DETROIT NATIVE SUN

The power of four letter words

By Evelyn M. Bingham
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During these times of political turmoil within our country *and* around the world, we, the people, are becoming more emotionally uncertain, of our future. We worry how we will survive economically, socially, personally and globally, in such a negatively charged society as we are experiencing today. *We know,* that God is whispering to us in many ways, saying, *TRUST ME*, I GOT THIS! However, being the humans that we are, and listening to the dog whistling, and mean hate speech being fed to us daily, we *tend to forget*, who ultimately, *is* in charge!

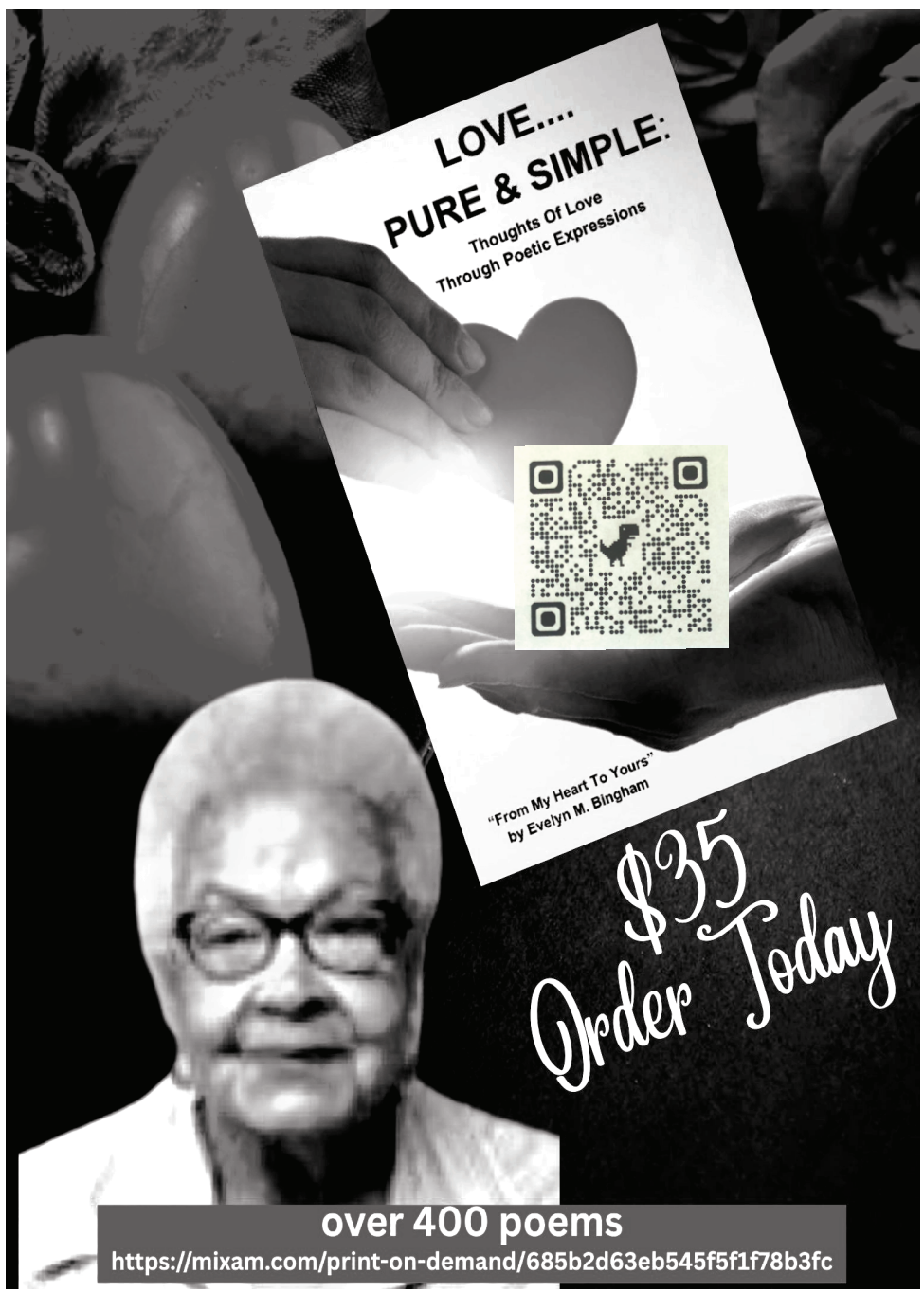
To keep ourselves in a sane and balanced state, we must realize and seek to correct the negative, suspicious, subtle and hateful programming we are being inundated with daily. For *many* reasons, too many of our citizens lack the mental or emotional health or clarity to separate the truth from fictitious lies, which has caused so many of the angry, confused, hate filled killings and interactions within our society.

To be aware of our feelings and emotions daily, we need to give *serious thought* to their *origins*.

Consider these following *four letter words* as words we routinely hear or use each day, we rarely give them a second thought, however; if we consider them as sample words, what do they mean? To you? What memories come to mind? I decided to experiment with myself as a game or an exercise. I began by just thinking of four letter words, care to join me? Feel free to add four letter words of your own. *My* challenge began when the word *hate*, was used as part of a news report. You don't often realize what an affect/effect, certain words have on us and our psyche,
it is even worse when we are inundated with subliminally , subconscious wordage or messaging.

Which of these four letter words have meaning or power over you, or evokes a particular feeling, does it create a feeling of love, hope, anxiety, uneasiness, joy, despair, fear, or does it, or they promote hopefulness, positivity, and thoughts of creativity, representation, activism, concern, progress etc. In surveying the four letter words that I came up with, I realized that 16 of them were negative in connotation: hype, wall, fake, hate, news, dumb, fear, kill, race, hurt, wary, Klan, rude, rash, ugly, flee. There were 18 four letter words of a positive nature: love, talk, hear, pray, walk, heal, live, know, true, nice, good, soul, have, hope, holy, home, care, and help. The few which could be neutral were: word, slow, fast, sold, and soil.

We *must* be mindful, that as words pass through our ears and penetrate or permeate our mind, they each carry an energy and a vibration, which is saved in our mental computer and stored in our *cloud* , as are visual sights. How will *we use* the four letter words we have seen here today, or others which *you*, may have created, to positively affect and impact our lives and especially those of our children, who do not have the present ability to discern words and their impact upon us. Those of you with an especially creative mind, might like to create a short story with the longest word being one of your four letter words, sounds like a mind challenger to me! Let us pay attention to the words we listen to, say, *and* believe each day, being ever mindful that it is *usually a word*, which has created an action or a reaction!! WORDS MATTER!!



The class of 1972

By Evangelist B. Colbert-Brooks
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In 1972, graduating from high school was the last thing on my mind. In the aftermath of social upheaval, we were a challenging class of teenagers, empowered and energized with our newfound spirit of Black Pride and righteous indignation. Formal education had taken a back seat in our lives; the only thing of importance was that the world had better recognize who we were whether they liked it or not.

I was in the first group of Black students bussed from Black Bottom in west Philadelphia, to an all-White and Italian high school in northeast Philadelphia. We were proud, and defiant, fueled by racial injustice that existed heavily even in the city of "Brotherly Love". Police brutality was strongly enforced by an iron-fisted force who liberally employed the use of vicious dogs and bully clubs against the Black population. The temperament dangerously smoldered from the blazing fires of race riots, the Vietnam war, peace marches, protests, and a nation uprooted and torn apart from the breakdown and dissolution of social standards and protocol, defied and damned forevermore.

Caught up in the battle and with so many to choose from, we were a class heavily distracted by the times. For many of us, education was the "baby" that was thrown out with the "bath water". We were too busy expressing ourselves going against the system and burning the bridge that closed the gap between the generations. Sadly, and honestly, so many of us should not have walked the path of graduation when we were really the first victims of "no child left behind ". They were glad to get rid of us. Governed by fear of our relentless aggressiveness, the ability to teach us anything was practically impossible. Seasoned teachers retired before their time, leaving us to the courageous liberals who dared to reach out to us, despite our resentment. We graduated high school wearing the white cap and gown, but our afros crowned our heads as big as we could grow them, and we collectively strolled down the aisle urban-style, robes open, grasping our diplomas like hammers ready to nail society to the cross if they mumbled a single word.

I could speak endlessly about living through so many milestones in history and the wisdom I gained from it all. Yet, truthfully, when I went to get a job, I still had to straighten my hair, ditch the stroll, and govern my temperament to conform to the expectations of society and corporate America. Ultimately, realizing that there actually was a need to know the difference between a verb and a noun, that math, history and science was truly useful, and education was essential if I really wanted to make a difference in this world.

I am proud to have been in the class of 1972. While many of my classmates may have never recovered from the turbulent times of the 1970's, at the very least, many of us left a legacy putting the world on notice, that we will walk with our heads held high, embrace what we believe, and never be ashamed of who we are. But moving forward we shall be sure to fortify it all with the benefit of education. Learn all we can and carry the mantle into the future with formal knowledge and information that will present us workman well informed and intelligent.

Cheers to the class of 2026, 54 years stronger and even more capable of taking on the world as we did in our own way in that radical yet memorable class of 1972.

Embracing the Goddess Within: Faith is the Key

By Goddess Godis AKA Aldonna Smith
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What does it mean to have faith in God?

To have faith in God means that you have a strong belief and complete faith and trust in God. You trust what God is telling you and showing you, through words being whispered into your spirit and through visions and dreams. It means that you trust more in what God is telling you and showing you more than what you see and hear in the physical world. You are willing to boldly go where God is leading you.

You live with the awareness that you are never alone. You are never separate from God. You and God are one.

The spirit of God dwells within you, and you know that whatever is happening in your life, even though you may not in the moment understand it, you know you are here to serve a divine purpose.

Everything that is happening is a part of a God's plan. You know that your life is not your own. Your life is a sacred journey. It is a dance between you and God. The word life is an acronym for Letting Inner Faith Enhance. The more you have complete faith and trust, in God the more spiritually enlightened and spiritually powerful you will become.

Rize Goddess rize!!! Your Light, Your Love your Wisdom is Needed. RIZE

Goddess GODIS is a Detroit Spiritual Artist who is dedicated to using her gifts as a photographer, garment designer, writer and speaker to document, celebrate and inspire the emergence of the Goddess within women of great spiritual beauty and wisdom who knows that she is a daughter of God. She is in touch with her creative spirit. To contact GODIS email GODDESSGODIS@yahoo.com.