

# AU NATUREL

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## WHAT DO WE KNOW...REALLY?

As I reflect on the month of February, I am struck by how small man is. We aspire to know all and strive to have the answers. But in reality, what do we know...really? The photos to the left are from an article that I posted on my personal Facebook page. The images are of a cardinal that is half-male and half female. If you're from the East Coast of the US, like I am, you've seen many cardinal pairs in your day. The male is always a bright cardinal red and the female is a brown variation. The male attracts your eye, but if you look carefully, you will often see a female not far from him. Well, this strange bird to the left came out with both characteristics divided down the middle.

Apparently, the egg was fertilized by two sperm cells (one male and one female) and divided in this way. I think it's absolutely beautiful and a wonder to behold. But, I am quite aware that some people would kill this bird simply for being an anomaly, an outlier, one in a million. It's a sad commentary on the state of minds that are trapped into believing that they KNOW. The older I get, the more I realize that I know very little, and I will surely die in my ignorance...as we all do. I'm okay with that. But, it certainly doesn't make the journey any easier. It's that theme of uncertainty that will carry this late edition of Au Naturel. Embrace the beauty of you.

*For a brief lesson on just how awesome God and the universe are, check out [this brief article](#) which illustrates the vastness of our Milky Way galaxy. Then, check out the simulation of 1.6 million years of star motion at the end of the article. I'm fascinated at how closely this simulation mimics cell division. What if our universe is really the size of a cell in the vastness of the universe? That's not a far-fetched notion if you understand the concept of infinity. Things that make you go hmm.*

## PONDERINGS

Sometimes, I'm amazed when I consider how little we know as humans. We think we have the solutions to the world's problems, but God comes out of left-field and deals a death blow to our social madness that we never saw coming. Has it ever occurred to you how divinely appointed it was that the founding fathers of our nation wrote into the Declaration of Independence "All men are created equal." That simple statement that was so arrogantly exclusionary as written by the 18<sup>th</sup> century mind, held the seed of the demise of a corrupt and impotent way of life. As people, we work hard to fashion a remedy to this "problem of humanity" (and we did) by over-throwing slavery and oppression. But wasn't it so much easier because this basic tenet of equality was built right into the foundation of our state house? God says, "Be still and know that I am God." This small miracle is a minute illustration of that truth. It makes me wonder: What other seeds of social change are overtly visible or covertly hidden in the DNA of our social systems? When scientists realized that uranium holds its own energy source right in the core of its DNA, they worked feverishly to extract and channel it. It is the fruit of this ever-grasping mind, powered by innovation, which ultimately produced the corrupt and rotten fruit known as the atomic bomb. When this ever-grasping mind seeks to reach out only with love as its aim and purpose, we will innovate solutions to Chernobyl and Fukushima. We will find the solutions to racism, classism, sexism, greed and vanity. Until then, let us pray for stillness.



*<sup>8</sup> For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.*

*<sup>9</sup> For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts above your thoughts....*

*<sup>12</sup> Therefore ye shall go out with joy, and be led forth with peace; the mountains and the hills shall break forth before you into joy, and all the trees of the field shall clap their hands.*

*<sup>13</sup> For thorns there shall grow fir trees; for nettles shall grow the myrrh tree, and it shall be to the Lord for a name, and for an everlasting sign that shall not be taken away. Isaiah 55.*



Over the years, I've heard stories of numerous natural hair journeys. Each one has unique lessons to be learned by the sojourner, as she discovers her own truth. There are those who journey for a time and return to a chemical prism. There are those who go natural and embrace it with aplomb, eager to discover the numerous hidden treasures that lie therein. There are those who go natural to avoid damaging their hair and spend most of their journey covering their hair with wigs and weaves for personal convenience or fashion. And there are those who dive into a lock journey without ever stopping to discover the natural, curly girl perspective. It is this last group that I was inspired to write about after talking with a recent client. I was styling her locks and marveling at how gorgeous they are. I told her honestly, "Every time I see your locks, I'm sure that I'm ready to lock my hair. But then I think about all of the styles that I will no longer be able to do, and I decide against it." She responded, "I understand! If I had known about how to care for and wear my hair when I went natural, I would have never locked it in the first place." It's hard to imagine that someone with locks as beautiful as hers

## Relaxed to Locked

### The Lack of a Curly Girl Perspective



would choose a different route. But she has acknowledged this truth on more than one occasion, so I'm compelled to believe she's telling me her truth. Likewise, I have met clients who cut their locks off solely BECAUSE they never took the curly girl pathway and decided that they wanted to learn more about their free flowing natural hair before choosing to lock again in the future.

It's against this backdrop that I write this article to encourage those who have not truly discovered the freedom and versatility of their natural hair to consider caring for and styling it yourself (or having it cared for by a professional) BEFORE taking the lock journey. Locks are divinely beautiful and quite versatile. But they are pretty permanent. (I say "pretty permanent" because I'm meeting more and more people who are wearing natural hair AFTER transitioning from locks by loosening them. I wrote an article about precisely how to loosen locks awhile back, as explained by my friend Meiko. The article can be found in my free online natural hair care book [A Natural Attitude](#).) It's quite true that not everyone will be enamored with free-flowing natural hair. But, it's good to discover your own truth and make an informed decision before taking such a permanent decision as locking. There's no right path to take should you opt first to lock. But if you're open to discovery, there are many online sources to help you along your way. Happy discovering!

*Schatzi's, Raleigh's first full-service natural hair care salon, is your gateway to natural beauty. We have been faithfully serving the Triangle community since 2006.*

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## EMBRACE THE BEAUTY OF YOU.

Schatzi's Design Gallery & Day Spa, LLC (Schatzi's) is a one-stop, natural hair salon providing the full-range of natural hair services to meet your current and future needs.

*Embrace the beauty of you.*

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