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Relationship first aid: Ankh Ma'at© technique

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In ancient Egypt the "ankh" had several sacred symbolologies and purposes, one of the symbols was called the "sacred mirror". It was not uncommon for the pharaohs to have a hand mirror in the shape of the ankh for divine reflection, insight and intro-

spection.

Ma'at is the Goddess of Truth, Balance and Harmony, and when one looks within and discovers their truth, then their life will begin to unfold into a balanced and harmonious spiritual journey.

The Ankh Ma'at Technique© is a very powerful tool in the quest towards spiritual growth and elevation. It is a very simple method to learn

but not necessarily easy to implement. This is a technique that needs to be consistently applied because its effectiveness on one's life will be in direct proportion to its daily application.

The Ankh Ma'at Technique© is a spiritual technique and tool that if applied correctly and consistently will reveal, with accuracy, the thought patterns one has which will draw experiences to them to reflect those thoughts (Laws of Thought, Attraction and Cause and Effect). This technique is based upon the principles and laws of energy, and in that we are energy beings we are receiving, transforming and transmitting energy at all times. Our thoughts are forms of energy and nothing can manifest in the physical realm unless it was first formulated in the spiritual/mental realm. A thought must come before an action whether it was a conscious or unconscious thought. Thoughts are a magnetic energy mold, which draw like vibrations to them resulting in the manifestation of an experience that will mirror those thought patterns. For instance, a person that is insecure will draw to them insecure people; anger draws anger, givers draw givers, thief's draw thief's, honesty draws honesty etc. Also a person that is loving, peaceful and spiritual will draw to them people and experiences that are loving, peaceful and spiritual. The spiritual laws and energy do not discriminate, and play favoritism to nothing and no one.

In this process it is imperative to understand that every experience painful or pleasant is created through one's consciousness, There Are No Victims in this life, only souls seeking to remember who they are through experiences. With that, when practicing the Ankh Ma'at© Technique learn to acknowledge that the people who show up in your life are there to bring you experiences to allow you to discover the different aspects of yourself. For those who anger you or cause you to feel anything outside of love, do not get angry at them because they are only a messenger and their role is to bring you the message or your lesson. To get angry at them shows that you have missed the whole point of the Ankh Ma'at© concept as well as the message, and the lesson.

The process for Ankh Ma'at Technique©:

1. Acknowledge that There Are No Victims & You Draw To You What You Think
2. Identify anyone who incites any emotions or feelings that are not loving (i.e. anger, jealousy, insecurity, guilt, etc.) within you, even to the slightest degree, this person is reflecting something within yourself that needs to be healed.
3. Go back to step #1.
4. Identify specifically what is it about that person that makes you angry etc. The key here is to put a word or adjective to the behavior (i.e. controlling, deceptive, manipulative, etc.)
5. Once you have identified the behavior(s), then you analyze where in your life you are,

or have done the same behavior either to someone else or to yourself. If you cannot immediately identify where you have been that that you see reflected back to you through this person, then it is at this point that you have to go within and connect with your higher wisdom, intuition or Spirit to show you where you are being, or have done those same behaviors. It is always very easy to identify the places within another's personality or behaviors that need to be fixed (healed). However when the tables are turned and you have to identify the places within yourself that need to be healed it is

not so simple to identify. The way in which you acted out those behaviors might have been differently but the act or energy or thoughts were the same. For example, you might be angered by a person that you have identified as being a liar, deceptive and a cheater, but you have not lied, deceived or cheated on them. Go back to step #1 and

then reflect on the spiritual laws (Thought, Attraction, Cause & Effect). Once you have connected with your inner wisdom or Spirit you might discover that you have been lying and deceiving yourself about you being in the relationship in the first place, and as far as the cheating, you remembered when you had cheated in a previous relationship. Cheating is a form of deception, who have you ever deceived about anything?

- When identifying a behavior within yourself it helps to remember that in the spirit realm every thought has a specific rate of vibration and regardless as to how a person acts out their thoughts, the thought vibration is still the same as yours. For example if you have something stolen from you, at some point in your life you have sent out a vibration of thievery, and maybe even stolen yourself. Stealing could be identified as: taking a tangible object (i.e. money, cars, clothes, jewelry, book, food etc.), stealing someone else's mate, copying books, tapes, DVD's, CD's, (they all explicitly state not to copy on their covers), adding time on your time card, embellishing figures on your taxes, etc. Look within yourself and find out where and why you are having thoughts (conscious or unconscious) of stealing and or lack (which leads to thievery).
- According the Law of Cause & Effect, whatever thought or action that you have put out will return, and in the spirit and cosmic realm there is no specific time as to when that will be, from minutes to years to another lifetime. You will reap what you have sown. Go back to step #1.

6. There are a couple of sayings to remember that may assist you with Ankh Ma'at Technique©:

- It You See It, You Be It - There Are No Victims In Life - Fix Yourself Not Other People Your Thoughts Create Your Reality - Everywhere You Go, There You Go If It Has Been Done To You, It Has Been Done By You
You Draw To You What You Think
You Reap What You Sow

The spiritual laws listed in this article are explained and detailed in the previous months article called "Relationship First Aid - You Have Not Because You Think Not".

Goddess Ma'at Seba is the founder and facilitator of RELATIONSHIP FIRST AID, a program which uses spiritual principles as the tools to identify and resolve the causes of unhealthy, toxic or stressful relationships, whether it is with your mate, children, friends, co-workers as well as yourself. Ma'at can be reached for speaking engagements, classes or lectures at: Relationshipfirstaid@yahoo.com or Maatseba@gmail.com



Mom on the Rebound

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doesn't bite off her tongue!"

Then, this fool started looking through my glove box for a plastic spoon. I told her that you're not suppose to put anything into her mouth. What was actually a few seconds seemed like a few minutes. Time appeared to stand still, as Marsha was having a seizure. The police officers just watched in horror and told each other to move back to give her room.

Marsha finally stops and lifts up her arms, hoping that someone will pull her to her feet. The officers had already radioed to hospital staff to come to help. Then, an ambulance pulls up. Two emergency medical technicians hop out and walk over to the officers and Marsha. They ask her, "Ma'am are you okay? Can you tell me your name?"

One of the technicians grabs some gauze and reaches for Marsha's bloody hand. Suddenly, she yanks back.

"Let me up," she yells. "I've got to get in the car and get the picture."

The technicians and officers look puzzled. What is she talking about, they ask.

Our hero officer then explains how she's been chasing me and sister girl to try to get a picture we have of her brother-in-law and nephew dressed in drag at the gay club. He explains how

Was Marsha faking or was she really having a seizure? Her body started to jerk rapidly.

Sister girl yelled out, "Put a spoon in her mouth, so that she

she bust out my back window with her bare hands trying to get inside of my car.

"I said help me up," Marsha yelled. The technicians try to calm her down. One tries to take her blood pressure, while the other tries to clear away the blood on her hands to look at her cuts.

"Ma'am we're trying to help you. You have to calm down or you're likely to have a heart attack and end up in the hospital. Have you had seizures before," he asks.

Marsha admits that she has epilepsy, but hasn't had a seizure in over a year. She stops fussing long enough to say that she's on Lamictal, but doesn't remember if she took her meds today.

The technician tells her that she should go inside to get checked out by a doctor, because her blood pressure is elevated. Then, he asks her if she suffers from a bi-polar disorder.

"If you don't help me off of this ground, I'm going to show you how crazy I am," she says. "How many times do I have to tell you to help me up."

One of the technicians then walks over to the ambulance and pulls out a gurney. He brings it over to his partner and sits it on the ground next to Marsha.

"We're going to help you to get onto the gurney," they tell her. "Just relax, so that you don't get hurt."

Two officers also assist in trying to roll Marsha onto the gurney. They each grab an arm and a leg to lift her up, while another officer slides the gurney underneath her.

Just when they get her onto it and begin to lift it to carry her into the ambulance, Marsha starts screaming, "Stop! Let me go!"

Oh no! What is she doing? Help!
Mom on the Rebound is based on actual events.

How to rekindle the romance in your marriage

(StatePoint) Whether you're a honeymooner or you're celebrating your 50th anniversary, there's a chance that the romantic spark that brought you and your partner together in the first place needs to be rekindled. Experts say that a continually fulfilling relationship requires establishing and maintaining a complete connection.

"Marriage is more than a wedding and a license, it's a psychological, emotional and spiritual sense of connection," says Dr. Frederick D. Mondin, a marriage counselor, human sexuality professor and author of the new book, "Erotic Love & Marriage: Improve Your Sex Life and Emotional Connection," which offers insights on the issues that almost every relationship struggles with, as well as solutions that highlight connection, communication and exploration.

Dr. Mondin is sharing tips and insights to all couples seeking to connect or re-connect with one another.

- Keep dating: No matter how busy you become, you should never stop having the kind of fun you had when you were courting. Whether it's hiking beautiful trails, going to concerts, or giving and attending parties, these activities should be carried into any long-term relationship if you intend to have a meaningful romantic life together and a healthy emotional connection.

- Take each other seriously: Don't allow gender stereotypes to lead you to discount each other's feelings or opinions as irrational. You'll communicate more effectively, and be happier as a result, if you listen to your partner and take him or her seriously. In other words, there should be no "boss" in the mar-

riage. Work at maintaining a peer relationship.

- Ritualize contact time: Couples need ritualized contact time in which they get together, such as going to lunch once a week, having coffee together in the morning or watching a television program they both like. This is one of the most important components of having a close, emotionally intimate relationship.

- Speak the language of love: Emotional intimacy has its own language, the language of endearment. Focus on all the right features of your partner -- the personal qualities you saw when you first met and still appreciate, and start to verbalize that information. If your partner reciprocates, it will create a feeling of closeness. These words don't have to be rational or logical, but they should always be a validation of the relationship and your partner.

- Lose your inhibitions: Be open with each other about everything -- including sex. Unfortunately, lingering guilt, fear and shame on this topic prevent many couples from being candid with one another. Learn to lose those inhibitions so that you can share your needs, desires, feelings and concerns.

- Give each other space: You don't need to do everything together to have a happy relationship. In fact, the happiest couples tend to give each other the support and space needed to maintain their independent interests.

You don't have to resign yourself to receding happiness as time passes. A challenge of your current beliefs can help you rekindle the spark and enjoy a closer, more meaningful relationship.