

A photograph of a middle-aged Black man with a grey beard, wearing a blue and white striped shirt and a red tie. He is holding his head in his hands, looking down with a distressed expression. The background is blurred, showing what appears to be a staircase.

Yjima

#NguzoSabaChallenge

42522-6

Great Ujamaa:

Those that are new and might be confused by the greeting, because this eMag is titled for the week of Ujima, needs to learn how the system works. I post most content on this eMag on our blog first then I move it to our eMag so by the time you see it we are in the next week, which right now is Ujamaa. We are always a week behind but the information that is coming through this eMag is still important, so read it through and I hope that the information brings value to your life. We want to be sure to thank each one of you who has decided to become a follower, and most importantly we send shots out and up for those that have become supporters of what we do.

We have covered and learned a lot using Ujima as the lense through which we focus on the principles. Ujima means collective work and responsibility. We had focused on each part of the definition, and used them as idea starters that lead to the conversation that was had on the podcast. Where we are allowed to go deeper into the relationship that I personally have with both principles. Family I strongly suggest that you build a personal relationship with your principles so that you can have your own conversations in the future. So let's jump off into this eMag, you will notice a few more articles in this issue about other things. I hope they help you as well. Please enjoy, share if you like. Feel free to send us your comments.

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Respect Our Umoja

Great Umoja:

We have entered the week of Ujima, and it is time to look at the principles and the world through its eyes. Ujima is the principle that we describe as Umoja in motion, or action. We also in Gye-Nyame connect Ujima with the principle of respect. This comes to us through our M-7 system that we developed to work with young people. Collective work and responsibility was hard to get the students to grasp, but respect was already in their vocabulary, and we could use it as a "lure to mastery".

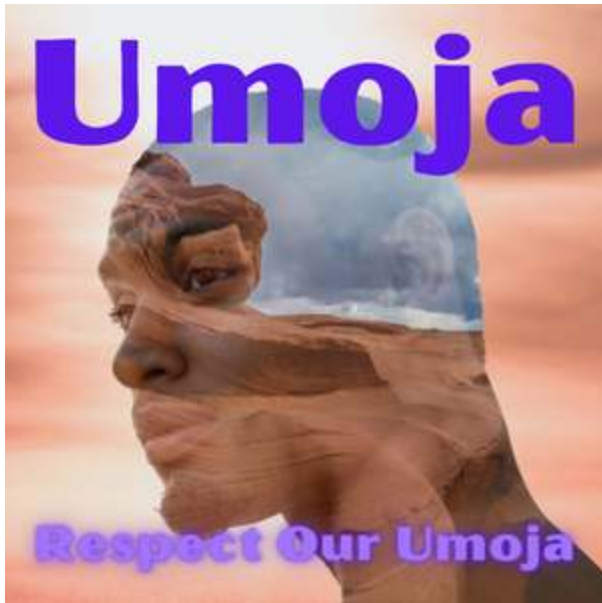
"unity begins within ourselves and then manifests elsewhere in our lives once we start practicing it"

This brings us back to the principle of the day, Umoja which means unity. All of those that have been dealing with GNJ know that all the principles start internally and then they manifest in the world. We have to understand and be practicing Unity internally before we can ever see it outside of ourselves. This means that I have to be working on the Unity between the five parts of my being, my family, and my tribe long before I will ever be able to see Umoja in my community, my village, my city, etc... The fact that I don't see Unity does not mean that it is not operating, it means that I may not be able to see it because I am not moving in it.

"Unity is operating even if we don't see it"

We also have to understand that we are living in a time where people have been programmed through media, tv, movies and even our school systems to believe that there is a lack of Unity. The more you begin to practice unity within yourself and with your family the more you will begin to attract people who exemplify this same energy. Also the easier it will become for you to see Umoja moving in the world. Most people who are screaming about a lack of unity are looking for uniformity, and not Umoja. They are looking for robots that dress alike, talk alike, and act alike. This is not healthy nor will it bring victory. The universe gives us many examples of unity within systems that thrive because of the differences between them.

"The more you begin to practice unity within yourself and with your family the more you will begin to attract people who exemplify this same energy"



Ujima once again is linked directly to the principle of respect, and for those in GNJ respect has a special meaning. I titled this piece "respect my Umoja" for the way we are taught to look at it in Gye-Nyame. Respect in the way we use it in Gye-Nyame is about first what the word says, not what this @\$% world taught us it was. The word respect is built from combining (re) which simply means again, and the word (spect) which means to see. In fact the word spect is the root word for spectacles, and spectator. Combine and you get how we train

ourselves to understand respect. For us when we say respect our Umoja, what we are saying is "take another look", or "look again" at Umoja. Take a second look. The fact is that the lack of unity you may see is an illusion that you have been taught to see. Maybe the disunity in your life, family life, and tribe life has hijacked your ability to see unity (Umoja) around you. So take a step back and take another look. Start with you, and move out into the world. Let, me help:

"Take a step back and take another look"

Self

Family

Tribe

Village

Community

City

County

State

Country (Nation)

World

Solar system

etc.....

We have a long way to go, and we are too small to try to magnify our problems and make them Universal. If we start backwards from the list that I shared (Which is the order in which we should build) all of the larger systems operate in Umoja. in them is chaos and order, night and day, sorrow and pain, and etc... what makes us believe we are any different or can have it differently without us blowing the whole damn thang up. Stop what you are doing and start allowing Umoja to enter you. allow it to bring the five parts of your being into harmony:

"We are to small to try to magnify our problems and make them universal"

Intuition

Mind (mental)

Emotional

Spiritual

Physical

Start the personal work so that you can see the true beauty of Umoja.

Have you read "Outwitting The Devil" by Napoleon Hill?

You don't have to be a slave anymore.



My friends, we need to open our eyes to the truth. The truth is that we are being controlled by the devil—but not just any devil. No, my friends, this devil is the devil of white supremacy. It's time for us to take back our lives from this oppressive force that has enslaved us for too long.

And I'm here to tell you that there is hope—and it starts with a book called "Outwitting The

Devil" by Napoleon Hill.

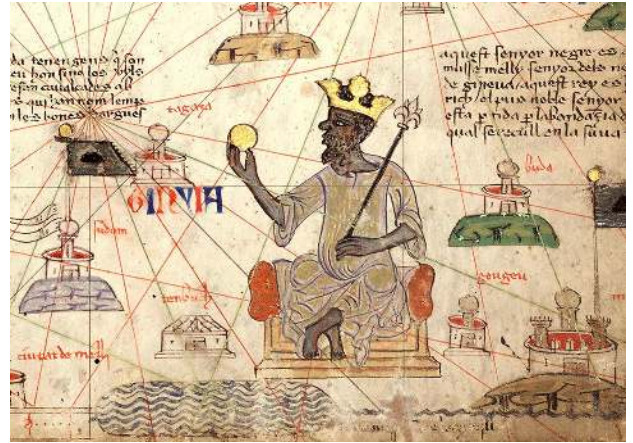
In this book, Napoleon Hill describes how white supremacy works and what we can do to rid our lives of its clutches. It sounds scary, but the fact is that God gave us the power and strength to fight it—and it's high time we took that power and used it against this evil force.

Don't believe me? Go on YouTube right now and look up "[Outwitting The Devil](#)" by Napoleon Hill. You will see many of things mentioned in this book happening right before your eyes. You will feel anger at first, sadness, maybe even despair—but then you will if you decide to use this information begin to do Your WORK!!! Find Your TRIBE!!!! & Build your FAMILY!!!!

I keep telling you that we are not playing here at GNJMedia. We will be sharing more books, and videos with you on this eMag, as we begin to master our tools. Feel free to share this article with a friend. In fact share the whole eMag with 5 of your friends, and come together and experiment on a project and see if this is real talk or rubbish! If you need help building your tribe you know where can find us. If you want to get more info like this Take our [FreeGNJ ecourse](#) and for those that are serious about moving to the next level Sign up for our 7 week ecourse.

Born In Blackness Interview

One of the best interviews I have seen in a long time was done by Brother Greg Carr on #TheBlackTable where Howard French, author of the 500 page book, "[Born In Blackness](#)", was interviewed and provided a dynamic interview that got me started reading his book.



#TheBlackTable is a show on "The Black Star Network" a network dedicated to providing discussions on various topics that are important to Black Folk today. Black Star Network is a Black Media company started by Roland Martin. They have launched and have a app for android, and ios. Show your support and download it. This interview with Howard French addresses many questions about his book and how it relates to the current situations that we face as a culture today. This a powerful conversation and a must see for all those claiming nation builder status. It is excellent reading for all those in Gye-Nyame as well, this book gives us a inside look into the struggle we are currently in, and breaks down some of the myths about Africa, Europe, and the enslavement of our people. He takes a look at world history, and paints a picture that fits Africa into the discussion. He gives us an idea of where we come fro, what we been through, and from that we can develop a clearer vision of where we need to go.

If you are looking for an excellent source of information, this would be one of my top 5 recommendations. Brother Greg always brings the heat and he is very knowledgeable. I actually could think of no one better to do interview on affairs concerning our people.

Dr. Amos Wilson - Calling for SelMastery



We know that sometimes, it can feel like we're fighting a losing battle.

This is a struggle that has gone on since the first of our ancestors was taken from their home in Africa and brought here to be enslaved. It's a struggle that continues today, because systemic racism still has deep

roots in our country and our communities. But we will not give up. We must continue to fight for justice, freedom, and equality—and to do so, we must understand what it will take to get there.

[Dr. Amos Wilson](#) is one of our honored Ancestors who understood this well and worked tirelessly to ensure that we would remember what it takes to win. In this speech, he calls for us to understand that in order for us to change America, we have to be willing to transform ourselves. As you watch this video, think about the places you see Dr. Wilson's words living in your own life—and then let's commit together to continuing his legacy by transforming ourselves.

We of Gye-Nyame are in the process of manifesting his words, by the small actions we are taking on a daily basis. When we take ourselves through our SelfMastery practices such as daily lifting up our ancestors, take ourselves through our #nguzoSabaChallenges, creating and maintaining cultural stabilizing holidays, reciting our pledge, working in the community, trianing the five parts of our being, standing on 3 pillars, and most importantly putting our 224selfhelpprocess in motion we are transforming ourselves. If we step back and look on the otherside of our, struggles, and pains we can see a better world for ourselves and our children. So Take some time and listen in on this and the rest of his lectures because when you start paying attention you will see that this man, this Ancestors was a prophet.

Critique and Analysis

Often African centered scholars are criticized for romanticizing the history of Africa. I take a different perspective. When teaching one of your children about your family history, you are more focused on highlighting those who reflected well on the family, rather than on the miscreants. There will be a time for learning about the miscreants, but that will be included for enticement into critical thinking. When discussing the 42 Admonitions of Maat, we have focussed on what we have not done rather than what we are to do; similarly when learning the 10 Commandments, we focus on what we shouldn't be doing, rather than what we ought to be doing. A revolutionary way of thinking of the 42 Admonitions of Maat and the 10 Commandments is to say what I have done. Thus, I center myself on saying things like: I have fed the hungry; I have given drink to the thirsty; I have clothed the naked; I have offered shelter to the homeless; etc. This does not neglect those things that are counter to these positive affirmations, but these ideas fill my mind with things to do, to improve the social conditions around me. When what I am doing causes those conditions of hunger, thirst, homelessness, nakedness, this suggests a predatory atmosphere, one in which I am a chief contributor; thereby violating the principle of Kuumba. Kuumba is the principle of making wherever and whenever you are better for your having been there; that is improving the conditions wherever you exercise your particular talents and gifts. However, so as not to get it twisted, I cannot say strongly enough that charity starts at home! I write all this to say that we should leave the elementary school children and their teachers alone and let the children learn. Don't forget you also were once young and suckled at the breast of a Western Asiatic worldview.

So, I only think it natural to begin by highlighting those positive thoughts, words and actions that can help elevate our character. However, anyone who has read the likes of Dr. John Henrik Clarke, Dr. Yusuf Ben Jochannon, Dr. Jacob Carruthers, etc. know that these ancestors taught those of us in the Africentric Pan-African movement to critique and analyze. In fact, the educational emphasis of Dr. Jacob Carruthers included:

“Education in Ancient Kemet, Education for Africans in the interest of European hegemony and African-centered education, consisting of A critique and analysis of the education of sovereign African states and societies, a critique and analysis of education’s role as an instrument of oppression within the context of the maafa And The development of an educational paradigm aimed at restoring the cultural and political integrity of the African world community as a means of counteracting the ravages of the maafa.”

Hence, do not be confused by what some are saying about our African centered scholars “romanticizing our history; because the scholars central to that movement are the very ones who stressed critique and analysis.

nged by the lessons learned by the child in elementary school. So, rather than criticizing the scholars who are attempting to draw the critical thinkers of the elementary classes into a deeper knowledge, we can provide the critique and analysis that our ancestors encouraged us to apply to our history wherever we happen to be by starting our own classes, giving our own lectures and challenging the students before us. It will take all kinds to do the heavy lifting we have ahead. Hence, let us complement and supplement each other where we can instead of trying to destroy the good work going on around us, however meaningless or trite it may seem to us.



Collective Kujichagulia

Great Kujichagulia to all my Kuji born out their:

"Umoja in motion (collective work and responsibility)"

We are looking at Kujichagulia today through the marvelous principle of Ujima. For those new to the journey, and to remind the old heads Ujima means collective work and responsibility. We teach within Gye-Nyame that Ujima is Umoja in motion. Today let's look at the power of a collective, which is a group that pulls together to accomplish a goal. Now let's imagine that they collectively focus on defining their world, or bringing it close to home, redefining their world. What type of changes could this collective bring about?

"Gye-Nyame Journey has already put this into motion , by redefining the day"

Kujichagulia as we saw last week is strong on defining the world, and since we are in the week of Ujima I believe that it is appropriate for me to call on our collective to start to redefine the world that we are in. Using our collective thought power to reshape the world to what we need. This may sound impossible, but if we take small steps we will start to make progress. We at Gye-Nyame Journey have already put this into motion, by redefining the day. This may not seem like a major step for those reading, but when you see it in action it is amazing.

To have our people correct each other in conversation using our cultural terms as a basis to define the reality we are in, can be life changing. Just by snatching the days of the week we have carved out a space in which we are free and in control. Although it is small now, eventually it will grow into something powerful. This system has already begun to sprout fruit. Recently as you can see we have taken over the week, and now each week is also defined using our principle system.

"Have you ever heard of the term west Asia?"

Many may ask what is the importance of defining things. There is already a dictionary that we can use, why should we waste our time on defining things when others are already doing it. That's the point that I believe many of us miss, we have allowed others to shape our world with their words. They tell us what is and what is not, they even define right and wrong for us, and many of us take what is said as Universal truth. When the only truth they are spreading is west Asian truth, that is designed to



benefit them, and you play right into their hands doing exactly what you are told, not even knowing that the ideas that you have may have been placed in your head. For example, above I mentioned the term west Asia, have you ever heard of this place? I know you heard of east Asia, and the countries that make it up, I know that many of you may have heard of central Asia, and countries that make it up. What about west Asia, have you ever heard of it?

Can you name the countries of west Asia? I know you can! I started asking questions and defining the world from my cultural perspective, and when I recognized west Asia that for me was when the (Metaphorical) light came on! You see, a small group of west Asians decided to define the world, and spread their definitions to such a point that they could create a continent that is not there but everyone can see it. This mysterious place is Europe. Now if they were able to shape the world by defining, and fighting to defend and spread that definition, why can't we do the same?

"We can shape the world by defining it"

Ujima gives us the power to do things like that. It is just a matter of recognizing what we have, and being willing to do the work! Are you ready????



Quit work to Start your WORK

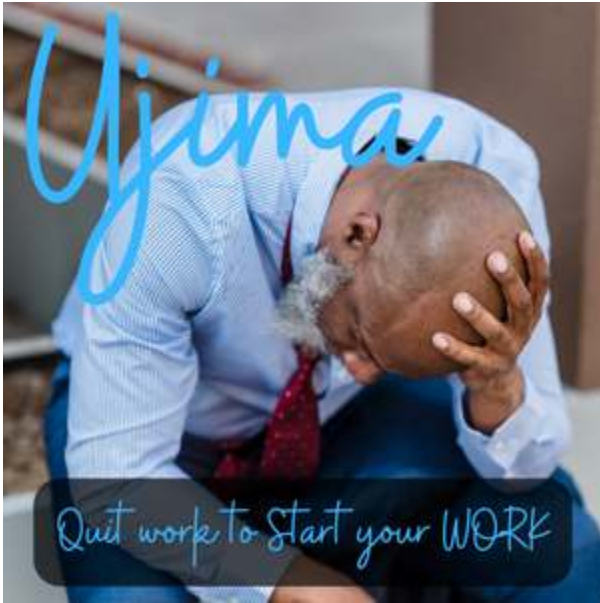
Great Ujima during this third Ujima in 2022:

I am excited to be able to reach out to all of you and build in the way that we do. Waking up this early and hitting this keyboard has been a mixed blessing. I guess all blessings are. Strange how the world seems to work like that. Hey... That thought moved us into what I want to talk with yall about this morning. Work, that dirty word that we have learned to associate with early mornings or late nights. Work, the place we go to be abused and missed used. Work, that hamster wheel that we have sold our most valuable asset to run on powering someone else's dream. I know y'all may be waiting for me to unleash some secret that is ingrained in the Nguzo Saba that can free you from the drudgery, but.... Naw I can't. There is no cure for it. We have to work, as a matter of fact I am writing this to encourage you to continue doing so, but what I am going to point out for you is that you may be working too much for the other team, and not enough for us. Think about how most people spend about 40 hours per week working for someone, or something that not only does not move them toward their life goal, but in most cases they are working against their tribe and themselves. We spend so much time working for others that we have no time to spend working for us.

"Work, the place we go to be abused and missed used."

In Gye-Nyame we talk about the #224selfhelpprocess. If you start practicing this you will be able to free yourself from working or slaving for others and begin to work for yourself and your people. This process simply requires you not to fear working for you. It encourages you to go the extra mile for your dream, while you slave for others. We ask each of our tribe members to work their way up to be able to spend at least 2 hours a day working on themselves, their dreams, their tribe, their etc.... We only ask for two hours. Now I know you are looking at this blog right now and are about to kick it to the curb but bare with me because I am going to show you the simple truth and wisdom of this simple concept. This is a tool of Ujima and if you can get yourself and your tribe to put it to work you will be surprised at what happens. First we have a saying in the tribe "if it comes fast it doesn't last, but if it comes slow it's good to go", this is a slow process and requires dedication from you, in fact you have to WORK at it sometimes at work, and most times at home. We start slow because experience teaches us that when something is new people jump in with excitement, but excitement fades. With the excitement also comes a tendency to do too much, and sometimes people do so much that they hurt themselves or burn out. What we are building is a generational thing so we don't have to rush. We can take our time and apply this next gem that we are giving out for free.

Another saying that comes from the tribe is "Your small change can make a large change in the community. This is a saying that came about during a fundraiser we were assisting with in like 1992 (funny story that I have shared many times on my podcast). We needed to raise funds to support some of our community organizational efforts. I suggested that we put jugs or jars in all the stores within the area and collect peoples leftover change from purchases that they made.



Now the idea was good but execution was bad. Nevertheless the idea still rings true, but in this case we are not talking about change (money in your pocket)) we are talking about small changes that we can make that will help propel us in the direction we want to go in our life. Remember the key word is small. This process is based on some crystalized wisdom that you hear on a regular basis but may not pay it any attention. For example "how do you eat an elephant?" Here is another one:"The

journey of a thousand miles starts with..."! Our Ancestors have left us answers and all we have to do is the "wisdom mining" to extract and use it.

"if it comes fast it doesn't last, but if it comes slow it's good to go"

Looking at Ujima through the lens of Ujima does nothing but demonstrate the fact that we have to double down on our WORK. I capitalize this WORK to help you see the difference. This WORK is done for you, your Ancestors, your people, and your legacy and can not be skipped. We have to stop running from our WORK and use being tired from our work (for the other team) as an excuse. Our enemies' worldview never rests, so in some form or another we have to continue to build. We have to figure out how to sneak out at least 2 hours a day for our WORK. For example break time, lunch time, water cooler time, that hour before your show comes on, that early saturday morning, that so called day off, that 15 minutes before you go to sleep. Now I need you to understand you will know your true WORK because it will consume you. It will energize you, and lift you up. You will notice that in some form or fashion it will begin to blend into your day, and start to feel natural. You won't suffer from burnout, in fact you will strive to find more time to do it. Eventually you will be able to quit work to do WORK. You have a great Ujima during this Ujima week.



Respect Reciprocity

Great Ujamaa in this week of Ujima:

These are two beautiful principles especially when they come together like today. we are forced to look at them and then take a hard look at ourselves, and think about whether we are exercising them. Ujima (which is the week that we are in) speaks to us about collective work and responsibility, but also in our system it represents the powerful and necessary principle of respect. Without respect nothing moves. Respect is like oil; it allows different parts to run smoothly together, and it reduces friction. Today's Principle is Ujamaa which talks to us about cooperation and resources, but it also represents the principle of gratitude, and reciprocity in our tribe. When we take the time and put these two principles together we get an unbeatable combination. A combination sorely needed in our communities.

"Ujima reminds us of collective work and responsibility; but also respect, without it nothing moves."

Today, I want to take a look at the concept of respecting the cycle of reciprocity. Those who have been tuning in know that I speak often about the importance of reciprocity especially when it comes to the idea of economics. Reciprocity is a natural cycle that I believe if we plug into it we will change the world. Reciprocity requires all of us to put in and to take out. What we have now is a few putting in and many taking out. Now I just don't want to talk about money. I am talking about all of the resources that we have. We have many people taking advantage of the cycle and it affects all of us. I believe that our growth is being stunted by those who have no respect or belief in reciprocity. We can see the effects on a large scale. Now I will be the first to point to the fact that there are many pockets of tribes, villages, and communities around the country and the world of Black folks doing and respecting the process, but unfortunately it has not reached a critical mass. So at this moment many of us are stuck in Limbo.

Plug into the natural cycle of giving and receiving"

The challenge for many of us is to get out and begin to teach about the process, and in some cases enforce the process. We need to follow the idea of respect that we spoke about earlier this week when discussing "Respect Our Umoja". We need to teach our people to take a second look at reciprocity and begin to exercise this principle. By showing this principle respect we allow for the process to happen for us rather than happen to us. We have been on the bad side of reciprocity I believe because we are practicing an open system. What I mean by this is that we allow anyone in and we allow anyone to do anything. We allow others to take out of our community, but never bring anything of true value in. Because we operate like this we are being hollowed out. When we close our system, we allow for a flow to move through our community.

"The challenge for many of us is to get out and begin to teach about the process, and in some cases enforce the process"

Talking about money alone is part of the problem. Our community is wealthy with resources that others depend on to make their living. Just like there are five parts of being there are many parts to our resources. I won't go into that because that is not my focus. We have been educated against ourselves and as time goes on it becomes more apparent.

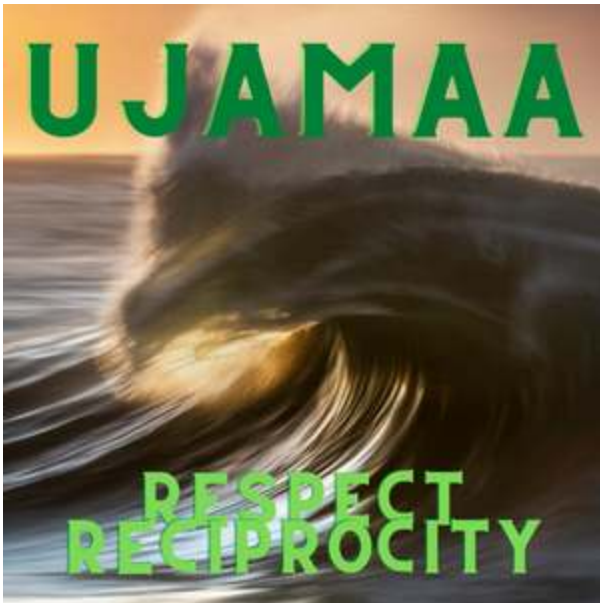
"Talking about money alone is part of the problem"

What are some of the things we can do to begin to respect the cycle of reciprocity? I believe one of the things we need to kill is the whole idea of volunteerism. We are out doing things in our community like we are monetarily straight. We need to stop asking people to volunteer and in some way compensate everyone for the things that they do. it doesn't have to be money. We can exchange skills, books, clothes, etc... but the cycle of reciprocity depends on an exchange, let me restate that a respectful exchange should take place. This will be the beginning of a cycle in our community that will eventually be able to support a few people.

"We have been educated against ourselves"

I also believe that each tribe, village, community, club, etc.. that is in our community and working for our community need to have someone working for them. Someone that can be responsible to that community and speak up for it. They can also handle some of the logistics that every Black group needs. They can keep the archives for the community and represent the community at political events. They should also have time to go to some of those meetings downtown to look out for our people.

"Someone responsible to that community and speak up for it."



The last and final thing that we can do is to pick a product in our community that we pledge to buy from no one outside of our community or culture. This product has to be something that everyone in that community needs on a daily basis. This is called a staple, and the first thing that I considered for this because Black folk in North America have a serious ash problem. I suggest that we take over the

sheabutter trade, and pledge to not buy shea butter or shea butter products from anyone outside of us. We have connections in Africa, we have ways of shipping etc..Now I'm just using shea butter as an example but it is a real possibility. No one should be taking money out of our communities that is not us dealing with our hair and skin. We need a staple that will jump off some real reciprocity in our communities.

"There are connections in Africa we can tap into"

As a matter of fact, share some of your ideas on how we can get reciprocity flowing in our communities, and also what ways can we get our folks to respect reciprocity once again.



Collective Nia

Great Nia:

Today we will be talking about the combination of Ujima and Nia. We are going to come at this from the angle of "Collective Nia " and Our responsibility toward it. Once again I want to take the time to thank those that are supporting our efforts. We are here trying to build up "Collective Nia" within our tribe and it is not an easy thing. We all have our lives that require many of us to deal with a myriad of things that constantly steal our focus. Sometimes it can seem as if we are in a land of the walking dead, because some people just don't get it.

Believe me I understand so we try to bring you information on a daily basis so that you know that you are not alone. Be on the lookout for announcements about our events, and trips. If you ever want to come out you are welcomed. By the way I know that I have a few writers out there that have some things to say, feel free to email me and I will gladly publish it in our eMag. I also don't want those that do video and podcast let us know what you got going on so that we can help get the word out. So once again thank you and now back to the article.

"We are going to talk about the combination of Ujima and Nia"

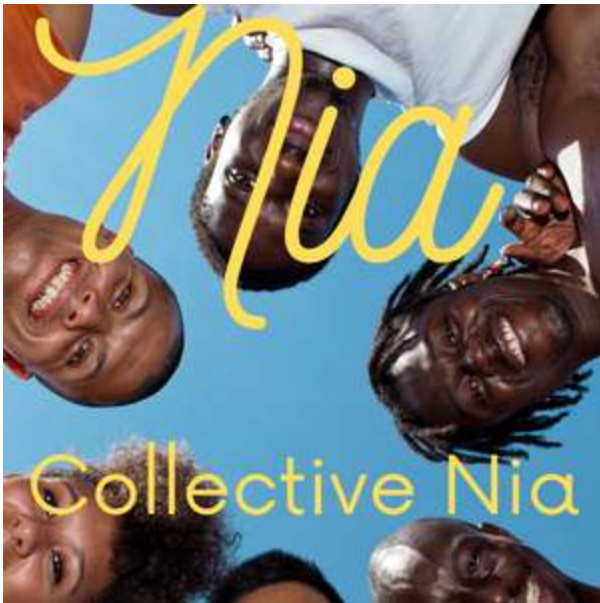
Nia is a Swahili word that means "purpose". Ujima is the Swahili word for "collective work and responsibility". Collective Nia--- What is our collective purpose? The answer to this question should be at the core of all we do. If we can't answer this question, then it's likely that we are off and running in a thousand different directions, using a lot of energy, but not really making any impact. So, what is our collective purpose? Why are we here? What do we want to accomplish together? How will we know when our purpose has been reached? This is what we need to figure out. And once we do figure it out, it needs to be at the core of everything we do. This collective purpose will determine what projects you take on as an organization; who you bring into your organization; how you spend your time and money; how you make decisions; etc. Our Responsibility Toward It--- How are you going to be responsible toward your collective purpose? What will it look like in your day-to-day life? Will it require that you change your spending habits or the way you shop? Will it mean that you have to stop buying from certain companies or shopping in certain places.

"Our collective purpose is what we should stand for as a community"

Collective Nia is the foundation of tribe building, we have to figure out ways to align our personal purpose with that of our group. One of the main issues that many run into is that they are spread out amongst many tribes and/or groups that all demand time and resources, and it makes it hard to give your all, as well as find success. We all have a limited amount of energy, and that energy produces power, but if we spread our personal power out among multiple groups we end up giving a little to all. What we have to be able to do is focus our power and wisely focus that power on our objective.

"We have to figure out ways to align our personal purpose with that of our group, so that we can find success on both a personal and collective level"

Needless to say that it is easy to find success personally as well as in a group, when that group's values and purpose line up with yours. This will be hard for some to hear, but we are struggling in our community because we are too spread out to focus on our collective purpose, let alone fulfill our personal purposes and goals.



Our groups, businesses, and tribes reflect our personal lives. They are all over the place trying to do everything. Rather than being able to focus on their lane. Those in our groups, businesses, villages, tribes etc., need to sit down as individuals and decide what to say yes to and more importantly what to say no to. One of the best methods for harnessing the power of Collective Nia is developing what we call in Gye-Nyame a Mindset group. These groups are smaller groups within the

larger group that come together to focus on an issue that is group, and personally related. The idea is to have conversation and make plans for individual progress as it relates to the group's Nia. Mindsets also allow for the individuals to come together and pull on the resources of all the other members. This empowers the individual and it benefits the overall group. The mindset promotes all of those participating to focus, which is a major issue in today's internet world. Once again our attention and our power is split between the screens of our work, and our private lives.

All that energy is being directed into the cloud, and making others rich, while we get to sit on the sidelines and watch them flaunt it. Mindsets enable you to pull the energy not only from your five parts of being, but from everybody in the group, and this produced miraculous results.

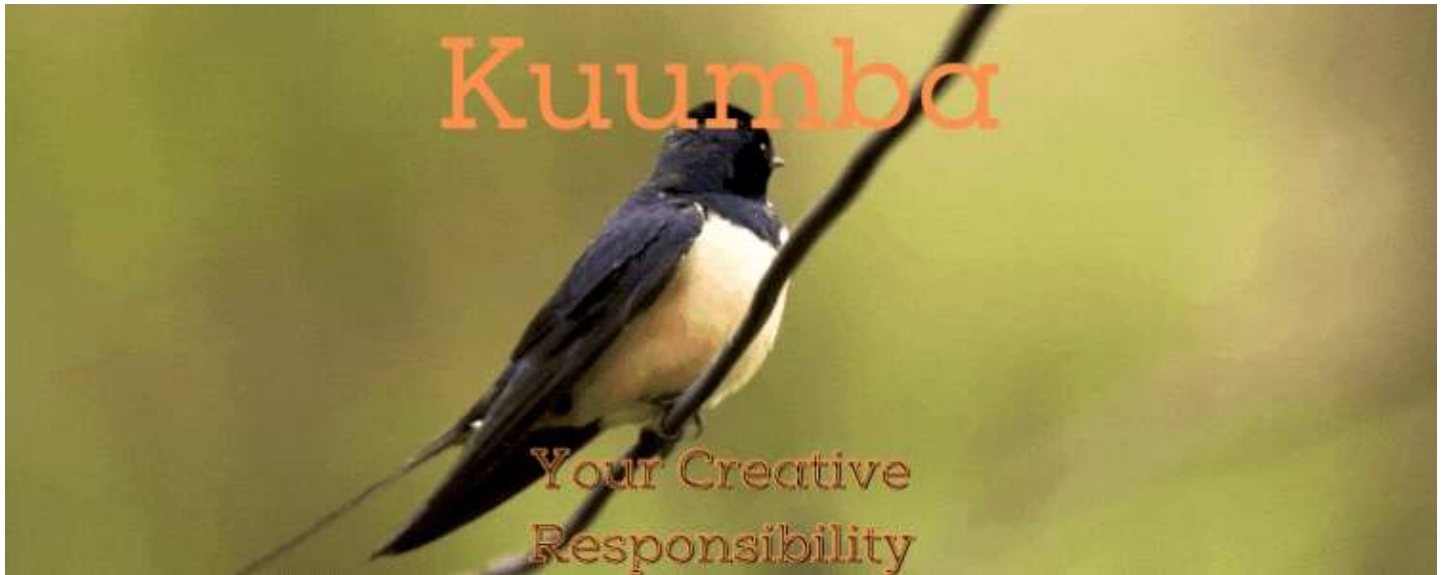
"The idea of mindset groups is to have conversation and make plans for individual progress as it relates to the group's"

Our responsibility of course starts with ourselves. We have to be honest and be realistic about what we can really do. We have to ask which group aligns with our overall purpose, and share the same values that I do? Then we have to begin to cut down on the busy work that we are doing so that we can begin our real WORK. Our responsibility to our group is to assist in helping maintain the focus that will bring overall success to that group. We are responsible to the other members, and we need to complete all of our tasks, as well making sure that other members are doing the same. As a group we are responsible to help those that are with us that are in trouble (I will speak more about this on our Exclusive Podcast, because this can be taken out of hand).

"Our responsibility of course start within ourselves"

Hopefully this article helped you out, if it did please share it with family and friends. Tomorrow we will discuss Ujima/Kumba, make sure that you catch the podcast because after it airs we take it down. We stream now at 10am and 5pm Umoja-Nia on Kuumba and Imani. We haven't set time but you will be the first to know.

Peace



Your Creative Responsibility

Great Kuumba

Congratulations you have been born in a legendary time. I am serious, we are standing in the midst of a crisis point in history, and you have the opportunity to take action that will mark you down in the historical memory of your people. But before you go out and conquer the world please take some time to conquer yourself, or better yet align yourself with your Culture, and principles. The world is in the middle of changes that are happening so fast that people are lost. If you don't believe me just take some time and think about the changes you have experienced in your life. It used to be that the only way you could be heard was to be selected by a big corporation and pushed. We are now standing in a time where we can actually share our talents, and skills with the world (no middle man needed). When I was young I used to dream about being on TV.

Now I get up every morning and do a show. I never thought that I would be able to do something like that, but that is the power and the opportunities of the times we are living in. You had a dream at one point and time.

If you are living it then I am not talking to you, but if you are one of those who is living the life you've been given rather than the life that you want this article is for you! Strap in as we jump into looking at what your creative responsibilities are, and more importantly why you have to control them?

"You had a dream at one point and time"

You are a Creator, I said it!!! That's it... Do I need not say more? But of course you know I will because I anticipate some of yall arguing against your greatness. Let me assure you that there are no magic lessons, no mystic shortcuts, no water to walk across, or fire to go through! That will make this easy. It will take work on our part. You simply are a Creator! You might doubt it right now but, you are! You might not be happy with your creation, but you can change all that. Open yourself to your Kuumba, and take responsibility for your creation, and pledge to create better, moving forward. At this point you are probably wondering what it is that you have created, and if you are a creator why are you in the situation that you are in? Before I jump into answering your question let me share a folktale with you from this week, and use this time as a creative segway into advertising "Folktales For Grown Folks" the folktale I am going to share is called "The Spendthrift & The Swallow": ***(told and rewritten by ha2tim)***

"A young man who was ballin out of control on the money that was left to him by his fathers had finally hit bottom. He had spent up all of his inheritance, and only had one coat left. The coat was finely made and kept the young man warm through late fall and into winter.

The young man got word of another party that he wanted to attend and he was sad because he did not have the money to go, but just then he noticed a swallow who usually was a sign of summer playing in a puddle of water. Interpreting this a sign of good things and better weather around the corner the young man rushed and sold his coat.

As the young man was leaving the party, that wasn't all that great, he noticed that the puddle was frozen and the swallow was dead. He thought to himself "Damn poor swallow and poor me, the swallow misinformed me and now he will be the death of both of us, by the time he finished the thought he felt the cold wind of winter hit him in his face!"

"Open your self to your Kuumba"

Now let me answer your question, you have created your life, and in some cases your creation is spilling out into the world causing confusion. I want to step back and look at this boy in the tale and break it down so that you can see yourself, and why you have to take responsibility for your creation, and why you have a responsibility to (consciously) create.

In the story we have three characters that I want to focus on in this post. We have the young man, the swallow and the (get ready for it, those who join us regularly for the Daily Toast already know where I am going) the young man's Ancestors. yes the Ancestors. First our Ancestors represent wisdom, and Kuumba. If you are wondering why, here you go, the young man is living his best life not from the work he did or the creativity he demonstrated, he is able to spend recklessly and live the high life because of the inheritance he was spending. his Ancestors through the knowledge of the world and their Kuumba were able to create wealth that this unfocused young man could waste. Like this young man's Ancestors your creativity is waiting to bless you with their bounty. Better yet they have blessed you, but because you don't recognize it you are squandering it.

"Your creation is spilling out into the world"



Now let's get to the young man, he represents the part of our nature that wants to run wild. He represents the part of ourselves that bucks control. He represents the 7 unbalanced passions that run through all of us at one time or another. He is out in the world, and he finally runs into the brick wall of reality. What does he do at the brick wall? He is looking for an excuse to continue on the path of destruction. His mind is looking for something to create an opportunity for fuckery, and this is exactly

what the sparrow presents to him. The swallow is the scapegoat of the young man to continue on the path of creating confusion in his life, and the bird not only provides him with a reason but according to the young man is at fault for his fall.

"The young man represents the passion[s] inside of us that run wild"

Family, hopefully you can see where I am going with this. The young man like many of us has created a life of destruction and decay. This young man also created a reason to continue on his path. His Ancestors (Kuumba) simply opened the way for his destruction. Many of you reading this, and I must put myself in this group, are simply creating a road to confusion, sadness and loss. Our creativity just serves us and gives us what we desire regardless of whether it is good for us or not.

Use this knowledge to create a life that matters and serves everyone"

One of the best ways to stop this cycle is to start taking responsibility for our creations. sadly for most this means we may need to look in the mirror to see the cause of all the madness in our lives. We need to look in the mirror to see who is holding us back, and creating the things we say out loud we don't want. I am writing to tell you that you can take control of your Kuumba, and start creating what you do want. This requires some simple changes in our lives.

The only way to create change is when we take control of our own Kuumba"

Bringing this back to the collective, when you have a group of people that are creating madness in their own lives, can you Imagine what happens when you bring a group of people together like this? Fuckery fest, that is what happens. They begin to spill confusion on one another until the group is in shambles. There is no tribe building being down without us taking responsibility for what we are making. When we start taking responsibility we are able to create order rather than corruption.

Take responsibility for our creations"

This post is here to help you get a better understanding of what is going on! My goal is to help you stop, and then help you start to build what it is that you want.

peace from brother ha2tim.....



Respect Your Imani

Great Imani:

It has been a very busy few days. I am working at the Ohio Alliance Of Black School Educators (OABSE) conference here in Columbus, Ohio. It took more time that I expected but it was worth it. It is great to hear about all the work that is going on with schools, especially when it comes to Black children.

Imani - a collective force rooted in community"

I was trying to record my show but my daughter wanted to take a long walk in the woods in the dark. So I accepted her challenge and we ended up going four miles. Needless to say after the long day, and the evening into night walk, I was exhausted and would have not been able to give yall my all. I am bringing this up because it was a lesson in it about Imani. My daughter was excited to go for our walk but as it started to get dark, the excitement started to turn into fear. Before the sun totally disappeared she was running around picking flowers, running ahead of me, and lagging behind.

As the darkness solidified she was all up on me. Grabbing my arm looking around. Her fear was evident, but her faith in me and my ability to get us to where we were going was beautiful. She asked to go out knowing that she would be scared but she believed in her heart that I would let nothing happen to her. Just thought I would share that before I got into the rant for the day. We are in the week of the great Ujima, and we are on the bright and shining Imani. Today's Rant is entitled Respect your Imani.

"Never let you surroundings or people keep you from your dreams"

This zone state is void of fear and doubt, in other words you are expressing total Imani. Now, here is the question: do you imagine that those individuals that we consider G.O.A.Ts were thinking about being G.O.A.Ts or were they immersed in the WORK. Getting a relationship with Imani is key for those that want to move toward greatness, but Imani requires us to be present in the moment. It doesn't care about about your past failures or your future goals.

The thought for this rant hit me, while I was sitting in my van feeling good about the world. When the thought of being a G.O.A.T, and how many people here

proclaim that they are a G.O.A.T, or even state that they are striving to be a goat. I believe that we should stop trying to be a goat and start being the greatest in your time (G.I.Y.T), DO YOU!!!, and allow your great grands to argue about your place in history. Striving to be the best of all time takes your mind out of this time, the NOW. Being present is a skill that we have to work on mastering, as a matter of fact people spend years in meditation trying to achieve this state. Let me help you get an idea of this state so that you can use it in your life. Being present is something you achieve when you are wholly involved in an activity. In sports They call it getting into the zone.

This zone state is a state that totally exists in the present. When you achieve it the future and the past melt away and your 5 parts of being are all in the same time and space working together.

"Start being the greatest in your time and let your great grands decide where you rank"



Rather than focusing on being G.O.A.Ts we need to change our paradigm and become G.I.Y.Ts. Being the Greatest In Your Time, this opens you up to imani to work on your behalf. When you have faith in what you can do now and focus on the WORK, it opens you up to the true power of imani. It allows you to be focused and do your best in the moment, and not have the pressure of tomorrow and what people will think about your performance. When you are worried about impressing others you are putting more faith in their opinion than in the power of Imani, which robs you!!!!

"Being the Greatest In Your Time, opens you up to imani"

The goal is to respect the power of your Imani, focus your energy into that. When you are able to do that, you will leave your grands something to really talk about.

Proverb Of The Week

Umoja - When your opponents are you're friends there must be problems ahead.

Kujichagulia - A sweet lovely voice cannot make a dumb person sound intelligent

Ujima - Human blood is heavy; he who has shed it cannot run away.

Ujamaa - Milk and honey have different colours, but they share the same house peacefully.

Nia - If someone is waiting for something important they wouldn't die until they achieve it.

Kuumba - The house of the loud talker leaks.

Imani - When many trees fall on top of one another, a wise man removes the one on top first.

Folktales For Grown Folks

Umoja - The Dog's House

Kujichagulia - The Wolf & The Lion

Ujima - The Birds, The Beasts, & The Bat

Ujamaa - The Spendthrift & The Swallow

Nia - The Fox & The Lion

Kuumba - The Owl & the Birds

Imani - The Trumpeter Taken Prisoner

Yjima

