Blind to the ways of mankind

Lessons from the Journey: Safe for the Holidays

By Calvin T. Mann **SÚN COLUMNIST**



In my reflection today, it became apparent that we do not fully see or maybe even appreciate the greatness of men of the past and their impact on those in our present. Men who helped make a different in our lives and others deserve to be recognized not just

with awards and words but in the legacy of the very country and communities that benefited most. There are so many men of impact in our present and history that many have been forgotten and their names intentionally drowned out in the historical context of today's communities. In truth, our history has been hidden, retold, and rewritten by colonizers and their descendants throughout generations. We see the cover up even today. There are segments of American culture and society who want you to believe that somehow "we the people" does not include those of color. Those who physically, economically, and geographically built the structure and infrastructure of this country are often victims of stolen history and a stolen legacy of greatness. Uncovering the blindness to reveal the truth should include more than how slaves, freemen and women of color were treated for the last 400 years. It must include the aftereffects of stolen history and how our legacy emerges even more today.

I am here to tell you that while we have this open debate on the truth about America, we also need to grab a hold of the fact that there is a much bigger problem in understanding our history too. Our problem includes how the community is embracing or denying the truths that are emerging in our history. Because too many of us do not value the contributions of what people of color and men have done, do and will do, a hateful climate has continued to blind many. The greater truth is that your men, culture and creativity are not fully celebrated. It's another issue that you ignore the signs instead of celebrating; this is a problem. Since I am a man, I'll focus just on the impact of the erasing of the male through the blind ignorance of his own success.

In your hand is a phone, to seek positive examples of men for our sons to model. We seem to only look for controversy in our leaders. Again, it's the same people referenced every time, Malcom, Marcus and Martin. Some may want to debate me later, but we have so many we could emulate to remain both visible and valuable, yet we focus only the tragedy which only works from an anger perspective. This anger approach is destroying the very fabric of our children. Why? Bee are men who are great le you can point your sons to watch and learn from. Right now, I can share with you several fatherhood! men in our history and present and not one

of them are from a gang, drug dealing, or have a bad story. Their stories of great endurance, brilliance, and leadership make a huge difference when our sons see heroes that look like them.

Here are a few examples. Your sons should know and study about the great former Mayor of Atlanta, Andrew Young, who was a close confidant to Dr. King. Andrew is important become he would become Mayor in 1982 and serve until 1990. Today, Andrew is still active in public policy and activism even though he was born 1932. Next, your son should study the list of Black Inventors. There are over 200 successful men and women on this list and its eye opening to recognize all the achievements these leaders contributed to society and America. This last man your son should be following is amazing to me! I literally sat in the room with my then 15-year-old son to watch a townhall with Robert F. Smith. Smith, who continues to write new narratives for the Black culture, should be on every young boy's list of reallife heroes. Robert has launched a few IPO's (Initial Public Offerings) and is well respected on Wall Street and created the Intern X web site earning him respect in the world of technology too. His leadership has helped thousands of people establish businesses, gain quality education, and engaged in once in a lifetime activity. He should be followed daily just to learn from his true direction for his culture. His charitable giving has impacted millions. His legacy emerged from his parents' story. His parents invested in the United Negro Fund and today he continues to do so too.

People of color did great and unbelievable things during the most horrible times in our country's history. Their stories are very compelling but if we stop searching, studying, and sharing their legacy, we miss the opportunity to see who we can become because of them. By valuing more and more people of color, we can overcome our greatest test to building and protecting the next wave of cultural love, identity, leadership, and our special brand of greatness. We are the leaders' birth from yesterday's legacy of heroes. We must stop believing the false vision and narratives presented in what they tell you on TV. It gets hard when you are surrounded by negative images, actions, and environments' but remember right now in your hand is a library visit that when engaged daily can help you to avoid all the conspiracy, negative news, lying, and mental and emotional damage that often causes anger. We can build more love and respect but most of all aspire to be the solution. We need each of us to connect to their legacy. It's not just what "they" say you are but what

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"Be of Good Cheer!" This is closer to the truth than you might think! One of the safest and

fastest ways to lift your spirits is to find your joy. The holiday season brings with it a lot of things, but I would like to focus on the things that happen on the positive end of the scale of happiness or joy. By the way, the opposite of happiness or joy is stress! Because I want us to be safe for the holidays, I need us to journey into that sensitive space beneath the surface and explore the idea of safety from a new and healthy perspective.

The joy in being of good cheer is... having the strength to recognize that joy is a choice. We can choose to have our joy during the holiday season and beyond. If you have good thoughts and memories this is the time to create them or cling to them. Your joy can be contagious among members of your family, community, and environment. You can also create joy from person to person with random acts of kindness or intentional acts of kindness. Again, you can choose! Where can you find joy? Some may find joy in good memories and the feelings and emotions that compliment it. Even if your joy does not come during or from the holiday season, there is always something of substance that can inspire you to feel good about yourself and others; sometimes we just need to open our eyes, ears, and heart to receive it.

Regardless of your experiences, my hope is that we find common ground to build our best "safe spaces" (mentally, spiritually, emotionally) especially as we kick off the season. Considering the ways that mainstream culture impacts us. Mainstream (media and entertainment's influenced) offers such a focus on materials things as the ultimate present and gifts - as well as the message to buy, buy, buy! Spend! Spend! Spend! These sometimes-stressing messages and/or spaces may not always offer safety when resources and/or even our loved ones may not be present. We have to seek quality over quantity and love over things. It is this mindset that keeps both our thoughts and our vibration (and frequency) high and in the spaces closer to good health and wellness (the ultimate gift of liv-

With so much loss, fear and grief surrounding us, many may question if

there is any good and/or safety that could be found in the holiday season. I believe we can.... if we define and refine the deeper meaning behind its influence. To begin, let's look at how and what we experience during this time. Start by taking a deeper look at stress verses joy. Stress and joy occupy the same spectrum of emotion; however, the experience is just on opposite ends of that spectrum. We consider joy the 'positive' end and stress the 'negative'. Joy is individually expressed and influences emotion although it may give us joy to see others happy through our actions or us through theirs. We must be able to find our own joy independently of someone else giving it to us. Our joys should first be healthy for us and cause no harm to anyone else!

The purest form of joy is what WE experience and define. Joy expands outwardly from our inner being. Joy can be expressed through the feelings that we may have when we experience life through our senses; what we see, hear, smell, taste and/or touch. While it is not limited to the 5 senses, these are the primary ways we experience the world. If you are moved by the beautiful colors of the sunset or inspired by your favorite song or feel at peace near the water; these are experiences of joy. When eating your favorite foods or the smell of them cooking makes your mouth water; these are experiences of joy. When you consider how simple joys are also experienced during the holiday and the possible comfort and peace, it also brings with it a sense of safety to be 'present' in the moment. It gives us permission to remember to be grateful for the small things and even to keep perspective that there are important things that money can't buy. When was the last time you took inventory of your joy?

Now let's look at how being "jolly" or finding our joy in safe spaces can be achieved this holiday season. The first step is to keep an open mind with an expectation for goodwill. Draw positive experiences through giving! Give a warm hello, patience, a smile (behind the mask), show love in new ways, help those who need it in your circle in the ways that have value and meaning for them and you. In short, let the season of joy and safety begin in you!

If you need a place to start, share my "lesson for the journey" through one of my lessons for the journey books (Amazon), view YouTube videos, and/ or My Secret Chamber blog talk shows, EMIYTV podcasts or simply by visiting yourinspiredjourney.com.

we need you to be. Be great, not blind! Black Love. Calvin T. Mann, The National Encourager, can be reached for speaking engagements and interviews at info@emiyworld.com visit www.emiyworld.com. Stay tuned for the release of two new books coming June 1, on

Real Talk; Detroit drivers are scared

By James Ford Founder of the Obama Weekend Why? Because people are running red

lights that they know are red before thev get there. Some people are so scared, they have stopped driving, and others have to count 1,2,3 before they take off after the light turns

My people we should not have to taxes. Our lives are

live like this. We pay on the line every time

we drive. We need traffic lights that take

pictures and send citations. Detroit is not a third world city.

Please attend the police officers meeting every Thursday at 2:45 at

1301 Third St. For information call 313-596-2520.

My people the next person that may be killed might be you, your child, or a relative.

Please attend the meeting politely and tell them, "We need traffic lights that take pictures and send citations." We can have them, because we have federal funds, four major sports teams, Dan Gil- 👢 bert. three casinos, and tax payers money.

I walked away from someone running a red light - but will you? GOD BLESS.

