



CAN'T SPELL DIET WITHOUT DIE (GUTT CHECK) ANGELA MATTOX

Peace Whole Wide World. How ya'll be? Things may have been tough af to get through. Especially since Pink moon in April 2017. Now is a beautiful time to be present. Recognize what you have come through. Without pity. You accomplished your goal because it was your intention. That is a beautiful reality. Whatever we think most, we manifest. Let's pay attention to our constant creation of the realities we live, and make sure it all feels good<3!

All of us have had that gut feeling sensation when we can smell fuqery a mile away. Following my gut is what kept me safe on the streets of Chicago, Vegas and Miami. I have a big heart. I attend to attract the King pen hustlas who have a bunch of emotional baggage and manifest crazy realities. Which they become victims of. Their bottom line was they just wanted real love. We clicked because I did too. However, hustlas have quick minds. I couldn't ever commit to them because o their desperation. I've experienced emotionally leachy, attention craving hustlas, that melt from big but and a smile. That shit ain't cute. But what can you do if you feel like all men have a version of this in them but pick the best ones out the bunch?

I always said I'm getting married one time and one time only. My commitment to be my husband's wife is eternal. I am marrying my twin flame. I do not know him in the physical just yet. However, I know he exists because our story is written in the stars. I thought my twin flame was Jon. Now I can see how broken I was when I loved him. Because of our experiences, I realize I do want to share my life with a husband. Since 2017, I have been forced to reconsider what I am asking for. I am learning to love myself deeper than I ever have. I can tell when people are using my vitality to support and/or replace their own. My empathetic ways help me make peace with the pain I feel from their aura. And manifest a man who matches my abilities and has similar morals as me, willing to work for the life we will earn.

The story of the melanin rich men around my age has mirrored my brother's. When I loved on these guys, I had an estranged relationship w/my brother. Loving them helped me see my brother's perspective, which welcomed forgiveness between the 2 of us. Physically, my brother and I were NoT getting along, at All. Loving the hustlas made me desperate to save them all. My brother wouldn't listen. But these guys loved my body, so they respected my words. Until I had sex. Then my words no longer seemed to have value.

The hustlas exuded the conditioned thinking of their environment. I encouraged a new path. They'd listened, but only so much. They hated when I offered guidance and almost always got in some kinda trouble after tellin me to shut up. I paid attention to their behavior, so I could predict what they were manifesting. Shut up was already a soft spot from family imprints. So that just encouraged me to back away with my hands up. As I watch them shoot one another, or the cops. I saw my biological father in their behavior. This is when love collided with hate in my personal World. These guys were just as dumb as my brother and our Father and I was fed up. Still, I couldn't abandon them. So I felt trapped.

I learned the mind of a melanin-rich male from my bonus -Dad and cousins. But especially my brother. I learned the heart from the hustlas and learned the mysteries of my bouns-Dad, uncles, cousins. I was clueless about my brother and my Father's kind tho. While learning my lessons, I experienced non-stop heartbreak. Whether sex was involved or not. I almost always wanted to be alone. But I was too scared. So I would attract 1 dramatic guy after the other. This was before 16. It didn't take too many experiences before I learned my lesson and went to go study or go to work. By the time 16 hit, I had a number of seekers waiting to take me on dates. I was spoiled with trips Downtown, dinners, cassette tapes. That was cool, but Ely had the heart I was seeking. So I chose him. I materialized all my dreams, both beautiful fantasies and horrific nightmares. By the time 8 years went by, he couldn't have gotten away from me fast enough! I was pissed because he did not match what I imagined him to be. Now I see the condition in that.

I am healing my attachment to conditional love and sending love for the scars I have eft along the journey. Ahmyah was his parting gift. I have always appreciated that. He knew I would need another version of myself to stomach the heartbreak of him and I not materialize to the couple we worked so hard to be. 8 years is nothing compared to forever. Ahymah was my guide to get over the heartbreak behind that kind of disappointment. My acidic love materialized in her a chronic asthma, chronic allergies and chronic eczema. I am healing the guilt from manifesting this reality. In another blog, I'll talk about our healing practices.

18 months of being single was plenty to remind me why I enjoy committed unions. Accepting beautiful men who have so much of their Mom in them, they are shaped like her. Demanding step-mom status by date 2. Clinginess. Rules and attitudes. Attempting to recruit me as a bottom hoe. Were more than enough reasons for me to mediate and attract my Boo. So, I did. I followed Star Jones's process on manifesting the husband of your dreams. In walked Jon. There are hella easy to notice signs that emotionally immature people always possess, (in my personal experience). I was too attached to who I wanted Jon to be to accept who he presented himself as. Acknowledging this is not bad mouthing him. I am speakin of the psychology that makes us who we are. Psychology is the study of the mind. The science behind my words. When people show us who they are, it is our job to believe them.

In my experience, male clinginess all boils down to them being ignored as lil boys. The fall head over heels in love with the new and improved version of their Mom. Praising the girlfriend and the way she loves. They fear falling in love and somehow repeating what their Father's did. They may complain. Slowly exhibiting signs of jealousy. Suddenly, they don't trust you and speak often of what they fear by sayin what the girl betta not do. Even the most loyal girl ends up cheating. A huge fight breaks out. The couple breaks up, gets back together. Usually while continuing having sex. Babies re made and suddenly everyone feels trapped. Upon raising the children, they both begin the indoctrination of robbing Peter to pay Paul, accruing more debt. Working hard 40 hours a week and 7 side hustles. Spending their nights drinking talkin shit to themselves for becoming their parent/s. I get it. I been there. I'm just sayin, heartache is optional.

I loved Jon more than I have ever loved anyone I did not birth. Leaving him has been the toughest thing I have ever done. Especially since 2017. I have felt so conditioned to pretend like we never had what we had. I don't work like that. Jon and I built a beautiful life together. I am not willing to give it up. We can enjoy the life we made together while enjoying an updated version of ourselves. Besides, I could use a decoder, so my new love can learn me easier. I have 2. That's a blessing.

Redesigning relationships can be pretty tough. What helps me I is to remember how rare me and both of my baby daddies are. Only us could create our children. I usually do this while deep breathing, and suddenly I become hella grateful. When the angels send Universal gifts like The Carters and Kendrick Lamar and Drake, I know I'm on the right track. No matter what those around me say.

I am determined to heal my gut. The gut is where most of our cells live. Cleaning it will allow soul to radiate through the rays of the light, transmitted from the chakras. I know I am a soul having a human experience. I am ready to experience the most pure expressions of love. I have survived the heartache. I took L's from teams I don't eve play on. I value the lessons. SO I know what I don't want. January 22, 2019 makes day 2 of my turpentine detox. I also had 16 oz of spring water with juice from ½ key lime. Diatomacious Earth, 12 oz cinnamon, hibiscus tea and 12 oz pure cinnamon tea. Both sweetened with agave. I talked about everything I want to say in this Facebook Live. Click and watch. <https://bit.ly/2RFUoyC>

Now is a time of divine awakening. Divine awakening is all about unconditional love. The reality we are experiencing now has never been witnessed before. Still nothing is new under the sun. This is my 1st human life experience. I'm ignorant about a bunch of shit. Still, I am quite wise with an old soul. This is a grand time for divine feminine energy. Have you been the kind of woman that lives through her heart? Doin kind things for others and allowing them to do the same for you? Are you being the adult you want your children to grow into? Yes? This is your time!

We must allow our light to shine through. Our Higher Self lives in our light. Our light is internal, physically located in the depths of our gut. Beyond our lower selves. A dirty gut is just clogged up cells, dirty blood and organs. Our food causes the darkness. Over consumption of acid over a long term period of time results as internal darkness spiritually. Cancer, heart conditions/dis-ease, blood issues/dis-ease and organ issues/dis-ease physically.

We are the monsters we fear most. To heal this reality, we must 1st change our minds. Being mindful of the things we think and say can and does manifest our reality. I visualized everything Jon and LaToya have presented to me as my worse nightmare. The images used to chase me in my dreams. I refused to face myself. So I argued and fought and fussed. Speaking my truth clears the road and welcome unlimited mastery to come forth. Mast lucid dream training coming soon.

Angels, I am ready for my husband, who will double as a God in the physical. He is knowledgeable of things average people are not. He shares his knowledge with his community. He guides the children and helps the women without falling prey to their black hole. He respects my freedom, as I respect his. Tho our love has boundaries, it is unconditional. He is beautiful inside and out. I am going to have an African village full of his children. Before I can, I must heal my internal darkness. How? Via detoxing. The FB Live talks all about it. It's 90 mins long, so it's a good idea to plug me into a Bluetooth, while continuing to work, do chores, exercising or whatever. The objective is just to take in the info. Some stuff may go over your head. If that happens, it's ok. Everything we are meant to have always finds us in divine right timing. The key is to welcome it in.

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New YouTube Channel: <https://bit.ly/2ADBxKf>

Being present is dope af!

Today's Links:

Borean Calling Gematria Message: <https://bit.ly/2sHrSOg>

The Carters Black Effect: <https://bit.ly/2Mu2THm>

Relationship Playlist: <https://bit.ly/2TpK6PK>

1.22.19 Facebook enlightenment chat: <https://bit.ly/2RFUoyC>

Order Your Spiritual Bath Here: <https://bit.ly/2HqkEs1>

Ascension Forum: <https://bit.ly/2Avm1jd>

Conscious Eating Forum: <https://bit.ly/2Tr1QKh>

To celebrate eclipse week, both Ascension and Conscious Eating forums are on sale for \$15 this month. Enroll and begin your personal journey to enlightenment.

It's important to me that this information meet the places it was not intended to be. Specifically in the hands of the melanin-rich (Black, African American, Niggas, Niggers, Negus, Negro, etc). Help me out by sharing with the people you know. Also, all those willing to donate, your money is going towards the effort of continuing to enlighten the melanin-rich community. Our enlightenment will thereby illuminate the World. We, as a society, really are one. However, before we unify with the whole, we must unify with those that look like just like us. Am you. You are me. Thank you.

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