

FIGURE 3.7 Brynn's Name Story

Underneath the Letters

It's fascinating how a name can be so brief and short but hold so much internal depth and meaning. Brynn! It seems so simple with just one vowel, ever so delicate and pretty. But what is truly underneath those five letters?

My name, Brynn, is a direct link to my heritage and family. The name is a Welsh male name, traditionally spelled with just one *n*. It means *little hill* in Welsh, depicting the landscape of the small country. My mother's family originated from Cardiff, Wales, with both of my grandparents being born and raised there. Welsh culture is very special to my family, carrying on the traditions brought down from generation to generation. When my parents were thinking of what to name their first daughter, they immediately knew they wanted a Welsh name.

To me, having an unusual "foreign" name hasn't always been easy. I truly do value the direct link that it has to my heritage. I cherish how my name is a testament to all the different backgrounds I have that aren't also portrayed on the outside. It's like a window for others to look into my family's culture without opening the entire door.

At times though, I wished that my name was just as simple and known as my parents and siblings: Jack, Ryan, Emma, John, and David. All have significant meaning but don't stand out. Whenever someone would butcher the pronunciation of my name, a sense of embarrassment filled within, like it was my fault someone couldn't carefully read letters. I would frown that my name would immediately make me different from everyone else and was the only one nobody could ever say or spell correctly. I craved to have a more generic name.

As I grew older, the shame that used to drown my confidence slowly turned to pride. Brynn was the name a strong, fierce Welsh rugby player would have. The type of player that was driven and resilient. The player that was unstoppable. I was born to be the toughest, most powerful girl, Brynn! I was born to be the person the name was always intended for. My name was meant to inspire me. To always demonstrate kindness and warmth like the petals of a flower but to also have the strength of the stem supporting me along the way. Once I learned what was exactly below the surface of each letter, *b*, *r*, *y*, *n*, *n*, I understood the direct connection it had to the person I am. Being sweet and kind on the outside but tough and driven on the inside.