

A COPING JOURNAL

The darkness in the void that surrounds
will always yield to purifying light

~ Lion-turtle to Aang (Avatar, L.A.B.)



Shades Of Pain

MEA Sattosh

Foreword

This coping journal started out as an experiment. The idea was that, in order to deal with reality and the world around, the world that was going on within the mind, the inner dialogues had to give way. Dealing with doubts and uncertainties leaves little room for one to process the reality of their situation. With that in mind the first few compositions were written down in a notebook and it felt like releasing a valve on some internal pressure, and more that was written, the more that wanted to come out.

The message here is that the coping journal works! A lot that is in this journal used to swirl about in the mind. After putting it down in the written form the swirling ceased. The writing went on for two to three enjoyable years. The process produced a further two novels of over fifty thousand words each and a third mini-novel of five thousand words. All of this writing helped to cure the mind of its inane restlessness.

This journal therefore, is composed of a healthy mixture of private thoughts and prayers, as well as some creative writing. A lot of what is in here is near and dear to the heart. That authenticity is part of the purging process. It is difficult to imagine this process working any other way. It is hoped that the reader can identify with the process and empathise or at least identify with it. Maybe even encourage the use of a coping journal among their peers.

With that said it is hoped that you the reader finds this journal both insightful and entertaining.

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By: MEA Sattosh

Shades of

Pain

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Shades of pain: The fallible wick flame.(30-10-2014)

There is nothing more unpleasant than watching the candle light dying out right before you. In the few moments that remain all the wax is melted and the burnt thread stands alone holding the flame all on its own. In that little pool that has formed around it, it will soon drown and go out. But some wicks try and hold out prolonging the inevitable. What is inevitable is that it will go out and an immense shadow will engulf it and all who are round. It will be forever dark all over, and not a thousand candles could bring back light to this place. Yes the world is a really dark place right now. I dare not move; I dare not try to get up and find my way around. Everything is unfamiliar to me. What larks in this dense darkness waiting to bring harm upon me? I must sit here where I feel safe and let what larks lark and await my doom. I will try and let what little warmth that remains around the extinguished flame be my solace.

So, what is a Coping Journal(Asked and Answered)

*“...a **coping journal** is a journal in which you pour out those thoughts that are ever present in your head, those thoughts that fuel your spells of depression and your moments of uncertainty. I got creative with mine and this was the result. I wonder what shape and form yours will take...”*

Men who take great risks -Quotes from Madiba's book(30-10-2014)

Men who take great risks often suffer great consequences: Madiba's book on Abraham Lincoln's assassination.

There is little to be said in favour of poverty, but it was often an incubator of true friendship. Many people will appear to befriend you when you are wealthy, but precious few will do the same when you are poor. If wealth is a magnet, poverty is kind of a repellent. Yet poverty often brings out the generosity in others. Madiba's book on poverty in Alexandra.

In love, unlike in politics caution is not usually a virtue. Madiba's book on politics versus love for Didi.

Without language, one cannot talk to people and understand them; one cannot share their hopes and aspirations, grasp their history, appreciate their poetry or savour their songs. Madiba's book on language with the then Queen of Lesotho Mantsebo Moshoeshe.

BIRTH OF A FREEDOM FIGHTER: Madiba's recollection of 26th June 1952 Defiance Campaign.

"I had engaged in a just cause and had the strength to fight for it and win. The campaign freed me from any lingering sense of doubt or inferiority I might still have

felt; it liberated me from the feeling of being overwhelmed by the power and seeming invincibility of the white man and his institutions. But now the white man had felt the power of my punches and I could walk upright like a man, and look everyone in the eye with the dignity that comes from not having succumbed to oppression and fear. I had come of age as a freedom fighter.”

Taming the Dragon (29-10-2014)



The Dragon Warrior

The dragon within that manifests and unleashed its terror when you're in a fit of rage has no real form. If one were asked to construct the most vicious most powerful most invincible and most resilient animal, the one that would hold up against all other beasts would be the dragon. It's impenetrable armor, it's flaming breath, it's ability to fly, its magical and mystical capabilities, its nobility, its wisdom, all these render it invincible against any foe. It is truly the best that the imagination can conjure up and it best describes the feeling you have when in a fit of rage or passion.

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