

Getting negative with negativity!

Mijas, Mijas, Mijas. What can I say? We are everywhere! Which is a great thing, if you are one of the growing many every media outlet is talking about? We have heard it over and over since Census 2000 released its final report of “Latinos being the increasing minority group in the U.S.”, and it boggles my mind to wonder why they are still calling us a “minority.” Enough of my constant babbling of old news; let’s talk about us... Latinas or if you use my word Mijas!

After all these years of people ignoring our voices, now the world is focusing on our lips, in order to hear the voices of the future. We happily put our hand on our hips and say, “Oh so NOW you want MY opinion?” Hit play on your CD player and pump the music real loud because this is a joyous occasion. Get happy! Latinas are movers and shakers, in position to be money-makers, and when in love... heartbreakers. Call us Renaissance women con sofrito! Pero, sometimes celebration is hard because our minds haven’t fathomed such a crazy idea such as joy and happiness. Why is that?

Ideas flood my brain when a question of that caliber is asked, “Is it papi, mami, my annoying brother, society, my annoying older sister, my greedy abuelo or is it my jibara abuela and her old ways?” My answer is anything that ends with a “y”.... family, society and history.

Negativity is just in our blood, we can’t alter its ways; but we can change its actions. We are accountable for our negativity as soon as we notice it! When realization comes to play; that’s when the portal of opportunity falls upon us, so we can eliminate this poisonous thinking and start making a change for us.

When have you ever heard anyone say, “My house is a mess, I need to clean it” or “I am like this because my childhood was just messed up?” They keep on bringing and bringing it up over and over again. Why do they beat themselves down so much? Have we Latinas been brought up to speak in defeat? If you have, this is the way to get out of it.

Mija you need to be around someone positive. You know you can’t sell your friends on EBay, so why try? Find someone that thinks out of the box...not too crazy now.

You need to find an accomplishment in your life that went surprisingly well. Think about the actions and feelings you made during that whole time. When you feel the highs, there is no way you can think about the lows...come on it’s like missing a blizzard while you are on the beach!

Feng Shui yo’self! You do not have to be a piece of furniture to do it neither. As easy as you can move a light fixture, you can alter your feelings with something that makes you feel stupendous and fabulous! Buy yourself a CD, ice cream, new blouse, some rhinestones ect. Most mujeres love to shop and look for nice things to apply in their lives. Whether it is the new fashion craze or something innovative you want to create; the bottom line is that nothing’s going to bring you down, if you are getting/doing something to improve your image! Quit being modest nena... we know you love to flaunt.

By the time you do all these things, why would you care to think about negativity? You got some new friends, new ideas and a new outfit, go work it Mija!

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