

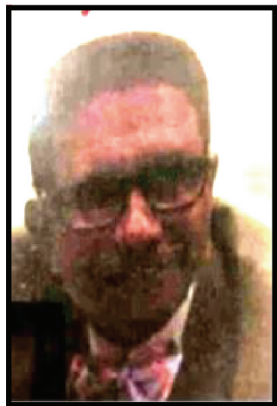
DETROIT

NATIVE SUN



Real Talk: Before you die, Give yourself a good spanking

By James Ford
FOUNDER OF OBAMA WEEKEND



Five thousand children and 5,000 adults have died of CV19, and that's why I am writing this article. I started to be more blunt, but I am a church boy.

Please my people, by not taking the vaccine, you are blocking hospital beds, disturbing schools, halting businesses, blocking church services, breaking up families, causing divorces, and crippling human existence.

This virus is not going to go away. It is going to hide in the bodies of those not vaccinated, seek the bodies of the weak, and kill more and more. Get vaccinated or continue dying.

FREE SPANKINGS

Follow REAL TALK on YouTube, Facebook, Twitter, Instagram and Tick Tock. View U tube, Real Talk, It's about the babies. Kindle Walker, Bill Davis, June Mack - I

admire their tenacity for the job they are seeking.

James Ford is the national founder of Obama Weekend. Visit ObamaDayAugust4.com, Facebook, YouTube and Twitter. Email Realgoodpresident44@gmail.com or call (888)604-2294.

Lessons from the Journey: Deep Wounds

By Heather Hetheru,
SUN COLUMNIST



In these trying times, our deep wounds of loss, seems to amplify our collective grief from the young to the old; rich to poor. I acknowledge how grief and loss has reached most every door step--- and most every heart. If you will explore further insights with me, I want to travel beyond the surface. Journey with me to expose our deeper wounds to allow the light of healing to illuminate us. Many of us have been carrying in deep wounds in our heart spaces, wombs, and/or power centers (in the gut). The journey in this lesson is to reveal keys to healing from the inside out. This season has shaken up and unearthed not only present losses, hurts, uncertainty, separations, incomplete births and spiritual tares but it has also exposed deep generational remembrances of our "Spiritual Economy".

Deep wounds run through our Spiritual Economy. A Spiritual Economy engages members of each family, in each generation, endowed with a level of sensitivity and an internal spiritual barometer that serves as a moral compass of the perceptions, ideas, and/or activities of daily living in a family. This person may sometimes be seen as different, odd, spiritual, action/idea-oriented person, friendly, and/or even quiet (until they really have something important to say). Each of us are tasked daily with assignments and opportunities to 1) completing that which was broken, 2) right things/people wronged, 3) fix that which was broken. This spiritual economy works on a generational premise - 3 generations before and 3 after us. These are often the spaces of "deep wounds" left unhealed. Some identify this economy as "generational curses and blessings".

The reason for being endowed with sensitivity (empathy) is so that the designated person recognizes the urgent need to respond and/or take action. Because we don't often know the full story or circumstance of who has been wronged or what needs to be fixed or completed we have to follow our "gut" (intuition, inner spirit, inner guidance) to tell us what to do and when. Here is an example - You are in the market and the person in front of you is short \$3 on groceries - you happened to have \$3 to spare - you feel compelled to help --- and you do! You have just satisfied a

"fix, a complete, and/or righted a wrong" likely from your ancestors. There is a sense of accomplishment that meets you in this action. This is your confirmation that the healing is in progress. What you didn't know was that your great-grandmother - cheated someone out of \$3 that would have fed a person's family for some personal gain or other reason. And the opportunity to right the wrong was in your hands and your fulfilled the repayment.

Another example of deep wounds are locked inside of incomplete births. Incomplete births often affect women (and some men) on a deeply spiritual level. According to the Center for Disease Control and the World Health Organization respectively, more than 1,000,000 abortions happen every year - Michigan experiences more than 25,000 per year. This is not to judge a person's choice - this is to help the healing process--- enlighten the deep wounds, such as these, carried from generation to generation until the "spirit" is released and the womb is healed. Womb wellness (women) and gut health (the equivalent for men) keep many in the bondage of unforgiveness, judgment, regret, guilt, shame, grief, separation, and/or spiritual tares.

Your truth (and/or that of our ancestors), whether they or we neglect the unction in our spirit to act or forgive, is not up for interpretation or judgment; it is only intention---. Retooling our lens and our hearts toward our Spiritual Economy is essential to our intention of action. Seeking professional help (therapy/counseling) is paramount when the weight of secrecy shrouds your wellness. The more attention and intention we give to healing our physical, spiritual, mental and emotional wounds and creating the mindset of forgiveness, kindness, purpose, self-love, and community connectedness we can grow/expand our mindset. We also must be careful to hear what the inner-self is saying! The intention of the heart weighs strong on how we choose to receive and perceive where we need to be and what we need to do next!

Resources and Tools for the Journey Need more insights? Start the next step, chapter of your journey, and/or Spiritual Economy, with Heather Hetheru, Personal Change Coach. Let her 25+ years' experience helping others navigate the journey of life through books, workshops, and training work for you too. For more information visit www.yourinspiredjourney.com

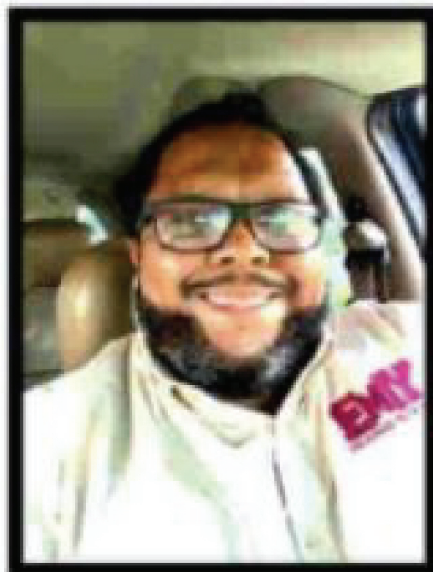
What does success look like to you?

By Calvin T. Mann
SUN COLUMNIST

What does success look like to you? I'm often asked what success is. My answer is always to look around you; nature, family, history and community. When you do, you can see the many things that show up daily in your life that define success. I find that many times we over-think success and underestimate it as well. Let's explore this idea more closely. Consider the simplest of things we take for granted; like air. Air, in simply terms, is what you need to breathe. But did you know, besides trees, bees help with our oxygen production? If we kill all the trees and the bees, we also cut off our own supply of air! Success is recognizing the value of life on this level and demonstrating our appreciation by preserving life. What greater success is there than preserving life?

"Success is fleeting" someone once said. It seems even more so today because we are always looking for the very "next thing." And often the next thing is just the "next evolution" of a thing. Let's look at Black History. Our history boasts tons of success but do we really value it? Right now, we are fighting for a government to value what we have been through. The 1619 project is one of those "next things" (to me) that serves as another distraction to your emotions. It is also another way to slip past more legislation into an already unjust generational process.

The 1619 Project is an ongoing initiative from The New York Times Magazine that began in August 2019, on the 400th anniversary of the beginning of American slavery. "It aims to reframe the country's history by placing the consequences of slavery and the contributions of black Americans at the very center of our national narrative" according to the New York Times Magazine. Will it really look at our history for all the successes we have accomplished in America in spite of the horrible conditions, sanctions, and inequity? The same American systems tried to erase our full history as if it began with the start of slavery. Indigenous people, that includes Black and now called "African-Americans" --people of color, were here long before slavery (and the name America was even given). Research! Success is the survival of a people, well beyond the atrocities that we endured and long after other cultures were destroyed.



Success is the excitement about Robert Smith, the billionaire, a man of color--- who paid full tuition off for students at Morehouse College! Success is that he graduated from Cornell University in 1995 and Columbia University Business School. Now, the "next" evolution of success must be completing task with others taking on this challenge and/or leaving a legacy that others can follow. But in the simplest form, simply being consistent in the lives of others is also meaningful success. Ultimately, it all depends on how you see and experience success.

Recently (on a personal level), after my 36 years of community work and advocacy, my children began to see me as a success and it brought tears to my heart and eyes. First, that they are growing into a place where they appreciate what it means to see the level of impact that one person can make when they are consistent in purpose. And second, that they can also see success in

parenting. They are also seeing success more everyday in how I supply love and guidance, food on the table, teaching them, caring and helping others in the neighborhood or community. We use to only see someone as successful when they became a part of "the systems" of largely entertainment, industry and politics where their financial and material gains defined success. Knowing how we may sometimes be misguided by the material and privilege in other communities, we may miss that we allow the removing of resources from our own communities to guarantee others "success." But we can discuss this another time.

I want to focus on how real success lies in hands of families that decided that we can be united. We can restore our communities! Here are a few things we need to do immediately to improve cultural family identity: 1) put your family first (that means teach, guide, love, build, and practice good health), 2) share resources and kindness, 3) teach as many forms of communication as possible (reading, comprehension and another language), 4) line up your words, deeds and actions to create a success model your entire legacy can live long after you're gone. What greater success is there than preserving life for the present and future generations?

Calvin T. Mann, National Encourager is President and Founder of EMIY Inc. and Good Fathers Only. Visit www.emiyworld.com.



Cooking Instructions

This corned beef is fully seasoned. Remove wrapper and place meat in a pot of boiling water. Make sure there is plenty of water, about 2 ½ cups of water per pound, enough to cover the corned beef completely. Cover with a lid. Turn heat down to a simmer and cook approximately 3 - 3½ hours or until fork tender. Remove from heat and let stand in the same water 15 minutes before slicing. Always slice thinly across the grain. To slice a point cut you may want to cut the two layers of meat apart at the seam and then cut each piece across the grain.

New England Boiled Dinner

Cook corned beef as above for 3 hours, then add carrots and potatoes. Cover and cook 20 minutes. Add cabbage and continue cooking 10 - 15 minutes.

Baked Polynesian Corned Beef

Par boil for 2 ½ hours, remove and position on oven rack fat side up. Make a mixture of ½ cup of mustard and 3 tablespoons brown sugar. Score meat on both sides and cover with mix. Baste with ginger ale and add water to pan until it reaches the bottom of the rack. Place at 350° oven and roast 45 minutes or until well glazed. Cool before slicing.

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