

Previous Podcast Friends who do not believe in God – 10/8 #MTS1EP10ct8

Respect Me as a Women – 10/9 #MTS1EP20ct9

Identifying the Root of the Problem 10/29 #MTS1EP30ct29

NEW EPISODE - **Strong Union between the Black Men and Black Women** #MTS1EP4FEB16

Hello all, thank you for tuning into the Truth Rebel Podcast. I am your host Kimberly Wright-Davis aka Da Host Senna S8nt, red eye beast or Halo Crown it depends who I am that day. Again, I thank you for joining me for our Minute talk sessions where listeners or myself ask questions, describe a situation to seek advice, raves and rants, poetry, and whatever it is participants would like to share. The Truth Rebel Podcast does not turn down any topics, but I do ask that you consider others when you submit content about politics, religion, and sexuality. Please do not submit any sex, violence or spam recording, and that you keep your audio recordings under 10 mins, and your written material under 500 to 800 words. If you would like to submit your material you can email MP3 formatted audio ,PDFs, or a composed email to Podcast@theventhouse.com . Now that I've gotten that out of the way, let's go ahead and start our session. I received a question today and before I begin let me mention that I usually keep all of my participants anonymous because of safety and respect to avoid any confusion or to put anyone in danger, because some of these topics are deep and we want to keep it real but peaceful between people who may be having the same issues, or in the same situation but disagree with the advice from me, and comments from others. You know some people wear their heart on their sleeves. There are many ways to comment to give advice to the submitter, you can give me a thumbs up , critique me, and or give more advice to others posting to the feed. I will later share those various ways after the session. This question comes from Karen from New Orleans, Louisiana.

Dear Senna

How can the African American relationship between a Husband and a Wife be strengthened to continuously have a happy and consistent union?

Being in a relationship is one of the most valuable connections a person can experience. If two humans decide they want to move forward into a relationship then marriage, there is already some sort of recognized strength between both parties. Strong relationships always begin with friendship. A Lot of our brothers and sisters fail to become friends first. Usually it's an exchange of numbers, maybe one or two dates if that, or skipping the dating process, someone invites the other person to their home for a movie or dinner and it usually sparks temptation, which leads to giving up the jewels without learning about one another first. According to a poll I did previously men said it took one or two days to sleep with an African American female because of physical attraction and not personality interest. So this mean that females are having sex way earlier than suppose to when meeting a total stranger, and males are ignoring the importance of personality, traits, and characteristic observation for possible mother, help mate, and wife moral compatibilities, which are vital to pay attention to, to have a successful relationship.

Now if all of these things are not important to you nine times out of ten the relationship will one, last but experience more complications than it should, two, become complicated later on down the line because it manifested through lust of physical and sexual attraction, not having any spiritual or encouraging moral standards set between both individuals, or three, it will end due to infidelity, trust issues, unfortunately domestic violence, and or abandonment. Skipping the process of becoming friends before soul ties is disastrous. You don't even need to talk about strengthening a marriage because there may be one but complicated, or there may be none at all with a repetitive pattern of trying to find the right one with the method you use that deceived you.

But if you have taken the time to become friends meaning you learn about one another, observed family interactions for at least 6 months or longer, dated for at least a year or two, observing the way your partner make you feel, make

decisions, introduce you to family, friends, and business associates, caters to your health and wellbeing, plans and execute goals without division, meaning (AVOIDING THE WORD I) but always including you in their future, then and only when you should be ready to make a move towards marriage if you feel that the checklist have been completed.

Now let's get to the strengthening marriage part of the question. I had to throw out the basics. You can not do anything without learning then mastering the basics first, and in relationships it's just as important as learning the sounds of the letters within the alphabets. Without learning the sounds you won't be able to understand its value to make a word, to complete a sentence, create and design an expression. So in your relationship you want to be able to make sense of everything, fill the void to make things feel complete, and design new life expressions, which are new opportunities presented by both persons to grow the relationship. This strengthens the relationship to the max. Open conversation about changes that are uncomfortable, or satisfying, presenting every ideal, recommendations and suggestions to one another before taking risk, mentioning your whereabouts when you have to stay behind time a little longer, excluding family and friends out of relationship disagreements, but always seeking an elder, church official, or therapist for more serious concerns that can reroute the marriage back to its robust focal point to regain strength.

In the black community we must admit we struggle with everything I mentioned. We have to make sure we focus on the basics to understand and work our way through the difficulties we can ease, or even avoid when it comes to a relationship. Moving fast is never good, even if it seems like it's working but there is always a void needing to be filled, that spawns from lack of communication, outside influences, loss of interest in some but not all features, or aspects of the relationship or partner. It's crucial that both parties stay interested, happy, respected, and honored daily to maintain a strong relationship, and an even stronger marriage. So I know I've been rambling on but I had good intention to make sure I answer the questions based off what I've seen worked for people verse given an opinion, and it's truly from the bottom of my heart hope I answer your question Karen and gave you a better understanding of

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what needs to be done to first set a foundation for a relationship, later leading to a successful marriage that last long and stay strong. It is needed in our community badly, we are losing at the moment, but we can regain our title of “People of Promising Marriages” if we work together and set more boundaries in our household the next generation can show out and make us proud.....cause these pass generation did not set the bar I'm sorry to say, but that's another topic, for another day.

Listeners are welcome to comment and respond to this Minute Talk Session and offer more advice or critique me if you disagree or thumps me up if you are feeling what I said. Do so by going to the website and putting the HashTag code #MTS1EP4FEB16 in front of your feedback, so I will know which minute talk session you are referring to. Or #StrongUnion02162021 if you choose to comment via my social media pages which is @TheVentHouseMedia. And please follow me yall, my lil page to dry. Share, Share, Share I'd truly appreciate it because I really feel that some of these topics will help people open up more or even get the advice they need to help their situation, circumstances, or issues they are experiencing. Remember we are here to help and guide one another. There is no such thing as “I”, cause you can't do nothing without something or someone on this earth. With that being said Da Host Senna S8nt is checking out for today, make sure you subscribe by going to tru1986rebel.yolasite.com that's t-r-u-1-9-8-6-r-e-b-e-l-y-o-l-a-s-i-t-e.com. To get your material on the show email me at podcast@theventhouse.com with MP3 audio format and pdf or composed email with the maximum of 500 words. It's ok to go over, but like I always say please do not send me a novel ok, because I will send it back, sorry. Thanks again for listening to the Truth Rebel Podcast. Senna S8nt signing off.

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