

DETROIT

NATIVE SUN

Invest in Me!

Lessons from the Journey:

Overcoming the 12 fears of women to become

By Calvin T. Mann
SUN COLUMNIST



For 37 years, and I mean since I was 20 years old, I have noticed the lack of investment into males but specifically in boys. Investments that should include time, money, education, confidence, appreciation and even mentoring. While working and investing in so many boys and having success, I couldn't help but notice the economy for him was different.

Here is why I say that.

Let's start with his home. A boy from a single female-headed household gets less Fathering than any other child. In fact, from the start of life he often experiences lack and trauma immediately. This lack and trauma is sometimes the cause of stress, absence of healthy fatherhood, and/or even the conditions that he is born into. Regardless, for him it's the beginning of his fading back, silence, anger and limited education. There are also some two parent households that do not escape this fate as well. This information should help enlighten those who defend that the single and two parent households are not all bad. I was also raised by a single female-headed household. I can admit that I came out of it but not without some brokenness and deep wounds. My mom did what she thought was right at the time she did it. Just like most boys of single female-headed households would agree. But as adults, now we have to choose and want to repair ourselves.

When boys reach pre-school age, we send him off to learn. Starting in daycare, where he should get an opportunity to learn and be taught, he is most vulnerable. Well, this is where he begins to fall back educationally and socially. If you are wondering why, the truth is that he is the least taught. He can be disruptive, agitated, and active. Because of this, most of the time he is in the hands of people who are convinced that he is a problem. Socially and behaviorally, he seems to be all the terms used to describe his lack of attentiveness. This response is based on the complaint that boys are unruly. This thought leads to him being the child most kicked out of education starting at daycare and even pre-school. It's so toxic that it doesn't matter what educational faculty is leading, there are statistics that show this is true. If he is big for his age, moves around too much, or just plain Black (African American) he is a noted as a real problem. A Harvard study in 2005, confirms that Black children, especially males, were the most removed from educational settings. The situation got better for two years and then it started increasing again, but this time the conditioning affected the girls too. If you are asking why let's look to the impact of the conditioning and construct of racism for an answer.

Clearly, it's not only the systemic racism impacting our boys but it's also parents, in their own brokenness, who fight over the boy. In their warfare, they often prevent him from the benefit of co-parenting and/or both parents raising him. If we stop exposing our boys to ignorance and give them books, love, quality time and important healthy fatherhood models, we could each do our part. With more access for fathers, they may want to engage their kids every day. By seeing his children, we are destroying more than the prison and poverty pipeline! Trust me on this one, even now we are seeing a resurgence of healthy manhood. Here are some important ways we can invest in our Boys; 1) Stop getting high in front of our children. 2) Stop expecting miracles from them to have great grades while they are under tremendous amounts of pressure from us. 3) Stop leaving our boys with video games but raising our daughter in education when we can educate both. 4) Reassess your own thoughts, feelings and expectations about boys. 5) Recognize that we all are part of the conditioning against boys but we can choose to change! These are the spaces where I get on my horn and yell at the top of my lungs to "stop doing boys this way!"

Let prepare ourselves to change by investing in needed solutions. Here is my first one. 1) Assist your son's greatest chance at success by creating peace in your home. 2) Teach them from the start how to be disciplined. When we teach kids discipline, especially at early ages they are more likely to stay consistent. 3) Bedtime routines must remain consistent because rest is very important to cognitive behavior. 4) Healthy foods are important to learning so monitor the sugar intake (it's not good for the brain nor is sodium). Early on, veggies and fruits are important to the brain and heart. 5) Avoiding pop, sugary drinks and hard juices is a must! 6) A child from birth to six years old can learn the most because their brain is growing and absorbing information very rapidly. 7) For success, parents must watch what they are exposed to at home and from the media. 8) This is just for Dads. Play with your kids. If you play with your children, studies show that fatherhood and play is the best stimulation for cognitive development. Also it gets the best results with refocusing and affirming children. 9) Last, but not least, encouragement practices daily with your children, especially boys, works. Why? Because we have subconsciously have been conditioned against our sons. The negative imagery on boys is overwhelming and contributes to pulling back, retreating and our lack of communication. The negative results often include suicide. Instead, make sure fathers have access early and often. Let Dad teach him the things he needs to be successful. Remember, encouragement is the solution for all of us.

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 fatherhood!

By Heather Hetheru,
SUN COLUMNIST



We are in the age of spiritual awakening and transformation (called by many, the Age of Aquarius).

Whether you believe in new age, metaphysical and spiritual concepts or not, you can feel the change in time, our "sensed-time". If you are really conscious, you would have noticed some internal and external stirrings and even changes within yourself but also in the world around you. Nature has shifted --- the seasons have changed from when we were kids. Summer is not the summers you may remember. Neither is winter the winters you may remember. Water is not even the same water we used to drink. Even the birds and bees operate differently than we remember. Have you stopped to inquire why? Maybe you have just felt the change and it filled you with a bit of anxiety or fear. Regardless of what you are feeling, the climate for change and transformation is upon us. But what is it for? What is this all about? Stay with me as I share a few of the insights that prompted these questions.

While you may recognize this season of change and transformation, as a woman, it is designed to do a lot more. The process of change is held together by our awareness. I would like to bring your awareness to the forefront to help women see our transformation take shape...right in front of us! I would like for each of us to remove the weight (old baggage) and wait (delays) cause by our old ideas, beliefs and decisions that often trap us in fear. In earnest, I have uncovered through years of study, that women have 12 common fears. It is often these fears that keep us weighted and waiting. The common fears include: 1) Loosing Children & Inadequate Parenting Skills, 2) Illness, Death and Dying, 3) Injury and Past Hurts (emotional, mental, physical), 4) Relationships, Being Alone, 5) Success/The Unknown, 6) The Past/Old Baggage, 7) My Sexuality/Inhibitions, 8) Forgiveness/Repeating Missed-takes, 9) Dreaming/Imagining/My Possibilities, 10) Appearance/Weight/Level of Attractiveness, 11) Exposing Addictions/Unmet Basic Needs (based on financial, love, acceptance), and 12) Losing/Sharing Control/Bad Decisions.

To remove our weight and wait, we must consciously address our fears and

the circumstance by which they have emerged. We are reminded by the repetitive cycles, personalities, and/or events that these concerns must be addressed. Pain is a powerful catalyst causing us to get uncomfortable enough to want it to stop and eventually extending outwardly to the tools and support needed to release and relieve the pain. Again, in earnest, we are bringing these repetitions to the surface, unconsciously, so that we can see our weight, wait and fears. We must see them, heal them, release them, and transform because of having them. When we become unburdened, we release the weight; and the wait of delays in what we want and who we want to become.

There is a sense of urgency to consider. The change in "sensed" time, is making time move faster and faster! As the sands of time falls one grain at a time, whether we see them or not, time is passing by for many one moment at a time. As it moves faster, we start to experience the "uprooting" of old memories, experiences, thoughts, decisions, and people (good and bad). Just like the spinning that cause the clothes to dry in the dryer, using heat and speed, it is drawing out things in us to make room for our new transformed self. We may recognize this spinning as repeating cycles. We may experience the repetition of the personalities we've meet or events that occurred. We may even experience the repetitive life lessons based on decisions and learned behaviors. We most of all come face to face with our fear. When left unaddressed our fear is expressed as disease, disagreement and discouragement. All aspects of our becoming is creating a sense of urgency. By giving conscious attention and intention to our fears we reach the next step. Then by addressing the basis of our fear, often found in our past history, we bring about resolution through forgiveness, resolution, and the lessons gained. To proceed in the process, we must also remove the judgement from our experience --- the good, bad, right or wrong labels and see with clearer unweighted vision! We can change, transform and become who we were destined to be!

Share my "lesson for the journey" resources through books (Amazon), viewing YouTube videos, listening to My Secret Chamber Blogtalk radio podcasts and/or by visiting our website at yourinspiredjourney.com. If you need guidance on this part of your journey, reach out and schedule your 1-on-1 coaching session with Heather Hetheru, Personal Change Coach! Call 313-759-7855 for more info.

✂️ Real Talk; Obama's 50 Greatest Accomplishments

1. Passed Health Care Reform. (20 Million Have Signed Up).

2. Passed the Stimulus.

3. Passed Wall Street Reform.

4. Ended the War in Iraq.

5. Began Drawdown of War in Afghanistan.

6. Eliminated Osama bin Laden.

7. Turned Around U.S. Auto Industry.

8. Recapitalized Banks.

9. Repealed "Don't Ask, Don't Tell".

10. Toppled Moammar Gaddafi.

11. Told Mubarak to Go.

12. Reversed Bush Torture Policies.

13. Improved America's Image Abroad.

14. Kicked Banks Out of Federal Student Loan Program, Expanded Pell Grant Spending.

15. Created Race to the Top.

16. Boosted Fuel Efficiency Standards.

17. Coordinated International Response to Financial Crisis.

18. Passed Mini Stimuli.

19. Began Asia "Pivot."

20. Increased Support for Veterans.

21. Tightened Sanctions on Iran.

22. Created Conditions to Begin Closing Dirtiest Power Plants.

23. Passed Credit Card Reforms.

24. Eliminated Catch-22 in Pay Equality Laws.

25. Protected Two Liberal Seats on the U.S. Supreme Court.

26. Improved Food Safety System.

27. Achieved New START Treaty.

28. Expanded National Service.

29. Expanded Wilderness and Watershed Protection.

30. Gave the FDA Power to Regulate Tobacco.

31. Pushed Federal Agencies to Be Green Leaders.

32. Passed Fair Sentencing Act.

33. Trimmed and Reoriented Missile Defense.

34. Began Post-Post-9/11 Military Builddown.

35. Let Space Shuttle Die and Killed Planned Moon Mission.

36. Invested Heavily in Renewable Technology.

37. Grafting Next-Generation School Tests.

38. Cracked Down on Bad For-Profit Colleges.

39. Improved School Nutrition.

40. Expanded Hate Crimes Protections.

41. Avoided Scandal.

42. Brokered Agreement for Speedy Compensation to Victims of Gulf Oil Spill.

43. Created Recovery.gov.

44. Pushed Broadband Coverage.

45. Expanded Health Coverage for Children.

46. Recognized the Dangers of Carbon Dioxide.

47. Expanded Stem Cell Research.

48. Provided Payment to Wronged Minority Farmers.

49. Helped South Sudan Declare Independence.

50. Killed the F-22.

COUPON

Formally Carol's Car Wash

CAR WASH

\$2.00 OFF ANY SERVICE

INTERSTATE AUTO WASH

Exterior & Full Service Car Wash

533 E. 9 Mile * Hazel Park

248-543-7199