

Dan Kar'bi

Damilola Abimbola Oladokun

Dan Kar'bi is the talking drum. The drum is a symbol of creativity, typified in weaving, cooking, music, proverbs and poems. Indigenous societies used the drum as communication vehicle. The talking drum is the heart beat of the Earth Mother, honouring the rhythm and harmony of creation. The talking drum communicates sacred messages to royalty, especially when what is being said cannot be easily put in words. This column is a place for creative expression. Dan Kar'bi aims to pass a message while entertaining readers. In this edition of the Journal of Indigenous and Shamanic Studies, Damilola Abimbola Oladokun reflects on the various Big Deal scenarios that is characteristic of the human ego and the necessity to live in the present moment.



IT IS A BIG DEAL

Everyone has a prejudice, however, it is a big deal to live in unity because together we stand securing the future of humanity, and divided, we fall.

Some people may think pollution is cool, contaminating the atmosphere, killing ocean creatures and putting humans in the line of danger but it is a big deal to toss a plastic bottle in the garbage. We are so quick to judge the man on the street without knowing their story, but it is a big deal to show love, affection and compassion because if not for grace and other factors, the roles might have been reversed. You may wear the best designer clothes and accessories to an event, but it is such a big deal to stay humble and low because the man you despise today might just be the saviour you need tomorrow. No man is an island, we need each other.

You may not have all you need or want but it is a big deal to be thankful. You have a roof over your head, food to eat, you have clothes to wear, there are trees, and you have family or friends. What more do you need? When next you are tempted to complain; remember the people on the streets or hospitals and you will realize just how blessed you are to be able to move your feet and do things for yourself. For some, it is a fashion statement to complain all the time, but it is a big deal that you have the gift of choice and freedom, remember those in prison?

Too much of everything is bad; it is a big deal to have everything in moderation. Gluttony and lack of contentment has never helped anyone instead you become like Oliver Twist with an insatiable desire. Don't get me wrong. It is essential to grow and be better but at whichever level we find ourselves, let us appreciate it and have fun whilst at it. Never go overboard.

It is a big deal to have firm convictions and fight for what you believe in as long as it does not jeopardize the security and safety of your neighbour. I may not always agree with you but it is a big deal for us to co-exist having mutual respect and understanding for, and of each other.

It is absolutely beautiful to be sociable and likeable but it is a big deal to apply wisdom as wisdom is profitable to direct. Learn when and how to make great moves in absolute silence. Empty barrels make the loudest noises. It is a big deal to use your voice to channel a social and economic change in your environment. It is a big deal to guard your tongue. Your words must be like a refreshing cool spring water; comforting, refreshing and edifying.



Your sanity and mental health is a big deal. Do not joke with anything that brings you peace and joy because stress kills and over thinking about things beyond your control has never solved any problem. If you must think also put that thought into action.

Never react in anger. It is a big deal to be able to control your temperament because if you react before thinking or being proactive, you just might regret it for the rest of your life. It is a big deal to never feel entitled or selfish. The world owes you nothing and no explanation; the only thing the world owes you is love. At the end of the day you are responsible for your choices and decisions. It is a big deal how you choose to live. Stop playing the blame game. Today and tomorrow are intertwined; be careful.

It is a big deal to never stop learning. The world is daily advancing and the day you stop learning is the day you stop growing. Education and experience are twin brothers; it is a big deal. Broad is the way that seems right to a man but the end thereof... it is a big deal to never look for short cuts in life. Follow the process, overcome the hurdles and pass the test because in retrospect, the short cut is actually the longer way; meditate on it. It is a big deal to live a fulfilled life. Enough with the regrets, enough with the self-pity. Time is ticking, pick yourself up, guard your heart and keep moving. Keep your eyes on the prize. Remember you are your only competition.

Trust is a big deal. It takes years to build. It is earned and not given, yet it is also very easy to break. Protect your trust jealously.

Respect is a big deal. The rule is very simple; treat others how you will love to be treated and if you cannot take it, never dish it. With the same measure you give, more will be given to you. Do not allow other people define you based on their own scripts of what they think you should be. It is a big deal to know yourself and stay true to your values.

It is a big deal to dress well, smell good and look presentable. Body odour isn't a sign of holiness and please stop looking as though the world's problem is on your shoulder. It is a big deal to clothe yourself fully with a smile; brighten up the day with a smile. It is a big deal to be kind to yourself. Drop negative and destructive patterns; it won't help you forget. Deal with the challenge or problem from the root and live fully. You think you have the world at your fingertips, you call the shots and when you say jump, one must ask how high. Keep it up but do remember that it is a big deal to treat people with dignity and respect. What goes around comes around. A forest today can become a furniture tomorrow.

Never make promises when in distress or extremely happy; it is a big deal to protect your integrity. It is very costly so guard it closely. Weigh every action and consequences. In conclusion, it is a very very big deal to know the truth because it is only the truth you know that can set you free. Remember that you are light, and it is a big deal to shine your light for everybody and never lose your seasoning because someone out there needs it. As always keep being loved lovers loving others. Go out and be the change; the world needs it; it is a big deal!!!

Columnist Bio

Damilola Abimbola Oladokun is a Nigerian Multimedia Journalist .She has worked as a Programme Officer at African Independence Television(AIT).While pursuing her master's degree in the United Kingdom, she freelanced for Humanity Hallows (now Aah Magazine) and the Northern Quota .

She is a columnist in the Journal of Indigenous and Shamanic Studies, and a PhD Candidate at the Department of Media Studies, University of the Witwatersrand. She is passionate about seeing a change in Africa by encouraging Africans to be the change they want to see first by a renewal of their minds. She also runs a blog called Lola's Mirror Reflections. Lola enjoys volunteering, baking, reading and singing.