAnn, have been the teachers who taught me that ***embracing the richness of life experiences comes from the heart, not the mind.***

Living from the heart is a deeply personal and individual journey. It's about seeking authenticity, emotional connection, and a more compassionate way of relating to yourself and the world around you.

It does not entail forsaking reason or logic but rather uniting them with your emotional and intuitive capabilities to guide you toward a life filled with greater fulfillment and purpose.

Now, it's your turn.

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Armed with the knowledge you've gathered thus far, are you ready to leave your emotional prison and thrive?

In my upcoming book, ***Courageously Authentic***, the full chapter on "Liberation through Forgiveness: Embracing the Power of Letting Go", includes practical exercises that will guide you through the process, helping you fully embrace the transformative power of letting go.

Continue your journey toward fearless, authentic living with ***Courageously Authentic: A Woman's Guide to Transform Pain into Power, Fear into Courage, and Dreams into Reality***.

<https://www.linkedin.com/in/brenda-hukel-mba/>

How to download your FREE chapter

Visit Brenda's website, scroll down on the landing page, and you'll find an invitation to START YOUR JOURNEY BACK TO YOU — plus, download a FREE chapter from *Courageously Authentic*.



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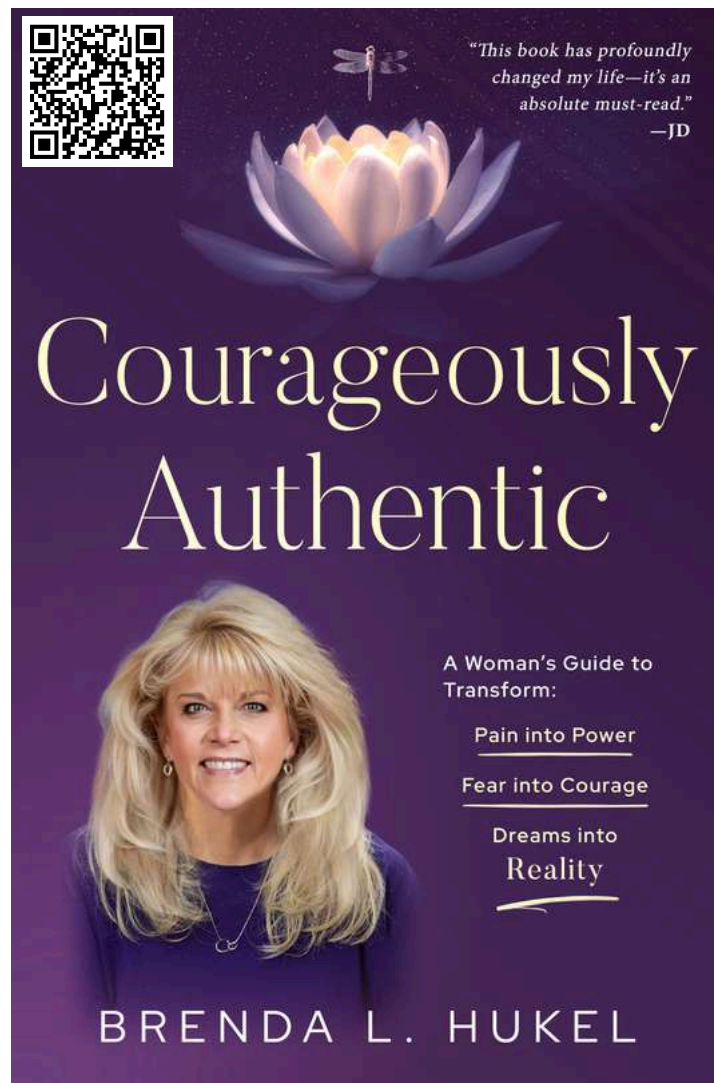
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A Woman's Guide to Transform Pain into Power, Fear into Courage, Dreams into Reality

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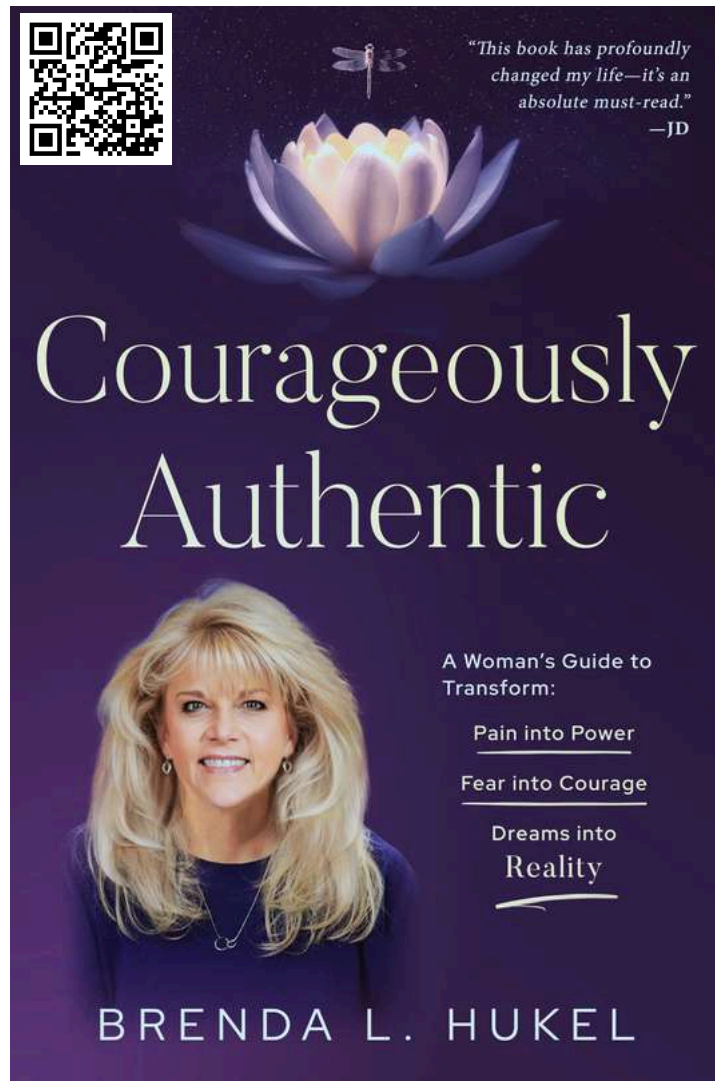
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