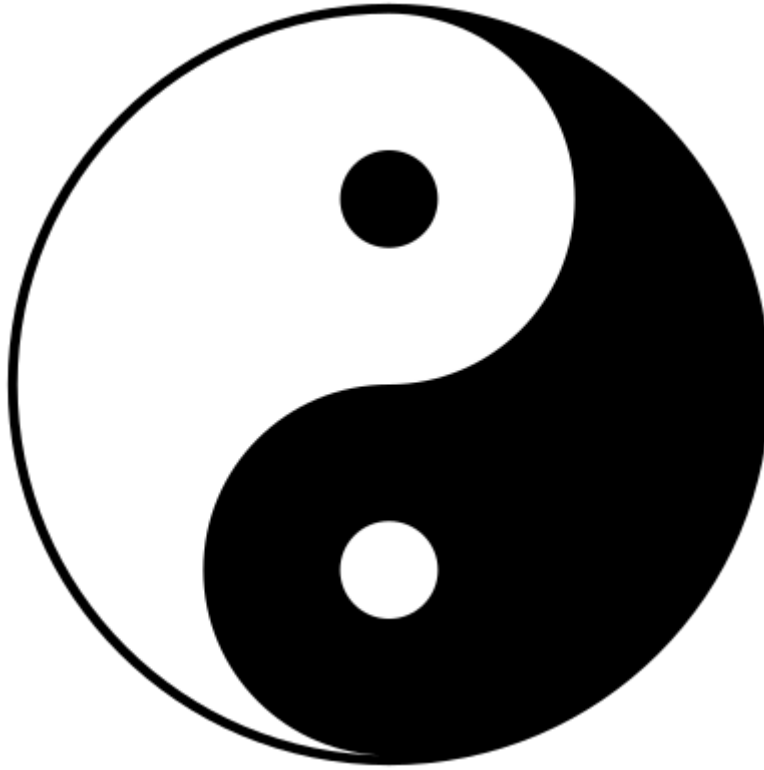
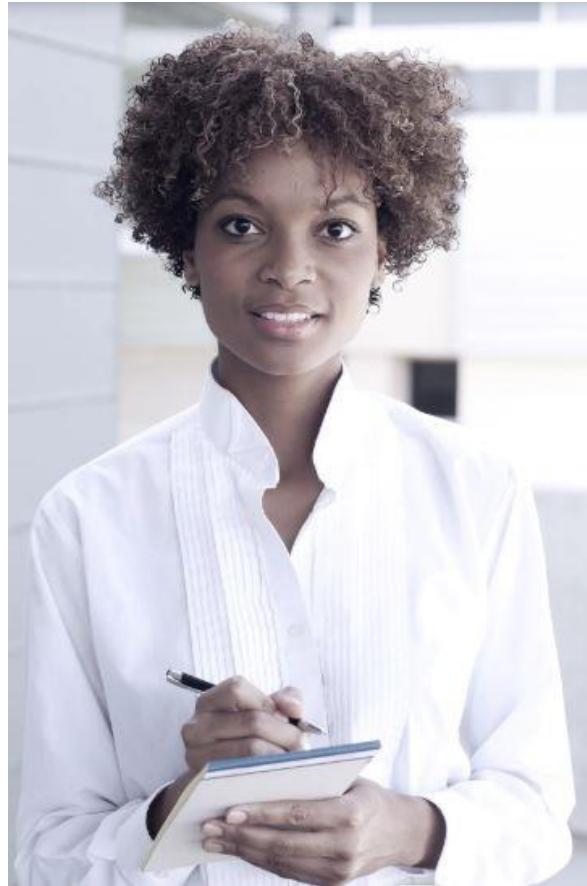


**Your Help Mate.  
(A Woman's Worth).**



# God's Gift To You





## **Module 8: Help Mate. (A woman's worth).**

I was taking a shower the other morning when I noticed that my back itched in a certain place that I just couldn't reach to save me life. The spot would easily have been reached by my wife, had I someone to call my wife in my life now. Long before that moment, I'd realized that the many little things that I took for granted when I was married; when I shared my spaces with my wife.

I realized then that there were so many little things that I thought were so important, were quite pointless to me now. And the things that I thought were so irritating to me that my wife used to do, had little significance to me now. Now that I was divorced all alone.

In that moment, there was no one there to scratch my back for me. Seems like such a little thing, and it is. However, when something so small that could be easily accomplished by having someone in your life to do it for you, and you don't have them, the little problem becomes magnified.

From a biblical perspective, the "help mate, was given to the male as a helper. In the person of someone who was to assist the man, in all of his needs and in the achievement of his goals. In my opinion, she was given to him, to complete him. He was indeed incomplete without his companion; his soulmate. His very existence unfulfilled and unsubstantiated, without his wife by his side.

Bearing in mind the aforementioned, it is difficult for me to continue to accept the ideology of God being singularly male gendered. It just doesn't seem logical for God, to have established life as we know it, through procreation of a male and a female, which were of his design. And then not have the same mirrored relationship, in the cosmos.

It is illogical to me, that there wouldn't be an equal and or feminine gender, in his life for the sake of balance and for the sake of companionship. For the same reasons that a man desires a woman. Because it is a natural innate desire that has been engineered within us all.

Conversely, given the context of my inference, and knowing that God is love. And knowing that he loves his creations so much that he gave his own son as a sacrifice for sin, how difficult is it to believe that he also wanted us to experience the wonder and the pleasure of a woman's sexual anatomy, if he hadn't experienced it for himself? And the like for females in the form a male phallus? If this God head in the form of a female, hadn't experienced it for herself, first? And how would they be able to convey to us, their children, with such specificity, if they hadn't experienced it for himself?

**This theory of mine, doesn't preclude or in any way deny the immaculate conception. I dare not step on any toes with this ideology of mine. The immaculate conception is necessary for the purpose of providing a sinless sacrifice. If we view sex outside of marriage as sin, as per the bible then we are bound to its ordinances and adherence to it accordingly.**

However, I believe for one to continue to believe in the idea of a singularly male gendered God, would be analogous of the narrow mindedness of those who continue to accept the same rhetoric, that we have accepted for centuries that was programmed into our minds by same kind of patriarchal men who created this idea of a deity, with in the form of a male gender, only.

**It is simply exclusion, at its core. You see this pervasive pattern, throughout the entire bible. Every inference to man, is interpreted to mean, humanity. So why wouldn't the authors simply humanity?**

Because the men that edited the content, were patriarchal men. The same kind of patriarchal men, who would prevent women from obtaining higher education. The same kind of patriarchal men, that would prevent women from driving, until 2018.

Conversely, it wouldn't have been acceptable for the church to admit that Jesus as having a wife, such as **Mary Magdalene**. Who is depicted by the brilliant artisan and inventor, Leonardo Da Vinci, as a prostitute. In his painting of the last supper. So then it would make sense then that God could have a wife, for the sake of being conformed and complicit to his own words. And for the purpose of demonstrating to humanity, what a family should look like or what it could be.

Having a wife and remaining faithful to her, negates adultery. Abstaining from premarital sex, negates fornication. Therefore, God would be conforming to his own law, by having a wife. He would also be complicit with his own necessity to provide a sinless sacrifice. By facilitating the birth of the savior, without sex.

So, I contend that God could have a wife and would have ordained the immaculate conception, simultaneously. He's God, he can do anything except for lie. They want us to experience all the good and pleasant things, that they have created for us to, including intercourse.

How and why would God create such wonderfully and ingeniously crafted sexual organs, that both provide and facilitate pleasure and procreation, if they hadn't experienced it already for themselves? How could they have made them so good for the opposite sex to enjoy, had they not known it for themselves, first? Of course, the obvious argument would be that God is spirit, and he wouldn't need to experience intercourse in the way that we as humans, see it.

**I am no Theologian or a Psychologist, as yet. I am simply a man that thinks outside of the box. The box of the narrow mind. The same proverbial box of knowledge that we were told not to eat of, in the garden of Eden. Because we would become self-aware and have knowledge. Which sounds very similar to what our ancestors would have been told and would have been punished for if they did. Which was "don't read.**

But, I digress from making the point of my inference now. It is only to build contexture around the subject of a help-mate being vital to your well- being. That was the only purpose of my correlation. And that is to convey the concept of God placing significance on the necessity for us to have companions. It is the natural order of nature and things. And it is unnatural for humans not to desire companionship. And marriage, was the very first convenient that we see in the bible being ordained. Even prior God's covenant with father Abraham, we see that marriage is already instituted in all of humanity.

**I believe that God demonstrates his will to us, by the things that he has created for us to receive, believe in and to partake in. So, I believe that they created the helper; a companion for humans to assist him in the processing of and the traversing through this human experience. As modeled, after themselves.**

And since there is no way currently to procreate humans without the chromosomes of both a male and a female, it would seem logical that the natural order of things, is to have intimate relationships between male and female. If for no other reason than for their companionship. There are many tangible and intangible reasons to substantiate how maintaining an intimate companionship in your life, can have a positive physiological and psychological impact on your health and your overall wellness.

Now, getting back to the dilemma of my not having someone to scratch my back for me in the shower. Well, this is just one example of why it is so beneficial to have a lifelong committed partner in your life. There are various empirical data points around that support the many reasons why it is beneficial to empty your emesis basin.

The longevity of yours and your wife's life is a primary reason why it's beneficial to have a lifelong partner in your life. Not to mention, companionship. **There is another instance** that I have personal experience with, where you will feel the stress and the pain of not having a help-mate, beside you. And that is when you're very ill. Bet your bottom dollar you will call on her when you are on your knees and sick unto death.

**Guaranteed you will call on the help of at least 4 people when you are sick unto death. And they are God, your wife, your children and your momma.** When you are down and out and have nothing left, not even your health, you will call on the name of God, and in desperation call on your wife. But why go through this, if you can avoid it?



Just last month I suffered from a nasty sinus infection that led to chronic bronchitis as a result of post nasal drip. I was so sick and it just lingered on and on. Until I finally went to the V.A., and got some proper treatment. The thing is, I was alone and sick. There is only one that is worse than being sick for me, and that being sick and alone.

To be all alone with no one to comfort you in your time of distress and pain, whether it is physical or an emotional challenge, it is pitiful and awful to have to go through it all alone. With no one there to help you and no one there to make a meal for you. And no one there to make sure you that you take your medicines, as prescribed.

When there is no one there to simply carry your burdens, you will call out the name of the Lord and for your wife and for children. But, there is no one to help you to the bathroom now because your divorced. And no one there to empty your emesis basin. And no one to help you. So to avoid these kinds of experiences, avoid divorce at all cost.

There are other instances where I know that the assistance of your companion is vital. One would be late in the midnight hour. When you feel the urge and your temperature and your penis arises. And you want some to attend to your needs. You need her take this immediate pulsing and throbbing sensation, and you need her to take all of it.

You've just been awakened by your other head, and he and your cravings desire to be quenched are your immediate need is you only contemplation. You want and need her to be there when you roll over, to get some. But you're divorced and now you have no help mate. You have no lover. You have no woman now. You're divorced now. This is your life. This is your new reality. This is your torture.

So now, you clutch your pillow and you pull it in close to you. Just as you did, the night before. You pretend that it's her. You pretend that it's your ex-wife. You pretend that it's your old girlfriend. You pretend that it's whoever you need it be. But it's just a pillow. A pillow that can't talk to you and that can't respond. And it's pillow that cannot fulfill your need.

The pillow cannot feel you thrusting and pumping. The pillow cannot moan and pant from you penetrating it. Your pillow cannot call out your name. It is only a pillow, that can't satisfy your desires to feel the warmth and comfort of a tender sweet and soft body of a woman; the woman that you have divorced.

Your pillow has no flesh. Your pillow hasn't any breast. Your pillow doesn't have legs for you hold on to and stroke with your palms. Your pillow is simply a substitute, for the wife, partner, companion, soul-mate, and help-mate that are now divorced to. In that dark and lonely moment, who will call out to for comfort? Jesus? The Holy Ghost? The Ghost Busters? This is your new reality. This is your torture. This is your constant and incessant thorn in the flesh. Alone and lonely. And divorced.

Up to this point, I'd directed this dialogue to men, however now I am speaking to women as well. I recall a time when I was away from my love, for a season. And I wasn't able to be with her, for some time. So, this one evening, we having video sex. And it was some much fun. The thrill the kinkiness of watching my woman get off, from using her hand over a video chat, was exhilarating.

I remember how she climaxed. And I watched. And I thought that it was so cool that we had this kind of a resource to share intimacy in this way. Even though it was artificial, and a fantasy it was still her over the end of the wire. But just then as she was finished climaxing, she started to cry and cry. She kept calling my name and telling me how she wished that I was there to hold her and make love to her, in that moment. And then, she placed her over her head.

Now, her body craved to feel the man that she loved inside of her. Now, her spirit was weakened because of my absence. And because of my presence not being beside her, to hold and to kiss her during sexual intimacy. There she was having just had a climax, while fantasizing about me making love to her, and she couldn't feel me inside of her. She couldn't feel me next to her, and she couldn't feel the warmth of my touch. She couldn't feel my arms holding her firmly as she climaxed. She couldn't feel my body tightening, as I reciprocated.

She wanted to drift off to sleep in my arms, and she couldn't, because we were separated, and it would be for a season. I realized that night, that I could never put her through that kind of anxiety ever again. I realized then no woman should ever have to go through such discomfort, and certainly if it were avoidable.

She was left in a pool of her wetness. She was shivering, shaking, and quivering from the eruptions that just happened inside of her body. And suddenly I realized the emotional pain that she was in. I felt her pain in that moment, I knew the anguish she was experiencing from not being able to have me make love to, rather than a facsimile and artificial love.

And then I wondered if she knew how much it hurt me to see her weeping so; and for the reason that she was. I wondered if she knew my pain also for causing her pain. I wondered if she would need another man, to fill her up in my absence. Although, I knew that she wouldn't ever do that.

The thing is, that having to go through all that stress and strain and anxiety when it is avoidable and unnecessary, is fruitless and unbeneficial for your relationship with your wife and for your family at large. Why put your love through this? Why cause that kind of friction, between you? Why put your family through the kind of pain, that I've just described?

Up to this point, I've been speaking mostly to our male audience. However now, I am speaking directly our female audience. It is a crime shame to ever have to be in a position for a women, to have to pleasure herself, when it is of her own choice for a sustained period of time. Such as, several years. Why, disrupt and interfere with the natural functions of your body, for the sake of being independent? Again, I'm saying when it's your own choice. Yes, we all need our own space. We all need time alone. And yes, being in touch with your own body is healthy. But, why to choose to be alone, when you don't have to?

**Why choose to be a single Mom, when you don't have to? Why choose to leave him, when you could try to work it out? Why pleasure yourself alone at night, leaving yourself to feel as unfulfilled and empty as my sweet baby was, when I was away?**

So now your best friend is a guy that needs a battery to get him interested in you. So now you depend on yourself to provide you're your own comfort and satisfaction and love and worth. So now you've disconnected yourself from the necessity to feel truly fulfilled, in exchange for peace of mind and solitude. But tonight, you've forgotten to get new batteries.

So now the pillow is your comforter. The pillow can't meet your needs in the mid night hour. Your pillow and your friend that needs batteries, cannot tell you that they love you. This is your new reality. This is your life. The life of a divorced by choice wife.

Why kid yourself? Why lie to yourself? Again, I am speaking to the lady who does have choices and get sustain a relationship, but chooses not to and defers to divorce as an option. Why not try to work harder within your gifts and talents, until he recognizes your worth? Why let him crash and burn, trying to do it alone? Why let him raise your kids, with another woman?

Why cheat yourself? Why not try to work it out? **Why not try to show him, your value as his help-mate, although the rock head, just doesn't get it? Why not try harder to get him to see your worth, although he doesn't right now?** Why not try to rekindle that spark that you had when you married him? Why not try to remind him of what he'd be losing, should you divorce?

I'm reminded how my first wife facilitated and initiated many of my initial free-lance photography gigs, back when I'd first left the Navy. She was actively engaged in my progress, and she shared the responsibility with me of caring for our son. And when my daughter was born to my second wife who was born very premature and required the comprehensive support that the Children's Health Care, Atlanta provided.

Had it not been for my wife and I partnering with the hospital, our daughter would not have flourished the way that she did throughout the crisis, which lasted about 5 years. Today, our daughter is a poster child for the results and comprehensive health care and parents that were actively engaged in her care.

My wife was the one who championed most of the administrative functions that were a vital part of ensuring our daughters care. From ensuring that insurance compensation was maintained, to facilitating the on-going home nursing that we had, my wife made sure that every I was dotted and that every T was crossed. There were so many things that she did, that will never be given credit for, but I do remember those days. It was such an impacting experience in my life, that I penned a book surrounding the events of that space in our life, called ***“Good Days, Bad Days.”***

From the basic necessities of life to the difficult things that I’d wanted to achieve, it has always been easier to accomplish them with the balance of having my wife to partner with. A help-mate, in life to process it all. To go through it. To make the most of it. For me, there is no comparison to having a wife to manage my life with. My successes and my failures always seemed to be better, when I was married.

The help mate is there to comfort you. Your help mate is there buffet you, when you need it. A wife that is emotionally engaged and affectionate will go through hell and high water with you. She is *the ride or die chick*. She is the one who will stay with you forever, when you’re affectionate and tender to her. And she will honor you by raising your children with you.

She will help you to manifest your dreams. She will take the initiative to help you to advance in your career and help you to build your faith in God, when you give her the love and tenderness that she needs and so deserves. Your help mate is your God given gift to assist you in performing your assignment in life. Whatever that may be. She is there to help you to achieve it.

She is divinely sculpted and crafted just for you and to work together with you. She is in your life to collaborate with you and to pick up the pieces when you make mistakes. She is there to help you to remember, when you forget. She is there to help you keep your body nourished, so that you can function effectively. She is there to aid you as you traverse all of the challenges that the human experience may bring your way.

She is in your life to procreate your children with as well as to share your love for your children, with you. She was created just for you, to pat you on the back when you've done a great job, and to comfort you when you've fallen down. She is your helper in the garden, she is your helper with your paperwork. She is study partner, and she may even be your tutor. Her mind is yours to help you figure out problems. Her beautiful mind is there to highlight your strengths and to minimize your flaws.

One of the greatest character flaws that I had while in my marriages is that I didn't recognize my wife's capacity to be able to conceptualize or to comprehend my work. And during the time when I was flourishing in my career in Information Technology, I felt as though my wife didn't have the intellect that I did. And I came of as being arrogant. And I was. I failed to realize that her mind was sharper than mine. I didn't understand what I understand now. And that is, that she'd simply been cultured to think a certain way.

And when I was flipping houses, although my wife had a real-estate brokerage license, I didn't believe that she had the capacity to be a part of my business. Beyond doing paperwork for me. And, although she didn't demonstrate the enthusiasm that I did, about restoring houses for rental income, I know now that I had I been a better leader I would have been able to encourage her and garner her talents and gifts, to help me in my endeavors in my real estate interests.

Had I had the common sense to recognize the skills and the talents that my wife, the help-mate that God had blessed me with possessed, I would have been able to leverage them for our company and for our family's benefit. Instead, in my ignorance and arrogance I relegated her to paperwork and not the financial managerial aspects of the business. Which were the management aspects that she was so very skilled at.

Because of my pride, ego, arrogance, immaturity and ignorance, I didn't understand that I should have allowed her to flourish within her gifts and as my help-mate. And I didn't see the opportunity to build an estate with her, rather than simply seeing the financial stability and family structure that she afforded me to have. I was very narrow minded in this regard.

But why would she have wanted to help me with my business, given I had never even told her about the rental property that I'd bought, until after I'd done it? She wasn't brought to the table in my decision making in the beginning, so why should she have when I didn't allow her to help me to make decisions that would affect our family to begin with.



I believe that these very bad decisions of mine, triggered our divorce and could possibly lead to yours, if you display these kinds of patterns of excluding your wife from your decision making. I ran the business into the ground. Ironically, one of the reasons that I married her was because she was so articulate, astute and responsible. I didn't understand what I understand now. And that is, that she'd simply been cultured to think a certain way.

Like many men in our culture, I thought of my wife in the typical way that many men do. In the way that the hypocritical and patriarchal men of this society that we live in think, also. And that is that women are less than men. And that women are not worthy of the same pay as men or good enough to take a bullet, while serving beside you in war. Or that they even have the ability to protect their fellow soldiers. I thought just as the same as many of hypocritical patriarchal men of our society do. **The same kind of men that excluded the contributions of the women in the bible.**

**Which are the same kind of men who perpetuate the same patriarchal rhetoric, that has blinded us to think that our women are less than we are. The same hypocritical patriarchal society that likely coerced the brilliant painter Leonardo Da Vinci, to depict the wife of Jesus, as a harlot. The same men who would've stoned that same harlot for committing adultery, after they'd slept with her, shortly before.**

Your wife's gifts and her talents are yours for your personal and professional growth and enrichment. So cherish her talents and recognize your wife's gifts. **Allow her to function and to flourish within them.** Working with her, and cooperating with her creates harmony in the home. And love pervading the atmosphere, becomes a byproduct of this practice.

When we acknowledge that our wives have value beyond the obvious aspects, we not only get the opportunity to lessen our load, which frees up energy and enables us to work with more efficacy, but we also afford her the opportunity to reinforce her strengths and her talents. Once we step into a state of mind of being able to allow our wives be there best, in whatever capacity that may be we become empowered. Despite being vulnerable enough to allow her to be her, without our interference and judgement.

When we allow our wives to take charge over a situation that we are either incapable of handling and or that she simply wants to handle, we build a wall of trust and we grow and mature, also. We effectually expand our horizons, when allow ourselves to let our help mate, help us. Involving your wife in process whether large or small isn't a sign of weakness.

She didn't marry you for your instability, obviously. But learning to let your wife manage affairs that you would normally not allow her to, is rather a sign of your ability to be flexible and also that you trust her. Which promotes even greater synergy between you. And it perpetuates a narrative of love and harmony that is endearing in your wife's mind.

Let's not forget the example that you set before your children, when they see you working together as a couple, and as a family. You build endearing positive images in their subconscious, about how adults in marriage and in general can collaborate together. Not to mention the respect for you that you build in them as well as the love for them being fortified by your efforts to bring your wife to the table.

Now, you are demonstrating your understanding of the “Yin and Yang concept. It is the concept that two opposing forces, can learn to cooperate, rather than be in opposition just because of their respective strengths. One isn’t intimidated by the other, but rather they learn to complement each other in harmony and for the greater good. And as a result the two different polarities create a positive and useful energy force together, that can be used productively now.

By giving your wife the opportunity to work with you in small things and in big things also, you create an environment for communication and for sharing ideas and emotions, that you would not necessarily have been able to because of the nature of the task at hand. When you allow your wife to exercise her special skills and talents, you learn that she has exhaustive tools in her arsenal to assist you.

Her mind can expand in ways that men typically can’t do on the fly. She has the innate ability to view things from angles and perspectives that men simply can’t, because she is a woman. She can process data using her analytical side of her brain and her abstract side simultaneously. She can render and offer solutions derived from a wealth of knowledge and practical problem solving skills. She can work miracles and wonders sometimes it seems, if you let her.

I’ve long adopted the adage, ‘if you want something to get done, give it to a woman’.

***“She got this”.***

*I’ll pivot the conversation now on to my partner and co-author again at this point to offer the balance that I needed with this work and also to give one woman’s perspective on the role of, ‘the help-mate’.*

A help mate is someone that has your back during good, bad, ugly and in throughout all of the difficult time that you may face. She is someone that loves your flaws. She is someone that can help you in your decision making, when your stressed and when the odds against you seem to be defeating you and insurmountable.

A help mate offers solutions to you to help you to resolve challenging issues that may arise in your life. And when you work through those tests and trials together and as a family unit, the help mate can accommodate you and afford you the opportunity to grow through those seasons of change and transition.

The help mate has the ability to dynamically allow each of your gifts and talents to flourish in adversity and in times of prosperity. The help mate has the capacity to facilitate your personal and professional growth, organically. While simultaneously allowing each of you to expand in each of your respective skill sets. The help mate will stand with you in the middle of ground zero when you've fallen. In love and without judgement.

Your help-mate values your communication and your commitment to completing goals and managing your responsibilities. Your help mate enjoys it when you are involved in and when you take the initiative in the affairs of the household. Such as chores, mentoring our children, and handling other family obligations.

In marriage communication is critical between a husband and wife. Life can dish out many unexpected events that can cause friction and even lead to divorce. But when the lines of communication between a husband and wife are open, bilateral and reciprocal the assistance and guidance from your help mate becomes easier and naturally rendered.

Your help mate will demonstrate to you her ability to comfort you and to be your companion during these seasons of unforeseen storms. **You will realize and learn to appreciate her worth when you learn to work with her and as a team, when things are going well and also when you need her the most.**

When there are times in the marriage when the communication between you breaks down, your help mate will show you her resiliency and her capacity to be patient with you during tough times. She will be with you when you feel inadequate because of your circumstances. She won't divorce you because you're down. She will only stop being your help mate, when you stop allowing yourself to push through your frailty and self-pity, to communicate with her.

She wants you to regain your confidence, after you've lost your job. She wants you to regain your dignity, when you've been turned down for a promotion. She wants to look up to you. So push through the tendency to stop communicating with her, when you're in trouble.

Your help-mate will support you when you're down, as long as you keep her in the loop and you show progress. She will shower you with love and affection and understanding, during your drought. She will wait for you to recover. She will support you when you're down. You need only to stay connected to her emotionally and mentally. And she will tell you that she has your back, as a result of being honest about your concerns and about your fears.

Your help mate will strengthen you and speak life into your spirit with words of encouragement and love when you communicate with her. She will comfort you with her love; heal you and reward you with tender intimacy. Because she doesn't want to see you hurt, because you're honest with her, and because she loves you.

She will help you to resurrect your failed career efforts. Your help-mate will help you to redirect your energy and your passion to become effective again. She still wants to believe in you, she still wants to love you. She still wants to see you conquer the world, and your problems. But she wants to do it, with you. She wants to grow with you as a family, despite and also as a result of the adversity. She wants you to overcome, but with you and by your side. Your help mate wants to plant seeds with you during adversity, that you will reap the harvest for, later.

Your help mate realizes that you're an individual, who's now come into her life and are now joined together with her. Your help mate respects your mind and values your strength. And she will show you her strength and tolerance, the more you open yourself up to her and share all that you have inside of you, with her. Your help mate will be flexible for you and cooperate with you as long as you communicate with her.

You will benefit from your efforts in the relationship with your soul mate, when you show her your ability to be vulnerable enough to be honest with her, and about anything. When you show your help mate that you are genuinely interested in being truthful and open with her, you build trust. And she in turn develops a greater respect for you.

When you bring your help mate to the table, and allow her to be a part of your decision making, she will offer compassion and love to you freely and willingly. When you engage your help mate in all of your affairs, she will feel safety and security, in your arms. And she will give herself to you with all of her might and passion, willingly and fully.

Finally, it is essential that you as a husband recognize your strengths as a man and as the man that your help mate has chosen and allowed to be her husband. Your help mate understands your desire to be the head of the household. Your help mate wants to compliment and nurture your manliness. She wants to be proud of you, and she wants to be led by you.

She doesn't want you to stick your head in the sand, when problems arise. But rather, she wants to show her tenacity and her ability to handle things, with you and if need be on your behalf also. She wants to look up to you and not down on you. **She wants you to open up to her and not be ashamed of your flaws. She desires the same openness and honesty that you have when you are naked; when your making love to her.**

**Your help mate wants to know that you can be as open and honest about your desires and cravings sex with her, as you are about your ability to be honest and engaging emotionally and mentally with her. She doesn't want to see you beaten by society. She doesn't want to see you hanging her head down, from guilt and shame over your short comings. She wants you to be the Man!**

She is there to comfort you when you are overwhelmed. Her arms and her bosom are your sanctuary. Her body is your medicine. Take all that you need. Drink from the well of her healing love. Show her the hunter inside you. Take her love without regret and remorse. Lift your head up, and be her King. **She wants you to be the Man!**

**Above all, remain honest and open with your help mate.** And she will even cover and forgive your indiscretions, when you're honest. And when she sees you putting forth the consistent effort to grow beyond your current circumstances. And when you show her that you are able to learn from the valley experiences rather than cave into them and surrender to spirit of divorce. To save your marriage, your transparency is vital.