"If you want to hide something from Black people, put it in a book." Someone who had no insight.

**Rhythm of the Drum**

Our Wholistic Magazine

We’ve come full circle!

Dr. John Henrik Clarke Passes On...
and five years later his legacy

still helps combat
**The Mythology That Kills**

as we strive to
**Know Our History (Ourstory)**
Mission Statement

*Rhythm of the Drum* purports to advance the mental, physical, emotional and spiritual health of Africans throughout the Diaspora. Because everything we come into contact with effects our being, we must focus on such areas as politics, economics, religion/spirituality, the environment, history, culture, etc. Many times these areas overlap so much that it’s difficult to delineate categories; areas of life cannot be compartmentalized so easily; thus, we are wholistic, addressing the health of our whole selves.

*Rhythm of the Drum*, therefore, is a vehicle through which information is disseminated throughout the African Community in order to help Black people across the globe to stay connected with the natural rhythm that keeps us healthy individually and as a whole. *Without the community the individual cannot exist, and without individuals the community does not exist.*

The talking *Drum* beats out a message of completeness, wholeness, correctness, righteousness, balance, truth, justice—MA’AT. Flow with the *Rhythm of the Drum*.

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**Table of Contents**

**Departments**

**POLITICAL SKINNY**

**Myself/Ourselves**

Karolyn Harbour-Holloway

**Tree of Life**

**HERBS**

Tigerwoman

**The Mythology That Kills**

Llaila O. Afrika

**Ourstory**

**Know Our History (Ourstory)**

Randall A. White

**Dr. John Henrik Clarke Passes On...**

Kwaku Person-Lynn, Ph.D.

**Gypsy K’noose**

**Coming Home From Hiatus**

**Spiritually Speaking...**

**Know Thyself**

Dadisi Sanyika
Welcome back to *the Drum! Rhythm of the Drum* has been established for the use of Africans throughout the diaspora. We’ve attempted to establish some departments into which articles can be placed; however, since our categories overlap so much, it may be difficult. You may read an article and think it belongs somewhere else. But that’s fine because that means you’re getting out of it what you need. And you’re getting the wholism we intended.

The scholastic articles in these issues have been researched by the authors. The publisher is not responsible for the claims of the authors; however, if you have any comments or questions about anything you find in these pages, please write or e-mail us right away.

**ON A PERSONAL NOTE**

I came up with the idea of *Rhythm of the Drum* because of my intense love for African people. It’s so important that we begin to examine our whole picture in order to become whole. Everything that has happened to us, is happening to us and is being planned for us plays an important role in our health. And ultimately everything effects our physical health.

**OURSTORY**

*Ourstory* is the true story of us as opposed to his version of the story of what happened to us. *Ourstory* is documented and goes back to before time itself was documented. *Ourstory* is inscribed on the walls of Temples in various parts of Africa. *Ourstory* is in the Pyramids, the Sphinx, the Nile, the Universities in Timbuktu, Alexandria and other cities, the Dynasties, the Cultures, the Art, the Dance. *Ourstory* is in the Study of the Universe, the Practice of Spirituality.

Spirituality and music were almost synonymous. The Spirit of Life flowed with a Rhythm. The Rhythm was expressed in music—whether in the form of song, speech (today we might call it “Rap”) or instruments. The lives of people weren’t compartmentalized as we’ve been taught they should be now. Music was an expression of an inherent spirituality. This compartmentalization that we practice now has proven detrimental to our health. It goes against our makeup to try to break every aspect of our lives into segments.

It cannot be done because everything we do affects some other thing. Every bit of our lives is connected to every other part of our lives. Nothing we do is done in a vacuum and suspended from everything else.

When we were younger, we learned, “Our hip bone’s connected to the thigh bone; the thigh bone’s connected to the leg bone…” But somehow, as we got older, we were thinking that if something happens to the leg, the hip is not affected. A head injury can easily affect our hands; a knee injury can affect the heart.

And on a larger scale, broader than the human body, extending from an individual human, whatever effects one human, effects others in the group. And whatever effects one group effects another. And whatever effects the groups effects the planet, the atmosphere, the environment, the world, the sky, the universe.

By the same token, we can take this same look in the inward direction. Whatever we expose ourselves to on the outside of our bodies will eventually affect our minds, our emotions, our bodies and our spirits. Unless we are conscious of what we allow to enter into our minds, we can be manipulated into believing whatever anyone wants us to believe. We must practice thinking. We must think critically in order not to be enslaved.

We must also control the desires of our emotions. What we want isn’t always what we need or what’s good for us. When we partake of what soothes our emotions to the neglect of what’s good for our complete lives, we set ourselves up for some form of injury. We must watch, monitor and control our emotions in order not to be enslaved.

In addition to this, we must take care that our bodies are not violated. The violation of our bodies takes the form of eating improperly to satisfy our tastes rather than the needs of our bodies, eating too much or too little to meet the standards of beauty that have been set for people who don’t look like us, satisfying an overly stimulated drive for sex perpetuated by the media and the entertainment industry, ignoring the need of the body to get exercise, fresh air and clean water on a regular basis and more. These violations must be eliminated in order not to be enslaved.

You see, this form of slavery is even more effective than the slavery of our ancestors because we have now been taught to enslave and abuse ourselves and each other. The enslavers have “trained” us to do the same thing to ourselves that they have pretended to teach is against the law. Carter G. Woodson said, “If you can control a man’s thinking you do not have to worry about his action...If you make a man think that he is justly an outcast, you do not have to order him to the back door. He will go without being told; and if there is no back door, his very nature will demand one.”*

We must take the law—Universal Law—into our own hands. We must begin to take care of ourselves. We must begin to eat correctly. We must begin to expose ourselves only to situations that induce growth. We must actively remove ourselves from situations that oppress us and stifle our development.

We must do all we can to connect with the Spirit of Life. Everything we do must lead back to life. And only by partaking of Life can we remain in a state of actually living. *Think critically* about that and let’s see where *Ourstory* goes from here.
“It takes a whole village to raise a child.” This African proverb is often quoted in the African American community. However, at this time, our villages are not whole, but divided. Contrary to the beliefs of many, this division just might be as much caused by the inability of the male to break away from the normative male role which supports oppression as it is due to racism.

Many of our men do not see, or choose to ignore, the oppression of Black women by Black men as an important issue because of the overriding struggle with racism. These men feel that when racism is eradicated, then liberation begins. However, I contend that despite the impact of racism in their lives, Black men dominate and oppress Black women. Furthermore, I do not think that we can be free as a people until this oppression is carefully exposed and fought against the struggle against racism.

This is not to imply that the primary struggle of our people is not the struggle against White supremacy, but I believe that Black male dominance is oppression and a backward behavior that is debilitating. It is now very difficult, under present conditions, to engage in life-sustaining and supportive intimate relationships. One out of every two husbands physically abuses his wife. One woman in three is raped and one girl in four is a victim of male incest.

We cannot wait for the dominant society to change! We must focus within our community. The reality of intra-oppression must be faced. We cannot be liberated without establishing new norms for masculine behavior. When the problem of dominance is handled responsibly within, then we can more effectively fight the external conditions of dominance.

Black men, that is, “unconscious” Black men, have bought the idea that sexism is some kind of joke because too often that is what is portrayed by the White male in contemporary society. Those African American men who are more enlightened may understand the implications of male dominance as oppression but think to direct any attention or energies there would cause our primary struggle to suffer. They feel, and with good cause, the White women’s liberation movement, which focuses primarily on sexism, ignores racism, and they are right because White women, despite their oppression, do continue to benefit from racism.

These men feel that women’s liberation is just another tactic with which to undermine their manhood by causing Black women to incorrectly focus her anger toward him rather than our common enemy. However, as Madhubuti states in Claiming Earth, “The essence of Black manhood cannot be found in oppressing Black women or anyone else.” Madhubuti also says that “the future of Black people lies in the loveships and partnerships that Black women and men form and build upon.” I believe this very strongly. Any denial of human growth and potential is oppression and the group as a whole will suffer.

The reality is that the Black struggle for justice has two fronts, the external and the internal. To only focus on one as some prescribe is narrow-minded and can only serve to support the powers that be. My point is that sexism/oppression/dominance is indeed an obstacle which prevents forward movement. Those Black men who argue against women’s rights must realize that as an oppressed man he sees and treats Black women as he is seen and treated. Thus, he then duplicates the relationship of a ruler-ruled, oppressor-oppressed with the woman.

The male and female must be a strong unit; if not, the conditions of racism will continue to manipulate one against the other. I personally know how much women can suffer behind the male psyche, which all too often results in a life-threatening situation for the female. I have personally felt these injustices, both in my married life when I suffered physical abuse from my ex-husband because of his frustrations coupled with the fact that he was physically larger and currently while dating. I can remember calling the police when my two children were babies, only to have them tell me to find someplace to go until my husband calmed down. They would leave me to flee my own home or stay and try to work around his anger. Of course, some might think that I did something to cause him to attack me. But I know that there was no fair reason for his attacks. After all, I was not threatening his life.

Even now in dating I find myself faced with dehumanization from men who are threatened by my freedom, my intelligence, who do not want to allow me to be. One such experience inspired the following poem.

Myself/Ourselves

The male psyche, fortified, supported and so protected to sustain the thoughts of who he is and who I may not be!!

This wall, this barrier, this fence between our souls, our spirits, that render us powerless. Some say ego or persona, but, I think, psyche, that mindset that rules, conceals, protects and at the same time钨holds him from me. And me from him and ourselves from ourselves, and myself from myself.

Can myself only be if apart from? My heart seized, confiscated, impounded, cast into a sea of eternal depression, sorrow and loneliness.

Is this the price that you would have me pay for myself?? No, NO, NO! this should not be. we must learn to travel soul to soul and spirit to spirit to know that which is OURSELVES

To know and understand OUR humanity is the key to making our villages whole. We must be honest; liberation calls for us to clarify, not deny, our condition.

Karolyn Harbour-Holloway is a poet in the Los Angeles, CA, area. Her book, A Walk Within, is one of the vehicles through which she shares words to empower and heal.
FOR MILLIONS, perhaps billions of us, life is a search, a journey of seeking for that which we found unfulfilled in our youth. We search for love; we search for family; we search for community. And in so doing, we seek the completion of Self in others, in the larger Self where similar selves are united in commonality - in community. As we search and grow, we find that modern life, with its bursting balloons of materialism, leaves us more and more empty inside; “things” that once seemed to fill us now fail to bridge the gaping chasms in our psyche. Our inner selves are pulled in too many ways at once - the demands of work here, and social obligations there, the pressures of financial need (or the lesser burdens of wealth), public responsibilities, the needs and wants of our private sphere and finally they break, atomized, meaningless.

The dominant societal ideology of the hour is a perversely individuality hammered into our consciousness by myth and legend. It ignores the historical verity of community - of groups striving to move the social order forward. It ignores the reality that people working together are the only viable solution to any social problem.

As human beings, we are at root social creatures. Outside the bonds of our familial and social relations, we cannot truly live. Our very sanity depends on them. We are birthed in and into community. We grow in community. Community determines who we are. It is not the individual self per se, but its place in the broader social network of human society that defines our identity and gives our life meaning.

Death Blossoms ©1996
Mumia Abu Jamal

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“...When we get back, we have to do this, we have to do that. If these people are controlling their country, we should have to register to vote.’

“Julian Bond and his friends were shocked when they saw in the windows of the U.S. Information Agency offices pictures of black Americans—judges, policemen—supposedly enjoying equal opportunity in the United States, pictures designed to make Africans who knew little about America think that those scenes were commonplace. ‘That’s the worst kind of deceit,’ Bond said.

“...It was as though everything was okay in the United States, that we were happy and didn’t have any problems,’ Mrs. Hamer said. ‘I saw a book—now, that was [in] 1964 [during segregation]—and this book had Bob Moses and another man sitting at a counter and that was showing how the South had progressed in integration. You wouldn’t believe it, see, people be brainwashed there. I’m not kidding, they be brainwashed there like we’ve been brainwashed here.”

This Little Light of Mine: The Life Of Fannie Lou Hamer ©1993
Kay Mills

Many of us, and particularly young people, need to study our history to understand the foundations of our movement. That is why I started the “Pathways to Freedom” program, one of the programs of the Rosa and Raymond Parks Institute for Self-Development, which traces the underground railroad into the civil rights movement and beyond. It teaches our youth about their history and provides a sense of pride in who they are and where they have come from.

...As long as people use tactics to oppress or restrict other people from being free, there is work to be done. Although we have made many gains, racism is still alive. A few years back, the city of Dearborn, Michigan, an area that is predominantly white, passed an ordinance restricting most of its parks to “residents only.” It seemed odd that they would discourage our presence in their parks while welcoming our dollars in their stores.

That ordinance in Dearborn was like many of the intimidating tactics we had to fight against in the civil rights movement. Of course, Dearborn in 1985 was not Montgomery in 1955. However, the same kind of protest tactics were effective. What we had to put up with in the South in those days was so awful that I could not bear to see it happening again.

...Human dignity must be respected at all times. I would have compromised my dignity if I had buckled one more time to the white establishment and relinquished my seat. The mistreatment would have continued. I also would have compromised my dignity if I had resented violently.

Not standing up on the bus that night was a matter of self-respect. Every day of my life, I have wanted to be treated with respect, and I have wanted to treat others with respect. I had expected and hoped that others would feel the same. But because of my race, I was denied that respect. In many ways, that still happens among us today.

...In our struggle, if we are to bring about the kind of changes that will cause the world to stand up and take notice, we must be committed. There is so much work that needs to be done. Every home and neighborhood in this country needs to be a safe, warm, and healthy place— a place fit for human beings as citizens of the United States. It is a big job, but there is no one better to do it than those who live here. Goodness and change are possible in each and every American citizen. We could show the world how it should be done and how to do it with dignity.

Quiet Strength ©1994
Rosa Parks with Gregory J. Reed
HERBS

Elderberry — *Sambucus Nigra*

Folk medicine describes **elderberry** as a “complete medicine chest,” due to its infinite therapeutic and prophylactic benefits. It is the best cure for the first stages of a cold. Just add an ounce of each, **elderberry** flower and peppermint leaf to 1½ pint of boiling water, cover it for 15 minutes without further raising the lid, which preserves its strength and *do not boil!* This is a 90% safe and effective quick cold remedy according to Dr. Edward E. Shook. Actually, one dose should disperse a cold or fever it causes the 7,000,000 sweat glands in the body to discharge the excessive heat and poisons from the system, meanwhile, the bowels and kidneys are simultaneously activated to increase their elimination of harmful waste materials and toxins, which in combination, result in rapid recovery. **Elderberry** provides a dramatic relief of respiratory conditions such as colds, flu, fever, cough, sinus congestion, allergy, hay fever, sore throat, asthma, bronchitis and pneumonia. Its healing qualities are attributed to its wonderful ability to detoxify and clean the blood on the cellular level, promote sweating, reduce fevers, break up mucous, decrease swelling in inflamed joints, is a circulatory stimulant, is a mild diuretic, a sedative for pain relief, heals and soothes the skin, is an external and internal anti-inflammatory and is a tonic to strengthen and restore vitality to the body. People have admired, appreciated and have been grateful from all continents and from all periods in history, for the virtues and blessings of herbs.

**NUTRITION** — **Elderberry** flower tea prepared hot is the most effective treatment for cold, flu, fevers, hay fever or any mucous condition of the upper respiratory tract or lungs. It is rich in iron and Vitamins A and C. Vitamin A builds resistance to disease, promotes longevity, fights cancer, respiratory infections, emphysema, allergies and hay fever. Vitamin C wards off diseases and infectious childhood diseases, fights bacteria, viral and ear infections, allergies, cancer, sinus, tonsillitis, colds and flu. It also improves diabetes, arthritis and circulation and the blood flow. It lowers the incidence of blood clots and the cholesterol level, brings up mucous, heals wounds, detoxifies and neutralizes poisons and strengthens blood vessel walls. If you are experiencing a lengthy, terrible flu, 100,000 IU of Vitamin A can be taken for 5 days “only.” To boost the respiratory system’s fighting ability. (Vitamin A is a fat soluble vitamin that accumulates in the fatty tissues of the body and can build up to toxic levels. Beta-carotene, natures natural Vitamin A, is non-toxic, whatever the level.)

At the first sign of a cold or illness, 1,000 mg. of Vitamin C can be taken every hour while awake and maintained at this level until all symptoms are resolved. “Carry a bottle everywhere you go while ill!” [Vitamin C is a wholistic cancer treatment at 10,000 grams (1,000 mg=1 gram).] Vitamin C is a laxative, so if you experience any loose stools and attribute it to the vitamin C, take half the dose of the previous daily dose and maintain this decreased amount daily. Vitamin C has been proven to reduce the duration of illness and decrease the severity of symptoms. Also, this megadose of vitamin C can act as a chelating agent and therefore flushes out vitamin B and calcium after four days. To avoid developing a temporary deficiency, these two nutrients must be replaced.

Attention must be directed to raising the fluid intake during illness or infection since our bodies have a 75% water content. We must prevent dehydration, which further complicates the situation causing an increased level of illness. When fever occurs, we loose higher amounts of water through perspiration and in the presence of illness, the body has an increased demand for water. The body must be flushed with fluids until the bladder is challenged.

Adequate fluids are maintained only when urination occurs every 1-2 hours while sick. Only then are the proper amount of fluids taken to sufficiently hydrate the body during illness. Also, watch out for proper bowel
function when sick. Regardless of what your doctor has admitted concerning normal bowel functions, “constipation=cancer” down the road. Cancer is the number two killer in the US behind heart disease. True bowel function is ideally producing a stool 2-3 times daily, once at night and the largest of all in the morning should float on the water is you have a satisfactory amount of dietary fiber.

If this is astonishing to you or disagreeable, remember how many times a baby defecates each day and how many piles a dog produces daily. We are not growing at the phenomenal rate at which a baby grows (or we shouldn’t be), and we sure eat a lot more food. (The most recent statistic on laxatives sold in the US shows that $700,000 is spent annually for a normal bodily function.)

In addition to vitamins A and C, elderberry contains vitamin B, flavonoids, rutin, isoquercitin, volatile and essential oils, camphor, mucilage, tannins, cyanogenic glycoside, viburnic acid, alkaloids and sambrinigrine. Lemon juice, garlic and horseradish help to remove mucous. Homemade vegetable soup or broth and one freshly squeezed lemon in eight ounces of water help the body return to an alkaline state which will balance the system and restore health. Herbs that help a cold, fever and mucous removal are peppermint, boneset or yarrow, hyssop and goldenrod.

The roots, aged bark, twigs, leaves, flowers and berries have been used alone or in combination for every type of infection or inflammation in the body. For arthritis joint inflammation and pain, elderberry and chamomile are applied topically, the very popular traditional green ointment or elderberry leaves and stems, ointments of plantain leaves, ground ivy and wormwood or orally bogbean, willow or yucca. The berries can be made into pies, jellies, vitamin and mineral rich jams, marmalade, chutney, a summer beverage and wine. An excellent anemia treatment is an elderberry and blackberry juice blend.

Elderberry has been successfully used to treat epilepsy. One or two year old aged branches are selected and the gray outer bark is removed by scraping. Then place two ounces or elderberry in five ounces of boiling water and steep (let stand) for 48 hours. Once it is strained, a wineglass full is given every 15 minutes when a fit is threatening. The patient must fast during this regimen. Repeat this treatment every 6-8 days. The flowers also quiet eye twitching and inflammation by applying cotton balls soaked with elderberry tea. Elderberry is also a versatile cosmetic herb aiding a beautiful complexion, removing spots and freckles, sunburn, a weak bleaching agent, soften and heals the skin internally and externally and is excellent for burns if mixed with coconut oil.

HISTORY — Elderberry is one of man’s oldest supportive plants according to archeological history dating back to the Stone Age. It is indigenous to Northern Africa, western Asia, Europe and North America. The elderberry supplied the wood for the Christ’s Cross. It was also the same tree Judas used to hang himself. It was a very intriguing mystical herb with quite an elaborate superstitious system involving witches, rituals and ceremonial practices.

The Greeks utilized it as a laxative. Hippocrates also employed it as a purgative or harsh strong laxative associated with causing abdominal pain and several bowel movements. It was used to make ancient musical instruments. It was the home of witches and Freya, the Norse goddess of peace and beauty, which related to the medieval mythological system of Scandinavian countries such as Norway and Iceland. In Denmark the Hylde-Mlkoer elder-tree mother, a spirit, lived in all elderberry plants and would haunt anyone who cut one down.

Even great kings have listened suspiciously to herbal legends concerning its health and longevity benefits. Shakespeare even made reference, that stinking elderberry to it by one of his characters in a play. It was a popular gypsy favorite cold remedy. In Portugal for hundreds of years scoundrels added elderberry juice to cheap port to make it look and taste more expensive and then scalped the price. This practice was so widely abused that at one period it was against the law to even grow the berries in the country.

The Shakers also used it as a medicinal herb. The 17th century herbalist, John Evelyn, called it a remedy against “all infirmities whatever.” Other great herbalists such as Gerard, Culpepper and Mrs. Maude Grieves have all praised it. In Europe the berries were a beloved ornament of lush landscaping. The Native American tribe of Menomines used the dried flowers in a tea to lower fevers. The Meskwakis used the root bark tea to expel mucous, treat headaches and initiate labor in the childbirth process and the Houmas treated inflammations with a bark.
AILMENTS — Allergic rhinitis, allergy, appendix and brain inflammation, arthritis, asthma, bladder, ear, eye, kidney and skin infections, bronchitis, burns, chopped skin, chilblains or frostbite (the inflammation and swelling of the fingers, toes and feet caused by a cold, damp atmosphere) in topical form, cancer childhood liver derangement, cold, colic, cough, croup, constipation, diarrhea, deafness due to mucous impaction, digestive, intestinal, menstrual and minor skin problems, dropsy, eczema (topical, erysipelas (a fever disease with localized inflammation and skin swelling that if untreated can lead to nephritis, abscess or septicemia, total blood infection), fever, flu gas, German measles, grand mal seizures, hand sores, hay fever, hemorrhoid, jaundice, measles, mouth ulcers, nerves, neuralgia, pain, palsy, pneumonia, rash, rheumatism, sinusitis, sinus congestion, scrofula (a type of tuberculosis with secondary lymph node involvement in children), sore throat and eyes, sprains, swollen joints, tonsilitis, tumors and ulcers.

ACTIONS — Anti-inflammatory, brings out the eruption of measles, blood cleanser and purifier, calms skin irritations, cell cleanser, circulatory stimulant, discutient (dispenses lesions or tumors), detoxifies the body tissues at the cellular level, emollient, expectorant, eyewash, heals wounds, laxative, prophylactic against allergies, hay fever, cold and flu if taken before the spring pollen count rises, purgative, reduces phlegm, relieves pain, chest, urinary and skin inflammations, removes freckles and spots, sedative, softens, smoothes and soothes the skin, strengthens upper respiratory tract and mucous membranes, tonic for ovarian problems and is a cathartic (a laxative mimicking caster oil).

CAUTION — The fresh plant is poisonous, causing allergic reactions and irritations. Large doses cause vomiting and stupor. Do not use the bark while pregnant because of its strong, laxative, cathartic and purgative actions. The seeds are toxic, so do not eat unless they have been cooked. Do not take the long leaf buds. They produce a violent purgative action or numerous harsh watery stools. Do not take any parts of elderberry if the condition has a chance of becoming worse by further drying or fluid depletion.

Boneset — eupatorium perfoliatum

Boneset is an excellent herb for cold, flu and fever remedies. It is invaluable in the management of fever strategy, chills, cough, respiratory congestion, mucous, phlegm in the nasal passages, sore throat and muscle aches and pain. It has an essential calming effect and promotes normal bowel action to clean the waste from an overloaded system. It is the best remedy for any symptoms accompanying the flu and had an unequal success rate during the 18th and 19th centuries. It was the most common home remedy in the last century and was very heavily relied upon by physicians. Boneset only fell out of popularity in the US after Dr. Bayer discovered salicylic acid from the bark of the white willow tree, which we commonly know as aspirin. The early colonist witnessed the Native Americans effective demonstrations of boneset in the treatment of flu and infectious disease, and then adopted it as an American tradition. Its valid use does have scientific merit. European studies revealed that boneset stimulates the white blood cells to destroy disease causing microorganisms more effectively in bacterial and viral infectious conditions. Today, it I still popularly used in Germany. Boneset has the unique and distinguished ability to produce dual actions depending on using contrasting temperatures. When cold, it is a tonic, helps chill and acts as a laxative. Warm boneset helps flu, fever, is an expectorant and may cause vomiting. The hot form produces sweating and powerfully evacuates the bowels.

HISTORY — Originally, the Native Americans used plasters and poultices out of boneset and comfrey (an herb known as the bone knitter) to heal broken bones. Boneset tea didn’t become popular until the Snake Oil era. Civil War troops received boneset tea not only as a remedy when they fell victim to fever but also as a tonic to keep them healthy. The plant derives its common name from its usefulness in treating a kind of influenza, prevalent in the 19th century in America. This influenza was known as “break-bone fever” and was characterized by pains that felt
as if all of the bones in the body were broken. This break-bone fever was formerly known as dengue fever, a mosquito borne viral disease that causes muscle pain so intense that individuals imagined their bones were breaking. Today dengue is rare in the US except among citizens that travel overseas to tropical areas.

Others common names for boneset were Indian sage, augured, sweat plant, thoroughwort, crosswort and feverwort. It is indigenous to Mexico, the West Indies and South America, but has been naturalized from New Brunswick south to Florida and Texas and west to the Dakotas. It grows in damp, moist, swampy soil. It is easily recognized because of the way its single stem seems to be added through the end of its long pointed leaves. It is characterized by a fine terminal flower cluster that is reminiscent of yarrow’s appearance. The attics or woodsheds of almost every farm house had bunches of boneset hanging from its rafters, ready for immediate emergency use, should any family member or neighbor come down with a cold.

NUTRITION — Magnesium comprises the highest nutrient factor in boneset. Magnesium lowers blood pressure, is necessary for proper heart function, bone growth and integrity, makes over 300 enzyme reactions in the body and regulates the calcium intake of cells.

Boneset is high in calcium, niacin and phosphorus. It is moderate in crude and dietary fiber, fat, iron, manganese, protein, selenium, silicon and sodium. It contains low amounts of B complex, potassium and is very low in calories, chromium, cobalt, riboflavin, thiamine, PABA, zinc vitamins A and C. The leaves and flower tops are the active portion of the herb that are used medicinally. Boneset has an extremely bitter taste with a faint odor. Just the thought of it made people get well. It may be flavored with ginger, anise, cinnamon, honey or lemon.

Lemons increase elimination through the skin, which helps to reduce fever. Lemons are also a germicide destroying over 20 different harmful organisms, are alkaline once inside the body and restore internal balance. Whenever a fever is present, bake a lemon for 20 minutes and drink half of it every half-hour until the body temperature returns to normal. Lemon has been used with boneset to maintain the calcium level, which is vital whenever fever is present. Increasing the fluid intake will reduce fever and relieve many flu symptoms. An enema or a laxative can reduce and improve a fever and will promote the removal of poisons, toxins and waste materials.

Active ingredients in boneset are flavones, flavonoids, quercetin, kampherol, astrazalin, resin, tannin, saponin, sitosterol, alkaldoids, mucilaginous compounds, polysaccharides, inulin 15%, aromatic compounds, essential and volatile oils, terpenoids, sesquiterpene lactones, chromenes, eupafolin, diterpenes, dendroidinic acid, triterpenes, alpha-amyrin, glycoside eupatorin and gallic acid. The leaves contain the sesquiterpene lactones that stimulate appetite, may posses anti-tumor activity and have anthelmintic properties, which are useful in treating parasitic intestinal worms.

Use 1-2 teaspoons of boneset per cup or a tincture of 2-4 cc’s. Both methods may be taken three times a day. Other herbs that promote sweating and relieve flu symptoms are peppermint, mulberry leaf, elderberry flowers and yarrow. Sage and chlorophyll can be used as a gargle for a sore throat. White horehound, thyme and licorice make excellent cough syrup remedies. Garlic, echinacea, goldenseal and myrrh can be used to fight infection and boost the immune system. Avoid mucous forming foods such as dairy products, refined carbohydrates and alcohol. Excessive fats and sugar weaken, paralyze and damage the immune system.

AILMENTS — Any condition exacerbated by dampness, biliousness (excess bile or liver disorder causing constipation, headaches, loss of appetite and vomiting bile), bladder, female and liver disorders, bronchitis, chills, colds, constipation, dengue or malarial type fevers, diverticulosis, dyspepsia, encephalitis (or brain fever), fever, flu, indigestion, intemperance or alcoholism, jaundice, malaria, measles, mucous, mumps, muscle aches, muscular rheumatism, night sweats, pneumonia, respiratory allergies, rheumatism, rocky mountain spotted fever, scarlet fever, skin diseases linked to digestive and hepatic disorders, snakebite, sore throat, typhoid fever, urinary tract infection, upper respiratory congestion, worms and yellow fever.

ACTIONS — Anti-inflammatory, calming, cleans upper respiratory tract of mucous congestion, clears nasal passages and the body of built up waste, cleans the stomach and liver, cholagogue or increases bile flow from the gallbladder into the intestine, diaphoretic, emetic, expectorant, general cleansing agent, mild laxative and tonic to
aid in the digestive process of the elderly, peripheral vasodilator and relaxant, possible immune system stimulant, prevents fever, promotes perspiration, reduces fever, relaxes mucous membranes slow continuous stimulant, stimulates peristalsis and increases phagocytosis action or the white blood cell process of attacking, engulfing and destroying bacteria and other foreign agents that do not belong in the body.

CAUTION — Large doses may cause vomiting.

The Master Mineral - Zinc

Zinc is the male mineral for prostate gland function and health, the growth of reproductive organs and male hormones. It protects against testicular cancer and reduces tumors. Zinc is required for the production of insulin with nine other minerals needed for a healthy thyroid, pancreas, prostate and thymus. It boosts the immune system function, is an anti-oxidant to fight cancer and produce energy and is and anti-ager.

Zinc relieves cold and sore throat symptoms and discomfort and, along with vitamin C, speeds the healing of wounds. It promotes mental alertness and proper concentration. With lecithin it becomes brain food, and it helps prevent mental disorders. It has a dynamic influence on maternal and fetal health and is involved in the major metabolic processes which form life. It then promotes normal cell growth, maintenance and repair.

Zinc also help the physiological synthesis of protein, DNA and RNA. It’s an essential buffering mineral in the acid/alkaline balance, which is required for the production of digestive enzymes. Zinc is necessary for the digestion of proteins ad carbohydrates, and it protects the liver from chemical damage.

Zinc, along with vitamin A, is necessary for the sense of taste and smell, and they are used in keen night vision. Zinc helps to decrease cholesterol deposits and buildup in blood vessels. It is essential for the normal growth of children’s bones and teeth and is and essential for the normal growth of children’s bones and teeth. For inflammatory acne sufferers, zinc, with the help of vitamin A, clears up the acne.

Zinc is the largest trace mineral next to iron. It helps the body to utilize and assimilate iron, copper and vitamin B complex. Combined with calcium and magnesium, zinc governs muscle contraction. Consequently, it’s the athlete’s miracle mineral and must be replaced when it’s lost during exercise. Zinc is found in muscles, bones, blood, skin, liver and kidneys.

HELPS — The brain, nerves, eye functions, cataracts, build energy, reduces body odor, stimulates the action of the vitamins, tissue respiration, resolves trauma after surgery, alcoholism, gout, neuralgia, delirium, mania, stroke, epilepsy and blisters of the face and scalp.

PREVENTS — birth defects, Cesarean birth, dental plaque formation, gum disease, infant growth retardation, knee and hip joint pain, low birth weight in infants, stretch marks, poor circulation (and the associated coldness of the extremities), and white spots on fingernails.

RESULTS OF DEFICIENCY — Anemia, arteriosclerosis, cataracts, diabetes, lack of energy/listlessness, liver and spleen problems, prostate problems, retarded growth, seizures, slow healing, skin sores, underdeveloped sex organs, vision problems.

DEPLETORS — Alcohol, antacids, an excess of calcium, nutrient-poor soil, oral contraceptives, processed food, white bread.

HERBAL SOURCES — Aloe, bilberry, buchu, burdock, butcher’s broom, cayenne, chamomile, chickweed, comfrey, dandelion, echinacea, eyebright, garlic, ginger, goldenseal, hawthorn, hops (lowers sex drive), Irish moss, kelp, lady’s slipper, licorice, marshmallow, psyllium, rosemary, sage, sarsaparilla, skullcap, slippery elm, spirulina and wild yam.

NATURAL SOURCES — Almonds, asparagus, avocado, Brazil nuts, brewer’s yeast, buckwheat, cabbage, carrots, garlic, grape juice, green leafy vegetables, lentils, parsley, peanuts, pecans, pumpkin seeds, rye, soy beans, spinach, split peas, sunflower seeds, walnuts, wheat, wheat bran and wheat germ.
THE HEALTH STORY

According to the Genesis 1:27 story, our bodies are constructed of the minerals in the dirt! These nutrients are found in every cell! They form our structural cellular tissues of the body and are the health of our glandular functions. Without these God-created minerals, we cannot exist! Illness is a lack of these minerals when our body does not contain the building materials to complete its daily work and functions, which are the growth, repair, maintenance and restoration of our cells. The body requires 72 minerals and approximately 20 more vitamins and co-factors a day for normal cellular function and existence.

Below is a partial list of the minerals we need to sustain our original bodily structure.

- **Iron**—synonymous with oxygen. Without oxygen we can only live four minutes. Iron bonds with oxygen, calcium and protein to form hemoglobin, which carries oxygen to every cell of our bodies.
- **Co-enzyme Q10**—Vitamin Q, though not a true vitamin because it is produced by the body, is the live force energy source. Without its presence, we die! Ten million Japanese have it prescribed by their doctors. Men and women in Japan have a longer life expectancy than those in the United State; they’re expected to live 80 years!
- **Calcium**—A core mineral that is our glue or cement that holds the entire body together. It guarantees our movement and nervous system functions. It is the strength that maintains our structural bone frame and contracts our heart muscle.
- **Magnesium**—It relaxes the heart after calcium contracts it, dilates blood vessels to lower the blood pressure and bronchial tubes to prevent asthma, is a natural laxative ad anti-spasmodic and is the natural pacemaker of the heart to prevent irregular heart beats. It works with calcium to form our firm structural integrity.
- **Copper**—Makes up our blood and bones and is one of the greatest conductors of electricity besides water. It prevents cancer, is a natural anti-inflammatory to prevent arthritis; and for people of color, it is a component of our precious melanin.
- **Potassium**—It is the catalyst inside the cell that is responsible for our electrical potential along with the sodium located outside the cell that allows our nervous system and muscle movement. It maintains heart function, gland function, brain function and is a natural diuretic and stimulates normal kidney function.
- **Phosphorus**—Forms our brain and nervous tissue with the essential fatty acid (flax seed), our bones and teeth and maintains normal kidney function. Without it, no memory or high brain functions could exist!
- **Sulfur**—This is an acid mineral (all of the above are alkaline; alkalinity prevents and kills cancer!) that performs cellular respiration. It breathes for the cell, carrying waste and toxins out of it. It is also a bone mineral component like calcium, magnesium, phosphorus and copper, which forms our hard framework cellular structure.
- **Zinc**—Along with magnesium, manganese and copper, it forms hundreds of enzymes and enzyme systems that speed actions and reactions in the body to perform vital life functions. It is also the core mineral that ensures men’s sexual health and functioning. Zinc stops swelling (of the prostate), boosts the immune system, allows our taste and smell senses, forms insulin, speeds the healing of wounds and prevents cataracts and acne.
- **Lecithin**—This is a phosphorized fat that is what our brain, nervous tissue and myelin insulation covering over our nerves for proper electrical conduction is constructed. It lowers the blood pressure, cholesterol, emulsifies and dissolves fat and prevents arteriosclerosis.
- **Protein**—It is found in every cell of the body. It helps with the repair, restoration and maintenance of 100 trillion cells in our body, which is quite a task!

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The Mythology That Kills
Llaila O. Afrika

The “mythology that kills” includes the unfounded imagery/false idea that White Supremacy can be changed by Afrikans and that Whites want to stop being White/Racists. It seems impossible to reverse these anti-Afrikan myths, and Afrikans that hold onto them are serving Whites just the same as drug addiction, genocidalicide, junk food diets and Afropeans/Negroes serve(d) White Supremacy.

Afrikan people are infected by mythology. More Afrikans suffer and die from myths, directly and indirectly, than can be estimated. The belief in mythology causes Afrikans to die because they have proclaimed themselves to have the duty of saving the White Supremacists. Afrikans take energy that could be used for their children, family and community and give that energy to saving White people. They believe their Afrikan intelligence, spirituality and actions can save Whites from White Supremacy. Some Afrikans believe that protest, politics, joining or working for Caucasian government/businesses/religions, getting special programs or laws “changed”, and/or working “within” the system will save Whites from White Supremacy. This is a waste of Afrikan energy and drains the world Afrikan community of human resources. White Supremacy is a spiritual, mental and physical illness. It requires treatment from a practitioner that does not and will not exist—a sane, non-racist, Caucasian therapist.

Afrikans, in their political, social and religious attempts to rid Whites of White Supremacy have become co-dependents. Co-dependency is typical of the thinking and behavior of the partners of addicts. If she/he does not put her/him out of the house or into therapy, then every action she/he takes in the relationship keeps the addict an addict. In her/his attempts to save the addict and the relationship, she/he becomes mentally ill and develops a behavior disorder. Every action an Afrikan takes to save Whites from White Supremacy is perverted. In the African/European co-dependent relationship, even anti-White supremacy actions are used as fuel to energize White Supremacy. In fact, these actions are institutionalized to support White Supremacy. There are many examples of this.

When Black television audiences demanded more Black shows, it was anticipated that these shows would provide a better understanding of racial issues and relevant ideas about our culture and struggle. The Caucasian-owned television media responded by putting on shows that degraded and insulted us by projecting Blacks as clowns who are irresponsible, immoral, hypersexualized, without ethics, spirituality or anything of value (i.e. Martin Lawrence, Wayan Brothers, Def Comedy Jam, Steve Erkel, Fresh Prince, etc.).

Television shows serve to maintain White Supremacy. In other words, they maintain the master/slave relationship. The shows are sponsored by Caucasian companies, which make huge economic profits. The Afrikan belief in the mythology is reinforced, thereby, and the White Supremacists get paid for being White Supremacists. Co-dependency causes Afrikans to believe in the myth that change in Caucasian behavior is possible.

Many Afrikans are unaware that White Supremacy has temporary periods of “non-racism” while modifying the racist behavior and then continues in another form. It is a characteristic of the White Supremacy disease process to temporarily alter behavior, make situational adjustments, and then substitute another form of White Supremacy.

In 1965, Caucasians created the U.S. Elementary and Secondary Education Act, which established the $40 billion-a-year business, called “Special Education.” This increased the number of psychologists from 3,000 to over 20,000 by 1993. The psychologists, teachers and counselors started teaching lifestyle choice—sexual preference/homosexuality—which is basically immoral and unethical behavior. According to the National Institute of Mental Health (NIMH) and the Central Intelligence Agency (CIA), the purpose of psychology is to bend and alter the culture of children, and adults. Along with the increase of “lifestyle choice” indoctrination has been an increase in drug abuse, arrest, gang violence, sexual diseases, abortion, a 220% increase in suicides and 100% increase in illiteracy.

Only 1 out of 10 “Special Education” students graduate from high school. Special Education makes Afrikan children’s reaction to oppression, White Supremacy, poverty, television shows, slavery, trauma, junk food, prescription tranquilizers and narcotics (Ritalin) a medical problem instead of a White Supremacy problem. Despite ample historical evidence that demonstrates the racist mental illness and violent nature of Caucasians, Afrikans continue to believe in and serve anti-Afrikan mythology. The end result of serving these myths is the continued destruction of Black civilization.

If Afrikans keep walking with their eyes looking only upward for spirituality, they will stumble out of their own culture and be swallowed up by anti-Afrikan non-culture. We, the living Afrikans, have not been living within our culture because we are the victims of many anti-Afrikan myths. We must combine our knowledge of the past and present to destroy these myths and uplift Africanity to higher heights. The mythology that kills should not be permitted to claim another Afrikan victim.

Llaila O. Afrika is a researcher and naturopathic health practitioner. He authored African Holistic Health and Nutricide and the Gullah.

Llaila O. Afrika is a researcher and naturopathic health practitioner. He authored African Holistic Health and Nutricide and the Gullah.
History is defined as: 1. A narrative of events; a story; chronicle; 2. A chronological record of events, as of the life or development of a people; 3. The branch of knowledge that records and analyzes past events. As African-American people, our history is divided into two periods: our existence in Africa, which dates back before the prehistory of Nowe (Thebes 4500 BC); then our existence in North America, beginning with the enslavement of our people (approximately AD 1620) to the present.

It is vitally essential to understand that our history does extend beyond the enslavement of our forebears here in North America. To look only at our American History would not only severely destroy our perception of the Black race, but it would leave us perpetually lost as a people.

Our existence here began as slaves. To transform man to slave, we were stripped of who we were, and everything we stood for. Our values, customs, religion, manhood, womanhood, familyhood, etc... were replaced with a slavery-adopted ideology, an ideology built on the premise that everything black and of black amounts to nothing, is dumb, negative, weak, etc. This ideology was enforced and inbred so thoroughly that it is perpetuated even today. It has become common practice and accepted as “the way.”

For over 4,000 years, the history of African peoples has been destroyed, manipulated, stolen, falsely claimed, and misinterpreted. The reason for such a vast effort of destruction was to separate the Black race from its history. To take the child from the mother. To eliminate the child’s knowledge of the past, thus, giving the child nothing to grow on. To eliminate the child’s African History, thus, giving the child American History to grow on.

Our north American History spans some 370 years, whereas, our African History dates back more than 10,000 years. The History of our Ancestors (Ourstory) will serve to enlighten us as to who we really are, therefore, eliminating the limits as to who we can be. We are Kings, Queens, Architects, Astrologers, Journalists, Artists, Scientists, Manufacturers, Athletes, Doctors and Educators. It is our responsibility to educate ourselves and then others.

I wish you Love and Peace.

Randall A. White is a father and musical artist—one of the founding members of WhiteMorrison—in Los Angeles, CA.
Dr. John Henrik Clarke passes on... and leaves a legacy

by Kwaku Person-Lynn, Ph.D.

Dr. John Henrik Clarke, our great and distinguished elder scholar/historian; the Dean of Black Studies; the master teacher; and the most scholastically influential individual in the area of Black consciousness/Africentricity, passed on to ancestorhood Thursday, July 16, 1998, in New York City. Though he was totally blind toward the end, he still managed to lecture and write books. Here is an excerpt from a recently published book I wrote on him, *On My Journey Now: The Narrative and Works of Dr. John Henrik Clarke, The Knowledge Revolutionary*.

“I was born from very poor landless peasants on January 1, 1915. They were sharecroppers in the backwoods of Union Springs, Alabama. My father had a dream that one day he wanted to own land. He wanted to leave this land to his son. He wanted to be an independent farmer. A storm that wrecked our house gave him the opportunity to move his family to a mill city called Columbus, Georgia. He worked in the mills and the brickyards, hoping to eventually earn the kind of money he could use to buy independent land. Of course, he never did. But thanks to a ten-cents-a-week policy, the only free land he ever knew was the grave we buried him in. That was paid for, free and clear.

“My background would normally be looked at by both [B]lack and white sociologists as the one kind of background that would not shape me to be anything of consequence. My early orientation to history came from my great grandmother. We called her Mom Mary. She had witnessed the last slaves who arrived directly from Afrika. She spoke of them and their inability to immediately learn the English language. She told me the story of the trials and tribulations of her family, our family, and of her husband who was sold to a slave-breeding farm in Virginia.

“After emancipation, she went into Virginia, spending three years trying to find him. She never found him, of course. She was the mother of my grand aunt, who was a midwife of my father’s father.

“Nothing really shaped me to be a teacher of history in that immediate background, except that I learned to read early. I used to pick up the letters from the Post Office. I learned responsibility and was respected, and somewhat rewarded for shouldering responsibility at an early age. When we moved to the city, one of the uncles used to give me five cents a week in tribute to my industry in helping my mother, and all kinds of things of this nature.

“What set me in motion was when I learned to teach the junior class in Sunday School and couldn’t find the image of my own people in the Bible. They were nowhere to be found in the Sunday School lessons. I began to suspect that something had gone wrong in history. I see Moses going down to Ethiopia, where he marries Zipporah, and she turns white. I see people going to the land of Kush, which is the present-day Sudan, and they got white. I see people going to Punt, which is present-day Somalia, and they got white. What are all these white people doing in Afrika? There were no Afrikans in Afrika, in the Sunday School lesson.
“My great grandmother kept telling me that everything in the Bible was the truth, and it was not to be questioned. That gave me a great dilemma, because I loved her almost to the point of making a deity out of her. I didn’t want to be in conflict with her, but I was running into a conflict. I couldn’t find [B]lack people in the land of [B]lack people. So I began to search.

One day while doing chores at a high school, there was a recitalist, and this recitalist had a book called The New Negro. I would keep his books and his coat because Spencer High School was so new they didn’t have a coatroom. He was reciting to raise some funds for a curtain for the stage. They didn’t have a curtain. So I was holding his books. While doing my chore, I read an essay called, “The Negro Digs Up His Past.” That was a key moment in my life. I made up my mind that we did have a history. For the first time, I read something on the ancient history of Afrikan people. I can’t tell you how important that was to me.

“When I think about my people immediately after slavery, I often compare our mental state to now. We were better than we are now—resisting better, believing more in ourselves than we are right now. Copping out were better than we are now—resisting better, believing better, believing more in ourselves than we are right now. Copping out less on ourselves than we are right now. Immediately after slavery, we began to build institutions, political parties, and businesses faster than we are doing right now. We need to study that period. We need to read W. E. B. DuBois’ [B]lack Reconstruction again. We need to read his essay on the Freedman’s Bureau again. There are a whole lot of things we need to reconsider.

“We need to reconsider the 19th Century [B]lack man and woman, who were tall in comparison to what we are right now. They made fewer excuses. They had more hardships, and they faced them better. They had something we don’t have, they had less distractions: no television, no radio. They had their work, and the church was the main outlet. Spiritually, they held themselves together. Culturally, they held themselves together.

“The church was also the school. The church was the recreation center. The church was the place where you would go to look for a lady to court that might be your wife. The church was the center of the being of a people. The church was not a weekend thing. The church was an everyday thing.

“Our forced migration into this country helped to make this country what it is. We have a claim that’s outstanding. That’s going to have to be satisfied. We’ve contributed to the culture and to the direction of this country. We live in an American society that’s now dying, and we can bring it alive, if we think it’s worth being brought alive.

“With all of our faults and all the things that are crippling our development, we are a nation within a nation, looking for a nationality. Once we find that nationality, our relationship to Afrika, we will join others in marshalling our true strength, our peoplelessness, our nationness once again. We’ll stop answering to the term “minority.” We will stop acting like a minority. We will stop feeling like a minority. We will know then, that we are world people.

“We must stop killing ourselves about belonging to mother countries not of our making. Languages not of our making. Stop worshipping gods not of our choosing, and realize that wherever we are on the face of the earth, we are an Afrikan people. No matter where our bodies are, our heartbeat, our future, our political being is in Afrika. We are an Afrikan people wherever we are on the face of the earth. We have to learn how to relax about being an Afrikan people. How to use it as a source of strength, not as a source of retreat or regret. We must wear it like a badge of honor, and contribute to it as though it was a new world religious order, which indeed is what it can be.

As for my library, 10,000 volumes have already been given to the Woodruff Library Center at Clark Atlanta University, in Atlanta, Georgia, and some other libraries. In the event of my passing, all of the books that are not in the Woodruff Center, all of the Afrikan and American Afrikan, all of the relevant books, will be sent there. Where the Woodruff Library has duplicates, those books will go to the Africana Studies Center Library at Cornell University in Ithaca, New York. My children’s books will go to Public School (PS) 121 at 140th Street and Eighth Avenue, in Harlem.

“I just hope the best use will be made of them, in as much as I have traveled over large portions of the world. I’ve collected books from different places, libraries and little bookstores in little known countries. I have books that cannot be bought again because they were published in approximately 500 editions, and when that edition was sold out, neither the publisher nor the author had enough money to get another edition out.

“I am preparing the audio and video tapes to be sent, first and foremost, to the audio and video division of the Auburn Avenue Research Library on African American Culture and History in Atlanta. Some are already gone. A duplicate copy of those tapes will go to the Schomburg Center for Research in [B]lack Culture in Harlem.
“Maybe one day there will be books of my published papers. That will be something that will be thought of later. I am limited in preparing for immortality. I think that my work is so unfinished, and I am so unready to leave. It is something I try not to let dwell on my mind too much. Inevitably, I know that everyone has an end, but I haven’t planned mine as much as some people think I should.

“Ten, twenty-five, a hundred years from now, if Afrikan historians feel obliged to write about me, I hope they can say that he did the best he could to tell the truth. When he discovered that he was wrong, he corrected himself. He was committed to liberation, uplifting of his own people, and there’s no evidence that he ever turned on his own advocacy of freedom and indepen-
dence, or betrayed any aspects of that long freedom struggle.

“In regards to our precious young people, they are really the seeds of tomorrow’s crop, and our hope for immortality rests with them. They owe it to themselves, and to us, to pick out the finest things among us as examples, follow these examples and improve upon them. They are the makers of tomorrow. We changed the world once. We’ll change it again.”

Gypsy K’noise
B. Parhams-Jones (aka Gypsy)

Coming Home From Hiatus

Hiatus! It’s such a beautiful sounding word...Almost seductive in its sound. Because it can be so enticing and enveloping one must plan wisely when taking it; otherwise coming home from hiatus can be a traumatic rebirthing!

I’ve been on such a hiatus...An interruption in continuity. It has served to challenge (and in some cases reward) my body, mind, and spirit. My hiatus, though it came at such a well-deserved time, however, came so abruptly that I found it necessary to fight against a force that held me captive in hiatus. When I broke free I realized I was in a state of displacement that had me temporarily confused.

During my hiatus I’d made several steps (some progressive) along my life’s journey but hadn’t made a plan nor mapped out my route. When the term of my hiatus began to wane and my soul began to stir again, I realized I’d become disconnected from “things.” Things that made me passionate about many other situations in life. Things that helped me identify who I am. I had experienced several growth spurts while I was “away” and had grown away from myself.

I asked myself, “How did this happen?” Was my hiatus too long? Was it too deep? Did it lack a direction? I decided that it was probably all of these and more. My transition into hiatus should have been planned in order to be smooth. The transition back should have been included in the initial planning. Why hadn’t it been? I concluded that, in part, it was because I struggled so hard to allow myself permission to take a break. When the break happened, it was because I broke down...And there certainly was no planning involved in that! We must pause before we’re forced to do so.

Coming home from this hiatus has had more meaning than I’d hoped for or certainly imagined it would have for me. I’m blessed that I always find it very good to be home (home provides a place of comfort and healing from mistakes made along the journey). But, d’you know what? I look forward to my next hiatus because I know when the time comes around, I will need it again. I also know that I will always remember these thing about hiatus and me: 1. It will always be essential, but I’ll never take another blindly, thoughtlessly, or without regard to purpose; 2. I will always stop before its necessary and plan its Alpha and its Omega; and finally, 3. At its end there will be a sense of accomplishment and fulfillment.

“...And it is good!”
We are Souls evolving through bodies, each called to do creative service in the great work of spiritualizing the planet. To reach our full human potential as co-creators, each human being must come to realize that we are not our physical bodies, we are not our emotions, and we are not our thoughts. These three are collectively termed the lower self and are vehicles for the realization and expression of higher, divine or cosmic consciousness. True health is the union of the higher Self, composed of the Higher or abstract mind, the intuition and pure will, with the lower self. The goal is Wholeness, where the lower vehicle is ruled by the Higher Mind or Soul, the divinity within.

The path to wholeness and self-realization is an initiation and represents a process of spiritual and psychological regeneration or rebirth. At the core of this process of spiritual rebirth is the necessity to become intimate with Self. Since experience identifies Self, each person must become intimately aware of the accumulated physical, emotional and mental experiences constituting their present conditioning. The following techniques, processes and practices will construct a bridge from lower to higher consciousness and self-realization. We will explore these more fully in an upcoming issue.

Practice some form of meditation.
Learn deep breathing techniques.
Get rest and relaxation.
Include fresh air into your life.
Regular exercise.
Natural diet and nutritional program.
Take regular sun breaks.
Know your astrological chart.
Know and practice the Ten Virtues. Steadfastness, fidelity, devotion, fortitude, temperance, courage, obedience, prudence, wisdom, justice.
Study and know the Seven Liberal Arts and Sciences. Mathematics and Numerology, Sacred Geometry, Music, Astronomy and Astrology, Rhetoric, Grammar, Logic/Dialectics.
Understand the process of individuation, wholeness, psychosynthesis or self-mastery.
Maintain a positive mental attitude.
Do an autobiographical sketch of your life.
Plot a life legacy plan/What is your Unction (your calling in life).
Keep a journal of your daily activities and important and significant life events.
Update your life goals regularly.
Record your dreams.
Learn the language of symbols.

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