

# Umoja Week



**#NguzoSabaChallenge**

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### Great Kujichagulia:

OOPs.... I ended up getting so involved in my fast, that I was not able to end this week properly and write a daily blog. It was hard for me to focus and get things done. So the eMag is late. But this time was well spent because I have come up with some powerful ideas that will take all of us to the next level. I have decided coming off this fast that rather than constantly hit yall with new broadcast and podcast, I will begin curating my digital library and start sharing my content with you. This frees up time so that I can spend some of it with my family, as well as finish some needed assignments, as well as let me do a better writeup for some of my older shows. On my YouTube channel I have over 2k videos, and most of them don't have an adiquet writeup our a blog that directs people to it.

So I hope that you enjoy the new format, and i definately hope that it is bringing value to your life. Follow the info and live "The Best Life". Also if you have not done our free ecourse take some time this summer and get it before our new ecourses hit the site. Free GNJ ecourse

## An Offer You Can't Refuse

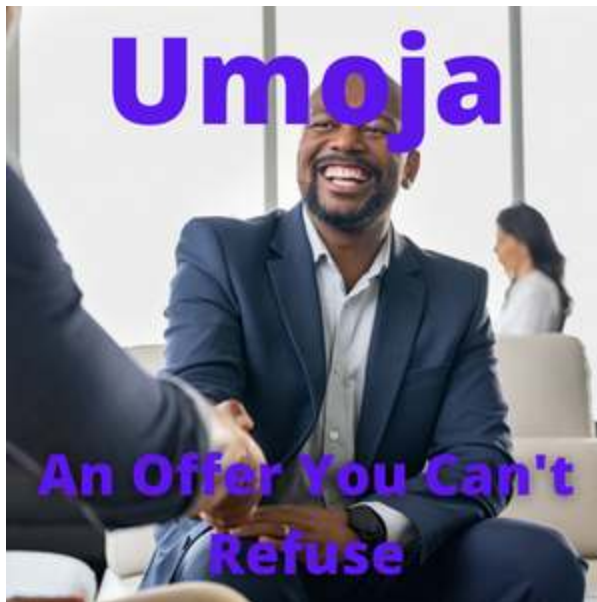
Great Umoja:

We have entered a new cycle once and those that want to start a new challenge can jump on board, those that want to solidify a goal can join, those that struggled on your last challenge can try again. We welcome everyone to join us on this next 7 week journey. I don't know what you are reaching for but whatever it is we can help you here at the Journey. This 7 weeks i am going to continue writing but i am not going to be pressing myself and stressing out. I will continue to create the exclusives for the supporters, and continue to work toward getting our first 100 supporters. Checkout the Blog and let us know if there's anything that you want us to cover, or if there is something that you would like to add.

I took some veg time and sat back and enjoyed a show suggested to me by one of my brothers. He knew that I was a fan of the Godfather and figured that I would like the Paramount + series "The Offer", and he was right. This was a great series and I would suggest that those that like the Godfather movies will love the series like I did.

Now the challenge is to pull the lesson of Umoja out of this and that is easy. The first thing that you will notice when you watch the series is that you find out how hard it was to take the Godfather from book to movie script, and from the script to the theater. Now I could walk you through all of the steps, and point all of our principles out but I won't do that. The important part to realize is that around the vision of this movie a team came together like Voltron and struggled to make it happen.

As leaders and builders sometimes the only thing we have is a vision, and we have to build our tribes up upon that vision. We have to deal with the vision falling out of focus, being doubted and all of the challenges of fulfilling what to others may seem impossible, but when we are able to pull on the five parts of ourselves it makes it easier for us to help others which leads to the Umoja in the group to bring the vision to reality.



I constantly remind the tribe that what we do is not easy, but if we don't do it who will? The same goes for you, if you are not living your Nia who will. The fact of the matter is that when we live in our Nia we give others around us permission to do their thing. You never know who may be watching and is looking for their cue to begin their life from you. We all affect the whole, and many of us are so busy trying to shrink away from who and what we are, that we never notice the ripples that we are making in life.

Also the other part of the movie that reped the principle of Umoja for me was, the Italian community pulling together to fight against the production of the movie. It was good seeing this type of reaction from the group, and how effective it can be if everyone is on the same page, or at least in the same book. According to the movie the Italian Civil Rights group was a Mafia front, but who knows? The same people that pulled the reports together on that group are the same type of people that have been framing, bugging, and harassing my people for years. So we may never know the whole truth. Because Unity can be complicated., and it can bring many different types of people together for a common goal. Nevertheless there are many lessons that can be pulled out for yourself as well as for your group.

In our collectives (tribes), and in our mindsets we have to be on constant look out for those opportunists that will sell you and the whole group down the river for a few pieces of silver. Now for us to move forward we have to be on the lookout for opportunities but we have to measure them against our principle. In Gye-Nyame to help keep everyone focused toward Umoja we ask three questions of opportunities that pop up: 1. is it honorable? 2. Will it violate my loyalties? 3. What is the sacrifice?

Of course we have to always make sure that it lines up with Maat.

## Defining Our Time



### Great Kujichagulia

We are in the first week of the 4th cycle of the year of Kuumba 2022, and today we are on the day of Kujichagulia, during the week of Umoja. Which requires us to reflect on Kuji through the lens of Umoja. This system is great because it requires us to engage with each of our principles in 7 different ways, which helps us increase our knowledge about each one, and most importantly gives us tools for success.

Remember the goal of GNJMedia is to help you live the best life, and the method that we use is by helping you build a systematic process for your life. We have done a lot of the heavy lifting by breaking the year down into 7 week cycles, breaking the weeks down by each principle, and each day also has a principle. This makes it easy for the user to know where they are, and what principles to focus on.

For me this is an example of using Kujichagulia to bring Umoja to our community. We used our creativity to define the time that we are in. For those that follow us understand that the most valuable resource that we have is time, and we here at Gye-Nyame Journey have used our Self-Determination (tribe determination) to define the time that we are in.

We have put our claim on our time once again, and we have also been creating spaces on the internet where you hear about you and your people. The next step is for us to parlay what we have built online, and purchase some actual physical property that we can use within our community (in the future communities because we will be growing moving to new cities soon).

While sitting with one of my brothers over the holiday he said something to me that made a lot of sense and I want to share it with you especially since this is Kuji day. He said, "You know when our ancestors were enslaved and put on ships to come over here they left everything behind.

Even though we have been through so much as a people since then, sometimes it seems like we are still in that frame of mind where we don't think that it's possible for us to own anything." He went on to say, "The work you all are doing is changing that mindset because now we see that it is possible for US (Black people) to create what WE want and not just be reactive but proactive". I thought about how powerful those words were and how true they rang in my ear.

We have always been told what we can do/be/have by other groups but it's time for OUR voice to have the final say. This matters because it means that we as a people are finally starting to take control of our own narrative and create our own destiny. We have always been at the mercy of others, but now we are breaking free and charting our own course.

This is important because it allows us to define ourselves on our terms and not be limited by what others think or say about us. It also has implications for the future; as we continue to assert our power and control, we will only become more successful in achieving justice for all Black people.

See you tomorrow..... subject for Ujima "We either Bring each other up or pull each other down"

# Striving To Live The Best Life

Great Ujima

I love sitting around with thinkers, although we don't always agree. I at least leave feeling mentally full. I was recently sitting with a brother that reminded me of what Ujima was all about. He told me a story about another friend who had some serious life issues going on. A lot of the issues that he was dealing with were self generated. After my brother finished reading him the "the riot act", he informed this man that "we can either lift each other up or pull each other down"! This was a profound statement for me because it is a beautiful picture of the principle of the day and the Principle of the week. I have come to the conclusion that if I am not striving to improve myself, then I will become a hindrance to someone else trying to do so. We can either make excuses or we can make progress. One leads to stagnation and frustration while the other leads to success and fulfillment.

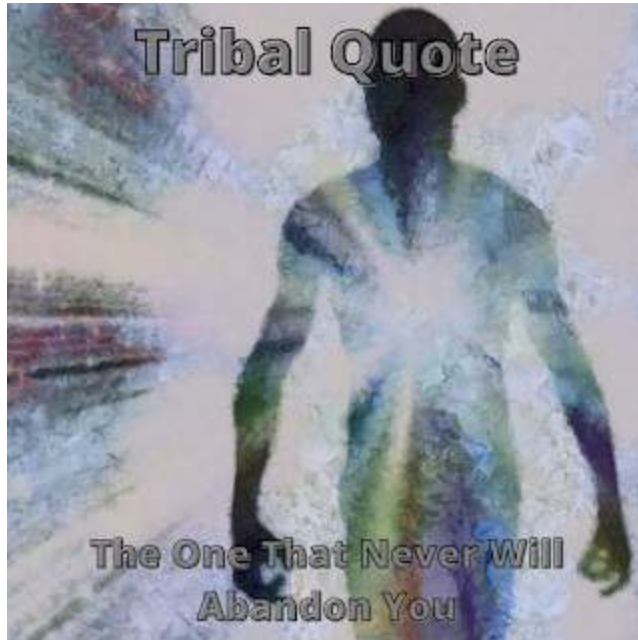
## **"The spirit of Ujima is still very much alive."**

Because I am striving to live "The BestLife" I want to encourage everyone around me to do the same! We should all strive to improve ourselves because it benefits not just us individually, but also those around us. When we are stagnant and make excuses, it holds others back as well. But when we push forward and try to better ourselves, it creates a ripple effect of positivity that can inspire others to do the same.

## **"When you grow and better yourself, it not only benefits you but others as well. We all have a responsibility to push forward and live an inspired life."**

That is the heart and soul of Ujima, inspiring others as well as your self to get stuff done. The question for all of us to reflect on is "are you lifting the tribe or are you pulling it down?" The answer to that question can be the difference between you being someone others look to for inspiration and someone who is looked down upon with pity. No one wants to be thought of as a waste of resources, but unfortunately, that is how many people are viewed by others when they don't try their best. Whether it's school, work or your personal life, you should always strive to do your best. This is why we talk about the #224SelfHelpProcess

## The One that Never Will Abandon You



"It is only the inner head that accompanies the devotee on a long journey without turning back."

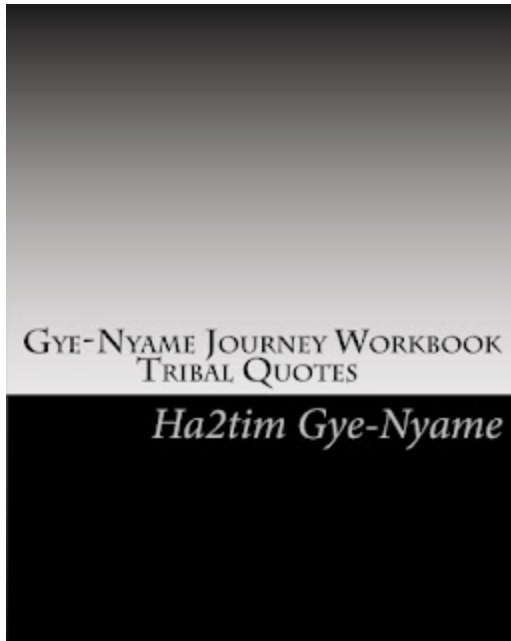
The inner head is that aspect of the individual that is present in what is known,, what can be done, where one is and when one is. Presence indicates a state of beingbe, an understanding that you are an integral aspect of the one and all. Presence in knowledge suggests that your current knowledge can be expanded to include a greater comprehension of this relationship to the oneness of the all.

Presence in your ability to do implies greater access to your choices and options in your given condition. Lastly, presence in where and when you are hints at an awareness of your freedom through body, mind, emotion, intuition and your ethereal natures. We have a tribal quote that summarizes this idea as "The human being's freedom is in the inner head.

**"Many people lose their sense of presence, but it's a gift that needs to be discovered and nurtured."**

The devotee on a long journey is simply you. In Gye Nyame we habitually refer to the hero's journey; that life path an individual takes where they go through developmental stages of being called away from the familiar to the unfamiliar, a path whereon great trials are experienced and overcome. At the end of this sojourn, the individual has been informed and transformed by a more in depth knowledge of what and who one is. Then they return to the familiar where their deeper knowledge of self can be applied to support the collective. You are the devotee; you are the hero in the journey.

**"You are the hero in your own story, and the life you lead is extraordinary."**



We have a saying, “No matter where you go, there you are.” This is to say that your inner head is the essential you; your intrinsic nature that determines your character. Moreover, this essential you cannot be escaped despite your running and hiding from it. Therefore, when the you truly determine to accomplish something in your life’s journey, regardless of feeling abandoned by peers, friends and family, despite ignorance of why, how and to what extent, the one thing that will remain with you to the journey’s end is that essential you, the inner head. Consequently, you cannot turn back unless your inner head turns back.

**"The inner head is not a reality confined to the imagination. It is the most essential you. It is the spirit and where so many of the beautiful aspects of your character are born."**

In conclusion, know that your inner head is your essential you. Your freedom is in your inner head. Developing your inner head through the hero’s journey increases your freedom. Lastly, where ever you decide to go, that is where you will be. The outer head is an extension of you; that can include your body, mind, family, tribe, village and beyond. We have another tribal quote that informs us that “Human beings shape their destinies according to the relationship between their inner and outer head.” Thus, should controversy exist where ever you find yourself, check the relationships between the inner and outer heads, between individuals and themselves, between the individuals and the collective.

## After Another Homicidal Hit

This past Nia (Friday) evening during an ASCAC (Association for the Studies of Classical African Civilization) study group meeting, we were discussing news stories that were on our minds. One of the prevailing stories was that of the shooting of elementary school students and teachers in Uvalde, Texas. A number of topics that we discussed were:

Maintaining focus on the happenings, victims and those affected by the Buffalo Manchurian candidate assassin;

showing compassion for victims and families effected by the Uvalde massacre murderer;

failing to mention The ethnic identity for the perpetrator and victims of the Uvalde massacre.

### **"The Uvalde shootings are the consequence of a desensitized society."**

The Uvalde massacre occurred almost immediately after in Buffalo, our losing 10 Africans born here in America to an assassin who appeared to be completing a white boy's rites of passage training. Given that our attention tends to be swayed by the biggest thing on the movie screen, we may lose sight of what is going on with respect to the trauma suffered, the ways and means of the murderous cultlike group, who wound him up and who called his code name to execute grocery shoppers. It has been clear for some time that the white system of oppression had been fueling its foot soldiers to begin a race war and decrease the population, and the darker the population decreased, the better. Their attacks on us have been reported in the news, and even the former President tells some of them to be on standby. The results of these clear demonstrations of soldiers carrying out orders for their system of white oppression were dismissed, discounted and all but neglected. Yes, laws were passed to enforced hate crimes against Asiatics, whatever that means, but that does nothing for us. However, it matters not because the already-existing laws are not enforced against perpetrators of heinous crimes in service of white oppression.

So, what is one more unenforced law on the books? Even were the laws taken seriously, the white oppression soldier can join the police department with relative ease and exercise his oppressive measures under the cloak of a blanket immunity. Thus, we have to keep our eyes on the prize of what are we going to do to further secure ourselves, mind the intel on our enemies and become a mandated recorder and reporter of people and behaviors that are out of place for our given situation and communities.

## **"Is the Uvalde massacre evidence that the race war has already begun?"**

Our greatest strength also proves to be among our greatest weaknesses as Black People here in the States, and I would venture to say across the globe. That is our compassion for what is other than us. So, yes, we grieve for the families of the murderous rampage on an elementary school in Uvalde, Texas, and we are saddened that the taking of an upcoming generation is being wiped out; and our grieving for them is a good thing. This is one of the truly determining factors of remaining a human being. On the other hand, Grandma used to remind us all the time that "Charity starts at home!" Therefore, let us take a moment to grieve for the latino community that lost so much in short order. We grieve that they too experience many frustrations that have been wreaking havoc throughout our own communities with respect to the police departments. Now let us remember Buffalo, Charleston, Breannna Taylor and Amadou Dialo and the so many others of our families whose lives were unjustly taken. Then we take a personal responsibility to become a safeguard for our communities, our homes and our persons. What will you do to educate yourself to become what is needed to ensure a community where children are safe at school and elders are safe as they learn and pray in our religious institutions?

## **"As we grieve for the people in Texas and Connecticut, let's remember that we are not safe from the violence and trauma that plagues our society."**

Perhaps for those of you, our family members, who are sighted knowing the ethnicity of the perpetrator and victims was never a problem. Well, I am blind; hence, not seeing the ethnicity of the victims in the Uvalde elementary school slaughter. While listening to one of the regular news stations, CBS, I heard no mention of race or ethnicity.

Usually this implies the people, the perpetrator and victims, involved in the occurrence were people classified as white. However, in our Nia evening ASCAC study group, Baba Tony West mentions this anomaly of news stories not mentioning their ethnicity; then he went on to explain that there is a conservative attempt to assume the hispano/Latino ethnicity into the classification of white; thereby increasing their waning white population numbers to overwhelm Liberal or Black political interests. I had been working on updating my listening and speaking skills in the Spanish language; hence, I volunteered to listen to Univision to hear for myself what the news was projecting from a Latino perspective. It was here when I began hearing all the Mexican names; here the community was described as belonging to Mexicans. It was here where I heard that the killer was described as Hispano, not latino. And yes, fam, it does make a difference, especially to Spanish speaking people. Hispano (Hispanic) connotes a strong white Spanish cultural influence, whereas Latino connotes a strong sense of less white cultural influence. Might not mentioning ethnicity have something to do with what is perceived to be a Republican Party leaning of Latinos? Might it have to do with the heated governor upcoming election, so as not to disturb that perceived Latino leaning? Might this have been passed off as another “Latino on Latino” violence? Or might it have been a hispanic product of miscegeny going through an identity crisis acting in service of white hegemony? These are a few of the queries that came to mind as I listened to the Univision news casts. I do not have any answers, but I will keep an ear open for the responses to my inquiry. You may want to do the same.



**#NguzoSabaChallenge**

