

DETROIT NATIVE SUN

Enlightening the Community

Enter into the Eye of the Hurricane

By Ma'at Seba
SUN COLUMNIST



Are you so stressed out that you have trouble falling to sleep, or do you sleep peacefully? Are you finding yourself in arguments and disagreements, or are your relationships with people relatively harmonious? The ancient Egyptians axiom "As above, so below; as within, so without" is still just as relative now as it was 5,000 years ago, in that they knew that your life experiences on the physical plane mirrored your consciousness on the spiritual and mental planes. If your life is problematic and chaotic outside, your mind is chaotic inside. Nature gives endless examples of how we can resolve our problems; the earlier primitive cultures knew this and incorporated the teachings of nature into the fabrics of their society's morals and foundation.

Observing nature has always been one of the prime tools used by the ancient great minds, be they the priestesses, shamans, metaphysicians or theologians, to glean a greater understanding of the spiritual and physical realms which are direct reflections of each other. Nature itself is a sacred book of esoteric wisdom seeming written in esoteric imagery if only one would just look to hear the messages. God speaks to us through many messengers and nature is just one of them.

In my own experience, I was really struggling with how to resolve a particular issue. I went to the park and sat at the water's edge, mulling this issue over and over in my mind becoming more frustrated by the minute. Then the still voice of Spirit told me to look over at some trees. I looked and looked some more, questioning the relevance to my problem when the wind started to blow. Then the voice says to look at the leaves and branches, look at how when the wind blows, the tree, its branches and leaves bend with the wind, they do not resist and so the wind goes around them. They give no resistance. I finally got it! That was the answer to my issue. I had been so resistant and trying to control the situation, that it was breaking me down, which is what would happen to the tree if it doesn't bend or give in during strong winds. Once I came to that realization I changed my perception about the issue, let go of the expectations that I had had wanting a specific outcome, held the belief that the issue would be resolved in a divine way, and then "Let go and Let God".

This situation was one of the many "hurricanes" in my life and I don't expect that it will be my last. Having a hurricane in your life is not the problem; it is how to handle the hurricane when it comes. The best way to handle a hurricane in your life is to enter into the eye of the hurricane. The eye is the very center of the hurricane and it is also the calmest part where there is virtually no torrential activity such that if you were looking up through a hurricane, you would be able to see the sky. The eye is a very ancient symbol which was used by many cultural, spiritual, religious and metaphysical groups and gener-

ally represented: sight, wisdom, spiritual insight, the 3rd eye, vision, prophecy, examination, introspection and/or observation.

The uncertainty of daily life because of the Covid virus pandemic has created a hurricane in everyone's life. Instead of being sucked up or swept away by the intensity and destructive force of the exterior of the hurricane (the life changing events that were created because of the virus, whether it was the loss of income, illnesses and/or death of those around you etc), go to its center. To remain in its exterior, or the place of chaos, frustration, anger, fear and impatience will all but guarantee an unresolved issue bringing with it added stress. Instead, enter into the eye, it is the calm place, and the space for in-sight. Gaining insight means to go within yourself, and connecting with God, your intuition, inner wisdom or your Spirit. You need only to find a quiet place, still yourself by relaxing every part of your body, slow your breathing until it becomes peaceful and rhythmic and then begin to ask God, or Spirit for answers. Listen and wait for the answers to come without expectation for how and when they will come. You might hear an ad on the television, hear a comment made on the radio, read a passage in a book, overhear a conversation, or get a phone call from someone who says something that gives you the answer to your challenge.

When in the midst of my hurricanes, I read these empowering thoughts called "Ma'ats Memos":

© In the midst of a crisis remember that "This too shall pass"

© Pain forces you to look towards God for answers

© It is pressure that creates diamonds

© When one door in life closes, another is opening up

© Faith and fear can not dwell in the heart at the same time

© All questions have an answer

© Do not misunderstand the hurting seasons for they birth the healing process

© Problems are opportunities for growth Remember that hurricanes in nature have a season and the hurricanes in your life will have a season too. The challenges that have come about because of the Covid virus pandemic could be looked as Opportunities to make some changes in your life whether it is changing your dietary habits to strengthen your immune system, reevaluate your finances and spending habits, build better relationships with your family or just finally taking some "me" time.

Problems in life do not last forever and a problem is not a problem if you know how to find the answer to the problem. At best it is just an inconvenience.

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 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
SUN LIFESTYLE COLUMNIST



Oh no...there's the crazy cop! He followed us to Sister Girl's house and pulled up behind the tow truck.

I told Sister Girl not to open the door to her condo, because I didn't want the crazy cop to see which door we were going to.

I told Officer Sweetie that I was concerned the crazy cop would come back and would try to get inside of Sister Girl's house.

He assured me that we would be safe.

"Don't worry...I'll follow behind him, when you open the gate. I'll make sure that he leaves, after the gate is closed.

The tow truck driver backed my car into a second spot. I grabbed the keys, and started walking in a different direction away from Sister Girl's house. Sister Girl got the hint and clicked the button to let the tow truck driver out of her complex. Officer Sweetie walked up to the crazy cop's car and told him to follow behind the truck. He then hopped into his car and was ready to pull up behind the crazy cop.

The tow truck pulled off and turned onto the main road. Meanwhile, the crazy cop waited and watched the tow truck drive off.

Officer Sweetie yelled out, "Pull off, before the gate closes!"

The crazy cop yelled back, "Go around! I'll follow you."

Sister Girl didn't trust the crazy cop and told Officer Sweetie that she thinks he's up to no good.

Embracing the Goddess Within: The future is now

By Addonna AKA Goddess Godis
SUN COLUMNIST



You have entered a doorway into to a new dimension in time. You carry within you the seed for the future. The seed is the vision for a greater experience of yourself

and your life. In order for you to give birth to that seed, you must nurture it by thinking about it and by meditating on it every day, because your thoughts are prayers. You must also visualize it, because your vision is magnetic. You must also speak about it, because your words shift energy, create movement and create change. You must also be willing to transform yourself. You must be willing to do and become whatever God is showing you in order to birth that seed and bring that vision into your physical reality.

Even while living in the midst of a world filled with darkness, chaos, anger and despair, you must be willing to nurture and give life to that seed, that vision, and that precious gift that God has given you. It is the only way that you can maintain and increase the light within you. The seed holds within it the blueprint for your future.

The seed also embodies within it your soul's growth and evolution. It is the change that you hunger for in silence. It is a spiritual awakening, a resurrection and a rebirth to becoming the greatest version and highest vision of you. It is all a part of a master plan, a sacred contract and agreement that you made with God. Once the veils of illusions of this world were lifted, you would see the truth and

The crazy cop then put his car in park, in the middle of the parking lot, and hopped out. He walked toward Sister Girl and Officer Sweetie.

I watched and mustered up courage to turn around and to head back towards them. As long as Officer Sweetie was there, I felt somewhat safe.

I yelled out to Sister Girl for her to hurry up and to come over. I made up an excuse saying that I had to go to the restroom.

The gate closed, and Sister Girl pressed the button to reopen it.

"Where do you live," the crazy cop asked Sister Girl.

"It's time for you to leave, so you can hop back into your car and drive off," she responded.

Officer Sweetie told the crazy cop to get back into his car and to leave.

"I'm not going anywhere," he replied. "Woman...which house is yours?"

Sister Girl's look suddenly changed, and I could tell that she was about to snap and go off on the crazy cop. Her brother and his family lived a few units away.

She picked up the phone and called her brother, telling him that she was being harassed by a crooked cop. Her brother was a reformed thug, who turned around and went to law school. He now practices law.

It took all of five minutes for him to arrive onto the scene.

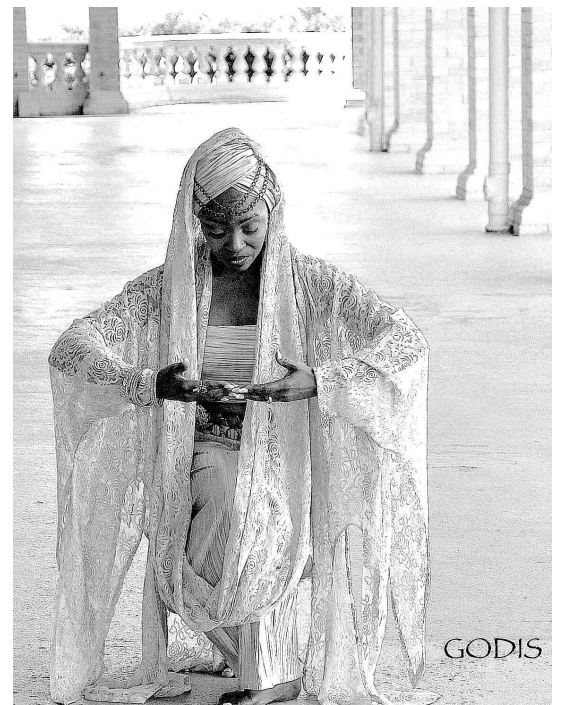
"What's the problem" he asked. "Officers don't you have some runs to make?"

He went to reach inside of his jacket to pull out his business card, and the crazy cop pulls out a gun. Oh no...don't shoot!

would choose to no longer be a slave to the desires and the beliefs of this world. You would become powerful co-creators with God and you would give birth to the future, the seed, the vision that God has implanted within you, and you would bring to life your piece of heaven to earth.

Rise Goddess rise. Your light, your love is needed. Rise!

Goddess GODIS is a Detroit spiritual artist who is dedicated to using her gifts as a photographer, garment designer, writer and speaker to document, celebrate and inspire the emergence of the goddess, the spiritual essence of women. GODIS is the Author of THE BOOK OF WISDOM a Book of Empowering Affirmations and WE ARE ENERGY, which talks about the Power of your Spiritual Energy and how it effects you and the world around you. Contact her at Goddessgodis@gmail.com for purchase of her books or speaking engagements.



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