

NO MORE CURSE

"I HAVE STRUGGLED WITH TRUST ISSUES SINCE MY FATHER LEFT ME AT THE AGE OF 3."

I want to start with what most people typically include as an addendum. I love God. His teachings delivered me. My wife, children, and family are my muses. Proverbs 13:22 says, "A good man leaves an inheritance to his children's children..." Proverbs 18:22 says, "He who finds a wife finds a good thing and obtains favor from the Lord." And John 13:35 says, "By this, everyone will know that you are my disciples if you have a love for one another." I know my mission is to develop people through edification and education.

Life started when my mother was

16 and pregnant with me. I've had to navigate growing up in a drug-ridden, gang-infested environment in Phoenix. I have struggled with trust issues since my father left me at the age of 3.

I also recently found out my father's dad left him, so there is a cycle. My stepdad (I call him my DAD because he's been in my life since I was 5) was physically abusive and suffered from alcohol and drug addictions. The union between him and my mother dissolved as they divorced after two decades of marriage. I've had to work through decades of trauma that limited the depth of connection between me, my children, and my wife. At times, I've felt like an impostor and predisposed to rejection. I wasn't sure if, genetically, I could be a good father. But my resolve was greater than my regression. I had to alter my family tree for the better. I needed to build a new legacy starting with my transformation. I was not repeating the cycle. I wanted to raise my sons to be steadfast and dependable. I yearned for my daughters to feel safe and secure. If they choose to marry, I want them to seek spouses who possess my new traits. I want them to hold these attributes as prerequisites to a successful life partnership.

I needed my wife to feel reassured and protected, so our marriage thrived.

Thus, I worked through my stuff with Godly counsel, exercise, and education. I developed new brain patterns, as well as positive conflict resolution and communication skills.

Today, my relationships with my wife, children, parents, siblings, and extended family are better than ever. I know this is because of my stubbornness to live by the rule of "No More Curse." Generational curses can be eliminated at any moment and by any person with help. This Father's Day, I am speaking to men struggling because of mistakes they believe can't be overcome. None of you are alone. None of you are broken. You all have the potential to turn things around. If you are a believer, come to your knees and ask for forgiveness, a new heart, and start the road of repentance. To the rest of you men, there's hope and help. Seek counseling, men's affinity groups, exercise, and meditation. And yes, prayer is for you too.

I contend that if men would stand up and commit to developing their mental, psychological, and emotional well-

being (minus their egos, societal norms, and emasculation), they'd be transformed. The fabric of our nation would be optimally healthy as we'd experience noble leadership. I'll conclude with my favorite quote; it's by Margaret Mead. She said, "Never believe that a few caring people can't change the world. For indeed, that's all who ever have." Choose, as I have, to be one of those people.

Torrion Amie. Thank you for being a part of DAILY DADDY™, where fathers and father figures are edified, educated, and empowered. Thank you for having SOUL! ☺

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~ MARGARET MEAD



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Torrion Amie has a career that spans over 30 years in higher education, K12, and coaching. He is a published author, singer-songwriter, and poet. He was the UW-River Falls' Outstanding Young Alumni Award winner in 2018 and was inducted into the Hall of Fame for coaching in 2021. He's a Clifton Strengths Certified Coach. Mr. Amie is a national keynote speaker, emcee, trainer, and leadership coach. His expertise transcends into sacred spaces, where he's led men's ministry and worship. He and his wife have been together for over 20 years and have four children.
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