

LA PALABRA

REAL PEOPLE • REAL STORIES • REAL COMMUNITIES

BY **SADGIRLAZ** ♥

*Healing
Growing
Becoming* ♥

EDITION 6
OCT 2026



Healing and joy can exist at the same time. ♥



LA PALABRA

By SADGIRLAZ ❤️🖤

EDITION 6

THE EDITOR HAS A STORY

Word of the Week: HEALING

For the first five editions of *La Palabra*, I have had the privilege of sharing other people's stories—their businesses, their art, their legacies, their purpose, and the ways they give back to our community.

But tonight, as I left my **Healing From Within** class, I realized something:

The editor has a story too.

My name is Crystal, creator of **SADGIRLAZ** and *La Palabra*. I describe myself as a **Digital Creator & Mixed-Media Storyteller** because storytelling has become the thread connecting so many pieces of my life.

But behind the interviews, the artwork, the community events, the videos, and this newsletter is a woman who is still doing her own healing.

And tonight, I decided it was okay to share a little piece of her story.



THEN

There was a time when I learned how to look put together while carrying things no one else could see.

On the outside, I could do my hair, put on my makeup, take a picture and keep going. But inside, I was hurting

This was me surviving before I understood what healing would eventually mean.

Healing has taught me that I don't have to pretend I don't feel something just because the feeling is uncomfortable.

For a long time, I thought being strong meant holding everything together. I thought strength meant pushing through, taking care of what needed to be taken care of, and continuing to move forward no matter what I was carrying inside.

But I'm learning something different now.

Strength can also mean allowing yourself to feel.

I can feel sadness.

I can miss someone.

I can feel lonely.

I can want companionship.

I can wish communication were better with the people I love.

And I can feel all of those things without allowing those feelings to determine my worth.

Tonight in my Healing From Within class, I did something that may seem small to someone else, but it meant something to me.

I asked my class to pray for communication in two relationships that are very important to my heart—one with my daughter and one with someone I care deeply about.

I didn't ask for everything to magically become perfect.

I asked for communication.

Because I'm learning that healing isn't always about getting the outcome we want. Sometimes it's about learning what is ours to carry and what we have to release.

I can communicate with love.

I can set boundaries.

I can forgive.

I can pray.

I can work on myself.

But I cannot control another person's response.

And I'm beginning to understand that accepting that is part of healing too.



THE CROSSROADS

This was a turning point in my life. I had left behind what was familiar and came back to Phoenix knowing I was facing uncertainty—even the possibility of having nowhere to call home. I didn't know exactly what was waiting for me, but I knew I couldn't keep living the way I had been.

I wasn't healed. I wasn't fearless. I was simply making a decision: I needed to move forward.

This was me at the crossroads—scared, uncertain, but finally choosing a different direction for my life. ❤️❤️

WHY I TELL STORIES

Maybe that's why *La Palabra* has become so important to me.

Every time I sit across from someone and ask them to tell me their story, I am reminded that everybody is carrying something we may know nothing about.

Some people are rebuilding.

Some are grieving.

Some are creating.

Some are forgiving.

Some are starting over.

And some of us are doing several of those things at the same time.

Over these past few weeks, I've had the opportunity to listen to people talk about their art, their businesses, their families, their communities, their losses, and the things that give their lives purpose.

And somewhere along the way, I realized that this is bigger than a newsletter for me.

I want people to feel seen.

I want the artist whose work might otherwise go unnoticed to have a place to tell their story.

I want the small business owner working quietly behind the scenes to know that what they're building matters.

I want our community stories, our memories, our culture, and our people to have a place where they are treated like they are worth remembering.

Because they are.

That's why *La Palabra* will always be about:

Real People.

Real Stories.

Real Communities.

But this week, I'm stepping out from behind the interviews for a moment.

And one of the biggest things I'm learning is this:

Healing doesn't have an expiration date.

There isn't a finish line where suddenly everything that hurt you no longer matters. Healing is a continuing process. Sometimes you think you've worked through something, and then life brings you another moment that shows you there is still another layer waiting for your attention.

That doesn't mean you've gone backwards.

It means you're still growing.

For me, healing means continuing to learn myself. Continuing to recognize my patterns. Continuing to communicate differently. Continuing to forgive—not only other people, but myself. Continuing to set boundaries while still allowing my heart to remain open.

Some days healing feels powerful.

Other days it looks like admitting, **“I miss someone.”**

Sometimes it means sitting with loneliness instead of trying to fill the space with something that isn't meant for me.

And sometimes it simply means waking up the next morning and choosing to continue.

The healing never stops because the growing never stops.

I'm Crystal.

I'm a mother.

I'm a creator.

I'm a woman learning herself again.

And I don't say, **“I'm still healing,”** as though healing is something I should have finished by now.

I say it proudly because I've learned that continuing to heal means I'm continuing to choose myself.

I am healing. I am growing. And my story is still being written.

LA PALABRA DE LA SEMANA

SANAR

To heal.

Sanar is more than recovering from something that hurt us. It is the continuing process of learning, growing, forgiving, releasing, and discovering who we are becoming.

Healing doesn't mean forgetting where we've been. It means learning how to carry our story without allowing the past to control the chapters that haven't been written yet.

The healing continues because the growing continues.

— Crystal
SADGIRLAZ ❤️🖤



LEARNING TO LIVE AGAIN

Healing also meant allowing myself to laugh again, to spend time with people I care about, to make memories, and to enjoy the moments in front of me.

Moving forward didn't mean that everything behind me had disappeared. It meant I was learning that my past didn't have to take away my ability to experience joy in the present.

I was still healing. But I was also living. ❤️🖤

A WORD FROM ME TO YOU

If you're carrying something quietly right now, give yourself permission to feel it.

You don't have to have everything figured out today. You don't have to rush your healing to make anyone else comfortable. Some days you will feel strong, and some days you may realize there is another layer that needs your attention.

Give yourself grace in both.

Keep growing. Keep learning. Keep choosing yourself.

And remember—you never know what someone else is going through, so lead with kindness whenever you can.

Your story is still being written.

And so is mine.

With love,

Crystal

Creator & Editor, *La Palabra*

SADGIRLAZ ❤️🖤

Digital Creator & Mixed-Media Storyteller