



Wednesday Online Publication Written by Darlene M. Washington

Descending the Rainbow

October 30, 2016

Have you ever thought about how you might be descending the rainbow? What does that mean? It means giving up on hope, life and your dreams. Every day you move a little bit lower down the rainbow line. Things aren't as bright as sunny as they usually are and your faith starts slipping away. People don't seem to care about the things you're going through. You fear if they really knew, they'd only tease and make it worse. So you're definitely not going to tell them that you're descending the rainbow. You put on your game face, smile and get through the day, the week, the month, the year, the decade, the century if you can go this long not facing your descent out in the open. Then one day you're at the bottom of your rainbow and suicide is the only option. Robin Williams, Lee Thompson Young, Kurt Cobain, Jovan Belcher and many, many names we don't know of have descended the rainbow. And some of you still don't care.

Why should you? Because it's the not caring part that leads any of us to this point. I'm not saying go to the funeral and cry on the coffin. I'm not saying write to the family expressing your condolences, send flowers, suddenly become a family friend for the glory of it all. I'm just saying as Ellen would say, "Be kind to one another." What does it hurt to simply be kind? If someone is in the process of descending the rainbow, don't add to their pain. Don't treat people like crap and expect them to celebrate you. Don't accept people treating you like crap either! You'll hear people say about someone, "they are damaged goods." What does that even mean? Can't damages be repaired or compensated. Do we throw people away like dirty used napkins? If you have a loved one who has descended the rainbow, or appears to be descending the rainbow, what of it? Honestly, I don't know. Because realistically, there is nothing you can do to change their course of direction without their own willingness to follow; unless of course, medication is needed to balance the brain process. But how many of you, if you knew you were hurting someone would willingly change your behavior towards them? How many of you would care about their descent from the rainbow? Karma is the force of nature that visits all of us in due time.

And for those of you descending the rainbow, every time you think about giving up, remember, the selfishness, the ignorance, the evil, the lack of respect for another human being in the world by other human beings in the world and don't base your decision on their disregard for the value of your life. Instead, ask yourself what is the value of their life over yours. Why should you let them make you feel like dying while they live? Why should you kill yourself to prove their perception that you're worthless, is true? There is value in every life. To some people just knowing their venom is killing you is their thrill ride. It makes their morning coffee go down a little smoother than the day before. Get off of their thrill ride! And get on your own. Look to God, look deep within, we all deserve common human decency as defined by legal, mental and physical treatment of human beings. The Nature vs. Nurture, which surely we've discovered by now, one is not greater than the other. They are a necessary simultaneous development experience, as food is to the survival of our people. No food, No people. No nature, No nurture. The end result of one without the other can be catastrophic. As with people's mental health the lack of hope or victory defeats us, as the lack of nutrients will kill us.

Maybe you're okay with waking up one day knowing that your words and actions contributed to someone's descending the rainbow. Maybe that makes you feel powerful. Just remember, it's the uncaring part that causes the descent and the replication of this painful life choice to unexpectedly manifest itself in people's lives all over the world.