

The Lovelight Stories

PODCAST

Ep: 15 | The Healing Power of Telling Your Story | Breaking Free From Substance Abuse
with Lori Ann McQuillen
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00:01.56

lovelightstories

Loriann I am so happy to have you on the love light stories podcast today just getting to meet you before this and and hearing your story is it was really an inspiring and exciting moment for me because your story is really one of those stories that i. Envisioned having on this show when I first created it because you have come out on the other side of such difficulty and it's so inspiring to see your story. So I welcome you here on the love light stories podcast.

00:34.53

Lori Ann

Well thank you I'm excited to share my story I want it to be not. You know the things I've been through not be in vain. So this is what you know what it was for is to to share.

00:50.61

lovelightstories

Yes, wonderful and we have Pamela Hillman here to ah the founder of life changers legacy who actually was on our show a couple of episodes ago. Um, and so you got to hear um those listening got to hear Pamela's story but we have heard today because. We'll get into it a little bit more but lorianne you told me that Pamela was really that support system for you as you were um, coming out of addiction and working to get your life back on track. So Pamela I welcome you as well.

01:22.26

Pamela Hillman

Thank you! It's so great to be back. Thank you Stephanie you are amazing and you bring so much comfort and you just pull out the story. So well thank you for having us.

01:33.20

Lori Ann

Um, yes.

01:35.59

lovelightstories

Well thank you and and Pamela said she's just going to sit in the background. Um today and interject where Lorianne would like or or if we want to add some extra color to the story a little bit so yes, so ah Lori Ann take us.

01:45.36

Pamela Hillman

Thank you.

01:52.12

lovelightstories

Back to the moment where your story began. Um in the rejection that you received from your dad and some of those core beliefs that it created inside of you.

02:03.89

Lori Ann

Um, Well so I watched a thing one time. Ah ah, preaching about that that babies can feel rejection from the outside I don't know. Ah, but I don't know he he apparently didn't want to have me and um. My Mom you know of course did and then and then um as I got older. He was a very ah I felt very rejected by him and um and um, which causes rebellion.

02:40.57

Lori Ann

And then so I just feel very worthless and that ah I mean the core belief I guess would be um, just unworthy Insignificant Inferior sort of things.

02:57.11

lovelightstories

Yeah, yeah, give us an example. Um I think you mentioned a turning point in the boat one day with your dad like what he said and how it affected you.

02:58.46

Lori Ann

Yeah.

03:07.71

Lori Ann

Yes, when I was 15 We were out fishing me and my brother and my dad and he had um, told me that he was drinking and he told me that if I had if I was pretty now and I could go you know. And be ah, a dancer or a stripper and make money good Money. So I was 15 and it just hurt my feelings because he was supposed to be my dad and protecting me from things like that and not want me to do things like that and it just that really just kind of broke me and. And ah made things very Worse. So.

03:43.54

lovelightstories

Yeah, yeah, it's like that thing where you expect your dad the person who raises you to be looking out for you and instead he was suggesting something that even at that point that young you realized was not healthy. Yeah.

03:59.72

Lori Ann

Yeah, yeah, yeah, and.

04:03.53

lovelightstories

Yeah, okay, and and then what what did that lead to um after you've gone through this with your dad and had this conversation in the boat and so much more that has happened over all of these years right? like ultimately where did that lead you right.

04:19.60

Lori Ann

Well I started drinking. You know, stealing drinks from them and drinking with my friends skipping school smoking pot and running away and sneaking out at nights and all kinds of things. It just. Ah, just went just crazy and then yeah, so um, but um I ended up getting pregnant by the time I was 15 Yeah, and ah.

04:41.37

lovelightstories

Yeah, you. Right? right? You can really see that slippery slope of like that underlying trauma and feeling unworthy and uncared for by your father if that would be the right word like how that can lead to such.

05:05.47

Lori Ann

Um.

05:07.15

lovelightstories

Rebellion and kind of this I don't know if you would say it felt like kind of like you were in a season of being lost.

05:13.71

Lori Ann

Yeah, yeah, for sure I feel it that I see now that in order to survive you have to have something that makes you thrive and um, whenever you wake up and don't feel wanted or. Um, significant or even anything to be happy about you Just look for something to be happy make you make you feel better and give you that endorphins and the feelings that you need that usually you would get from you know, other people. But yeah, so.

05:46.34

lovelightstories

Right? For sure you were definitely lacking that at a young age and and growing up and so you said that you had a teen pregnancy and you also had told me your parents got divorced around that timeframe as well. Um, and then let's. Give a head right? Yeah, you had tell us about your other children and that experience raising them.

06:04.37

Lori Ann

Ah.

06:11.29

Lori Ann

Um, okay so I have had 4 children by the time I was 24 and um and I loved them very much. They loved me and I loved having them and they were mine and they were very special to me but you know. Ah, the same time I was very young I was 24 having with four kids and I really didn't have a clue what I was doing and um, and yeah, so so you want me to talk about that. This.

06:43.57

lovelightstories

Um, yeah, sure like it. Yeah, just what it was like raising your children and the experience you went through. Ultimately.

06:53.33

Lori Ann

Well I didn't raise them because um, they were well. My oldest was 11 and then my other 3 were 5 and 6 and 7 and um, they got taken from me from defects. 3 times because I just um because of drinking and then getting and you know just getting in trouble and not being a ah good stable environment and um, course looking back now.

07:17.98

Pamela Hillman

Yeah.

07:29.30

Lori Ann

You know, of course it's a good thing that they got that they went where they went because there's no telling how messed up they'd be. You know said if I didn't know what I was doing so um and that the third time they were taken they were telling me that.

07:47.39

Lori Ann

That Ah, they were gonna separate them if if I didn't sign it over and sign them over to the to it to the to the foster care and they and they were They were all together at the time. So Um I wanted them to at least be together and plus I was I knew this woman and I had. Every time I got her back. Got them back. They were with her and then whenever I would get him back I would go To. We stayed in touch like I trusted her and stuff and and she made it out to be like that I would be able to be in their lives still but that didn't happen. Um, but so.

08:23.38

lovelightstories

Um.

08:24.83

Lori Ann

Whenever that happened I ah lost it I lost it for real and just it was devastated and you know I don't think I don't know how much more of a you know loser you could feel whenever you you have 1 job would be. Ah, good mama and then you know you don't know how to fulfill that. So yeah I feel like that's how the devil gets as women is is he um you take our children you got us so by the way he knows that. So.

08:46.13

lovelightstories

Yeah, yeah.

08:58.60

lovelightstories

Um, right right? You you mentioned that it was you really lost it when when your children were taken away by defects and um.

09:01.39

Lori Ann

Yeah.

09:09.43

Lori Ann

He.

09:11.98

lovelightstories

Totally understandable. Can you just like take us back to that moment and help us understand what it felt like to be you and what was going through your mind and how you felt and all of that.

09:26.84

Lori Ann

Um, well when they got taken the last time. Um, ah ah man it was devastating I was just walking just was just bad it was miserable I made everybody around me miserable. Especially Earl here. Um, just I was hurting so bad and you know everybody has that devastating thing and that's what mom was but whenever I did son. I was I went to a rehab and then whenever I did sign them over I was in the Rehab and I was clean and god showed me all of the scriptures in the bible about how that my children were back. He pretty much just told me that you know do what you have to do and then. You will have them back one day they will come back to you. You know you will and I knew that with if never you know out of all the things I know that I know and in this world I knew that my children were come back and um, and yes, so far 2 of them have my oldest.

10:21.72

lovelightstories

Wow.

10:31.28

lovelightstories

So.

10:39.19

Lori Ann

My um or my daughter. My oldest daughter and then my other daughter but my with a ah good praise report since last time is that my daughter went out to eat with my oldest son and he's in the ah National guard right now. Yeah, and so yeah, so she um.

10:51.52

lovelightstories

Ok.

10:57.49

Lori Ann

She talked to him and got to tell this side of the story because I never had to tell my side and they they told him horrible things about you know the situation me instead of just I don't know. But anyway so he got to see that that it's not. All that and plus he's mind is he's up more open minded now and he's not just being mad at me and so is she playing the seeds and so he's gonna be next I just know and then one more so they're they're on their their way.

11:18.23

lovelightstories

Right.

11:30.38

lovelightstories

Yeah, isn't that beautiful that God gave you that reassurance kind of like he was cradling you while you were longing to cradle your children and um that they would come back to you one day and he's already began to fulfill that and that's just beautiful.

11:32.10

Lori Ann

Yeah, absolutely yeah.

11:44.38

Lori Ann

Yeah, yeah, yeah, yes, it's happening and quicker than what I thought I thought my boys were gonna take a while but it's right around the corner. So that's very very exciting I'm living in I'm living at.

11:48.20

lovelightstories

Oh I didn't even know that that is so wonderful.

11:54.83

lovelightstories

Oh that's so me. Yes.

12:02.50

Lori Ann

Um, living in that miracle that he told me about now or told me about 20 or you know fifteen twenty years ago now so it's really amazing. Yeah, it's very sad then.

12:08.63

lovelightstories

Yes, how beautiful Wow you mentioned you went to Rehab can you um just share what that experience was like how long were you there.

12:20.44

Lori Ann

I went to the rehab um, it was called the Ruth house and I was there for nine months and it was up on a hill in Rock Mark or no, no, no rock I forget it's up there by so a Jasper out in the middle of nowhere and um.

12:37.70

Lori Ann

And um, that we didn't have anything but our bibles and each other and in you know, class and god so it was just amazing I walked around I I read I wouldn't let my mind think I would just have to I would have to be reading in the word no matter if I was doing something or whatever I would be. Memorizing a word or something. But anyways I ended up walking around with Jesus up there. It was amazing. That was unreal and um, that was really neat and that's whenever I signed the papers over for my children I was there and that was in 2008 and so um. That went really good I thought that you know everything was gonna be okay, but not even six months later I was back out there again. You know so I was I wasn't into college doing medical assisting classes and then just.

13:28.38

lovelightstories

Um, wow.

13:34.39

Lori Ann

One day on the way to class I ended up over the drug dude's house. So I just didn't have that the support system and the and the and the I don't know I guess my mind was renewed I just didn't have the support system I guess.

13:38.84

lovelightstories

Um.

13:50.77

lovelightstories

Yeah, right? and and you mentioned to me too that it might have it was a nine month program um which seems like a long time but for a lifetime of addiction. It maybe wasn't long enough for it all to sink in for you.

13:59.77

Lori Ann

Yeah, sure. Absolutely yeah, yeah, you got to have a mind change that's permanent apparently is you or your ongoing. Even yeah.

14:06.36

lovelightstories

Yeah, so.

14:16.90

lovelightstories

Um, right? and I think now would be a fun time to mention to the connection to Pamela and how you actually met her in prison at 17 years old and then again later and. It's just I didn't know that and now you're obviously very connected with Pamela um, can you just share like what the first time you met Pamela in prison like that experience and that connection and and all that.

14:43.81

Lori Ann

Well, um I was 17 ah and went to Jill for the first time and I remember seeing her in there and she was just being Pamela in there and I remember her I don't know why god I remember what she said. And everything is just ah is really neat how he made me forget me remember the things that with her um of all of the things I've forgotten in the world. You know throughout life. So yeah, and then um, what was it. It was.

15:11.10

lovelightstories

So.

15:20.29

Lori Ann

70 so then many years later it was in 2010 um I was in jail with her again and we both were waiting to go to prison and she went to prison before I did and then I got to prison and she was there.

15:29.18

Pamela Hillman

K.

15:38.48

Lori Ann

So yeah, and then when she was there she was writing the vision for this Ministry. She sat up in her little little bunk and and just read and studied and helped other other women that were struggling had a little class in there. Um, remember in Jails she had um a little.. What do what? you call their exercise class that we would get do that with her. She's up with. So yeah, she was writing the vision for this program that I'm now and and part of that. It's It's Manifest. It's real.

16:12.51

lovelightstories

Yeah, the connection back to that and Pamela my goodness it's just so beautiful to to hear Lorianne talk about this in retrospect after we've heard you tell your story of your experience going through that and creating the program and everything.

16:14.63

Lori Ann

Like yeah.

16:24.22

Pamela Hillman

Um, yes, yeah, so with me going to Jail So many times right before I actually got sent to prison.

16:31.14

lovelightstories

It's just really, really neat.

16:31.17

Lori Ann

And.

16:40.14

Pamela Hillman

That's why they sent me to prison because I had you know the same offense. It was always cocaine or crack and um and I drank but I never got in trouble for that. But um, so to run in to her again. It was I mean you you run into people. But you don't this was totally divine. It truly was I mean in the way I was looking at it when I would go to jail I would always turn back to the Lord I actually never turned away from the lord when I was out using.

17:03.46

lovelightstories

Um.

17:14.83

Lori Ann

Um, yeah.

17:15.91

Pamela Hillman

Because I was always talking to the Lord and begging him to help me get out of this I didn't want to be using I Just didn't know how to get free. That's the same thing but Loriann and tells her story to me and and she would say the same thing I didn't know how just like she said she didn't know how.

17:22.30

Lori Ann

This sorry these are right? yeah.

17:24.39

lovelightstories

Yeah.

17:33.62

Pamela Hillman

To raise her children. She didn't have that example, she didn't have that undergirding support system that is so critical in life. So when we meet again in prison and she gets in the class and just I mean for. Guide to plant the seeds all those years before. Okay, even inside me somebody came along and planted seeds in me, somebody else came along and watered those seeds along the way somebody came and put fertilizer on them. You know. So Now we.

17:58.28

lovelightstories

Yeah, yeah.

18:05.40

Lori Ann

Are.

18:09.67

Pamela Hillman

God has blessed me to be able to grow with her. You know I'm growing with her now we grow together. We listen to the same things you know I'll send her something she'll say oh this one's so good. This helped me so much you know I mean that's what sisterhood is That's what.

18:14.56
Lori Ann
Um.

18:27.94
Pamela Hillman
The body of Christ is isn't that what we're supposed to be doing is uplifting 1 another and knowing that if they're in something that we're in it too. You know if they're suffering if they're hurt if they they have a loved one who's down or they're just so stressed out about things.

18:32.27
Lori Ann
Um.

18:37.91
lovelightstories
Um, yeah.

18:46.70
Pamela Hillman
You know we have to come alongside and and be that Jesus you know, right.

18:50.66
Lori Ann
You know.

18:52.51
lovelightstories
Yes, yes, yes for sure. Yeah lorianne I know you've said so many times how Pamela has been so instrumental in your support system and helping make this transition and and changing your life transforming your life. Um. For real this time right? and we'll get into that more. We'll totally get into that more. But it's really beautiful.

19:10.94
Lori Ann
Ah, yeah.

19:16.55
Lori Ann
Yeah, yeah, um I was just thinking that whenever I would go to jail I went to jail like every year of my life for for like 20 years I would go every year because I wouldn't report for probation. It was like roll over minutes or something but I would. Go and then every time I went I would go back. You know reading the word and all that and just like she said I have a whole journal of the last month that I was using and that my daughter and it was praying just to help me help us help her help us help us help us up. Was just misery and I have it over there every day I would write I would pray in there and write my prayers. Ah, and it's just amazing right up until the day so that she went to jail and then that's whenever I knew if I could just get her stilled in. You know it'd be all right, she would she would just she would just get sober then she would see that.

19:55.78

lovelightstories

Um.

20:09.37

Lori Ann

She remember her boys and need to get in and know that she need to So anybody's and then yeah.

20:11.88

Pamela Hillman

Move him.

20:16.12

lovelightstories

Yes, yes, and and that gives us a little glimpse of the beauty and the light coming here at the end of this story. Um, and before we get there. Take us back to another turning point that you mentioned um. Where you actually tried to commit suicide and help us understand what it felt like for you and and um, what you even experienced physically.

20:42.13

Lori Ann

Um, yeah, well I was using and um I don't know I don't know what happened I I guess I had I had rain out and I was over at my dad's and my my dad a kid.

20:56.92

Pamela Hillman

Was his trigger.

21:00.32

Lori Ann

He's a true. Yeah, he's a super Trigger. So I don't remember what happened it seemed like I was sick or something and he wouldn't let me and I was drinking though and he wouldn't let me in and ah I don't know I Just remember that just like that I I took a handful of morphine and. Chased it down with a whole bunch of Huntpro vodka and that was last thing I remember until um I woke up in the hospital. But um I mean I didn't really just wake up. It was It was a terrible. It was Terrifying. Ah.

21:24.13

lovelightstories

Um.

21:32.26

lovelightstories

What was it.

21:39.23

Lori Ann

But yeah I woke up in and the hospital I had overdosed and had all my organs had shut down and I was on live support for I don't even know I guess the month and ah and um I kept and I was hallucinating and I thought that. Kept seeing my family die in front of me but it was very very real and it was just a very very bad hallucinations of people in front of me and so they had me tied

down to the to the to the bed and everything and I was getting dialysis and I would just. See things and hear things. It was just awful and it was real I don't know how that happens where you can actually see something happen in front of you that absolutely isn't even happening so like yeah, um, like.

22:20.44

lovelightstories

Yeah, yeah.

22:25.85

lovelightstories

Right? What were you? if you want to share like what were some of the things you were seeing.

22:34.65

Lori Ann

Okay, the guy that I live with Earl he he um he died 3 times in front of me he he had. He had a heart he was on the phone. My mom was on the phone with him and he had apparently had a heart attack on the side of the road that was one um, another one was whenever I was getting the dialysis done and I could see right in front of me.

22:47.27

lovelightstories

I.

22:54.63

Lori Ann

He was hanging upside down and getting squashed out terrifying. He was getting squashed like a there's really bad and then my daughter she was pregnant I saw her get shot out in the parking lot.

22:56.32

lovelightstories

Oh oh. So.

23:12.91

Lori Ann

And then my dad in front of me his hand got shot off and just weird. It was just it was just everybody kept dying in front of me was terrifying and terrible.

23:18.49

Pamela Hillman

And somebody catch on fire somebody was on fire in front of you. You said? oh.

23:25.43

Lori Ann

Um, no, not fire. He just I don't think yeah like you know how the news at the bottom is scrolls across there I was seeing their names going by that they had.

23:27.69

lovelightstories

What about I think you mentioned there were names ticking across the Tv screen even right?
and.

23:32.16

Pamela Hillman

Rule Not as.

23:41.49

Lori Ann

That whatever just happened happened and everything is just it was terrifying it was. It was very terrible I don't even know how that happens it was my reality I could see these things happening you know I've never even my brother.

23:41.75

lovelightstories

Yeah, it was just terror Yes, see yes.

23:50.19

Pamela Hillman

Isn't that amazing. What the mind can do. Yeah.

23:58.67

lovelightstories

Um, right.

24:00.81

Lori Ann

My brother was there whenever I was going into a seat to get Scan and he was looking right at me and I was talking to him and he and it wasn't him I you I was him though, but it wasn't I guess it wasn't him Why would that be him. He was the doctor guy so it was just and then he went through the window with.

24:13.29

lovelightstories

Yes, yes.

24:19.33

Lori Ann

Ah, baby on his back. It's just crazy stuff. It got really wild really wild.

24:21.88

lovelightstories

Lots of lots of crazy things. Do you know why? um those hallucinations were happening was it like residual effects from the overdose or like your brain coming back or did the doctor say.

24:31.94

Lori Ann

Yeah, what? Ah what I what I figure is that what I figured out is that sodium if Sodium gets extremely high or or something like that Sodium gets extremely high. You could hallucinate.

24:48.55

Lori Ann

I Really don't know I don't know I guess it was just a little bit of everything maybe even. But.

24:53.60

Pamela Hillman

Okay.

24:53.62

lovelightstories

Yeah, yeah, right? and you mentioned to me too that you found out that your daughter actually well because you were in the hospital for how long first of all, yeah, so is ah it was a good amount of time and during that time.

25:01.75

Lori Ann

About three months total I mean.

25:08.62

lovelightstories

Your daughter also started using right? Yes, okay do you know like why? like how she started to fall into that. Um, knowing that you are also in the hospital for this right or something similar.

25:09.42

Lori Ann

Yes, she did.

25:23.42

Lori Ann

Yeah, yeah, well that day that day that I did the overdose I had went to her house that night right before and um and she was she was mad at me because it was kind of late and she was and I. She said this afterwards she said I had asked her to paint my toes and she said that after that she she and then that one happened but um, what was I saying I'm sorry it was ah okay, yes whenever.

25:52.26

lovelightstories

Um, if you know why your daughter started using while you were in the hospital.

25:58.36

Lori Ann

After I went in the hospital she her and her husband started. Um, she got pregnant and then her and her husband were kind of she moved out for a minute and they were at odds so and then she was just ah somehow between them and they weren't working anymore and so. She was working at this ah grooming place pet grooming place and somebody there was using and I think turned her on to it so and then she did yeah.

26:24.90

lovelightstories

Yeah, right? Okay and remind me again and for those listening after you got out of the hospital. Did you end up going back to prison again after that for the same.

26:41.57

Lori Ann

Ah, sure, No no I have not since I've been of the hospital.

26:44.10

lovelightstories

No Okay, Okay, so the fact that we already mentioned your daughter might be a good time to say and that's why I wanted to make the connection. Um, you also told me that yes, go ahead.

26:53.88

Pamela Hillman

If I may interject here. Yeah so when I got a text from Lorian It's I wish I would have saved that text I would have it framed now. But it said.

27:07.62

lovelightstories

So.

27:10.20

Lori Ann

Um.

27:11.81

Pamela Hillman

Something like this and it was um I've been in the hospital for three months on life support a month and a half and I'm gonna die she said something bad happens every may and this was may it was like I don't know may third may fifth maybe and she said.

27:29.18

Lori Ann

Um, yeah, yeah.

27:31.43

Pamela Hillman

I'm going to die and I said where are you but this is what she she told me was that ah a number kept coming across in her mind and it was my telephone number and she kept saying it out loud. She was laying on her bed and she just kept saying it and Earl.

27:42.60

lovelightstories

Okay.

27:51.27

Pamela Hillman

Ah, the man she he's precious man. She's lived with for twenty something years and um, said whose number is that and she said it's it's pam I think it's Pam and so he I guess she texts this. But it said. That she was gonna die and I said immediately I said can I come get you I said can I take you to the baptism pool because I was serving at my church and they have a healing baptism pool and people were coming from all over the world getting healed so I knew and. And so you want to take it from here. Lorianne.

28:28.51

Lori Ann

yeah um yeah I was see I codia went to jail and I was getting high and she had sent me that that psalms eighty eight which I printed out and it's it is rough. It's rough that psalms on 88 but my number was always 8 and so I guess that she read psalms eighty eight and it. She told me to read it so and it you know me to share a little bit of okay, it's pretty rough. It says I'm as good as dead ah like a strong man with no streak left they have they have me wait they have left me among the dead.

28:48.17

lovelightstories

Sure Yeah, go ahead.

29:02.84

Lori Ann

Um, like a corpse in the grave I'm forgotten cut off from your care you have thrown me in the lowest pit into the darkest depths and then this is part got me what was you have driven my friends away making me repulsive to them.

29:18.16

lovelightstories

Um.

29:18.52

Lori Ann

And I think that's what I remember that part right? There is that just Earl I mean he's yeah, he's put over so so much so many years and just and then it just all hit and that's whenever I ah texted well was the next day I said that number out loud and then we were it was the next day was mother's day.

29:24.22

Pamela Hillman

There.

29:27.70

lovelightstories

Um.

29:35.73

Pamela Hillman

Start.

29:37.38

Lori Ann

And Mays are always horrible because of mother's day and my birthday Cody's birthday was in there so in and just always bad things happened, but this time I got I got saved in me I got I got a clean and sober in may. Yeah yeah.

29:48.58

Pamela Hillman

So I went picked her up I wouldnt picked her up that day to occurre to the to the baptism pool that night she could hardly stand up she was she was high and she she was just like her legs were just giving out.

29:49.15

lovelightstories

Um, even may was redeemed.

29:57.15

Lori Ann

I spent the night

30:04.40

Lori Ann

And.

30:06.31

Pamela Hillman

And ah so she went down in the baptism pool and came up and and I had given her this complete protocol. It's a health and wellness protocol along with scripture sheets prayer sheets Fade sheets I am sheets all kinds of you know, sheets to read every day.

30:17.17

Lori Ann

Are yeah.

30:25.11

Pamela Hillman

And so she took all this I said just take baby steps. You don't have to do all this at 1 time I said but you know go to the mailbox every day walk to the mailbox add another the next day just whatever you can do add to it. And we'll talk every day. Well I didn't hear from her for five days and I said no lord no no, no, no, she is not going back. The devil is not gonna have her so we just prayed I got the prayer team praying and we were not gonna let the devil take her.

30:50.29

lovelightstories

Um.

30:59.90

Lori Ann

Yeah.

31:01.57

Pamela Hillman

But she he was not gonna win her again. So then she contacted me and she says I am so sorry she says I've been sleeping for five days that's a great hallelujah great. She's been detoxing the lord's been ministering in that deep sleep. So and she's never.

31:02.80

lovelightstories

You.

31:10.90
lovelightstories
And.

31:10.18
Lori Ann
Um, ah hear. Yeah yeah, ah yeah.

31:16.22
lovelightstories
Yes.

31:21.47
Pamela Hillman
Turned back. Never gone back. She is my mentee coordinator. She does so much She does everything that keeps this ministry grounded She is it. She's the the foundation here. Yeah.

31:23.35
Lori Ann
Um, how we yeah.

31:23.68
lovelightstories
Hallelujah. Yes.

31:38.28
Lori Ann
Ah, when ah when I did wake up. Um I had all the vitamins and stuff and that and that list of things in the prayer sheets and that's what I did for three months I I just sat on the back porch from time I woke up. And I read about god anything everything I just kept my mind I wouldn't think I didn't want to think because if I thought I thought I felt like it would pull me you know I didn't want to think so I just yeah, yes, yeah.

31:57.39
Pamela Hillman
And she talked to me every day that was a key you know you have to you have to be in communication and have an accountability partner have somebody that is walking alongside you through your journey.

31:59.50
lovelightstories
Yes, yes.

32:10.22
Lori Ann
Now. Yeah.

32:11.71
lovelightstories
Yes, yes, but.

32:13.65

Pamela Hillman

Or you're alone. You feel like you're out there and you go back to the familiar and that's what we had to change the mindset that there is no option. There is no going back into the desert. There is no more desert your new creation in Christ now there is no turning back.

32:23.60

lovelightstories

Yeah.

32:24.46

Lori Ann

Um, yeah I am.

32:28.45

lovelightstories

Beautiful.

32:30.18

Lori Ann

Know yeah, and that's that's what happened is ah in anytime and it was rough. It was real rough the first couple of months because ah mind was just ah I was just so I don't know this sad and just.

32:41.54

Pamela Hillman

What like she wanted to do something she says what can I do I want to help the ministry. So that's when I started saying well why don't you come over I'll come get you. You can come over but Earl was bringing her.

32:45.65

Lori Ann

So she would call I would call her. Yeah.

32:58.55

Pamela Hillman

And then I had a vehicle extra vehicle in the ministry. We we've got vehicles and we blown them to people and so I said here now you have a vehicle you can come so she started coming and then she would just spend the night she would spend the night and she would stay like 3 four nights.

33:12.92

Lori Ann

I I would come 3 3 times a week or 3 nights a week I would just stay there because I didn't want drive back and forth and then and then after that we did that for a year I realized that had I not done that I would have maybe have floated back and this is the same.

33:16.59

Pamela Hillman

And yeah.

33:31.29

Lori Ann

Thing because I needed a new and then plus I got to see her live and it's like that. Ah in the bible it says somewhere you you you watch how people live and that way you can watch how Jesus lived you know and that's what I did I learned how to eat right? and just live right and get up and do things and.

33:31.41

lovelightstories

Um.

33:42.91

lovelightstories

Um, yes.

33:50.64

lovelightstories

Yes, yes.

33:50.74

Lori Ann

Everything you know so that was mandatory I believe and and and that's just so Cool. How it it just happened like that because whenever she she the the girl who was doing them. This job had left and she had asked me to do it and I was like ah I don't want to mess it up I don't want to mess up I. I Don't want to ruin our friendship or anything and and then I shoot so I just left out there. Yeah stuff. Author Yeah yeah, yeah, it was really cool.

34:13.38

Pamela Hillman

I gave her a little bit at a time I gave her a little bit here and said okay do this This is easy and then she she just caught on so fast and then I said okay well let's add this to it and then she got in and she just I mean just this.

34:15.39

lovelightstories

Yes, yes.

34:32.92

Pamela Hillman

She was made for this. Let me take all through her life. She has been programmed I mean ah, that's not the right word programmed but she's been um, created Yes, yes.

34:35.20

lovelightstories

Um.

34:35.47

Lori Ann

Ah, you know? yeah.

34:40.30

Lori Ann

When whenever I would get out of Jail I Remember the last time I went to Jail I was I would I was in there and I would pray for the girls I would write down prayers and put them in my bubble anyways and and then.

34:42.67

lovelightstories

Created for this purpose. Yes.

34:58.52

Lori Ann

And they were getting out and they would say come over say ah hey will you pray for me I hear you get people out So anyways, that was just funny but and then whenever I got out I I had this whole little accordion folder and I had printed out and was making my own stuff. Ah.

35:05.24

lovelightstories

Um, oh wow.

35:15.19

Lori Ann

Ah, from sermons and stuff that I was sending to the girls that were in there but I only did that for a short period time before it fell back out again. But so the cool thing is is That's exactly what I'm doing here and I was trying to do that on my own is just wild how that works out.

35:22.45

lovelightstories

Yep.

35:23.47

Pamela Hillman

Um, yeah.

35:28.39

lovelightstories

Yes, yes, I have a I have a quote too that you told me when we first met I just want to say it because I think it helps illustrate some of the transformation transformation that has happened within you lorianne. You said I find myself working at my house and I'm just so so thankful to be able to get up and function like any other human being would call a normal day. A normal day to me is a miracle and I think that's just like such a beautiful way of saying like the. The progress and the pride that you have in how far you've been able to come and um I mean this is the fun part like talking about the transformation that has happened within you um tell us more about like.

36:10.13

Lori Ann

Yeah.

36:12.20

Pamela Hillman

Who.

36:18.32

lovelightstories

How how you've changed how your life has changed.

36:21.91

Lori Ann

Well, um, ah well like you say I never am my whole life I'm um, experiences of 44 years old have have gotten up without having drink or. Drugs of some sort to get me motivated get to do things anyways, I'll just like you're saying I will just be walking around doing normal stuff around my house and it's just it's just wild how that I've never been able to do that before so I'm doing things for the first time and it's.

36:51.50

lovelightstories

Um.

36:55.14

Lori Ann

You know my battles are little right now but they're getting bigger and bigger as they go along. So yeah, yes is is yeah is is different different. It's ever been.

36:58.54

lovelightstories

Yes, yes.

37:01.17

Pamela Hillman

He is truly delivered Truly Yes, there's no turning back? Yeah and I'd like to also mention that you know I mean people look at people that are um.

37:06.32

lovelightstories

Um, right right.

37:16.56

Pamela Hillman

Falling back in the church. You know they go through baptisms and and they go and they dedicate their lives to Christ. They go up front and you know and then you hear oh well, they fell back and and so many people are so judgmental in the church and they say oh well, they never accepted. They never really accepted Christ or they didn't. Really it. You know they didn't no they did yes they did okay because just because our spirit man is completely made whole that doesn't mean our soul is not still in trauma. It's it so has those those wounds from.

37:50.24

Lori Ann

Um, yeah.

37:50.88

lovelightstories

Um.

37:53.51

Pamela Hillman

Our emotions our mind all the things that have happened to us and that's where where we were stuck. We were there was an entanglement and the enemy knows that he sets up the first trauma. Okay and he builds upon that trauma and then brings in the core beliefs and we think. We're not worthy. It's all the I am Notts I say it. He nots us up. Okay, the enemy tries to nod us up with I am not worthy I am not loved I am not significant I am I don't matter you know all these nuts.

38:15.25

lovelightstories

Yes.

38:30.66

Pamela Hillman

And we have to counter those lies First we have to go back to the root of just like with Lori Anne or anybody who and myself whom you know I've had a lot of traumas and we have to go back. It hurts to revisit that place but until you revisit the place.

38:34.60

lovelightstories

Um.

38:35.65

Lori Ann

Um.

38:49.41

Pamela Hillman

And you pull the wounded little girl out from under the bed or that's hiding in the closet and you let her know it's okay, you can come out now. It's safe. It's safe. You're okay, you're gonna make it. You're really gonna make it.

38:53.69

lovelightstories

Yeah.

39:00.11

Lori Ann

Are.

39:01.80

lovelightstories

Yes, um.

39:07.63

Pamela Hillman

You know and then we instill the I ams that Christ says I am worthy I am created in his image I am uniquely you by design. You know that's where these I am sheets come in and all we're doing is quoting what Jesus says about us.

39:23.42

lovelightstories

Yeah, yes, yes, and that transformation to Lorianne that's happened within you and getting to the root of those traumas and working through that and the pain that that causes. But then ultimately.

39:26.47

Pamela Hillman

So it's so beautiful.

39:26.67

Lori Ann

Um, yeah, yes.

39:41.99

lovelightstories

Beauty and coming out on the other side of that. Um, just like other things that have happened in your life I know that you've told me like you said earlier your children have come home 2 of your 4 and and god is working on the others and.

39:53.60

Lori Ann

Um, yeah, ah.

39:55.95

Pamela Hillman

M m.

39:56.17

lovelightstories

I Mean that's so huge too like things are you've got your job and you're working in this beautiful ministry and um, you also said you have a ah car now too right.

40:06.89

Lori Ann

Yeah, just bought well whenever my children were gone taking ah or you know whatever you want to call it they it took my soul with them a little bit you know and that's what ah I'll Spendt. All these years is just.

40:15.89

lovelightstories

Yeah, yeah.

40:21.64

Lori Ann

And then now I'm slowly getting the pieces of my heart back. You know one by 1 and then um, but yeah, just me and Cody both my daughter who now she's sober. Um she got out of jail and came to the program with us and not to mention the the workbooks the workbooks.

40:24.50

lovelightstories

I.

40:40.64

Lori Ann

Completely just trans. They renew your mind. You know they take you through all these things that she's talking about and so Cody did that with me we did it together if she stayed here for a year with me. Ah, you know we got that time back. We got that time to bond and everything.

40:42.98

lovelightstories

Yeah, yeah.

40:57.40

Pamela Hillman

She even stayed here at our house too with Lauren.

40:59.53

Lori Ann

It was it was amazing yes but she went but with me every time I wish she stayed three days a week with me over there and um and and it was and then she got herself together in doing her. Um, her favorite thing her passion which is grooming dogs and.

40:59.99

lovelightstories

So.

41:17.64

Lori Ann

She got her vehicle and I got a vehicle on the same exact day we didn't even know we were getting at the same day we knew we were both looking for one but it was just cool out ended up on the same exact day. It was so neat and then she comes and then my grand babies are back now because she wasn't able to see them and now they come every other weekend and.

41:25.67

Pamela Hillman

Honor.

41:25.92

lovelightstories

Yes, Yes, yeah, yeah.

41:37.37

Lori Ann

And then Cody doesn't live here anymore but she comes here to stay and then so it's me and both my girls and then my grandbaies and we all still spend the weekend together just hold up in our and you know just all over the house. So it's just wonderful and um, yeah.

41:46.15

lovelightstories

Yes, yes.

41:50.74

Pamela Hillman

Um, isn't it Beautiful Beautiful. Oh so beautiful.

41:54.30

lovelightstories

Yeah I wish I wish everyone listening could just see the smile and the joy on your face and I mean to hear you talk about how you literally got your life back from laying in the hospital like almost you know, not alive to coming back and having.

41:56.40

Lori Ann

They were just here last weekend. So.

41:59.61

Pamela Hillman

Um, her.

42:14.30

lovelightstories

This fulfilling life of fulfilling work with Pamela and life changer's legacy and your children coming back. The relationship restoration getting to be with your grand babies just all of it is so beautiful. Yeah.

42:25.84

Lori Ann

Yeah, this is a way the always wanted to in my mind live I always wanted it to be just like this just like it is and I didn't know how to to do it and know how to get there. But um, so is.

42:38.48

lovelightstories

Yes, yes, yes, well before we before we begin to wrap up I want to ask you a few things Lorianne about some just parting words or wisdom. You'd like to leave with those listening today and the first thing. I want to ask you is what do you want people to know about addiction.

42:59.68

Lori Ann

Um, well let's see I know that people think that people just like Pamela was saying they did they just not trying hard enough or whatever. But. It's it's a struggle. It's more of a struggle than than you can know because nobody wants to live like that nobody wants to be that miserable. Everybody wants to live and be happy and just when you're in that it's not that way and you knew more than just you know a 1 ne-time event.

43:33.96

lovelightstories

Yeah.

43:35.24

Lori Ann

Like we were saying so need we need? Yeah, yeah, there's something bigger than that. It's bigger than just the addiction. So yeah.

43:38.19

Pamela Hillman

They're in pain. They're just trying to cover up the pain. That's why it's so important to get to the root cause of the pain.

43:40.10

lovelightstories

Um, yeah, right.

43:48.40

lovelightstories

Right? right? Yeah I think your story really helps illustrate and help us but to begin to understand for those who haven't had to struggle with addiction like begin to understand that true bondage and like how bad you wanted out and how hard you tried and.

43:49.70

Pamela Hillman

Mandate the band. Yeah.

44:07.31

lovelightstories

Difficulty that it ended up causing in your life and and ultimately the support system that you found to help you get out and yeah.

44:14.43

Pamela Hillman

And don't give up on people don't give up on people I mean you you don't know what they're going through just because they go back. Does not mean God's hand is not on them intercede get on your face and write for them. Yeah, and and invite them.

44:20.54

Lori Ann

Um, to.

44:25.44

Lori Ann

Exactly pray is what you do that will change it.

44:32.20

lovelightstories

Um.

44:33.98

Pamela Hillman

Don't don't shun them away because you're throwing them out there for the enemy to have them even more you've got to make them inclusive and and feel like they're loved because they don't They're not basically people people don't want to be around them and and you know you can only.

44:40.81

lovelightstories

Um, yeah.

44:53.83

Pamela Hillman

Give somebody so much I won't even say Grace because god gives us grace after Grace after Grace but enabling them is ah as a whole. There's a balance. Okay, you can't enable them to continue using.

45:03.47

Lori Ann

Um.

45:05.25

lovelightstories

Yeah.

45:11.10

Pamela Hillman

But don't shun them away from your family as as love you know, give them the love Just don't give them money to go get stuff or take them to go get stuff just because you love them. There's there's a difference So we we give them truth of the word.

45:16.54

lovelightstories

Um, yes.

45:23.42

lovelightstories

Yes.

45:30.31

Pamela Hillman

Tell them who they are in Christ not who the enemy has them entrapped in. We have to give them who god created them to be give them a foreshadowing of of who they will be. You're created for more than this, you're better than this.

45:34.42

lovelightstories

3 right.

45:44.86

lovelightstories

Um.

45:47.76

Pamela Hillman

Satan's just lying to you. You're you're over here. Let's pull you over here. You know I mean if anybody in who is listening if you can touch one life I mean it brings tears to me to hear Lorianne Story and the restoration. This.

45:51.92

lovelightstories

Yes, yes.

46:05.95

Lori Ann

Um.

46:06.50

Pamela Hillman

Beautiful restoration that God has done in her life and to know that just the seeds just just using me if it's the only thing I ever do in my life I am so fulfilled just to know her life is this now.

46:15.88

Lori Ann

Um.

46:18.70

lovelightstories

Yeah. E.

46:24.40

Lori Ann

Um.

46:24.16

Pamela Hillman

It brings so much joy to my heart I Love her so much She is my sister forever.

46:28.80

lovelightstories

I Love that that is just beautiful.

46:33.37

Lori Ann

That's that's another thing too I want to say is to pray pray about everything prayer is so powerful 1 time Cody my oldest she started getting off track and found this guy he was using she she says there was a user or whatever. But. I started freaking out so instead of like freaking out to her I just started praying I started sending out prayer to Joyce Meyer and to all these different places I call Pamela and then Pamela gives with me and she prays and the next day I'm telling you the next day that. Some guy came into Cody's work a a guy that and and sent an email to her boss saying oh she's really nice. Oh yeah, you know maybe I could maybe she'll call me or something she ended up calling him and and she got away from the other guy found her this awesome guy right now.

47:20.82

Pamela Hillman

And we've prayed that we prayed that I'd bring somebody else. Yeah.

47:22.34

lovelightstories

And.

47:24.33

Lori Ann

Yeah, that's what I'm telling you I know that everybody got God listens to everybody's prayers but every but every time I get this woman are here to pray with me. It happens like immediately as well. So prayer prayer prayer.

47:34.82

lovelightstories

Yep yep, that's beautiful. Yes, all right in 1 last question Laurieanne what would you say to someone who's struggling with addiction right now and how can you encourage them.

47:49.75

Lori Ann

Ah, um I don't know ah call Pamela V Good no is it's just the I think the.

47:56.94

Pamela Hillman

Ah.

48:02.75

Lori Ann

Deepest thing in that you can't see they can't see from and um out there and use them. It says you got to have a mindset change that is what it's all about your whole mindset. You got to do something to to get your mindset just change because you'll be the same as that people just like the ones that are in prison.

48:15.34

lovelightstories

So.

48:22.70

Lori Ann

If they don't get their mindset changed when they're in there then it's the exact same when they get out and that's what I tell I mean that's when it. That's what what? workbooks are for and then we encourage them to of course read the bible and get with God and be you know That's what you that's what she do.

48:38.21

Pamela Hillman

God gave me an acronym for change I mean literally at four a M I had googled acronyms for change and they were all. They just didn't settle right? So I prayed and that night the Lord gave me choose habits around new.

48:38.24

lovelightstories

Right? yeah.

48:40.21

Lori Ann

What I did Oh yes, that's a thing.

48:58.90

Pamela Hillman

Growth every day is yes.

48:58.16

Lori Ann

I Wrote that in here I did that the first of I said I Forget what the question was but I said change choosing Habit I think that was what it was changing habits around new growth every day renewing of your mind health and wellness and most of all a good support system.

49:01.31

lovelightstories

Um.

49:16.20

Lori Ann

Have freed me from all the Strongholds and bondages in my life or some you know a lot of them about that.

49:20.50

Pamela Hillman

Yeah, so I want to say something real quick about the health and wellness component Now one of the reasons that a lot of people that are coming away from trying to stop drugs or alcohol is that there's an imbalance.

49:20.90

lovelightstories

Yes, yes yep.

49:24.85

Lori Ann

Yes.

49:36.66

Pamela Hillman

And your your endorphins all the dopamines you're so used to them flowing. Well once you quit drugs you you go to eating or you know you're trying to substitute something right? Well if you will take Aminos micros proteins and greens.

49:49.63

Lori Ann

Name.

49:53.82

Pamela Hillman

It balances and releases the same amounts and that's what I gave Laurie Anne that's what I gave Laurie in I said you got to take these every day and it's a powder. Yes, we we do every day.

49:58.51

Lori Ann

That's what that's what happened I Remember that first week I felt it I felt it so and I still do still do absolute. Yeah yeah, it's good.

50:09.20

lovelightstories

Yes, and and it's just healthy, a healthy new regimen. Beautiful. Yes, yeah, well um, laurian you mentioned to having that strong support system. It was so critical and Pamela that's ultimately what.

50:10.15

Pamela Hillman

The Holy spirit gave gave me the whole regiment.

50:15.74

Lori Ann

Get stuff.

50:21.72

Lori Ann

That yes.

50:25.86

lovelightstories

You've provided and coming alongside Lorianne in this journey. But also what you do with others. Um, so many others tell us about your program with life changers legacy and um, how people could learn more about that too.

50:27.75

Lori Ann

Absolutely.

50:38.15

Pamela Hillman

Okay, well it all started. You know through my story. It's not what happens to you but what you do with what happens to you so I created these workbooks that I see me free for phase curriculum and it's it's basically. Like Lorianne said you have to change your mindset so we send these in to those in prison we're in all the women's prisons in Georgia we're in some other prisons and other states. But we're in 17 isn't it 17 men's prisons. We have.

51:14.30

Lori Ann

Um, it's quite a few you know.

51:15.37

Pamela Hillman

Anyway, we have we're in a lot in the men's prisons and there's 36 so we're not in all of those but not yet. But so we provide a mentor to walk alongside them through email video visit if you're on their visitation list.

51:24.27

lovelightstories

Um.

51:32.90

Pamela Hillman

But phone calls letters cards and you basically walk alongside them through the workbook course it takes maybe an hour to 2 hours a week to mentor somebody from your home. It's so rewarding and yes, it's a 2 wo-edged sword

51:45.83

Lori Ann

Um, help change your mindset. Um.

51:51.28

Pamela Hillman

Even a mentor receives healing because they go through this life changing workbook as well. It's amazing. It's all just holy spirit developed and you know it's for godly development for character we want we want Jesus character right? So we've infused all the.

51:55.41

Lori Ann

Is anointed.

52:11.70

Lori Ann

Um.

52:11.26

Pamela Hillman

Ah, methodologies of the therapeutic interventions meaning that we have trauma recovery empowerment model critical thinking stages of change criminal thinking emotional intelligence just everything for the psychotherapy but it's infused with the word of God he is who healed me the word.

52:26.71

Lori Ann

Um.

52:29.72

Pamela Hillman

Is who healed me so I mean the biblical principles that are infused in this workbook is what brings the lasting change and you can go to the website [lifechangers legacy.org](http://lifechangerslegacy.org) [lifechangers legacy.org](http://lifechangerslegacy.org)

52:33.52

Lori Ann

So good.

52:36.42

lovelightstories

Yes, yes, wonderful guess.

52:48.68

Pamela Hillman

Or you can call me 6 7 8 7 6 8 1978 I heard it was a great year nineteen how many here.

52:56.35

lovelightstories

There you go there, you go Well Lorianne First of all, thank you so much for coming on the Love light stories podcast and sharing your story. It really is an intimate one I don't take it for granted to be able to hear your story and that you trust.

52:57.71

Lori Ann

Um, yeah.

53:03.79

Pamela Hillman

Yeah.

53:11.52

Lori Ann

Oh.

53:14.17

lovelightstories

Me and our listeners to allow you to um to share that for the good of others like you said your story has not been for vain and um, it's just been really an honor and a beautiful testimony story in Pamela too. I mean to have you on here and be able to make those connections back in the relationship and the support system and all of that. It's a really fun follow-up story and episode 2 your episode 2 pamela that was that aired earlier on this show. So.

53:32.88

Pamela Hillman

Parents.

53:41.76

Pamela Hillman

In its.

53:46.77

lovelightstories

Um, I Just thank you both so much.

53:47.57

Lori Ann

Thank you Thank you that was that was fun. Yes.

53:47.67

Pamela Hillman

Thank you for having us you're You're so wonderful. Thank you.

***Lori Ann asked me to add something here at the end that she wishes she would have said in our interview. She says, "I forgot to say that now my dad lives 5 miles away and he has been trying to change and be kinder and realizes the things that went wrong long ago with the way that he treated me. I also know that I don't think that he realized what he was doing at the time that he was doing it. It was just a reflection of how he was raised." ***