

THE WHOLE  
OF LIFE IS  
ABOUT ANOTHER  
CHANCE, AND WHILE  
WE ARE ALIVE,  
TILL THE VERY END,  
THERE IS ALWAYS

"ANOTHER"  
CHANCE.

SANKofA!

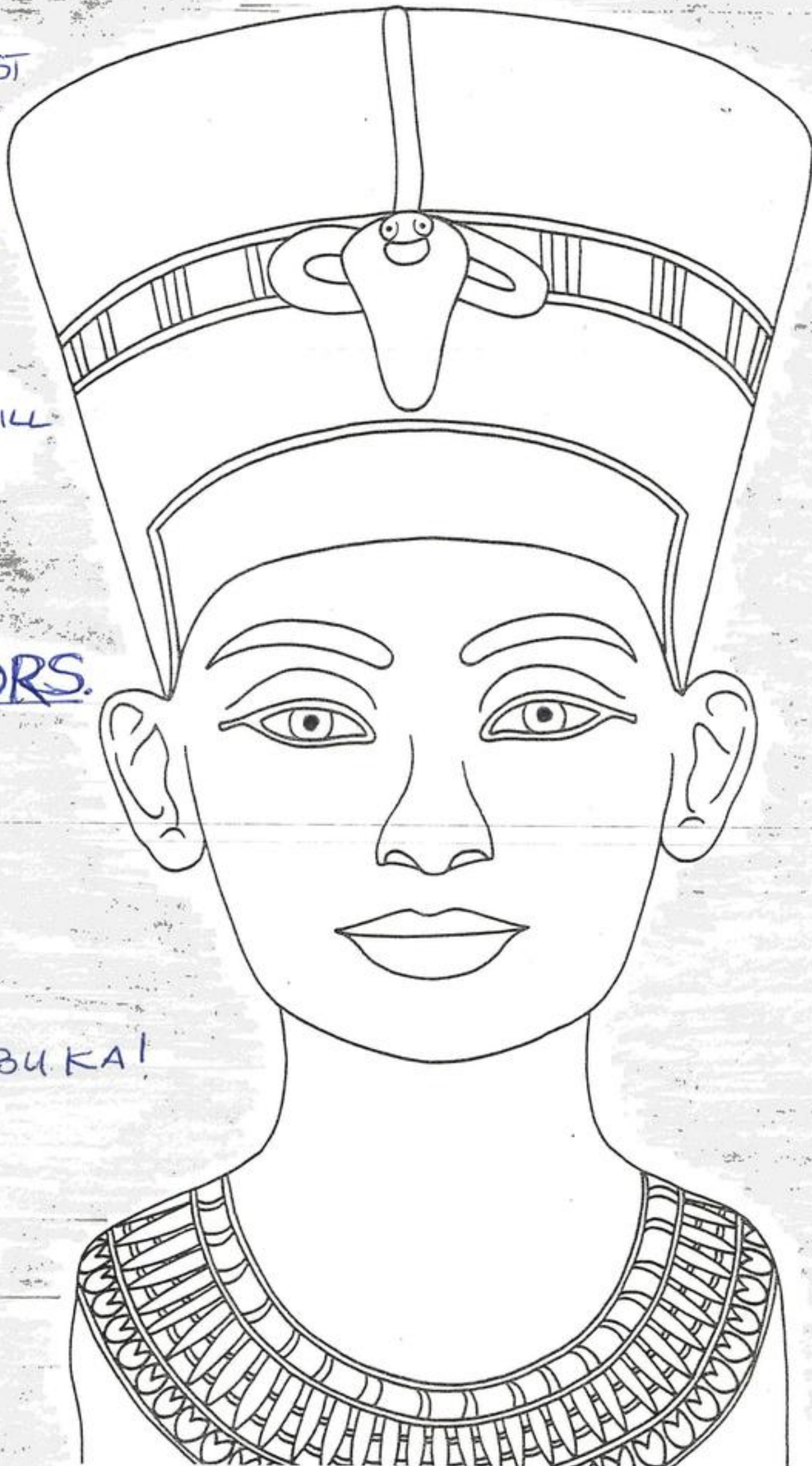
I CORINTHIANS  
12:31



NO PERSON, TRYING TO TAKE RESPONSIBILITY  
FOR HER OR HIS IDENTITY, SHOULD HAVE TO DO SO  
ALONE.

THERE MUST  
BE THOSE  
AMONG WHOM  
WE CAN SIT  
DOWN AND  
WEEP, AND STILL  
BE COUNTED  
AS

WARRIORS.

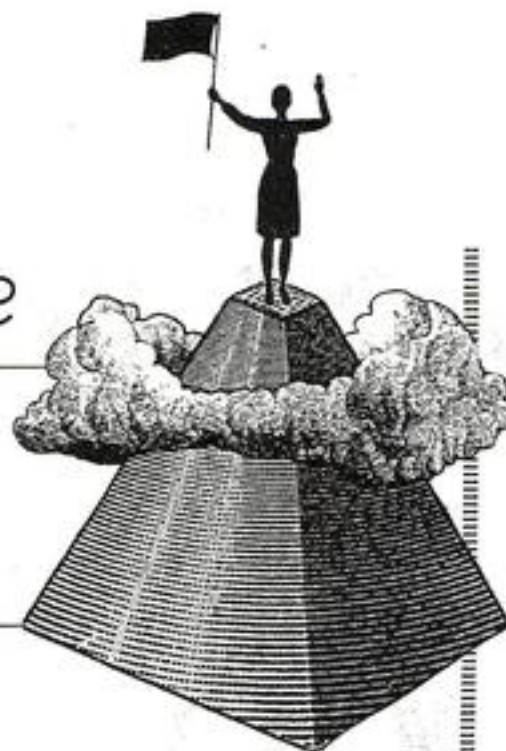


NAKUMBUKAI



# The 8 Steps to Inner Peace

A balanced psyche doesn't mean that every day is sunshine and rainbows. In 1943 and in subsequent updates, the seminal psychologist Abraham Maslow proposed a hierarchy of needs that must be met for a person to be "actualized"—or, as Maslow put it, "to become more and more what one is." Here, our annotated overview of his model, which still informs our understanding of what mental wellness involves. (Start at the bottom and work your way up.)



Maslow eventually wrote that while attaining self-actualization may fulfill us, furthering a cause beyond oneself is the highest form of personal growth.

Humans desire beauty: flowers along the highway, wallpaper that matches the throw pillows. When our baser needs are met, we can appreciate art, a sunset, Idris Elba—and create some beauty ourselves.

Transcendence

Self-Actualization

Aesthetic

Cognitive

For self-actualized people, life is more joyful than painful—something worthy of awe. When a problem does arise, they will focus on ways to improve the situation, rather than complain about its unpleasantness.

We long to understand the world around us; to achieve mastery of our surroundings, our career, our backhand; to be able to participate in conversations about current events, the state of our union, or the latest AMC drama.

“Children are happy because they don't yet have a file in their minds called ‘All the Things That Could Go Wrong.’”

—MARIANNE WILLIAMSON, ILLUMINATA

These topmost levels are what Maslow referred to as “growth needs”: Their fulfillment only increases our motivation to continue to meet them in new and greater ways. Our bellies full, our lives brimming with love and friendship, we may begin to focus on travel (Cognitive), that epic painting project we always meant to tackle (Aesthetic), volunteering at a homeless shelter (Transcendence).

The respect of others helps us respect ourselves and bestows a sense that we are unique, endowed with particular talents and abilities. That self-esteem, in turn, inspires us to be ambitious, feel capable, take charge of our lives.

The basic biological needs—food, water, sleep, sex—must be met or we become preoccupied with them to the exclusion of all else. This is why a person in a war zone may sacrifice her personal safety to find food.

Esteem

Belongingness

Safety

Physiological

When times are tough, we need to know we can turn to people close to us for love and support. If we don't, the resulting loneliness can be a precursor of depression.

While physical safety is paramount, we also require financial and psychological security—the awareness that we can move freely through the world without fear of ruin, ostracism, or the loss of our sanity.



Maslow determined that these four base levels are “deficiency needs”—that is, when any of them goes unfulfilled, or is deficient, our health suffers. Each lower set of needs must be met before we can focus on those one level up; if at some future point one need ceases to be met, we must go back and remedy the shortfall before we can return our energy to the needs above it.



# THE SACRED SERVICE



— NOT TO BE CONFUSED WITH:



THE  
SECRET  
SERVICE

By  
X-RAY ROBINSON

THE "SACRED SERVICE"\*, NOT TO BE CONFUSED WITH THE <sup>SECRET</sup> SERVICE

• LIGHT SPEED LEADERSHIP IN A UNIVERSE OF DARK MINDS

THESE ARE THE EXPERIENCES OF AN AFRICAN PRIEST AND  
WARRIOR KING (AMSA MESUT AKA X-RAY)

REFLECTIONS UPON THE MEANINGS OF | LEADERSHIP, & FAITH,  
DIGITAL SOUL.COM, #TRANSITIONS AWARENESS.

FOCUS STATEMENT:

WE ARE CONSTANTLY IN  
A TRANSITION OF MOTION  
A CHANGE; BECOMING A  
"NEW THING"

ISAIAH 43:19 AND EZEKIEL 11:19

JOHN 13:34-35



## "The Sacred Service"

2.

SUCCESS IS IN THE DETAILS. THE MORE WE ADVANCE, THE SIMPLER THE PRODUCT MUST BECOME. IT IS MOSTLY <sup>ABOUT</sup> ~~ABOVE~~ THE USER, THE ONE RECEIVING THE "SERVICE". THE OUT-GOING MUST BE ACCURATE AND ACUTELY CONSIDERATE OF THE WANTS AND NEEDS OF THE POPULATION BEING SERVED. THIS WILL ONLY HAPPEN THROUGH FOCUSED CREATIVITY, INNOVATIONS, AND ACTIVE ELEMENTS TOWARDS HEALTHY RELATIONSHIPS. DETAILS WILL ALWAYS BE THE MOST CRUCIAL ASPECTS, A PASSION FOR DETAILS AT IT'S FINEST; PASSION COMBINED WITH COURAGE IN OUR OWN VISION AND ABILITY, AND CONFIDENCE AS THE ULTIMATE FAITH-BASED EXPERIENCE FOR SOCIAL-JUSTICE THROUGH SPIRITUAL GAIN AND COMMUNITY DEVELOPEMENT. EACH INDIVIDUAL IS THE LEADER, EACH INDIVIDUAL IS THE MEMBER + FOLLOWER; AND THESE UNDERSTANDINGS BASED ON RIGHT INTERPRETATION, KIND, AND QUALITY WILL PROVIDE AND DEMONSTRATE AN EXCEPTION<sup>AL</sup> SPIRITUAL, QUALITY OF LIFE EXPERIENCE AND ENVIRONMENT. THE BONDS THAT ARE CREATED IN THESE KINDS OF COMMUNITY RELATIONSHIPS REFLECT THE TRADITIONAL GREATNESS OF ALL-AFRICANS AND THESE<sup>SE</sup> KINDS OF RELATIONSHIPS CREATE AN INTENTIONAL "HEALTHY" ATTACHMENT; AND BRINGS INTO RECOGNITION THE TRUTH OF OUR INTERCONNECTED-NESS AND IN MOMENTS OF DIVINE CLARITY REVEAL WHAT WE HAVE IN COMMON MOST - SPIRIT!

GOING WHERE WE HAVE NEVER GONE BEFORE; THINKING IN WAYS WE HAVE NEVER THOUGHT BEFORE; SPEAKING IN ACCURATE WAYS THAT WE HAVE NEVER SPOKEN BEFORE; WILL LEAD US TO THE PLACE AND SPACE WHERE THE SUREST SOLUTIONS EXIST — WITHIN. CONFIDENCE IN "SELF" ALLOWS FOR EASE IN ALSO HAVING CONFIDENCE IN NOT JUST EACH OTHER, BUT WHAT THE UNIVERSE SENDS, AND GIVES THROUGH EACH OTHER. OUR LIGHT IS ALWAYS THE PRIMARY CONCERN. EACH TIME WE STUMBLE OR FAIL, THE PRESENCE OF UNITY (umōja - ooh-mō jah) WILL CAUSE US TO GET BACK-UP MORE QUICKLY AND EFFICIENTLY. WE WILL EVEN, OVER TIME, BEGAN TO FALL AND STUMBLE MORE ~~OF~~ SKILLFULLY AND AWARE OF THE "LEARNING-CAUSE" AND MASTER "STUMBLING FORWARD".



STUMBLING FOR <sup>WORD</sup> WILL KEEP US IN A POSITION TO GATHER UP THE FRAGMENTS OF OURSELVES AND MAINTAIN THE APPROPRIATE AWARENESS AND NEED FOR US TO PRACTICE A LIFE PATTERN OF GRACE, MERCY, FORGIVENESS, AND JUST BECAUSE WE CAN, SHOW ALL THE ELEMENTS AND COMPONENTS OF LOVE, SPOKEN, UNSPOKEN, VISIBLE, INVISIBLE - BUT ALWAYS, ALWAYS, EVER POWER-PRESENT, (JOHN 6:12)

THE SMALLEST CHOICE TO CHANGE OUR FUNDAMENTAL BELIEF SYSTEM HAS THE POTENTIAL TO UP-GRADE OUR ENTIRE LIFE EXPERIENCE. THERE IS NEVER A NEED TO WORRY, STRESS, OR OBSESS, ONCE WE UNDERSTAND THAT EVERYTHING DOES MATTER WHEN THE GOAL AND AIM IS HEALTHY GROWTH AND CHANGE. THE GIFTS AND TALENTS THAT WE ARE, AND THAT WE CARRY, ALL COME <sup>WITH</sup> A SET OF "LAWS" THAT CAN NOT BE MODIFIED OR MANIPULATED, NOR ALTER. FOR EXAMPLE: LOVE SERVES NO ABSOLUTE PURPOSE UNTIL WE "GIVE IT AWAY". THE HEIGHT OF ALL THINGS FUNCTIONING AT IS DETERMINED BY THE AUTHENTIC NATURE OF A THING OR PROCESS. JUST ANOTHER WAY OF STRIVE-ING TO KEEP-IT-REAL-FOR-REAL! THERE WILL NEVER BE AN EFFECTIVE AND AFFECTIVE ~~OUT~~ RESULT FROM OUR OUT-REACH, UNTIL WE COMMIT TO A SACRED PATTERN PRACTICE OF "IN-REACH". THE WISDOM OF A PEOPLE IS IN THE TRADITIONS OF THEIR CULTURE. THERE IS - FOR THOSE OF US SERIOUSLY SEEKING THE HIGHEST QUALITY OF LIFE, A SPIRITUAL CULTURE. THE ACCESS TO THIS LEVEL OF LIFE ENHANCEMENT IS THROUGH THE DEVELOPMENT OF SELF-DEVELOPMENT FROM THE INSIDE OUT. WE CAN GET TO THE PROMISE LAND FROM THE PLACE THAT WE STAND AS I WRITE. HOW? WHY? "THE KINGDOM OF HEAVEN IS WITHIN US." FAITH-BASED SELF-DEVELOPMENT IS ACTIVATED BY EXPECTATION AND PREPARATION TO EXPAND IN LIFE EXPERIENCE AND THOUGHT PATTERNS. FAITH-BASED SELF DEVELOPMENT IS <sup>THE</sup> REVOLUTION OF THE MALLINEUM. FAITH-BASED SELF DEVELOPMENT IS WHAT STEVE JOBS DID FOR APPLE. "FAITH-BASED" SELF-DEVELOPE IS BEYOND WHAT STAR-BUCKS DID FOR COFFEE. FAITH-BASED SELF DEVELOPMENT IS A PROFOUND REVELATION THAT WILL CHANGE US, AND UN-DO WHAT HAS BEEN



HORRIBLY DONE TO US. IT WILL FREE US UP AND OPEN US UP TO THE MEMORY THAT "WE ARE CREATED IN THE IMAGE AND LIKENESS OF GOD." THE EVIDENCE IN THESE EXPERIMENTS OF SELF-GROWTH WILL CAUSE US TO SEEK HEALTH AND SAFE-NESS, AND DEMONSTRATE IT AS WELL.

WE MUST BE WILLING TO CHALLENGE THE BELIEFS THAT WE HONOR. THE MOST PROFOUND TRUTH ABOUT SPIRITUALITY AND DIVINE RELATIONSHIPS IS THAT "OUR" CREATOR SERVES US, AS WE SERVE EACH OTHER, AND "OUR" CREATOR REQUIRES OUR UNDIVIDED ATTENTION IN INTIMATE PRAYER AND MEDITATION, AND WORSHIP. PERFECT DOES NOT MEAN FLAWLESS. PERFECTION MEANS COMPLETE. THIS IS THE DIVINE AND GRAND GOAL THAT WE CAN ACCOMPLISH. BECAUSE THE SURE EXPERIENCE IS THAT ALL THINGS WILL MOVE CONTINUOUSLY IN THE DIRECTION CALLED "BETTER". BETTER LIVING. BETTER LIVING THROUGH CONSIDERATION, AND INCLUSION INSTEAD OF EXCLUSION; AND CONTRIBUTE TO THE UNITY OF WE, US, UNITY, AND COMMUNITY. THIS LIFE WE LIVE IS ALL ABOUT RELATIONSHIPS AND HOW, AND WHY WE EXERCISE CERTAIN KINDS OF POWER. THE RESPONSIBILITY OF BONDING IS A JOB THAT REQUIRES FEARLESSNESS AND REVERENCE. EACH DAY WE ARE MOVING CLOSER TO THE LIGHT, OR CLOSER TO THE DARKNESS. WE CAN DO THIS EYES OPEN AND RESPONSIBLY OR WE CAN CLOSE OUR EYES AND CHOOSE IRRESPONSIBLY. BUT NO MATTER WHAT, WE ARE MOVING FORWARD; INTO THE LIGHT OF DAY OR THE DARK OF NIGHT. TODAY, NOW, THIS MOMENT IS THE TIME FOR SELF-EXAMINATION. AND WITH THAT UNDERSTANDING, THE ONLY THING THAT MATTERS IS THE NEXT STEP. SO LOOK WITH A PROFOUND SERIOUSNESS AT THE DIRECTION YOU ARE MOVING TOWARDS. WHAT IS IMMEDIATELY IN FRONT OF YOU? WHAT WILL THE NEXT STEP MEAN? YOU, AND YOU ALONE HOLD THE ANSWER. THERE ARE NO WRONG OR BAD ANSWERS. BUT THERE IS ALWAYS THE NEED TO TAKE, AND MAKE "BETTER" STEPS TOWARDS OUR GOALS OF REALLY DEVELOPING OURSELF. THIS IS A PROCESS THAT IS IN AND OF ITS SELF, "SPIRITUAL". IF WE WOULD ONLY BELIEVE AND UNDERSTAND THAT ~~GREAT~~ <sup>PURPOSEFUL</sup> ~~FELLOWSHIP~~ <sup>INTENTIONAL</sup> ~~FELLOWSHIP~~ PATTERNS RENDERS US IN ~~RENDERING~~ GREAT LEADERSHIP. A SACRED SERVICE