

Ta ti quieta/Relax

Not "Aloe'N

Things have been really stressing me out lately. My mind is constantly all day talking to me..."Roberta you got to call her to discuss this, Roberta you have to send out those interview questions like real soon, if not they're going to think you are unorganized"... I know I am unorganized just look at my room, I got my perfumes by the socks and CD's next to my shoes, earrings mixed with pennies, mixed with Christmas lights, and again my mind keeps going, "Roberta! Don't wait till the last minute to work on Mija you will be up all night and day on your release date, you better not even think of pushing it back! "Ok mind I won't, leave me alone! My mind was right it is now 3:49am Monday December 13th and I am tired I still have 2 more categories to do and those aren't even touched, but I refuse to push it back, how will that make me feel? UNCOMFORTABLE! And in this section of Mija Magazine we can not settle for such a word. This is ta ti quieta baby!

So I've been thinking on my current relaxation techniques and I have one for you; this may sound crazy. I got me an aloe plant for my birthday! This is my first plant and it looks Jamaican. Who knew, my plant would have dreads mon! It looked so caribbean that my friend Linnet came up with the name, "Rasta Clot" after I described it to her. I took my 25 year old self back to when I was nine and busted out the colorful heart stickers my friends daughter gave me to wear while I DJ...come on you gotta accessorize.

I have been studying the aloe plant for a while as well as herbal remedies and the aloe plant is one of the best plants you can have in your house. It heals cuts and treats skin rashes plus if you blend it up and drink it with some orange juice it cleans out your colon...maybe that part doesn't sound so relaxing. Ha Ha.

Plants have a lot to do with relaxation; they change the atmosphere with their scents, their size and their color. I get so happy when I wake up one morning and see that my little "Rasta Clot" has grown up. I am somewhat symbolic, so I tell myself that my magazine and I are still under the dirt and you need a few sunrises, sunsets and some rainy days in order to grow better and in order to be more effective.

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