

DETROIT NATIVE SUN

Enlightening the Community

Relationship First Aid: Is the quarantine a punishment or opportunity?

By Ma'at Seba
SUN COLUMNIST



This is the first time in my and many other people's lifetime that an incident has resulted in a global quarantine. It has without question been a life altering experience. Some people view it as a curse or punishment. While others view it as a blessing or an Opportunity. For those who view it as a curse, some of the reasons are understandable such as the loss of family and friends to the Covid virus, loss of work, an income or even in some cases the loss of an entire business. Coupled with the fact that people are rendered immobile, people are becoming more fearful, agitated and angry. Relationships are becoming strained, finances are being drained and the energy of uncertainty is at an all-time high.

As with a coin, there are two sides. Based upon the consciousness of the person, the quarantine can be looked at as an opportunity. Many have taken this time to do the things that they wished that they had the time to do when they were stuck in the daily grind of work. Listed are some ideas to do with the unexpected time that you now have and new opportunities for a change in various areas in your life:

- Home - clean the clutter in and around the house, do needed repairs, plant a garden, do painting, re-arrange the furniture, throw out prepare to give away unused items, learn now to can, dehydrate and store emergency food should you ever need it.
- Spiritual Healing - pray and meditate more, read literature on spiritual growth, take a spiritual bath, create or re-arrange your prayer altar, attend services online, do some self-reflection, create/update your vision board, find new ways to be of service to humanity, learn new techniques to improve your spiritual well being like watching tutorials online on yoga, tai chi, chi gong, reevaluate where you are now in your life, where you want to be and what you need to do to get there.

The DeMarco Project Speaks: Keeping a positive vibe

By Kim J. Clark
Aka Expanding Love



In these challenging times it is of paramount importance to keep a positive vibe. At, The DeMarco Project, we have started a fun way to raise the vibration and keep the vibe going. We have created the "Elevating Out of Darkness Toolkit." It is super easy to use, and you will notice a positive shift in your energy. Each day of the week has a special theme. We hope you enjoy it as much as we do.

Gratitude Sunday - When Gratitude Sunday was posted on the Facebook for the very first time someone made an immensely powerful word post. The post was "breath." We can all come up with at least one thing we are grateful for. Thankfully, this writer found it impossible to stop at one thing. Ask yourself, "What are you grateful for?"

Make it Happen Monday - Having to stay home, and practice social distancing can be boring and stressful. So, make something happen. Pick up the phone, reach out to someone. I have been making it a point to reach out to veterans. This writer reached out to be supportive and ended up feeling very blessed to be able to serve. Remember, let us not forget our traumatized heroes with all the new issues going on. How can you help a veteran in need?

Take a Breath Tuesday - Making a goal to focus on the breath was inspired by the one-word post on Gratitude Sunday. It is truly a blessing to be able to breathe. Relax your body, notice the air is a bit cool as it enters your nostrils. Notice that it is warm as it leaves your nostrils. As you focus on the breath, notice how your whole body becomes free of stress.

• **Finances** - clean out and reorganize old files, re-evaluate any possible financial areas that were affected by the quarantine and developing a new strategy, find new ways to monetize the gifts/talents that you already have, create/update your business plan, become an entrepreneur and start your own business.

• **Relationships** - create new ways to spark up your relationships, find and compliment the good things about each other daily, have patience with each other because the quarantine is rough on everyone, play games, watch movies together, do a video journal about this experience, seek self-help information online, each day share something about yourself that no one knows, have discussions that need to be had a long time ago and listen with the desire to resolve and heal any issues.

• **Health** - re-evaluate your dietary lifestyle and make commitments on how to improve it, create meal plans which will also save money, try your hand at some new recipes, create a health challenge amongst other family and friends and video document your progress, read as much information as you can on the human body and how it works (you will be fascinated!), learn about herbs and natural remedies and what is necessary to build your immune system so should there be another virus or other health challenge you have strengthened your defenses.

The quarantine was an unexpected blow to us all, however, it also has afforded us with opportunities to change and reset our lives. The only thing that you can guarantee in life is Change. We are always and ever evolving. Above the clouds of any storm is Always the sun so remember "And this too shall pass!"

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

Winning Smile Wednesday - If you are talking to someone on the phone, put a smile in your voice. If you out and wearing a mask, smile anyway. The smile will show in your eyes. You never know what someone is going through. A smile can make a difference in a person's day.

Thoughtful Thursday - To help others we must become guardians of our thoughts. Since we choose to bring light and love to traumatized veterans, it is important to keep our thoughts positive and of a high vibration. This is an important part of lifting people in pain, and an easy way in which we can contribute to the healing of humanity.

Focus on the person. Only allow loving thoughts and hold a sacred space for them. Think about being a beacon of light and love. Spirit will bring peace in your heart in such a beautiful way. The more we are mindful of our thoughts, the more we bless others, the more we are blessed!

Forgiveness Friday - This business of having a special focus for each day started when my friend, Kevin called me and said, "It's Forgiveness Friday. Who do you forgive?" I chuckled and said, "I forgive me for still being mad about something that happened yesterday." This writer absolutely love Forgiveness Friday, I get to let go and enjoy my day. Try it. Who do you forgive?

Sacred Space Saturday - This day is all about self-care. A good way to start is by doing one thing special for your own well being every Saturday. First create a sacred space. If your home is crowded, make the time you spend in the bathroom sacred. Light a candle, read a page or two of an empowering book. You can download free books on your phone from the library. Or write in a journal. The point we are trying to make is get "me only" time.

Please share your experiences with us. Like us on The DeMarco Project Facebook page and help us to keep the positive vibe going. Thank you for your continued support. Peace and Blessing.

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Mom on the Rebound

By D. L. Gibson
SUN LIFESTYLE COLUMNIST



The officer then pulled over the car and hopped out. He walked to the rear door and grabbed the handle. Oh Lord...Help us!

He pulled the handle and opened the door. As he bent over and stuck his head inside, another police car pulled up behind with their lights flashing.

Sister girl and I wondered if the crazy cop had called for back up. He then stood straight up and looked at the car behind.

We didn't know if we should scream for help or to remain silent. The door was still opened, and Sister girl nudged me with her elbow into my side. I didn't know if I should hop out or stay inside. Both options seemed scary.

The crazy cop started walking toward the police car behind. We tried to turn our head to look behind, but the lights were too bright for us to see anything.

"Should we get out," I asked Sister girl.

She shook her head yes, then said, "Yes...You should go and tell the other cop what's going on."

What did she mean by I should go? I corrected her and said, "We should both go. It's safer, if we stay together."

This was no time for tricks or games. "If I get out, you promise to get out right behind me," I asked.

"Girl...you know I've got your back. We've come this far together, we might as well go the rest of the way."

Embracing the Goddess: The power of Mother

By Addonna AKA Goddess Godis
SUN COLUMNIST



To be a Mother is a one of the most powerful and important positions on the planet. The job of the Mother is to birth and to nurture life.

She is the vessel for which new life comes through. It is through her love and care that families, nations and worlds are built. She is God's greatest co-creator. Through her personal relationship and intimate talks and communion with God she can be given the knowledge and wisdom needed to raise a generation of children that are spiritually and morally strong, who value themselves and others and who know the power they possess as one who has been created in the image and likeness of God. They will know like their mother that their thoughts and words create. They will know how to use the power of their imagination and vision to create and manifest the dreams and desires that God has implanted in hearts. They will know how to have a personal and intimate relationship with God. They will possess great knowledge and wisdom and they will walk like giants on the face of the earth. They will be powerful co-creators with God.

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 officer had walked to the driver's side window of the car behind us.

I stepped out of the car, hopping that the crazy cop wouldn't see me. He was distracted by the second cop. Sister girl then scooted over to the edge and stuck her legs out of the car.

The crazy cop then looked back and yelled, "Get back into the car!"

Sister girl then got out and stood beside me. We both started screaming, "Help! This crazy cop is trying to kidnap us!"

The crazy cop screamed again for us to get back into the car.

We ignored his orders and continued to yell, "Help!"

The crazy cop started to reach for his gun, when the officer in the second car asked, "What's going on?"

We continued to scream at the top of our lungs, begging for help. The crazy cop stopped reaching for his gun and told us to get back into the car.

The second officer poked his head out of his window to get a better view. Then, he opened his door and stepped out.

Our cries for help then turned to calling on the Lord for help.

We were fearing the worst and praying that God would stretch out his hand to save us.

The second officer started walking toward us. We couldn't see his face, because the flashing lights were blinding us. Then, he got closer, and I could almost see his face. Is it who I think it is? Lord...please help us!

Mom on the Rebound is based on actual events.

Lift up the Children

lift up the children let them see love in your eyes so that they may drink from the living waters that flow through you. Let soft words of wisdom fall from your lips into their hearts so that They will know who they are You are the Mother. You are the Mother of God's creation. Life comes through you. When it is truly loved and nurtured by you it will not die

the emergence of the Goddess within women. GODIS is the author of The Book Of Wisdom, a book of empowering affirmations. GODIS can be contacted at goddessgodis@gmail.com .

