

☺ *PositivEnergy* Newsletter ☺

the Good News, bridge for Positive People

Feb, 2010 Issue #4

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ALAFIA (Greetings)

On February 12, a new feature-length movie, "Valentine's Day", will show some of the relationship challenges that couples go through around the holiday. I am the founder of Black Love Day (BLD) – Feb. 13th and since 1993, have been speaking about relationship challenges and real public and mental health issues around Valentine's Day, offering BLD as a more healthier, wholistic alternative. As founder of the African American Holiday Association (AAHA) and a wholistic practitioner, I researched this holiday of love. Stress, depression, financial hardships, substance abuse, domestic violence, increase around this holiday (like all others) because of the high expectations and pressure to spend money to package love. I don't know if relationships break-up due to the behaviors or if the behaviors help break up the relationships. Something else to study, uh.

BLD is the 3rd national, commemorative African American holiday (wholyday) observance of atonement, reconciliation, celebration and 24 hour demonstration of love showing, at best, 5 Tenets (specific acts) of love – towards the Creator, for Self, for the Family, for the Black Community and for the Black Race. Also in the same 24 hours, Whites show "love in action" towards Blacks, atonement or check-out their racial attitudes, behaviors and fears. Black Love Day gives everyone 24 hours to focus on healing relationships, to increase peace, to stop violence and to heal racism.

This year's Black Love Day theme "No Valentine for Me – Love Haiti" is based on a new song that I have created. The theme underscores this year's BLD 5th tenet to be shown by not purchasing hearts and other Valentine's Day gifts but instead giving our hearts to Haiti by sending them support.

As the magnitude of the Haitian catastrophe continues, we are reminded that life is not promised to us and that we must dig deeper for a greater reverence of life, and the environment. So, on Black Love Day, February 13, I enjoy the Nation to give an extra outpouring of love to Haiti and to approach all of our relationships as sacred and precious.

Go to www.AfricanAmericanHolidays.org for more "how to celebrate" ideas and resources for BLD, 2010.

With Black Love and *PositivEnergy*
Ayo Handy-Kendi, The *PositivEnergy* Breath Coach

SHORT NOTES:

Offer prayers of intervention and gratitude for those in Haiti who have made it and for the ascension of the souls who have now become ancestors.

Very Nice! Kirk Franklin has done it again! A song video made by various gospel singers, simply beautiful. Wipe the tears...
<http://www.kyte.tv/ch/313672-veritytv/758353-are-you-listening>

PEOPLE IN ACTION:



I salute my Mom, Doris A. M. Thomas who celebrated her 85th birthday on January 17th, same day as First-Lady, Michelle Obama. In our family, our Mom is our "first lady" and almost 75 people gathered together to salute her. She is something else. She had retired her 25 year old-East of the River, theatre

company, The Serenity Players Inc., but she's right back at it with a new Black History Month play, called "Paul Robeson" starring Hugh Staples, directed by Cody Jones. It's very good.
Fri, Feb 5 – 11 a.m. & 7 p.m. Sun, Feb 7 - 4 p.m.
Sat, Feb 6 - 1 p.m.

TheARC Theatre, Levine Recital Hall, 1901 Mississippi, Ave, S.E.

\$15 General Adm \$10 Seniors 60+/Students under 18
Call for more info: 202-575-4248

This first lady, also does tap and modern dancing, (oldest member of the "Senior Steppers"), has been practicing Tai-Chi and Yoga for over 18 years, is an over 40 year survivor of breast cancer and is working on her second book on the computer. Her entire family and a huge community LUVS her.

Attend 17th D.C. Black Love Relationship Ceremony:

JOHNSON MEMORIAL BAPTIST CHURCH-
800 Ridge Road, S.E., D.C. 20019 5 – 8 p.m.

Bring items for Haiti

Celebrate 5 Acts of Love * Heal Relationship Conflicts & Pain *
Poetry & Song * Spiritual Anointing *
LOVE DONATIONS APPRECIATED

HEAL THE HURT, INCREASE THE LOVE- ANGEL NETWORK SUPPORT

3 Mondays, in February 6- 9 p.m.

Reeves Center, 14th and U Streets, N.W.

2nd Floor Conference Room

Near U Street/Metro Green Line or 92 buses

FREE - For Haitian community and any other person seeking grief/stress/trauma/relationship counseling/wholistic support.
Call 202-667-2577 for further info.

SCHEDULE BLACK HISTORY MONTH Presentations with Mama Ayo - the Storyteller & Inspirational Speaker MIXING CULTURE WITH HEALTH

Sat, Feb. 6 – 2-3 p.m.
Black History at P.G. Plaza Mall
Stories by Mama Ayo



PEW/SPECIALS:

Unlike my Mom, many of "sagging Baby Boomers" are still finding themselves. Despite children leaving the nest, retiring or just simply slowing down – some of us look around and wonder "what IS my purpose?". Of course, young people are

constantly on the search for that which will give them meaning in life. PEW is extending its New Year's Special. Take a session in "Finding Your Purpose" to help you in your goal setting but also in ACHIEVING your goals. This simple goal-setting process includes a wholistic health evaluation, life-coaching, visualization and relaxation breathwork. Special extended thru Feb 28th.

Find Your Purpose, Reg. \$50 – Now \$40

Black Love Day- Feb. 13th helps us to love wholistically – the sum total of ourselves, our family and our community. Most have been taught "self-hatred" on a sub-conscious level. Learn how to come back to "true" love of a mate or yourself. You can't truly love another, if you don't have a deep core of self-love. All love connections are vital to feel complete. Reconnect and enhance your relationships...

Breathwork for Self-Love™

Breathe Life Into Your Relationships

Includes Breathwork, Life-coaching, Visualization

Couples- \$85, save \$10 Singles - \$40

APPLAUSE:

SONGS FOR AFRICAN-CENTERED HOLIDAYS & CELEBRATIONS CD is now on the shelf, featuring Black Love and Black History songs by Ayo and Kwanzaa favorites. Sold at www.AfricanAmericanHolidays.org Or by mail order

Read the all **NEW, 4th edition of "THE BLACK LOVE BOOK"** to inspire us toward love's healing power with many activities to increase love. **Special limited time offer – \$5 purchase of the Black Love E-Book thru February 28.** Includes added pages for journaling and love enhancement tips to increase love based on the 5 Tenets of Black Love.

CONGRATS to **Jintz Bagwell, Sala Damali** and **Alex Medley** for their trips to Ghana to pursue their visions. **John Davies** retired from WHUR but comes back to HU, School of Communications. Donnie Simpson, WPGC retired after 30 years. New store for Raufu and Nia, opens on Georgia, Ave

Jan/Feb BIRTHDAYS : Rashid Handy, Damari Mann, Jamal Lewis, Kwesi Seitu, and 85 years young, Doris A.M. Thomas, Al Malik Farrakhan

JOB WELL DONE – New Ancestors: Mama Marilyn Killenham - Dec 26; John P. Davies, II – Dec. 13; Sharon Ross – Dec 12; Imari Obadele, RNA president. Brother of Calvin Woodlark

INSPIRATION (more next month):

2nd part of 'What does love mean?', a question asked of a group of 4 to 8 year-olds posed by some professional people. Really profound:

'If you want to learn to love better, you should start with a friend who you hate' Nikka - age 6 (we need a few million more Nikka's)

'Love is when you tell a guy you like his shirt, then he wears it everyday.' Noelle - age 7

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.' Tommy - age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling- the only one doing that. I wasn't scared anymore.' Cindy - age 8

HEALTH NOTES:

Love and Relationships - a Numbers Game

96% The chance that, once an argument begins harshly, it will stay that way or just get worse.

50% The frequency with which people in unhappy relationships miss their partner's positive attempts at connection.

80% How often the woman brings up issues in the relationship as opposed to the man.

69% Amount of fights that bring up old, unresolved issues.

25 The number of separate studies that confirm a drop, often quite steep, in marital satisfaction after parenthood.

4 Number of years children of divorced parents have their life expectancy shortened.

40% How much more money married men make compared to single guys.

62% The number of people who rank sharing household chores third in importance for what makes a marriage successful—just below good sex and faithfulness.

78% The number of unhappy marriages repaired within five years. Sources: *University of Washington; Gottman Institute; Stephanie Coontz; Child Development; The Case for Marriage by Linda Waite and Maggie Gallagher; Pew Research Institute; Psychology Today*

CLASSIFIEDS:

Did you opt-in to get the PositivEnergy E-Newsletter? Do you want good news, live broadcast, cultural events and health support?. Go to www.breathepositive.com and **OPT-IN**. Remember, you'll get a FREE GIFT from me.

Nice Cat for good home/still looking. Details: 202-667-2577

FREE ITEMS for pick-up. Antique Dresser with 3 drawers.

Personal Cook can bring quality meals to YOU. 202-667-2577

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This newsletter is a joint venture of P.E.W. and AAHA.

202-667-2577 www.breathepositive.com

www.AfricanAmericanHolidays.org See you in next month