

My Story

Videos

Audio



Anita
Cary

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Anita Mary

HOPE BRINGER

In her own words: Can you give a brief summary of your life and achievements to date?

Having been born on Christmas Day last century, into a family I believed didn't want me, I took on a lot of emotions, beliefs & actions that I don't believe are meant for any child to carry. After my mum & Dad broke up, I began experiencing being "touched" by friends of the family. I was never believed when I told my mother, and once again, I took on the belief that I was in the wrong & deserved everything coming to me....

I had always drawn since I was young & my Grandma (Dad mum) saw my ability and used to teach me oil painting, used to encourage me to draw, but no matter how much I drew or painted, I couldn't seem to escape the internal self hatred deep inside me...I began cutting myself at the age of 12.

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Roll ahead 18 schools later, I found myself running away from home, living on the streets & involved in prostitution, drug addiction, suicide attempts, multiple abortions & petty crime. My mental health deteriorated even more... but through all this, I continued to draw my heartfelt pain & kept journals.

In 1990, on the way home from a hard-core gig, my boyfriend & I were involved in a serious car crash in Cardiff, Taranaki New Zealand.

I took the full impact of a Mark 3 Cortina vs a dirt bank. I had died by the time the ambulance guys had cut me out of the car, they bought me back to life, minor stroke (nothing minor about it) temporary paralysis, multiple brain injuries blah blah blah.

15 days later I woke up in Auckland, unable to walk, talk, hold a conversation & was in hell.

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Anita Mary

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Over almost 28 years later, after many years of “trying” different therapies, religions & treatment programmes, I ’m now walking, talking, painting, writing & sharing my story in art & in print with others who have hope,

I have had several solo art exhibitions, many ongoing joint exhibitions, written my life story “Blood On The Mirror”...I speak at small gatherings when the opportunity arises, am involved in my community, suicide prevention work, a mum of a 21 year old miracle son, a wife of almost 17 years & a Christ Loving Hope bringer of 18+ years.



Anita Mary

HOPE BRINGER

What would you consider the most valuable thing that you can impart upon life?

To Never Ever Give Up,
To Never Ever Lose Hope,
I believe that no matter what happens to us/me/you, we are loved & there is more for each of us..



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If you were asked to contribute to the next generation, what would it be?

What do I want to impart the next generation...
Through all the darkness & difficulties, there is beauty,
To hold on lightly to the things of this world,
To love others as we ourselves want to be loved,
There is healing & restoration if we never give up.



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With the world as it stands now, what and where do you see it going?

When I wake up daily (of which I am thankful to be able to do) & read tragedy, corruption & perversion – I can sometimes get overwhelmed – but I choose to stop and learn to be grateful for ALL the small things I have in my life.

I try not to think on the world ending, on people hurting & killing one another or all the death surrounding me – instead I do what I can do to change things, no matter how small because I believe it all starts with ourselves.



Anita Mary

HOPE BRINGER

Is a faith important and how do you define it ?

For me it's an ongoing, daily relationship with the person of the Holy Spirit, through Jesus Christ – a very intimate & personal relationship at that – I don't like to define "it" is different for each person but still the same characteristics of God, The Trinity, His Son, through the Holy Spirit & I don't believe that how he speaks or lives through me will be the same for you/others.

Overall, I believe strongly in doing to others what I would have done to me & loving God with ALL my heart, soul & mind...for me, as I said, it all starts with us, how we treat others, our healing, our restoration & being a light for others to live by – I'm not the judge, I'm not the doormat either – I have been blessed to be able to paint & share my heart in the hope that others may learn & hopefully develop their own relationship with God for themselves.



Anita Mary

HOPE BRINGER

For someone reading this book and viewing your life, what would you like to say in closing

I've pretty much already said it – Hold on lightly to the things of this world – learn to forgive yourself & others – be open to unconditional love... that's a great place to start healing...

"Love was the most difficult choices for me to make, but now that I have exhausted all other options, my hurt has now become hope"

<http://www.anitamary.com>

