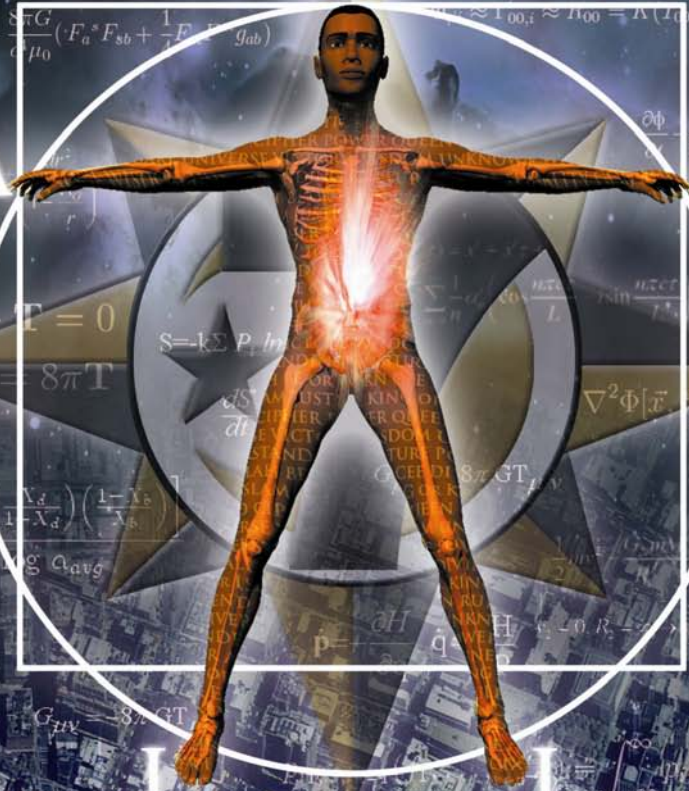


KNOWLEDGE OF SELF



A COLLECTION OF WISDOM ON THE SCIENCE OF EVERYTHING IN LIFE

EDITED BY DR. SUPREME UNDERSTANDING ALLAH
C'BS ALIFE ALLAH AND SUNEZ ALLAH
FOREWORD BY LORD JAMAR OF BRAND NUBIAN

KNOWLEDGE OF SELF

A COLLECTION OF WISDOM ON THE SCIENCE OF EVERYTHING IN LIFE

EXCERPTS INTRODUCTION

The following excerpts come from *Knowledge of Self: A Collection of Wisdom on the Science of Everything in Life*. *Knowledge of Self* is an anthology of writings from Gods and Earths from around the world, addressing elements of the true teachings of the Nation of Gods and Earths, also known as the Five Percenters. The book contains 256 pages of essays from 50+ Gods and Earths from every walk of life imaginable. Our diversity is illuminated by the unique perspectives of single parents and nonprofit directors, high school dropouts and postdoctoral researchers, individuals both free and incarcerated, novices and elders, as well as Iranian chefs, Chinese community workers, and Dominican martial arts instructors. This groundbreaking book assembles all these beautifully diverse elements to present the big picture that is the Nation of Gods and Earths. It is available online, as well as in Black bookstores everywhere, for only \$9.95.

EXCERPTS CONTENTS

EXCERPTS INTRODUCTION	2
EXCERPTS CONTENTS	2
BOOK INTRODUCTION.....	3
THE POWER OF THE MIND	5
EM-POWER-U.....	7
THE KINGDOM OF GOD IS WITHIN YOU	8
SAVE THE BABIES.....	9
LOST IN THE WILDERNESS.....	10
GOD HAS NO RELIGION.....	11
DID I DO THAT?	13
IS BEAUTY ONLY SKIN DEEP?	15
EARTH BY NATURE	18
SOMOS ORIGINALES.....	20
BIAN XING	22
BLACK GOD	26
WHY IS THE BLACK MAN GOD?.....	28
ORDERING INFORMATION	33

BOOK INTRODUCTION

C'BS Alife Allah - New Heaven (New Haven, CT)

Sunez Allah - Mecca (Harlem, NY)

Supreme Understanding Allah - Allah's Garden (Atlanta, GA)

It has been written on the walls of temples since man's earliest history: *Know Thyself!* Knowledge of Self isn't some New Age, Hippie, feel-good philosophy. Nor is it an ancient, religious doctrine of some kind. No one is asking you to burn incense, grow dreadlocks, make animal (or human) sacrifices, wear sandals, do yoga or drink cyanide-laced Kool-Aid for a charismatic leader. No, fortunately, that isn't what Knowledge of Self is about. You don't have to beg, pray, meditate, fast, or give your money or things away in order to obtain knowledge of self. All that is required is that you be sincere, courageous and that you pay attention.

To know one's self is a gift that all of humanity deserves to be presented with. To be imparted with the awareness to constantly explore one's ideas in the most empowering manner. To delve into one's nature truthfully and share in a way that better all. To have the greatest weaponry available to identify and protect oneself from any enemy's oppressive measures. These are achieved supremely with the knowledge of self.

The Nation of Gods and Earths teaches we are the creators of our entire universe and subsequent reality. Yet it did not begin with us. Since the earliest recorded times, many of our ancestral cultures and civilizations have shared the idea of man as God, the woman as the Earth, and the mathematical nature of the universe. Throughout history, this teaching has emerged, been repressed, and reemerged again. In this way, the element of the "Five Percent" in society is a timeless reality. However, the Nation of Gods and Earths truly adds on a unique perspective in many enlightening ways.

First, these great teachers did not search or wait for the "right" student to present themselves and their revolutionary ideas. Rather, they presented themselves to the world as God or Earth - without fear or hesitation - and allowed potential students from any and all walks of life to inquire. This is a departure from the nomadic Sufis imparting insight in the worlds of fundamentalist Islam, and then slipping away to see another day, or the Taoist masters who lived as mountain men, away from society's ill. The Gods and Earths have openly shared their understanding regardless of the consequences. The consequences have been great, from the risk of self-contradiction and hypocrisy, to being ostracized from one's family and community, from direct oppression

and harassment by the existing power structure, to outright assassination. Still, the Gods and Earths continued to teach.

Second, the foundation of the teachings - the Supreme Mathematics - made such a complex subject as the universe and its workings, impressively simple to understand. This innovation and insight into the science of everything in life produced a methodology ready for application by anyone of any age group. This process also elevates the insightful teachings of the Nation of Islam, extracted and refined as our 120 lessons, into a mathematical system of study and development. In fact, though the truth we study is certainly ageless, the development of the Five Percent into the Nation of Gods and Earths as it exists today exemplifies the exact development most needed today. That is, a culture that makes sense of our identity, the reality of God, nature, and mathematics, and need for sweeping social change, yet goes about this work without the trappings of belief and religious thinking. Thus, the “science” of everything in life.

Third, we learn that we are the truth we seek in each and every problem or inquiry. A knowledge of self becomes the most empowering tool known because it is an actualizing of what is otherwise only factual information. The Original man is God/The Original woman is the Earth. This is true. Yet, through the living process of knowledge of self, I am this truth, and I prove it true. What is within us that enables us to survive and thrive? Knowing oneself, the answer presents itself. It is the intention of the editors of this book that, in reading, you will come to find answers of your own. More importantly, you will come upon more questions. And in the actions you take thereafter, you will discover the science of everything in life.

There are thousands, possibly hundreds of thousands of Gods and Earths who live and teach the principles named above. In the pages that follow, you will get a chance to explore some of their perspectives. This text is the first of its kind because is not a history book, biography, ethnography or how-to guide, but an anthology, or collection, of writings from individuals representing nearly every walk of life encompassed in our Nation. Young and old, male and female, free and incarcerated, high school dropout and postdoctoral researcher. This may be considered a “Black book,” but in this culture, “Black” is inclusive of the Puerto Rican, Dominican, Iranian, Bengali, Native American, and Chinese authors you’ll meet within these pages. This is a Nation of great diversity, in thought and experience. Thus, you will find many differing perspectives and methods of presentation. Some will resonate with you more than others. As the editors, it has been our goal to provide you with the most comprehensive picture of who we are and what we teach as a Nation. It is up to you, the reader, to “take the best part” for

yourself. Even in doing so, however, read every word. Understanding will come in time, and will come sooner if you should *follow up* after your reading as recommended by the authors. In the intense experience that is to follow these pages, you may just begin to discover the “science of everything in life.”

Peace,
The Editors

THE POWER OF THE MIND

Lord Jamar - Brand Nubian

I'd been wanting to get into the acting field for some time, but part of me felt like, “Okay, I'll get into this music thing, then someone's going to see me, like, ‘Oh I need you to be in a movie.’” That was something that was always in my head but I never verbalized it, so it never happened.

I used to watch the show *Oz* like, “Damn, I love this show, but I need to be on this show. They really need me. They need some Gods up in here! They have a show about jail, and we're damn sure represented in the penal system, especially in New York, so I was like they need to have some Gods on here. And if they're going to have a God on here it needs to be me, you know what I mean?”

I don't know nobody at HBO - nobody, nothing, I'm just meditating like, “I need to be on here.” Watching it every week, “I need to be on here,” and I vocalized it. I finally said it out loud to my manager at the time. I'm like listen man, get me in a movie, something. The best he could do was send us to a premiere. It was the HBO premiere for *The Sopranos* when it was first coming out. So we went to that, and boom, a bunch of people from *Oz* were there, supporting HBO. We end up meeting with some of the people that work on the show, and it turns out a lot of them – white and Black - were fans of Brand Nubian. So I ended up exchanging numbers with Dean Winters, the white guy who played O'Reilly on the show. Through him, I met the creator of the show. One day, Winters called me like, “Would you ever want to be on the show?” Of course I responded, “Yeah I want to be on the show!”

Next thing I know, Tom Montana, the creator of the show, says he wants to have a meeting with me. So I go down to the meeting, and Montana starts talking to me like I'm already on the show. I didn't do nothing, I didn't read nothing! I could've been illiterate for all they



knew! But he was just talking to me like, “We want you on the show but we don’t know in what capacity,” and he’s asking what I would do. So I told him, “Listen, I’m not doing any homosexual stuff and, honestly, I don’t want to play no cop.” So they were like, “Well, we’ve just got to figure out a character for you and then figure out a crime that got you in there.”

So I said, “Have you ever heard of the Gods and Earths?” He hadn’t. I gave him a basic synopsis of the Gods and Earths, how we represent in the penile system and all that. And I let him know that we teach that the Black man is God. He looks at me and says, “So if the Black man is God, does that mean the white man is the devil?” I looked this man – the white creator of the show - right in his eye and said, “Yes it does.”

At first, it was silence.

Then, he responds, “I like it, I like that.” He liked it. That was the defining moment, because anybody else who wasn’t sure of themselves, or sure of what they’re dealing with, or just plain nervous, thinking, “Damn, if I say the white man is the devil that means he’s not going to give me the job.” Not me. I looked the top dude in his eye because he’s no bigger than me. Not physically, but as a person. I’m God so there’s no higher than God. Just because you’re the creator of the show doesn’t make you more supreme than me. I said, “Yes, it does mean that the white man is the devil.” He says, “I like it.”

He put me in as Supreme Allah, a name I suggested in homage to a brother I used to run with, who’s currently incarcerated. He wrote the part and then wrote everything else for my character based on my input. I felt it was important that the Gods be represented, because I hadn’t seen the Gods on film since this movie called *Short Eyes* back in the day with Chris Mayfield. That was a movie that had me excited when I first saw it because they talked about Yacub and had the Gods in there building for real! I was like, “Wow, this is great!”

But since then, I hadn’t seen nothing featuring the Gods, as far as a movie or a TV show. So I was like, now I have a chance to bring the Gods to a more global stage and a different life than just music. I did Oz longer than any other rapper they had on there. I did a season and a half before my character got killed. And that opened up a lot of doors for me. I ended up doing *Law and Order*, *Third Watch*, *The Sopranos*, and I’ve done a few different independent films. I’ve also been doing voice-over work with ESPN. A lot of people don’t know that, for the past few years, I’ve been the voice of the Winter and Summer X Games. Doing Oz opened the door for me, but it was really the power of the mind, it was me focusing and meditating on something that physically brought me to that place. Do you understand what I’m saying?

EM-POWER-U

Mecca Wise Understanding - Allah's Garden (Atlanta, GA)

Tiffany always had a hard time saying "no." When she was just thirteen years old she had her first sexual experience. She tried to say no...all she knows is that she left feeling abused and ashamed. This was her first recollection of being taken advantage of, but certainly not her last. Males and females alike always seemed to have her doing things that she never wanted to do or didn't totally feel comfortable with. She sort of just went with the flow, never really having her own agenda.



She thought back to her many casual sexual experiences, in cars, alleyways, garages, and playgrounds to name a few. All of those interactions were short lived. And remember she never really wanted to. She thought making 'them' happy just might make her happy or at least make them want, accept, or value her. And although those interactions didn't last very long some of their effects did. There were the psychological ones from those two abortions, the emotional ones from the STDs, and the physical ones from the two children that were conceived. The fathers were never heard from again.

She thought about the obsession that she has with food. She had been off and on diets since age ten and had never been secure with her body. She felt her breasts were too small, and her butt was not round or plump enough. She couldn't fathom this was a part of the reason why she let men have their way with her.

She thought going to the club every weekend would satisfy her. She spent most of her paycheck on weave, makeup, and outfits. She just had to find the perfect jeans that would make her ass look more appealing, only to find herself in those similar short lived interactions.

She thought that she had found the right 'one' with Rick. She felt that he completed her. And although he was abusive, insensitive, and had many affairs she felt that she needed him. She didn't know when or how to let go, or who else would ever love her.

Somewhere along the road she picked up a cigarette habit...a weed habit...and an alcohol habit. She even tried stripping at a local adult club...where she nearly picked up a worse drug habit. Many times she felt alone, with no one to talk to, being that she never seemed to get along with other women. Once she even contemplated suicide.

Tiffany couldn't figure out why she always ended up with the same kind of men, in the same situations, with the same kind of drama. She didn't want to accept the fact that it was no one's fault but her own.

Tiffany's story isn't very unique. Does it sound familiar? Ladies, can we accept the fact that some parts of Tiffany belong to us?

- ◆ Many females suffer from low self esteem which leads to destructive behaviors like unprotected casual sex and drug and alcohol abuse.
- ◆ Many females are no stranger to unhealthy or abusive relationships/attachments.
- ◆ Many females are unhappy/ insecure with their body image.
- ◆ Many females exploit themselves.
- ◆ Many females feel their value is based on sexual appearance/skills.
- ◆ Many females are riddled with the guilt, worry, fear, and regret enabling them to move forward in life.

Here are some possible solutions:

Since change starts within us, we must begin to love and appreciate ourselves and our sisters. Many of us have the same struggles and fears. Realize we are powerful and beautiful. Set boundaries in relationships whether with male or female. If you don't value you, then who will? Realize that we are so much more than sexual beings. Pursue meaningful relationships of longevity based on values and strong foundations. Look at what we want to change about us whether mentally or physically. The changes won't occur over night, but even small steps will help us reach our goals. Have confidence in ourselves and the courage to overcome our fears. Changing our minds isn't easy but it is the first step to changing our lives.

Women, are we willing to break the cycle, change our thoughts, use our brain power vs. our sexual power, learn the beauty of who we really are, start a new journey, and get the knowledge of ourselves? Let us begin.

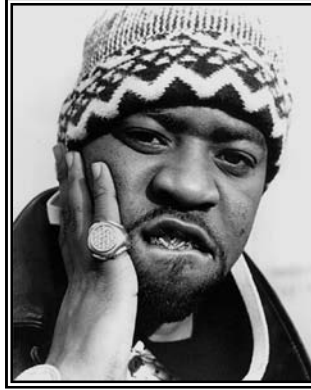
THE KINGDOM OF GOD IS WITHIN YOU

Cappadonna – Wu Tang Clan

Wu Tang in the house! Stand up. This is Cappadonna, aka Original Tazim Great Mind. The science to my name is: Consider All Poor People Acceptable, Don't Oppress Nor Neglect Anyone.

As a child I realized that I was the true and living God when I realized that I had an arm, leg, leg, arm, and supreme head. I realized right from wrong and knew I had the power to make right or to make wrong. That's when I realized I was in control. The mind controls the

body, not vice versa. Everything started from a thought, from one mind all appeared. Allah means all. There is no separation; even Yacub came from the original man. It all comes from one entity. All comes from the true and living God. We now must elevate. Now is the time to end all devilishment. The devilishment starts from within. It's our moods that cause rain, hail, snow & earthquakes. It's time to make a change. Pressure bursts pipes, and it's time to release all the pressure. We control all the signs and symbols. We make that. We're the reason for all of it.



"I am not a man, I am the Universe itself." - Morihei Ueshiba, Aikido and the Harmony of Nature

* * *

Don't fear the end of the world. The "end of the world" only means its time to end the B.S. It's time to introduce a new kingdom into the minds of the people. It's not a physical thing. All that means is that it's the end of how we seen the world before. The end of "the world" is a figure of speech, because the end of the devil's time is now. It's time to come out of this government and end all devilishment. Now is the time to create our own heaven. Heaven don't cost anything, because heaven is created in the mind.

Peace to all Gods and Earths, man, woman, and child. One more thing, you can't keep a good man down, cause after him there will be another one. Please educate all children equally, even divine evils. Let them know who the god of civilization is! P.roper E.ducation A.lways C.orrect E.rrors!

SAVE THE BABIES

C'BS Alife Allah - New Heaven (New Haven, CT)

Here are fifty things that one can do to assist in the growth and development of the youth in one's community.

1. Make time for them.
2. Listen to them.
3. If you are bi-lingual, teach them a second language.
4. Teach them a trade such as carpentry, electrical work, cutting hair, or plumbing.
5. Teach them how to cook, sew, or about hygiene.
6. Teach them how to write.

7. Teach them how to research.
8. Teach them the difference between fact and opinion.
9. Encourage them to stay aware of the news (at home and abroad).
10. Walk them through 120 (Don't just "give" it to them on a piece of paper).
11. Volunteer to be a mentor/big brother/sister.
12. Teach them how to eat to live and the effect of things that go into their bodies.
13. Teach them how to walk safely through the "ghetto" (i.e., how to traverse that land).
14. Take them on trips out of the city.
15. Take them to a movie and talk about it afterwards.
16. Teach them to excel in whatever they do.
17. Spend enough time with them to recognize their weaknesses and come up with a plan together on how to overcome them.
18. Teach them about conservation whether it be on an ecological level (recycling) or on an economical level (savings).
19. Show them, by example, how to interact with all of the human families of the planet Earth no matter what ethnic group, nationality or caste.
20. Teach them history and show the connection between the past and present.

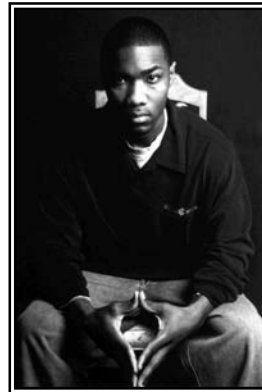


* * *

LOST IN THE WILDERNESS

Wyking Allah - Morocco (Seattle, WA)

Imagine yourself having been dropped in the middle of a jungle. You are now surrounded by wild animals and poisonous plants...and you're totally ignorant to this environment. What do you think your chances for survival are if you don't know an earthworm from a killer cobra, nor edible fruit from poisonous berries? What do you think your fate will be? Naturally, you are easy prey, as you don't have any means of protecting or preserving your life. Thus, your lack of knowledge is the biggest obstacle to your survival.



This is actually the reality of the world you live in. It's like a jungle and your job is to navigate and survive long enough to find whatever treasure may be found. However, there are hostile conditions, all kinds of predators and prey, plants that nourish and replenish and poisonous plants that take life. Your job is to distinguish one from another and to know who and what you are dealing with at all times.

First you must recognize and control the animal instincts in yourself. You are not an unthinking beast. Second you must know that every person you see with two eyes, two ears, a mouth, is not necessarily a functioning human being. Some ARE unthinking beasts. Your job is to observe the dominant characteristics of those you encounter and deal accordingly. Knowledge, wisdom and understanding are your best defenses. It's survival of the fittest, so you'll need to exercise your mind.

Picture a baby rabbit who hasn't yet been taught by the adult rabbits. What happens when a baby rabbit does not have knowledge of itself to know that it is a rabbit...and it begins to hang out with the wolf? Eventually, when the wolf gets hungry enough, that rabbit becomes breakfast, lunch or dinner. Not because the wolf doesn't "like" the rabbit, but because the nature of the wolf is to eat things like rabbits to survive. The first law of existence is self-preservation.

In order to preserve its own existence or survive, the rabbit must:

- ◆ Know its kind
- ◆ Identify threats to its existence
- ◆ Identify its historical enemy
- ◆ Avoid things that are destructive to its existence
- ◆ Avoid its natural enemy

These stories are meant to illustrate the importance of knowledge of self and "knowing the ledge" (awareness of what to do and what NOT to do). How do we learn how to navigate the jungle? How does the story of the rabbit apply to us?

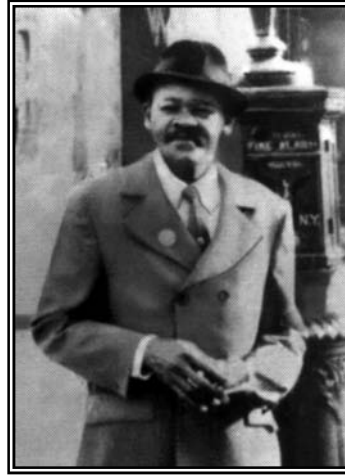
GOD HAS NO RELIGION

Transcript of an Interview with Allah the Father

Protect the child. Show him [that] if he doesn't do right he is going to go to jail, just like the Muslims [teach]. I'm not against anyone, but they are really teaching their children not to smoke, drink or do anything to require other people to follow their standards. Now, I don't teach the child not to smoke. I teach him to get the understanding of it! Because I don't have no religion, because that doesn't do anything for him. Now if you taught the child under religion like the Muslims, they say no

smoking. And if you do smoke, they send you out. They can force - what? Religion!

You can't win nothing by force. If you give the child something to fight for, then show him what he is fighting for, he'll win this war. And you've got to have the manpower to do it...So you got to keep the children together and you got to kill all religion. Other than that you are going to lose all fighting in them...And the Five Percenters, I'm teaching them that they can't go on religion because religion has never did anything for them. Like my mother, she said, "Jesus, Jesus, Jesus." I know he's over there in Jerusalem, dead in the earth, because he hasn't showed me nothing!...



Now I was in the Army. I don't teach them not to go in the Army. I went and I came back. I saw action. I got the Bronze Star. I got all these medals. Now I came back home. I didn't benefit from it [in terms of] luxury, but I did benefit by knowing how to teach a man. They teach a man to make a boy a man. This is what I did. I don't teach them not to drink. I teach them to keep their mouth what? Shut! And listen and learn. Because I might tell them to drink...to get to that man I want to get to. Just like the United States teach the FBI...

All my people are against me because they thought that I was supposed to have came out, when I came from Mattawan, and joined them - and I haven't joined any of them yet and I'm not going to join them because I'm civilized. We don't talk about nobody on religion, politics, war and protest in the United States...Because religious people fight against one another. You can't tell me they don't because they do!

They'll tell me that, "Why should you tell the child not to eat swine?" I say, "Why? It's in your Bible, in Leviticus and Deuteronomy." I'll show them where they are not even good religious people...In the Bible it teaches that Jesus had many disciples but they only had knowledge and wisdom. Jesus was the thirteenth. He had knowledge and understanding. He was the only one that they had to kill. Because why? He had knowledge and what? Understanding! Where the other ones had the knowledge and wisdom, they had to go and get Jesus. He was the only healer. You understand that?

* * *

DID I DO THAT?

HELL YEAH, YOU DID!

Allah Universal - Starksville, MS

Today's Supreme Mathematics is Knowledge (1) Understanding (3).
The 13th degree of the 1-40 states:

Q: But brings rain, hail, snow and earthquakes?

A: They continue daily to teach the 85% that all that they see such as rain, hail, snow and earthquakes is caused by that so-called mystery-god, that no one will be able to see until he dies, and this is believed by the 85%, while the 10% knows that when a man dies, he will never be able to come back and tell the living whether he lied or not...



WHAT YOU KNOW (1), BECOMES WHAT YOU SEE (3)

In the above degrees, we can interpret the “rain, hail, snow and earthquakes” as the various circumstances of your life. Where do they come from? A mystery god (something outside of yourself)...or you?

This lesson of Life, shows and proves how one is NEVER a victim, and is actually THE cause of all situations in their life, like it or not. We are all Masters of Self, knowingly, or unknowingly. Knowing and Understanding it is the difference between Living/Freedom, and just going through the motions.

Everything that you know has been acquired not only by the 5 senses, but also by genetic inheritance, osmosis, subliminal influence, inductive and deductive reasoning, and just plain old intuition (aka the 6th sense), along with other processes not mentioned here. The five senses in the average person, makes up about 10% of their mental powers, which is the conscious mind, not much at all really. There is still another 90% of our mental activity that is still right there, ready to be used by those who Know and Understand how to access it.

Ever hear the saying “believe none of what you hear, and only some of what you saw”? Well, there is a lot of truth to that. Let's say that the windows on your car had 90% tint, and you could only see 10% of whatever light is coming into those windows. would you drive across your state or country behind that tint, and expect to make it safely? Probably not, unless you know the roads by heart.

Yet, “they” advocate daily that your five senses are the only tools you have to know and see the world. Bullsh*t! Your subconscious mind is MUCH more powerful. It, unlike the conscious mind, is always in

operation, always processing the data that your five senses takes in, keeping you breathing and your heart beating, digesting your food, cleaning out toxins, fighting diseases in the body, reflecting on your past, planning your future, asking you what you think about the person next to you in the passenger seat, telling you how you feel emotionally, AND commanding your body on how to drive that car without thinking about it! If you fall asleep behind the wheel, it produces the dreams that you experience, and runs the internal alarm clock that wakes you up (and then tells you to watch the f*cking road!). F*ck a computer, the subconscious mind is THE Ultimate Multi-Tasker!!! Basically, anything that you do without having to think about it is being done by the subconscious mind.

The conscious mind uses the brain and spinal cord as its main tools (cerebro-spinal nervous system), and the subconscious mind uses what's known as the sympathetic nervous system, which is ruled by the solar plexus (your 2nd brain mass, under your diaphragm). And the SOLAR plexus is the literal SUN OF MAN (Refer to 8° in the 1-40; and John 1:9). You know those hearty laughs that some people have, that seem to light up a room and get everybody else laughing? Well, that's the Solar Plexus at work. That's where your mind literally shines its light on the world! It, along with the cerebro-spinal system, is what transmits and receives every thought that you've ever had, and will have, as well as the ones you are having now. and let's not forget about the thoughts of those around you (watch the company you keep). They together produce your aura, or "magnetic," and that's what ultimately attracts EVERYTHING that EVER comes to you in LIFE! The good, the bad, and the ugly of it ALL!

There is NO mystery to this! I'm sure by now, a lot of you have heard of "The Secret," and/or the "Law of Attraction." For starters, it is not a "secret" (21°, 1-40), hasn't been for quite some time, all of the prophets and great teachers taught it in one way or another. As a man thinketh, so is he. "And the Word was made Flesh." (John 1:14). As above, so below. What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them." (Mark 11:24). And the list goes on...

A SIMPLE EXAMPLE OF HOW IT WORKS...

I see an attractive woman, and the thought, "Oh sh*t! I gotta have that!" comes up. That's my conscious mind at work, one of my senses (sight) sparked a desire, for what my subconscious mind already knows that it likes. My subconscious mind, as a reaction, begins to feed to me ideas on what I should say to her, and then tells my conscious mind to move my legs and walk over to her. "Hey, how you doing? I don't know you, but um, I got the feeling that I'm about to know you real well" (and

no, I don't use this line all the time, only when it'll work. It's what follows that line that does the work. Women HATE for a man to say something stupid, and vice versa, but anyway). She laughs, another sense (hearing) tells my conscious mind how cute her voice is, while my subconscious mind starts feeding me thoughts of how her voice would sound moaning and hitting that high note. I start breathing a little bit harder, now I can smell her perfume. More desire. Subconscious mind working harder to come up with questions to interview her, see where her head is at, etc...All the while, I'm keeping a smile on her face, stimulating HER conscious and subconscious mind, drawing her in more and more, so now we're both lighting up the room, yada yada yada, I see her later that day, she comes up to me to spark convo. She has now been officially "attracted." We end up exchanging phone numbers, and then I'm back to what I was doing before I saw her. The desire has been sparked, the seed has been planted; now I leave it alone and let my subconscious mind do the rest. She calls a couple of days later, more mind to mind contact, etc. and you know where the rest of this goes if you play your cards right.

How many times have you gone through this scenario, without thinking about what caused all of this to happen? (9°, 1-40)

The point of it is. The subconscious mind, is the most POWERFUL FORCE IN YOUR LIFE! What you go through in your everyday life, starts with in your mind, and ends up becoming your physical reality! The subconscious mind is what moved and controlled you until you were about 6 years old (22°, 1-40). Your conscious mind is hired about that time as the security guard of the subconscious mind, saying what thoughts go in and get stored away, to be attracted later in life. It literally creates the circumstances to bring that about, and that has been happening ALL OF YOUR LIFE! Whether you notice it or not, it is a Universal Law, whatever is in your subconscious mind, good or bad, is brought to you, one way or another. That being the case, how can you EVER have the AUDACITY to blame ANYONE else for YOUR situations that YOU CREATED?!

"Sun know you are Allah! Never deny yourself of being Allah, even if the whole world denies you, never deny yourself because it's your own doubt that can stop you from being Allah!" – The Father Allah

* * *

IS BEAUTY ONLY SKIN DEEP?

I Medina Peaceful Earth – Power Born (Pittsburgh, PA)

"Read not to contradict and confute, nor to believe and take for granted, but to weigh and consider." – Francis Bacon, Sr.

Women all over the world have been dressing modestly for centuries and continue to do so today. It is absolutely nothing new. A woman's appearance and specifically her style of dress is an indicator of how she feels about herself, her thought process, her experiences, exposure and her values. When we get up in the morning and select what we will wear for the day, we are consciously and subconsciously sending a message to all those we encounter saying, "This is who I am!" So what message are you trying to project? What first impression are you trying to make?

When a woman puts on a power suit or business casual clothing, she is projecting the message that she is striving to look and be professional. When you see her you may think she may be going to work or to a conference or an important meeting. When a woman wears a long silky dress with a shawl and heels, you know that she is probably going to a somewhat classy formal event. When a woman wears a police uniform, you assume she's a cop...unless it's Halloween. When a woman wears "African" garb, she projects the message that she probably has somewhat of an African centered view on life or she has a different cultural perspective.



When a woman wears a crotch length mini-skirt, a tube top, and some hooker boots, where if you bend over or sit without your legs crossed, your goodies are exposed for the world to see, what message is she conveying?

* * *

Different countries produce different cultures, different standards of beauty, and different perspectives on how a woman's body is viewed. In the United States, a woman's body is a commodity that is objectified through the process of long-standing sexism. Women are socialized to be sex objects and men are socialized to chase it, so when ya put it out there like that, you're like a walking advertisement for some of the sexual pleasures he may get once he pulls you. In this country, it's just too much to ask for a man who hasn't yet deconstructed his own thoughts and life experiences yet, socialized as he has been, to not think that way when he sees a woman walking around half naked. Remember, he's constantly exposed to the same images as you, and he is socialized to desire a woman who looks like that.

As a woman who has only been consciously dressing modestly for about four years now, thinking back to when I first decided to embark on the journey of getting the knowledge of self and striving to be a productive citizen in the Nation of Gods and Earths, I had to conduct an analysis of every part of myself, and a large aspect of that was getting to the root of my dress code. Women of my society who are called Earths, usually wear what is called "3/4ths," because 3/4ths of the planet Earth's surface is covered by water and as self-respecting women and Queens, we dress modestly and cover our hair to show the world a different paradigm of womanhood and a positive standard of beauty... that you can be beautiful, intelligent, smell good, and have ambitions without all your goodies hangin' out.

Coming to this conclusion and accepting modesty as a part of my way of life was very difficult, but very rewarding in the end. It was difficult because I had to study myself, and through a logical process of being asked and asking myself questions, I came to the conclusion that I used to wear revealing clothes to boost my self-esteem and attract attention, because I was not as confident as I should have been with my other attracting powers. I knew I was fairly intelligent but I also knew that I had it goin' on physically and coupled with media images and popular standards of beauty in the wilderness of North America, music videos, movies, Miss America Pageants, magazines, you name it, I thought that this was how I had to dress to get the attention I wanted. Showin' skin was in baby! It was deep, and I realized that my thoughts and feelings about this went back as far as the third grade (be careful of what your little girls are exposed to! They are picking up messages that are integrated into their subconscious that will shape how they consciously express themselves.).

I fought this concept and thought that my mental did not have to match my physical...that I could still be smart, nice, community minded and active, love and build with the babies, and wear what I wanted. Back then, I didn't really understand the importance of consistency and discipline. Due to the barrage of distractions that we are exposed to and integrate on a daily basis, consistency is a challenge in the United States in 2009. I suppose you could say I was tryin' to be 'revolutionary but sexy.' Looking back, I now realize how much of a contradiction that was. Real revolutionaries had other things on their mind beyond striving to appear to be sexy all the time. Not to say that a woman can't feel sensual or comfortable with her sexuality, however, there is a time and place for everything, and having "sexy" as one of the dominant themes of my existence didn't really make sense. As my God says, "Civilized people do things inside." So "sexy" was not the legacy I wanted to leave behind.

* * *

EARTH BY NATURE

RIGHTEOUS BY CHOICE

Sci-Honor Devotion - Born Power Truth (Bridgeport, CT)

Earth is the title that the righteous Black women of the Nation of Gods and Earths carries with pride. She is the Mother of Civilization and Queen of the Universe. The planet Earth is the 3rd planet from the sun and is 93 (9=Born and 3=Understanding) million miles away from that energy source. Here, she is able to



born understanding, or give birth to the best part mentally and physically. She is secure in her position and it is through her perfect position that she sees her greatness and understands the divinity of her proper placement in the universe. The planet weighs 6 sextillion tons. The number 6 is significant in that it is considered in mathematics to be a perfect number. This means that when all of its factors are added up (1+2+3), you get the number you started with, which in this case is 6. So when you put the knowledge (1), Wisdom (2) and Understanding (3) together, you get equality (6). Also, the number 6 is half the sum of all of its divisors. $1+2+3+6 = 12 / 2 = 6$. Therefore, it is balanced. The number 6 (Equality) is significant to life and plays an important role in the carbon atoms existence on the periodic table. Its atomic number is 6, meaning that there are 6 protons in its nucleus. Carbon is the basis for all organic life, down to the shape of the honey comb cell and even the smallest snowflake with each 6 sided figure having a unique pattern of its own. 6 is a number that represents balance. The Earth is balanced as everything that exists has a duality. She too is balanced and is in tune with and honors her feminine attributes and qualities. The Earth is not composed of just dirt, but is blessed with rich, fertile soil which with proper nourishment can produce great mental and physical seeds. She is not walked on, but carries and supports life. When the Black woman saw herself as being Divine, her thoughts changed, and her behavior followed.

The planet Earth is covered approximately 3/4th (3 = understanding and 4 = culture/freedom) under water. The refined Black woman covers herself approximately 3/4th of the way, which will often if not

always include her head being covered with a crown because she understands her culture and is free to be refined in it. By doing so, she keeps her best part which she considers to be her precious jewels preserved for those and only those who deserve it. Those precious jewels are her mind and womb, which both have the ability to bring forth life. She is not interested in sharing or giving up her goods so easily. Her goal is to remain refined and respected. She is not striving to be looked at in a lustful way by men. She knows her worth and knows that being Sexy or being a Diva are not what she aspires to be. She is capable of being so much more. She walks with dignity and self respect, has high Self Esteem, and embraces her natural self.

She is the 1st teacher and leads by example. Those who are around her see her wisdom through the example that she sets. She is an example of Refined Womanhood and does not “lose” herself when in the company of uncivilized people. She holds true to her culture always. She also sets the standards by which her daughters want to aspire and her son’s would want their wives to be. She is a person that she herself would admire, respect, and keep close as a friend / sister.

The Earth has a Wise Dome and applies wise words, ways, and actions, respectfully. She is a P.O.E.T. This means that she applies P.roper O.rder while E.xecuting the T.ruth using Supreme Mathematics as her guide. She is loyal, dedicated and devoted to righteousness. She has positive thoughts and ideas and communicates them clearly and refined when articulating and adding Wisdom to the Cipher (20) and stands on that square which is 360 degrees of completion, The Truth. She is not swayed negatively with emotion, yet uses her emotion to



continue to propel her toward truth. The Earth is humble yet firm, flexible but not weak, and confident but not cocky. She is a student and a teacher, thus will do the knowledge first before ever manifesting a thought. She is constantly aspiring to gain wisdom, so, she learns through trial and error by taking the best part of every situation and placing value on the jewels that she has received.

She is capable of studying many sciences and remaining grounded in her Supreme Mathematics, while taking the best part of the science. When she is in need of information, advice or assistance, she will not hesitate to seek it, humbly.

* * *

SOMOS ORIGINALES

(WE ARE ORIGINAL)

Sha-King Cehum Allah - Power Born (Pittsburgh, PA)

* * *

Indigenismo has been a double-edged sword. While unifying in many ways, it has been used at the hands of the elites to reshape 'Latin American' society in their particular image and taste. They purported that the average everyday Latino was a '*mestizo*,' a 'mixture' of Spanish, Indian and African. However, this perspective was adopted to create a false sense of 'equality' throughout society and served their purposes as a compliment to nationalism, attempting to erase any evidences or situations that could potentially spark future revolutions and revolts. The 'Indian-ness' of *indigenismo* served to distinguish between being looked at as 'white' and being looked at as 'black,' which was far worse for the intellectual overseers. Once formulated, this concept was then packaged in the form of literature and sent out to penetrate the mindset of the people. Yet all the while, telling the masses of Indian/African people that the majority of Indians died out or had mixed with the Africans so much that no one was actually 'Black' or 'African' or 'Indian' anymore. And thus, Carol Amoruso, also noted in her series about recent immigrants to the United States: "The new Latinos come mostly from the Latin American mainland where the culture is more "indio" and European." Most people from countries such as Mexico, Peru or El Salvador will claim to have "no black in them" when this is far from the truth. Nowadays, biologically speaking, while most people who are so called Puerto Rican, Dominican or Cuban have Indian, African and European blood, so do many other people throughout the Caribbean, Central and South America. The presence of Afro-Indio culture and blood has always been very abundant, even after the decimation of the people, especially population wise. On page 29 of *Black Indians*, author William Loren Katz states: "By 1650 Mexico alone had an African-Indian population (some with white ancestry) of one hundred thousand. A new race was being born."



Many *Mexica* continue the propaganda that Mexicans are not 'Black,' and that only certain towns and neighborhoods have "black blood." Through media, we look over these people as 'Mexicans,' not aware of their unique history. They too, have had considerable amounts of African blood infused into them, although they may contest it. Especially *mi gente* from *Cuscatlan* or as the devil now calls "El Salvador." Descendants of the *Pipil* peoples, who are actually of the *Maya*, *Salvi's* or *Salvadorenos* have been institutionally and systemically conditioned to think they are different from Africans and have no African blood in them. They have been the victims of a vicious campaign, similar to that which took place in the Dominican Republic under Presidente Rafael Trujillo when he made every effort to 'whiten' society by killing thousands of Haitians and reducing the African presence in the Dominican Republic down to a myth. This is truth, not a conspiracy theory, and far from a mere political ploy to 'unite' the two groups of Original people under false bonds for the benefit of bi-partisan struggle. Many brothers and sisters who are Indigenous and are of the Pan-Indigenous Diaspora actually exist within the African Diaspora as well. With this truth in mind, while someone may choose to embrace one people over the other (usually due to upbringing or life experience), we must strive to embrace both, as both peoples are who we are.

It is very important to understand our relationship to each other and that we are really all one family - we are all of the 'Black family.' We, however, exist within distinct degrees when judged by our melanin expressed through the skin organ, which we call 'shades of black' within the Nation of Gods and Earths, defined as: black, brown and yellow. "Black" is typically seen as just a 'color' and most often associated with 'skin' color, but it isn't a stagnant or fixed idea. It is dynamic. What is "Black" in social standards varies with countries and cultures to be sure, which is the reason why so many so-called Latinos are reluctant to embrace the term. We also must look at the world and universe around us. Do not be blinded by the illusion of the daytime, for even our ancestors knew that the universe and space is black. The illumination of the Sun was born out of the blackness of this space and subsequently everything else in the universe and our solar system. The first organism of our intellectual and social capabilities to manifest presence on our planet, human being, has been recognized in science and anthropology as "black." This does not mean that we're 'as' black as the universe, but a manifestation, in the physical degree, and a supreme embodiment of the sub-atomic intelligence that drives energy through its different forms and brings forth life and matter. The word 'black' has more of a political connotation for us as human beings, especially nowadays, so someone who is referred to as 'Black' isn't literally 'black.' And within the Nation of Gods and Earths we use it to define all people of color, regardless of

their shade, as a term of solidarity and reverence for our common origin, whether cosmic or in terms of civilizations. Still, in the mainstream, Puerto Ricans (along with other so-called Latinos) who assert our Blackness are not only outcast by those who identify more so with their Spanish conqueror than their African ancestors, but are also shunned by so-called African Americans who do not see us as 'Black.' Regardless whether someone is Navajo, Quechua, Mandinga, Ghanaian, or even Hmong or Pinoy, they are "Black."

* * *

BIAN XING

THE MARTIAL LAW OF THE MARTIAL ARTS: PART #3: HUMANITY

Nahlejj Eternal Allah - Medina (Brooklyn, NY)

*"Man follows the ways of Earth,
The Earth follows the ways of heaven,
Heaven follows the ways of Tao,
Tao follows its own ways." - Lao Tzu*

We are following our own Tao, boundless universal consciousness, the divine reasoning of the God(s) and Earth(s) executing Supreme Mathematics through the Martial Laws manifesting freedom on the material plane. Each and Every Way. The Three Treasures Martial Arts is the foundational gate to advancing the self through higher Martial Arts. Learning how to apply the martial precepts to everyday living and life's social endeavors. Maintaining the harmony in our daily conflicts or subliminal mental and spiritual battles in every walk of life.



HUMANITY-REN



The divine trinity of Man, Woman and Child. Humanity the rebellious child of Heaven and Earth representing the duality and constant struggle to co-exist society; never yielding to absolute peace.

Man being the medium or the bridge between Heaven and Earth (Father and Mother). Consisting of part Heaven (*Shen*: Mind-Spirit-God) and part Earth (*Jing*: physical-essence-elements) Man harnesses the power of the earth-elements to fulfill the totality of the infinite realization of Self.

All purpose is revealed by man and the universe is interpreted by him and is understood through the arts, through language, through

music, the writings, the symbols and creativity. For as long as man exists through the eternal illusion of time the universe and the collective consciousness will continue to be made known to the unknown masters. Man being the essence of God, the transcendent power of his greatness or the central medium of the universal cohesion.

"The way of the superior man may be found, in its simple elements, in the intercourse of common men and women; but in its utmost reaches, it shines brightly through Heaven and Earth." - Confucius



HUO is the Chinese pinyin for fire, closely resembling the *Ren*, the character for Humanity. For Man is indeed the walking living fire in the earth-body emanating through the vehicle of bio-chemical transmutation, thus executing the *Jing* of Bian-Xing, changing all forms of life and atmosphere. In return, nature responds positively and negatively; simultaneously producing both yin and yang. It is measured and balanced by the Martial law of heaven and the mandate of heavenly order is given to those receptive incarnate soul-beings; *Sbi* meaning God-Man. *Sbi* is the root word to *Shifu* (Monk-Warrior-Scholar-Sage) who receives the vibrations of Harmony to be fulfilled on the plane of the lower earth society.

This being the reason why we meditate, study and practice the Martial Law of the Martial Arts, to build our skill (*FU*) through hard work (*GUNG*). As our ancestors and the enlightened Masters and high priest Shamans of the east, we are cultivating *Qi* so that we may effortlessly ward-off fear, ignorance, disease and unrighteousness. Finding peace through the refinement of Self; radiating light among the uncultivated souls of Humanity.

THE THREE TREASURES IN HEAVEN AND EARTH

"As it is in heaven, so it is below"

8 Foundational Lessons:

All things are parallel from the highest to the lowest equation. For example, let's look at the universe's numerical symmetry and similarities. Everything is symbolic to the Infinite Self in its complete definition.

1. In heaven there are the three great luminous jewels. The Sun, Moon, and Stars are the main component in recording the chronological history of the celestial movements and astrological laws written in the sky so that man may know himself. Anthropomorphically represented in ancient Kemet as the deities Ausar (Osiris), Auset (Isis) and Heru (Horus).
2. The human representation is Man, Woman, and Child.
3. Within the body there is the *San Cai* of *Jing* (essence), *Shen* (spirit) and *Qi* (vital life force).

4. On the Earth it is fire, water, and soil; the natural tools of the master builders of civilization.
5. Organically, on the plane of matter, it is protons, electrons, and neutrons.
6. In the mental aspect of master-scholar, *Shi* (God), the foundation of Knowledge, Wisdom and Understanding are the keys to unlocking inner truths and the lure of mystery, religion and philosophy socially executed through the state of freedom, justice and equality.
7. In the martial arts realm the three jewels of Shaolin Gung-fu is the *Gung* (work-practice), *Ge dou* (fighting-ability), *Taolu* (formless-form or Bian-Xing).
8. Then we have the three jewels of Buddhism. The first of course is Buddha (the highest spiritual potential in all beings), secondly is the *Dharma* (the teachings of Buddha), third is the *Sangha* (the community of the enlightened ones).

These are but a few parallel concepts that comprise the root origins of our natural culture where we practice and aspire to bring about a revival of the ancient arts.

No, we are not Monks.

We do various forms of meditation, fast and eat raw or healthy vegetarian foods and study holistic medicine, we cultivate our mind in the arts and sciences, practicing daily Gung-fu, Qigong and building on the universal concepts of Supreme Mathematics. Now is that enough to be considered a Daoist? Maybe. Who cares? Don't get caught up. Our martial arts existed since the beginning that never began. The Shaolin and the Wudang are our Chinese brothers who have perfected and preserved what our ancestors left for us. Our martial art dates back to the first civilization of Harappa and Mohenjo-Daro in the Indus Valley, the Cushitic (Black) tribe of Dravidian Dalits who practiced the first martial arts known to Asia, *Kalari-payattu*, itself deriving from Ethiopia. We have taken it upon ourselves to salvage all the teachings of the Martial Arts as well as elevate it in order to bring it back to the original people of the planet. All nations have developed their own forms of defense. Even the Young God(s) and Earth(s) in Harlem N.Y.C. who study Three Treasures Martial Arts are innovatively advancing the art to a supreme level. I hope no one takes offense to us not keeping it traditionally Chinese or Shaolin. Much love goes out to the monks and other Asiatics; we welcome all and respect all. Thank you for sharing a bit of your culture and now we will continue to advance ours.

GUNG- FU

Most martial arts masters would agree that there is more to the arts than just brutishly throwing blows and kicks. All sincere practitioners must take the time to contemplate the reasons why they are practicing

martial arts, think about what they are really trying to accomplish, as well as consider the fact that they can get seriously hurt or cause someone else permanent injuries possibly resulting in the tragic death of another human being. Now can you sleep well after committing such a savage act?

In the process of learning martial arts one is always going through introspection to weigh and judge self circumstances so that the heart and soul will remain pure and balanced with the right intention. So the main emphasis should be placed on the self-awareness of the martial arts practitioner in his/her early stages. The Higher Self will then automatically confront the lower Self when it is acting in disaccord with the Martial Law of the Martial Arts. Self analytical questions are then posed by the Higher Self such as: do you really have to fight? Do you just want to take your frustrations out on another human being, simply because you can? What level of force should you use? Do you have a choice? Do you have something to prove to yourself? This is the internal duality that can make the difference between life and death. Again, we are made of *Shen*, the Divine Spirit that makes us in the likeness of the Buddha.

"Your mind is the Buddha. Don't use a Buddha to worship a Buddha."
- Bodhidharma, *The Zen Teaching of Bodhidharma*, as translated by Red Pine

Let us understand the time and sacrifice that it takes to master the skill of making split-second decisions effectively for the purpose of preserving life. True defensive fighting starts with the mastery of the third eye. One must have the utmost sincerity and dedication to be able to advance in the martial arts so that you will be strong and able to fight the temptations known as "the spirit of the flesh" as taught to me by Sigung Bobby Lee Whitaker. The flesh complains about being tired and hungry, wanting to fulfill its pleasures. The flesh is weak and tries to persuade the mind to be weak by tempting the mind to stop practicing the rigorous training of the soul. The body is affected by the mind and the mind is affected by the body. The ultimate goal of the sincere practitioner is that the mind would become the absolute master and the body the complete servant. The body effortlessly carries out the will of the mind. This is where reaction is psychically demonstrated. There is no thought, just absolute knowing-the complete execution of the laws and techniques. Qi is produced in precise amount bringing forth the just balance in the universal equilibrium. Life can then continue its cycles; and the harmony is again maintained within the social state of man. The inner peace and humanity is temporarily at rest as long as there is the natural control of the forces of Self duality.

Peace Omitofo!

BLACK GOD

Aikuan Allah - CIPHERLAND (Oakland, CA)

The Black Man is God. The methods in which we express this fundamental aspect of our teachings is supported by our ideal of God. Once we have become aware of our true identity it's only natural to strive to be consistent with the best part of our character. On this particular road we adopt certain basic approaches that assist us in staying in tune. Consequently our Supreme Mathematics, and Supreme Alphabets are essential in navigating to the best and most useful part of any endeavor.

"When you know yourself, your 'I-ness' vanishes and you know that you and God are one and the same." - Ibn Arabi (d. 1240 CE), also known as As Shaykh Al Akbar (The Great Sheikh)

Once enlightened, it becomes more apparent that we have to be accountable, responsible and strive to make our environment more civilized. Also standing firm and not being easily influenced by the segment of the population whose ways and actions are ignorant and manipulative. This involves managing your power effectively and keeping your thoughts and emotions in check. Making excuses should no longer be reasons for lack of accomplishment or falling victim to poor judgment. The enlightened realize that the results we have in our lives are the sum total of the decisions we've made in the past. Therefore our future will be the result of the decisions we make today in the present.



*"I am free from spite, arrogance and greed,
I am God, I am God, I am God." - Farid-ud-Din Attar (d. 1220 CE)*

In order to travel the right path and get to where you want to be in life your God birth-right has to transcend into action. The realization of God as Self does little without God-Orderly-Direction. One of the ways to determine your God-Orderly-Direction is to determine the pros and cons of the decisions you make before taking action. The "pros" can be looked at as gas stations for your journey, while the "cons" can be seen as roadblocks or detours. The vehicle that is the best equipped will have a better chance to reach its destination, no matter the terrain. Having a positive mental attitude is paramount in having God-Orderly-Direction. I'm not advocating being so self-absorbed that you become detached from reality and not aware of the challenges that persist. What I am saying is find time to reflect on your situation and be proud of your

progress. Know that because you're doing what you set out to do your environment is becoming better.

The mind is consistently processing information in a way that moves us in particular directions. Even on the subconscious level, the mind is distorting, deleting, and generalizing. So, before the mind can work efficiently, we must get a clear understanding of what our determined idea will be. When the mind has a defined target, it can focus, direct, refocus, and redirect until it reaches its intended goal. If it doesn't have a defined target, its energy is wasted. It's like a person with the world's greatest voice who has no idea why he/she is in front of a microphone. What would happen if a sculptor changed their mind about what they were sculpting every five minutes? That's what it's like when you try to put your life together without having a determined idea. When you know what the outcome of your determined idea will be, you give your mind a clear picture of which kinds of information being received by the nervous system need high priority. You give your brain the clear messages it needs to be effective. Then you're able to make Knowledge Born!

Grab a sheet of paper and pencil and create your future. Don't even start unless you have allotted some time to do this exercise. Now find or create a place where you can relax and be undisturbed. Set aside at least an hour to do this. You'll agree that your future is worth the time. You're going to learn how to set goals and determined ideas. You're going to make a map of the roads you want to travel in your life. You're going to figure out where you want to go and how you expect to get there. **DO THE KNOWLEDGE:** Do not put any limitations on what's possible. You are the makers of your universe. It's your world! Remember, if you don't design your life your life will be the result of someone else's design without your best interest in mind.

EXERCISE 1

1. Set your determined idea in positive terms. Say what you want to happen. Too often we say what we don't want to happen. For example don't say, "I don't want to be broke anymore. Instead say, "I will do the necessary things to increase my wealth."
2. Be as specific as possible. How does your determined idea look, feel, smell? Become fully associated as if you already have accomplished your goal. The more specific you are the more you will empower your mind to create what you desire. Also be sure to set a completion date or time period.
3. Have an evidence procedure. Know how you will feel, and what you will see and hear after you have achieved your outcome. Once you have accomplished something check it off. Be passionate about it.

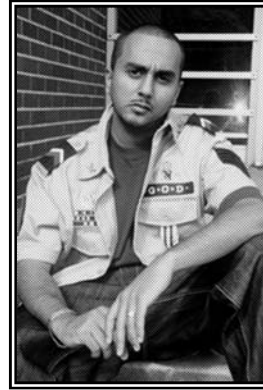
4. Be in control. Your determined idea must be initiated and maintained by you. It must not be dependent upon other people having to change themselves for you to be satisfied. Make sure your idea reflects things you can affect directly. Own up to what goes right and wrong in your cipher. It is you that possess the power to Build or Destroy.
5. Verify that your outcome is ecologically sound. That is, project into the future the consequences of your actual goal. Your outcome must be one that benefits all the human families of the planet Earth.

WHY IS THE BLACK MAN GOD?

Supreme Understanding Allah - Allah's Garden (Atlanta, GA)

INTRODUCTION

The following essay is a brief attempt to present and explain the godhood of the Black man for contemporary readers. I have made significant effort to limit the technical vocabulary, so as to ease the pace of reading, and to avoid clogging the passages with overly technical details and footnotes. The following arguments are summaries, and not meant to cover the immense body of knowledge and wisdom available on these topics. Although some references are provided, the reader is encouraged to seek further information on their own. Good questions produce good answers. To be fair, I have also included a few of the common counter-arguments I have heard, as well as brief responses. The reader is encouraged, above all, to read with an open mind.



THE ORIGINAL MAN

It is important that we first establish that the Black man is the first man, or the original man. Several major anthropological studies have documented this widely accepted fact. All peoples descend from him, either naturally or unnaturally. Europeans have even created fake fossils like the Piltdown man to try to discredit and distort the origins of humanity and place the first man in Europe. The earliest fossils of man have been found in South Africa and East Africa. Further information can be found in *The African Origin of Civilization* by Cheikh Anta Diop. *Forbidden Archaeology: The Hidden History of the Human Race* by Michael Cremo contains a wealth of evidence detailing the earliest existence of

highly-advanced humans throughout the world, far predating even the earliest accepted date of three million years ago.

Original means the origin of all that follows. In stating that the Black man is the original man, many of the references that appear in the following pages, referring to “man,” can be understood to refer to the archetype of man himself, the Black man. Some authors have advocated that the true human is the hue-man, or man of color, and that mankind refers to the “kind of man” that followed.

THE FATHER OF CIVILIZATION

Blacks developed the first civilizations. Throughout the ancient and prehistoric world, Blacks have been the founders of all known civilizations. Examples include: (a) the first dynasties of ancient China, (b) the pre-Hellenic Minoan and Mycenaean civilizations which birthed ancient Greece and Rome, (c) the ancient Egyptians of course, (d) the pre-Semitic Chaldeans, Babylonians, Sumerians, and their other middle Eastern neighbors, (e) the Kushites and other obviously Black civilizations in the continent known as Africa, (f) the Olmecs, the early Mayans and other Black pre-Columbian civilizations of the Americas (including the Black Indians Columbus met upon his initial voyages here), (g) the ancient Black civilizations of the Indus river valley in India, (h) and the Black civilizations of ancient Europe. Evidence of these claims can be found in *African Presence in Early Asia* edited by Runoko Rashidi, *African Presence in Early Europe*, *African Presence in Early America*, and *They Came Before Columbus* by Ivan Van Sertima, and *The African Origin of Civilization* by Cheikh Anta Diop. Further evidence can be found on numerous articles, available on the internet, authored by Clyde Ahmad Winters, Runoko Rashidi, and dozens of others. Much of this information, and more, should also be available online at the *Global African Presence* website. (www.cwo.com/~lucumi/runoko.html)

THE SOURCE OF THE WORLD'S LEARNING

Until the contemporary attempts by Europeans to discredit the capabilities of Blacks, the Black man has been regarded as surpassing all people and nations in his wisdom and intellect. Visitors from far-off lands studied among the Black teachers of Ancient Egypt in the Mystery Schools. Socrates and other Greeks regarded as the fathers of European philosophy were trained at these schools by Blacks. Plato, Socrates' student, challenged the Greek concept of God, which was in fact a Europeanized version of the Black gods of Egypt. Plato, not having met the true and living Gods himself, appeared disgruntled with the human flaws of the otherwise supreme Greek gods.

The Greeks were, until the era of Plato, still praising and worshipping the Black men of Egypt. These facts are documented in

George G. M. James' *Stolen Legacy* and Martin Bernal's *Black Athena*. Examples include Zeus and Hercules, who were modeled after Osiris and Horus, and the Black god Imhotep, who is revered in the primary creed of medicine, the Hippocratic Oath. These Black individuals were not mythical figures, but historical men of note. After Plato, the idea of a transcendent, immaterial deity became popular. This is known as Neo-Platonic thought. Most of the religious traditions of this region (Judaism, Christianity, and Islam) were influenced heavily by this way of thinking.

Other examples of the Black man's reputation as the source for the wisdom of sages are the famed Library of Alexandria in Egypt (burned by Europeans), and the Universities of Timbuktu. Also important is the learning of the Black Moors, who ruled Spain for 700 years (711-1492 AD) and taught the Europeans much of what they know now. It was in fact the Moors who brought Europe out of its Dark Ages, much as it was Blacks who brought Europeans out of the caves to teach and civilize them some four thousand years ago. Books on these topics include Ivan Van Sertima's *Golden Age of the Moor* and Paul Lawrence Guthrie's *Making of the Whiteman*.

THE SUPREME BEING

All living matter is subservient to the Black man's rule. Given the premise of Darwin's theories regarding the survival of species, it is evident that all life until this point has culminated in the development of the supreme Black man, beginning with the simplest one-celled organism. All living things are bound to the universal laws of mathematics, the language in which God, as the creator, wrote the universe, and in which God, as man, speaks and lives.

* * *

COUNTER-ARGUMENTS

There is only one God, not many.

As polytheistic as it sounds to say that Black men are Gods, the statement is anything but. There is only one God, and that God is THE Black man. The Black man is a unified whole, much as the water on the earth is in reality one connected body that is split into different regions, or containers. We share a mind at its highest level. This mind is the one that designed the universe in the language of mathematics, and set the processes by which all natural systems would continue to operate. While, at our conscious level, many of us are focused on eating and talking, there is a higher level to our consciousness that functions on the wavelength of intelligent design.

It sounds racist to say the Black man is God.

God is the Original Man. The primordial man, the first physical vehicle for God's immanent presence on Earth, was a Black body. Throughout the universe, Blackness prevails as the origin of all things. Black body radiation, Black holes, and the presence of melanin in space tell us a great deal. The first humans, of course, were Black. Today, the Black man is found throughout the Earth in a variety of shades and hues. Many of them are natural descendants of the original Black genotype, while others are admixtures resulting from miscegenation with whites. Who are whites then? Paul Lawrence Guthrie, in *Making of the Whiteman*, documents the creation and exile of the white race, who would forever change the course of human and social development on this planet. Numerous theories abound as to the origins of the white race, none of them entirely plausible. The vast differences between white people and Black people could only result from selective breeding, as Darwin noted, not from any evolutionary process. And certainly not simply due to cold weather, as African Presence in Early Europe by Ivan Van Sertima documents the presence of Blacks having lived in arctic regions for thousands of years without their skin lightening. At any rate, the statement of Black Godhood is a positive statement and one of affirmation, not of condemnation of other people.

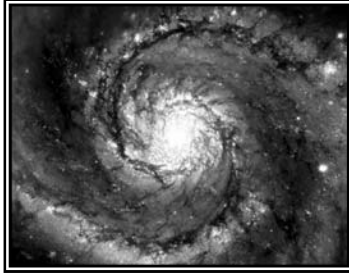
It sounds chauvinist to say the Black man is God.

Just as the Sun and Moon occupy important places and roles in the solar system, so do Man and Woman. An immense body of scientific research details the significant physical, mental, emotional, and social differences between males and females. Stating that the Black man is God is not meant to degrade or debase the Black woman, but to affirm HIS role, and not take anything away from hers. God represents the creative force in the universe. In all scriptural and mythological accounts, God somehow "impregnates" either the Earth, the celestial void, or the blackness of space, to produce life and/or the universe. The planting of the seed would be futile without the fertile soil in which to plant it. Early mythology related the woman to the Earth, the receiver and bearer of life. Many of these ancient societies eventually abandoned the worship of the Black God, the Father God, as He was described as distant and unconcerned with human affairs. Instead, the focus shifted to the Earth Mother, who was celebrated and praised for her fertility and the sustenance she provided. Today, we refer to the Black woman as a Queen, as the Mother of Civilization, and as the Earth.

There is no God.

Several authors have addressed the debate between intelligent design and the possibility that this universe, this Earth, and humanity, were the products of chance and coincidence. The likelihood of just one atom simply phasing into existence by chance is so remote that it can't be

calculated fairly. The evidence for intelligent design is great. However, it doesn't point to the immaterial, invisible God of the Creationists, but to



the culmination of God on Earth, the Black man, as its source. Much as a computer program can be written to repeat in cycles, or concentric spirals, of activity, history has followed a natural set of laws and patterns to produce this exact stage of development. The original writer for this program, or history, was the

infinite (since the beginning) Black mind, present in the ultimate (final) Black man. An examination of history will lead one to question the probability of coincidental events, the aligning of real events and prophecy, the cyclical or spiral nature of all development, and why on earth is the same spiral that one can find in the formation of the universe's galaxies and the currents of the Earth's waters, present in our own fingertips?

The Black man can't be God or the Black man wouldn't be living in such depraved conditions.

This argument appears to make a great deal of sense. Why on earth would GOD be dancing around on BET like a clown, flashing guns and money amidst a bunch of gyrating scantily-clad women? Or why would GOD be trapped in the slums in abject poverty, with the highest incarceration rates in the country, failing to educate himself or uplift his people, and instead choosing to smoke, drink, and fornicate his life away?

Well, for beginners, this deplorable image of the Black man is, in great part, more of a construction of the media, than an accurate representation of the GLOBAL Black man. The Black man is a unified whole, comprised of peoples of color from all over the world, representing a multitude of different behaviors, attitudes and lifestyles. One thing these peoples have in common is their oppression by white supremacy (also known as European imperialism, British colonization, American capitalism, manifest destiny, the Crusades, Christian conversion, etc.).

"If the soul is left in darkness, sins will be committed.

The guilty one is not he who creates the sin, but he who creates the darkness." - Victor Hugo

The results of this system in America have been especially tragic. Black people, kidnapped from peaceful and prosperous homelands, were sold in the Americas, stripped of their language, ideologies, and culture, and brainwashed. The brainwashing never ceased. In fact, examination of the Willie Lynch letters shows us that further

brainwashing was instrumental in continuing the oppression of the Black male beyond his physical bondage.

In the Bible it states that “the last shall be first and the first shall be last.” During the time the Egyptians were building pyramids, Europeans were creating large mounds of waste in Europe. The garbage piles these cavemen created were often so large, they have evolved into modern-day hillsides. Today, the reverse seems true. But there is a sleeping giant awaiting awakening. Even in the worst of conditions, in jails and ghettos throughout the U.S., Black men continue to awaken to the knowledge of themselves and begin the journey back to their true nature. For every individual walking in darkness and chasing the American dream of money and sex, there is another individual walking up out of that sleep and seeing God in the mirror.

*“The 500 years of resistance have not been in vain.
From 500 years of resistance we pass to another 500 years in power.” - Evo Morales*

ORDERING INFORMATION

AVAILABLE ONLINE AT:

www.knowledgeofself.viviti.com

www.knowledgeofself.us

www.myspace.com/knowledgeofselfbook

www.amazon.com

www.hustleandwin.com

www.lavoerevolt.blogspot.com

www.originalcreations.blogspot.com

FOR WHOLESALE ORDERS:

Email: mecca@hustleandwin.com

righteous.addon@gmail.com

sunez97@gmail.com

Or visit one of the above sites and check for instant wholesale purchasing. You can order copies of *Knowledge of Self* wholesale for as little as \$3.50 a copy!

PEACE!