

W.A.R.™: Warrior Aid & Restoration — "Trauma First-Aid for the Human Spirit"

An Interview with Founder Priscilla "Illuminatè Steele" Good Bear



Minneapolis, Minnesota Aug 8, 2026 ([Issuewire.com](https://www.Issuewire.com)) - "There is a difference between telling someone, 'I will heal you,' and telling them, 'I'm going to help you stop dying today.' That distinction is the heart of W.A.R.™"

Millions of people live with trauma, grief, chronic violence, systemic oppression, and psychological instability, while the institutions designed to support them remain overwhelmed and underfunded. In response to this critical gap, Priscilla "Illuminatè Steele" Good Bear—a multiple-combat-tour U.S. Marine veteran, civil rights investigator, certified mindfulness meditation teacher, and sexual assault advocate—created **W.A.R.™ (Warrior Aid & Restoration)**, a 90-day trauma stabilization and resilience program designed to deliver immediate emotional and mental first aid to communities in crisis.

Illuminatè brings a unique, multidisciplinary authority to trauma recovery. A Hamline University alumna currently completing her graduate studies in Forensic Psychology at Arizona State University (ASU) and obtaining certification in Child Palliative Care, her clinical and investigative background directly informs

W.A.R.'s trauma-informed framework. Paralleling her frontline advocacy, she is also an established independent synthwave producer, whose work has been featured in *Vogue Italia*, *Elle*, *Dark Beauty*, and *MTV Brasil*, backed by a discography featuring two full-length albums and an official Vevo video catalog.

Below is an exclusive Q&A with founder Priscilla "Illuminatè Steele" Good Bear on the vision, methodology, and urgent necessity behind W.A.R.™

Q: What specific moment or realization made you see that a program like W.A.R.™ needed to exist?

Illuminatè Steele: I have watched far too many people struggle with trauma without having the resources or tools necessary to help themselves out of situations that feel completely hopeless.

There are low-income and state-funded programs with dedicated mental health professionals, but those professionals are buried under enormous caseloads and constrained by limited funding. People actively seeking help are falling through the cracks every single day. I began asking myself one simple question:

What happens to the person who is still bleeding while they are waiting for an appointment?

That question became the foundation of W.A.R.™ We cannot expect people to simply wait for a system that was never built to save them.

Q: Why did you choose the combat aidman analogy to frame a trauma recovery program?

Illuminatè Steele: On the battlefield, a combat aidman is deployed to the front lines. Their job isn't to perform a full surgery in the middle of a firefight; their job is to stabilize life-threatening wounds, stop the bleeding, keep the warrior alive, and get them back to base for comprehensive care.

That is the exact philosophy behind W.A.R.™ Promising to resolve decades of deep-seated trauma in 90 days would be irresponsible. I am teaching people how to stop the immediate bleeding. I'm teaching them how to recognize what is happening inside their bodies, regulate their nervous systems, ground themselves, and navigate grief, guilt, anger, fear, and shame. The goal is not to replace long-term professional treatment—it is to help people survive long enough to reach the next level of care and equip them to help someone else survive, too.

Q: Why is the metaphor of a battlefield so relevant for BIPOC and urban communities?

Illuminatè Steele: For many BIPOC communities, the metaphor of a battlefield isn't abstract—it is a daily reality. Living in neighborhoods experiencing drive-by shootings, police violence, drug overdoses, incarceration, redlining, and systemic neglect creates a state of compounded trauma. People watch friends and family members die repeatedly, often without enough time to grieve one loss before the next occurs.

There are profound psychological parallels between chronic exposure to urban violence and military combat. Both create hypervigilance, survivor's guilt, a shattered sense of safety, and a loss of trust. Yet, society expects people in these environments to function normally without tools or reprieve. Recognizing these parallels isn't about comparing suffering—it's about recognizing that trauma demands to be taken seriously regardless of where the battlefield is located.

Q: Why is this approach especially vital for marginalized groups right now?

Illuminatè Steele: Because we cannot separate individual trauma from systemic oppression. BIPOC communities have endured generations of structural inequality, segregation, displacement, and racial violence. When funding disappears, when community programs are dismantled, and when DEI initiatives are rolled back, the people with the fewest resources are expected to absorb the greatest consequences.

BIPOC communities are inherently resilient, but we are no longer begging for reprieve or asking for handouts from the same systems that have oppressed us. When oppression runs through your heart, your heart forever beats to the battle drum of a warrior on the frontline. I don't want W.A.R.™ to be another program that tells people what is wrong with them. I want it to give forgotten people the tools to educate, stabilize, and heal themselves.

Q: What role do spirituality and Indigenous-informed practices play in W.A.R.™?

Illuminatè Steele: Healing is not exclusively cognitive—we cannot simply think our way out of something our bodies, spirits, and ancestors have experienced. W.A.R.™ integrates meditation, breathwork, somatic practices, connection to nature, and Indigenous-informed approaches to healing.

These practices provide a dimension of restoration that recognizes body, spirit, culture, and community. Crucially, this must be done with immense respect. W.A.R.™ engages Indigenous elders and knowledge keepers to review spiritual curriculum to ensure cultural protocols are honored responsibly. This isn't about turning sacred knowledge into a commercial product; it's about honoring traditions that restore the human spirit.

Q: Are you presenting yourself as a savior or guru through this movement?

Illuminatè Steele: Absolutely not. I am a rugged warrior through and through. I don't claim to have all the answers. What I do have is lived experience, combat experience, formal education, and decades of watching people survive adversity. I want to take what I've learned and make it accessible. I'm not trying to save the world—I'm trying to give forgotten people a fighting chance.

Q: What is the ultimate message and mission behind W.A.R.™?

Illuminatè Steele: I chose the name W.A.R.™ because breaking free from trauma in a world that views you as an issue requires a war strategy—immense action, faith, and discipline. I want participants to leave understanding that their trauma is not their identity.

W.A.R.™ is built around a clear creed:

"I cannot change what happened. I can change what happens next. I will protect my own life with the same commitment that I would protect another. I will meet suffering with courage, wisdom, and compassion. I carry my scars with honor, not shame."

W.A.R.™ is not a declaration of violence. It is a declaration of survival, a commitment to restoration, and an absolute refusal to let trauma, oppression, or violence have the final word.

About W.A.R.™ (Warrior Aid & Restoration):

W.A.R.™ is a 90-day trauma stabilization and resilience framework founded by multiple-combat-tour Marine veteran, civil rights investigator, and forensic psychology researcher Priscilla "Illuminatè Steele"

Good Bear. Designed for individuals and communities facing chronic trauma, instability, and grief, W.A.R.™ delivers somatic, psychological, and spiritual tools to stabilize individuals in crisis and build long-term community resilience.

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