

# DETROIT NATIVE SUN

Enlightening the Community

## Relationship First Aid: When the lid closes, what is your relationship with self love?

By Ma'at Seba  
SUN COLUMNIST



"Will all those who wish to pay their last respects please come forward", the funeral director said. Loved ones and friends filed down the aisle in tears to say their final farewell to the man who had touched their lives in many ways. The tears became sobs as the director slowly yet respectfully closed the lid of the casket.

I was at the funeral of a friend's father. I sat and listened to the obituaries, poems, songs and remarks about the deceased. A son spoke about the times shared with his dad; the lessons learned from his dad, the punishments he received, their walks and their talks. He thanked his dad for being a strong man, thereby showing him how to become a strong man as well. A granddaughter cried as she expressed her love for her grandfather but yet her disappointment at the times she had not shared with him, the walks and the talks that they did not take, and her remorse for their lack of closeness.

I wondered to myself, "Why do we sometimes wait for the lid to close before we open our hearts?" "What makes us assume that we or the other person will be here tomorrow?" "What does it have to take for people to soften their hearts, become open to dialogue, or to be the first one to give in?" "Does it have to take death?"

I thought about the biblical story of Moses and the Pharaoh whose heart and mind were so hardened that even the death of his own child did not change his ways; closed hearts and minds are the reasons that this world is in the condition that it is in. Wars, pollution, judgments towards others races, religions and gender are some examples of closed and cold hearts and minds.

There is a proven way to create peace and harmony in this world and that is LOVE. LOVE in fact, is the only way. LOVE is the equalizer. LOVE is the balancer. LOVE is the peacemaker. LOVE is the harmonizer. This world would change within 24 hours if each and every person was committed and dedicated to their own personal growth. This world is cold outside because the hearts of people are cold inside. A person who loves themselves could not think of harming someone or something else, including Mother Earth. A loving person could never conceive, condone nor participate in any activity that would bring about harm to another for any reason. In a loving world, war, murder, violence, theft, greed, poverty, starvation, pollution etc, would not exist because they would be unacceptable! A loving person

could not conceive nor condone of harming themselves (i.e. through using drugs, alcohol, improper diet, lack of rest and exercise etc.). A loving person could not conceive of nor condone their personal gain in any form at the expense of another. A loving person could not conceive nor condone of another's inability to survive without giving assistance to them because a loving person knows that allowing another to be victimized, is to be the victimizer. A loving person is not judgmental. A loving person is a giving person. A loving person is a forgiving person.

Let each of us commit to doing honest self-analysis and finding the cold unloving places within ourselves, and heal those places so that we may be the examples of love that our children are craving for. Begin to heal any suffering relationships that you might have with your mate, children, family or friends.

Love is something that everyone searches for and craves for. The interesting thing is, it has always been in one place, and that is within. When you can love yourself, you automatically draw love right straight to you. The Creator in all It's infinite wisdom placed laws (Law of Mind, Law of Cause and Effect, Law of Attraction) in effect to assure you of that. They are generally taught as parables or known as popular sayings such as: "As a man thinketh, so shall he be", "As you sow, so shall you reap", "Birds of a feather flock together", "Do unto others as you would have them to do unto you".

Rebellious children are becoming a global phenomenon, why? Children do not do what adults say, they do what adults do! Our children are our mirrors. How many loving images do they see on the news, television shows, in their homes or in their daily reality? Our children will not become peaceful, giving, sharing, and loving people until we do. Until then we are just self-righteous, hypocrites to them.

If we truly want to change this world, we must first change ourselves, and the time is now. Now is the time to tell and show our children and others that we love them. Now, is the time to take for the walks, the talks and for the lessons to be shared. Do it now so there will be no regrets. Please don't wait for another lid to close!

*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*

## Embracing the Goddess Within Are you tapped in?

By Addonna AKA Goddess Godis  
SUN COLUMNIST



Are you tapped into the universal knowledge and wisdom of God? Can you hear? Are you Listening? Can you move beyond sound and sit in silence and discover truth?

Can you hear soft words being whispered in your spirit guiding, protecting and teaching you sometimes telling what to say, or not to say and sometimes telling you what to do? Know that as you listen to God that God is listening to you. God is alive. God is alive in you.

Are you receptive to the messages and meaning of the dreams and visions that God is sending you? You are an instrument - a vessel for God to work through.

Your life is not your own. You don't belong to you. You belong to something greater and far bigger than you. You are the light and God is the fuel. You have come into this world to create and give birth to some-

thing new, to give life to the seed the vision that God has implanted within you. You are a gift to the world. You are a sacred and precious jewel.

Rise goddess rise! Your light and 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 within women.*



## Mom on the Rebound

By D. L. Gibson  
SUN LIFESTYLE COLUMNIST



Are we under arrest? Where are you taking us, I asked.

Sister Girl and I were reluctant to get into the officer's backseat. We just wanted to go home and to have this nightmare to end.

"We just want to question you," the officer said. "You're not under arrest. Your vehicle is unsafe to drive with all of the broken glass flying out."

Sister Girl then spoke up and said, "Well if we're not under arrest, we demand to be taken home. We're tired and just want to go to bed. We're willing to answer your questions tomorrow, not tonight. Sister D's house is not far away. Take us there."

The officer looked dumfounded. He remained quiet for a little while then said, "I'll escort you ladies to the station. When we're done talking, you can call someone to pick you up."

Why did he say that. Sister Girl's looks changed instantly before our eyes. She went from being calm to a raging mad person.

"So, you're going to kidnap us?" she asked. "I told you that we want to go home - That means 3421 Blank Street. Anything different is against our will. I'm calling my attorney."

Was sister girl bluffing? If she really did have an attorney, now would be a good time to call. I looked at her hoping she would give me some type of signal on if she was bluffing or really does have an attorney.

## Celebrating my village

By Calvin T. Mann  
SPECIAL TO THE SUN



It's woman's history month and while I'm sure you can think of plenty of success stories of women, I will go a little different for

a list of women who have impacted my life and our communities. I'll start the celebration with women closest to me. The first and most important influence of a woman is my mother Olliebell Rosetha Mann. My mother was mother to many. She was oldest of 11 siblings. "Bell" (as they would call her) helped prostitutes get off the street. She helped many elders get in senior living housing while herself barely with sight in one eye. The greatest impact she had was not just helping others but being a wife to my Father, Rev. Columbus Mann. Together, they had 7 children and my Dad had 10 total (3 additional from another marriage). My mother was a true legend for her grind and as I grew up, I learned to hustle and work from her. Another strong influence in my life was my Grandmother Vernice (my mom's mother). She was very quick with discipline and ran a "tight ship." She would kiss me often and had a very kind heart for others. She would watch many neighborhood kids from Royal Oak Township after raising 11 herself.

This next group of women continues to inspire me and I just wanted them to know they mean the world to me and I celebrate them this month as well. Heather Hetheru Miller, in one day, helped shape the heavy vision stirring in me to provide a safe space and program for boys. From our sharing, she wrote my first mentorship program. Today, she is the Executive Director of that same vision found in our non-profit agency, EMIY Inc. She's an author, visionary for women and she is a huge force for change and growth in others with unbelievable faith. Her faith is as strong as it comes and I am so proud of her and glad she's in my life. Crystal Gunn, a brilliant and driven woman, is another woman that I celebrate. We have had many days sharing and building each

I then elbowed her to signal for her to call.

The officer paused and didn't respond to Sister Girl.

She was getting irritated and whipped out her phone. She started scrolling down her contacts as though she was looking up her attorney's number. Then she went online and started searching for an attorney.

Oh Lord...this fool was bluffing. And, now we don't even know what type of lawyer to look for. She started searching on criminal attorneys. Why? We didn't commit a crime did we? We're the victims not the perpetrator.

Then, she started looking up high profile lawyers that we see on TV. Girl those are personal injury attorneys. You're looking in the wrong area.

Sister Girl why don't you call the attorney known as Detroit's Johnny Cochran. Remember, he lives in your co-op?

"I was thinking about calling him, but is number is in my co-op directory. When I get home, I'll look him up. For now, I'll call Attorney Save a Sister. Officer, I'm calling my attorney now. You better have a good reason for taking us against our will or you'll be the one sitting behind bars," she said.

The officer turned to the back and looked at us. He then started laughing like a madman.

Lord...please be with us. Don't let us become victims of a crazy cop. Why is he laughing and looking at us crazy. Where's my pepper spray mase?

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

other's vision. While she is an amazing person, she is now the founder for the Amazing Woman's Network! They embody amazing under her leadership!

Heidi Brinkley Cannon, my sister, one of the original Hair Weave specialist in Metro Detroit, is another woman to be celebrated. She has had my back and shows the same support for all my siblings consistently. She shows up and is tremendously loyal. She helped me buy my first house and so much more! I could write a book on my sister and like our mother, she has given so much of herself to make life better for others. She is now the first lady to her husband Pastor Curtis Cannon and their church. I truly love her, and although I still tease her, she is to be celebrated.

Tamika Gaines, a sister in the work of advocacy and activism, will stand with you until then end of the journey. She showed up in my life huge when I was alone and needed encouragement. I love and celebrate her. Dorrinda "Dee" Franklin (ok yawl I just might cry on this sister) I celebrate. Man, she always looked out for my well-being as I was putting my life back together after the pieces shattered from a painful divorce. She made sure I ate and took care of myself, celebrated my birthdays and always had her husband Tony; "check on Cal." Not only does she make the best cabbage and hot water cornbread, she trusts me without even a second guess. Robin Prauer, my Godly sister who will follow Gods whispers right to you, always says "We gone put prayer on that thang and let God handle it." I remember her reassuring words "brotha, it's gone be alright" that instantly brings peace to my heart.

I also celebrate the life of Ms. Edwards, Ms. Corrigan, Aunt Gene, Aunt Inez, Marcia Mann, Bernita Bradley, Cindy Eggleton, Lisa Kelly, Angela Prince, Jaime Gabriel and so many others. These are my village of women who inspire, support and encourage and I celebrate YOU! Calvin T. Mann, National Encourager is President and Founder of Good Fathers Only and EMIY Inc. Calvin is available for speaking engagements and advancing the call for boys and fathers. Feel free to reach out at calvintmann@gmail.com.

*Calvin T. Mann, National Encourager is President and Founder of Good Fathers Only and EMIY Inc. Calvin is available for speaking engagements and advancing the call for boys and fathers Feel free to reach out at calvintmann@gmail.com.*