

Your Hair Is a Gift

When I was a child, my hair often felt more like a burden than a blessing. I remember sitting still as my mom worked through it—straightening, combing, or styling it in ways that never quite felt like me. I longed to wear my hair out, free and natural, just the way it was. On the rare days she left my hair alone, I felt relief. I could simply be.

Back then, I didn't know how to cherish my hair. No one ever taught me to see it as beautiful, something to love and nurture. To me, it wasn't just hair—it was a reflection of my self-esteem, and I struggled with both. People would compliment how long and thick my hair was, but I couldn't take pride in it. To me, it was just another weight to carry.

As I grew older, my hair became the first thing I sacrificed when life felt hard. When I was depressed or trying to meet others' expectations, I took it out on my hair. I bleached it over and over, neglected proper care, and treated it like it didn't matter. My hair became my outlet, the one thing I could control when everything else felt chaotic.

Looking back, I realize how much I took it for granted. My hair is an extension of God's favor. By His grace, it grows fast, yet I resented it for that. I saw it as a burden when it was truly a blessing. Whether long, short, or even absent, our hair is a gift from God—a reflection of His creativity and love.

Now, I want to be the voice I didn't have as a child. I want young girls—and anyone struggling with their hair—to know that their natural hair is beautiful just as it is. I want them to cherish it, to understand its value, and to see it as part of their unique identity. This isn't about length, texture, or even whether you have hair. It's about embracing who you are and seeing your worth through God's eyes.

How Do You Feel About Your Hair?

For many of us, our feelings about our hair are deeply tied to our past. Imagine being a child and hearing comments like, "Your hair is so thick," "It's so stubborn," or "This is such a chore." Over time, those words stick. You begin to believe them, internalizing the idea that your hair is a burden.

As you grow up, those beliefs shape your actions. You may see your hair as something that needs to be "fixed"—straightened, relaxed, or hidden under wigs and extensions. You might feel like your natural hair isn't enough to be beautiful or worthy. But that perspective isn't the truth.

Your hair is not a burden. It's part of your unique beauty, an extension of who you are. Let's work to change how you see it.

Steps to Begin Loving Your Hair

1. Recognize the Issue

The first step is acknowledging where you are. Recognize any negative beliefs you've held about your hair and commit to changing them.

2. Understand Your Hair

Learning about your hair's unique needs can transform how you care for it. For example:

- **Low Porosity Hair:** This type resists moisture because the cuticles are tightly closed. Lightweight, water-based products and applying them to damp hair can help.
- **High Porosity Hair:** This type absorbs moisture quickly but loses it just as fast. Rich, creamy products and sealing oils can lock in hydration.

Understanding your hair's porosity is key to building a routine that works for you.

3. Keep a Hair Journal

Document your hair journey. Write about its texture, how it reacts to products, and what makes it thrive. This practice not only helps you learn about your hair but also reminds you to celebrate small wins, like finding a product that works or mastering a new style.

4. Shift Your Mindset

Changing how you think about your hair is crucial. Begin by replacing negative thoughts with affirmations. Look in the mirror and speak life into your hair.

Affirmations for Hair and Self-Love

- My hair is a crown that reflects my uniqueness.
- I release all negative beliefs about my hair.
- I am beautiful in every stage of my hair journey.
- Caring for my hair is an act of self-love.
- My hair, in all its forms, is a gift from God.
- I am confident, radiant, and unapologetically me.
- Every strand of my hair tells a story of strength and beauty.
- My worth is not tied to how my hair looks, but to who I am.

Reflection Prompts for Your Hair Journey

1. What is your earliest memory of your hair? Was it positive or negative?
2. What messages have you internalized about your hair?
3. When do you feel most confident about your hair?
4. What do you love most about your hair?
5. How does your hair reflect your personal growth?
6. What steps can you take to show your hair more love?

Self-Love Rituals for Hair and Well-Being

1. **Scalp Massage with Affirmations:** Massage your scalp with oils while repeating positive affirmations.
2. **Mirror Affirmation Practice:** Look in the mirror and say three affirmations aloud.
3. **Create a Hair Care Playlist:** Play songs that boost your confidence during your routine.
4. **Candlelit Hair Care Routine:** Light a candle while deep conditioning for a spa-like experience.
5. **Hair Journal Practice:** Document your progress and celebrate small wins.
6. **Weekly Pamper Session:** Dedicate one day for extra care like deep conditioning.

Closing Thoughts

The journey to loving your hair is a process, but it's worth it. With time, patience, and care, you'll begin to see your hair not as a burden, but as a reflection of your unique beauty and strength. Remember, your hair is a gift from God—and so are you.

If you would like to listen to the podcast episode that goes with this here is the [link](#). or just go over to the podcast tab and it is [Hair and Healing: How I Took My Pain Out on My Hair](#)