

# The Z Spot

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## THE SAGA CONTINUES

Author M. J. Duffy discusses  
launch of latest Zankli novel.

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## ARE YOU A ZANKLI?

Take the quiz to find out.

Click here to turn page 

# The Z Spot Credo

I AM A Zankli - I have an unshakable commitment to the good and the potential of humanity. I am dedicated to the essence of a changing world, "Where opportunity is real, life is free, and equality is in the air we breathe." I believe that love of our fellow man overrides any and everything.

*M. J. Duffy*



## Meet the Author

M. J. Duffy is a gifted author of paranormal romance. She lives in Los Angeles surrounded by incredibly supportive family and friends. After graduating from UCLA, she began working in marketing and spent many years as a career and personal growth coach and educator. Writing has always been her passion, and her most treasured moments are spent spinning tales of love, sexual fulfillment, and self-actualization for her readers.

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## Publisher's Note

The stages of a woman's life, simply put, are from wailing infant, to girlish fantasies, to the precocious know-it-all twenties. And this is the stage where we are to make our most important life decisions - marriage, children, career...

Then we turn a corner and there is middle age. We do not know what we were expecting, but often it's not what we find. I decided to publish The Z Spot Magazine for women who are seeking opportunities to fulfill their dreams by weighing their options with information from seasoned professionals.

The Z-Spot means we've graduated from the G-Spot to the age of real empowerment. This is the time to take advantage of hindsight, press the reset button and navigate this new journey. And we, The Z Spot Team will be here providing you with motivation, inspiration, validation and real information to nurture your passage.

We look forward to helping you redefine the new you.

*M. J. Duffy*



# The Z Spot

The Z Spot Magazine is a lifestyle publication that features the characters and storyline of the book series, the Zankli Chronicles, and relates them to situations and activities in the present. There are articles on finance, business, clothing trends, fashion and beauty products, romantic cooking recipes, health, recreation, spiritual growth and LOVE. Dr. MJ Duffy is the publisher of the Z Spot and the author of the Zankli Chronicles as well as other inspirational books. She is a Life Coach and Credential Educator in Personal and Professional Growth.

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FEBRUARY 2021

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Love

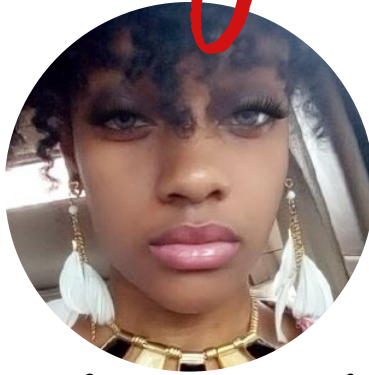
Love



Self-Love

Love

# What is *Self-Love?*



*Khiari "Adia Douglah" Hodgson*

*Love me or leave me,  
is that a true saying?  
Hmmm, I love myself,  
do you think I am playing?  
It takes a lot to make me beg for you to stay.  
Hmmm, I get attention each second of the day.  
It does not matter if they see me in their mind or with their eyes.  
They will remember me,  
even if I am in disguise.  
I embrace myself when I am holding my head up high,  
or holding my head down low.  
The love I have for myself reaches the highest plateau.  
I am strong, courageous, beautiful, and bold.  
I can't be bought,  
I am already sold!  
Take a look in the mirror and ask,  
who is she?  
She is S-E-L-F-L-O-V-E*

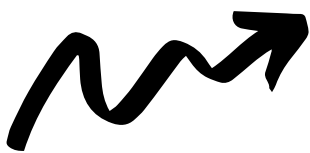
# Welcome to the world of the Zankli

The Zankli Chronicles are a three-part book series written by M. J. Duffy. The Zankli are an extraordinary people of ancient lineage from sub-Saharan Africa who are the descendants of indigenous tribesmen and a band of celestial beings who have amazing physical and spiritual powers.

At the dawn of time, in the lush and fertile land of modern-day Togo, the Zankli celestials interbred with the local natives for ten decades before their departure. Their instructions to their numerous offspring were that they should join with each other for five generations before branching out and

linking with other tribes. The earthly Zankli inherit their sires' celestial gifts, some more than others, and enjoy youthful longevity—aging slower than fellow humans—into their seventies and eighties. Some Zankli can mind merge—speaking and hearing telepathically—others have extraordinary healing powers, exceptional ones can move through time and space, and the truly blessed have all of the gifts combined.

Known as the Chosen Ones, the truly blessed are prophesied leaders, purebred, and the bearers of future princes of Zankli and rulers of humankind.



Click Here  
to listen to  
an excerpt of  
Lost Love

## EXCERPT OF LOST LOVE

Written by M.J. Duffy, Read by Joy Parris



# Are you a Zankli?

*Take the quiz to find out.*

What do you usually do at a party?

- Arrive late, meet everyone, leave early
- Greet everyone and make them feel comfortable.
- Nurture the crowd
- Compete for a girl / guy
- Be the designated driver
- Observe the crowd from a corner

What is your favorite genre of music?

- Reggae
- R&B
- Pop
- Hip Hop
- Smooth Jazz
- Gospel

What do you do when you meet someone you like?

- Hold in true feelings
- Get to know all about them
- Ask him or her out on a date
- Do nothing
- Ask them to spend the night
- Play it cool, wait for them to come to you

Where do you sing along to your favorite song?

- Choir
- Concert
- Car
- Shower
- Don't sing along
- Anytime, anywhere

How do you make an entrance?

- Arrive in a helicopter
- Stroll down the red carpet
- Horse and carriage
- Quietly
- Sneak in through the back door
- Doesn't matter, you're first to arrive

If you were handed \$10,000, what would you do?

- Give it to charity
- Invest
- Travel
- Spend it on yourself
- Share it with friends and family members

Click to take the  
full quiz now

# Duffy builds a world around love

*and the third time is the charm*

A book review of “Defiant Love”

By Betti Halsell *Los Angeles Sentinel*, 2020



The adventure continues in the land of Zankli with, Defiant love. This coming March, the world prepares for the continuous journey found in the Zankli Chronicles book series. Her novels embark on the eternal story about the power and strength of love. Author M.J. Duffy explores the wild, untamed corners of the imagination. The expedition through her imagination leads to a world that stands on love being the cure to all. As the series continues to unfold in the third book entitled Defiant love, the supernatural romance takes form in more vibrant hues of passion and desire; to convey the mission of the soul. M.J. Duffy shares her trials and revelations that created this series and unearth what it means to capture intimacy in the purest form.

Novelist M.J. Duffy is a Los Angeles Native, graduating from UCLA She has always been a determined student in life. She recalls in her preliminary studies the struggle of having dyslexia, which made it very challenging to read and keep up in her classes. She shared childhood memories of having her brother read to her. Then she would recite the same passage when she went to school all by memory. “I thank my brother to this day...” She said softly while reminiscing about her childhood experience. It was the first flicker of the power of love . Ironically, the gift of writing came in a form of a book. Gone With the wind by Margaret Mithell struck a chord with Duffy;

## The Saga Continues!

Join us soon for the book launch of Defiant Love. Our previously scheduled date of March 20, 2020 has been pushed back for health and community consideration. Stay tuned to our website and newsletter for the rescheduling date!

Click [HERE](#) to visit our website

she fell in love with how the images of landscapes and characters full of life were painted in her mind. Through that inspiration, M.J. created a whole new niche genre for herself to design a world that is part of our reality.

The Zankli experience is a record of real human encounters and only enhanced with the supernatural abilities. The actual location of Zankli is in West Africa, and M.J. has been told many stories from her inner circle that come to light within her characters. Where the reality of this place takes a mystical turn is within the wondrous people. Celestial beings crossed paths with the human species and have created a whole new world through romance of finding “The one.”

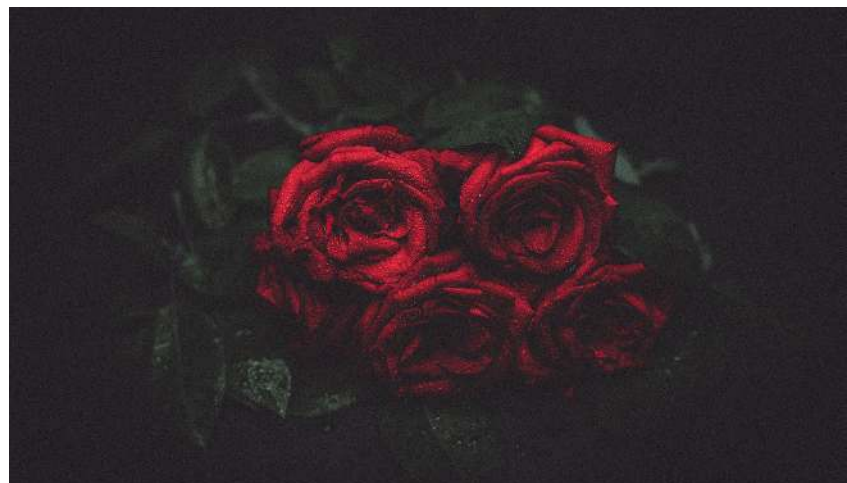
These descendants from indigenous people and celestial beings have Devine powers; they are committed to purity and incapable of evil. When asked the purpose for this series Duffy responded, “To promote goodness and grace...to show that love conquers all.” The Zankli book series celebrates African culture, a world of legacy and heritage, and it being told by a string of relatable thoughts between humanity and the universe.

Duffy has studied the human brain and its need for love for each of her books. From the beginning of series starting with origins starting in Lost Love and then the following quest in captured love, M.J. has

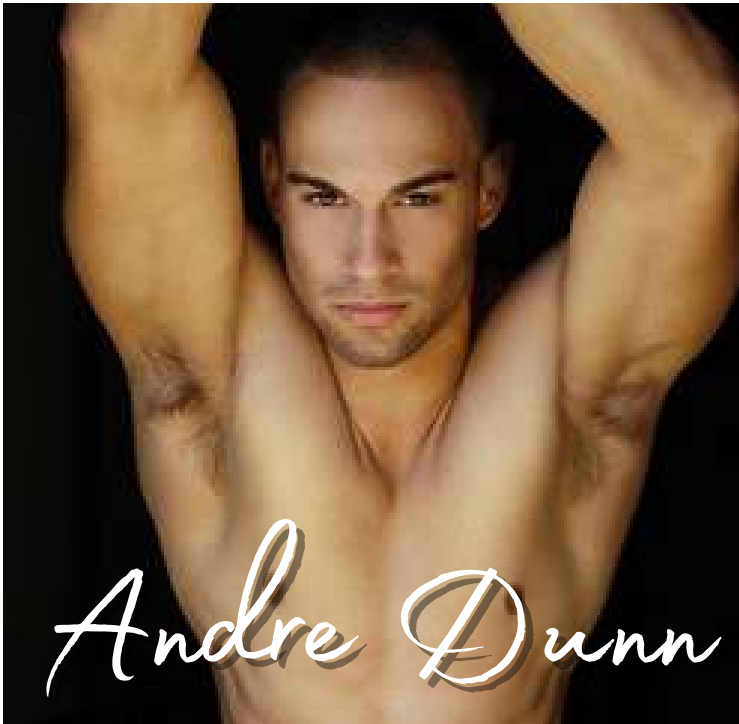
accumulated a lot of information that show the major significance of love connecting inside the human brain. She has shared openly; Love is a necessity for all humans; there is a chemical reaction within us when we are experiencing that emotion causing hormones that produce adrenaline or happiness. Her velvety detailed books excrete a passionate energy for the reader to feel and be inspired by love.

Defiant Love picks up on the sulfuric air of an archaic war. Battles between the heavens and the ten dimensions puts Zankli’s finest warrior, Tuk pursuing multiple victories over the antagonist clan, Anomalies. Leading the Anomalies is Tibooquee. The Anomalies thrive off the polarized views from the Zankli people. Anomalies are pure evil and wicked beings that feed off greed, envy, and animosity.

Through this act of war within the cosmos came an explosion that caused comets to rain down on earth. It changed the environment which resulted in new forms of life and inhabitants, The war in the cosmos have been happening for ages but ultimately–love prevails.



# The Zankli Files



Meet Andre, one of Zankliland's most celebrated warriors. A direct descendant of Nadu, the Chosen One, Andre Dunn has inherited a barrage of physic gifts and powers that include moving through time and space, telepathy, and extrasensory perception.

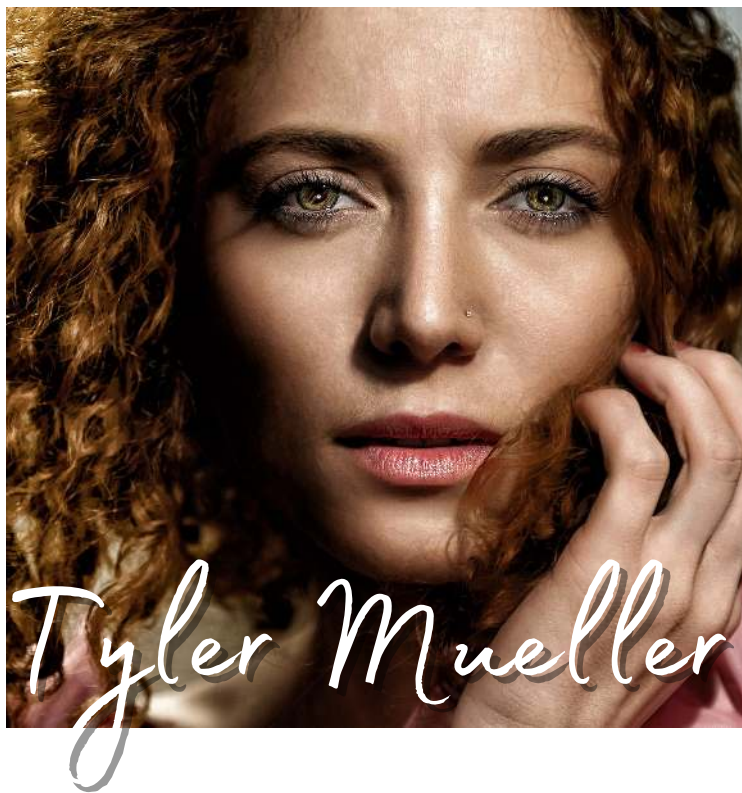
Yet Andre has an Achilles heel. He is without a Chosen... his prophesized mate and consequently, he is tortured by abject loneliness. While fate is slow, it is not completely absent.



Hara is a Price of Zankli, a direct descendant of the Guardian and the original forefathers. Royalty of the highest order, he has been petted and favored since his earliest memories.

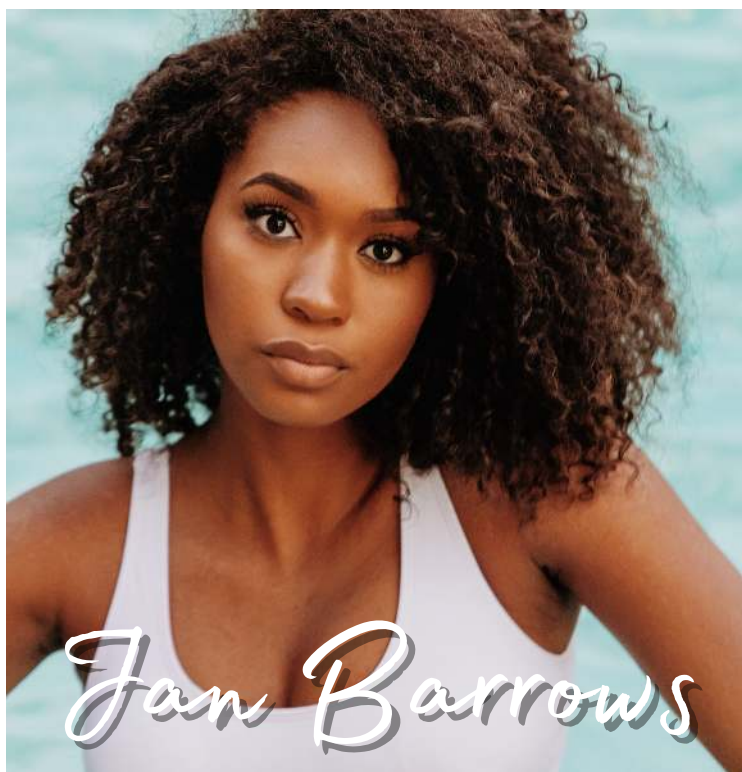
He is both a leader of men and a conquer of women. It is small wonder that he is also arrogant, entitled, and misogynistic. To Hara, life has become predictably mundane. He has lost hope in meeting his prophesized Chosen, until the fateful day when his body rumbles and his senses roar with the Zankli mating call.

# Meet the characters of the Zankli trilogy




Abandoned at birth and born with HIV, Tyler Mueller is a gifted Zankli who is raised in a foster home until age 12. When her birth mother, a cosmetic mogul, reclaims her, Tyler is installed into the Mueller family as her heir apparent.

Tyler's life is a series of devastating betrayals and catastrophes until she meets her Chosen. His magnetic call reaches across continents, explodes in the corporate boardroom, and sizzles in the African bush.



Jan is the youngest of the Price Foster Home siblings. She is adopted by the Prices' and loves her foster brother Juan as a woman loves a man. She seduces him, and their affair sizzles.

But Juan is conflicted. He looks at Jan as his baby sister, and although they are not biological siblings, Juan feels like the relationship is one of incest. They live together, but he feels extreme guilt and avoids her when they are not in bed. Jan feels his rejection and suffers emotionally, but Juan can do nothing about his shame.



The best and most  
beautiful things in this  
world cannot be seen or  
even heard, but must be  
felt with the heart.

*Helen Keller*

# Reflections



As a young student at UCLA almost 45 years ago, I was active in the Black Student Union (BSU). I was burning with enthusiasm and faith. My faith came from leaders like Dr. Martin Luther King, Malcolm X, and others who led the Civil Rights movement with this unbreakable spear I call faith. And I witnessed how they would fall on their spear to demonstrate to the world that justice was worth dying for.

I often hosted BSU meetings in my home. Many iconic leaders such as Stokely Carmichael, Professor Hollis Lynch, and Dr. Ben Jochannen would attend our

meetings because we were invigorated with vigorous faith. I was happy to join my then Nigerian husband in the quest for a human society of peace and harmony for all. That quest has not ended for him or me.

Today, America has awakened to the reality that racism is the greatest threat to democracy. Hate is dividing the United States of America. That reality means we must continue to march; we must continue to pray; we must continue to elect honest and qualified leaders, because we must have a voice in the laws that are passed in order to be called a democracy.

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# LOVE YOUR SKIN

Many of us are aware that the effects of consuming excessive sugar, alcohol, and salt, along with sun damage, eating processed foods, and not drinking enough water can wreak havoc on the skin. And more studies have shown stress and lack of sleep can cause even more damage to our skin for both men and women.

In this current pandemic, stress is even more intense and that means extra care must be implemented to prevent premature aging and free radical skin damage.

There are many products on the market that can help but navigating the plethora of products can be daunting and confusing.

Therefore the first rule is to know your skin type, is it dry, oily, normal, or a combination of all?

Once you have established the skin type that will help you choose the right products.

If you are unsure of your skin type you might want to consider getting a dermatology consultation. Finding the right products

*Joy Parris*

may not be easy so expect some trial and error but don't be discouraged, eventually, you will find the ones that work.

Many of us are creatures of habit and when we find something that works we don't switch. I like trying different products and to have choices. Sometimes one brand may work well for a while and then not. Therefore I pay close attention to what my skin is telling me.

Yes, that's right I believe your skin says and shows what it needs. We all know how dry the skin becomes when dehydrated and you can tell when it feels lacking in texture. Many brands carry serums that help hydrate the skin and minimize pore size for attaining smoother clearer skin. Using exfoliating scrubs and cleansers is vital for removing dead skin cells and improving your skin elasticity.

So let's get to the basis of good skincare that will benefit your skin, improve your complexion, and make you feel confident.

— No matter how tired you are at night cleanse your face thoroughly using a cleanser suitable for your skin type. The environment and pollutants cause havoc on the skin so cleansing is absolutely essential. (CLEANSE YOUR FACE MORNING AND NIGHT)

— After cleansing, use a toner (one designed for your skin type) once again it's trial and error. After years of buying store-bought toners, I now make my own with fresh aloe, fresh lemon juice, and purified water. Many natural recipes can be found online and as stated earlier it

will be trial and error till you find your fit.

— Moisturize, moisturize, I can't stress this enough. It is one step that should not be ignored. A good moisturizer penetrates and feeds the skin cells especially the brands loaded with collagen. Collagen helps maintain the elasticity of the skin and eating collagen-rich foods along with collagen supplements should be an important part of your lifestyle.

— And the ultimate important factor to healthy skin is wearing sunscreen daily. Sunscreen protects our skin from the sun's ultraviolet (UV) rays which can cause sunburn, skin cancer, wrinkles, age spots, and premature aging.

— The skin is your body's largest organ, so it's crucial to take good care of it. If you have questions about your skin type, see or feel anything unusual about your skin, or how to take care of your skin, talk to a dermatologist.

Don't let stress and worry take over your health. When you take care of yourself and feel good you will be in a much better place to handle life issues. So sit back, relax, and enjoy the skin you are in.



# Cooking With Shy On The Fly

*Cook'n Up Romance*



*By Charmaine Jackson-Feldman*

Spice up the Romance with a home cooked meal. Mamma said, "the way to a man's heart is through his stomach."

Whether you're celebrating an anniversary or just want to treat your special someone a little, well, special on a week night, one of the most romantic ways to pamper the person you love is to spend a little quality time with them, over a romantic dinner for two. You could go out to a fancy restaurant, of course, but there's something much more heartfelt about making the food yourself—or even better, making it together.

## *Sizzling Lobster*

- Using a clean pair of scissors or kitchen shears, cut along the middle of the top of the lobster shell towards the fins of the tail, making sure to cut in a straight line. Do not cut through the end of the tail.



- Press the two sides of the shell together, then lay the meat over the seam where the two shells meet.
- If you are having difficulty opening the shell up to lift out the meat, flip the tail over and make cuts along the carapace where the legs meet the bottom part tail. This will help break the rigid structure of the shell and allow it to be more flexible.
- While cutting through the shell, you may have also cut into the meat, which is perfectly okay. Make a shallow cut through the middle of the lobster meat so that you can peel down the thin layer of meat over the sides. This gives the lobster tail its signature look.
- Preheat oven to 450°F (230°C). In a small bowl, combine the butter, salt, pepper, garlic powder, paprika, lemon juice, and parsley, then brush the mixture evenly over the lobster meat.
- Place the tails onto a baking sheet, then bake for approximately 12-15 minutes, until the lobster is fully cooked but not rubbery.
- Serve with a side of broccoli and a lemon wedge. Enjoy!



# Interspecies Communication



*By Daniella Masterson*



Although dog ownership is on the rise, our digital urban lifestyle is causing us to disconnect from our animal spirit.

Our history with connecting to animals dates back to a time when our very survival and a way of life required this animal sense. The journey back to respecting and connecting holistically with animals is through a growing knowledge called interspecies communication.

In many cosmopolitan cities like Los Angeles, it is common to see what I call the “coffee-walkers.”

They walk their dogs to the nearest Starbucks or Coffee Bean to get their ice-lattes while yapping on their cell phone. Essentially, the walk appears to be more about their caffeine craving and who’s on the phone than the dog.

*Bottom-line, is the walk really meeting the dog's needs?*

Anna Breytenbach is a South African-based professional animal communicator.

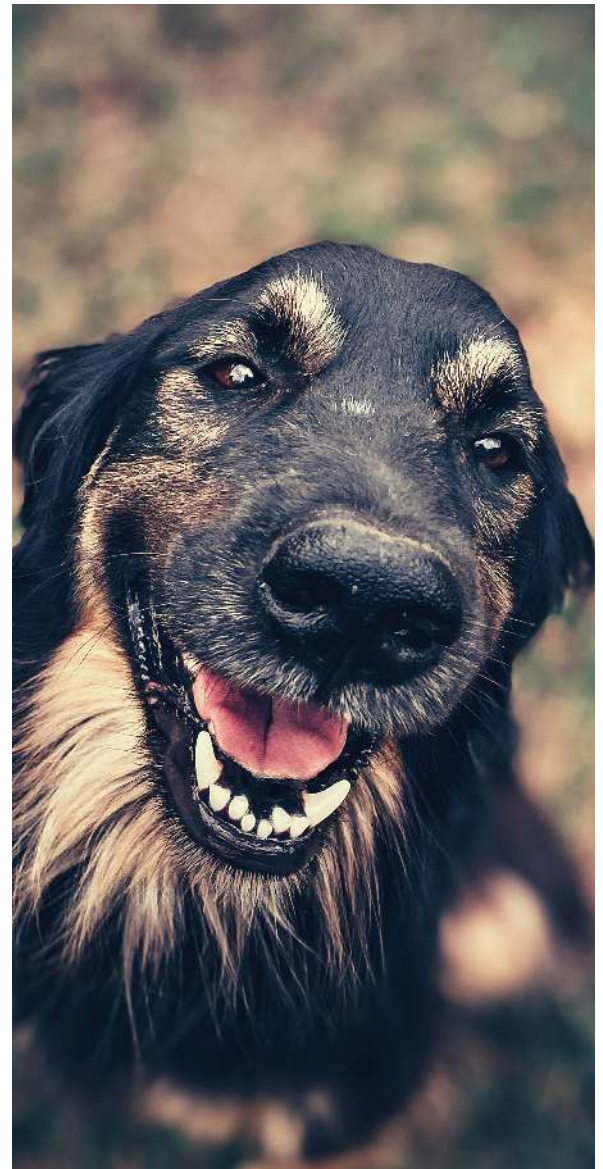
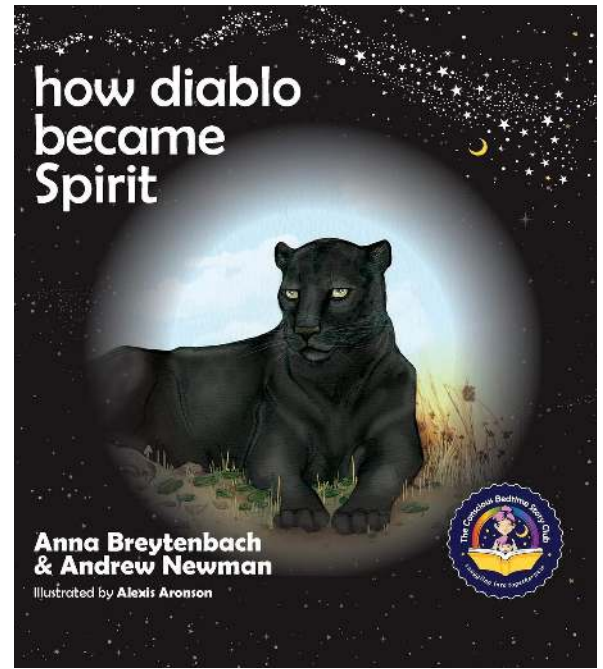
She teaches people how to restore deep relationships between humans and non-humans. She shows you how to hear the animal's subtle messages from a place of reverence for all life.

A poignant sidebar to this is her message has more urgency for human species as we parry the menace of a racially divisive political climate. Moreover, how people treat animals will usually reflect how they treat their children, and other people.

Anna has a children's book about how she helped to restore healing to Diablo, a dangerous leopard who was abused.

Through her training (reminiscent of the style used by indigenous people to track and train animals) she learns things about Diablo that would shock any nonbeliever in animal communication.

The book would make a lovely gift for zoom-weary children. Visit [animalspirit.org](http://animalspirit.org) for more on Anna's amazing mission.



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# Josimba Travel and Tour Agency



Above: Benyin, Ghana by Kobe Subramaniam via Unsplash



Above: Chale Wote, street art festival, by Enoch Appiah Jr. via Unsplash

Josimba Travel and Tour Agency is a collaborative vision between Ghanaians and African Americans launched in 2018 to heighten the understanding of the African and African American diaspora to illuminate the history of slavery and the significance of African descent. The agency delivers leisure travel excursions to customers and guides customers in selecting a trip(s) based on pre-defined criteria such as vacations, tours, and study trips.

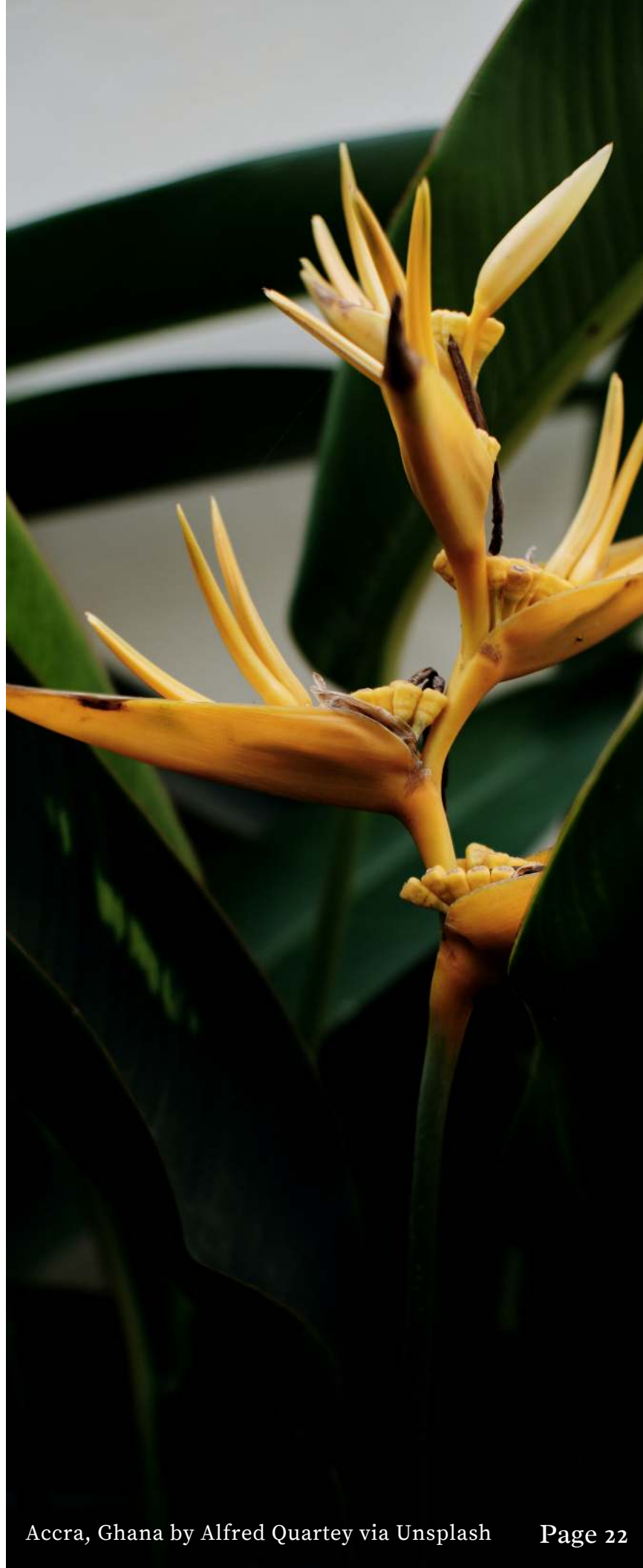
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Love has nothing to do with what  
you are expecting to get—only with  
what you are expecting to give—  
which is everything.

Katharine Hepburn

# What are your gifts?

How could you use your gifts to reach your maximum potential? What are your gifts? Have you taken quality time out of your busy schedule to find out what are your gifts? I am not referring to cars, houses, Versace clothes, Gucci shoes, or Louis Vuitton bags. No, those are material things that you can't take with you when you leave this world. How many people left this physical realm with gifts that were still deposited inside of them. Unfortunately, their gifts were never withdrawn. They were only deposited within the depths of their soul.

For example, if you go to the bank to make a deposit, you are making a deposit for a special purpose. The point is that you are making a deposit to get a specific return. God has deposited a gift in each of us and he expects to get a specific return. Your gift is suppose to glorify God. Ask yourself, what is deposited inside of me that can glorify the Almighty? What withdrawal can I get from the gifts that are deposited inside of me? How can I serve my gifts to others and reach my maximum potential? How can I use my gifts in my marriage, business, relationships, and the world? If you are trying to figure out your gifts, take time out of your busy schedule to think about your passions, desires, and innate abilities. Instead of focusing on the coronavirus and how you are restricted from reaching your maximum potential, you must realize that your life has already been predestined. You are predestined for greatness!

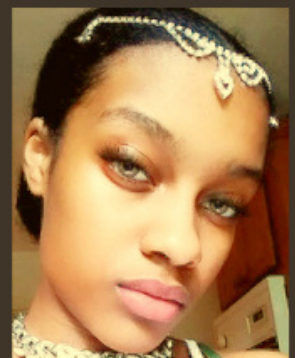


There will always be hurdles in your life. Aspire to be like Jesse Owens and jump over the hurdles to your victory! Those hurdles are thrown into your path to make you lose focus on being successful in serving your gifts to the world.

In spite of these perilous times, you must think positive and realize that you are still gifted. We all have the potential to make something out of ourselves. Myles Munroe stated that, "The greatest tragedy in life is not death, but a life that never realized it's full potential (4). Use your gifts to reach your maximum potential. According to Proverbs 18:16, "A man's gift makes room for him, and brings him before great men"(NKJV, Proverbs.18.16). Your gifts are already deposited within you! Our gifts is what makes us unique!

---

A. Hodgson  
is a writer  
in Atlanta



The Zankli Chronicles are cleverly constructed paranormal romance novels filled with adventure, sexual encounters, deceit, and retribution. Multi-dimensional characters play off each others flaws and strengths as the story unfolds to reveal a potent blend of family and business secrets.

Readers will be looking for sequels!

*Gail Cato*

CreateSpace Book Critic

# In Next Month's Issue



The Blue Wave

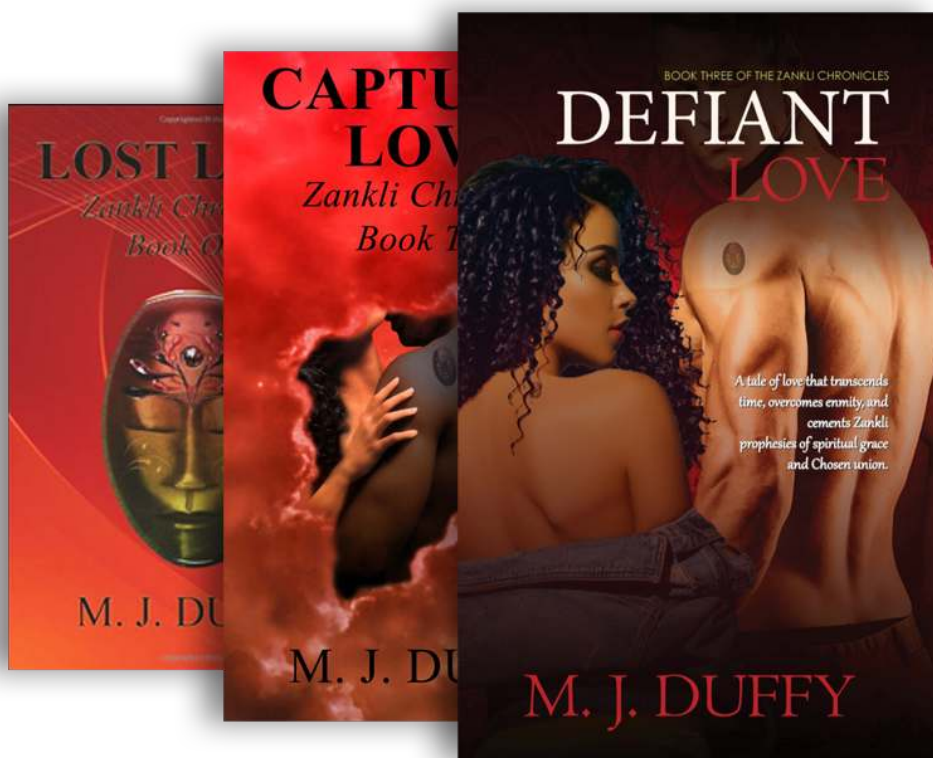
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