

WORDSUNCAGED

No Man is On a Island

by

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Sadly, in society today, there are too many people who believe that the life they live and the things they do have no bearing on life around us. No man/woman is an island, to include no “thing” also. I once was afflicted with this fallacy in reasoning. I once believed, which became my truth, that functioning from a selfish, narcissistic mind-set was the way of life; where I did things with complete disregard for other people around me, my family, or even myself. There was no love!

Through God, my reflections and meditation on wisdom and my life experiences, I realized how much I contributed greatly to the destruction and degeneration of our society in the way I lived. Watching the news everyday gives numerous examples of this “island type dysfunctional thinking” (selfish). When a person driving a car strikes a pedestrian and drives away from the scene, denying that injured person much needed help, and only concerned with getting away, is the product of “Island type thinking.” After someone takes a trip to the bar and is under the influence of alcohol they get behind the wheel of a car; this person is only concerned with getting to their destination. Being selfish clouds our judgment to extend our thought process to consider the many lives at risk from driving impaired. Yet we see this “Island type thinking” every day. We see home invasions, rape, arson, drive-by-shooting, murders, burglary, you name the crime, where there are countless victims, is all cause and effect of this “Island type thinking.” Put yourself in their shoes and ask yourself would you want that to happen to you or someone you care about?

For each individual victim, certain crimes hit closer to home than others. Through my spiritual awakening, I was able to break the chains of this island type thinking when I experienced the heart wrenching pain when my older brother Rickey was shot and killed April 23, 2005, ; late at night on the freeway. Not until then was I able to comprehend what was only understood intellectually as pain to an actual experience of what it feels like; what was worst was observing my family living this pain and how it affects loved ones even years later. Each crime to individuals or property is like a bomb that caused damage with its ripple effect devastating the target and that which surrounds it. Everyone connected to the victim directly or indirectly in some shape or fashion be it family, friends, or community is impacted by the ripple effect that this “Island type thinking” causes. Sometime/most times, healing from these effects can take a life-time. We should not wait until something tragic happen to us before we have empathy for others before we correct the error in our ways.

The world is full of such people and we all need a healing within us to take place and experience peace and oneness. What I understand by the concept that no man is an island is that all life and things are one. My life today is a reflection of interdependence and reciprocity. My

thoughts I create and actions that follow are always with the consideration and care for others. Love is what binds the universe. God is love and love of God is love for all of creation. My daily love is explained as giving seeking nothing in return—love's foundation. If I were to give something to someone or help them with the expectation of receiving some gift or reward for my actions, then it is not what love is. It is a selfish act because if not for some benefit for my actions, I would not initiate any action. The moment that love is felt, then and there healing is taking place within us. Learn to love self so you can love others.

For me, the island has become a lot more populated.