

28JAN2017

PRESS REWIND / OR THE SANKOFA BUTTON.

WHEN IT SEEKS THAT YOU HAVE LOST EVERYTHING;
YOU MIGHT REALIZE THAT SOMETHING IS STILL THERE.

WHEN IT APPEARS THAT EVERYONE IS GONE, YOU WILL
SENSE A PRESENCE. AND WHEN YOU MOST DESIRE TO
GIVE-UP AND LET-GO OF IT ALL— YOU WILL RECOGNIZE
THAT LETTING GO IS THE WHOLE POINT OF IT ALL.

IF WE CONTINUE GRIPPING AND SQUEEZING OUTSIDE OF
OURSELVES, WE WILL NOT SOON REMEMBER WHAT IT FEELS
LIKE TO "KNOW" THAT SOMEONE, SOMETHING, IS HOLDING ON
TO US.

IN THESE TIMES OF SOCIAL MEDIA SOUND BITES, AND
LIGHT SPEED REACTIONS, GOING FORWARD IS NOT ALWAYS
A DIRECTION THAT IS EASY, OR CLEAR TO NAVIGATE. THESE
ARE THE BEST TIMES TO PERFECT A STAND THROUGHT
BEING STILL. ALL THESE MOMENTS THAT SEEM TO BE OWNED
BY ME OR YOU, ARE MOMENTS BEING SHARED BY ALL OF
US AT THE SAME TIME; WHETHER WE KNOW IT OR NOT. ALL
OF US HAVE WHAT APPEARS TO BE 24 HRS IN A DAY, BUT
EACH INDIVIDUAL MAKES VERY DIFFERENT CHOICES AND HAS
VERY DIFFERENT EXPERIENCES, IN THAT 24 HOURS.

LONELINESS IS MOSTLY PROFOUND WHEN WE CANNOT HEAR THE
SILENCE THAT IS WITHIN US, AND SURROUNDS US. WHEN WE
CANNOT RELEASE THE PEACE THAT IS AT THE CORE OF WHAT
WE ARE, WE CAN BEGIN TO EXPERIENCE WEIGHT THAT
HEAVYNESS OF "BURDEN," WE FEEL A PULLING AWAY;
WE FEEL AN ALONENESS, DIS-CONNECTED FROM OUR
FLOWING SENSE OF WELL-BEING.

NOW IS THE VERY BEST TIME TO BEGIN REMEMBERING ALL-THINGS-SACRED TO US, INTIMATELY, THE SEARCH CAN ONLY BE SATISFIED FROM WITHIN; ALWAYS WITHIN. WITHIN OURSELVES IS THE PLACE WHERE OTHERS CANNOT EXIST. WE CANNOT BLINK WHILE SEARCHING WITHIN.

OUR TRUE IDENTITY IS FURTHEST AWAY FROM US WHEN WE AVOID SELF-CARE, SELF-ATTENTION, SELF-DEVELOPMENT, AND SELF RENEWAL.

IT IS NEVER TOO LATE
TO HAVE A HAPPY CHILDHOOD.

"IF WE LEARN TO RECLINE AND PRACTICE "RE-WIND", WE CAN TRAVEL BACK IN TIME THROUGH THE DETAILS OF MEMORY AND RECOVER THE WISDOM LEFT BEHIND.

NEVER FORGET THE PAST. LET GO OF PAST PAINS; BUT NEVER THE LESSONS LEARNED. MOST OF ALL, WE HAVE HAD LEARNED IF WE PRACTICE NOT APPLICATION. SO — SAN KOFIA, "GO BACK AND FETCH IT"; PRESS REWIND

I Am an African Classic
X. Gray