

Strength Beyond Limits

Category: Grit

written by Susan Berry | January 28, 2025

There is a saying that mind over matter comes from using mental willpower to overcome challenges. However, for people with disabilities who have lost bodily function, it means something much more profound: a victory over the terror of disability, a celebration of the resilience it takes to face intense struggles.

I am an amputee paraplegic. For me, each morning starts with a choice: give in to a failing body and a mind filled with dread, or embrace possibilities that extend beyond the confines of my physical state—a chance to turn pain into purpose.

The daily routine is different, like a child learning something new. Slowly, the way becomes more apparent—a cycle of mental tasks, affirmations of personal strength, determination, and creativity.

Through technology, where limitations and physical barriers once existed, come a collaboration and a more personal way to pursue dreams that cultivate a sense of community and belonging. This reinforces the idea that we are never truly alone in our journeys.

When the day draws to a close, there is a stillness not only of night but also of a quiet feeling deep within—a celebration of another day of hope and of unwavering knowledge that the human spirit has persisted, against all odds, once again.

In the end, the decision is up to each of us. I can dwell on the loss of limb function, or I can choose to cherish each moment and recognize that setbacks can be stepping stones to self-preservation and pride. Our minds become the guiding light of a gratitude mantra that reminds us that life, with all its ups and downs, is a precious gift. And what more does one really need besides thinking? The rest of the body is just along for the ride.

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