



EXISTENCE PLUS

THE AWARENESS MAGAZINE OF TODAY



Sarah Jade *Intro to* Divinity

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Table of content

MOUF: PAGE-1

Sara Jade: page- 7

REFLECTION OF POUND THE WATERS PAGE 12

ULTIMATE GYM page 19



M.O.U.F



Born Raheen Hill from the Boogie Down Bronx, Hip Hop Artist M.O.U.F has a lengthy catalog of music esteemed by Hip Hop's greatest such as Eric Sermon, Keith Murray, and Mr. Cheeks. M.O.U.F had a natural ear for music at an early age that transformed into a



passion once he witnessed his brother on the turntables.

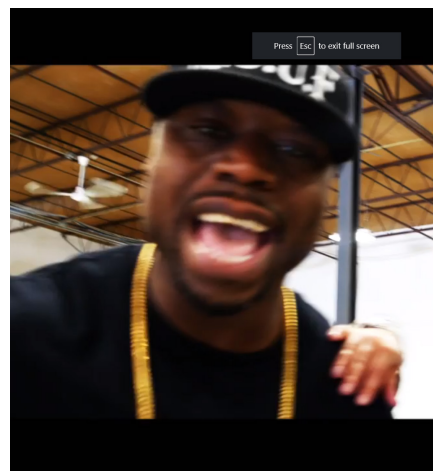
Heavily influenced by his mother and Redman, M.O.U.F set out to make a name for himself in the music industry. “I am going to make a better life for myself and my family, I have a story to tell.” That began the making of M.O.U.F, not just a name but a movement which stands for Move Over U Finished. He released his debut and self-titled album “M.O.U.F” as a lyrical, heavy hitting introduction to New York and the world. Immediately embraced by fans, the Hip Hop community, and the music industry as a whole, it was evident his passion quickly turned into a career.



From his debut album he went on to release several other projects including “You Hear It”, “Destination Long Island”, “Throwback Thursday I’ll 16 Ya’ll to Death”, “DVD Bar Skits”, and “Broken Silence.” To date, M.O.U.F has linked up with his Long Island, aka



“Strong Island” family to release the mixtape “MXNX-PXLY MAYHEM.” In between radio and media appearances, as well as touring M.O.U.F is working on his latest solo project “Move Over You Hear It”.





M.O.U.F
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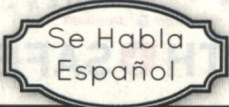
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Sarah
Jade





When I was 14, I was sent away to a rehab for troubled teens and my only healthy outlet was writing poetry.

Eventually, I picked up a guitar and started turning my poetry into songs. Most of the songs I wrote started off very depressing and emotional, which

allowed me to release my pain. More recently, my songs have shifted to a more empowering message; yes we will experience hardship, but it makes us rise up just as far as we fall down. So long as we choose to alchemize what is painful into something beautiful.

I would not be as creative and



compassionate as I am today had I not experienced deep sadness and hopelessness. I believe those who experience trauma are granted with a unique opportunity to help others who experience the same. Knowing what I have experienced serves a greater purpose and keeps me in a state of positivity. Since developing this attitude, so many opportunities have



opened up to serve others, in which I find there is no greater fulfillment.

For a while, I did not want to share my darker songs. However, I have come to realize that when people hear my music, they can feel my raw emotion and it allows them to experience, and maybe even release what they have not allowed themselves to prior. I feel my



music has an enchanting, and healing power through the melody and words that helps listeners experience their truth. That truth being, we must speak honestly about the darker times in our lives and find the light within us. We have to be honest with ourselves and work with the parts we thought were “wrong” or “ugly” instead of hiding them. That is my art and that is my message I want to convey to the world.



REFLECTIONS UPON THE WATERS

The Wisdom of the Reflections Upon the Waters
Ever wonder how reflections are perfected? I have.

The tumult of turbulent waters causes an erratic deflection of the rays of light. The light is dispersed into many directions, forming deformed reflections, cracked and broken. Though we see the rays of light, but we see no comprehensible image on the surface. However, when rays of light fall upon the still surface of tranquil waters, every ray of light is reflected perfectly and bounces back in a steady pattern. The image formed is clear, crisp and sharp.

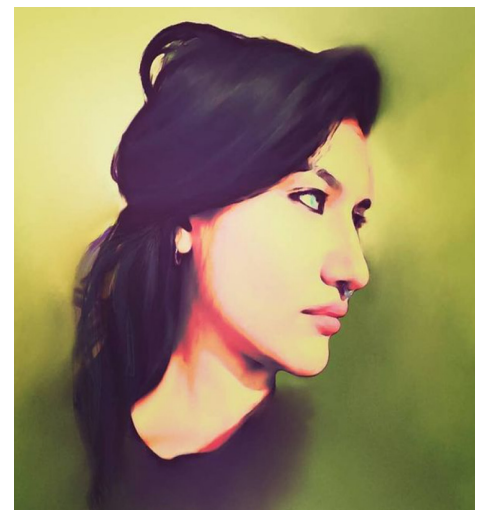
A soul, unconscious of the sacred strands woven into its fabric, is like the turbulent waters. It bleeds its passions away, spending itself down senseless avenues, leading nowhere. No clear image of its direction and purpose can be seen. The Divine image reflected upon its waters blurs into a distortion. All that is seen are the shattered pieces of a broken reflection.

But, a soul, mindful of the sacred and the divine, is like



the tranquil waters. She seeks after the heavens for an understanding of her form. With calm waters, she senses the divine fibers, feeling their caresses upon the stillness of its surfaces. And with understanding, she spends herself with a vigilant discretion, safeguarding her passions as a sacred inheritance, intended not for squandering and rending them of no avail, but, intended rather, for savoring the glimpses of heavenly treasure, wrapped inside the hems of divine truths. And so, inevitably, she begins to drift away... away from the noise, away from the prying eyes and turbulent waters of the world. She wanders off into the melting sunset of the dusk, in search of that secret place where she shall make her new abode. With her gaze captivated, by the ambrosial visages of radiating reflections in the distant, she pursues the glistening light of these seraphic silhouettes. After just a momentary vapor, she sinks down, beneath the secret veil of the hidden aether, disappearing under the cerulean dark of night, leaving behind the scorched terrain of parched soils, where the cracked pots of crimson clay fashion their abodes.

Dilpreet K Shahi



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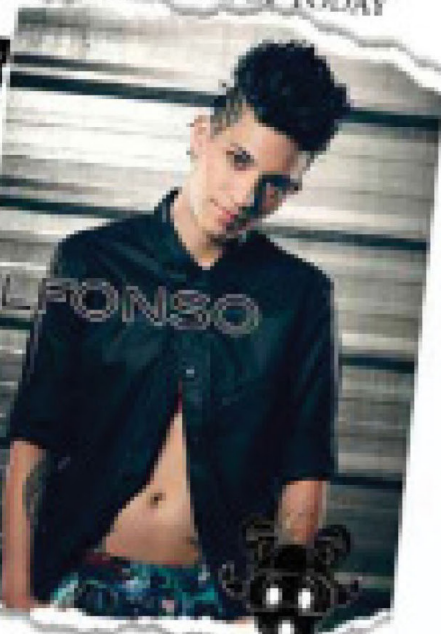


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MEGZ ALFONSO

Jelony Robinson
The drawings of the world



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ULTIMATE
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Gymming With Value



The vibe-acious and down-to-earth atmosphere of Ultimate Gym can be accredited to the inspiring relationship between Josh and LaTonya. Our man, Josh, the owner of Ultimate Gym is deeply inspired by the love and influence of his mother. This woman is a true legacy, raising her son to be a man that conquers every obstacle that presents itself, as LaTonya states, “The obstacle without is not stronger than the Warrior within.” This ener-





gy is embodied through her son, Josh, as he describes his mother as being the “ultimate force” for him achieving all that he has.

The bond between the two is undeniable. Josh and LaTonya pride themselves on family,

values, and the interweaving of these two into the monster, that is, ‘Ultimate Gym.’ The members of this gym that I had the pleasure of meeting were all dedicated to Josh, LaTonya, and the atmosphere of Ultimate Gym. All got along and were



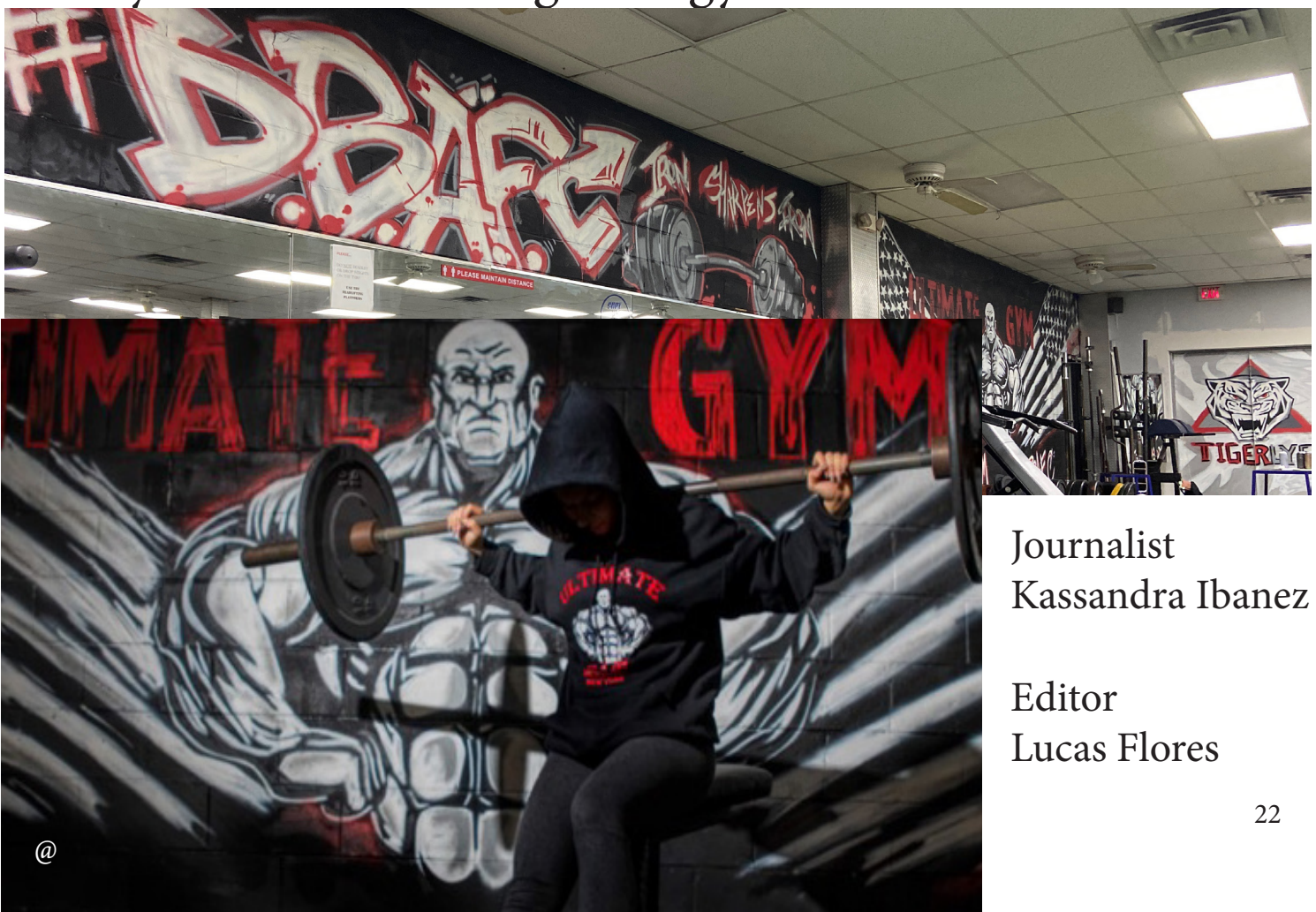
vibing to music as they worked towards their goal of building STRENGTH, ENDURANCE, and GAINS amidst this judgement-free environment.

Aside from atmosphere, Josh emphasized the

origins of Ultimate Gym through the establishment's history of patrons that have attended as early as 1985! The members of Ultimate Gym value authenticity, nostalgia, and tradition. And

because these fitness enthusiasts hold these values, they have made Ultimate Gym a landmark for the community.

These gym-goers are not afraid of the challenge of bettering themselves. Walking away from this interview, I can genuinely say that with this gym comes authenticity, timeless values, and the love of a family-run business. They are happy to embrace you, whole-heartedly, into their home away from home. Be sure to check out Ultimate Gym, if you are looking for a welcoming and non-judgmental place many are still searching for a gym near them.



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