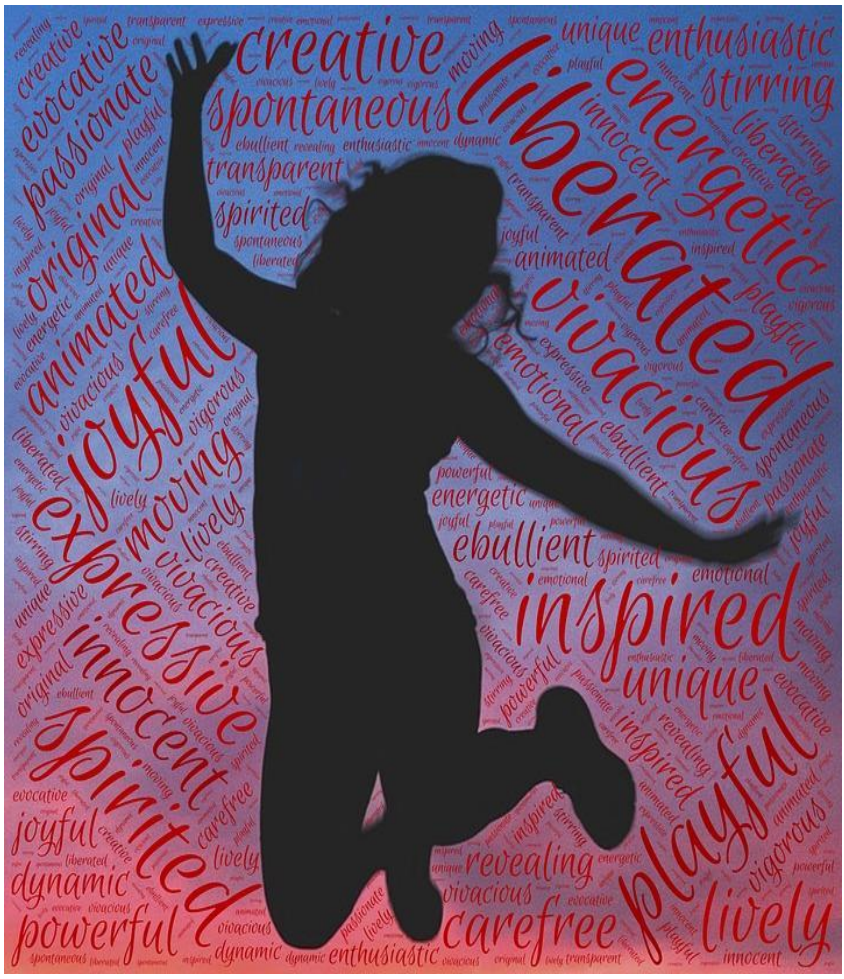Every time you speak your truth, it liberates the women in your lineage who had to stay silent.