

# 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.



## Finding strength through pain

Over the last couple of weeks, I have come to realise in the words of Ernest Hemingway that the world breaks everyone and afterward, some are strong at the broken places. Sometimes, events occur that nothing and no one can prepare us for however life must go on because a 'hero' is considered an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

In the journey of life, there are different times and seasons and I just want to encourage someone out there that it doesn't matter how tough or painful the situation is, it doesn't matter how hurt you are feeling; it will surely pass if only you can find the strength to let it go.

Too often, people wallow in their pain, too often people lose their peace; there are lots of questions with no answers. Too often people are pushed to a place of depression and too often people are living with deep pain. The irony is, we are aware that out of suffering have emerged the strongest souls, but the question is how do we harness the strength from deep within? The truth is as we advance, the more challenging it becomes however in perseverance, the inmost strength of the heart is developed.

The first lesson we need to learn is that we are not our emotions. Too often we have allowed our emotions define who we are. We need to learn to harness our emotions or recognize them as they are, and I have heard that the latter is better. Pain is part of the process. Do not keep it to yourself; you will be amazed how many people have experienced what you are experiencing and have scaled through.

The second lesson we must learn is to be kind to ourselves. We often put too much pressure on ourselves that leaves us either feeling overwhelmed or underwhelmed. Take care of yourself, be good to your body, feed your mind well, don't limit your reach and be happy; live fully and love fully.

The third lesson to learn is to surround yourself with the right influences. It is okay to always check your circle and make the necessary adjustments. The company you keep can either grow you or break you. Surround yourself with people of value that also value you and not people who make you feel worthless. Healthy competition is good but please know when to draw the line. Have mentors that will always point you towards the right direction, people who will always tell you the truth, celebrate your victories, small or great and grow your potentials. Also learn to celebrate yourself; give yourself a pat on the back for a job well done and aspire to be better.



The essence of staying active and avoiding negative coping mechanisms can never be overemphasized. Also, can we always be real with ourselves? We seem to have mastered the act of living in a bubble even when we know it is a virtual reality. The unrealistic expectations we have created has contributed immensely to the pain we too often feel. Let us tell ourselves the truth in love realizing that great things never came from comfort zones. We must stand up to our obstacles and do something about them. We must realize that we cannot build up the weak by pulling down the strong.

In conclusion, I would like to encourage all readers of the Journal of Indigenous and Shamanic Studies to seize every opportunity and make them great and if you do not define yourself for yourself, you will be crunched into other people's fantasies of you. Finally, I understand that it can be hard to bounce back but remember that the pain you feel today, will be the strength you feel tomorrow. After the rain, comes the sun. Believe. Don't despair because life is interesting. Always remember the words of Demi Lovato; "Scars are like battle wounds- beautiful. They show what you've been through and how strong you are for coming out of it". It will surely pass and like they say, time heals all wounds.

### **Columnist Bio**

**Damilola Abimbola Oladokun** 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 currently a PhD Candidate at the department of Media Studies at Wits University. 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. She enjoys volunteering, baking, reading, and singing.