



Beyond the Diagnosis:  
**A Conversation with Tasha Andrews**



Q1 If MS disappeared tomorrow, what is the very first thing you would do?

A1 Drop to my knees and pray to God and thank Him for hearing the prayer I have had for almost 25 years- I'm sure I'll be in tears while doing so.

Q2 What part of yourself has MS never been able to touch?

A2 My faith.

Q3 People often ask what MS has taken from you. What has it unexpectedly given you?

A3 I have a newfound respect for energy and its protection, especially since MS often drains mine. I value it too much to waste it where it is not deserved.

Q4 Have you ever had a moment when hope felt irrational, but you chose it anyway?

A4 Many times over the years, but I just remembered that I am a child of God and I know he created me for greatness and no illness or title can ever stop that.

Q5 You write music. What emotions find their way into a song that never make it into everyday conversation?

A5 The childhood pain and sadness I carried for many years have emerged in their raw form in some of my songs.

Q6 Is there a song you've written that feels like your MS journey in musical form?

A6 "Many Scars." I titled it that because that is one of the meanings of MS. It tells the story of some of the childhood trauma I endured and also "90s baby".

Q7

When you create music, do you feel like you're escaping your diagnosis or returning to yourself?

A7

I feel more like I am releasing the natural shy and reserved part of me, releasing my inhibitions, and letting the hurt, love, pain, happiness etc show.

Q8

What version of Tasha exists when nobody is watching, no appointments are scheduled, and MS isn't the topic of the day?

A8

A woman who loves watching \*The Golden Girls\*, listening to Michael Jackson and giggling.

Q9

What do healthy people misunderstand most about uncertainty?

A9

How halting it is in your life to live with something that can be unpredictable. It changes your perspective on everything.

Q10

If you could sit down with your 20-year-old self on the day of your diagnosis, what would you tell her?

A10

I would tell her "I am here" because I was alone and never felt more alone in my life than on that day. I would tell her to trust God, not to look in those old out-dated medical books that scared me to death and to know that you will be ok.

Q11

What do you know now about strength that you didn't know then?

A11

Strength comes from within a person's spirit. I look back at the beginning when I was so young and afraid of what MS meant for me and my life. I cried a lot and wiped my tears before people could see. I was falling apart inside, yet I was still working full time 40-55 hours a week. Although I felt so "different," people treated me the same and expected the same of me. I just knew I had to continue on.

Q12

What is something beautiful you've discovered because life didn't go according to plan?

A12

You may have a plan for your life, but God has a plan for your development.

Q13

If your life became a documentary, what would the title be?

A13

The Healing of Many Scars.

Q14

Which is harder: accepting limitations or continuing to dream beyond them?

A14

Both at times. I have dreams I do not want to let go of that outsiders might question because I have MS. However, I've never let having MS stop me from dreaming things just as someone else can.

Q15

If technology advanced enough to repair every physical challenge you face today, what would you do with that second chance?

A15

I would probably sign up to run every 5k in close proximity, become a female body builder, and just enjoy not getting tired easily.

Q16

Let's imagine there were no limitations, no MS, no physical barriers, no financial barriers. What would your most ambitious dream be?

A16

Traveling the world with my husband and sons, building our dream farm and home, and planning to have another baby.

Q17

If your body could be fully restored and space travel became accessible, would you go? If yes, where? The Moon? Mars? Somewhere farther? And what would you hope to find there that you haven't found on Earth?

A17

YES! I would travel to the moon to experience weightlessness, defy gravity, and then search for friendly life forces to swap ideas with.

Q18

What do you think people living with chronic illness understand about humanity that others often miss?

A18

It is a blessing to be in your body and feel quietness, without any ache, buzzing, or muscle fatigue. Just to BE in your body, free of physical disruption of any kind.

Q19

What gives your life meaning today?

A19

My sons and my husband.

Q20

If someone reading this feels broken, uncertain, or afraid, what would you want them to know?

A20

Know that you are not alone. Take it one day at a time. Breathe. Speak positivity over you and your life. Avoid negative people and situations.

Q21

When people remember Tasha Andrews fifty years from now, what do you hope they remember?

A21

A woman diagnosed with a chronic illness at 20 years old still lived a full beautiful life and helped many people experience happier, brighter days.

Q22

Finish this sentence: "Being human means..."

A22

Feeling what needs to be felt, allowing yourself to be human and ask for help when needed, evolving by learning things that life has to offer.

