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When Spirit speaks do you listen?

By Ma'at Seba
SUN COLUMNIST



It was my day off and after doing some cleaning, I decided to run to the store to pick up a couple of things for dinner, I got my keys and purse and was just about to walk out of the door when "Something" said "Go and get your jacket". "Get my jacket" I thought to myself, "It's a beautiful, sunny day outside". Without giving it another thought, I left and went shopping. I guess I was in the store for about half an hour or so, but when I came out it was windy, the temperature had dropped significantly and I could tell that rain was on the way soon. "No problem, I'll be home before it starts to rain, I'm only five miles away" I thought. As I briskly walked to my car, I noticed that I had a flat tire, "Well this is just great!" I snidely said to myself. I called my dad who only lived a couple of miles away and asked him if he could help me. As I waited shivering, I thought back to what the little voice told me earlier, "Go and get your jacket", but did I listen? So, now I am sitting there cold and its starting to rain and I'm mad at myself because I didn't listen.

There are more scenarios in my life like this one where I did not heed the warning. Instead I rationalized, made excuses, didn't believe what I was told, questioned whether

ings, take the advice or not to. Spirit guides are souls that have lived on earth before and that have achieved a higher level of consciousness and have chosen to assist us through our journey of life. Throughout our lifetime, we get different and several spirit guides based upon what aspect of us needs more development at that time such as with inner and emotional strength, fears, self-awareness, self-love etc. Spirit guides "speak" to us in different ways, through hearing their still small voice in our heads or through events like a book falling off of a shelf which contains the answer to a question that was plaguing you, a topic on television or radio etc. Spirit also uses other people to deliver us messages, especially if the person says "I don't know why I'm telling you this" or "I don't know where that came from but I felt led to tell you".

Spirit is always there to assist you but the question is, Do You Listen? The voice is usually very soft (which causes you to naturally listen more closely) and if you are not paying attention, you might ignore IT and if you do, the results are usually unpleasant consequences. Some people hear other voices in their heads and question how to know if it is Spirit or not. In my experience, Spirit speaks softly (unless it is something very important or involves a real safety issue, then it is much louder and intense). IT usually says very few words which are very specific and to the point leaving nothing to question. Typically IT does not repeat itself, IT never says anything that would elicit fear, anger, revenge, retaliation, jealousy or other negative thinking. IT only supports harmonious out-

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and acted as though she could block bullets or catch them in her hand.

She ignored the officer's demand for her to stop.

Sister girl and I braced ourselves for the worse. We wanted to run to my car and speed off, but officers were all around us.

Marsha kept on shouting at the top of her lungs and was pointing in our direction.

Although there was an officer standing on each side of her, we feared that she would tackle them all and come straight to us.

Her hands were still dripping with blood from where she busted out my rear window. She was refusing medical help and insisted on trying to get into my car. The only words that the officers could make out were her demands for me to give her the pictures of the crazy deacon and her nephew dress in drag at the gay club.

Her rants sparked the curiosity of the officers, who asked, "What picture is she talking about?"

We tried to play dumb and refused to answer. Marsha kept talking about the picture over and over again and wouldn't stop.

Then, she did it.

She took a step toward the officer that was holding the gun. The two officers on each side of her grabbed her arm.

Mom on the Rebound

Oh no!
Please don't shoot her.
One of the officers raised his gun. Don't kill her. And, when you shoot, please don't hit us!

Marsha was like Wonder Woman,

She then yanked away from them and pushed them out of her way, as if they were paper thin. They stumbled but managed to catch themselves without falling.

Then, an officer from behind fired a tazer gun at Marsha's legs. She went stumbling and fell forward into the officer that was holding the gun. It looked like a scene out of a movie.

All 300 pounds of Marsha went crashing full speed into the officer. The officer landed on his back with Marsha on top of him. His arms were raised above his head, with the gun still secure in his hands.

It had to be divine intervention that the gun didn't go off. The officer was apparently hurt by the impact of the fall. He didn't move or say anything.

Marsha had knocked the wind out of him. She laid on top of him screaming and was unable to get up.

The other officers and EMTs rushed and tried to get Marsha off of the officer and onto a gurney. It was harder trying to roll her over than before. Two men held each arm and leg. They tried to lift her onto the gurney, even though she was face down.

When they managed to get her onto the gurney, one of the officers handcuffed her. Then, some of them ran over to the wounded officer, who finally opened his eyes. It seemed like eternity for him to come around. He complained about having chest pains, and was taken inside of the hospital.

Marsha's charges were racking up.

She could now add assault of a police officer onto her vandalism and attempted battery charges.

She screamed at the top of her lungs, while lying on the gurney. The officers refused to remove the handcuffs.

Then, Marsha got quiet all of a sudden and wasn't moving. Oh no! Is she alive?

Mom on the Rebound is based on actual events.



it was my own thoughts or I was just plain defiant. Guess who paid the price? I did! I have heard many similar stories from other people that I know as to what happened when they didn't listen to the "Voice" such as:

- Getting sick when "Something" told them not to eat a particular kind of food and they ate it anyway
- Getting into an accident when "Something" told them not to go down a particular street and they did it anyway
- Getting arrested at a party where a fight broke out when "Something" had previously told them not to go to the party
- Getting into a relationship with an abusive person who was later found out to have had a record of violence, but she had rationalized to herself that the guy was "cute and nice" so she went out with him anyway, when "Something" said not to get involved with him and leave to him alone

Throughout the years I have learned to know what this "Something" is, I call it "Spirit". It is called different names based upon a person's spiritual/religious beliefs or by people who know what "IT" is. Those who might not know what IT is usually say that "Something said" or "Something told me to". What I have come to believe is that "Spirit" is a "spirit guide" which can see potential scenarios in our lives and gives us forewarnings, and guidance. Because we have divine free will, it is our choice to heed the warn-

comes and IT Never tries to convince, rationalize, coax, condemn, convert etc., to do so is an imposition of not only your free will but the outcome is not likely to lead to a harmonious end.

Everyone seeks peace and happiness in their lives and we each are given divine assistance to achieve that. However, it is our choice, and listening to Spirit is our choice as well. Being a good listener might require some practice since this world is so chaotic, noisy, distracting and fast-paced. It would also be very beneficial to learn how to meditate which slows and stills the mind so that you will be receptive to the voice of Spirit, thus giving you the guidance that you seek. So, when Spirit speaks, Listen!

For a more detailed explanation of listening to Spirit, I have posted a video called "Relationship First Aid - When Spirit Speaks, Do You Listen?" on Youtube and on my Facebook page (Relationship First Aid), Enjoy!

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

Five unique gift ideas for Mother's Day

(StatePoint) Flowers are always a classic selection on Mother's Day, but for gifts that will truly make Mom's day, consider the following ideas:

1. Self-care.

Whether you bring the professionals to your home or plan a spa day, Mom deserves to be taken care of and treated well. A gift certificate is a great way to let her pick the services she wants à la carte, though many spas offer

special package deals providing a greater value. Either send Mom alone for some deserved me-time, or make a day of it and join her so you can enjoy some quality time together.

2. Music. For musical moms with limited space, or moms looking to learn piano or hone their skills, consider gifting a keyboard with a slim profile. Weighing in at less than 25 pounds, the Casio's PX-S1000 boasts the Smart Scaled Hammer Action Keyboard with simulated ebony and ivory key textures, for a grand piano feel and a remarkable sound. And integrated Bluetooth technology lets you connect your device wirelessly. Complement this gift with a package of lessons or music to get her started.

3. Making a meal. Create memories together, and a new family tradition, by cooking one of Mom's favorite or most notable recipes together. Not only will you be creating a delicious Mother's Day meal, she can pass down the recipe to

you while you spend quality time together.

4. Timepiece. Put a spin on the usual jewelry given on Mother's Day, with an accessory that's not only fashionable, but useful, too. For versatility that will complement simple, classic or retro glam looks, consider the Vintage Collection timepieces from Casio, which are offered in different metallic color combinations, such as gold



and black, rose gold, silver, and even camo, and equipped with an LED-lit display face, a countdown timer and a 1/10th second stopwatch. They also feature a daily alarm, hourly time signal, and an auto-calendar, making them a necessity for anyone looking for fashion flare that keeps them on time.

5. Movie night. Is Mom a movie buff? Upgrade the cinematic experience by helping her create an affordable at-home theater. It all starts with the right projector. For a unique, high-brightness tool, consider a LampFree projector from Casio's Advanced Series, such as the XJ-F210WN, which features two HDMI terminals as well as a USB power supply. It also has Intelligent Light Control, which senses ambient light in the room and automatically adjusts the projection brightness accordingly to ensure viewers have spectacular visuals any time of day and in any lighting conditions.