



Embracing the Light Within

My journey of resilience with HIV

October 4, 2023 By Jomil Luna

Living with HIV is not an easy path, but it has transformed me into a resilient warrior, determined to love myself unconditionally and share my inspiring journey with the world. This is my story of how I have risen above the challenges, embraced my inner strength and embarked on a profound journey of self-love and acceptance.

The day I received my HIV diagnosis was a turning point in my life. Initially overwhelmed by fear, stigma and uncertainty, I soon realized that HIV did not define me. I resolved to confront the disease head-on, seeking knowledge and support to empower myself in this new chapter.

Stigma surrounding HIV can be suffocating, but I refused to let it consume me. I began educating myself about the virus, dispelling myths and engaging in conversations that aimed to break down barriers and reduce discrimination. By sharing my story openly, I discovered the power of vulnerability and the ability to change hearts and minds.

Support from loved ones and the HIV community became my lifeline. I sought out support groups, connected with individuals who shared similar experiences and found solace in their stories of resilience. Together, we encouraged and uplifted each other, fostering a sense of belonging and strength.

On my journey of self-love, I realized that HIV was not a reflection of my worth. I embarked on a path of self-discovery, exploring my passions, nurturing my physical and mental well-being and celebrating the beauty within. By prioritizing self-care and surrounding myself with positivity, I found the courage to love myself unconditionally.

My love for myself evolved into a desire to inspire others. I became an advocate for HIV awareness, sharing my story through various platforms, speaking engagements and social media. By empowering others, I discovered the true extent of my resilience and the potential to effect change on a larger scale.

Living with HIV is a constant journey, filled with ups and downs. However, through self-love, support and advocacy, I have not only learned to survive but to thrive. I no longer see myself as a victim but as a survivor, a beacon of hope for others navigating their own journeys.

My journey of resilience while living with HIV has taught me the transformative power of self-love, acceptance and advocacy. By sharing my story with the world, I hope to inspire others to embrace their own strength, challenge societal norms and realize that love and resilience can conquer any obstacle. Together, we can create a world where HIV is met with compassion, understanding and unconditional love.

What three adjectives best describe you?

Resilient, helpful, humble.

What is your greatest achievement?

Living in my truth.

What is your greatest regret?

Not sharing my story sooner.

What keeps you up at night?

Overthinking.

If you could change one thing about living with HIV, what would it be?

The stigma that still surrounds it.

What is the best advice you ever received?

Remember that when other people reject or judge you, it's their limitation not yours.

What person in the HIV community do you most admire?

Myself. Because only I can take myself through my journey.

What drives you to do what you do?

To make a difference in the world.

What is your motto?

“If you stay ready, you ain’t gotta get ready. #SHEREADY”

If you had to evacuate your house immediately, what is the one thing you would grab on the way out?

My phone. LOL

If you could be any animal, what would you be? And why?

An elephant because they are super protective, love hard and remember everything.

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