

# DETROIT NATIVE SUN

## If you don't have any problems, start praying for one!

By Ma'at Seba  
SUN COLUMNIST



Pray for a problem?! I'll bet you think that I have lost my mind. That's what I thought about one of my mentors when he first stated that to me. When asked how things were going in my life, I said, "fine, no problems to report!" then he said, "well you had better

pray for one". Thank God I now know what that means.

Each and every one of us are Spirits re-incarnated into these physical bodies so that we can "re-member" our higher selves, and to re-remember us of Who We Are. We are all "a-part of" God, not "apart from" God. Imagine God as being the ocean and we (our Soul) are one drop of that ocean, even though that one drop might be "a-part from" the ocean, is it not still "apart of" the ocean? We are all one with God, between us and God there is no distance. However, we have forgotten our connection, our "oneness with" God. We have forgotten that in our God state, we are in a state of unconditional Love, non-judgment, anger and fearlessness. We have forgotten Who We Are. What does that have to do with life's "problems"? Everything! We re-remember who we are by constantly discovering "Who We Are Not". We are all Spirits who "choose" to re-incarnate into these physical bodies to have a human experience which encompasses the experiences of birth, joy, pain, learning, teaching, giving, taking, friends, enemies, having, not having, sickness, health and ultimately death. We "choose" what we needed to elevate our consciousness or to re-remember us of Who We Are.

Maybe you "chose" to experience compassion, selflessness and service to others this lifetime. Your experience this lifetime might be that you had a successful business and you became a multi-millionaire. Your wealth turned you into an evil snob and you treated your staff like slaves. You had no concern for their welfare or their family problems because you had no spouse or children of your own. Just you, your money, power and control over other people's lives. In a twist of "fate" (choice) you become deathly ill, no one visits you in the hospital. Your business crumbles and you are left penniless and homeless. Now here comes the fork in the road (conscious life choice):

1) Do you become hard hearted and curse God for your "fate" (choice), refuse all help and die an angry non-elevated soul who has barely learned a thing this lifetime, destined to re-incarnate again until you learn the same lesson just under different circumstances? Or,

2) Do you choose to learn from your selfishness, greed and mistreatment of the less fortunate? On this path you befriended a homeless man who was a college teacher until he was called off to the Vietnam War. He was discharged because he lost a leg by stepping on a land mine. While hospitalized, his wife and daughter were killed in a car crash, the college refused to rehire him because of his health issues and he lost everything. His story softened your heart. During a stay at the homeless shelter, you met many other people with painful stories and your heart softens even more. You become a volunteer helping and serving others at a soup

kitchen, you learned everyone's names and even played with their children, growing quite attached to them. As you re-evaluated your past, you began to cry and ask God to forgive you and allow you another chance, and more importantly you forgave yourself and vowed that this time it will be to be a servant and not to make servants. While serving holiday dinners at the soup kitchen, you are so happy and Spirit filled. You are handing out each plate with a smile and a "God bless you!" A gentleman taps you on the shoulder, he has been watching you all the while. He found out that you had once owned your own business and he offers you a management position in his corporation. He says he "loves your people skills". He said the person who usually handles the charities division in his company is leaving and he did not have a perspective replacement. He said his company regularly supports the soup kitchen so if you liked, you could continue to personally volunteer, but that is part of the new job's position so you might as well get paid to do what you enjoy doing anyway!

On this path you spiritually elevated and learned the experience you "chose" for this lifetime. You learned, compassion, selflessness and service to others. This journey had its share of joys and pains or "problems", but look at the blessed ultimate outcome.

"Problems" are just "Opportunities" for growth. Staying angry, hate filled, jealous, envious, waving the victim banner etc. about what you are experiencing on your life's journey will not elevate you spiritually, nor will it resolve your situation.

Regardless of what your challenge is, be it your career, health, finances or relationships, all challenges come with their own unique set of "problems" to overcome. Even though during the duration of your challenge it might be very painful or you might be fearful, life's challenges always teach you something about yourself.

Remember that it is not the problem that is the problem, it is your reaction to the problem that is the problem! You can get all bent out of shape, holler and scream and get depressed, and leak a lot of valuable energy. Or you can get still, meditate, ask a person of wise counsel, listen to your Spirit and pray and ask God for guidance and strength to overcome the trial.

It is critical to not allow yourself to stay angry or get depressed over your situation. Some helpful tips are to play your favorite song and sing it, call the friend that always makes you laugh, or think about your life's funniest moments. Once you smile, laugh or sing, you have immediately elevated your energy level and it is virtually impossible to become as angry or depressed as you were. And if you do re-anger, you had to work hard to do it and what sense does that make?

Remember that "Problems" are "Opportunities" for growth. Do not curse them because they will "always come and go". Just as the seasons come and go, "this too shall pass".

Learn, Love and Elevate. Re-remember and Re-mind yourself back to God.

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

## Mom on the Rebound

By D. L. Gibson  
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All of a sudden, a little boy about 6 years old runs up and kicks the crazy cop in his leg.

He falls down, and oh no...It's about to go down!

The crazy cop wobbles but man-

ages not to fall. The little boy runs away and stood at a house about two doors down.

One of the neighbors grab him and takes him to his mother, who was standing outside.

The crazy cop then shouts profanities at the child, causing the neighbors to respond in an uproar.

"He didn't kick you hard enough," someone yells out. "If it was me, you would be lying on the ground."

The constant backlash irritates the crazy cop, and he reaches for his gun.

Then, one of the other officers walk up and grabs his arm.

"Take you crazy behind home, before you get hurt," sister girl's brother shouts from his front door. "I asked you nice the first time to get off of my property. I'm not going to be nice anymore. Get off of my steps or they'll have to carry you away. You better leave, while you're able to walk."

The crazy cop refused to give up.

"Give me the video and pictures, and I'll leave," he said. "Do you have a permit for that gun? If not, you'll be sleeping in a jail cell tonight. You think I'm

## Make a lifestyle change

## Do not ignore this information

By Minister Gloria G. Lee  
SPECIAL TO THE SUN

We want you to go to the website <https://nsv.info> or <https://touchedbythelight.us> and download the booklet Black Women and Breast Cancer. It will take some time to read and digest all of the material but that is ok you owe it to yourself to read information that can give you knowledge on how to save your life and protect your children from living a lifetime without you.

After you read the booklet will you download the booklet and send it to 5 of your friends and ask them to do the same with 5 of their friends. We are trying to get the booklet into the hands of a million women. In your outreach to other women you may find some women who have survived breast cancer who will want to help us with this campaign. These women will know the importance of this information.

You may not like to read or you may have difficulty reading but this is information you can ill afford to ignore. Any Day Now you maybe told you have breast cancer then what are you going to do. Are you going to fall down on your knees and shout Oh Lord, Why Me, or are you going to read this information using the eyes and ears God gave you so you can accumulate information to fight for your life. You gain intelligence through reading, collecting bits and pieces of knowledge assimilating this knowledge into a life worth living. Do not let the bad habit of not reading destroy your life. If you want to live until tomorrow read. Sit down take your time and spend days reading this information. Read on your lunch hour. Read on the bus. Read anywhere so you can gain the knowledge to use to fight for your life. As long as you are alive you can change.

Do it today, develop a fondness for reading. What happened to you in grade school or high school should not impact your life today. You do not have

crazy, but I'm going to show you what crazy really is."

Why did the crazy cop have to threaten Sister Girl's brother? Even though he's a lawyer, a college degree didn't erase his thuggish thoughts. He's an educated thug.

Sister Girl's brother then opened the door wider. Officer Sweetie was standing behind him and urged him not to go out.

"It's not worth it man," he said.

"You have the upper hand. Just let him be, before someone gets hurt. There's kids out here. What type of example are we setting for them. You're better than that!"

Officer Sweetie's words seem to calm down Sister Girl's brother.

"I should upload the video onto YouTube. Then, you and the world can watch your freaky deacon cousin and his son. I bet the video will go viral."

The neighbors looked puzzled over the comments. Suddenly, you could hear everyone asking, "What video?"

Sister Girl's brother started laughing out loud and shouted out, "Who wants to see a father and son drag team get their freak on at the gay club? Freak nick has moved from the ATL to the D. This time it's starring the crazy Deacon and Miss Hazelnut."

What in the world is he talking about, some asked. That sounds like a porno flick. There must be some truth to it. Look at the crazy cop. What's he doing now?

*Mom on the Rebound is based on actual events.*

time to feel ashamed that you cannot read. What you cannot do to day you can learn to do tomorrow. The person you were in grade school or high school is not the person you are today. Your destiny is in your hands. Prophesize your own destiny do not let others who spoke negativity into your life rule you forever. Do not let people who said you would not amount to anything or you will be just like your father who is in prison continue to rule your life? Do Not let Fear rule your life. Ordinary men and women have done extraordinary things throughout history. You can too. You possess the strength and the resiliency to change. Make your greatest change today. Begin Reading. Start with this booklet on breast cancer. God sent you this information now read it and from this day forth start a reading campaign. You will be surprised by what you will learn and gain in understand. Besides the world is a better place with you in it. You do not have to die from breast cancer. And for my male readers and listeners I say to you any information that is important to women is important to you. Think about it. You have daughters and sisters, aunts and cousins who can be victims of this disease surely you want to have enough information at your fingertips so you can help the females in your family cope with this illness which mean you need to also download and read this booklet.

We should not stop talking about breast cancer until there are no longer women dying from this disease. Every day you need to do something to help yourself and other women because therein lies our protection and welfare. You do not have time to sit and cringe in fear. You need to be busy accumulating knowledge to stand up to breast cancer.

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