



More than a memoir, this is a mirror—inviting you to confront your hidden pain, reclaim your God-given identity, and courageously reflect the freedom you were born to live.

~Freedom Coach Nataushia Star

PREFACE

20 Years After the Storm

Two decades ago, I stood in the aftermath of Hurricane Katrina, suffering in silence under an internal battle I now call homelessness of identity, revisiting and wrestling with life's most pressing philosophical questions:

Who am I? Why am I here? What is my purpose? What am I supposed to do?

In those introspective moments, I realized that, as I became a young adult, I had anchored my identity in my external environment—Dillard University, the city of New Orleans, my church, colleagues, and job—rather than in the eternal realms of my soul. I remember resolving within myself: *no matter what happens externally, it should never disrupt me, either prophetically or internally, in my identity or authenticity.*

Ten years ago, I released the first edition of this book without a clear plan for what to do next, knowing only that I had published the book I never intended to write. I had long dreamed of becoming an author—starting many books but finishing none—until God stepped in. In the fall of 2014, as I cried out to Him to reveal what was blocking me from abiding in His presence, the Holy Spirit whispered: “You never dealt with Hurricane Katrina.”

From that moment, I pursued healing with my pen—journaling each night, revisiting the painful accounts of Katrina with the clear intention to heal. Then, God called me to turn those private journal entries into the manuscript for the first edition of this book—in just six weeks.

Seven years ago, I stood in revelatory truth: that my divine niche is *Soul Trauma Recovery*. Under an open heaven, I received fresh downloads from Father God to build the *Authorized Trauma History Expert Certification Program*, rooted in my *Intra-2-Inter Model™*.

Today, I write this preface as a living testament that God uses **our trauma history to vindicate our prophetic destiny**—that which He ordained and spoke over our lives before the foundations of the earth, before He placed us in our mother’s womb. But only when we surrender and trust Him through the *soul trauma recovery* process.

It has been twenty years since the storm, and yet the most significant restoration in my life took place not around me, but within me. I am not the same woman I was 20, 10, or even 7 years ago. And so, I now stand without a foreword, without my father’s or my husband’s last name, but thoroughly embodied in my autonomy as your **Freedom Coach and Trauma Recovery Strategist, Nataushia Star**. I got here by fighting with God for the right to be internally solidified, fortified in wholeness, freedom, and soul-deep authenticity.

This **final edition**, the **20-Year Hurricane Katrina Commemoration Edition**, is my then-and-now offering to you: **a prophetic and practical guide to *Turning Hidden Pain into Healing Power***.