

HEALTH

POSITIVELY BLACK

Be yourself

By Junious Ricardo Stanton
Special to Sentinel-Voice

The great tragedy in American life is that literally millions of people wake up in the morning with a desire and intent to be someone or something they're not. They fail to take note of nature and the universe they are a part of.

One cause is that Western ideology suggests that man is separate and estranged from the universal order. Western man perceives himself above the rest of creation. So he has no affinity for nature or his environment.

Of course we see the results of such beliefs. We are so busy pressing ourselves into the molds we have been consigned to that we fail to realize that diversity and uniqueness are the fundamental principles of the universe. We are oblivious to the fact that the universe is a macrocosm of diversity. No two stars are exactly alike. No two blades of grass are identical. Even twins or triplets fertilized from the same egg are not exact duplicates of one another.

Within the principle of diversity there is a sublaw, the law of being. This law decrees that all creation be who or what the Creative Spirit designed it to be. We see this principle enacted perfectly in nature. Roses don't try to be lilies or tulips; oak trees don't imitate pine trees; robins don't try to be blue jays or cardinals and lions don't act like elephants. Human beings are the only creatures on the planet who are rebelling against the laws of diversity and being. This happens because we are out of touch and out of sync with our inner core—that part of us that is in tune with the divine intelligence that permeates all creation.

The universe is an ordered whole. Even with all the diversity and uniqueness that abounds, everything operates within set boundaries, confines and parameters. The law of gravity is fixed; it applies to all things; centrifugal force is immutable. So too are the spiritual laws that underpin and undergird all creation. When we attempt to circumvent these laws either through ignorance or willful disobedience, we suffer. The law of Karma (Sowing and Reaping) is clear. Deeds (and seeds) bring forth results (fruit) in kind. Good deeds bring forth good fruit. Apple seeds bring forth apple trees.

For some bizarre reason we don't think these laws apply to us! That is why America is in such a moral and spiritual malaise. Contrary to popular belief this did not originate with this generation. The European "settlers" who came to this hemisphere set it all off. War and conflict erupted almost immediately between the Europeans and the Native Americans they found here, despite the fact that they were welcomed in peace. That trend continues to this very day. The people who run this nation think that they can rob, steal, murder and teach others, by example, to do the same and not suffer any consequences for their behavior. Not so.

This is an ordered and moral universe. Our African ancestors realized this and called the natural order MA'AT (Divine Order, Balance, Harmony, Righteousness, Truth, Justice and Reciprocity). They ordered their personal and community lives in accordance with these principles. Divine order means no one part is greater than the whole. No single part transcends the universal order. The universe is dynamic and intelligent and each part contains the same dynamism and intelligence that produced it and permeates its being.

The parts have an integral part to play in the whole. You are an integral part of the divine order. You have a specific part to play in creation. You cannot play your role if you don't know what it is or if you are attempting to be something or someone you are not! Discover who you really are. We need you to be your truest and greatest self if the world is to be a heaven on earth. I must be true to myself as you must be true to yourself.

The greatest travesty would be for us to go to our graves not actualizing our gifts or for us to attempt to be something or someone we are not. Being your greatest self requires work and diligence. However the rewards are self-knowledge, self-actualization, satisfaction and fulfillment. Our rewards will exactly match our efforts. That is another law of the universe.

AIDS' effect speedier in infants

Special to Sentinel-Voice

A study of how the AIDS virus affects infants reveals new information on why HIV-positive infants progress more rapidly to disease and death than do adults.

A report recently appeared in the *New England Journal of Medicine* shows that the amount of HIV in the blood of these infants peaks at ages 1 to 2 months, and then drops much more slowly in concentration than in adults, according to a multicenter study.

The study also suggests that the majority of infants with HIV are infected during delivery, as indicated by the amount of virus present during the first month of life.

"This study shows that measurements of viral loads can be used to predict disease severity," said Dr. William T. Shearer, the article's lead author and professor of pediatrics at Baylor College of Medicine in Houston. "Children with HIV viral loads more than 299,000 virus particles per milliliter of blood during the first months of life had a 44 percent greater chance of progressing to AIDS or death within the first two years of life."

COPING

Tips for women to produce the 'mood'

By Dr. Charles Faulkner
Special to Sentinel-Voice

Recently, a reader asked if methods existed that could be used to make her boyfriend become more attracted to her. The answer is "yes." Here are some principles of behavior control:

1) A person is very suggestible when deeply relaxed or very upset. Anything that happens during this period will affect the individual's thinking and behavior.

2) Everything in an individual's environment influences his or her behavior to some extent (such as colors, sounds, pictures, scenery, ideas that are discussed).

3) The least obvious factors stimulate and influence behavior more than those of which the individual is aware. (Soft music and soft colors are more influential gestures than loud music, bright colors or the spoken word.)

4) Appeals to the subconscious have more impact on behavior than conscious appeals. (A gentle touch is more effective than praise.)

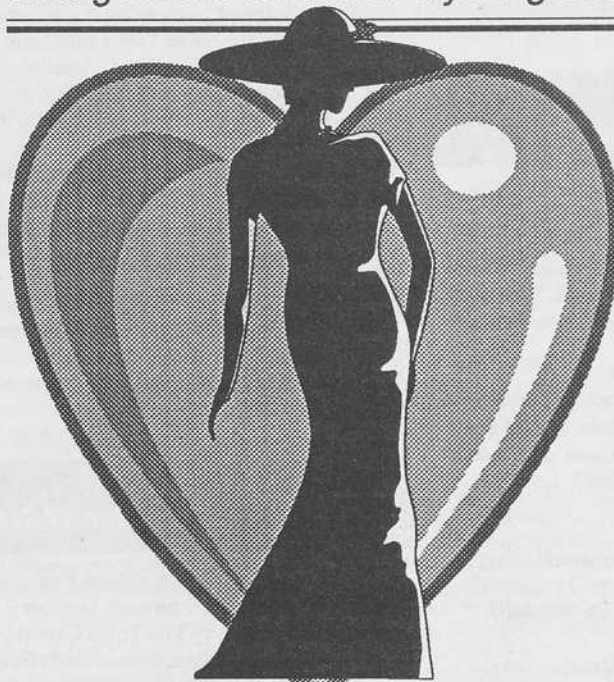
5) When a person enters your home, you have the opportunity to completely control and manipulate the environment and thereby profoundly affect the behavior of that individual.

Now, let's put these principles into operation:

1) Produce a relaxing environment - Rock or soul music is nice but does not bring about relaxed suggestibility. Soft, unobtrusive so-called "elevator music," that is barely perceptible, will soothe and relax the most difficult individual.

2) Entertain your guest in your behavior control room. This is the room that you have painted a soft color for example. In the background is

After having spent sufficient time setting the mood you will detect a change in the behavior of your guest.



the low, gentle sound of orchestrated Broadway show tunes, played so softly as to hardly be noticed; pictures that convey love, happiness, and indirectly, romance and, conversation that is non-threatening, challenging but fails to give away your desires, initially. That is to come later.

3) Keep the individual off guard. Do not do the obvious - do the unexpected. If a specific topic of contention is anticipated, discuss a pleasant topic. If your guest expects you to "make a play," discuss your set of crystal. Then when the expectation has subsided, bring up the originally intended issue

in a smooth, tactful transition. If it motivates argumentation and stress, smoothly handle the topic. Refuse to argue.

4) Look the individual in the eye, praise something the individual is wearing or doing (never praise the person)! Gently touch the individual (remove your hand immediately); gently criticize something about the individual, then change the topic. Go slowly, take your time, wait for things to develop. Now you have set the stage to "make your move."

After having spent sufficient time setting the mood you will detect a change in the behavior of your guest. He or she will either become extremely relaxed or somewhat agitated. Do not be disturbed by the agitation, it simply represents the uneasiness that is caused by his loss of control of the situation and the fact that predictability has been extracted.

Now, he is vulnerable. He is receptive to suggestion.

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