

# DETROIT NATIVE SUN

## Recognizing Enough

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Do you recognize when you have enough? How can you tell? What, is *enough*? Enough, is defined as: To attain, achieve, attained as much or as many as necessary, desirable, or tolerable, to the required

degree or amount, fully, just adequately, tolerably, fairly, sufficient, as much as needed, equal to what is required.

We all desire or want to attain *things*, or to acquire items because they are the latest gadgets on the market, or the most recent technology available. I recently heard that there was a new TV, available in Korea and China, which exceeds 100 inches and costs *Thousands* of dollars. I wonder how many people here in America are drooling at the thought *and* chance of one day owning one.

Acquisitions, don't necessarily happen as a result of *need*, certain overly extravagant items, are strictly ego based, and are meant to stroke, and soothe the ego of individuals suffering from *lack* in some area of their personal lives, competition in business, or a larger than life persona!

Many times when people grow up poor, they dream of ways to escape the poverty they find themselves a part of, but never escaping the poverty of the mind. Too often their methods of escape are counterproductive and they end up in *worst* condition than they were at first. Unfortunately, *enough*, never seems to apply to self improvement or bettering one's life condition. Rarely does a person spend the time to work

on themselves and their physical, mental, and spiritual health, those things that *bring* them peace and satisfaction. *Excuses* have become our way out of dealing with things we'd rather ignore.

Instead of dealing with self, they opt for the showy, bling, bling things which are not lasting, but which provide that instant gratification when viewed externally by others. While this fictitious game playing is momentary, it makes you feel, and appear to be, *all that*, when in actuality, you *are*, and *have* within you, that very satisfaction and peace which you seek, so stop game playing, it all begins and ends with your state of mind.

People would be blessed and empowered to realize that their education, employment training and their cultural exposure are some *keys to success* and are *avenues* leading to the *Highway of Enough*, as they perceive it and will be reached governed by the *entrances* and *exits* they choose to take!

Likewise, those who are born into affluence, have a similar problem with what is *enough*, since rarely is money an issue, it is often used indiscriminately, especially by those who are young or are less mature. Those people of affluence who have actually had to work hard for, and who have prepared themselves from an educational standpoint, are much more discerning of how their monies are spent, shared and saved. Their endowments, investments, and donations provide for an estate for family *enough's*, far into the future!

Bottom line, the recognition of your, *enough*, is when you have reached a certain *satisfaction* and *peace of mind* that whatever you have, is *ENOUGH!!* And remain grateful!!

## Embracing the Goddess Within:

## The transformative power of relationships

By Addona Smith AKA Godis  
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If you lived alone on an island, you would never be able to truly see, know or experience yourself.

It is only through your interaction and relationship with others and through your intimate conversions

with God that you can come into the true knowledge and awareness of yourself. These two relationships are powerful tools for your soul's growth and evolution.

These two relationships provide you with the tools and processes to becoming the greatest version and highest vision of yourself. It is through these two relationships that you will be able to see and experience the beauty, as well as the shadows, within yourself - the places where you are not loving, as well as the areas within yourself where you need to be strengthened. Your relationships with others are your mirrors.

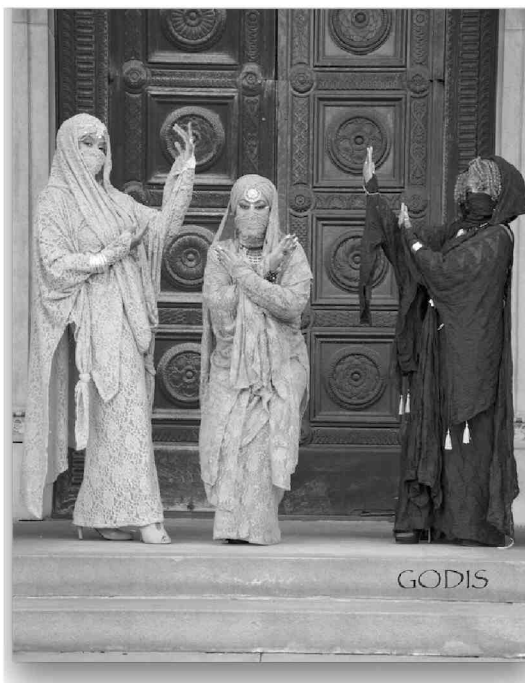
You draw to you and you are drawn to people who will reflect back to you a lot of the qualities and the attitudes you love, as well as the attitudes and qualities that you need to look at and change within yourself.

What you strongly and emotionally dislike and react to in others is usually a reflection of something you need to look at and change within yourself. Ask God to show you where the behaviors that you greatly and strongly dislike in your relationships are reflecting you. Those particular behaviors in you might show up differently. God will show you the shadows within you and help you to change

the thoughts, perceptions and beliefs that created them. As a result, you will spiritually elevate. You will increase the spiritual light within you. You will begin to vibrate at a higher vibration and frequency. You will increase the creative and spiritual gifts within you. The type of people you are drawn too, circumstances and situations that you experience in your life will change, because real change happens from the inside out and not from the outside in. True beauty can only come from within.

Rise goddess rise! Your light and your love are needed. Rise!

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## Silence is Golden

By Evangelist Barbara Colbert-Brooks  
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It's election time again for Michigan. Television commercials, billboards, radio advertisements all promote a candidate who promises to

give the people what they want and what they need. New candidates pledge to accomplish whatever the former failed to do. Returning candidates promise to finish whatever they previously failed to do. All posturing themselves as protectors of the peoples' rights, vowing to expose political extortionist, nepotism, and the "good-ole boys" and their alleged self-serving agendas. Some portray themselves as grassroots candidates, mingling with the urbanites, shaking hands, embracing a child, or arms linked together in a gesture of brotherhood. Some selecting just a few ethnic specific individuals to symbolize their profession of unbiased and non-discriminatory "justice for all." Some even choosing to mud-sling, slander, and accuse the opposition as a fraud, unfit for political office.

Yet, when the race is over and the dust settles down, do we ever really know the truth? Do we really ever see them down in the "hood" helping to clean the alleys and board the abandoned properties? Are they there when the shelters are turning down the homeless or drug addicted because they're overrun with those who have fallen through the cracks and crevices of life? Which one of them ever held a newborn baby in their arms, delivered into this

world already struggling with a crack addiction? And who can say they were there to heal the painful scars of rejection and disgrace for the one whose hopes and dreams were destroyed because they were judged by the color of their skin? If there ever were a prerequisite for any occupation or profession, all of the aforementioned should be required for anyone who desires to take on the role of a politician. For how can anyone truly advocate for any cause, unless they really know the struggle? Experience is the best teacher, even for a politician.

An old Arabic proverb says, "Speech is silver, silence is golden." While candidates must promote their platform, there must be honesty, sincerity, and humility. While stirring the emotions of the people and appealing to one's sense of injustice may get the candidate the vote they want, it will not even compel them to fulfill their promises. There must be heartfelt passion within the promise, fueled by having experienced the injustice or the offense personally. Otherwise, it will all be for naught; lies and silver-tongued verbiage. The candidate would have been better had he maintained silence.

A wise old proverb says "that many words are bound to lead to transgressions, but one who guards his words is wise." So while one must advocate their agenda to make themselves known to the people, they should always remember that they will be held accountable for every promissory brick they used to build their campaign. For only the campaign built with the blood, sweat and tears of honesty, humility, and personal testimony will withstand the winds of opposition that will surely come once they have achieved their political position.

## Five ways to support Ukraine

(StatePoint) When news of the invasion of Ukraine broke in February, many Americans wondered how they could help relief efforts. Across the country, individuals and communities sprang into action.

Knowing immediately she needed to get involved, Christiana Gorchynsky Trapani, owner of Door County Candle Company and granddaughter of Ukrainian immigrants, began donating 100% of profits from her company's Ukraine candles to relief efforts. She expected to sell only a few hundred candles, but within two weeks the company sold over 20,000 -- more candles than it typically sells in a year. To date, the company has sold over 70,000 candles totaling \$700,000 in donations and counting. To assist with the overwhelming response, neighbors and other volunteers have been pitching in to prepare the candles. To order a Ukraine candle and support relief efforts in Ukraine, visit [doorcountycandle.com](http://doorcountycandle.com).

Gorchynsky Trapani is also offering five additional ideas for getting involved:

1. Donate: Donate to organizations directly benefitting Ukrainians. One to consider is Razom for Ukraine, which is providing medical and communication supplies to the regions that need it most, evacuating vulnerable populations to safer regions of the country, and advocating internationally for the nation's future. Proceeds from Door County Candle Company's Ukraine candle go to Razom. To learn more, visit [razomforukraine.org](http://razomforukraine.org). Donations can

also be made to Sunflower of Peace, which is distributing first-aid backpacks, medicine, medical instruments and other means of survival in the areas affected by violence. Visit [sunflowerofpeace.com](http://sunflowerofpeace.com) to learn more about their efforts.

2. Take action: Voice your support for Ukraine by contacting your congressional representatives and by taking part in peaceful demonstrations and rallies.

3. Tweet and share: Sign petitions demanding peaceful solutions in the region and share them on social. Visit [codepink.org](http://codepink.org) and [globalcitizen.org](http://globalcitizen.org) to learn more and to show your support.

4. Reserve an Airbnb in Ukraine:

The idea is not to vacation in the country, but to deliver needed cash to citizens during wartime. Many hosts have lost their income, and at the same time, are allowing other Ukrainian refugees to stay in their properties for free. As of March 4, 61,000 nights were booked by users worldwide for a total of \$2 million. If you're an Airbnb host yourself, you can also consider signing up to offer free temporary stays to refugees. Visit [airbnb.org/help-ukraine](http://airbnb.org/help-ukraine) to learn more.

5. Celebrate Ukrainian culture: Take the opportunity to demonstrate love and support for the country by connecting with Ukrainian neighbors and refugees and learning about the traditions that make the country so special. You can also fly the Ukrainian flag to demonstrate your support, as well as learn more about its meaning: the top blue band symbolizes the sky and the bottom

