

Navigating the Darkness 1998 - 2018



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Destiny Rose Scheel is the youngest of eight children.

A Pastor*s daughter, she grew up in the Pentecostal Church. Sporadic homeschooling until fourteen did little to adequately prepare Destiny for enrollment in the public school system.

Overwhelmed and already suffering with depression, crippling anxiety and no self-esteem, she desperately struggled to integrate into this new and unfamiliar world. In an effort to combat these feelings she continued to self-harm and turned to drugs and other destructive behavior to alleviate the darkness and daily dread. Her writings express her deepest and most profound thoughts during this exceptionally tumultuous period. They helped in navigating the darkness through poetry.

This collection of work began when she was only fourteen and was written over a four year period. A remarkably courageous and talented young woman who recently celebrated her nineteenth birthday, Destiny hopes to bring insight into a world riddled with mental illness. For those fortunate enough to have never experienced the debilitating reality of mental illness, these works provide a passionate and insightful look into this very dark and troubling world.