



Classical African King

AMSA  MESUT

PEACEFUL WARRIOR

IMPRESSIVE DEPRESSION

By X-Ray Robinson JULY 2011

DESCRIBING THE CIRCUMSTANCES OR NAMING THE EXPERIENCE

WITH BILLIONS OF PEOPLE ON THIS EARTH: IT IS UNDERSTANDABLE WHY AND HOW HUMAN CONDITIONS APPEAR. OH SO MANY HUMANS. BILLIONS OF US ARE MAKING CHOICES, CREATING MICROENVIRONMENTS, RIGHT NEXT TO EACH OTHER. BILLIONS OF US, OFTEN UNAWARE OF THE REALITY THAT "THE WALL" WHICH WE THINK DIVIDES US, IS ACTUALLY A SOCIAL-MATERIAL-SKIN THAT BINDS AND INFLUENCES ONE TO ANOTHER AND ANOTHER TO ALL. BUT THE DIFFERENCES THAT INFLUENCE US MOST OFTEN ARE THE PHYSICAL CONDITIONS, CIRCUMSTANCES, AND SURROUNDINGS THAT WE ARE BORN INTO. STUFF THINGS AND PLACES IS THE MOST EFFECTIVE USE OF LABELS. BUT SOMEHOW WE HAVE MADE COMMON PRACTICE THE LABELING OF PEOPLE.

WE LABEL BAD TOWNS, POOR COMMUNITIES. SICK NEIGHBORHOODS, DANGEROUS CITIES. THE UNFORTUNATE IS THAT ALL OF THESE LABELS END-UP BEING TRANSFERRED AUTOMATICALLY TO ITS' POPULATION. THE **INHABITANTS** BECOME SEEN AS BAD PEOPLE, SICK PEOPLE, POOR PEOPLE, OR DANGEROUS PEOPLE. THE FULL WORK OF THESE INDIVIDUALS LIVES WILL BE SUBCONSCIOUSLY FUNNELING THEIR EFFORTS TO DISPROVE THE 'LABEL' AND PROVE EVIDENT, SOMETHING, ANYTHING, HEALTHY, GOOD AND OTHERWISE. SOME PEOPLE WILL BE OVERWHELMED BY THE STIGMA AND UNJUST PREJUDICE. JUST BECAUSE I LIVE IN A CERTAIN PLACE DOES NOT AUTOMATICALLY DEFINE WHO I AM, WHAT I AM, AND HOW I AM. AFTER A WHILE, SOCIAL STRAINS OFTEN IMPOSE SHAME AND STEREO TYPE MANY OF US. THE PRESSURE CAN LEAD SOME TO CARE LESS, OR PLAIN OLD NOT GIVE-A- DAMN AND THEN EVERY ACTION SEEMS TO BE AN EMOTIONAL REACTION. TOO OFTEN PEOPLE LIVE IN SHOCK WITH THE SAVAGE PREEXISTING CONDITION OF PAIN AND SHAME AND GO ABOUT LABELED SOCIAL VICTIMS, THROWAWAY PEOPLE, ACTING OUT AS WALKING CASUALTIES OF OUR TIMES.

OF COURSE THERE ARE THOSE OF US WHO CONNECT WITH THE INSTINCT TO OVERCOME. THERE ARE THOSE OF US WHO BELIEVE THAT RESISTANCE OF THE NEGATIVE IS **NOT** FUTILE, BUT HOPEFUL AND EVEN AFFIRMING. THE "WANTING", FOR A BETTER LIFE EXPERIENCE, CAN ATTACH US TO ALMOST ANY WAY-PATH THAT PROVIDES FOR OUR BASIC NEEDS AND KEEPS US ALIVE. BUT THERE IS A PRODUCTIVE PURPOSE FOR GROUPS AND LABELS. ESPECIALLY WHEN USED TO RECOGNIZE SIMILARITIES, OR DISTINGUISH CONTRAST FOR MAKING HEALTHY DECISIONS FOR THE GAIN AND BENEFIT OF WELL-BEING. THERE COMES A TIME WHEN WE **MUST** CHOSE A DIRECTION TO MOVE TOWARDS. EVEN IF WE DO NOT CHOOSE, OUR ACTIONS AND BEHAVIORS WILL MOVE US UNCONSCIOUSLY TO ONE WAY-PATH OR THE OTHER. **WE WILL LIVE DRAWN TO AND TOWARDS THE PROBLEM OR THE SOLUTION,** WEATHER YOU LIKE IT OR NOT.

TOO MANY OF US HAVE BECOME INTIMATE DESCRIBERS OF UNWANTED CONDITIONS, FEEDING OUR SHADOWS AND SPEAKING SO PASSIONATELY AND CONSTANT ABOUT THE HORRORS THAT WE HATE, UNTIL THE REDUNDANCY PERPETUATES THE EXPERIENCE. LET ME TRY AGAIN. WE TALK SO MUCH ABOUT WHAT IS WRONG UNTIL WE CAN'T THINK ABOUT THE SOLUTION OR EXPERIENCE ANYTHING OTHER THAN THE PROBLEM. IF FAITH COMES BY HEARING (AND IT DOES) THEN DISCOURAGEMENT TRAVELS THE IDENTICAL PATH. THE PESSIMISTIC HAVE NO POSITIVE, HEALTHY BENEFIT EXPERIENCE FROM STANDING FIRM IN GOOD FIGHTS. NOR DO THEY EXPERIENCE UNDERSTANDING THE SACRED OATH "**NEVER GIVE UP**"

ALL THINGS APPEAR **THROUGH PROCESS**. THOSE OF US WHO **CLING TO THE PROBLEMS** OF LIFE CAN ONLY SEE WHAT WE ARE HOLDING ON TO. THIS IS BECAUSE WHAT WE SPEAK, ACT ON, AND WHAT IS REPEATED REPEATEDLY IN OUR MINDS CONTINUES TO DETERMINE OUR LIFE EXPERIENCE. FOR THOSE OF US WHO PRACTICE THESE PATTERNS; TROUBLE, STRUGGLE, PROBLEMS, AND HEARTACHE DON'T HAVE TO FIND US, WE CREATE THEM. WHATEVER PRACTICES AND WORDS THAT WE CONSTANTLY ENVELOPE OURSELVES IN WILL CREATE WHAT WE **GO THROUGH**. SO KNOW THAT THE THINGS AND THOUGHTS THAT WE GIVE OUR ATTENTION TO PREVAILS AND DETERMINES THE QULITY OF OUR INNER-MOOD AND OUTER EXPERIENCE.

THERE ARE SOME, WHO HAVE HAD IDENTICAL SEVERE UNFORTUNATE BEGINNINGS AND STILL FOUND ESCAPE AND RELIEF IN IMAGINING. (DREAMING) WHAT COULD BE OR MIGHT BE. THEY HAVE MADE CHOICES AND DECISIONS THAT DRAW THEM TOWARDS SOLUTIONS AND OVER COMINGS. THEY HAVE DECIDED THAT THE GOAL OF WELL-BEING WILL NOT BE COMPROMISED. NOT ONLY DO THESE PEOPLE EXPERIENCE THE LIGHT OF AND EXPANDING NATURE TO NURTURE, BUT THOSE WHO CONCENTRATE ON THE SOLUTION OF LIFE'S CONDITIONS ALSO CONTRIBUTE TO BUILDING A BELIEF SYSTEM THAT RECOGNIZES THAT AWFUL THINGS EXIST, BUT MOST IMPORTANTLY, ALL OF LIFE'S CONDITIONS CAN BE CHANGED. THIS IS OFTEN CALLED **HOPE!** SOLUTION CONNECTED INDIVIDUALS NOT ONLY CHOSE TO SEEK THE ACCURATE AND APPROPRIATE RESPONSE, BUT ALSO ABIDE IN A "KNOWING" THAT WE ARE ALL POTENTIAL ELEMENTS TO **CREATE SOLUTIONS** WHEN NONE EXIST. IF WE DO NOW, WHAT WE WANT TO BE PLEASED WITH LATER, IT IS THE ANSWERED CALL OF WISDOM. THERE IS A GRAND CANYON OF DIFFERENCE BETWEEN THE MEMORY COLLECTION OF BAD INFORMATION AND EXPERIENCE VERSES **KNOWLEDGE**. WE NEED TO BE COMPETENT IN CREATING DAILY APPLICATIONS THAT ARE HEALING, RIPPLE SOCIAL JUSTICE, AND UNITY. **WE HAVE BECOME EDUCATED FAR BEYOND OUR LEVEL OF OBEDIENCE AND DISCIPLINE.**

SO MUCH OF OUR EXPOSURE TO HEALTHY EXPERIENCES ARE FRAGMENTED AND SYNTHETIC TO THE POINT THAT WE MOVE AROUND THE SAME SQUARE SPACE AND SWAY WE TRAVEL IN CIRCLES. (NOT HEALTHY) WE SIT OPPOSITE TODAY OF YESTERDAYS MIND-SET AND CONVINCED OURSELVES THAT THIS IS NEW THOUGHT.

SO ARE YOU PART OF THE PROBLEM OR ARE YOU PART OF THE SOLUTION? THE ANSWERS ARE IN OUR VOCABULARY AND THE ATTENTION WE GIVE TO OUR OWN CIRCUMSTANCES, RELATIONSHIPS, AFFAIRS, AND PRACTICES. EACH AND EVERY UNIQUE UNREPEATABLE HUMAN ON THE PLANET HAS A PIECE OF THE SOLUTION. PART OF THE SOLUTION SKILL IS THAT ONCE YOU LOCATE IT, WE MUST COMMIT TO CONSTANTLY REPEATING THE PHENOMENAL ACT OF REALLY CARING . THE TRUE REWARD IS ONLY IN REPEATING WHAT WORKS IN ABUNDANCE. WITH EVERY REPETITION THERE IS THE REQUIREMENT OF MORE COMPASSION TO THE DETAILS OF THE ACTS. SO MUCH ATTENTION AND CARE UNTIL IT IS AS IF WE ARE HEALING OTHERS LIKE HEALING OURSELVES. AND WE ARE

TO HIM WHOM MUCH IS GIVEN, MUCH IS REQUIRED. TO HIM WHOM MUCH IS REQUIRED MUCH IS GIVEN. I WISH YOU ALL ACCURATE BALANCE, DIRECTION, AND HEALTH. AT SOME POINT, LIKE EVERYTHING ELSE IN OUR LIVES, WE'RE GOING TO HAVE TO DECIDE WHAT IT IS WE TRULY WANT OUR LIFE EXPERIENCE TO BE. NAME IT, DESCRIBE IT, AND ACT IN WAYS THAT LINE UP WITH YOUR DESIRES. CREATE THE SOLUTIONS YOU NEED AND ALIGN YOUR BEHAVIORS UP WITH THEM, BY ANY MEANS NECESSARY. OR YOU COULD JUST KEEP ON COMPLAINING. HOW'S THAT WORKING OUT FOR YOU?

I AM AN AFRICAN CLASSIC,

X-Ray