

DETROIT NATIVE SUN

Enlightening the Community

The Bird Cage

By Ma'at Seba
SUN COLUMNIST



I was sitting on the couch one day talking on the phone about some spiritual matters with a friend of mine. He put me on hold for a minute and while I waited, I was looking at my two birds, one was a parakeet and the other was a cockatiel. The parakeet's cage was broken so we put him in the larger cage with the cockatiel. Now the bars on this cage were much wider apart so the parakeet got out whenever he felt like it, which is just what he did on this day. Now my little feathered friend must have thought he was a Top Gun fighter pilot because every time he got out of his cage he would always seem to find me and dive bomb as near to my head as he could. After he made three "fly by" attempts, he flew back to the cage and squeezed back through the bars. At this point I was not a happy camper with him and I said to myself: "that little fool, doesn't he know that those bars are supposed to keep him in the birdcage?" That's when Spirit showed me that the birdcage represented our minds and the bird "didn't know" he was supposed to stay inside, so he didn't! He did not know that he was not supposed to get out; his mind was not limited or programmed like humans are. Spiritually birds can represent freedom, flight, movement, and without limits or boundaries. Too often we limit ourselves from doing things that we would like to do for one reason or another, mainly a false fear, and not knowing that there is nothing that we cannot achieve, if we believe that we can. We place the bars around our own minds.

"I'm broke"..."I can't"..."I'm never going to be able to..."You make me sick"..."I can't afford it", "All men are ...", "I'm too fat"..."I can't find a good job"..."There are no good women left", "Money is hard to come by", and the list goes on and on. These are a few of the negative comments that people regularly state and think nothing else about it. If you have ever said any of these comments, or any similar to them, even jokingly, you more than likely have lived your comment. If you have said, think or believe that "money is hard to come by", then money will always be hard for you to acquire. "As a man thinketh, so shall he be". Please understand that "thoughts are things" and "thoughts and words have power", don't take this sayings lightly! Thoughts are a magnetic vibrational energy which will attract to it the same vibrations, energy or thoughts. You WILL attract to you what you think and believe! Rich people constantly think

Maintaining a sense of normalcy

(StatePoint) With the roll-out of the vaccine taking place slowly, it may be awhile longer before life returns completely to normal. However, if you have been working remotely, it may be a good idea to reincorporate some of the elements of your regular routine into your schedule now.

Not only will maintaining a sense of normalcy help you to feel more productive and more like yourself again, it could also help make the transition to the workplace smoother when it does occur. Here are a few ways to go about it:

- Rise and shine: Have you let your morning schedule slide into chaos during the pandemic? Now is the time to get back to your regular hours. Get to sleep each week night at your pre-pandemic bedtime and set your alarm for your regular wake hour. With no commute, you may find yourself with some extra time in the morning. Use it to get organized for the day, exercise or check items off your to-do list.
- Get dressed: Dress as though you are heading into the workplace. Wear pants that don't have an elastic waistband, do your hair and wear accessories. Regain

about abundance and prosperity, poor people constantly think fearfully and about lack. If you want more and better in your life then raise your personal bar and set higher goals. Believe that you will attain those goals even if nothing in your world reflects your success right now. Know that it will happen and you will not take no for an answer!

The brain is like a tape recorder, it records all of your thoughts (positive and negative) including anything that you verbalize and sends those thought messages to the sub-conscious mind which replays those messages back and begins to make those messages manifest into your reality via the Law of Attraction. When you state, "I'm broke, I don't have any money", your sub-conscious records your command, and sends out the vibration of lack and poverty so that you will draw into your life lack, poverty and having no money because that is what you ordered and commanded. The unconscious mind does not have any emotions, nor can it distinguish from what you said and what you "meant to say" or that you were "just joking" (do not joke and only say exactly what you mean because that is what you will manifest). It is just like a typewriter or a computer, the only thing that will print on the paper is WHAT YOU TYPE IN. The unconscious mind will only do what You Instructed it to do, which was to make sure that you are broke and don't have any money! It's time to change your thoughts if you want to change your circumstances. Your lifestyle is representative of how you think.

This society has indoctrinated us to believe that we are not in control of what goes on in our lives. Understand that you can have anything that you want in this world, just state it, and believe (know) it. The movie "Matrix" is one of the most powerful movies that you could possibly watch. The most important words in that movie were "FREE YOUR MIND". How was it that the main character "Neo" (the One), was able to do all those "impossible" feats? The only thing that was done to him was that his diet was altered to be higher in nutrition and his brain was "reprogrammed", that's all! Start to reprogram your mind. Learn to stand in faith and believe that whatever it is that you desire you can obtain it. Stop fear and disbelief at your mind's door. Climb through the bars of your mind and let your mind fly free!

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 relationships. relationshipfirstaid@yahoo.com. or Maatseba@gmail.com

your sense of style and feel good about how you look.

- Structure your day: When working remotely, it's easy to feel like the workday has no clear beginning or end. For better work-life balance, try to structure your day as you once did, setting regular business hours. Be sure to include breaks so you don't experience burnout. And, if your weekdays once included time for socializing with colleagues, make time for it now. Set up a virtual coffee meeting, lunch or happy hour.
- Use tech tools: Stay accountable to your new schedule as well as your fashion goals with wearable tech, such as the Casio Edifice Watch. With full-time Smartphone Link technology, this timepiece enables you to stay up-to-date and on time. When paired to a compatible smartphone via Bluetooth, you can access the correct time in your current location and for up to 300 cities worldwide, as well as your calendar, receiving notifications for tasks, meetings and events. Featuring five alarms, a stopwatch, countdown timer and a two-year battery life, this water-resistant timepiece can be a highly functional tool as you transition back to a regular schedule.

By D. L. Gibson
SUN LIFESTYLE COLUMNIST



Come on! I know you downloaded it onto Google Drive. You can pull it up on your phone. Look...let's go inside where it's safe, and you can show me the video," he said.

"I'm coming too," their neighbor said. "I just risked my life for you, so the least you can do is to let me see what I risked it for."

First, you don't know if I copied it onto a flash drive then deleted the video, I tried to say with a straight face.

Everyone stared at me, and I couldn't help but to smile.

I reminded them that the crazy cop was still in the parking lot. If he knew about the video, he would likely kick down their door to get inside to grab the video.

"Oh...he doesn't know about the video," Sister Girl's brother asked. "Just give him the pictures, so he'll go away. I'm sure you've made copies of those too."

"Both Sister Girl and I have the pictures saved in our phones," I said. "But, if I give

"No wonder he wants to beat your butt. Where's the video," Sister Girl's brother asked. It's safe at my house, I answered. "Miss D. You're too smart to not have it saved somewhere else."

him the envelope, he'll figure out that I have them saved. He won't stop, until I give him everything. He might even take my life to shut me up."

"Okay, well let's set a bait to hook him and get him off your tail. Let's call Officer Sweetie over and give him the pictures. Then, the crazy cop can follow the officer around and leave you alone. We'll tell Officer Sweetie that you deleted the originals. That's why the Crazy Deacon and his family are after you - to get the last of the pictures. Then, we'll go into my house to watch the video. If he dares to trespass on my property, I'll shoot him. I know my rights, and he knows it too."

I locked up my car and headed to Sister Girl's brother house. We were escorted by their neighbor.

Sister Girl's brother held the envelope in his hand and began to take out the pictures. We made it into the house and starred out the front door.

Then, Officer Sweetie and the Crazy Cop took the bait as planned. They walked over to Sister Girl's brother.

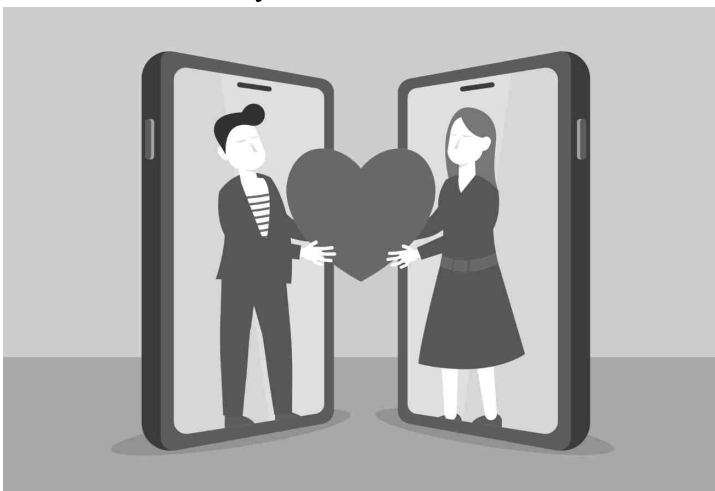
Officer Sweetie started looking at the pictures with Sister Girl's brother and started laughing.

Like on cue, the Crazy Cop got angrier and tried to snatch the pictures from Sister Girl's brother's hand. Oh no...Did he just start part two and set it off?

Mom on the Rebound is based on actual events.

Looking for love in 2021?

Five tips for successful online dating



(StatePoint) Trying out online dating for the first time or frustrated by the experience?

Below are five online dating tips from Andrea McGinty, premier dating expert and founder of 33 Thousand Dates, a coaching platform designed to help millennial and Gen X women and men navigate online dating. In her 20+ years as a matchmaker, McGinty arranged over 33,000 dates, so it's safe to say she knows a thing or two about dating successfully!

1. Enlist help. With over 104 million singles in America and over 30 million dating online, your online dating profile needs to stand out. A dating expert can help you craft a profile you're proud of - and one that isn't full of clichés like "long walks on the beach." You hire professionals to help you exercise, clean and shop, so why not hire a dating pro to help reflect your individuality? At 33 Thousand Dates, for example, they take a personalized, proactive approach and handle the heavy lifting so that clients can have all the fun.
2. Refresh your photos. Time to cull from the thousands of photos saved on your phone for five to 10 terrific shots. If they're more than a year old or low-resolution, consider scheduling a photoshoot with a friend or a professional. Pose in natural light, ideally outdoors, and show off your smile. Avoid selfies and sunglasses, and include at least one full body shot that conveys your interests, whether you're hiking, doing a tree pose, or walking along the shore. For men, shirts on unless it's a great surf shot or you're spik-

ing a volleyball on the beach. Lastly, most photos should be solo - pets are warm and welcoming, but limit the shots including friends or family.

3. Be proactive. Start with only one or two dating platforms. You can add more later, but you don't want to be overwhelmed by all the "likes" you'll receive! Once live, don't wait for mes-

sages to bombard you. Instead, use the platform's filters so you see the type of people you're looking for - don't be shy about knowing what you want!

"After coaching thousands of people and playing a part in 4,200 marriages, I've found that those with the highest level of dating success proactively work the system in person and online," says McGinty.

4. Arrange video chats. Set up short virtual dates to determine whether you're willing to meet in person. Keep conversations to 10 minutes - this is enough time to get a feel for personality, looks and mannerisms. Ask important questions early to ensure your values align, and remember, chemistry only comes in person!

5. Have fun. Now it's time for the good stuff! Arrange drinks, coffee or brunch al fresco - these dates are less pressure, more relaxed and don't drag on. If you're ready to leave, say you have errands to run or evening plans. A coach can help with this part, too - 33 Thousand Dates offers expert advice on how to communicate and follow up on dates. Keep in mind, you're seeing if you like the person enough to go on a second date, not marry them! And if it doesn't go well, those millions of other singles are waiting to meet you.

For more tips and to learn more about enlisting help from pros, visit 33000dates.com.

Don't continue to tread water. Take proactive steps now to date online with confidence.